

COLLEGE FOR OLDER ADULTS: Spring 2016
April 5 – May 12, 2016
SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER
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*You are cordially invited to the College for Older Adults'
COFFEE HOUR*

*Thursday, March 24 ***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.*

***** this is a change from the date previously announced.**

- Some Special 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 (and an act of Congress) 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 change due to size of class enrollments. Please check with the info desk, posted notices, or the "Class Room Assignment" sheets that are available with the name tags.

TUESDAYS, APRIL 5 – MAY 10, 2016

9am – 10:30am

Defeating Infamy: Japan's War with America and the World, 1931-1945. (room TEA.) *Lecturer, Charles W. Sydnor, Jr., Ph.D.* Please join the incomparable Dr. Sydnor for this fascinating lecture series. Dr. Sydnor received his Ph.D. in history from Vanderbilt University and is a past President of Emory and Henry College and is the past Executive Director of the Holocaust Museum in Richmond, VA.

Beginning Computers. (room 247). This class is designed for the true beginner – starts with how do you turn it on and what is this mouse doing on my desk. Class will have a working knowledge of computers and the internet at the conclusion. *Maria Kennedy is the instructor.*

Through the Garden Gate. (room 226). What plants for are right your garden? What are best for shade or sun? Want to use wildflowers or native plants in the home landscape? What about perfect plants for borders or arbors? How about butterfly attracting plants or twilight gardens? Join Snow Ferreniea for a six weeks class that will delve into all the ins and outs of home landscaping and gardening and help you identify plants and shrubs to create the perfect space for your lifestyle. *Snow is the former director of the New England Wildflower Society and has written many articles and books on gardening.*

10:45am – 12:15pm

Introduction to Basic Conversational Italian and Italian Customs. (room 226). Being able to speak the language in a foreign country is a great way to connect with local culture. I will give you the foundation to be able to communicate with some cultural immersions by learning key phrases, basic expressions, getting around at the airport and train stations, asking questions and describing things. Just enough for you to want more. *Instructor, Gino Di Dio, a native of Naples, Italy and now resides in Damascus, VA.*

Globalization. (TEA). One of the greatest social forces in the world today is Globalization. This term is loosely used by many people who don't really understand the forces behind it. In this course there will be several approaches to dealing with the subject including defining Globalization; explaining Globalization; Globalization in History, Globalization and Government; Globalization and Security; and the future of Globalization. *Instructor, Robert Rainwater, Ph.D., taught philosophy and religion at Virginia Intermont.*

PowerPoint. (room 247). Please join Sonia Vanhook, the COA's computer program's guru, for a course on Microsoft PowerPoint. Learn how to produce great visual presentations even if they are for only family and friends. Sonia will start with the basics and show one how to add on all the bells and whistles until your presentation has a real professional look. Limited to 30.

Walking in Spring Time. (meet in lobby) Anna Sherrill will conduct a walking class that will be fitted to the individual student. Anna has mapped out various pathways around the Higher Ed Center and Technology Park that will accommodate whatever physical shape one is in. Research shows that walking 30 -40 minutes three or more times per week has a major positive effect on the brain.

1pm – 2:30pm

The Settlement and Defense of the Appalachian Frontier. (TEA). Please join local historian, author and raconteur Danny Dixon as he looks at the founding of our region. Our 18th and 19th century history is a fascinating story of competing interests, multiple conflicts and the sheer determination of the early settlers.

Paper Making/Book Making. (class meets at the Museum). The William King Museum of Art will be offering a class that will explore the ancient craft of making paper. Students will be involved in collecting and processing paper pulp to make individual sheets of paper. Projects will incorporate botanicals and found objects as part of the papermaking process. The paper made in class will then be incorporated into a Coptic stitch book that may be used as a daily journal or ultimately made into an "Art Book". Enjoy the ancient art of "Book Making" from beginning to end in a relaxed and creative atmosphere. *\$15.00 fee payable at the Museum.*

Therapeutic Yoga. (TBA) 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.*

Rediscovering the Lost Art of Cooking: DVD. (room 231). Please join Chef Bill Briwa for this cooking series from the Teaching Company and the Culinary Institute of America. Lessons 1 -12 (two per class) will include tools, sautéing, roasting, frying, steaming, grilling, stocks and broths, and herbs and spices. Printed recipes will be passed out.

WEDNESDAYS, APRIL 6 – MAY 11

9am – 10:30am

Judaism: Torah to Talmud to Today. (TEA). Overview of Jewish history, beliefs, and worship, beginning with Abraham and including Israel and Palestine in the volatile Middle East. We will study debates among rabbis leading to legal decisions, Jewish "denominations," the Jewish life cycle, festivals, and medieval history with its charismatic, controversial Messiah figure. *Instructor, Dr. Fred Kellogg, Professor Emeritus of Religion at Emory & Henry College, who has studied Judaism at SMU, Yale, and Hebrew Union College in Jerusalem.*

Ease into Meditation – for the Beginning Student. (room 218). Stress reduction, improved health, and quieting your busy mind are some of the benefits of meditation. During the course you will learn and practice four different techniques that will lead you to a successful meditation practice. In addition, you will learn about Kashmiri Shaivism, the ancient tradition that Svaroopa Vidya meditation is rooted in. *Instructor, Judith Wylie was trained in the practices of Svaroopa Vidya meditation by Swami Nirmalananda Saraswati and is a certified meditation teacher.*

Arts Array Discussion Group. (café). Discuss the latest Arts Array film being shown at the Abingdon Cinemall.

Slide to Unlock – Your iPad's Potential. (room 226). Please join Sonia Vanhook for a six weeks class on the iPad. Sonia will instruct on the iPad's operating system, its necessary apps, its fun apps, and all its bells and whistles. Please bring your own iPad as the Higher Ed Center has none to provide.

History of Medieval England. Part III. DVD. (room 231). Dr. Paxon continues her *Teaching Company* course – some of the topics to be covered in this segment include the Hundred Years War, the Plague, Chaucer, War of the Roses, and Everyday Life.

10:45am – 12:15pm

What's New in Astronomy. (room 226). Astronomical discoveries continue to be made every day -- 2015 was an exceptional year. Are you curious about extrasolar planets? Possible life elsewhere? Star formation? The fate of our solar system? Questions of your own? We will cover recent research and exploration while reviewing some of the astronomical basics, view lots of fascinating images, and give you some Web resources to help you keep up. *Instructor, Jim Warden, Ph.D., retired Physics Professor, Emory and Henry College*

Classical Concerts. (TEA) This class is designed to present musical programs for enjoyment and enrichment. It is NOT a lecture class. Students will see filmed concerts conducted by various conductors and orchestras. Be prepared to just sit back, relax and enjoy the music. *Presenter, Bill Campbell, host of Vocal Treasures on WETS-FM, HD3 in Johnson City, TN and on WEHC-FM, 90.7 in Emory, VA.*

Aging and Beauty, Living and Dying: Through a Gestalt Lens. (room 229) The members of this class will co-create a small group experience. Anne Leibig will contribute through a Gestalt lens the basic concepts of awareness, polarities, and creative adjustment. Laura Perls, co-founder of Gestalt Therapy, observed, "*Gestalt therapy, with its emphasis on immediate awareness and involvement, offers a method for developing the necessary support for a self-continuing creative adjustment which is the only way of coping with the experience of dying and, therefore, of living.*" <http://www.gestalt.org/laura.htm>. This class will be limited to 16.

The Geography and History of the Holy Land. (231). Would you like for the Bible to come alive by knowing more about the topography, customs, plants, animals and cities of Israel? We will learn the basic geography and a little history of the land where Abraham, Moses, David, Jesus, and the apostles lived. We will also learn about modern Israel focusing on the Jewish community but including Arabs and Palestinians. *Presenter: Paul Bufford has traveled twice to the Holy Land and Jordan. You are invited to join a tour group from the Tri-cities to Israel in the summer of 2017 (tentative dates are June 3-17).*

1pm – 2:30pm

Traveling Tales - (TEA). A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels. **April 6**, Bill Shanks, *The Baltics plus Berlin and Helsinki*; **April 13**, Eileen Garner, *The Marvelous Mediterranean: Spain, France, Italy, Greece and Turkey*; **April 20**, Anna Sherrill, *1200 Miles of Europe on Two Wheels*; **April 27**, Jill Jessee, *Norwegian Adventure*; **May 4**, Frank Renault, *Washington State: Mt. Rainier to the Olympic Peninsula and Sarasota: It's History and Natural Wonders*; **May 11**, Ellen Mueller, *Jewels of the Adriatic: Croatia and Slovenia*.

An Introduction to Energy Healing and Shamanism. (room 218). This course is for people with NO experience with energy healing. It emphasizes keeping your energetic body healthy and well. We will learn how to dowse with rods and pendulums. We will learn to recognize and remove negative energy. Also we will learn about "elementals" like leprechauns and fairies. Come and learn and have fun in doing so !!! *Taught by AUGUST LAGEMAN Ph.D. who is a graduate of the Four Winds Society and the author of the book, A SHAMAN'S ODYSSEY.*

Let's Write. (room 231) Please join Linda Hoagland, author of 18 published books, for a writing/publishing class. Students will write whatever they want to share with the world and Linda will help guide them to places to get the writings published. "Get your pencils and pens ready, and dust off your computers – we have work to do."

Exploring the Past – What is Under Our Feet? (room 226). Please join Dr. Rocks, Charlie Bartlett, Ph.D., for look at what is under our feet in Southwest Virginia. Session 1 – Wolf Cave, Black's Fort, County Bicentennial: The Fighting Parson Pageant. Session 2 - Archeology: Native American campsites in Washington County. Session 3 – Ice Age "Monsters" sleeping under Saltville, Emory and Henry College, and the region. Session 4 – A visit to the Museum of the Middle Appalachians (time to be announced). Session 5 – The North Carolina and Tennessee land under us now! Session 6 – Mineral resources beneath Southwest Virginia. *Dr. Bartlett is a geologist in private practice and has taught geology at Emory & Henry College and very active with the local archeology club.*

THURSDAYS, APRIL 7 – MAY 12, 2016

9am – 10:30am

Faith of Our Fathers: (TEA) Many Christians claim that America was founded as a Christian nation. In doing so they are often making more of a claim about the America of today than the America of yesterday. Do we really know what the Founding Fathers intended or even believed? Is it wise to assume that they all believed the same thing when it came to faith? This course will examine the religious beliefs of the most prominent of America's Founding Fathers with the

hopes of discovering what relationship, if any, there was between their beliefs and the construction of our nation.

Instructor, Tim Reynolds, pastor Sinking Spring Presbyterian Church, Abingdon

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. Limited to 30. *Instructor, Jerry Schuler*

Intermediate Meditation. (room 218). What do you do after learning how to meditate? Just sit there empty-headed? Learning this first, necessary step allows us access; but simply sitting with an empty mind is really a waste of talent. The next step is to learn what to do while meditating. This intermediate course continues teaching the techniques of “Insight Meditation” to deepen an existing meditation practice, with the ultimate goal of making meditation of any kind unnecessary. Student should have had a beginning mediation class. *Instructor: Robert Smith. Robert holds degrees in philosophy, economics and English and has practiced Buddhism for more than 14 years.*

Great Tours: Medieval Europe. DVD. (room 231). The Teaching Company’s Great Tour continues with visits to Barcelona, Dubrovnik, Krakow, Prague, Bruges and Siena. New members are welcomed.

10:45am – 12:15pm

Bach: Vocal and Chamber Music (TEA). Please join Paul Blaney for this musical treat designed for everyone interested in perhaps the greatest composer of all time. New students, as well as those who took Dr. Blaney’s earlier course, are invited and welcomed. *Instructor, Paul Blaney, Ph.D., retired Dean of Emory and Henry College and currently organist at St. John’s Lutheran Church, Abingdon, VA.*

Volunteering. (room 231). Volunteering is a great way to help your community and yourself. The class will be presenting a wide variety of local area volunteer opportunities. Various organizations will be present to describe what they do and how one can become one of their volunteers – from working with the arts or the great outdoors to tutoring, assistance for those less fortunate, and helping out with patient services in hospitals. And let’s face it---it just feels good to help; be needed; find a use for the skills developed over a lifetime; and, of course, make new friends! *Coordinator, Erin Oneism.*

Cleanse, Heal, & Defend. (room 226). This class will be based on the popular spiritual self-help e-book on Amazon.com titled *Cleanse, Heal, & Defend*, that assists people to proficiently recognize, interact, and understand the spiritual soup around us. The emphasis will be on encouraging students to discover their spiritual skills as they observe and interact in live classroom demonstrations. Bring a yoga mat, personal pendulum (you can make one in class) and an open mind as we work with the chakras, aura, and the spiritual entourage that walks with us all. *Instructor: Philip Ernst, MSN, RN-BC, QMHP*

EFT Tapping for Money Issues. (room 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 the basics of EFT (Emotional Freedom Techniques) and explore how EFT can be used to deal with all kinds of negative or difficult emotions around money in our individual lives, our work or community relationships and in our families. Come and discover how emotions can hold you back and how tapping can gently free you up. *Instructor: Anita Manuel. Anita holds degrees in theological studies and in systems counseling and is a certified EFT and Matrix Reimprinting coach.*

Beginners Course for Genetic Genealogy. (room 247). Genealogy is simply the study of one’s family tree or ancestry. “Genetic Genealogy” uses DNA testing to determine the genetic relationship between individuals. This course is for those people that have a well-developed family tree, but have reached brick walls in their research. This course will attempt to: to prove that one’s family tree reflects one’s actual ancestry; to break down a brick wall in one’s genealogy research; to prove or disprove the relationship between two people; and, to find relatives for those that were adopted, gave up a child for adoption or otherwise do not know their ancestry. *Instructor, Jerry Schuler / Anna Sherrill*

1pm – 2:30pm

In the Wake of the Bounty: The True Story of History’s Most Infamous Mutiny. (TEA). Join Lee Saunders as he traces the actual events of the “Mutiny on the Bounty” and how the current findings contradict the fictionalized books and film adaptations. The truth behind this 1789 shipboard rebellion in the South Seas shatters centuries-old myths surrounding this story.

Advanced Energy Healing and Shamanism (room 218). This course is for graduates of the beginner course. It begins with William James’s concept of a healthy religion. We will continue to learn about healing and clearing ourselves and move to clearing our homes and work places. There will be several guest speakers. *Taught by August Lageman Ph.D. who is a graduate of the Four Winds Society and the author of the book THE SHAMAN’S ODYSSEY.*

The College of Knowledge Challenge. (room 226). Please join Tony Chappell for this fun, educational and exciting “challenge” class. Students will answer multiple-choice questions on a variety of subjects (Famous Quotes, the Civil

War, The Space Race, World Geography, Hollywood, etc.) and a discussion of the answers will follow. Test your knowledge and have fun doing it.

___ **Photography.** (room 247). Want to take better photographs? What makes a photograph good and then what makes one great? Join award winning professional photographer, Greg Finney, as he explores the art of photography and shows the student what they need to do to take better photographs – from the taking of the picture to the manipulation on a computer to the mounting of the finished work. Finished class photos will be displayed at the HEC.

SPECIAL CLASSES

One must be a paid/registered member of the COA to take any of the special classes or tours, except for the AARP Smart Driving Class.

___ Friday, April 8, 10 – noon. **Along Virginia's Route 58: True Tales & Rail Trails** (room 226) - Local author and columnist Joe Tennis shares stories and a photo slide-show from his two latest books, "Along Virginia's Route 58: True Tales from Beach to Bluegrass" and "Virginia Rail Trails: Crossing the Commonwealth." Both books feature Abingdon, Bristol and Washington County, as well as the Virginia Creeper Trail, Whitetop Mountain and Damascus. Books will be for sale after the class.

___ Friday, April 8, 11am. **Barbeque at Its Best: A Blind Sauce Tasting with Bone Fire.** Join owner, Doug Beatty at the popular Bone Fire Smoke House as you learn about the processes involved in barbequing and preparing perfect meats, poultry and even bacon. During the lecture, get a first- hand look at the smokers and some of the steps that bring these delicious products to the table. Have fun sampling and rating a variety of Doug's creative sauces during a lunchtime blind tasting and see which sauce is the winner! A fun way to start your weekend! * Prepay \$10.00 to **Bone Fire** at registration. Limited to 25.

___ Monday, April 11, 9am – 3pm. **AARP Smart Driving Class.** HEC room 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.

___ Monday, April 11, 11am. (room 218). **Skin Care and Make-up Solutions for Aging Skin.** Allison Witt Price. 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 women.

___ Monday, April 11, 1:30pm. **Plant your own Succulent Garden.** Shane Stallard, owner of Petals and Lace. Meet in the Greenhouse at Petals and Lace to learn all about the proper care and planting of succulents. Shane will share all the many fascinating types of succulents that are available and help you get creative as you plant your own fantasy garden to take home to enjoy year round. All materials included. *Prepay at registration \$15.00 to **Petals and Lace.** Limit 20.

___ Friday, April 15, 10am. **Bristol Brewery Tour,** at Bristol Brewery, 41 Piedmont Ave. (This field trip is rescheduled from the winter term.) The owner/ brewer will guide you through a VIP, behind the scenes look at this new brewery, in the historic Bristol Bus Station. You will learn about the business and background, the equipment, brewing process and their beer styles. There is a charge for tasting. After the tour, it is optional for lunch with fellow beer lovers, downtown State Street. Consider car-pooling from the Higher Ed. Center/ or with friends. Directions available at the info desk. Beer enthusiasts will not want to miss this!

___ Friday, April 15, 12 noon. **Rivermyst Farm Tour.** Join The Kiser Family for another special tour of Rivermyst Farms. Learn about the workings of this well-known family organic farm and enjoy a special lunch of farm fresh foods prepared by the Kisers. *Prepay at registration \$8.00 to **Molly Kiser.** Limited to 24.

___ Monday, April 18, 10am. **Cemetery History and Grave Stone Rubbings.** Martha Keys, President Historical Society of Washington County and Lindsey Holderfield, Paper Moon Studio. Meet at the Society building for a tour and a look at how to access materials and locate graves in the county. Continue on to the Sinking Springs Cemetery for a history chat before trying your hand at grave stone rubbings. Materials will be provided. Wear sturdy walking shoes. Limited to 16. Rain Date: May 2, 10 am.

___ Friday, April 22, 1pm. **Dreamland Alpaca Farm.** Dreamland Alpacas is a sustainable working farm. Enjoy this opportunity to share the day to day workings of a full time alpaca breeding business. Come and meet these gentle creatures and learn what can be created from their luxurious fiber. Limited to 20. Directions at the info desk.

___ Friday, April 22, 10 am. **A local visit to Abingdon Vineyard and Winery,** near Alvarado, along the Creeper Trail. Their staff conducts a similar tour for the August Highlands Festival. You, will get a VIP tour of the vineyard, winery, and, of course, the tasting. If you want, bring a bag lunch and enjoy (w/ wine glass or bottle purchase) along the South Fork

Holston River and Virginia Creeper Trail. Meet at location by 10:00am. Directions available at info desk.

____ Monday, April 25, 9am. **COA INN HOP.** Put on your walking shoes and let's go Inn Hopping! We will make a day of it as we enjoy guided tours of three of the fascinating Inns in our area. Consider carpooling with other registrants. Bag lunches and drinks will be provided. **A Tailor's Lodging and Austin Bronaugh Inn**, Abingdon 9:00am. **Old Deery Inn**, Blountville 11:00am. **Netherland Inn, Kingsport** 1:30pm. Enjoy a gourmet bag lunch in the outside Gazebo prior to tour. *Prepay \$13.00 to **Jennifer Ferreira**. Limited to 25. Maps to be provided.

____ Tuesday, April 26, 5pm. **COA NIGHT at STUDIO BREW.** COA members are invited to be special guests at Bristol's newest and most talked about artisan craft brewery! COA members will enjoy a private tour and chat with the brewer while tasting several of their most outstanding beers. As an extra special treat, enjoy their homemade pretzels and beer cheese dip as well as other delicious appetizers. *Prepay at registration \$12.00 to **Studio Brew** Limited to 28.

____ Friday, April 29, 10:30am. **Tour of Appalachian Mountain Spirits**, manufacturing facility, 760 Walkers Creek Road, Marion, VA. This is the first legal distillery in Smyth County since the 1800s. After this tour, there will be optional lunch on your own; and after lunch, an optional tasting of award winners, at their Main Street Store (112 Main St. in downtown Marion). There is a fee for the tasting. Meet outside the Executive Auditorium by 9:30 to car pool. Tour starts at 10:30 am. Allow an hour since this is outside of Marion. Directions available at the info desk. **BUT WAIT; THERE IS MORE!!!** Come to Room 226, be there by 9:00AM for a brief history and explanation of distillation. This short session is not required for the field trip; however, will help you understand the process and equipment that you will see on the field trip. *Joseph Wentz*.

____ Monday, May 2, 1:30pm. **Unmanned Aerial System Course (Drone Class)**. (Higher Ed Center). Richard Blevins, Director of Aviation for Northeast State Community College will be at HEC to demonstrate several types of drones. Students will learn basic aerodynamics, airspace classifications, federal aviation regulations pertaining to UAS (drones), and situational awareness. A retired Chief Master Sergeant in USAF, Blevins has over 28 years as systems analyst on space lift systems and inter-continental ballistic missiles and training manager for Bell Helicopter. He has appeared on several television specials about drones.

____ Friday, May 6, 1:30pm. **Tour of Rachel's Treehouses**. (Meet in room 226 at HEC for a brief discussion and then drive/carpool to site near Alvarado). Please join Rachel Fowlkes for a tour of her treehouses – one is complete with a kitchen, bathroom and bedrooms. These are not children's treehouses – these are homes in the trees. This treehouse was featured in the book *Treehouses of the World*.

____ Friday, May 6, 10:30am. **Edible Wild Plants** 10:30am. Ben Casteel, VHCC. Do you know that useful plants abound in wild places? Join Ben on a journey through the Wide World of Weeds as he leads a short walk on the Overmountain Victory National Historic Trail to discuss and sample some of the edible plants that the Overmountain Men may have eaten during the Revolutionary War. Not only weeds, but many exceptional edible and medicinal plants will be discussed. Wear comfortable walking shoes. Directions at front desk.

____ Monday, May 9, 1 pm. **Adventure Mendota Kayaking**. Back by popular demand! Start your week off with a peaceful trip on the Class A Holston River as you learn some paddling tips and enjoy the sights and sounds of this gentle river. Guides will accompany group. No flat soled shoes or flip flops. Appropriate river shoes or tennis shoes with grooved soles are needed. Prepaid to **Adventure Mendota** \$30.00. Limit 16. Note: If we have more than 16 sign up, we can start another group.

March 14, 2016

Please join us for the Spring 2016 Term. I think we have a very exciting line-up of classes – hopefully, something for everyone. Remember that some of the classroom assignments may change due to the size of the enrollments or to conflicts with the needs of the Higher Ed Center – thank you in advance for understanding.

Current medical research is showing beyond a shadow of a doubt that being active mentally, physically and socially can delay or deny mental decline in older adults. I hope that this spring's COA schedule offers you a chance to be active!

Please join us – come make new connections,

Ramsey White, Director