



THE UNIVERSITY OF ARIZONA

**OSHER LIFELONG
LEARNING INSTITUTE**

OLLI-UA Summer 2022 Catalog

50+ Classes In-Person
at our Central Tucson
Campus and Online

Curiosity Never Retires

6 Weeks: May 16 to June 24



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Welcome to OLLI-UA Summer 2022!

This summer we are excited to offer **in-person classes** at our Central Tucson Campus and an **online Zoom program**. Please note our OLLI-UA 501(c)(3) COVID-19 policy for in-person activities at our campus locations below. If you are considering joining OLLI-UA for the first time, Summer Session is a great way to get a taste of the programming we offer year-round and will hopefully encourage you to join us as an annual member for the new fiscal year that runs July 1, 2022 to June 30, 2023.

Summer Session Overview

- There are 50+ offerings across OLLI-UA.
- **Summer runs for 6 weeks from May 16 to June 24.**
- Central Tucson Campus offerings primarily run Tues / Wed.
- Online classes run Tues – Fri for 6-weeks.

Registration

- **Priority Request Registration (PRR) ends Monday, April 19** and runs Monday, April 20.
- Registration confirmation emails will be sent after PRR runs on the 20th.
- **Open Registration – begins after PRR runs on Monday, April 20.** During open registration you can continue to add (and drop) classes first come, first serve throughout the term.

What is Priority Request Registration (PRR)?

PRR is a stress-free pre-registration process that allows you to prioritize and request the classes you most want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is most helpful for classes with limited capacities like those that are in-person or purposely keep the class size small. It is important to give small capacity classes a higher priority if they are important to you. If a class fills to capacity a waiting list is started and ordered by the next priority assigned. More detail on this process can be found our registration planner materials on our homepage at www.oli.arizona.edu

Memberships and Registration

What you can register for depends on the membership you purchased. Summer session is open to our existing annual and spring members. If you are not a current member, OLLI-UA offers one membership option for summer session:

The **All OLLI / Central Tucson Campus (CT) Membership** and our \$75 [All OLLI Summer Membership](#) allows you to register for all classes across OLLI-UA for summer session.

The **Greater Tucson / Green Valley (GTGV) Membership** allows you to register for online classes. **(Central Tucson classes are not included with this GTGV membership).**

Complete membership purchase details can be found at www.oli.arizona.edu

In-person COVID-19 Policy: Vaccine and Masking Requirements

OLLI-UA 501(c)(3) is taking steps to help ensure the health and well-being of our members, study group leaders and staff, but please know members must decide for themselves if they are comfortable attending in-person activities and assume any personal risk involved. We also ask you to think of our collective membership and act in the best interest of all participants when deciding to attend in-person activities. OLLI-UA continues to provide robust online offerings for those who cannot meet the requirements for in-person activities. **These requirements may change. Our website is the best place to stay informed of current practices.**

To protect our highly vulnerable learning community, **the Board of Directors of OLLI-UA 501(c)(3) is requiring members [be fully vaccinated per CDC guidelines](#) to attend in-person activities at our campus locations. We are also requiring masks to be worn in our facilities and classrooms.** You may be required to present proof of vaccination and are strongly encouraged to follow the latest CDC recommendations for COVID-19 [including booster shots](#).

Read our full in-person activities policy at: <https://oli.arizona.edu/page/covid19>

Summer In-person Campus Locations / Facilities

Central Tucson Campus (CT)



The Central Tucson campus is located at [4485 N 1st Avenue, Tucson AZ](#), on the NW corner of 1st Avenue and Wetmore Road. The facility includes three large classrooms, a member lounge with coffee service for eating or just gathering, and ample parking.

Online Classes



Online classes are hosted using Zoom. There is no cost or account needed for members to use Zoom. Zoom is generally easy to use and works across many different devices and operating systems. Learn more on our Zoom resources page: <https://olli.arizona.edu/page/zoom>

Volunteerism

As a member-run, volunteer-led organization OLLI-UA is dependent on members stepping up to help in ways big and small. Please consider giving your time and expertise to OLLI-UA. It is also a great way to meet fellow members and develop lasting friendships! Watch for requests along the way to help.

Planning Tools

Keep in mind all offerings are subject to change. See our website's [Class Catalogs](#) page for the latest information.

Clicking on the Class Titles in this catalog will take you to the OLLI-UA registration page for each class.

Along with this catalog, we offer additional class registration planners that can be found on our homepage at olli.arizona.edu.

Need Help?

You can always email the office at ollimail@arizona.edu or call 520-626-9039, Mon – Fri, 9 AM to 4 PM.

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Cover Feature:

Long time OLLI member Loring Green laughing it up at our recent picnic. Watch for more social events coming soon.

Central Tucson Campus: In-Person Tuesdays

[Alliances in the Asian Century](#)

Subject Area: History/Current Events

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Central Tucson: Ocotillo Room **Class Size:** 50

Course Description

Alliances in the Asian Century is a course examining international relations in Asia in the 21st century. In a multipolar world, formal and informal alliances are increasingly important. Putin's Russia and Xi's China are drawing together and supporting each other. India, Japan, Australia and the US are grouping together in a Quadrilateral Security Dialogue meant to respond to China's rise. Burma looks to Russia and China for support in its civil war. The content of this course will be shaped by ongoing events.

Instructor: David Shawver

Dr. David Shawver was the Director of the International School of Yangon in Myanmar. He served on the Board of the East Asian Regional Council of Overseas Schools and accredited schools in Indonesia, Singapore, Cambodia, and Malaysia. He has traveled widely in Southeast Asia and visited the area annually since 1984.

[Hablando Español / Speaking Spanish - In Person CT](#)

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Central Tucson: Palo Verde Room **Class Size:** 20

Course Description

- The goal of this class is for each student to realize in speech their listening, reading and writing skills.
- This class is not open to anyone who has not studied Spanish.
- English will only be used when a student is searching for ONE word to complete a thought.
- No grammar lessons will be given. As a group we compose vocabulary lists.
- Two classes are being offered: one in-person at Central Tucson Campus and one on Zoom. You may take this class in person once a week, or you can sign up for both classes and meet on Zoom once a week also.
- There will be TWO sections of 45 minutes each: -FIRST half will be dedicated to students who have been part of the Intermediate series of classes or are very comfortable with the Present Indicative tense and are familiar with the Preterit and Imperfect Indicative tenses. -SECOND half will be dedicated to students who have been

Central Tucson Campus (CT) In-person Offerings

part of the Beginning series of classes or whose grammar skills include a familiarity with the Present Indicative tense.

-Students are encouraged to attend both halves but will have speaking privileges in only one group. After the first class, topics for conversation will be suggested by the students.

Instructor: Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at Olli Central Tucson since 2015.

A Skeptic's View of Climate Change

Subject Area: Science/Math/Technology

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

The "Climate Crisis" is prominent in the news and is a major element in President Biden's programs. Several major reports will be published this year by the U.S. Global Change Research Program (USGCRP) and the Intergovernmental Panel on Climate Change (IPCC) describing how the planet is in crisis and we must spend trillions of dollars to mitigate the effects of CO₂.

There is another side to the story that claims that climate change is mostly natural, is not a crisis, and actually has some side benefits. This session will try to present the "Skeptic" side. Natural phenomena, especially ocean oscillations, are behind many of the events (droughts, fires, hurricanes etc.) attributed to anthropogenic global warming.

What was the Roman Climatic Optimum, the Medieval Warm Period and the Little Ice Age? Is information from these periods relevant? Where does "scientific consensus" on climate change originate? Does CO₂ drive warming? Are there alternative theories of warming? Recent reports have documented the weakness of "implausible" climate models. Where do we go from there? Green energy and electric vehicles come at a significant environmental cost. What is the cost? What role does an alarmist press and self-interested government agencies play in creating a "climate crisis?"

Instructor: Bob Barry

Bob has had three careers. He was a traditional Navy line officer serving in Destroyers and riverboats. After receiving an M.S. in Oceanography he served 16 years as an oceanography specialist, primarily involved in Anti Submarine Warfare (ASW). His third career was as a program manager for satellite systems at Ball Aerospace. Bob Barry has been an OLLI study group leader for 7 years teaching about observing the ocean from space. His emphasis has been on ocean oscillations and their impact on weather and climate.

Jazz Masters: Piano Greats from Duke to Monk

Subject Area: Arts/Culture

Tuesdays: 1 Session 11:00 AM - 12:30 PM **Start:** Tue 5/17/22 **End:** Tue 5/17/22

Location: Central Tucson: Ocotillo Room **Class Size:** 50

Course Description

The jazz piano is both a solo instrument and part of the rhythm section. From the earliest days of jazz to the present, creative pianists have leading roles in the evolution of musical virtuosity. Our featured pianists include famous and lesser-known keyboard masters who thrill with their melodic and rhythmic improvisations.

Instructor: John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

The Final Journey Home

Subject Area: Philosophy/Spirituality/Religion

Tuesdays: 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/17/22 **End:** Tue 5/24/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

We will take the "final journey home" through the wisdom of Teilhard de Chardin, Meister Eckhart, St. Francis of Assisi, and Thomas Merton.

We will explore through their wisdom -

- *What is the final journey, and where is home?
- *Through the art of contemplation - the highest expression of our intellectual and spiritual lives.
- *Discuss the inherent meaning and purpose of life - as well as death.
- *How to approach and resolve the dilemma of climate change that the world is facing.
- *What path do we take from collapse to renewal both personally and globally? *How then shall we live today?

Instructors: William Joseph, Stella MacKenzie

William has taught classes for OLLI for four years with good attendance. I have been a secondary school teacher in Colorado and New Mexico and retired in Tucson. His passions are living sustainably, practicing the Art of Contemplation, and interacting with others on deep and meaningful topics.

Stella has attended many sessions at OLLI over the last 5 years and has become very interested in the spirituality of St. Francis of Assisi.

Zora Neale Hurston

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Central Tucson: Palo Verde Room **Class Size:** 30

Course Description

Zora Neale Hurston quickly became recognized as a stunningly superior American author soon after Alice Walker brought her to the attention of the reading public in her 1975 article in Ms magazine. As Hurston's books came back into print, her popularity soared.

In this class, we will read two of her essays and two books:

--Dust Tracks in the Road: a Memoir

--Moses Man of the Mountain (novel)

Both books are available in paperback and via Kindle. Any edition that you choose to read will be useful for the course. I will distribute copies of the two essays during class. If you have questions, please contact me through the OLLI-UA office.

Instructor: Suzanne Peters

Sue Peters is an experienced study group leader.

Stewardship in the Tohono O'odham Haki:dag

Subject Area: Arizona History/Culture, Science/Math/Technology, Social Sciences

Tuesdays: 2 Sessions 3:00 PM - 4:30 PM **Start:** Tue 5/17/22 **End:** Tue 5/24/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

Stewardship in the Tohono O'odham Haki:dag - Sacred Homeland of the Tohono O'odham Nation. Our common responsibilities: to love, respect, cherish and protect the natural and cultural heritage of the Tohono O'odham Sacred Homeland - The Sonoran Desert and Babad Du'ag.

Instructor: Dr. Amy Eisenberg

Amy Eisenberg, Ph.D., the Hopi Tribe Cultural Preservation Researcher. Interdisciplinary Arid Lands Resource Sciences: Ethnoecology and Native American Studies minor, MS and BS Biology: Botany, Organic Sustainable Agriculture and Agroforestry. Center for World Indigenous Studies Associate Scholar, Scientific Illustrator, Arizona Archaeological Site Steward.

Spies

Subject Area: History/Current Events

Tuesdays: 4 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/31/22 **End:** Tue 6/21/22

Location: Central Tucson: Ocotillo Room **Class Size:** 50

Course Description

This is a four-week course of study of the careers of some of the most outstanding spies and spy networks of World War II. In 50-minute videos, class will examine Winston Churchill's Special Operations Executive; and the Prosper Disaster 1943. Class will also consider the remarkable work of the spy who may have inspired Ian Fleming's James Bond, as well as the female spy who may have given inspiration to Vesper Lind of the Fleming book, Casino Royale. To facilitate discussion, prior to class meetings, participants will read the Wikipedia pages of each week's assigned subject matter.

Instructor: Joy Frilot

Joy, an OLLI member for 15 years, has previously facilitated several OLLI courses, particularly in the fields of American Studies and history.

Best Musical Intros Ever, Part 2: Ray, Patsy, Wolfgang and More

Subject Area: Arts/Culture

Tuesdays: 1 Session 11:00 AM - 12:30 PM **Start:** Tue 6/7/22 **End:** Tue 6/7/22

Location: Central Tucson: Ocotillo Room **Class Size:** 50

Course Description

All along the watchtower, Michelle had good vibrations. A white rabbit was walking after midnight when a bird dog said, what's going on? The peaceful easy feeling got wiped out with a ring of fire that needed splash splash by the dock of the bay. Join the fun and name that tune!

Instructor: John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

Wednesdays

[InnovateAthon: An Introduction to Creativity, Innovation, and Entrepreneurship.](#)

Subject Area: Science/Math/Technology

Wednesdays: 3 Sessions 9:00 AM - 10:30 AM **Start:** Wed 5/18/22 **End:** Wed 6/1/22

Location: Central Tucson: Palo Verde Room **Class Size:** 30

Course Description

An overview of the innovation process: creating something new and better, then putting it to work. Innovation has a revolutionary reputation but an evolutionary reality. Most innovations are incremental improvements of existing products, services, processes, and methods. Participants in this class will receive a copy of the Innovation Impact Roadmap, an overview of the elements that should be addressed in the innovation commercialization process.

Instructor: Jim Jindrick

Director of Corporate Engagement at the University of Arizona (retired). Innovator: Developed products and ventures that generated several billion dollars lifetime revenue to date. Engineer: 30+ years technology R&D experience. Inventor: 7 US and 37 international patents. Manager: Corporate experience at large, medium, and small companies. Entrepreneur: Launched internal corporate ventures, spin-off and spin-in companies, and independent startups. Mentor and consultant: advised over 200 new venture planning, development, and launch teams. Angel Investor: pre-launch, startup, and early-stage companies. Educator: 20+ years teaching entrepreneurship and engineering classes at UArizona. Blog editor: RulesOfSome.com for innovators and entrepreneurs.

[Healthy Living for Your Brain and Body: Tips from the Latest Research](#)

Subject Area: Health/Wellness

Wednesdays: 1 Session 9:00 AM - 10:30 AM **Start:** Wed 5/18/22 **End:** Wed 5/18/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

To help people age well, the Alzheimer's Association is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program.

Central Tucson Campus (CT) In-person Offerings

This Healthy Living workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

In each area, we will discuss what we know, drawing on current research, as well as what we can do - steps to take now to improve or maintain overall health in each area. Healthy Living for Your Brain and Body: Tips from the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible. For more information, contact the Alzheimer's Association at info@alz.org or 800-272-3900.

Instructor: Morgen Hartford

Morgen L. Hartford, MSW serves as Southern Arizona Regional Director for the Alzheimer's Association Desert Southwest Chapter. He leads the strategic direction and implementation of programs, projects and initiatives throughout Southern Arizona. Morgen is supported in his work by hundreds of committed volunteers and a dynamic and dedicated staff - all focused on the core aspects of the Alzheimer's Association mission of advancing research, enhancing care and support for all affected, and promoting brain health.

Film Discussion Class

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 5/18/22 **End:** Wed 6/22/22

Location: Central Tucson: Ocotillo Room **Class Size:** 50

Course Description

We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and controversial discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Movies will be from Netflix and Amazon, and occasionally from The Loft, all at additional cost.

Instructor: Rob Getlan

Rob Getlan has always been an avid film enthusiast. This class has been a great way to see and discuss the new releases from Netflix, Amazon and the Loft (streaming).

The Joyful Lightness of Aging

Subject Area: DIY/Self-Help

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 5/18/22 **End:** Wed 6/22/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

This study group will survey and discuss the following:

1. Aging by the numbers
2. Older people are happier
3. Living passionately - no matter your age
4. How to live to be 100+
5. Ending ageism

We will review a PowerPoint presentation which will stimulate discussion, provide important information, and a large dose of relevant cartoon relief. Several Ted Talk presentations, interviews with senior citizens and geriatric experts, and anecdotal personal experience will comprise the main content of the class sessions. Participants will leave this study group with an excellent awareness of aging in America and in their lives.

Instructors: Arnie Bianco, Susan Williams

Arnie: long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. I am an active OLLI member. I have been a teacher for a number of years and have done relationship workshops in more than 10 states. I am a published author who has always loved to teach. My wife is presently a teacher.

Susan: I am an Olli member and have been a tech host for several classes in the past two years. As a student, I have been a tech host for this class and feel very competent in contributing now as a co-instructor.

Is Neglected Mental Illness at the Root of Mass Shootings?

Subject Area: Health/Wellness

Wednesdays: 1 Session 11:00 AM - 12:30 PM **Start:** Wed 5/18/22 **End:** Wed 5/18/22

Location: Central Tucson: Palo Verde Room **Class Size:** 20

Course Description

Mental Illness is often portrayed in the media as being at the core of mass murders in the US. Neglect of severe mental illness and its consequences, and failure of concerned institutions are faulted for exposing society at large to unpredictable, catastrophic, and seemingly random mass shootings that appear difficult to predict and nearly impossible to prevent. Several solutions are often proposed to address this public safety vulnerability, from better security arming some individuals such as teachers, to better funding for screening and treatments of mentally ill individuals on the one hand, and to gun control on the other.

Central Tucson Campus (CT) In-person Offerings

This session will explore the bases for the claim that mental illness is the core issue in mass shooting, examining the data supporting or contradicting this assertion, and exploring some possible policy approaches to address these challenges confronting our society.

Instructor: Jose Santiago

Dr. Jose Santiago is a consultant to healthcare organizations in the US. He has been a senior executive for a healthcare organization and a Professor on the faculty of the University of Arizona College of Medicine.

Zorba the Greek And Other Books By Nikos Kazantzakis

Subject Area: Philosophy/Spirituality/Religion

Wednesdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Wed 5/18/22 **End:** Wed 6/22/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

An in-depth study of the novels by Nikos Kazantzakis, the famous Greek writer. Will include Zorba the Greek, The Last Temptation of Christ, Freedom or Death, The Fratricides, and Report to Geco. Weekly discussion based on teacher's presentation. One book per week. I have studied and written about Kazantzakis for many years and have lived on Crete off-and-on for several years. My book "Nikos Kazantzakis: Reach What You Cannot" is available but pricey. His books are available and inexpensive.

Instructor: Jerry Gill

Long-time college professor, Ph.D. Duke University, teaching a wide spectrum of Humanities courses, mostly in philosophy and religious studies, most recently at Pima Community College. Widely traveled, I have led numerous semester-abroad programs in Greece, Finland, and Mexico. 30 books and over 100 scholarly articles published. Semi-retired.

How To Get the Death You Want

Subject Area: Health/Wellness, Philosophy/Spirituality/Religion

Wednesdays: 3 Sessions 9:00 AM - 10:30 AM **Start:** Wed 5/25/22 **End:** Wed 6/8/22

Location: Central Tucson: Saguaro Room **Class Size:** 50

Course Description

The way most of us die in this country is not good! The whole medical system is geared to keep you alive no matter what, and oftentimes death is merely postponed while patients suffer. Doctors perform medical procedures, tests, exams, etc., sometimes without informing the patient. Many of which do little or nothing to improve the quality of life or extend your life. And, of course, one is billed.

You are likely to spend more on health care during your final six months than was spent previously in your lifetime. Wouldn't you rather have some resources left to leave to your loved ones or favorite charity? By far, most of us would rather die at home, in familiar surroundings with family and friends comforting us, yet only about 15% of us manage to do so. Most die in a hospital or healthcare facility. But you don't have to!

Central Tucson Campus (CT) In-person Offerings

Some healthcare facilities are better than others, but it is not uncommon for patients there to be neglected, mistreated, and underserved. This class will teach you how to avoid those shortcomings. Many of us do not want a no-longer viable life extended by artificial hydration and nutrition, countless medical procedures, and additional interventions. You can, in fact, have a legal, peaceful, quick, painless, and certain death where and when you so choose, and with whom you choose. Come and learn how this can be achieved. If possible, it would be good to bring whoever has your medical power of attorney.

Instructor: John Abraham

John Abraham is a thanatologist (expert on end of life) and Episcopal priest. He is President of Choice and Dignity Inc. and author of "How To Get the Death You Want: A Practical And Moral Guide."

[Pete Seeger's influence on music and social activism](#)

Subject Area: Arts/Culture

Wednesdays: 2 Sessions 1:00 PM - 2:30 PM **Start:** Wed 5/25/22 **End:** Wed 6/1/22

Location: Central Tucson: Ocotillo Room **Class Size:** 30

Course Description

Pete Seeger with his 5-string banjo braved all sorts of obstacles in his long life to bring the power of music and participation to the young and old. He revolutionized the cultural landscape for several generations. Though he was vilified, ostracized, and blacklisted, his energy, talent, and determination were undeterred.

With "patience and perspicacity" he celebrated humankind's resilience through his songs and stories, and inspired musicians and organizers to the end. We will discuss his legacy, his artistic prejudices, his forceful optimism through examples of his music and his life, as he moved effortlessly as a music preserver, and dedicated cultural worker providing music to support labor, peace and justice, and environmental action.

Let's discuss why he didn't want to simply activate the 99% - but also one percent more - why he believed he could do it and how.

Instructor: Ted Warmbrand

Sometimes called Tucson's Pete Seeger, I have not only produced many community-building concerts with national and international artists but have led workshops on music for labor environmentalism, children, migration and immigration, Woody Guthrie, Pete Seeger and more.

[Investing Wisely for Your Retirement and Beyond](#)

Subject Area: DIY/Self-Help

Wednesdays: 1 Session 9:00 AM - 10:30 AM **Start:** Wed 6/15/22 **End:** Wed 6/15/22

Location: Central Tucson: Ocotillo Room **Class Size:** 50

Course Description

Join Carol Lally, an attorney from the Los Angeles Regional Office of the U.S. Securities and Exchange Commission. Learn strategies for smart investing, tips to avoid fraud, and how to plan for diminished capacity. Hear about the SEC's mission, its responsibilities and organization, and how you can use the SEC's resources to inform and protect yourself. Q&A to follow the presentation.

Instructor: Carol Lally

Carol Williams Lally is the Supervisory Attorney of the Complaints and Inquiries Branch of the Los Angeles Regional Office of the Securities and Exchange Commission. She serves as the office's lead liaison to the enforcement and examination programs at other agencies, helps the office set its enforcement and examination priorities by managing the evaluation of all tips, complaints, and referrals, and oversees the office's investor outreach programs. Carol is a graduate of the Colorado College and Duke University School of Law.

Online Classes

Monday – Special Session

[News & Views with Sherry & Doug](#)

Subject Area: History/Current Events

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Mon 5/16/22 **End:** Tue 6/20/22

Location: Online Zoom Offering 2 **Class Size:** 80

Course Description

News and Views is an interactive class. You will be able to share your views on issues that you would like to share with the class.

Instructors: Sherry Goncharsky, Doug Syme

Sherry Goncharsky worked at IBM as a programmer and systems engineer after studying computer science at the University of Illinois. As a retirement job, she spent time “teaching computers to behave for their owners.” Soon after joining OLLI, the pandemic hit and she became an active part of the tech hosting community and is also part of the AV Committee. Her hobbies include reading and crocheting.

Doug Syme was born and raised in Dublin. Graduated 1972 in Mechanical Engineering from Trinity College, Dublin University. Recruited in 1983 to establish manufacturing of a Weighing and Batching System in New Jersey after the system was bought from the company for which I was working in Ireland. I am a Naturalized Citizen of the United States. Lived and worked in NJ for 8 years. Lived in PA for 25 years. Worked in small firm providing Equipment and Services to Commercial Swimming Pools. Retired in 2016 and moved to Green Valley. I have served on the board of Esperanza Estates HOA. I am a World Rugby Licensed Educator and teach Rugby Refereeing. I volunteer with Sahuarita Food Bank. I also enjoy Choral Singing and participate in a number of Choirs in the area. I am an active student and Tech Host with OLLI.

Tuesdays

[Survey of Forensic Science](#)

Subject Area: Science/Math/Technology

Tuesdays: 2 Sessions 9:00 AM - 10:30 AM **Start:** Tue 5/17/22 **End:** Tue 5/24/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

Survey of Forensic Science - an exploration of different forensic science disciplines focusing on interesting cases and topics.

Online Zoom Offerings

Instructor: Christian Wilson

Christian is an instructor at Pima College and the University of Arizona. He was a forensic scientist for 25 years and has done wildlife rehabilitation for 30 years.

Film Discussion Group (Online)

Subject Area: Arts/Culture, Travel/Entertainment

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Online Zoom Offering **3** **Class Size:** 300

Course Description

We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and controversial discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. Ideas about how to lead the discussions will be given out prior to the first session. Currently due to the pandemic movies will be from Netflix and Amazon, and occasionally from the other streaming services, all at additional cost.

Instructor: Trudy Hill

Trudy Hill has an MS degree in Art Education from the University of Wisconsin, Madison and has taught art to Elementary and Junior High School students as well as Adults. She was a co-SGL for previous Science Fiction and Poetry Classes and SGL for Calligraphy Class at OLLI Central Tucson. Her background includes working for Visa International as an architect of the computer chips (on your credit cards) and the Visa systems that support them. Currently, she volunteers as a Tech Host for OLLI Zoom classes. Since she was a young girl, she has loved and read Science Fiction.

Gentle Energizing Movement, Breathing and Deep Relaxation

Subject Area: Health/Wellness

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

Let go of stress and come home to yourself. Over millennia, the sages of the Himalayan Yoga Tradition developed highly effective methods of movement, relaxation, and meditation. In this Study Group (SG) you will learn foundational practices from the Himalayan Yoga Tradition.

Each session of this SG will have three phases: gentle movement and breathing, deep relaxation, and meditation. Members can expect to leave this class refreshed.

Please note that the movements taught in this SG are not acrobatics. They are suitable for people with no yoga experience. If you've attended yoga classes and found them to be too strenuous or otherwise challenging, this

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SG is for you.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received a M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

News and Views

Subject Area: History/Current Events

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/17/22 **End:** Tue 6/21/22

Location: Online Zoom Offering 2 **Class Size:** 40

Course Description

News and Views is an interactive class. You will be able to share your views on issues that you would like to share with the class.

Instructor: Terry Coleman

Terry has been a resident of Tucson for 35 years and an OLLI member. He is retired from the local school system having been a school counselor. He has served overseas as a Peace Corps volunteer in India and later as a Foreign Service officer in South Vietnam.

French Intermediate Conversation

Subject Area: Arizona History/Culture, Literature/Writing/Language, Travel/Entertainment

Tuesdays: 5 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/17/22 **End:** Tue 6/14/22

Location: Online Zoom Offering **Class Size:** 10

Course Description

You studied French a long time ago. You can still sing La Vie en Rose in your shower. You plan a tentative trip to France in the near future. In the meantime you are binging on French Netflix series. If this is you, you are ready!" Venez parler avec nous de tout et de rien. Rendez-vous sur zoom.

Instructor: Sylvie Robertshaw

A native French speaker, Sylvie Robertshaw, M. Ed, has been teaching all levels of standard French in Green Valley since 2009 with an emphasis on daily conversation, culture, and poetry and creative writing. She expects students to expand their curiosity about everything French outside of the classroom, and to share their French adventures with each other. A former journalist in Paris, Sylvie also lived twenty years in Italy and views speaking a foreign language as an essential pleasure in life.

Domestic Violence 101

Subject Area: Health/Wellness

Tuesdays: 1 Session 1:00 PM - 2:30 PM **Start:** Tue 5/17/22 **End:** Tue 5/17/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

Domestic violence is often considered a "private matter," but with more than 15,000 calls to 911 each year regarding domestic violence just in Tucson and Pima County - and only 1 in 10 incidents being reported - this is no private matter.

Domestic violence is a public health and public safety issue, and right now survivors of domestic violence are experiencing a pandemic within a pandemic. The key to ending domestic violence is for all of us to talk about it, learn about, offer support to those experiencing it, and find our own ways to challenge and change the conditions that allow it to exist in our community.

Come join a discussion about the scope and dynamics of intimate partner violence, ways to support abuse victims, and how we can address the societal foundations that serve as the root of gender-based violence.

Instructor: Ed Sakwa

Ed Sakwa is the CEO at Emerge Center Against Domestic Abuse and has worked in the domestic violence service field for 15 years.

Change A Child's Story - CASA of Pima County

Subject Area: Civic Engagement/Community/Government

Tuesdays: 1 Session 1:00 PM - 2:30 PM **Start:** Tue 5/24/22 **End:** Tue 5/24/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

Over 3,000 Pima County children are in foster care through no fault of their own. Too often, these children are shuffled through our current system without experiencing a consistent, positive, adult relationship - someone who truly knows and understands them.

Research has confirmed that just one positive adult relationship changes a child's outcome dramatically, thus providing for a brighter future. We know that every child in foster care deserves a Court Appointed Special Advocate (CASA) volunteer, but unfortunately not everyone will be lucky enough to have one.

CASA Volunteers are everyday people who are doing extraordinary things to help change a child's story. In this class, participants will learn about the child welfare system in Arizona, the realities for children in foster care, and how everyone can help these children succeed. Explore the potential of helping change a child's story!

Online Zoom Offerings

Instructor: Amy Brandhuber

Amy Brandhuber is the CASA of Pima County Program Supervisor. She has been in this role for over four years. She has worked in child welfare for over 20 years. She has earned her Masters in Public Administration and Policy from American University in Washington, D.C. Amy is committed to improving the lives of Pima County's most vulnerable children, abused and/or neglected foster children and understands the difference one caring adult can make in a child's life now and in the future.

Low Maintenance Guide to Pruning Desert Plants

Subject Area: DIY/Self-Help

Tuesdays: 1 Session 3:00 PM - 4:30 PM **Start:** Tue 5/24/22 **End:** Tue 5/24/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

Most landscapes are over-maintained, especially when it comes to pruning! We often waste time, money and resources when it's simply not necessary. Most pruning-even when done by landscape professionals-leaves sickly plants that look like blobs, rather than bringing out their natural beauty. Pruning is one landscape task that when done right can save you time and money, giving you plants that are healthier, more beautiful, and more resilient. This presentation will cover:

- How NOT to prune
- How to avoid having to prune
- Why prune - When to prune
- Pruning tools & methods

Whether you do the pruning yourself or hire someone to assist you, knowing proper pruning techniques will help you do the pruning properly or to find someone who can do it right. No special gardening knowledge is required; just a willingness to learn.

Instructor: Charlene Westgate

Charlene Westgate is owner of Westgate Garden Design, a sustainable landscape design firm in Green Valley, Arizona. She is a Permaculture Designer through the Sonoran Permaculture Guild. A Certified Water Harvesting Professional through Watershed Management Group and a Green Valley Master Gardener with the UofA Cooperative Extension.

Charlene has been a designer for the past 20 years and an avid desert gardener for nearly 30 years. Using Nature as a resource, she creates lush landscapes of native plants that provide beauty and enjoyment to people, and food and habitat for birds, butterflies and other wildlife.

TEP Home Energizer Workshop

Subject Area: Civic Engagement/Community/Government, DIY/Self-Help

Tuesdays: 1 Session 1:00 PM - 2:30 PM **Start:** Tue 5/31/22 **End:** Tue 5/31/22

Location: Online Zoom Offering **2 Class Size:** 50

Course Description

Want to learn how to save energy, and money, at home? Want to receive a kit filled with energy efficiency devices for FREE? Attend the Home Energizer Workshop! Learn free and low-cost energy efficiency measures you can implement at home to save energy and money! All workshop participants will receive a free Energy Efficiency Kit worth more than \$40 that includes LED light bulbs, a low-flow showerhead, faucet aerators, and more. The workshop is offered for free, courtesy of TEP.

Instructors: Adam Kingery, Jonathan Heras

Adam Kingery was a classroom teacher in Arizona for 13 years before joining the Exchange as an outreach presenter in 2016. For many of those years, Adam's students benefited from the programs offered by the Exchange. Adam holds a Master's Degree in Educational Leadership and has an undergraduate degree in Political Science from the University of Arizona, as well as a teaching certificate from Prescott College. He manages the logistics and team of energy presenters for the Bright Students middle school program and the Home Energizer Workshop for both Tucson Electric Power and Unisource Energy Services. Adam also assists with curriculum revisions and new program development.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.

Wednesdays

Addressing a Controversial and Perplexing Phenomenon

Subject Area: Science/Math/Technology

Wednesdays: 2 Sessions 9:00 AM - 10:30 AM **Start:** Wed 5/18/22 **End:** Wed 5/25/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

The Pentagon, by law, must now investigate reports of unidentified aerial objects (UAP's, formerly UFO's). A Harvard astrophysicist instituted the Galileo Project to get hard data about possible alien artifacts near Earth (including UAP's). This is the latest surge of interest in a phenomenon that has been with us for some time. In this class I'd like to examine this phenomenon without any preconceived ideas about its' nature or source. There are many perplexing questions here, and I'd like to address them in a balanced, objective manner.

Instructor: Carl DeVito

I am an emeritus professor at the University of Arizona. Lately I have been active in the conceptual aspects of astro-biology, and I've participated in conferences on these matters over the past few years.

Reading The Economist Magazine with Non-Economists

Subject Area: History/Current Events

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 5/18/22 **End:** Wed 6/22/22

Location: Online Zoom Offering 2 **Class Size:** 40

Course Description

Join us to read and think about the news as reported in the world's most influential weekly news magazine with wide appeal. The Economist magazine is written for the general public, not specialists. The Economist has an international perspective, examining countries and current developments on a wide range of topics. The magazine has something for everyone - reportage, commentary, analysis, profiles, criticism, statistics and even cartoons. Articles are typically 1-2 pages.

A background in economics is definitely NOT necessary. Each week 3 or 4 class members volunteer to take a different article from the current issue and prepare a short summary and commentary for the class the following week. In addition, the entire class will read a major article for group discussion.

Access to a print or digital subscription is required - a low-priced deal for both for 12 weeks is usually offered by The Economist. Access to the magazine is usually available through the Libby App of the Pima County Library System. Join us for spirited discussion of interesting topics.

Instructor: Charles Wright

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Charles Wright is a retired Architect. During his career he was involved in a number of projects for International Organizations in Europe, Africa, Asia, South America and the Caribbean. Join us for some interesting discussions.

Six Topics in Philosophy

Subject Area: Philosophy/Spirituality/Religion

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 5/18/22 **End:** Wed 6/29/22

Location: Online Zoom Offering **Class Size:** 300 – **Class Skip Date 6/1** Note Special 6/29 end date

Course Description

Philosophy is an argumentative ("dialectical") conversation across the centuries.

The text we will use is "Think" by Simon Blackburn (Amazon, etc.).

Topics:

1 Knowledge.

2 Mind.

3 Free Will.

4 The Self.

5 God.

6 What is Art?

Blackburn's book is a combination of his discussion with excerpts from a variety of philosophers, both historical (Aristotle, Descartes, Hume, Kant, Leibnitz, Lucretius, Locke, Mill, Pascal, Schopenhauer) and 20th century (Grice, Kuhn, Putnam, Russell, Strawson, Wittgenstein). I will provide a document for the topic "What is Art?"

Instructor: Robert Yanal

B.A., M.A. Ph.D. Taught Philosophy, mainly Philosophy of Art, at Wayne State University, Detroit, Michigan, for 37 years. Published 18 articles and 4 books, including "Hitchcock as Philosopher." Retired. Living in Tucson.

Those Plucky Women of WWII

Subject Area: Arizona History/Culture

Wednesdays: 1 Session 11:00 AM - 12:30 PM **Start:** Wed 5/18/22 **End:** Wed 5/18/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

Few believed they could do it. During World War II, 350,000 American women joined the Army, Navy, Coast Guard, and Army Air Corps. Some served on the American homefront, while others volunteered to go overseas. While people disapproved - even family - the women persevered and outshone everyone's expectations.

Kayleen Reusser, author of 10 books on World War II, has compiled an assortment of stories from interviews with women who served as nurses, cryptologists, and even pilots during the war. The stories are frank, personal and heartfelt. From helping to tow targets while being shot at with live ammunition, to nursing wounded men in France, these women responded wholeheartedly during their country's time of need and helped to win the war. www.KayleenReusser.com.

Instructor: Kayleen Reusser

Kayleen Reusser is the author of 10 books on World War II, based on her interviews with 260 World War II veterans. She has presented programs virtually and in-person across the US. Reusser strives to preserve American military heritage, while honoring veterans with her work. Reusser is the wife and mother of Air Force airmen. www.KayleenReusser.com

Nations of the Ancient Middle East

Subject Area: History/Current Events, Philosophy/Spirituality/Religion, Social Sciences

Wednesdays: 4 Sessions 1:00 PM - 2:30 PM **Start:** Wed 5/18/22 **End:** Wed 6/8/22

Location: Online Zoom Offering **Class Size:** 40

Course Description

You may have heard of the Ammonites, Arameans, Assyrians, Babylonians, Edomites, Egyptians, Israelites and other nations, but what do you know about them? This study group will look at the peoples of the Bronze and Iron Age Middle East, to see where and when they lived, and what made them distinct.

Instructor: Abby Limmer

Abby Limmer has a PhD in Middle Eastern Archaeology and is the Assistant Director for Outreach at the Center for Middle Eastern Studies. She has taught everyone from first graders through university students to senior citizens.

[MORE Birders' Tech Tools](#)

Subject Area: Science/Math/Technology

Wednesdays: 5 Sessions 9:00 AM - 10:30 AM **Start:** Wed 5/25/22 **End:** Wed 6/22/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

If you attended Laura's Zoom course on Birders' Tech Tools in the OLLI Spring session, register for this longer course for review, more practice (with new birds!), and to learn about MORE tools and websites. If you didn't attend the previous course, join us to learn how to use your phone and your computer to help you identify the birds you see and to learn more about birds and birding. We'll cover Merlin Bird ID, Sibley Birds, eBird (all in more depth), Cornell Bird Academy, the Tucson Audubon Society, and more. We will set up and practice using the tools during class. Beginners welcome, optional review sessions will be scheduled between classes for individual questions and help. Our final session will be an optional in-person field trip (7:30 am start time) at Fort Lowell Park in Tucson to practice using Merlin, eBird, and Sibley Birds.

Instructor: Laura Couchman

Laura Couchman is a dedicated amateur birder and has been spotting and identifying birds for 17 years. Laura and her husband Bill go birding locally and all over the world whenever they travel. Laura has been the SGL for previous OLLI classes about birds and birding, most recently about woodpeckers, birds of prey and hummingbirds. During the pandemic, she spent a lot of time looking at birds, learning about birds, and adding to her birding technology toolkit.

[Exploring The Stress Health Connection In Older Adults](#)

Subject Area: Health/Wellness

Wednesdays: 3 Sessions 1:00 PM - 2:30 PM **Start:** Wed 6/8/22 **End:** Wed 6/22/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

What do heart disease, insomnia, asthma, and irritable bowel syndrome have in common? Stress exposure is a major predictor for each of these health conditions!

Psychological research over the past 40 years has shown us that stress is an important factor for physical health and well-being. However, existing research has largely failed to include the experiences of adults who are aged 60 years and older. What is missing from the field of psychology's understanding of stress throughout older adulthood?

This discussion-based course is designed to help answer this question. This class will introduce the latest findings in stress-health research, including an overview of existing approaches to researching stress. This research will provide the springboard for a dynamic discussion of class participants' day-to-day stress experiences and their methods for coping with stress.

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Another goal of this 3-session course about the stress connection will be to engage in guided discovery of class participants' lived experiences to develop a clearer picture of stress exposure among older adults. The information gained from these discussions can then be incorporated into future research efforts that aim to measure stress during older adulthood and associated health outcomes. Please bring your stress, your coping skills, and your excitement about improving psychological research to these discussions!

Instructor: Riley O'Neill

Riley O'Neill is a doctoral student studying Clinical and Health Psychology at the University of Arizona. Her research interests focus on understanding the processes through which stress leads to cardiovascular and metabolic disease. Riley's teaching experiences include serving as an undergraduate instructor and participant in the OLLI Psychology Lecture series, and she enjoys all opportunities to connect with others who are interested in learning!

US Supreme Court 2021 Term Wrap Up

Subject Area: Civic Engagement/Community/Government, Social Sciences

Wednesdays: 1 Session 3:00 PM - 4:30 PM **Start:** Wed 6/22/22 **End:** Wed 6/22/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

Howard Tolley will follow up on his October class by reviewing the major issues decided or awaiting judgment by the Supreme Court in the 2021 term. Bitterly contested cases on abortion, gun rights, the environment, voter suppression, affirmative action, COVID mandates, religious liberty and the establishment of religion have divided the six conservative Republican appointees and the three liberal Democratic appointees. In December, a bipartisan Presidential Commission failed to agree on recommended reforms. The Senate grapples with the confirmation of a female jurist of color.

Instructor: Howard Tolley

Prior to his retirement in 2011, Howard Tolley served as a Professor of Political Science and Adjunct Professor of Law at the University of Cincinnati where for 27 years he taught undergraduate and graduate public law courses including classes on the U.S. legal system, Supreme Court, civil liberties, and international human rights. After service to a faculty union and as an ACLU cooperating attorney, he joined rosters of the Federal Mediation and Conciliation Service, the American Arbitration Association and the Ohio State Employment Relations Board as a neutral labor relations arbitrator, mediator and fact finder. He spends up to six months a year in Arizona and is an active member of the UU Church of Tucson.

Thursdays

[The Screwball Comedy: Film Study Discussion](#)

Subject Area: Arts/Culture, Literature/Writing/Language

Thursdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Thu 5/19/22 **End:** Thu 6/23/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

The popular 'screwball comedy' films of the 1930s and 1940s are related to romantic comedies of that time but are specifically characterized by certain themes and tropes--often subversive and poking fun at social conventions and traditional values, the 'screwball comedy' delights in a topsy-turvy view of society while, of course, presenting a romantic love story. We'll take a look at six wonderful examples, analyzing why they continue to be both relevant and endearing.

Instructor: Leslye Friedberg

Leslye L. Friedberg, Professor Emeritus, taught writing, literature, and humanities courses at Community College of Philadelphia and The University of Cincinnati. Her main areas of interest are interdisciplinary connections among film, literature, philosophy, and art history.

[5 Tips for Successful Desert Gardening](#)

Subject Area: DIY/Self-Help

Thursdays: 1 Session 9:00 AM - 10:30 AM **Start:** Thu 5/19/22 **End:** Thu 5/19/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

New to Arizona and frustrated with desert gardening? Or, are you an experienced desert gardener wanting new, more effective methods? Learn how working with Nature helps the environment while making your gardening easier, less expensive and more beautiful.

In this study group you will learn about:

- How to make use of the rain that falls on your yard to water your plants.
- The best plants for resilience in our climate.
- How sun creates micro-climates in your yard and understanding this simple idea will help your plants thrive.
- The best way to irrigate your plants (hint: most have it all wrong!)
- The secret ingredient for beautiful, healthy plants.

Instructor: Charlene Westgate

Online Zoom Offerings

Charlene Westgate is owner of Westgate Garden Design, a sustainable landscape design firm in Green Valley, Arizona. She is a Permaculture Designer through the Sonoran Permaculture Guild. A Certified Water Harvesting Professional through Watershed Management Group and a Green Valley Master Gardener with the UofA Cooperative Extension.

Charlene has been a designer for the past 20 years and an avid desert gardener for nearly 30 years. Using Nature as a resource, she creates lush landscapes of native plants that provide beauty and enjoyment to people, and food and habitat for birds, butterflies and other wildlife.

Chen Village Tai Chi Continuing Class

Subject Area: Health/Wellness

Thursdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Thu 5/19/22 **End:** Thu 6/23/22

Location: Online Zoom Offering **Class Size:** 300

Course Description

Tai Chi was created in Chenjiagou (Chen Village) in Henan province, China, where it continues to be practiced to this day. Initially developed as a martial art, Tai Chi has been found to have significant positive health effects.

This Study Group is for those who have completed the Chen Village Tai Chi Foundation Study Group. Those who have not completed the Foundation Study Group will not have learned the basic skills needed for this Study Group.

In this Study Group, participants will continue to practice Fang Song (relaxation/loosening) and will learn various forms of Reeling Silk, including Leg Reeling, Reeling while stepping, and Small reeling, along with fast movements. The Study Group Leader will teach a brief form if he determines the Members are ready.

All the movements are slow and gentle, and no martial arts applications will be taught or practiced in this Study Group. These methods may help lessen body pain, correct spinal misalignment, cultivate a sense of internal energy, and rest the mind.

Participants can wear comfortable roomy or stretchy clothing and some soft tai chi shoes or socks to wear on their feet. Since we will be on carpet, you could be barefoot if you are comfortable doing so.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received a M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

Coping with Continual Covid Changes

Online Zoom Offerings

Subject Area: DIY/Self-Help, Philosophy/Spirituality/Religion

Thursdays: 3 Sessions 11:00 AM - 12:30 PM **Start:** Thu 5/19/22 **End:** Thu 6/2/22

Location: Online Zoom Offering 3 **Class Size:** 30

Course Description

For people who are fearful of being exposed to the virus or have immunocompromised conditions, these past two years have been a struggle. Often, we have stayed at home and limited our connection with others. Such social isolation and the ongoing unpredictability of the Covid variants have taken their toll on our psyches. Please join us to share your Covid challenges and how you have been able to positively navigate through this constantly changing epidemic. Please bring your wisdom and insights to share in this discussion.

Instructor: 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.

[Reading and Discussing The New Yorker](#)

Subject Area: Arts/Culture, History/Current Events

Thursdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Thu 5/19/22 **End:** Thu 6/23/22

Location: Online Zoom Offering 2 **Class Size:** 45

Course Description

The New Yorker magazine is a rich resource for current, historic, cultural, and scientific information. To get the most out of this resource each week we discuss five current articles. The class chooses an article for next week's group discussion, then four different class members volunteer to provide an introduction into other articles. Each class starts with a group discussion. Then the volunteers' introductions are used to provide the base for the four additional weekly discussions. All members are encouraged to make presentations and participate in discussions.

Instructors: Ronald Peterson, John Nemo

Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes," a book on investment strategies and tactics and two other books, won two investment contests and lectured on markets for banks and individual investors. He holds two masters' degrees and four graduate certificates.

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

[Brother Cadfael: 12th Century Monk and Detective](#)

Online Zoom Offerings

Subject Area: History/Current Events

Thursdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Thu 5/19/22 **End:** Thu 6/23/22

Location: Online Zoom Offering 3 **Class Size:** 300

Course Description

We will view 4 PBS episodes 1:15 long of Brother Cadfael from the 13 novels by Ellis Peters. The Main Character is Brother Cadfael, a 12th century Benedictine monk who solves mysteries. The two intervening classes will introduce various topics relevant to the stories, such as the Civil War between King Steven and Empress Maud, British law during the 12th century, Benedictine Monasticism.

Instructor: Louise Renault

Louise has an EDD from Indiana University. She has taught 27 years in a community college and has also taught undergraduate and graduate students at the university level. Louise has also led several seminars at OLLI-UA.

[Intel for Dummies](#)

Subject Area: History/Current Events

Thursdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Thu 5/19/22 **End:** Thu 6/23/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

Intel for Dummies is a shallow dive into various aspects of intelligence in military history - spy stories from antiquity to today's headlines. Espionage, sabotage, subversion, deception, psyop, disinformation and cyber intrusion. Prisoner interrogation, captured documents, air reconnaissance, satellite imagery, voice intercept and signal traffic analysis. Double agents. Secret writing, codes and ciphers, dead drops, listening devices, microdots, and clandestine radio. The course is not very well organized; we jump around quite a bit. In one session we might go from Joshua before Jericho to Eisenhower before D-Day. That kind of approach. Like a box of chocolates.

Instructor: Jesse Frey

Jesse used to be an army spook back in the day.

[Dream Group](#)

Subject Area: Social Sciences

Thursdays: 6 Sessions 3:00 PM - 4:30 PM **Start:** Thu 5/19/22 **End:** Thu 6/23/22

Location: Online Zoom Offering **Class Size:** 30

Course Description

Dream Group attendees share texts of their nighttime dreams and are invited to contribute their ideas and insights on others' dreams. Various techniques of interpretation will be demonstrated, such as "If it were my

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dream." The group format opens multiple perspectives and layers of meaning. "Ahas" of recognition follow as we unpack the dream. In this process we learn to listen to our intuition, increase compassion for others, discover deeper aspects of ourselves and receive guidance.

Instructor: Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing them down for decades. She has continuously participated in dream groups and is a leader of dream groups. Because dreams speak a language of visual symbols, her Harvard Ph.D. in Romance Languages and Literatures has prepared her for work with metaphors and archetypes. She has 15 years of experience teaching at the college level. She is certified by Jeremy Taylor's Marin Institute for Projective Dream Work and is a longtime member of the International Association for the Study of Dreams.

Jews and Blacks and their Respective Encounters with Henry Ford

Subject Area: History/Current Events

Thursdays: 1 Session 9:00 AM - 10:30 AM **Start:** Thu 5/26/22 **End:** Thu 5/26/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

Ford had deliberate projects with regard to Jews and Blacks, and these lend themselves to comparison and contrast. In the 1920's, Ford leaped the scale of anti-Semitic propagandizing; at about the same time, Ford became the nation's largest employer of Black male labor. Ford spent millions of dollars developing, mass producing, and distributing his very modern anti-Semitic propaganda. He spread a methodology to cast the Jews as the cause of any problem, real or imagined. These were the politics of villainization, obviously dangerous and confronted by a boycott, protest writings, and libel suits. Ford attracted Black male labor by breaking with racist hiring practices and pay scales, but he expected Black workers to be a wedge against unions, and he tried to micromanage their lives beyond the workplace. These were the politics of a much touted but compromised inclusion. Black people wanted the opportunity of these jobs, but gradually chose to ally with the forbidden unions.

Instructor: Evyn Rubin

Evyn Rubin is a versatile writer and the author of a non-fiction book in progress, Debunking Henry Ford. She also writes poetry and memoir, and has led writing groups through Wingspan, and the online Tucson Poetry Writers.

Description Because Every Body Dies: Funeral Planning Rights and Options

Subject Area: DIY/Self-Help, Health/Wellness

Thursdays: 1 Session 9:00 AM - 10:30 AM **Start:** Thu 6/2/22 **End:** Thu 6/2/22

Location: Online Zoom Offering **2 Class Size:** 300

Course Description

The death of a loved one is never easy. Arranging affordable, dignified, meaningful care for someone who has died shouldn't add to the difficulties. After this presentation, you will be prepared to make well-informed financially sound decisions for yourself or a loved one.

Instructor: Martha Lundgren

Martha Lundgren comes to us from the Funeral Consumers Alliance of Arizona. FCAAZ is a non-profit independent consumer advocacy organization, dedicated to providing objective information about the requirements and options in making after-death arrangements. Martha first became acquainted with FCAAZ when she was looking for a speaker for a death education series she was organizing. She was so impressed that she joined the board of directors in 2017 and has served as president of the board of FCAAZ since 2018.

Introduction to Hinduism: History, Religion, Philosophy, Culture

Subject Area: Philosophy/Spirituality/Religion

Thursdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Thu 6/2/22 **End:** Thu 7/7/22

Location: Online Zoom Offering **Class Size:** 300 – **Note Special Class End date of 7/7/22**

Course Description

This introductory course will provide an overview of Hinduism, the religion of India that originated about 3000 years ago. It will include a brief history about the origin of Hinduism and the contributions to it from different sources, the Religion of Hinduism and its many components, the different philosophies that underpin the religious practices, including the non-dualism of Vedanta, and the interactions between Hinduism and Judaism, Christianity, Islam. Also covered in the course are the rituals, practices, customs and festivals related to Hinduism.

Instructor: Pravin Soni

Pravin Soni is a native of India and immigrated to the US in 1973. He has been a student of the Hindu Philosophy of Vedanta for the past 35 years. He has a PhD in Polymer Science and Engineering and has been involved in early-stage biotech companies for over 25 years.

Caring For And Feeding Our Souls

Subject Area: Philosophy/Spirituality/Religion

Thursdays: 3 Sessions 11:00 AM - 12:30 PM **Start:** Thu 6/9/22 **End:** Thu 6/23/22

Location: Online Zoom Offering 3 **Class Size:** 30

Course Description

What do you understand by the idea of a soul? From where does soul emanate and to where does it return after death? How does understanding and caring for our souls help us to enhance the quality of our lives? What has your soul taught you? How do you understand the connections of your soul to your body, mind, and heart? If you are intrigued by these questions and would like to share ideas about ways to be soulful, please join us for this class. Please bring your wisdom and insights to share in this discussion.

Instructor: 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.

Fridays

Hablando Español / Speaking Spanish Online

Subject Area: Literature/Writing/Language

Fridays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Fri 5/20/22 **End:** Fri 6/24/22

Location: Online Zoom Offering **Class Size:** 20

Course Description

- The goal of this class is for each student to realize in speech their listening, reading and writing skills.
- This class is not open to anyone who has not studied Spanish.
- English will only be used when a student is searching for ONE word to complete a thought.
- No grammar lessons will be given. As a group we compose vocabulary lists.
- Two classes are being offered: one on Zoom and one in-person at Central Tucson Campus. You may take this class on Zoom once a week, or you can sign up for both classes and meet in-person* once a week also. (*All-OLLI-CT 2021-2022 Membership or Summer 2022 Membership required for in-person.)
- There will be TWO sections of 45 minutes each: -FIRST half will be dedicated to students who have been part of the Intermediate series of classes or are very comfortable with the Present Indicative tense and are familiar with the Preterit and Imperfect Indicative tenses. -SECOND half will be dedicated to students who have been part of the Beginning series of classes or whose grammar skills include a familiarity with the Present Indicative tense.
- Students are encouraged to attend both halves but will have speaking privileges in only one group. After the first class, topics for conversation will be suggested by the students.

Instructor: Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at Olli Central Tucson since 2015.

[Athena Militant - The Importance of 19th Century Female Military Companies](#)

Subject Area: History/Current Events

Fridays: 1 Session 9:00 AM - 10:30 AM **Start:** Fri 5/20/22 **End:** Fri 5/20/22

Location: Online Zoom Offering 2 **Class Size:** 300

Course Description

When women were allowed to enlist in the US military in 1917, the decision was universally lauded. Such an undertaking would have met a very different response in 1870. Women were felt to be unsuited for that most sacrosanct of male endeavors, war. Somehow, in the intervening years, public attitudes shifted. The story of how America came to view women's military capabilities differently is the subject of the course Athena Militant: The Importance of 19th Century Female Military Companies.

Long forgotten by history, these informal military organizations were critical to overcoming the last barrier to universal suffrage. As stated in a landmark 1871 Pennsylvania Supreme Court Decision, "the constitution of Pennsylvania contemplates that the class of people who do the voting shall also be the people who do the fighting."

How this legal barrier was overturned is due in large part to the efforts of tens of thousands of women who dared demonstrate that they possessed the discipline, sense of obedience, and patriotism necessary to shoulder the burden of military service.

Instructor: Gary Mitchell

Gary Mitchell is a 1975 graduate of West Point and a lifelong student of military history. He is a research junkie and his explorations often lead him down new and exciting avenues. Sharing his discoveries is ample payback for the long hours of work involved in ferreting out little-known facts of American History.

[Perennial Wisdom of the Bhagavad Gita: Continuing Class](#)

Subject Area: Philosophy/Spirituality/Religion

Fridays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Fri 5/20/22 **End:** Fri 6/24/22

Location: Online Zoom Offering **Class Size:** 30

Course Description

This study group is for those who took the Perennial Wisdom of the Bhagavad Gita study group in Spring. In this session, we hope to complete our discussion of the remaining chapters of the Bhagavad Gita.

The Bhagavad Gita is one of the great spiritual books of the world and a core source of Yoga Philosophy. In essence, it is a spiritual discourse given by Krishna, an incarnation of God, to his disciple, the great warrior Arjuna, on the threshold of a vast war in which both would soon be involved. The teachings of the Gita are as meaningful today as they were thousands of years ago.

Online Zoom Offerings

In this Bhagavad Gita study group, we will spotlight philosophic gems from selected verses of the Gita. This will not be a dry philosophy course. Rather, through brief talks by the study group leaders, introspective exercises, breakout sessions and group discussions, the study group members will have opportunities to deeply examine the enlightening wisdom of the Gita and to consider how to apply that knowledge in our daily lives.

Instructors: Randall Krause and Sandra Uytterhoeven

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received a M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

Sandra Uytterhoeven is an experienced yoga teacher, yoga therapist and an avid learner and teacher of The Yoga Sutras of Patanjali. She has led a monthly study group on the Yoga Sutras of Patanjali for more than 10 years in Waltham, MA. She is warm, knowledgeable, and articulate.