You are cordially invited to the College for Older Adults’
Coffee and Cake Hour.

Tuesday, January 24, 2023

In the Grand Hall of the Higher Education Center
Registration for classes will be available.
Please bring a friend.

DUE TO VARIOUS FACTORS
THE COA WILL NOT BE MAILING OUT 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.

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, February 14 – March 21, 2023**  
10:00am – 11:30am

_____ Four Millennia of Conflict Over the Land of Abraham. (room TEA) Since the days of Abraham, the land known as Palestine has experienced conflict between opposing peoples who claimed it as their own. In Bible times there were the Canaanites, the Philistines, the Babylonians, the Assyrians and the Romans. However, while those peoples are long gone, the fighting goes on including repeated conquests of Jerusalem, conflict over the temple mount and fighting in the Golan Heights. Battles over control of this land were going on before 1948, including the Crusades, and have continued to our day. Join Paul Bufford as he reminds us that peace has eluded this land for four millennia. Instructor, Paul Bufford, Senior Pastor at Abingdon Bible Church. Paul has led numerous trips to the Holy Land.

_____ Exploring Electricity. (room 226). Although most people in the developed world would argue that they couldn’t live well without electricity, the underlying story is even more profound. We will explore the universe of electrical phenomena from the ground up, including basic science, accessible models and applications, technical secrets, and the coming transition to “green” energy. A few hands-on demonstrations will be included. The presentations should not be shocking, but we hope that class questions and discussion will help keep you current. Instructor: Jim Warden, Ph.D., retired professor of physics at Emory and Henry College.

_____ Beginning Meditation. (room 218). Join Rob Smith who has had a practice of meditation and Buddhism for over 15 years in this introductory class. “Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health”, Mayo Clinic.

**Tuesdays, 12:30pm - 2:00pm**

**THE KING UNIVERSITY LECUTURESHP SERIES**

_____ Great Criminal Court Cases. (room 226 and 240). This class explores notorious criminal cases such as Martin Guerre, the Nuremberg trials, Ted Bundy, Jonestown, the DC Beltway snipers, and the Clinton Correctional Facility escape. Topics of discussion will include behavioral case studies, typologies, contributing factors, profiling, cults, the role of media, and our culture’s fascination with criminal behavior. Instructor, Colette Wilcox is a criminal justice professor at King University teaching classes regarding criminal law, criminal procedure, ethics, and serial and mass murder. Prior to teaching, Colette worked as both a prosecutor and a defense attorney.

_____ Tom Hanks Movies. (room TEA) Join movie devotee Erin Oneisom for six of Tom Hank’s great movies. *Sully, Saving Mr. Banks, A Beautiful Day in the Neighborhood, Toy Story, Catch Me if You Can* and *Big.* Popcorn will be served! A free copy of *Forest Grump* will be raffled off on the first class.

_____ Health Care Needs As We Age. (room 218). Nurse Practitioner, Linda Davidson, will conduct this class, which will look at the various options one has to health care in the aging process. Topics will include Skilled Nursing, Home Health, Personal Care, Home Instead Care, Medical Supplies, Nursing Home and Assisted Living, Hospice. Cardiac Rehab.
**Emory & Henry Road Trip with Monica Hoel** (room 226). This is a “in the classroom” road trip. Join Monica as she brings in guests to talk about seldom seen sites and divulge fascinating facts about our part of Appalachia. Expect captivating nature, history, and human stories that will give you a new perspective on Southwest Virginia.

**Traveling Tales.** (room TEA). A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels. February 15, Eileen Garner, Portugal to Morocco; February 22, Bill Shanks, Svalbard, Norway: The Wildlife Capital of the Arctic; March 1, Ted Pile, Post Vax Getaway: SW U.S. Road Trip, Ixtapa Mexico & SoCal; March 8, Ellen Mueller, Kaleidoscope of Iceland; March 15, Jill Jessee, Mediterranean Favorites; March 22, Paul Conco, Ireland, the Emerald Isle.

**Introduction to Google Apps.** (room 247) This fast-paced, technology enriching workshop will add skills in using the free apps Google offers. You must have a Google account and, of course, know your username and password. Each week we will cover different apps. So, you will be able to attend based on your interests. Google offers apps for searching, news, shopping, email, creating documents, spreadsheets and presentation slides. If there is time, we’ll look at some of the other apps Google offers.

**The World of British Novel Graham Greene.** (room TEA). Graham Greene (1904 - 1991) was one of the most influential authors of the 20th century - an evocative storyteller with a talent for provoking controversy. His novels portray the human condition, often in situations of moral conflict or ambiguity. “The Third Man”, for example, deals with the black-market sale of diluted penicillin in post-war Vienna; “The Quiet American” depicts the breakdown of French colonialism and presages America’s deepening involvement in Indochina; “The Comedians” illuminates the dark, murderous regime of Haiti’s Francois Duvalier and his secret police, the TonTon Macoutes; “Our Man in Havana”, a black comedy, centers on a vacuum cleaner salesman ensnared in British intelligence operations in pre-Castro Cuba. Perhaps Greene’s greatest work, “The Power and the Glory”, recounts the largely unknown suppression of the Catholic Church in Mexico in the 1930s; its protagonist is a tarnished “whisky priest” who is hunted down by the police and faces certain death in his search for personal redemption. Lee Saunders presents Greene as a complex, flawed, yet highly acclaimed writer in the first of a two-part series

**Great Road Style.** (room 226) Join Betsy K. White as she presents an informative and engaging series of lectures on the rich heritage of Southwest Virginia and Northeast Tennessee’s decorative arts and material culture, with some regional history thrown in. Based on her two books, she will explore the furniture, pottery, textiles, art, musical instruments, and more made by hand in this region prior to 1940. She is the Director of William King Museum of Art and authored Great Road Style: the Decorative Arts of Southwest Virginia & Northeast Tennessee, published in 2006 by the University of Virginia Press and Backcountry Makers: An Artisan History of Southwest Virginia & Northeast Tennessee, published in 2013 by the University of Tennessee Press.

**Introduction to Robotics.** (room 129 Stem Gym). Will robots drive our cars, clean our houses, and preform our surgery one day? Come to this class to gain a basic understanding of how they work. Students in this class will be introduced to Code & Go, Coding Express, Cubetto, LEGO Robots, Sphero and others as time allows. This is a hands-on course. Beginning computer users are WELCOME to take this class taught by Sonia Vanhook.
THURSDAYS, Feb. 16 – March 23, 2023
10:00am - 11:30am

Medical Topics. (room TEA). Join Drs. Simon Pennings, M.D., Fred Knichkerbocker, M.D., and Emory Robinette, M.D. for the latest updates on COVID, Osteoporosis, Arthritis, COPD and Sleep Issues. Time will be allotted for discussion and questions.

Online Genealogical Research. (room 247). Some computer skills are required for this class. The class involves hands on research of genealogical sources and histories. Members of the class will have use of several online genealogical resources. Instructor, Jerry Schuler.

Fitzgerald & Hemingway: Friends, Rivals, Literary Icons. (room 226) This course will explore the lives and works of F. Scott Fitzgerald and Ernest Hemingway. Although both of their works contain the same historical content, their writing styles could not be more different. We will compare and contrast the flowing, descriptive writing of Fitzgerald to the gritty, concise writing of Hemingway in their novels and short stories. We will also examine their very public personal lives and follow their journey as friends, colleagues, readers, critics, travelers, expats, and competitors. While we will discuss both authors’ entire works, however, we will read and discuss the following works in depth. Fitzgerald: Novel - The Great Gatsby; Short Stories – Babylon Revisited; Diamond as Big as the Ritz; Winter Dreams. Hemingway Novel - The Sun Also Rises. Short Stories - Big Two-Hearted River; A Clean, Well-Lighted Place; The Short Happy Life of Francis Macomber.

Cindy, a retired captain in the Marine Corps (she served as the Commander of the 8th Motor Division in Kuwait during Operation Desert Storm), has a law degree and a master’s degree in literature. She enjoys playing with her grandchildren and traveling.

Thursdays, 12:30pm – 2:00pm

The Carter Family and Their Legacy in American Music (room TEA). This course will explore the Carter Family and their legacy in American music history. Each week there will be guest speakers or media which explore various facets of the Carter Family story. Week 1: The class will watch the PBS documentary on the Carter Family. Week 2: Ted Olson, a music historian from ETSU, will put the Carter Family into the context of American music in the 1920s. Week 3: Rita Forrester, the granddaughter of A.P. Carter and the manager of the Carter Fold, will be interviewed about her family by Rita Quillen and Eugene Wolf. Week 4: Ivy Sheppard, a musician and station manager at WEHC, and Renee Rodgers, the curator at the Birthplace of Country Music Museum, will discuss women in country music, with a focus on the Carter Family. Week 5: Doug Pote, playwright, and Eugene Wolf, musician and actor, will discuss Barter Theatre’s spring production of “Keep on the Sunny Side,” which will star Wolf as A.P. Carter. Week 6: Mark Zwonitzer, the co-author of the book, “Will You Miss Me When I’m Gone? The Carter Family & Their Legacy in American Music,” hopefully will interact with the class.

Gardening Through the Seasons. (room 218). We will explore gardening and plants through the four seasons. We'll take an in-depth look at each season, at the plants that make it special, companion plantings and what tasks are best addressed during each season. Also the expansion, rejuvenation and creation of beds will be discussed. Bring your questions and garden issues for discussion.

Financial Planning (room 226). Join Mark Tipton and Sylvia Robins from Edward Jones Financial Services for a class devoted to helping people plan what to do with their money as they age – finding safe harbors in a stormy world.