**COLLEGE FOR OLDER ADULTS: Winter 2016**

**Jan. 12 – Feb. 18, 2016**

**SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER**

**P.O. Box 1987, Abingdon, VA 24212 276.619.4377 or 276.619.4300**

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**You are cordially invited to the College for Older Adults’**

**COFFEE HOUR**

**Tuesday, January 5, 2016 from 10am – 12pm in the Grand Hall,**

**Southwest Virginia Higher Education Center.**

**Registration for classes will continue**

**with special drawings.**

**Ice Cream and cake will be served.**

**Please bring someone who has never attended**

**classes at the COA.**

* Please note that the computer classes and genealogy lab are delayed one week. They will meet Jan. 19 – Feb. 25, 2016.
* Arts Array Passes will be available to purchase at the Higher Ed Center. Cost $30.00 per person and one must be a member of the COA to purchase the discounted Arts Array Pass.
* Some classes may require an additional fee for materials, supplies or admission. **Do not include that fee in your COA registration – it is to be made separately**. To take Special Classes, one must be a COA member paying the full $40.00 fee. Please make checks out as described in course description.
* If possible, please pay the COA membership fee by a credit card. The COA can refund your registration fee immediately if you must cancel. If you pay by check or cash, it may take several weeks to get a refund.
* No refunds will be made after the second week of classes unless there are valid health or personal reasons.
* Please do not sign-up for classes that are limited to a specific number of students unless you are certain you can attend. When you sign up and don’t attend, someone else has lost the opportunity to take the class.
* Please note that the room assignments given in this schedule may not be the ultimate room the class is held in – room assignments may change due to size of class enrollments.

**TUESDAYS, January 12 – February 16, 2016**

**10:00am – 11:30am**

\_\_\_\_\_**Just Deserts** (TEA). Among the Earth’s varied climatic zones, deserts are among the most fascinating. They expose the bare bones of the earth; their flora and fauna display odd adaptations to heat and aridity; and, despite the constraints they display, they have given birth to many of the world’s first civilizations. We explore our planet’s arid lands, first systematically considering their origins and common peculiar characteristics and then touring the pasts, presents, and particulars of the deserts of Africa, Asia, Australia, and the Americas. *Instructor: Stephen C. Jett, Ph.D., Chair Emeritus, University of California, Davis.*

\_\_\_**\_\_Introduction to Computers** (room 247). \*\*\*Jan. 19 – Feb. 25, 2016\*\*\**Please note that this class starts one week later than the regular classes and ends one week later\*\*\** This class is for the true beginner – it starts with how you turn the thing on and what is this mouse on my desk and ends with the internet and email. *Maria Kennedy, Instructor.*

 \_\_\_\_**\_Pathways to Health: Energizing and Healing Body and Mind** (room 226). Learn about new and traditional paths to keep your mind and body in balance. **Jan. 12**: *Holographic Health,* Dr. Ted Baroody. **Jan. 19**, *Moving Energy with Reiki,* Marita Alcher Swartz. **Jan. 26,** *Brain Core,* Dr. Noel Baker. **Feb. 2,** *Cold Laser Therapy,* Mike Laird. **Feb. 9,** *Healthy Aging,* Dr. Tom Rogers, Performance Medicine. **Feb. 16,** *Aromatherapy: Body and Mind Benefits from Essential Oils,* Vicky Manuel.

**12:15 – 1:45pm**

\_\_\_\_\_**Stories on Canvas: Sketches of Early Southwest Virginians**.  (TEA) Using images from the William King Museum's portrait exhibit in 2000, *Stories on Canvas,* this class will introduce students to a whole host of 18th and 19th century Scots-Irish and German settlers who became our militia leaders, politicians, entrepreneurs, religious leaders, artisans and artists.   *Instructor, Betsy K. White, author of Great Road Style* and *Back Country Makers*, *was formerly Executive Director of the William King Museum.*

*\_\_\_\_***Microsoft: EXCEL 2013** (247). \*\*\*Please note that the dates of the class are from Jan.19 – Feb. 25, 2015 (one week later than the normal classes).\*\*\* Sonia Vanhook will introduce the students to *Excel,* the Microsoft spreadsheet maker. Learn how to make charts and spreadsheets to manage your finances, tract your automobile expenses, tract your blood pressure, manage your coin or book collection, create to-do lists, inventory your belongings – the unlimited uses of Excel. One should have basic computer skills before taking this class.

\_\_\_\_**\_The Lunch Bunch: Cooking for Fun and Purpose.** (catering kitchen). Join six different culinary experts for cooking demos and have lunch as they share hints and recipes for some of their favorites. Class is limited to 18 and there is a $24.00 fee for the purchased food – checks should be made payable to Jennifer Ferreira. **1/12**, *Quick and Easy Appetizers,* Susie Buckner; **1/19,** *Crock Pot Cooking,* Jennifer Ferreira; **1/26,** *Juicing for Health and Nutrition,* Nicole Dyer; **2/2,** *Roasting Veggies,* Kristi Slaughter;

**2/9,** *Cooking for Two or Less****,*** Matthew Henry; **2/16,** *One Dish Meals,* Catherine Elliot.

\_\_\_\_\_**The Story of Medieval England II. DVD.** (231). This Teaching Company DVD will cover the time from William the Conqueror through Richard the Lionheart and the Crusades. *Instructor, Jennifer Paxton, PhD.*

\_\_\_\_\_**Basic Electricity.** (218). Eddie Sproles, HEC Property Manager, continues his classes on basic home repair with a look at electricity and simple electrical repairs. You will be ~~shocked~~ surprised at how easy some of these repairs can be.

**2pm – 3:30pm**

\_\_\_\_\_**The Short Stories of Alice Munro: Continued.** (226). The class continues with discussion and insight into Munro’s short story collection, *Family Furnishings: Selected Stories, 1995 – 2014.* One does not have to have taken the first course to join this class, but all students should purchase a copy of the book as there will be weekly reading assignments. *Instructor, Niota Hensley, retired English teacher,*

\_\_\_\_\_**Therapeutic Yoga.** (room to be announced). Limit of 25 – please do not sign up if there is a chance you cannot attend weekly. This six weeks journey will introduce your body and mind to the practice of yoga as a healing art. Explore breathing techniques, basic postures, stretching and relaxation – class will work towards improving strength, balance and flexibility. *Instructor, Kim Dove, M.Ed., CLWL, CPT.*

\_\_\_\_\_**The Joy of Mediterranean Cooking: DVD.** (231). Chef Bill Briwa of the Culinary Institute of Americapresents this cooking class where the student gets to travel all around the Mediterranean Sea learning cooking techniques and recipes from the various culinary traditions of the region – Italy, France, Spain, Morocco, Tunisia, Turkey, and Greece. Recipes will be passed out each class.

**WEDNESDAYS, JAN. 13 – FEB. 17, 2016**

**10am – 11:30am**

\_\_\_\_\_**Bach and Beyond: The Life, The Music and the Influence of J.S. Bach.** (TEA). J. S. Bach is thought by many to be the greatest composer ever – please join Dr. Blaney for a fascinating look at this Baroque genius and his unsurpassed music. “His music is revered for its technical command, artistic beauty, and intellectual depth”. *Instructor, Paul Blaney, Professor emeritus of psychology, Emory & Henry College.* *In 1986, Paul started a summer concert series at Coral Gables (FL) Congregational Church which continues to this day, and currently serves as organist at St. John Lutheran Church in Abingdon.*

\_\_\_\_**Introduction to Calligraphy** (room 218). Limited to 12 students. Learn to use this beautiful script to personalize greeting cards and notes, address envelopes, copy poetry and do scrapbooking. This class is for beginners. There is a fee of $5.00 for supplies that is due the first class. *Instructor, Sherry Elledge who has provided calligraphy services to businesses for over 15 years.*

\_\_\_\_\_**Knit and Sip.** (Café) Three classes only – on Jan. 13, 20 and 27. For beginning knitters. Learn the basics of knitting while sampling and learning about teas. The class will start with basic knit and pearl, and will start projects which can be completed at your leisure. Bring your own set of 9 inch #8 needles (available at A Likely Yarn). Cost $5.00 for yarn and is payable to Jo Johnston.

\_\_\_\_\_ **Coloring: It’s not Just for Kids with Lindsey Holderfield.** (226). Research shows that the process of making art can relieve stress, combat depression and anxiety and improve overall cognitive function. You don’t have to be an artist to enjoy the benefit from this exploration of art processes that calm your mind, unleash your creativity and reconnect with your inner child! Materials included, plus adult coloring book. Limited to 20 students. Cost: $15.00 payable to Paper Moon.

\_\_\_\_\_**The Making of the New Testament: DVD.** (231) This DVD course from the Teaching Company is not a faith based class, but is a history of how “the most important book/s… in the history of Western Civilization” came into being. Professor Bart Ehrman, University of North Carolina, takes an analytical look at what books it contains, when they were written, by whom, when and for what purpose, how they were copied and transmitted and how they came to be collected together into a canon of Scripture.

**12:15pm – 1:45pm**

**\_\_\_\_\_** **Traveling Tales** - (TEA ). A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels.  **January 13,** Craig Ashbrook and Myra Orr, Scenic Sweden; **January 20, Jack White**, Paris, the City of Light; **January 27,** Jack White, Cruising Fabulous France; **February 3,** Jill Jessee,Cruising the Duoro River in Portugal and Spain; **February 10**, Ellen Mueller, A Visit to the Philippines and Seoul; **February 17,** Eileen Garner, The Marvelous Mediterranean: Spain, France, Italy, Greece and Turkey.

\_\_\_\_\_**Arts Array Discussion Group.** (Café) Come join the discussion of the week’s Arts Array Movie. Open to all and all opinions.

\_\_\_\_\_**Passing on Your Life: 101**. (218). Would you like to pass on to your family the story of your life? During the six weeks, the class will complete a “Story of My Life” workbook, as well as write and share other stories. Other venues of passing along information to the family will be discussed. *Instructor, Brenda Swindall, amateur storyteller and retired social worker.*

\_\_\_\_\_**Tapping for Health and Wellness**. (229). In the past 30 years tapping has proved itself to be effective with a very wide range of issues. In this class we’ll learn and use the form of tapping called EFT (Emotional Freedom Techniques) with a focus on self-healing and holistic wellbeing. Come and discover how emotions can hold you back and how tapping can gently free you up. Beginners and experienced tappers welcome. *Instructor: Anita Manuel. Anita holds degrees in theological studies and in systems counseling and is a certified EFT coach.*

**2pm – 3:30pm**

\_\_\_\_\_**The History of Modern Art with Art Projects.** (All classes with be held at the William King Museum, 201 Academy Dr., Abingdon, VA). This six weeks class will cover artists that have made an impact of Modern Art in the twentieth century. Each class will have an art project that is connected to the daily lectures. All classes are appropriate for beginners as well as advanced artists. All supplies are included for a $10.00 fee – payable to the Museum. **Jan. 13,** *Andy Warhol.* The class will explore Warhol’s art, his life and his impact on the American art scene. Come and be famous for 15 minutes! **Jan. 20,** *Claude Monet,* the class will look at the art and the man who coined “Impressionism”. Water lilies will be the subject of the art project. **Jan. 27,** *Vincent Van Gogh,* come get an ear full! Class will look at the art and life of the famous Dutch post-impressionistic painter. “Starry Night” will be recreated by the students. **Feb. 3,** *Peter Voulkos,* the class will look at the life and works of the great ceramicist who changed the landscape of ceramics. **Feb. 10**, El *Anatsui,* the class will look at the African artist who explored “environmental” art – drawing connections between consumption, waste and the environment. **Feb. 17,** *Lee Krasner,* the class will look at the influential American abstract artist who was also the wife of Jackson Pollock. Students will construct a collage by tearing and cutting and creating texture in design.

**\_\_\_\_\_ Introduction to Shamanism and Energy Healing, with an emphasis on keeping your energetic body healthy and well**. (218). This course will teach people how to dowse with rods and pendulums. Participants will learn how to recognize and remove negative energy. We will also learn about "elementals" positive energy beings-----like leprechauns, fairies and elves. In essence, we remove the negative and replace it with the positive. Come learn and have fun!!! Taught by August Lageman, shaman and Michelle Toms, integrative healer.

\_\_\_\_**Wines Around the World with Katherine Rose.**  (Café) Travel the world and enjoy tasting and learning about favorite wines and wine cultures from six different countries around the globe. Katherine Rose of Katbird’s Wines of Distinction will share her vast knowledge about wine, how to taste and what to look for when buying wines.

Limit 20 Price $15.00 payable to Wines of Distinction.

**THURSDAYS, JAN. 14 – FEB. 18, 2018**

**10am – 11:30am**

\_\_\_\_\_**Frank Sinatra:  He Did It His Way**. (First class in room 240, next five in the TEA). Lee Saunders recounts the greatest professional comeback in show-business history.  With the release of "From Here To Eternity" in 1953, Frank Sinatra revived a moribund career.  Washed up at the age of 38, balding and underweight, Sinatra would reinvent himself as a recording artist, actor, performer and producer.  This is the back story you never heard of Sinatra's meteoric rise in a Darwinian industry.  Here is Sinatra without the veneer, and his insatiable pursuit of wealth, women, fame and power.
\_\_\_*\_***Instant Healing.** (room 218). Attend this COA course and discover how you can take control of your own health. This non-technical course is loaded with cutting edge research and critical information about many of the medical problems we experience today in the USA. Find out how you can experience healing through diet, vitamins, minerals and herbs. This course is for informational purposes only and is not intended to replace your prescription medications or consultations with a licensed doctor or health care professional. *Instructor, Robert Smith, a practicing Buddhist, is in the process of writing a book on non-traditional means of healing.*

\_\_\_\_ **Shallow Water Exercise Class (Low- Medium Intensity)** (Coomes Center).A low to moderate intensity shallow water class designed to increase your heart rate while stimulating and increasing muscle tone and encouraging a healthy lifestyle. This class is appropriate for those just beginning to the intermediate and advanced participants. Grab your towel and be ready to work and have fun! (No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety) $9.00 payable to Coomes Center Limit 20. Ticket for class will be provided at registration.

\_\_\_\_\_**Deep water Exercise Class (High)** (Coomes Center) less stress and strain on the bones and joints. The class uses flotation belts for support while in the pool. (No knowledge of swimming strokes is required, however participants must be water safe (the ability to support oneself until assisted, or otherwise reach safety.) $9.00 payable to Coomes Center Limit 20. Ticket for class will be provided at registration.

*\_\_\_\_***Genealogy Research on the Internet.** (room 247). This hands-on genealogy laboratory is not for the beginning computer user – the class will involve searching genealogical sources and histories on the internet. Members of the class will have free use of several online sources. *Instructor, Jerry Schuler* (\*class runs from Jan. 21 – Feb. 25, 2016 – one week later than the regular classes).

**12:15 – 1:45pm**

\_\_\_\_\_**Coming to America. (**TEA). This course will take a look at the basics of culture from an anthropology and sociology perspective, then go on to examine the various waves of immigration in American history. The last two or three class meetings will feature area citizens from many places around the world sharing their culture and heritage and why they chose to “come to America”. A question and answer session will be a part of each presentation. *Instructor, Randy Smith, B.A. Appalachian State; M.A. Virginia Tech; also, holds a Ph.D. in B.S!*

\_\_\_\_\_**>Slide to Unlock, Your iPad’s Potential.** (226) Please join Sonia Vanhook for a six weeks class on the iPad. She will instruct on its operating system, its apps and all its “bells and whistles”. Students should bring their own iPads.

\_\_\_\_\_**Chair Exercise:** (to be announced) Let’s reach for the stars and stretch to our toes in comfy clothes and shoes.  All exercises can be done while sitting in a chair.    You also have the option to do some of the exercises while standing.    Our goal is to become stronger and improve balance and flexibility by the end of our 6 week class.   Yes, you will be encouraged to ‘do your homework.’  This will optimize the benefits for your physical health and your brain health.  These two benefits will surely lift your spirit.  You are welcome to bring small hand weights to class.   Also, bring your encouragement and plan to share it with

classmates. Of course, we will have a few laughs along the way. *Instructor, Anna Sherrill.*

\_\_\_\_\_**Experiencing Medieval Europe: DVD. Great Courses.** (231). Travel to the mystery, drama, and splendor of the Middle Ages—to the times of great royal dynasties, intrepid knights, religious passions, merchant empires, and towering art … Tucked away within the romantic landscapes of Europe, a remarkable range of beautifully preserved medieval cities and towns invites discovery—time capsules of history where you can stroll the cobbled streets of another time; savor the treasures of palaces, stately mansions, soaring cathedrals, and grand civic centers; and walk the mighty bastions and ramparts that once defended them. Tour Medina, York, Palermo, Avignon, Barcelona, Dubrovnik, Prague and other great Medieval cities.

**2pm – 3:30pm**

**\_\_\_\_\_Weather, Climate, and Humanity: A History of the Science**  (TEA) Please join Dr. Ed Davis, Professor in the Department of Geography at Emory and Henry College. Dr. Davis will look at climate change. Topics to be covered are 1) How does our climate system work? Energy Flows and Sinks. 2) What is the role of the ocean’s circulation? Thermohaline Circulation. 3) What is the carbon cycle? The Greenhouse Effect. 4) How do scientists get good climate data? The Ice Cores. 5) How do we compare factors that influence climate? Anthropogenic Influences. 6) What is predicted for 2050? The Hope and Limits of Science.

**\_\_\_\_\_ Advanced Spiritual Healing:** (218)Taught by shaman August Lageman. Students should have had a least one course with the instructor (the beginner course)**.** We will continue to learn about clearing and healing ourselves as well as our homes and workplaces. As was done in the fall course we will have several guest speakers. We will study the contributions of William James to the course topic of a healthy spirituality.

**\_\_\_\_\_The Bardo: Tibetan Book of Living and Dying.** (226). The Tibetan word "bardo" refers to the "in-between" states of consciousness. According to Tibetan Buddhist traditions, after death and before one's next reincarnation, consciousness is not connected with a physical body and becomes free to experience unexpected abilities and phenomena. When people are prepared for death, the bardo offers great opportunity for liberation and auspicious rebirth; but if one is unprepared, death can be a place of danger and fear as if terrible hallucinations impel them to flee and to hide, which ultimately results in a less desirable [rebirth](https://en.wikipedia.org/wiki/Rebirth_%28Buddhism%29). Don't be caught unprepared!  *Instructor, Robert Smith. Robert holds degrees in philosophy, economics and English and has practiced Buddhism for more than 14 years.*

**COA SPECIAL CLASSES**

\_\_\_\_\_Friday, Jan. 15, 12 noon, **Movie Day at the Pinnacle Theatre.** Movie to be announced. Enjoy a movie at the new state of the art facilities at the Pinnacle Marquee with cutting edge digital sound, custom acoustics, wall to wall screens, high back rocking or electric reclining chairs and stadium seating. $6.50 payable to Marquee Cinema. Limit 30.

\_\_\_\_Monday, Jan. 18, 10am**. Increasing Your Odds of Beating Alzheimer’s**. (HEC room 226). The Alzheimer’s Association estimates that in 10 years 1 out of 4 people in this country will be have Alzheimer’s disease (AD) at the age of 80, and 1 out of 2 will have AD by the time they are 85. Come find out what you can do to delay or deny this terrible disease – simple proactive steps that recent research has shown that really make a difference. *Instructor, Ramsey White, D.D.S.*

\_\_\_\_ Monday, Jan. 18, **This is BEER, Yesterday and Today.** (231) 10am to 12:00. This class, presented by Joseph Wentz, will be a condensed overview of the significant events in beer history; the craft brew movement, and the brewery process. Not required for the scheduled brewery tours, but recommended. Bring $ 5.00 for class materials and Joseph suggests pack a lunch for a relaxed, extended conversation about beer. (Brewery tours are a separate sign up.)

\_\_\_\_\_Friday, Jan. 22, 1:30pm. **Fireside Chat with Charles Vess.** (218) Enjoy hearing world-famous illustrator, Charles Vess talk about his past, present and future works.  From Spider-Man and Peter Pan to Stardust and Cats of Tanglewood, Charles has found “joy in creating visual windows into the mythic worlds” that draw the viewers inside.    His work has been featured in many galleries and museums across the nation and recently he was given the key to The Town of Abingdon.

\_\_\_\_\_Monday, Jan. 25, 9 – 3pm. **AARP Smart Driving. (**226). Fee $15 for AARP members, $20 for non-members – due the day of the class. This driver refresher class is intended to help older drivers improve their skills. At the completion of the course, a certificate will be issued which can be presented to an insurance agent for a possible discount. *Instructor, Joyce Millsap,*

*\_\_\_\_\_*Friday, Jan. 29, 10am. **Coffee Hour at Zazzy’Z.** (on site). Come, taste and enjoy various Arabica coffees from around the world – you will be surprised how differently each region’s coffee tastes. Beans will be roasted during the “tasting” so the participants can see how the process is done and how it affects taste. Limited to 30. $5.00 charge but creditable towards any purchase. Payable at time of class at Zazzy’Z.

*\_\_\_\_\_*Monday, Feb. 1, 10:30am. **AARP: Life Reimagined Check Up**. (218). Limit 10. The workshop goal is to get people thinking about and taking action on the potential in everyone’s life – envisioning the possibilities, evaluating them and making them reality. “Dream, Plan, Achieve, Repeat”. Visit [www.lifereimagined.org](http://www.lifereimagined.org) for more details. *Group leader, Stevan Demase.*

\_\_\_\_\_Monday, Feb 1, 10 AM, **Bristol Brewery Tour #1**, at Studio Brew, 221 Moore St. A VIP, behind the scenes look at this new brewery, about the business and background, the equipment and brewing process and their beer styles. There is a charge for tasting. (If you sign up separately for Brewery Tour #2, there should be time for lunch on your own, downtown State Street.) Directions available at the Information Desk. Tour #1 and tour #2 are 0.2 miles apart; with parking in between, however, most restaurants are on State Street.

\_\_\_\_\_Monday, Feb. 1, 2 PM, **Bristol Brewery Tour #2**, at Bristol Brewery, 41 Piedmont Ave. (Sign up separate from Tour #1.) A VIP, behind the scenes look at this new brewery, about the business and background, the equipment and brewing process and their beer styles. There is a charge for tasting. (If you sign up separately for Brewery Tour #1, there should be time for lunch on your own, downtown State Street.) Directions available at the Information Desk. Tour #1 and tour #2 are 0.2 miles apart; with parking in between, however, most restaurants are on State Street.

*\_\_\_\_\_*Friday, Feb. 5, 11am. **Let’s Bowl at Bass Pro.** (On site at Bass Pro). Join in for some fun and winter exercise as COA partners with Uncle Bucks Fishbowl and Grill for a second bowling outing. The class includes 30 minutes of instruction, one hour of group bowling (shoes and ball rental included). Lunch is included after bowling. Limit 30. Pre-paid $13.00 payable to Uncle Buck’s.

\_\_\_\_\_Monday, Feb. 8, 1pm. **What’s Your Plan: A Look at Current Health Care Coverage in 2016.** (226). Scott Wilson of Mid-South Financial will discuss the ins and outs of Medicare, Medicaid and Long Term Care Insurance. Scott will talk about how they tie together and how you can devise personal plans for your healthcare to benefit your needs.

\_\_\_\_\_Friday, Feb. 12, 11am. **Sweetheart Tea Tasting at Camella’s Remember When.** (On site). Settle back near a toasty fire and sample special teas designed to comfort and delight as Carrie talks about the finer points of tea tasting just before Valentine’s Day! Enjoy some of Carrie’s delicious special finger foods. Limited to 20. $10.00 payable to Camella’s.

\_\_\_\_\_ Monday, Feb. 15, 11am. (218) **Skin Care and Make-Up Solutions for Aging Skin.** As we get older, our skin changes and the care we give it should change with it. Sometimes that means adjusting our skin care routines and changing our make-up to suit changing skin conditions. Come learn tips and techniques for creating that ever-youthful glow. Limited to 15. *Instructor, Allison Witt Price.*