



<input type="checkbox"/>	1:00-2:30	Sept.15-Oct.20	Life: BBC production on Blu-ray	Mitchell	TEA
<input type="checkbox"/>	1:00-2:30	Sept.15-Oct.20	Welcome to the Internet	Murrey	247
<input type="checkbox"/>	2:45- 4:45	Sept.15-Oct.20	Wednesday Movie Matinee	Saunders	TEA
<b>THURSDAYS</b>					
<input type="checkbox"/>	9:00 -10:30	Sept.16-Oct.21	Permaculture and the Transition Movement	Von Kundra	231
<input type="checkbox"/>	9:00-10:30	Sept.16-Oct.21	Legal Issues for Older Adults	Crum	220
<input type="checkbox"/>	9:00-10:30	Sept.16-Oct.21	Great Road Style	White	226
<input type="checkbox"/>	8:30-10:30	Sept.16-Oct.21	Genealogy on the Computer	Schuler	247
<input type="checkbox"/>	10:45-12:15	Sept.16-Oct.21	Physical Wellness for Adults	Sherrill	226
<input type="checkbox"/>	10:45-12:15	Sept.16-Oct.21	PowerPoint	Vanhook	247
<input type="checkbox"/>	10:45-12:15	Sept.16-Oct.21	Cooking Classes (See special registration form)	Et al	Kitchen
<input type="checkbox"/>	10:45- 12:15	Sept.16-Oct.21	Christianity: Great World Religions (DVD)	DVD	231
<input type="checkbox"/>	1:00-2:30	Sept.16-Oct.21	Jazz	Cole	TBA
<input type="checkbox"/>	1:00-2:30	Sept.16-Oct.21	Natural Healing: Shamanism	Lageman	231
<input type="checkbox"/>	1:00-2:30	Sept.16-Oct.21	Creating and Telling Stories	G.Lee	233
<input type="checkbox"/>	1:00-2:30	Sept.16-Oct.21	The Constitution of Liberty	Marshall	220
<b>SPECIAL CLASSES</b>					
<input type="checkbox"/>	8am -1:30pm	Fridays	Hungry Mother Hiking	Sherrills	on the trail
<input type="checkbox"/>	9am – 5pm	Friday, Sept.17	AARP Driving Class	Millsap	226
<input type="checkbox"/>	12:30-3pm	Friday, Sept. 17	The Wonder of It All	Wells	TEA
<input type="checkbox"/>	12:30-2:30pm	Mon, Sept. 20 Mon. Sept 27	Preview: The Metropolitan Opera at Tinseltown	Campbell	226
<input type="checkbox"/>	10:00 – 12:00	Monday, Sept. 27	Social Security Class	McMurray	226
<input type="checkbox"/>	8:30 – 10am	Friday, Oct. 1	Digitalizing Slides	Renault	Lounge 2 <sup>nd</sup> floor
<input type="checkbox"/>	10:00	Friday, October 1	Trip to a Treehouse	Fowlkes	226
<input type="checkbox"/>	12:30-2:30	Friday, Oct. 8, 15	Writing Through Images	Chappell	226
<input type="checkbox"/>	10:30-12:30	Monday, Oct.18	Hollywood Singers: The Men	Campbell	226
<input type="checkbox"/>	1-3pm	Monday, Oct.18	United States and Mexico	Godinez-Ramos	TEA
<input type="checkbox"/>	10-12noon	Fri., Oct 8,15,22	What’s New and Old in Medicare	Charles	240

August 25, 2010

Dear Colleagues,

On behalf of the instructors, coaches, volunteers, and the professional staff of the Higher Education Center, I would like to welcome you to our exciting line-up of fall classes. I hope you will find two or three classes each day that stimulate your interest. The fee is \$40.00 (our first price increase in eleven years). Remember that many of classes fill up quickly, so mail your completed registration form (this page) with a check back to us as soon as possible, or you can register on-line at [www.swcenter.edu](http://www.swcenter.edu) – click “College for Older Adults” then “Register Online Now!”. A late fee of \$10 will be charged after Sept. 11, 2010.

When your check or online registration is received, your name will be placed on the class roll: **no notification will be made.** If a class is filled, you will be called to see if you wish your name to be placed on a waiting or if you wish to enroll in a different class. Go to [www.swcenter.edu](http://www.swcenter.edu) – “College for Older Adults” – “registration form & schedule” to check on filled classes.

Please remember, almost everyone associated with the COA is a volunteer, so please let them know how you appreciate them giving of their time and knowledge to this unique program.

Sincerely,

Ramsey White, Director, 276.619.4377, [rwhite@swcenter.edu](mailto:rwhite@swcenter.edu)

COLLEGE FOR OLDER ADULTS

FALL 2010

September 14 – October 21, 2010

SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER

P O Box 1987, Abingdon, Virginia 24212 276-619-4300 / 619-4377

TUESDAYS

- **HITLER'S ROAD TO PERDITION: Ideology, Diplomacy, and Military Strategy in Unleashing World War II, 1934 -1943.** Tuesdays, Sept. 14 – Oct. 19, 2010, 9am -10:30am, (Rm 240). Please join Dr. Sydnor, Fulbright Scholar and Past President of Emory and Henry College, as looks at Hitler's strategies for world domination. *Instructor: Charles W. Sydnor, Ph.D.*
- **LEVEL 2 KNITTING.** Tuesdays, 9am – 10:30am, Sept. 14 – Oct. 19, 2010 (Rm 231) In this level 2 class, members will knit a garment and learn fitting and finishing techniques. Please go to COA website to get pre-class instructions and materials list, or go to *A Likely Yarn, 213 Pecan Street, Abingdon, VA 24210, 276.628.2143.* *Instructor, Carol James, teaches knitting at A Likely Yarn.*
- **DIGITAL PHOTO EDITING.** Tuesdays, 9am – 12 noon, Sept. 14 – Oct. 19, 2010(Rm 247). Step-by-step instructions will enable students to grasp the basics of Photoshop Elements 6, a powerful image editing software program. The course is designed for both beginning and advanced photographers. *Presenter: Jim Cowan, retired Department of Defense Technical Manager who has taught many previous COA classes. Coaches: Janice Cornett and Frank Renault.*
- **SYSTEMS THINKING:** Tuesdays, 9am – 10:30am, Sept. 14 – Oct. 19, 2010 (Rm 218). Please join John as he continues his look at the different ways we think. *Instructor: John Curran who has a background in engineering, management systems, and is persistently curious.*
- **BASIC HOME REPAIR:** Tuesdays, 9am -10:30am, Sept. 14 – Oct. 19, 2010. (Rm 232) First class will be on winterizing your home and subsequent classes will on basic electrical and plumbing repairs. *Instructor: Eddie Sproles, SWVHEC property manager.*
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- **THE LIFE OF WINSTON CHURCHILL (a) DVD.** Tuesdays, Sept. 14-Oct. 19, 2010, 10:45 – 12:15pm (Rm 231) Join Professor J. Rufus Fears as he looks at one of the giants of the 20<sup>th</sup> century. This Teaching Company DVD covers in twelve 30 minute lectures the entire life of Sir Winston. There will be two lectures covered each day of class. *Instructor, J. Rufus Fears, PhD.*
- **THE SIX APOLLO LUNAR LANDINGS.** Tuesdays, 10:45 – 12:15, Sept.14-Oct.19 , 2010 (Rm 220) This course of six lectures, and a special showing of the documentary “The Wonder of It All”, is designed to provide audio, video and photographs from the lunar surface to promote understanding of what we as a nation achieved then, and what we must do for our children and grandchildren to maintain our economic livelihood as a spacefaring nation in the future. *Instructor: Ronald Wells, Ph.D. in astronomy. He worked for many years at the Space Sciences Laboratory at UC Berkeley as a planetary astronomer in lunar and Martian studies.*
- **PHILOSOPHY.** Tuesdays, 10:45 – 12:15pm, Sept.14 – Oct.19, 2010 (Rm240) \*\*\*no class Sept. 21\*\*\* This term will include a contemporary nod to Socrates, but most everything else will be from the late 1800's to Sept.15, 2010. We will cogitate about the relationship between Buddha and Einstein et al. Who is Carl Jung? Who is John Galt. Nietzsche? Who were the early Existentialists? Did they know it? *Instructor, Ted Slack, licensed philosopher, a former Boy Scout and has a Virginia fishing license.*
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□ **BEGINNING DIGITAL CAMERA.** Tuesdays, Sept.14-Oct.19, 2010, 10:45am – 12:15pm, (Rm 218). This course is designed for those just beginning with a digital camera or who are planning to purchase one. It will explain what the digital camera is, how it works and what it does and does not do. Bring your camera, if you have one, and the instructions. Class limited to the first 24 students. *Instructor, Claude Greever, has taught computer and other subjects in the gifted and talented program, as well as teaching many courses for the COA.*

□ **YOGA/MEDITATION CLASS:** Tuesdays, Sept.14-Oct.19,2010, 10:45am-12:15pm (RM To Be Announced ) Explore our human predicament through the ancient practice of meditation as well as manage stress, bring balance and harmony to your body and mind, and connect with your authentic self. A daily practice of meditation combined with yogic exercises will be introduced for balanced living, for inner exploration and for deep relaxation. Live Simply! *Instructor; Jeshua Pacifici, who began meditating in 1973, studied in India and has practiced and taught yoga for over 35 years. He has held hundreds of classes in a variety of settings designed to provide personal development tools for participants.*

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□ **A SEASON FOR SINGING.** Tuesdays, 1-2:30pm, Sept.14-Oct.19, 2010 (Rm 234). This course is designed to teach the techniques of reading music, especially for singing. It will acquaint you with all those pesky notes and other symbols on the page of music and enable you to make the appropriate sound. This is a continuation of previous courses, but is open to beginners. Join the fun. *Instructor: Jim Hansen. Jim has taught music reading on every educational level and for every age group. His current focus is adult learning. He is also the director of the Abingdon Schola, a group specializing in vocal music from the Medieval Period.*

□ **THE FAMILIES OF THE PRESIDENTS.** Tuesdays, 1pm-2:30pm, Sept.14-Oct.19,2010 (Rm 240) Most of us know the basic information on our Presidents – but what about their parents, siblings, wives, and children. This class is not about politics – it’s about family and the influence of family on the leaders of our nation. *Instructor: Doris Wells, retired teacher of history.*

□ **INTRODUCTION TO THE COMPUTER:** Tuesdays, Sept.14-Oct.19, 2010 , 1pm-2:30pm, (RM 247). **This course is designed for those that are very beginners.** *Instructor: Sonia Vanhook who has taught computer classes for UVA and the COA. She is also the Event Planner for HEC.*

□ **ALL ABOUT COLOR. Basic Course.** Tuesdays, Sept.14-Oct.19,2010, 1pm – 2:30pm (RM 218) This basic course on Color Theory will empower you to achieve the confidence to select the right colors for the den or re-color the entire house. Pick out your clothes with confidence and design your garden using just the right colors. Learn and understand the power of “after image” and using a color wheel. This course is the first of three. Intermediate and Advanced courses will be taught in the winter and spring terms. \$10.00 for class supplies. *Instructor: Kaye Evans-Pruitt, CPF, GCF, CMG*

□ **GEOGRAPHY: NORTH AMERICA’S WEST COAST.** Tuesdays, Sept.14-Oct.19, 2010, 1pm-2:30pm. (Rm 231)Class will look at the workings of the tectonic plates as they move and create the varied terrains from B.C. to B.C. (British Columbia to Baja, Cal), and San Andreas Fault will studied. *Instructor: Don Josif, Ph.D.*

### WEDNESDAYS

□ **ABANDON HOPE, ALL YE WHO ENTER”** Wednesdays, 9am -10:30am, Sept.15-Oct.20,2010 (TEA) Join Lee Saunders in a literary, artistic, musical and cinematic excursion into the nether world. Experience the ancient view of Hades through the eyes of Homer and Vergil: the horrific interpretations of Hell in the *The Inferno* and *Paradise Lost*; the engravings of Gustave Dore: the music of Mozart, Offenback, and Rachmaninoff; and, Camus’ film *Black Orpheus*. Lee promises everyone a devil of a

time. Certificates will be awarded to all who attend the course, testifying that they have been to hell and back! *Instructor: Lee Saunders, M.S.*

□ **LEGENDS OF LOCAL HISTORY.** Wednesday, 9-10:30am, Sept.15-Oct.20,2010 (Rm.226) Presented by Joe Tennis, local author. A longtime journalist, Joe is the author of five books of local history and legends, including “Southwest Virginia Crossroads”, “Beach to Bluegrass”, and his latest, “Haunts of Virginia’s Blue Ridge Highlands”. This course will be based on his books and other writings.

□ **GREAT WORLD RELIGIONS: Islam (DVD), The Teaching Company.** Wednesday, 9-10:30am, Sept.15-Oct.20,2010 (Rm 231) We in the West know little of Islam beyond the actions of extremists. Join Dr. Esposito as he takes a look at what Muslims believe and how they carry out those beliefs. *Instructor: John L. Esposito, Ph.D.*

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□ **THE HISTORY OF THE ENGLISH LANGUAGE:** Wednesdays, 10:45-12:15pm, Sept.15-Oct.20,2010.( 240) The development of English, initially from Indo-European to Anglo-Saxon, and then, successively, to Middle English, early Modern English and contemporary American English, will be traced. How the language was affected by various factors, such as Chancery English, the printing press, Shakespeare, the Great Vowel Shift, British exploration, colonization, and trade, 17<sup>th</sup> and 18<sup>th</sup> century pedagogues, the lexicographical work of Samuel Johnson and his successors, and the computer, will be highlighted. *Instructor: Frank Finan, Ph.D., whose doctorate is in English language and literature, served as superintendent of the Bristol Virginia Public Schools from 2000-2006.* Class will be limited to 30 students.

□ **THE LOUVRE (a).** Tuesdays, 10:45 – 12:15 am, Sept. 15-Oct. 20, 2010. (RM 231). Join the Teaching Company and Dr. Bretell for a DVD tour and study of the world’s most famous art museum. The focus of these lectures is limited to just one of the seven curatorial departments of the Louvre, the Department of Paintings, but what paintings!. The aim of these lectures is to both prepare new viewers for a visit and to be a study aid for those who have been before. This course will also be offered at 9am, Wednesdays (Rm 231). *Instructor, Richard Bretell, PhD.*

□ **MANAGING YOUR MONEY TO LAST A LIFETIME.** Wednesdays, 10:45am – 12:15pm, Sept 15-Oct.20, 2010 (Rm 226). Join Highlands Union Financial Services for in depth look at investments, taxes, retirement accounts, and the whole gamut of managing your money to last your lifetime. *Instructors, Brian Lawson, Certified Financial Planner and Gary Lester, AAMS.*

□ **MICROSOFT WORD 2007.** Wednesdays, 10:45 – 12:15pm, Sept.15-Oct.20, 2010 (Rm 247). Using Microsoft Word, students will produce documents in class utilizing such features as insert graphics, word art, page borders, and merge letters. Basic design technique will also be covered. There will be exercises for the beginner, intermediate and advanced computer user. *Instructor: Sonia Vanhook, who has taught computer classes for UVA and the COA. She is also the Event Planner for HEC.*

□ **ARTS ARRAY FILM DISCUSSION GROUP.** Wednesdays, 10:45 – 12:15, Sept.15-Oct.20, 2010 (Rm 218). This class will be a continuation of the one that began several terms earlier and will explore themes, issues, and questions raised by the Arts Array films. In this class every student is a teacher in that all ideas are shared and valued. Although there are usually no final answers for many of the difficult questions raised by the film artists, exploring possible answers together can be an exciting as well as a satisfying exercise. *Facilitator: Fran Kelly*

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□ **MORE STUFF NOT IN OUR HISTORY BOOKS.** Wednesdays, 1 – 2:30pm, Sept. 15-Oct.20,2010 (Rm 226). The story of the discovery and settlement of the “New World” is woefully incomplete and sometimes deliberately distorted in most history textbooks. This class will explore the often neglected

aspects of our common history. The course will cover the New World before the coming of the white man through life on the Appalachian frontier. *Instructor, Danny Dixon. Mr. Dixon is the Director of the Holton Governor's School and has taught previous history courses at the COA.*

□ **TRAVELING TALES.** Wednesdays, 1-2:30pm, Sept. 15-Oct.20, 2010 (Rm 240) A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels. **Sept. 15**, Dr. Don Josif, *Old Mexico*: **Sept.22**, Ellen Mueller, *Biking Through Switzerland*: **Sept 29**, Bill Shanks, *Siberia and Mongolia: Spirits and Nomads*: **Oct. 6**, Ellen Mueller, *Biking from Krakow to Prague*: **Oct. 13**, Eileen Garner, *China, 2010*: **Oct. 20**, Anna Sherrill, *Ottawa from Spring tulips to Winter skating*.

□ **LIFE (DVD) narrated by David Attenborough.** Wednesdays, 1-2:30pm, Sept. 15-Oct.20,2010 (TEA). This enthralling BBC series examines the “lengths living beings go to stay alive”. Made by the same makers as *Planet Earth* - beautiful cinematography. *Presenter: Jeremy Mitchell of the HEC IT department.*

□ **WELCOME TO THE INTERNET.** Wednesdays, 1-2:30pm, Sept. 15-Oct.20, 2010 (Rm 247) This course will start with getting an email address and venture off into world of the internet. Students must have a basic understanding of computers. *Instructor: Becky Murrey*

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#### **SPECIAL CLASS – SPECIAL TIME**

□ **WEDNESDAY MOVIE MATINEE:** Wednesdays, 2:45 – 4:45pm, Sept. 15, 22, 29, Oct.6 and 20\*\*\*\*Please note that on Monday Oct. 11 movie will be shown instead of Wednesday (RmTEA) Join Lee Saunders as he continues his cinematography course with a look a great movie classics through the decades. **Sept. 15** – *The Apartment*, **Sept. 22**, *To Catch a Thief*, **Sept. 29**, *Robin Hood*, **Oct. 6**, *The Spy Who Came in from the Cold*, **Oct. 11**, **Monday, 10am – 1pm**, *Dr. Zhivago*, **Oct. 20**, *Hud*

#### **THURSDAYS**

□ **PERMACULTURE AND THE TRANSITION GRASSROOTS MOVEMENT.** Thursdays, 9-10:30am, Sept. 16-Oct. 21, 2010 (Rm 231). Please join Cassa Von Kundra as she looks at Permaculture (“a lifestyle integrating ecologically sustainable qualities into our lives and communities”) and the Transition Movement (“building community resilience in response to global concerns”) and discusses what we can do to learn how to design how we live that has the stability and resiliency of a natural ecosystem. *Instructor: Cassa Von Kundra*

□ **LEGAL ISSUES FOR OLDER ADULTS.** Thursdays, 9-10:30am, Sept.16-Oct. 21,2010 (Rm 220). Attorney Matt Crum will explore numerous legal matters which concern older citizens, including Medicare planning, powers of attorney, guardianship, estate planning and the prevention of elder abuse. *Instructor: Matt Crum, an Abingdon attorney whose practice focuses on elder law.*

□ **GREAT ROAD STYLE: The Decorative Arts of Southwest Virginia and Northeast Tennessee.** Thursdays, 9-10:30am, Sept.16-Oct.21, 2010. (Rm 226) Betsy White, author of *Great Road Style*, will take a fresh look at the material culture and decorative arts of our area prior to 1940. Abingdon was never a backwater place to live – join Betsy as she shows in gorgeous color photography what was being made “out” here and along the Great Road westward in the 18<sup>th</sup> and 19<sup>th</sup> centuries. *Instructor: Betsy White, retired director of the William King Museum.*

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□**GENEALOGY RESEARCH USING THE COMPUTER.** Thursdays, 8:30—10:30am, Sept.16-Oct.21, 2010 (RM 247). \*\*\***PLEASE NOTE; class starts at 8:30am.** This class will be a working Genealogy Laboratory where students will have access to US Census information online. Students will use the computer to view online census files to fill in the gaps in genealogical timelines. The instructor will cover the pro's and con's of various online sources. *Instructor: Jerry Schuler, a retired electrical engineer from Raytheon who has been working with computers for over 20 years and who has taught many COA classes.*

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□**PHYSICAL WELLNESS.** Thursdays, 10:45-12:15pm, Sept.16-Oct.21, 2010 (Rm226) . This course taught by Dr. Anna Sherrill will look into health issues confronting all of us. **Sept.16**, hypertension: **Sept. 23**, reading nutrition labels, **Sept.30**, lowering your risk of having a heart attack, **Oct.7**, biofeedback with Dr. Bob Hill, **Oct.14**, stretching, with Bob Sherrill and Dr. Jane Hill, **Oct.21**, type 2 diabetes. *Instructor: Anna Sherrill, Ph.D.in biochemistry. Besides research and clinical trials, Dr. Sherrill worked for GlaxoSmithKline Pharmaceuticals in providing educational programs for healthcare professionals.*

□**POWERPOINT 2007 .** Thursdays, 10:45-12:15pm, Sept 16- Oct.21,2010. (Rm247) This course will explore the basics of using Microsoft 2007 PowerPoint software. Participants will create presentations with headlines, bullets, graphics, transitions, sound and more. This class is NOT recommended for the true beginning computer user. *Instructor: Sonia Vanhook, events planner for the HEC, has taught many computer related courses for the CO*

□**COOKING CLASS.** Thursdays, 10:45-12:15pm, Sept.16-Oct.21, 2010 (Executive Kitchen) \$10.00 per class to cover food costs. CLASS LIMITED TO 20 AND ONLY ONE COOKING CLASS PER STUDENT. **SEE SEPARATE SHEET TO SIGN UP FOR THE COOKING CLASSES.**

□**GREAT WORLD RELIGIONS on DVD: Christianity.** Thursdays, 9-10:30am, Sept 16-Oct.21,2010. (Rm 231) This course will look at one of religions great success stories – how a small sect in an obscure Roman province in the 1<sup>st</sup> century became the official religion of the Roman Empire by the 4<sup>th</sup> century, and how it came to dominate the cultural life of Europe for much of its history. *Instructor: Luke Timothy Johnson, Ph.D.*

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□**JAZZ: Don't You Hear Me Talking To You?** Thursdays, 1-2:30pm, Sept.16-Oct.21, 2010. (TBA) The course this term will honor the memory of Dr. Sam Miller and his many contributions to the COA's jazz programs. The class will also be entertained by Ms. Sandy Coward, a Washington County native, as she regales with her stories of what it was like to be the only girl vocalist with a big band, and the class will take an in depth look at the life and times of Louis Armstrong. The class will also be entertained during one session by a live jazz quartet. *Presenter: Jim Cole*

□**NATURAL HEALING: Shamanism 101.** Thursdays, 1-2:30pm, Sept.16-Oct.21,2010 (Rm 231) American Indians have been performing natural healing for hundreds of years. This course will compare and contrast the American traditions in shamanism, and will allow on a volunteer basis students to experience this form of healing. *Instructor: August Lageman, Ph.D., has trained with Cherokee and Lokata medicine women and will graduate from the Light Body School of Inka Shamanism in November.*

□**CREATING AND TELLING STORIES with G.Lee .** Thursdays, 1-2:30pm, Sept 16-Oct.21, 2010 (Rm 233). Join "G.Lee" Hearl , one of the charter members of the Jonesborough Storytelling Guild, as he weaves his yarns and tells his tales. G. Lee plays guitar, autoharp and fiddle which he incorporates into his performances. *Instructor/Performer: Garnett Lee Hearl who has been writing and performing original stories and songs since 1994.*

□**THE CONSTITUTION OF LIBERTY.** Thursday, 1-2:30pm, Sept 16-Oct.21, 2010 (Rm 220). The essential principles of the Constitution as established by the founders provided a framework of

unparalleled freedom for its citizens, but will Constitutional disdain result in the late, great United States. Controversial issues with lively discussion will highlight the class. *Instructor: Jim Marshall*

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### SPECIAL CLASSES

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□ **HIKING HUNGRY MOTHER STATE PARK.** 8am-1:30pm. Join Anna and Bob Sherrill every Friday morning (Sept. 17 – Oct. 22, 2010 – weather permitting) in hiking Hungry Mother Park and then gather for lunch at the Harvest Table in Meadowview. Everyone will meet at the Higher Education Center Information Desk at 8am to arrange carpooling to Marion. Everyone should be back at the Higher Education Center by 1:30pm. This is great time to enjoy the fall colors and to get exercise. Please dress according to the weather, terrain and exercise level.

□ **AARP DRIVER SAFETY PROGRAM.** . Friday, Sept. 17, 9am – 5pm (Rm 226). This driver refresher course is intended to help older drivers improve their skills while teaching them to avoid accidents and traffic violations. Upon completion of the 8-hour program, a certificate is issued which can be presented to your insurance agent for a discount. The AARP fee is \$12.00 for AARP members (must have card to present) and \$14.00 for non-members. Checks should be made payable to AARP, and will be collected on the day of the class. *Instructor: Joyce Millsap, who has taught this class previously*

□ **“THE WONDER OF IT ALL”** Friday, Sept. 17, 2010, 12:30-3 pm (Executive Auditorium) .A just released film interviewing 7 of the men who walked on the surface of the moon. This film is part of Dr. Wells’ course, “The Six Apollo Lunar Landings”, BUT is open to one and all in the COA. It has gotten rave reviews.

□ **A PREVIEW: THE METROPOLITAN OPERA AT TINSELTOWN: Part One.** Monday, Sept. 20, 2010, 12:30 -2:30pm (Rm 226). This two session course is designed to give an overview of the 11 operas to be shown live in High Definition at Bristol’s Tinseltown. The schedule includes operas by Wagner, Mussorgsky, Donizetti, Verdi, Puccini, Gluck, Rossini, and Strauss. *Presenter: Bill Campbell, host of Opera Preview on WEHC-FM (90.7) Emory.*

□ **A PREVIEW: THE METROPOLITAN OPERA AT TINSELTOWN: Part Two.** Monday, Sept. 27, 2010, 12:30-2:30pm (Rm226). This class concludes the overview of the 11 fore mentioned operas. *Presenter: Bill Campbell.*

□ **SOCIAL SECURITY CLASS.** Monday, Sept.27, 2010, 10am – noon, (Rm 226). Josh McMurray from the Social Security Administration will discuss benefits, options and changes in Social Security. Please use this time to have face to face interaction with the Administration – they are going more and more to online and recorded telephone services, and this is your best chance of getting your questions answered by a real person. Handouts and written materials will be given out to all participants.

□ **TRIP TO A TREE HOUSE:** Friday, Oct 1, 2010, 10am- (Rm 226). Join Rachel Fowlkes for a tour of her magical houses in the trees. The main treehouse (with 2 bedrooms, bath, fireplace and kitchen) is featured in *New Treehouses of the World* by Peter Nelson (copies available at Zazzy’Z, 380 E. Main St. and on Amazon.com) and an additional tree playhouse has been built since the last trip. All will meet in Room 226 for a brief presentation and organize into carpools and drive to the site. Please try and carpool if possible. Please wear walking shoes and dress according to the weather. Keep posted to any schedule

changes – rain may necessitate cancelling or postponing the trip due to the condition of the dirt roads. Rain date for Oct.1 date is Saturday, Oct. 2 – please call the HEC (276.619.4300) to confirm.

□**DIGITALIZING YOUR SLIDES:** Friday, Oct. 1, 8:30am – 10:00am, (2<sup>nd</sup> floor lounge). Want to convert that closet full of your vacation slides to a CD? Join Frank Renault as he shows you how. Please do not sign up if you do not know how to use a computer. Frank will hold a follow up class on Friday, Oct. 8 to check on individual progress.

□**WRITING THROUGH IMAGES** Fridays, Oct. 8 and 15, 2010, 12:30 – 2:30pm, (Room 226) Join Tony Chappell for this special fun course. Make your writing come alive using images and learn how to write your life story to pass down to following generations. Please bring pencil and paper!!! *Instructor: Tony Chappell, a faculty member of Forsyth Technical Community College, has taught many courses for the COA.*

□**HOLLYWOOD SINGERS: The Men.** Monday, Oct. 18, 2010, 10:30am – 12:30pm \*please note time change, (Rm 226) The presentation begins with Giovanni Martinelli in 1926 and end with Harve Presnell in 1964. Among the singers featured are Dick Powell, Nelson Eddy, Allan Jones, Bing Crosby, Frank Sinatra, Mario Lanza, Howard Keel, Tony Martin and Gene Kelly. *Presenter: Bill Campbell*

□**UNITED STATES AND MEXICO:** Monday, Oct. 18, 2010, 1-3pm, (TEA). Please join Professor Raoul Godinez-Ramos (Professor of International Relations and the Political Science Department, Tec de Monterrey, Mexico and Fulbright Scholar in Residence at the University of Virginia's College at Wise 2010-2011) as he discusses current events in Mexico and the United States and how they affect each other.

□**MEDICARE 101: Parts A, B, C and D and You.** Fridays, **Oct. 8, Oct. 15 and Oct. 22**, 2010, 10am-12noon, (Rm 240) David Charles, an independent Career Agent with United Healthcare, will explain all parts of Medicare and all the changes that are coming. The entire health care system and Medicare has undergone major changes since last year and this course will attempt to answer most of the questions older adults might have.