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Name (last) _____ (first) _____ Telephone (____) _____
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 I am 50 years old or older (signature) _____ New Member Y or N Today's Date _____
 Membership is \$40 per term and payment must be paid at the time of registration. If the class is full you will be
 contacted, otherwise you will not be contacted. Some classes have limited numbers and will be filled on a first
 come/first served basis.

TUESDAYS

	time	dates	Course	Instructor	Room
<input type="checkbox"/>	10-11:30am	Jan. 17 – Feb.21	The Spirit of Inquiry: What We Have Learned	Pacifici	226
<input type="checkbox"/>	10 - 12	Jan. 17 – Feb.21	Digital Photo Editing	Cowan	247
<input type="checkbox"/>	10-11:30am	Jan. 17 – Feb.21	Home Repair: Small Appliance Repair	Sproles	149
<input type="checkbox"/>	10-11:30am	Jan. 17 – Feb.21	Appalachia – DVD series	DVD	231
11:30am – 12:15pm: Jan. 17 – Feb.21 "Tuesday Tunes and Tales at the Table" in the Cafe					
<input type="checkbox"/>	12:15 – 1:45	Jan. 17 – Feb.21	The Families of the Presidents	Wells	226
<input type="checkbox"/>	12:15 – 1:45	Jan. 17 – Feb.21	French for Beginners	Garner	231
<input type="checkbox"/>	12:15 – 1:45	Jan. 17 – Feb.21	Passing on Your Life	McClellan	218
<input type="checkbox"/>	12:15 – 1:45	Jan. 17 – Feb.21	The World's Great Structures, II A (1-24)	DVD	149
<input type="checkbox"/>	2:00 – 3:30	Jan. 17 – Feb.21	All About Beer, Volume I	Wentz	149
<input type="checkbox"/>	2:00 – 3:30	Jan. 17 – Feb.21	Plate Tectonics: West of the Rockies	Josif	218
<input type="checkbox"/>	2:00 – 3:00	Jan. 17 – Feb. 21	Re-Introduction to Latin	Thurman	231
<input type="checkbox"/>	2:00 – 3:30	Jan. 17 – Feb.21	Making of the New Testament	DVD	226

WEDNESDAYS

<input type="checkbox"/>	10 – 11:30	Jan.18 – Feb.22	The Great Financial Trainwreck of 2007-8	Tackney	TEA
<input type="checkbox"/>	10 – 11:30	Jan.18 – Feb.22	Introduction to Calligraphy	Elledge	231
<input type="checkbox"/>	10 – 11:30	Jan.18 – Feb.22	Arts Array Discussion Group	Kelly	218
<input type="checkbox"/>	10 – 11:30	Jan.18 – Feb.22	Computers for the True Beginner	Bailey	247
<input type="checkbox"/>	10 – 11:30	Jan.18 – Feb.22	The World's Great Structures, II B (1 – 24))	DVD	149
<input type="checkbox"/>	12:15 – 1:45	Jan.18 – Feb.22	Conservation of Resources and Environment	Jett	TEA
<input type="checkbox"/>	12:15 – 1:45	Jan.18 – Feb.22	Exploring the Internet	Bailey	247
<input type="checkbox"/>	12:15 – 1:45	Jan.18 – Feb.22	The World's Great Structures, I (1-12)	DVD	226
<input type="checkbox"/>	12:15 – 1:45	Jan. 18 – Feb. 22	Easy Does It Yoga	McIlvane	149
<input type="checkbox"/>	2:00 – 3:30	Jan.18 – Feb.22	Great Song and Dance Movies	Saunders	TEA
<input type="checkbox"/>	2:00 – 3:30	Jan.18 – Feb.22	Traveling Tales	Garner, et al.	226
<input type="checkbox"/>	2:00 – 3:30	Jan.18 – Feb.22	Our Night Sky: Amateur Star Gazing	DVD	231

THURSDAYS

<input type="checkbox"/>	10 – 11:30	Jan. 19- Feb. 23	Turn Your Radio On: Radio in Our Area	Devault, et al.	218
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<input type="checkbox"/>	10 – 11:30	Jan. 19 – Feb 23	I'm Normal- You're Weird	Smith	226
<input type="checkbox"/>	10 – 11:30	Jan. 19 – Feb 23	Continuing Spanish	Whitman	231
<input type="checkbox"/>	10- 11:30	Jan. 19 – Feb 23	Genealogy on the Computer	Schuler	247
<input type="checkbox"/>	12:15 – 1:45	Jan. 19 – Feb 23	Beginning Color	Evans-Pruitt	231
<input type="checkbox"/>	12:15 – 1:45	Jan. 19 – Feb 23	Microsoft Word 2010	Vanhook	247
<input type="checkbox"/>	12:15 – 1:45	Jan. 19 – Feb 23	American Literary Masterpieces	Saunders	149
<input type="checkbox"/>	12:15 – 1:45	Jan. 19 – Feb 23	Psalms	Fr. Maier	218
<input type="checkbox"/>	2:00 – 3:30	Jan. 19 – Feb 23	Shamanism	Lageman	218
<input type="checkbox"/>	2:00 – 3:30	Jan. 19 – Feb 23	Nutrition in the Kitchen	Et al.	C.K.
<input type="checkbox"/>	2:00 – 3:30	Jan. 19 – Feb 23	Colors of the Bible	Pruitt	231
<input type="checkbox"/>	2:00 – 3:30	Jan. 19 – Feb 23	<i>EasyBridge: Duplicate Bridge</i>	Metcalf	149
SPECIAL CLASSES					
<input type="checkbox"/>	11am	Friday, Jan. 20	Tour of Arts Depot with special event	Carter	Dep.
<input type="checkbox"/>	10 - 12	Sat. Jan. 21	Winter Nature Trek at Sugar Hollow	Talley	S.H.
<input type="checkbox"/>	10:30 - 12	Monday, Jan. 23	Forcing Nature for Winter Beauty	Thompson	149
<input type="checkbox"/>	12:30 – 2:00	Monday, Jan 23	Learn Swing Dancing	Dickerson	149
<input type="checkbox"/>	9 - 4	Friday, Jan. 27	AARP Driver Safety Program	Millsap	226
<input type="checkbox"/>	1pm	Monday, Jan. 30	Tour of Wolf Hills Brewing Company	Gambrel	W.H.
<input type="checkbox"/>	1-4	Monday, Feb. 6	Beginning Watercolor	Scoggins	149
<input type="checkbox"/>	1 – 3pm	Friday, Feb. 10	Refurbishing Attic Treasures	May	149
<input type="checkbox"/>	1 – 2:30	Monday, Feb. 13	Tour of Food City's -KVAT Distribution Center	staff	D.C.

December 21, 2012

Dear Colleagues,

Happy Holidays! I hope everyone has a nice holiday season and that all are ready to return to the COA for classes. We have a great line-up of classes and I hope that you will find several each day to take. The membership fee is \$40.00 and it enables you to take as many classes as you would like. Arts Array passes will be available for purchase for \$15.00. The schedule of Arts Array events has not been published at the time of this letter's printing.

Please note that we are starting classes at 10am, not 9am for the winter term. This will allow us to deal better with the weather situation and parking lot. Therefore, lunch will be from 11:30am till 12:15pm, and the second class will begin at 12:15pm and last at 2pm. On Tuesdays we are having performers come into the Café and entertain us during lunch. Don't miss these special events.

I hope that you will find the COA an opportunity to get out of the house – escape the winter doldrums – and join others in our beautiful (and warm) facility. Come enjoy the courses, the camaraderie and the coffee. Come make new connections.

Best wishes for the New Year,

Ramsey White, rwhite@swcenter.edu, 276.619.4300 or 276.619.4377

COLLEGE FOR OLDER ADULTS

Southwest Virginia Higher Education Center

One Partnership Circle

PO Box 1987 Abingdon, VA 24210

www.swcenter.edu 276.619.4300 276.619.4377

WINTER 2012 – Please note that classes begin at 10am, and lunch is from 11:30am – 12:15pm

Jan. 17 – Feb. 23, 2012

TUESDAYS

Tuesdays, 10:00am – 11:30am, First Class

- **THE SPIRIT OF INQUIRY: What We Have Learned.** (room 226) This course is designed to explore how we each have constructed our own “wisdom” and it shapes where we are going. It will be an active participant format with readings, group presentations and discussions. Instructor: *Jeshua Pacifici, retired VT professor*
- **PHOTOSHOP ELEMENTS: Digital Photo Editing.** (room 247) Photoshop Elements 9 is a powerful image editing software program that expands what one can do with digital photographs. Course is designed for beginning and advanced students. Learn to fix flaws, adjust color and light, artistic effects – transform photos into works of art. Instructor: *Jim Cowan, retired Defense Department manager and owner of Summerfield Inn,*
- **HOME REPAIR: Small Appliance Repair and Proper Usage of Hand and Electrical Tools.** (room 149) Instructor: *Eddie Sproles, Property Manager of Higher Education Center*
- **APPALACHIA: A History of Mountains and People.** (room 231) On DVD - a four part PBS series. This series got rave reviews when released in 2010. The film *Nell* will be shown during class V (Robin Mullins who appeared in the film will be present) and *The Songcatcher* will be shown during class VI.

Tuesdays, 11:30am – 12:15pm

TUESDAY TUNES AND TALES AT THE TABLE

Mark your calendar for this special Tuesday event during our winter session! Gather in the Café to enjoy one of Joe Lewellin’s home cooked meals or bring your own lunch. Relax between classes and listen to stories and music provided by some of our area’s best.

Jan. 17 – Eugene Wolfe, *Barter player and singer/storyteller*: **Jan. 24** – Mary Margaret Johnson, *well known local singer*: **Jan. 31** – Mary Munsey and VHCC chorus group: **Feb. 7** – Vinny Ringrose, *Celtic music*: **Feb. 14** – Katie Tuck, 16 year old rising country singer/songwriter, *Valentine Songs from the Heart*: **Feb. 21** – Gil Braswell, musician, actor and owner of Capo’s Music, *Tales and Old Time Music*.

Tuesdays, 12:15pm – 1:45pm, Second Class

- **THE FAMILIES OF THE PRESIDENTS.**(room 226) Doris Wells continues her look at the parents, siblings, wives and children of our Presidents. This class is not about politics – it’s about family and the influence of family on the leaders of our nation.
- **FRENCH FOR BEGINNERS.** (room 231) The class will focus on conversational French, guidelines for pronunciation, French culture and the needs/desires of the students. This course is designed for those who have **never** studied French. Instructor: *Eileen Garner, retired French teacher who has studied in France.*
- **PASSING ON YOUR LIFE.** (room 218). Would you like to pass on the story of your life to your family? During the six weeks the class will complete a workbook, as well as write and share stories. Other venues for passing along information will be discussed. Instructor, *Brenda Swindall McClellan, amateur storyteller.*
- **UNDERSTANDING THE WORLD’S GREATEST STRUCTURES, Class IIA (lectures 1-24)– DVD.** (room 149) This Teaching Company course received the highest rating. It is a fantastic look at great structures from antiquity to today (pyramids, temples, bridges, skyscrapers, etc.) and how they were engineered and built. The instructor, Dr. Ressler, uses working models, 3D images and videos to illustrate his points. You will never look at a bridge or a building again in the same way. This Tuesday class (part A) is paired with the Wednesday 10am class (part B) to cover all 24 half -hour lectures. The Wednesday 12:15pm class will cover only lectures 1-12. Please feel free to come in and out of any of the lectures as each one is fascinating by itself.

Tuesdays, 2:00pm – 3:30pm, Third Class

- **ALL ABOUT BEER, Volume I.** (room 149) A fun, informative course designed for the beer drinker and/or lover. Joseph Wentz, a brewer for 39+ years will lead the course with guest speakers. Topics include: history, perception, pairings, styles, industry status, and there will be tastings! An additional fee of \$10.00 will be collected at the first class for materials (liquid and non-liquid) and door prizes. Class size is limited. *NOTE: you will need to register separately for the Wolf Hills Brewery field trip on Jan. 30, 2012.
- **GEOGRAPHY: Plate Tectonics that Formed North America West of the Rockies.** (room 218). Join Dr. Josif as he looks at the geography of the North American west with special emphasis on Alaska and plate tectonics.
- **MAKING OF THE NEW TESTAMENT – DVD.** (room 226) Join Dr. Bart Ehrman as he looks at the *who, what, when and why's* of the most important book in the history of Western civilization. How were the books copied and transmitted, and how did they get collected together? Which books got included – excluded?
- **LATIN II: A Re-introduction to Latin.** (room 231) Lila Thurman continues with her Latin class. How many years has it been since you said, “amo, amas, amat”? Come do your conjugations once again, and have fun in the process.

WEDNESDAYS

Wednesdays, 10am – 11:30am, First Class

- **THE GREAT FINANCIAL TRAINWRECK OF 2007 -2008: Updated and Revised.** (room TEA) Mike Tackney will look at the key participants prior to and during the “trainwreck” – the FED, Congress, regulatory arms of the Federal Government, Wall Street megabanks, insurance companies and two government sponsored enterprises. What warning signals were unseen or ignored? Common sense and a desire to understand are the only course requirements. Instructor: *Mike Tackney, US Naval Academy graduate and retired businessman.*
- **INTRODUCTION TO CALLIGRAPHY.** (room 231) Learn to use this beautiful script to personalize notes, cards, envelopes, copy poetry and do scrapbooking. This class is a beginner’s class and will be limited to 10 people. There will be small fee of \$5.00 for start-up supplies. Instructor: *Sherry Elledge who has been providing calligraphy services as a business for over 15 years.*
- **ARTS ARRAY DISCUSSION GROUP.** (room 218) This class will explore the themes and issues of the Arts Array films. Although there are no final answers to the many difficult questions raised by the films, exploring possibilities together can be an exciting as well as a satisfying exercise. Facilitator: *Fran Kelley*
- **COMPUTER FOR THE TRUE BEGINNER** (room 247). This class will introduce the computer, computer definitions, Windows and the desktop. We will learn how to start programs, use “help”, use menus and toolbars, and we will learn basic internet and email. Students will learn how to write a document with editing, formatting, printing and saving. Time for supervised practice in the classroom will be provided. Instructor: *Dennis Bailey, the COA’s computer guru.*
- **UNDERSTANDING THE WORLD’S GREATEST STRUCTURES, I I B (lectures 1-24)– DVD.** (room 149) This Teaching Company course received the highest rating. This Wednesday class (part B) is paired with the Tuesday 12:15 (part A) class to cover all 24 half hour lectures. The Wednesday 12:15pm class will cover only lectures 1-12. Please feel free to come in and out of any of the lectures as each one is fascinating standing on its own.

Wednesdays, 12:15pm – 1:45pm, Second Class

- **CONSERVATION OF RESOURCES AND THE ENVIRONMENT** (room TEA) Nancy Newhall once said, “Conservation is humanity caring for the future.” This course acquaints the participant with the basic concepts of resource and environmental conservation as well as pragmatic applications. Ideas covered will include: land management; sustainability; the interconnectedness and vulnerability of earth/atmosphere/water/biotic systems; recycling; and the class will examine the social, demographic, economic and political aspects of conservation. Instructor: *Stephen Jett, PhD., chair emeritus of geography at the University of California, Davis*

- **UNDERSTANDING THE WORLD'S GREAT STRUCTURES, I (lectures 1-12), DVD.** (ROOM 226) This Teaching Company course received the highest rating. The instructor, Dr. Ressler, uses models, 3D images, videos and other visual aids to show how the great structures from antiquity to today were engineered and built. You will never look at building or bridge again in the same way! Lectures 13-24 will be shown in the spring. Lectures 1-24 are being shown on Tuesdays at 12:15pm and Wednesdays at 10am. Feel free to attend any of the classes as each one is fascinating.
- **EXPLORING THE INTERNET.** (room 247). This class is designed to help participants learn their way around the Internet. Students will learn to set up a home page and to use the internet to find information and news, to send email and greeting cards, to plan trips, to shop, to explore interests and to play games. This course is designed to those that have some experience with computers. Instructor: *Dennis Bailey*
- **EASY DOES IT YOGA** (room 149) Students will use a chair and adapt to poses according to individual abilities. Course will consist of alignment oriented twists, stretches and balancing. Please bring a mat or blanket to lie on for final relaxation. Instructor: *Eileen McIlvane who has studied and taught yoga since 1970.*

Wednesdays, 2:00pm – 3:30pm, Third Class

- **GREAT SONG AND DANCE MOVIES** (room TEA) Join Lee Saunders in the Executive Auditorium with wide screen and surround sound performances of Michael Flatley's *Feet of Flames*, Roy Orbison's *Black and White Night*, the 10th Anniversary Concert of *Les Miserables*, and the London stage 25th Anniversary production of Andrew Lloyd Webber's *Phantom of the Opera*.
- **TRAVELING TALES:** (room 226) Local folks share memories of their travels. **Jan. 18:** Bill Shanks, *Sailing the Grecian Isles*. **Jan. 25:** Anna Sherrill, *A Walk Through Austria: Salzburg and Innsbruck*. **Feb. 1:** Ellen Mueller, *Cycling the South Island of New Zealand*. **Feb. 8:** Eileen Garner, *Waterway of the Czars: Moscow to St. Petersburg*. **Feb. 15:** Eileen Garner, *St. Petersburg, Home of the Czars*. **Feb. 22:** John and Harriet Harty, *Exploring Egypt and Jordan*
- **OUR NIGHT SKY: Star Gazing- DVD.** (room 231) Join Dr. Murphy of the University of Virginia as he looks at our night sky. This DVD course is designed for the amateur and a telescope is not needed – binoculars would be helpful for self study. Take a fun look at the moon, planets, meteors, comets and the constellations – and then take a look at the night sky in each of our seasons – the winter is especially great for star gazing!

THURSDAYS

Thursday, 10am – 11:30am, First Class

- **TURN YOUR RADIO ON: Looking At Past, Present and Future Radio in Our Area.** (room 218) **Jan. 19:** George Devault, President of Holston Valley Broadcasting, *The History of Broadcasting in the TriCities from the Beginning*. **Jan. 26:** Teresa Keller, Founder of WEHC and Emory and Henry professor of mass communications, *WEHC, 90.7: A Little College Station That Could*. **Feb. 2:** Rusty Curry, WABN manager, *A Look at Small Town Radio*. **Feb. 9:** Steve Hawkins, producer of the Steve Hawkins Show on Supertalk 92.9 WFHG, *Talk Radio Saves the Day*. **Feb. 16:** Dave Carter, producer and host of Studio One, WETSFM and HD1, *The Art of the Interview*. **Feb. 23:** Susan Lachmann, producer and commentator on Women on Air, *What She Said...Interviews, Excerpts and Commentary from Women on Air*.
- **I'M NORMAL: YOU'RE WEIRD.** (room 226) Join Randy Smith of Virginia Intermont College as he explores world cultures and world affairs. Randy will bring in students from Croatia, Canada, Jamaica, Ireland, Curacao, Lithuania, Cameroon and Brazil to talk about their respective countries and to answer questions. Instructor: *Randy Smith, adjunct professor at Virginia Intermont College*.
- **CONTINUING SPANISH.** (room 231) This course will continue to review previously practiced materials and provide speaking opportunities. This course is NOT for the beginner – some experience with Spanish is needed. Instructor: *Pam Whitman*
- **GENEALOGY RESEARCH USING THE COMPUTER.** (room 247) This class will explore how to access and use information available on the Internet to identify your ancestors and organize your family genealogy using Family Tree Maker. 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.*

Thursday, 12:15 – 1:45pm, Third Class

- **ALL ABOUT COLOR – BASIC.** (room 231) . This basic course on “Color Theory” will empower you to achieve the confidence to select the right color whether it is picking the colors for the den, choice of cars, choosing clothes or gardening. Learn and understand the power of the “After Image”. There is \$10 materials fee - due and payable in class by the second week of class. Instructor: *Kaye Evans-Pruitt, CPF,GCF, CMG*
- **MICROSOFT WORD 2010.** (room 247) Using Microsoft Word 2010, the student will produce documents in class utilizing such features as insert graphics, word art, page borders and merge letters. Basic techniques will be covered. Instructor: *Sonia Vanhook, Scheduling Coordinator for the SWVHEC and the COA’s resident computer software wizard.*
- **AMERICAN LITERARY MASTERPIECES, Part II: Babes, Bullets and Bad Guys .** (room 149) Join Lee Saunders as he ventures into the dark underworld of American pulp fiction. Featured writers will include James M. Cain (*The Postman Always Rings Twice*), Raymond Chandler (*The Big Sleep*), and Dashiell Hammett (*The Maltese Falcon*).
- **STUDY OF THE PSALMS** (room 218) Join Fr. Paul Meier of Christ the King Catholic Church in a look at the book of Psalms.

Thursday, 2 – 3:30pm

- **SHAMANISM: Natural Healing**(room 218). August Lageman, PhD, and a graduate of the *Light Body School of Inca Shamanism*, continues his course in Native American healing. Students may volunteer to experience this form of healing.
- **NUTRITION IN THE KITCHEN: Eating to Live Well.** Class Limited. (in the catering kitchen behind the Café) **Jan. 19:** Sean Bossie, owner of Abingdon’s Whole Health Center, *Herbs in the Kitchen: Using Fresh and Dried Herbs and Spices for Flavor and Nutrition.* **Jan. 26:** Hazel Ramos-Cano, *The Magic of Restyling an Entrée: A five day plan for health and economy.* **Feb. 2:** Anita Givens, registered dietician, *All About Roasting Vegetables.* **Feb. 9:** Kristi Slaughter, owner of Gluten Free Guru, Inc. , *Beyond Wheat: The Art of Cooking Gluten Free.* **Feb. 16:** Amy Horsch Smith, PhD., *Eating for Prevention: Long Term Health and the Vegetarian Way.* **Feb. 23:** Jessica Gurley, registered dietician with Food City, *Cooking for Diabetics Using Four Ingredients.*
- **COLORS OF THE BIBLE.** (room 231) Whether you are an avid reader of the Bible or you only pick it up occasionally you will receive knowledge from this color inspired course on identifying and understanding the colors of the Bible and how they may apply to Biblical text. There is be a \$10 materials fee - payable in the class and due by the second week of class. Limited to 24. Instructor: *Kaye Evan-Pruitt, CPF, GCF, CMG, Lay Speaker*
- **EASYBRIDGE! An Introduction to Duplicate Bridge.** (room 149) Learn duplicate bridge through the proven *EasyBridge!* method by playing at the table. Newcomers/beginners and experienced players are welcome. What a great way to spend a cold winter’s afternoon! Instructors: *Nancy Metcalf and Nancy Wampler who make bridge fun. Both are members/teachers at the Abingdon Bridge Club.*

SPECIAL ONE DAY CLASSES

- **TOUR OF ARTS DEPOT: Friday, Jan. 20, 11am.** (meet at the Art Depot) Meet artist, Barbara “Jake” Carter as she does a special art chat for COA members about her new exhibit, “Let the Light Shine”. Jake has lived in the mountains of east Tennessee and western North Carolina for most of her life. She works exclusively in watercolor. Afterwards, meet the resident artists for a tour of the working studios. A warm cup of cider will be waiting for you.
- **WINTER NATURE WALK with Ben Talley at Sugar Hollow Park. Saturday, Jan 21, 10-12noon.** (meet at Sugar Hollow Park office –big white house on top of the hill, off I-81 exit 7, Bristol, VA) Visit a slave graveyard, a cave and a hidden island in Beaver Creek as you enjoy winter’s flora and fauna.. Mr. Talley has been honored with Virginia Teacher of the Year, the McGlothlin Award, and the Bristol Mayor’s Award. If you have never had a chance to go on an adventure with Mr. Talley, you are missing a real experience. Wear appropriate clothes. Limited to 30.

- **FORCING NATURE FOR WINTER BEAUTY.** Monday, Jan. 23, 10:30 – 12am (room 149) Connie Thompson from Evergreen Nursery will talk about forcing bulbs and other dormant plants for winter enjoyment. Class will plant bulbs for forcing just in time for Valentine’s Day blooms! Bring a container (9-12”). \$5.00 fee for bulbs and soil. Class limited to 35.
- **SWING DANCE CLASS;** Monday, Jan. 23, 12:30 – 2pm (room 149) Join Ashby Dickerson, a long time dance instructor, for a fun class in “swing dancing”. Couples not required.
- **AARP DRIVER SAFETY;** Friday, Jan. 27, 9am – 4pm (room 226). This refresher course is designed to help older drivers improve their driving skills. A certificate will be presented at the conclusion of the course which can be given to an insurance agent for a discount. There is a \$12.00 fee for AARP members (must have card) and a \$14.00 fee for non-members. Checks should be made out to AARP and they will be collected at the beginning of the class. Instructor: *Joyce Millsap*
- **TOUR OF WOLF HILL BREWERY.** Monday, Jan. 30, 1pm (meet at the brewery, 350 Park Street, Abingdon, VA) Tour Wolf Hills Brewing Company with Josh Gambrel and learn about Abingdon’s first and only microbrewery. Josh, the head brewer, will take you through the brewing process from grain to glass. At the end you will have a chance to sample some of Wolf Hills hand-crafted beers. Cost of tour \$5.00 to be paid on arrival. Limit of 20 and please dress warmly.
- **AN EASY INTRODUCTION TO WATERCOLOR.** Monday, Feb. 6, 1-4pm (room 149). The class will explore techniques and how to find good subject matter, plus finish an exciting little painting. Students need to bring only a set of inexpensive brushes – one that is ¾” wide and flat will be needed. If you already have paper and colors you can bring them, but otherwise the instructor will provide materials. Instructor: *Libby Scoggins, a well known regional painter who instructs at the William King Museum and the Arts Depot.*
- **REBURBISHING ATTIC TREASURES: Faux and Decorative Painting Workshop.** Friday, Feb. 10, 1 – 3pm (room 149) Well known decorative painter and muralist, Lisa May, will introduce three techniques of faux painting – marbling, Venetian, and crackle. She will bring examples of attic treasures and auction finds that she has refurbished into clever new pieces. PowerPoint will be used to show examples of other finishes. Students will need to bring a small “treasure” from home. There is an \$8.00 fee to cover supplies – to be paid to instructor. Limited to 20. Wear old clothes and shoes.
- **TOUR OF KVAT DISTRIBUTION CENTER.** Monday, Feb. 13, 1-2:30pm (meet at Distribution Center, 26331 Hillman Highway, Abingdon, VA.) A fascinating behind the scenes tour of the Distribution Center of KVAT/Food City. The tour will consist of the dry, perishable, freezer, HBC and produce warehouses. Each manager will discuss the management of their facility. Guest must check in with security and will be directed to the dry warehouse where the tour will begin.

The College for Older Adults is unique in that classes are taught by volunteers who are willing to research a topic, prepare course materials, and share their personal interests with others.

We are grateful to them for offering an eclectic array of learning opportunities.

From computer classes to conservation to controversial issues, COA instructors challenge our brains and nourish our souls.

Rachel Fowlkes, Ph.D.

Executive Director of the SWVA Higher Education Center

