**COLLEGE FOR OLDER ADULTS: Winter 2018 Term**

**January 16 – February 22, 2018**

**SOUTHWEST VIRGINIA HIGHER EDUCATION CENTER**

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

[**www.swcenter.edu**](http://www.swcenter.edu) **or** [**rwhite@swcenter.edu**](mailto:rwhite@swcenter.edu)

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

**Coffee Hour**

**Wednesday, January 3, 2018 at 10am in the Grand Hall,**

**Southwest Virginia Higher Education Center.**

**Registration for classes**

**and drawings for free COA memberships will be held.**

**Arts Array Passes for the winter/spring series can be purchased.**

**Please bring a friend.**

**IMPORTANT ANNOUNCEMENTS**

* **The Higher Ed Center will be closed from December 23 through Jan. 1, 2018. Registrations can be made online or sent in, but there will be no one at the Center. The Center will reopen Jan. 2, 2018.**
* Some Special Classes may require an additional fee for materials and supplies. **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.
* **You will no longer be able to register for pre-pay classes on line. You must stop by the Center to register and pay for these.**
* Classes will start at 10am for the winter term and end at 3:30pm. Lunch is from 11:30am – 12:15pm.
* Arts Array passes can be purchased only by those purchasing membership in the COA. The winter/spring Arts Array season pass is $30.00. They will be available starting Jan.2. The first film will be on Jan. 15.
* No refunds will be made after the second week of classes unless there are valid personal reasons.
* Please note that the class room assignments given in this schedule may not be the ultimate room the class is held in – room assignments may change due to the size of enrollment. Please check at the information desk and posted notices.
* If possible, please make your membership payment 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.

**Tuesdays, Jan. 16 – Feb. 20, 2018**

10am – 11:30am

\_\_\_\_**Beginning Computer** (room 247). Maria Kennedy starts with turning the thing on and takes one through getting on the internet and emailing. Designed for true beginners.

\_\_\_\_**The Philosophy of History.** (TEA). This course begins by explaining two approaches to studying history. The first is critical history: how are the facts of history determined? The second is speculative history: what is the meaning of history? The large share of the course deals with exploring different theories concerning how history operates. Some of the main issues are: What pushes history forward? What drives people to act as they do? Is there a direction of history? What, if anything, is the purpose of history? *Instructor: Robert Rainwater, Ph.D.*

\_\_\_\_**Journaling Mojo.** (room 218). How can you establish journal writing as an everyday habit and how can that be of benefit in your everyday life? Veteran writer and editor, Norma Parker Wilson, will share tips, prompts, and motivations, maybe even some of her journal entries. You can share yours as well, if you want. Bring your journal and a writing goal or two.

\_\_\_\_ **Relationships**. (room 229). The goal is for each person to discover more about themselves in relationships. Anne Leibig, class facilitator, is a retired Gestalt Therapist. She will give some background on Gestalt Therapy Concepts that support participants in relationships. Class is limited to 16 -please do not sign up for the course unless you know that you can attend most of the classes.

12:15 – 1:45

\_\_\_\_ **Thrive and Survive**. (room 218) Please join this six week class aimed to help cancer survivors and caregivers to increase self-management skills to better cope with the physical, mental, and emotional challenges that can occur after dealing with this major event.  *Instructors: Marilyn Maxwell, past Director of Mountain Empire Older Citizen and Betsy Grossman works for the University of Virginia Cancer Center which provides cancer education, service programs, and community health based research to foster community health and help reduce cancer disparities in Southwest Virginia.*

\_\_\_\_**Sit, Spin and Knit** (café). Come and learn to spin with a drop spindle, and then knit the yarn you make. All levels welcome. Spinning kit (drop spindle and fleece) may be purchased at beginning of class. Maximum number 8. *Instructors: Fiona Zahnke and Jo Johnston.*

\_\_\_\_ **Blue Collar, White Collar, No Collar**: **Stories of Work.** (room 226).Join Niota Hensley for a study and discussion of the book -edited by Richard Ford and featuring stories by Russell Banks, Alice Munro, Tobias Wolff, Jhumpa Lahiri, John Cheever, and many others. “Blue Collar, White Collar, No Collar is a profound and groundbreaking anthology exploring resonant themes of employment, service, and daily obligations as unique windows into our culture, our society, and our very humanity”.

\_\_\_\_ **The 25th Amendment.** (TEA). The 25th Amendment deals with the transition of power in the event of the death or incapacity of the President or Vice President. Let’s look at the Amendment in the context of the events surrounding its inception, its use during Watergate and its continuing relevance today. The discussion and study will be based on the book by the Amendment’s principal author John Ferrick: The 25th Amendment, Its Complete History and Applications. Purchase of the book is not required.  *Instructor: Susan Stancill, an inactive attorney who has taught at the university and community college level.*

2:00 – 3:30pm

**The King University Lectureship at the College for Older Adults**

\_\_\_\_**Introducing Islam.** (TEA). Please join Dr. Don Michael Hudson for what should be a fascinating look at the world’s second largest religion. Dr. Hudson is Chair of the Department of Religion and Philosophy at King University and is a frequent traveler to the Middle East. He has given more than 300 research and public scholarship presentations in 47 states and 21 countries.

\_\_\_\_**Story Telling.** (room 226). Everyone is a storyteller because everyone has a story to tell. Explore the basics of Storytelling, not only as an oral tradition and art form, but from the social and cultural aspects as well. Come be a part of the tale! Listen, reminisce, laugh, explore and share your story. *Class Leader; Rema Keen, who is a writer and performance/teaching artist. Rema has performed in a number of regional theatres, including the Barter and toured with Appalshop’s Roadside Theater.*

\_\_\_\_**Understanding Greek and Roman Technology.** DVD. (room 231).Join Dr. Stephen Ressler of the Military Academy at West Point for a fascinating look at ancient buildings, roads, aqueducts, bridges and “machines”. This is one of the DVD series from the Teaching Company/ Great Courses.

**Wednesdays, Jan. 17 – Feb. 21, 2018**

10am – 11:30am

**\_\_\_\_Traveling Tales** (Room 222 ). A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels.  **January 17,** Frank Renault, Autumn in Glacier and Yellowstone National Parks; **January 24,** Bill Shanks**,**  In the Realm of the Great Explorers: Voyage to Antarctica, South Georgia, and the Falklands; **January 31,** Ted PileSuper Natural Vancouver Island, Wild Alaska and the Oregon Coast**,   February 7,** Craig Ashbrook, Scenic Ireland**; February 14,** Eileen Garner**,** Exploring the Greek Isles**;  February 21,** Bob Craig,  Cruising the Mediterranean:  Venice to Barcelona .

\_\_\_\_ **Jewelry Making II with Holston Mountain Artisans** (café).If you enjoyed the beginning jewelry making class this fall, you will step up a notch with some challenging, new projects. All materials and tools will be provided. Let your creative juices flow and come up with your own designs! Prepay to Holston Mountain Artisans, $ 25.00 for session. Limit 12.

\_\_\_\_**Souper Stews with Chef Alan.** (kitchen). Chef Alan’s popular class will be back for another session as he shows you all the good and tasty soups and stews that will be perfect recipes for the winter months. Enjoy learning and sampling his delicious and healthy cuisine as well as collect many new recipes. **Class will not meet on January 24th. 5 sessions.** Prepayment to Alan Dodson $25.00/5 sessions. Limit 20.

\_\_\_\_**Introduction to Calligraphy.**  (room 218). Come learn the art of “beautiful writing” from Sherry Elledge, professional calligrapher. Prepay $5.00 at registration. Class limited to 12.

\_\_\_\_ **Dipping into Cultural Geography** (room 226). Cultural geography is the study of the interplay of humans with the surface of the earth. It thus includes *cultural ecology*—the interactions between societies and their habitats, including means of subsistence; *cultural landscape*—the earth’s surface as modified by people, including settlement patterns, field systems, building types, and transportation infrastructure; *cultural diffusion*—the spreading of culture traits over time, including of languages, technologies, and religions; and *environmental perception*—how humans see and categorize their surroundings. We will dip into these and other fascinating cultural geographical topics. The emphasis will be on pre-modern peoples. *Instructor, Stephen Jett, Ph.D.*

12:15pm – 1:45pm

\_\_\_\_**PowerPoint.** (room 247). Sonia Vanhook, the COA’s software guru, will offer this class in MicroSoft’s PowerPoint. Come learn how to produce professional presentations and then how to add bells and whistles.

\_\_\_\_**Basic Electricity.** (room 149). Eddie Sproles is back at the COA to present one of his home repair courses. This time it is Basic Electricity, so join Eddie to learn how to do elementary electrical work without killing yourself or burning your house down! Limit 24.

\_\_\_\_**TED Talks.** (room 226). Have you discovered the wide variety of TED Talks on the web?  Kathy Baldwin and Erin Oneisom will lead a discussion following each of 2 or 3 TED Talks watched in class each week.  Subjects for the talks this term will focus on Connection, Creativity, and Discovery.  Participants are encouraged to submit suggestions for TED Talks to be watched in future terms. TED is a global nonprofit dedicated to ideas worth spreading. TED’s goal is to make great ideas accessible and spark conversation.

\_\_\_\_**Arts Array Discussion**. (café) Come and discuss the latest Art Array movie. There is no one leader – come and express your opinion/s.

\_\_\_\_**Great Tours: Greece . DVD. The Teaching Company.** (room 231) Join Professor John Hale for “enthusiastic” tour of Greece. Athens, Attica, Cornith, Delphi and the Islands will be “toured” – an exceptional series!

2:00pm – 3:30pm

\_\_\_\_**Let’s Square Dance** (room 149). First time ever at the COA - please join teacher/caller Judy Johnson for a lively dancing class. For beginners to advanced. Prepared to *do-si-do* and *promenade.*

\_\_\_\_**Appalachia. The History of Mountains and People.** (room 226).DVD from PBS. Named by American Library Association as “Best Video of the Year”. This four part series will be shown and discussion will follow. There will two additional speakers/ DVDs shown relating to our beloved region.

\_\_\_\_**Digital Photography** (room 247). Join avid photographer Joe Pippin for an introduction to digital photography. Photography software, shooting nature scenes and landscapes, and taking portraits among some of the areas Joe will cover. Students should have some computer skills.

**Thursdays, Jan. 18 – Feb. 22**

10am – 11:30am

\_\_\_\_ **Critical Thinking about Ethical Issues**. (room 226). This course will begin with a focus on some basic skills of critical thinking with emphasis upon the construction of good arguments. That skill will then be applied to the process of making good arguments in defense of a position on contemporary ethical issues.  *The instructor is Dr. T. Edward Damer, Emeritus Professor of Philosophy at Emory & Henry College, author of a  popular textbook on critical thinking, called Attacking Faulty Reasoning.*

\_\_\_\_**Medical Topics** (TEA). Please join retired cardiologist, Larry Cox, M.D., for comprehensive look into current medical topics. Class 1. *Medical Epistemology (*Philosophy); Class 2. *Screening Tests;* Class 3. *Following A Healthy Lifestyle;* Class 4. *Atherosclerotic Cardiovascular Disease;* Class 5. *General Topics;* Class 6. *Medical Myths*

\_\_\_\_**Genealogy on the Internet.** (room 247). This hands on genealogy laboratory is not for the beginning computer user – the class involves searching genealogical sources and histories on the internet. Members of the class will have the free use of Ancestry.com while in class. Limited to 30. *Instructor: Jerry Schuler*

\_\_\_\_ **Art Mixed Media Class.** (room 149).Local artist, Tara Bolling, will conduct a six weeks mixed media class which will begin with putting an idea on canvas and working on a project weekly while learning the basics in creating your own mixed media work. Unlock your potential during this introductory course, using techniques such as photo transfer, acrylic painting and collage. Materials included. Prepay Tara Bolling. $15.00 Limit 12 .

12:15pm – 1:45pm

\_\_\_\_ **Making Your Own Music**. (room 149). Musical instruments predate written history by thousands of years. How could found objects enable people to create interesting sounds? What are some fundamental secrets of instrument making? This hands-on course will cover some basic designs and then guide each student in crafting a simple instrument to play in class, take home, and perhaps intrigue the grandkids. Some tools and materials will be provided. Come prepared to team up and participate! This class will be limited to 12 students. *Instructor: Jim Warden.*

\_\_\_\_**Over There**: **America Enters World War I**: (TEA). One hundred years ago, the United States declared war on Germany in response to unrestricted submarine attacks on American ships. Our forces ranked 17th in the world with only 200,000 troops, largely trained in the past to fight frontier battles against Indians and Mexican bandits. And yet by the war's end, 19 months later, the US Army had mobilized, trained and equipped four million men. Under General Pershing's leadership the American Expeditionary Force tipped the balance in Europe, ending the stalemate that had consumed millions of lives. This is the story of our emergence as a world power. *Instructor: Lee Saunders.*

\_\_\_\_ **Meditation for Happiness.** (room 218). Why would anyone sit cross-legged, on the floor, empty-headed, doing nothing? Many people believe that mindlessness is the whole point of meditation. In reality, learning meditation involves listening to how the mind works, then adopting more skillful ways of managing awareness. Stress reduction, lower blood pressure, longer life, a healthier body and happiness result from a meditative mind. Come practice with us and learn some techniques about how to achieve your goals. *Instructor: Rob Smith, who has had a practice of meditation and Buddhism for more than 15 years.*

*\_\_\_\_***The Joy of Mediterranean Cooking. DVD. The Teaching Company.** (room 231). Join Chef Bill Briwa of the American Culinary Institute for a great cooking course. Chef Bill will cook classic dishes from Italy, France, Spain, Morocco, Istanbul, and Greece. Copies of recipes will be passed out each class.

2:00pm – 3:30pm

\_\_\_\_ **Beginning Bridge – Part 1**: (room 149). The class will teach you the basics – how to bid and play a bridge hand, and we’ll keep it simple. Learn while you play. You'll gain the skills you need to begin playing bridge in any type of game. *Instructors and mentors are from the Abingdon Bridge Club*. Class is limited to 32 students.

\_\_\_\_**The Movies of Cary Grant.** (TEA). Erin Oneisom will host this wonderful look at some films of one of Hollywood’s most famous leading men. Movies to be shown include *Arsenic and Old Lace, Father Goose, Operation Petticoats, Destination Tokyo.* Did Cary ever really say *Judy, Judy, Judy?*

\_\_\_\_**Energy Healing.** (room 218). Join August Lageman, Ph.D. for a look at the shamanistic modality of healing. Open to beginners as well as experienced practitioners.

**SPECIAL CLASSES**

\_\_\_\_Friday, Jan. 19, 10am **Winter Scene Watercolor Class.** Join Lindsey Holderfield of Paper Moon Studio for this guided painting session. Create your own winter watercolor painting and learn a few tips and tricks to get you started on your watercolor painting journey. No experience necessary. All materials provided. Prepayment to Paper Moon $5.00 Limit 12 370 E. Main Street, Abingdon.

\_\_\_\_Friday, January 19, 1:00pm **Creating Color with Winter Arrangements**  This interactive workshop is all about creating some seasonal interest to contrast with the often drab nature of winter.  Join Ben Casteel to create a winter arrangement that will provide color and stand up to the elements.  Registrants are encouraged to bring in branches and foliage of evergreens, fruiting branches, and colorful stems of shrubs, but some materials will be available on hand.  Registrants must bring their own container. Limit 15. Greenhouse at Virginia Highlands Community College

\_\_\_\_ Monday, Jan. 22, 10am. **Hiking with Anna.** Please join Anna Sherrill for a 2-5 hour hike at one of our nature areas. Sign up and Anna will be in contact. Anna plans two more hikes, weather permitting.

\_\_\_\_Monday, January 22, 10:30 am. **Bulb Forcing Workshop with Petals and Lace.** Need some beauty in your house to cheer you up this winter? Join Emily and Shane to learn all about forcing bulbs for both indoor and outdoor use. They will discuss the proper way to force tulips, paper whites, hyacinths and more. Each participant will prepare and take home bulbs to brighten up your home in a few weeks. Pot, bulbs and material included. Prepay Petals and Lace. $15.00 Limit 20 at Higher Ed Center.

\_\_\_\_Mondays, starting Jan. 22. 12:30-1:30 pm.  **Principles of Tai Chi Sampler for Beginners** with Deni Peterson and Chris Laing at Blue Ridge Kung Fu. This class will cover the basic principles. Students will learn simple Tai Chi forms and exercises as well as Tai Chi Walking to strengthen the lower body, increase balance and teach self-awareness. Class will meet on January 22, 29, February 5, 12. (4 sessions). Prepay $30.00 to Blue Ridge Kung Fu. Limit 10. Blue Ridge Kung Fu Academy 320 Valley St NW, Abingdon, VA (corner of Russell Rd and Plum Alley).

\_\_\_\_Mondays, starting Jan. 22. 1:30pm **Tai Chi II**. This class is for those with some experience or those who have had the Principles class. Chris is excellent at prescribing exercises that can reduce pain, balance and strength. Enjoy learning new techniques and exercise that will keep you more flexible and strengthened this winter.

Class will meet on January 22, 29, February 5, 12 (four sessions**)** Prepay $30.00 to Blue Ridge Kung Fu. Limit 10 Blue Ridge Kung Fu Academy 320 Valley St NW, Abingdon, VA 24210 (corner of Russell Rd and Plum Alley).

\_\_\_\_Friday, Jan. 26, 10am. **Beer Tasting at Katbird’s.** Join Kathy and Joe Wentz for a beer tasting. Come sample beers from around the world. Prepay $5.00. Limit 12.

\_\_\_\_Friday, January 26 11 am**. Warm Winter Tea Tasting** **with Camella’s Remember When.** Enjoy learning about some of the best teas and blends to keep you warm and happy when old man winter makes an appearance! Carrie will discuss her favorites as you enjoy sampling some of her tea time goodies along with your teas. Prepay $10.00 to Camella’s., Main Street, Abingdon. Limit 12.

\_\_\_\_Friday, Jan. 26, noon – 4:00 PM **Kohiki Platters.** William King Museum studio artist Cecelia Pippin will demonstrate creation of functional and beautiful ceramics and will lead you through making your own glazed and kiln fired pieces. We’ll be using hand building techniques and stoneware clay in a technique called Kohiki. This technique uses a dark clay body with a white, textured slip to create pieces of art which remind you of nature … wind in the trees, waves on the ocean, and clouds. This is a one day workshop where you’ll work 4 hours and produce dramatic art. Instructor: Prepay $15.00 to Cecelia Pippin. Limit of 7. Cecelia Pippin and Erin Oneisom.

\_\_\_\_Friday, Janaury 26 1:30 pm**. Katbird’s Winter Wine Chat and Tasting.** Sign up to sample some of Kathryn’s favorite winter wines to keep you toasty when old man winter makes his entrance! Spend a fun afternoon in this delightful shop in downtown Abingdon. Prepay $5.00 to Katbird’s .Limit 16. 230 E. Main Street, Abingdon.

\_\_\_\_Monday, Jan. 29, 10am. **Alaskan Eskimo Villages.** Please join fellow COA member, Wilford Corbin, for a look at Eskimo villages in the 1950’s. Wilford lived in Alaska for six years, and will show slides and tell stories of his time there.

\_\_\_\_Monday, Jan. 29, 9am – 3pm.**The AARP *Smart Driver*** class is a refresher class allowing participants to refresh their knowledge and heighten their awareness of changing driving regulations, vehicles and highways.  Cost is $15.00 for AARP members (with their membership number) and $20.00 for non-AARP members.  At the end of class participants will receive a certificate for their insurance company for possible discounts on their auto policy.

\_\_\_\_Tuesday, January 30, 5:30 pm**. Winter Cocktails, Hot Toddies and Tapas at White Birch.** COA members are having another private night at White Birch with owner Nicole Dyer. Enjoy sampling their winter specialty drinks and some locally sourced small bites. This was a popular event, so grab a spot and set the date for a winter night in downtown Abingdon! Prepay $10.00 to White Birch. Limit 30. 170 East Main Street. Abingdon.

\_\_\_\_Friday, February 2, 10:30am -1:00pm**. Tea Talk and Luncheon.** Washington County Library. Join us at the Washington County Library for a history of tea. We will explore its social and political impact, and discuss its place in fiction. A light luncheon will be served afterward including tea sandwiches! Pre pay $5.00 payable to WCL (donation). Limit 8. 205 Oak Hill Street, Abingdon, VA

\_\_\_\_ Friday, Feb. 2, 10am (room 226). **Favorite Song Magic.**  You may have seldom considered it, but you **ARE** your favorite songs. Each of your favorites has a story that is a fascinating part of your life. Find new meanings and applications for your treasured tunes with Dr. Guy V. Briggs who has spent the past several decades collecting what people from all over the world have to say about their personal chart-toppers. **Favorite Song Magic** is his little book packed with 150-Plus mini-stories, parables, and quotes, along with some 40 emotionally engaging activities. The cost is $3.00 and will be used in this highly creative and interactive workshop.

\_\_\_\_Saturday, February 3, 11 am. **Cake Decorating Demonstration at Ladybug Café and Cakery.** Natalie Blevins invites you to come visit her new bakery and eatery. She is well-known for her amazing cakes and creative decorating techniques. Participants will see how to properly ice cakes and use various tips and techniques to create many different effects. The class will enjoy some nibbles and coffee as well as a slice of her delicious cakes. Prepay to Ladybug Café. $3.00. Limit 15. 15330 Lee Highway, Bristol, VA (off Exit 10).

\_\_\_\_Monday, February 5, 10:30 am. **Make up as We Age.** Buffie Jones from Senegence will discuss make up changes or additions that are important for our skin as we begin to age. She works with an all-natural product that provides skin care in every item from eye shadow to day creams. Learn about proper moisture control, skin block, lip care and proper ways to apply make up for the best effect and natural coverage. Limit 12 . HEC

\_\_\_\_Fridays, February 9 and 16. 1:30 pm. **Swedish Weaving with Holston Mountain Artisans.** Join Rhonda Davenport for a "Swedish Weaving" class. The style is also known as Huck Embroidery and it comes from the specialty fabric, huck, which it is stitched on. This technique has been found in linens dating back to the 1600’s.  The class will learn basic techniques for this art form. This will be two 2 ½ hour sessions on February 9 and 16. Do not sign up for this class unless you can come to both sessions. Prepay to Holston Mountain Artisans $10.00. Limit 8. Class will be held at Holston Mountain Artisan Annex.

\_\_\_\_Friday, February 9, 1:00 pm **Helpful Houseplants**. Everyone loves houseplants for their natural beauty, but did you know that they can also be very useful? Ben Casteel will lead this interactive workshop and will discuss how houseplants can be used to clean air and even provide food!  Basics of indoor plant care and identification will also be covered.  Bring cash or a check if you wish to purchase plants! Limit 15. Greenhouse at VHCC.

\_\_\_\_Monday, February 12 and 19. 10am-noon**. Hand- drawn Abingdon Landmarks Painting Class.** Participants in this class will have the opportunity to paint an 11 x 22 inch hand drawn canvas of an Abingdon scene. (Lindsey Holderfield original). The class will meet for two weeks to work on the canvas. All materials included. Take home a beautiful finished product. Participants must pre select scene at registration. Scene Choices: The Tavern, The Martha, Arts Depot, Green Cover Station, the “LOVE” sign, or Virginia Creeper Trestle landscape. 12:30-1:30 pm Do not sign up for this class unless you can attend both sessions.Prepayment to Paper Moon $25.00. Limit 12. 370 E. Main Street Abingdon, VA.

\_\_\_\_Monday, February 19, 10am. (room 226 HEC). **Osteoporosis: Prevention and Treatment.** Fred Knickerbocker, M.D., retired Orthopedic Surgeon, will present the latest medical information on osteoporosis and will answer questions about this malady that affects up to 70% of people over the age of 80.