

The College for Older Adults – Spring Classes 2017

SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER

One Partnership Circle, Abingdon, VA 24212

P.O. Box 1987 Abingdon, VA 24212

276/619-4300 276/619-4377 www.swcenter.edu/coa

You are cordially invited to the College for Older Adults

Coffee and Cake Hour

Wednesday, March 22, 2017 from 10am until 12 noon

In the Grand Hall of the Higher Education Center.

Registration for classes will be available.

Please bring a friend – new attendees will be entered in a special drawing.

THE COA WILL NOT BE MAILING OUT SPRING SCHEDULES OR REGISTRATIONS.

One can now register for classes:

- 1) **ON-LINE:** please go to www.swcenter.edu/coa . The schedule/registration can be downloaded and printed. And one can pay and register securely for classes with a credit card on the website.
- 2) **COME-IN:** There will be printed schedules/registration at the Higher Education Center front desk. One can pay for classes with a credit card, cash or check. There are also computers available at the front desk to register on-line.
- 3) **CALL-IN:** One can register by calling the front desk of the Higher Ed Center. The number is 276.619.4300. Know what classes you wish to take and have a credit card handy before calling in. Please realize that due to high call volume the front desk personnel will not have time to read and discuss the schedule over the phone.
- 4) **COFFEE AND CAKE HOUR:** One can register for COA classes with a credit card, check or cash at the Coffee Hour. Classes will be described and some instructors will be available for discussion.

PLEASE NOTE

- 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 4 – May 9, 2017

9am – 10:30am

_____ **Ethics and Ecology, Part III.** (TEA). This course will include many of the key concepts and ideas related to environmentalism. The class involves a discussion of sustainability, the ethical ideas of the world's major religions, concepts related to politics and economics, as well as social activism. The final subject will be positive and negative scenarios for the future. *Instructor, Robert Rainwater, Ph.D.*

_____ **Debussy, Ravel, and Beyond: The music of France a century ago, with a focus on lesser-known figures such as Satie, Poulenc and Milhaud.** (Room 218). Please join Dr. Paul Blaney for a look and listen on early 20th century French music.

_____ **Rediscovering the Lost Art of Cooking, DVD.** (room 231). Join the Culinary Institute of America for Part II of their cooking series. Recipes will be provided and one can take the class even if they missed Part I. Some of the topics to be covered are soups, sauces, salads and seafood.

_____ **True Tales & Local Legends.** (room 226). Author Joe Tennis returns for another class session based on his books, including "Virginia Rail Trails," "Along Virginia's Route 58," "Haunted Highlands," "Washington County, Virginia: Then & Now" and the updated, second edition of his first book, "Southwest Virginia Crossroads." Hear tales of Virginia, Tennessee and North Carolina. The presenter is a longtime writer and columnist for the *Bristol Herald Courier*.

Tuesdays, 10:45am – 12:15pm

_____ **Local Government.** (room 226). Join Cathy Lowe, the Mayor of Abingdon, and other Town officials and employees for a look at how our town government works and functions. Class will not meet on Tuesday, April 4, 2017.

_____ **Modern Art, Part Two.** (room 231). Adelaide Moss continues with her look at modern art. Part Two will cover Cubism, German Expressionism, Dadaism, and Abstract Art – with some surprises thrown in. One can enjoy this class without having taken Part One.

_____ **Beginning Computers.** (Room 247). This class is designed for the true computer beginner. Don't let a lack of computer skills slow you down – come take this class and join the computer revolution. Maria Kennedy, instructor, starts with turning "it" on and lovingly moves into word processing and emails.

_____ **"O, Ye'll Take the High Road".** (room 218). A pictorial and cultural journey around Scotland (and Antrim). Scottish singer and radio presenter Jack Beck (Celtic Clanjamphry on WETS.fm and WEHC.fm) will be taking you along with him as he explores both familiar and less well-known corners of his homeland, and with a detour to the Antrim glens of Ireland. And, perhaps, you can get Jack to sing a ballad or two!

_____ **Sit and Knit.** (Café). This class is for intermediate knitters. Jo Johnston will be helping with knitting the basic sock. Class members need to bring 2 balls fingering weight sock yarn (or desired yarn) and a set of 4 or 5 8" double pointed needles. Class will not meet April 11, 2017.

Tuesdays, 1pm – 2:30pm

_____ **Add Life to Your Years and Years to Your Life.** (room 226). Learn the basic principles and strategies that promote health, independence, and a great quality of life. Discussion will include how to reduce risk of (and help you heal from) heart disease, cancer, diabetes, Alzheimer's and all forms of dementia, arthritic disorders, hip fractures, autoimmune disease, and more. *Instructor, Chris Brown, Doctor of Chiropractic., in Tazewell and Abingdon.* **1st week of class Dr. Brown will take requests for specific health related topics that are important to you. **

_____ **Great Classic Spy Movies:** (TEA). Movies to be seen are: *North By Northwest; The Bourne Identity; From Russia with Love; Three Days of the Condor; Tinker, Tailor, Soldier, Spy; and No Way Out.* Popcorn will be served.

_____ **The History of the New Testament, DVD, The Teaching Company.** (room 231). Bart Ehrman, Ph.D. and Chairman of the Religion Department at the University of North Carolina presents the history of the New Testament. This is not a class on theology or about belief, but is history of the making of New Testament canon during the centuries after Christ's death.

WEDNESDAYS, April 5 – May 10, 2017
9am -10:30am

_____ **Hinduism and Buddhism.** (TEA) History, beliefs, and worship practices of these two major world religions that have their origins in India. We will look at the Hindu epics of the *Ramayana* and the *Mahabharata*, key Hindu deities, the life and teachings of the Buddha, and Buddhist "denominations" such as Mahayana, Theravada, and Zen. *Instructor, Dr. Fred Kellogg, Professor Emeritus of Religion, Emory & Henry College.*

_____ **THE 50s: The Story of a Decade.** (room 226) This class will consist of conversations and discussions based upon pieces from the book, THE 50s: The Story of a Decade by The New Yorker. Come and remember the Cold War, the beginning of rock and roll, Sputnik, Ike, the Polio epidemic, Senator McCarthy – among just some of the topics to be discussed. Maximum size for the class is 20, so that all who attend can participate in our conversation. Class participants will have the opportunity to help choose the pieces we will discuss during the last four class sessions. Class Leader, Kathy Baldwin, who established and ran an independent bookstore in Abingdon for many years. She was also a teacher and a therapist.

_____ **Writing: From Start to Finish.** (room 218). Linda Hudson Hoagland, award winning author of fiction, nonfiction, poetry, and plays will lead her students on a trip from inception of an idea to places to submit the written story for possible publication. Students will write whatever they want to share with class members. The instructor and other class members will be able to offer suggestions on a better path to be taken. Sharpen your pencils, uncap your pens, and get ready to write.

Wednesdays, 10:45am – 12:15pm

_____ **"The Count of Monte Cristo ":** (TEA). Alexander Dumas' enthralling tale of betrayal, revenge and fabulous wealth, first published in 1844, remains one of the most popular works in the western literary cannon. Like his "Three Musketeers", this epic novel takes off at a breathtaking pace. Set against the backdrop of the post-Napoleonic era, Dumas careens through a mesmerizing story with his signature audacity, style and joie de vivre. *Instructor, Lee Saunders, the COA's Renaissance Man.*

_____ **Bird Watching.** (room 218). Come learn to identify some of our most common birds by sight and by sound. A field trip will be held if there is enough interest. *Class instructor, Ramsey White.*

_____ **Our National Parks: part III. DVD.** (room 231). The Teaching Company/National Geographic Society DVD series continues. Some of the parks included in part III are: Grand Canyon; the Rocky Mountains; Montana Glacier, the Everglades and Carlsbad Caverns. New students are welcomed to this series that emphasizes the geology of the parks.

_____ **Cleanse, Heal, & Defend, Beginners.** (room 231). 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.*

Wednesdays, 1pm – 2:30pm

____ **Martin Luther and the 95 Theses, 1517 – 2017.** (room 226). This year marks the 500th anniversary of Martin Luther's famous posting of the 95 Theses on the church door in Wittenberg. This course will examine the background and significance of that event, and survey the Reformation it started. We will consider late medieval Christianity, Luther's career, the ways that church life changed for Protestants, the Reformed churches, the Reformations in England and Scotland, and the Radical Reformation. Throughout, we will give attention to ideas, especially theology, as well as other historical context, notably the history of the book. Instructor, Martin Holt Dotterweich, Ph.D., Associate Professor of History, Chair, Department of History and Political Science King University.

____ **Traveling Tales.** (TEA). April 5 - Craig Ashbrook, *Spectacular Spain, Portugal and Morocco*; April 12 Eileen Garner, *Cruising the Danube continued: Budapest to Prague*; April 19 TBA; April 26 Jill Jessee, *Exotic Asia: Japan, China and Korea*; May 3 Bill Shanks, *Magnificent Myanmar Part I*; May 10 Bill Shanks, *Magnificent Myanmar Part II*.

____ **Cleanse, Heal & Defend, Advanced.** (room 231). This class is for those who have taken Phil's classes before and have some knowledge of his techniques.

Thursdays, April 6 – May 11, 2017

9am-10:30am

____ **PowerPoint.** (room 247). Join the COA's software guru, Sonia Vanhook, for a class on Microsoft's Power Point. Organize presentations, family photos, travel shots, – just a few of the many many things one can do with this amazing program. Learn how to add videos, music and other special effects.

____ **Mindfulness** (room 218). Mindfulness can be thought of as the ultimate evolution in human consciousness. How we hold our minds in everyday life affects everything, and most people exist at the mercy of every stray thought or emotion that happens along. Is it even possible to do better at all when our thoughts control who we are? YES! The Secret of happiness is real, and begins with learning to develop mindfulness. Learning this true, simple knowledge can change your life for the better. Be happy! Come join us. *Instructor, Robert Smith. Robert holds degrees in philosophy, economics and English and has practiced Buddhism for more than 14 years*

____ **The Conquest of the Americas, DVD, The Teaching Company.** (room 231). An excellent series by Marshall Eakin, Ph.D., Vanderbilt University, that begins with the 16th century's "collision, convergence and complex mixture of Native Americans, Europeans, and Africans" in the New World. Some of the topics include: the Incas, the Mayas, the Aztecs, Columbus, Cortes, Montezuma, the Conquistadors, the Africans.

____ **The Laws of Leadership.** (room 226). "Leadership is not about titles, positions or flowcharts. It is about one life influencing another." Those are the words of John Maxwell, author of *The 21 Irrefutable Laws of Leadership*. All of us want to understand how to influence others in positive and helpful ways. Paul Bufford will be teaching "Understanding Leadership" based on Maxwell's book. He has a D.Min. in leadership, and this is one of his favorite topics. Be sure to purchase a copy of Maxwell's book to use in class.

Thursdays, 10:45am – 12:15pm

____ **Memorable Moments from Hollywood Musicals, Part Two.** (room 240 and room 222). The class offers the opportunity to enjoy musical numbers from such films as An American in Paris, Carousel, Bells Are Ringing, Thoroughly Modern Millie and Hello Dolly. Enjoy performances by such stars as Debbie Reynolds, Gene Kelly, Kathryn Grayson, Gordon MacRae and Barbara Streisand. Presenter, Bill Campbell, the host of Vocal Treasures on stations WETS-FM HD3 and WEHC-FM, 90.7.

____ **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*

____ **Fun with Food.** (Demonstration Kitchen) Join Alan Dodson for another six weeks of cooking fun. Expand your creativity with some new ideas and recipes and enjoy what is prepared during class for your lunch! With warmer months coming, Alan will share some foods to fit the bill. Prepay to Alan Dodson \$30.00 to cover the cost of the food. Limited to 20

____ **What's New in Astronomy.** (room 226). Please join Jim Warden, Ph.D., for an update of all the new astronomy findings – gravity waves, other solar systems and planets, black holes, aliens (?) and other fascinating things. Jim always makes astronomy extremely interesting and easy to understand.

Thursdays, 1pm – 2:30pm

____ **Through the Garden Gate into Spring.** (room 226). Snow Ferreniea will look into the world of wildflowers – starting with classroom introduction/overview of growing wildflowers in the area. One session will be a leisurely walk on the Creeper Trail in Alvarado and another will be a look around Snow's garden which contains many native wildflowers. Dates and times will be discussed the first class.

____ **Slab Built and Pinched Clay Pottery.** (William King Museum). William King Studio Artist Cecelia Pippin and Arts Depot Board Member/Artist Erin Oneisom will demonstrate creation of functional and beautiful ceramic art pieces and will lead you through making your own glazed and kiln fired pieces. The class will use two hand building techniques – slab and pinch – and will use terracotta and stoneware clays. Fee of \$15.00 to William King Museum due 1st day of class. Limited to 10 COA registered members.

____ **Energy Healing from a Shamanistic Perspective.** (room 218). This course is for both beginners as well as experienced practitioners. Students will be paired up. Teaching others is an excellent way of consolidating one's own learning. Course will look at: 1) Dowsing---the basic tool; 2) One's own chakra system; 3) Clearing; 4) The relationship of shamanism to other healing modalities. Shamanism and spirituality; 5) Soul and destiny retrievals (trance work). *Instructor, August Lageman, Ph.D., is a retired psychologist. He is a Reiki Master and certified as a holographic health practitioner. He is a graduate of the Four Winds Society and their three year training program and is a shaman in the Inka tradition.*

____ **Basic Photography and Photo Editing.** (room 247). Join award winning professional photographer John Cornelius for a class in photography and the use of a computer to make every photo better. Field trips are planned. Limited to 16.

SPECIAL CLASSES

____ Friday, April 7: 11:00 am. 266 W. Main St., Abingdon. **Fast and Healthier Food At Home.** Enjoy an interesting demo at Necessities gourmet shop where their chef will demonstrate lower carb options and tasty ways to eat more vegetables. Summer is coming and so is all the wonderful produce from our local farms! Prepay to Necessities \$5.00 Limit 10

____ Mondays, **Hiking Local Trails with Anna Sherrill.** There will be six Monday hikes, each starting at the Higher Ed Center parking lot at 9:15am and returning no later than 4pm. Anna will contact by email everyone who registers for the class, but everyone needs to wear appropriate clothing, bring water and snacks/lunch. Hikes planned are: Appalachian Trail sections; Overmountain Trail; Sugar Hollow; Creeper Trail and Bays Mountain.

____ Monday, April 10, 10:00 am -12 noon. **An Introduction to Tai Chi Principals** with Instructor Denise Peterson of Blue Ridge Kung Fu Arnis Academy. 320 W. Valley Street, Abingdon. Tai Chi is an ancient art and science known for its health benefits and studies have shown it improves circulation, respiration, reduces stress and promotes health, balance and muscle strength. Limit of 12.

____ Monday, April 10, 12:30pm. **Farm to Table Lunch Chat at The Market.** 1220 W. Main Street. Join Chef Nathan Breeding of Southern Culture and Abingdon's newest foodie venue, *The Market* for a locally sourced

lunch as you hear about what is happening in our area to promote our local farmers and revitalize our Appalachian culinary heritage. Prepay to *The Market*. \$10.00. Limit 15.

____ Friday, April 14, 10am-11:30am. **Svaroopaa Yoga.** Grace Studio of Motion and Dance, 966 W. Main St., Abingdon. Dress comfortably, but there is no need to bring anything, all mats, blankets and blocks are provided. The 90 minute class begins and ends with deep relaxation and body awareness. In between these relaxation poses there is a sequence of simple, yet aligned poses that begins at the tailbone and continues along the spinal column through the rib cage and shoulder area. This yoga is a very simple style of yoga that aligns the spine, effectively reducing stress, relieving pain and increasing flexibility. Instructor, Pat Mighell, Certified Svaroopaa Yoga Basics Teacher.

____ Monday, April 17, 1pm – 2:30pm. **Beginning Hand Quilting.** Held at Holston Mountain Artisan’s Annex (214 Park Street SE, Abingdon). Mary Warner has traveled extensively and taught quilting in four different African nations. Students will learn about assembling the basic quilt, the materials, the stitches and how to get started on a quilt design. All materials will be provided. Prepay to Mary Warner, \$10.00. Limit of 12.

____ Monday, April 17, 2:00pm. **Spring Wine Tasting at Katbirds.** Enjoy sampling some of Kat's favorite spring wines that are perfect for meals, entertaining or special occasions. Limit 18. Prepay to Katbirds \$5.00. Held at 230 E. Main St., Abingdon.

____ Friday, April 21, 10:00am. **Let’s Get Creative with Pairings at Abingdon Olive Oil.** 152 E. Main St., Abingdon. Learn about the many health benefits of olive oil and balsamics as well as creative ways to make your recipes pop! Take a tour of this popular venue as you sample some unique pairings. Limited to 30.

____ Monday, April 24, 10:00am. (HEC Room 240). **Cornelia Laemmler Orth, Conductor of the Symphony of the Mountains** will speak on the Symphony with special emphasis on *The Return of Carl Tanner* concert April 29, 2017. Tenor Carl Tanner is a native Virginian and has performed all over the world in various operas. Tickets for the concert will be available. The class will be held at the Higher Ed Center.

____ Monday, April 24, 1:30pm. **Container Gardening with Annuals.** Learn how to create your own beautiful containers to enjoy throughout the spring and summer. Sean and Emily of Petals and Lace will be here to talk about the design, proper care and maintenance of container gardens. Please bring your own pot or dish (approx. 10 inches) to class. Soil and plants will be provided. Extra plants and accessories will be available to purchase. Class will be held on the patio at The Higher Ed Center. Prepay to *Petals and Lace*. \$15.00 Limit 16

____ Friday, April 28, 10:00am. **Art Stop and Lunch at the Glade Town Square Center for the Arts.** Spend a morning meeting and watching the artists in residence work as you hear about the vision and success of this little jewel in the middle of Glade Spring. Afterwards, the group will relax and enjoy a buffet of sandwiches, salads, soup and dessert at the new *Cedar Bay Catering Company* in the Town Square with time to explore the square. Prepay to *Cedar Bay*, \$10.00. Limited to 20.

____ Monday, May 1, 1:00pm. **May Day Flower Arranging with Deni Peterson.** Deni is known for her beautiful arrangements that are full of color and style. She is known as the “flower lady” to followers throughout the area. During this hands-on class she will demonstrate the proper way to arrange fresh flowers grown on her farm. Containers and flowers provided for you to take home and enjoy what you create during class at the Higher Ed Center. Weather permitting the class will be held on the patio of the HEC. Pre pay to *Deni Peterson*. \$8.00. Limited to 12.

____ Friday, May 5, 8:30am. **Let's ride The Creeper!** Enjoy A spring time ride from White Top down to Damascus with Creeper Trail Club's Wayne Miller and friends. Spend time looking at wildflowers, critters and points of interest along the way. Enjoy lunch at Mojoes Trailside Café when you reach the bottom. (Lunch not included in price). Shuttle will return to Abingdon early afternoon. Meet at Virginia Creeper Trail Bikes. 201 Pecan Street, Abingdon at 8:30 am. Rescheduled if inclement weather. Pre pay Virginia Creeper Trail Bikes. \$13.00 shuttle only. \$24.00 bike rental and shuttle. Lunch not included. Limited to 12

____ Monday, May 8, 10:00am. **Rise and Shine with Kelli Mehl: A Look at a Baker’s Life.** Join Kelli in the kitchen at her new family bakery at Exit 19 (site of old Wild Flour Bakery) for a baking demo and a chance for a behind-the-scenes look at just how a bakery prepares for the day. Afterwards, enjoy sitting down to a delicious brunch. Pre- pay to Mehl’s Bakery. \$ 8.00. Limited to 15

