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

Tuesday, August 29, 2023 – 10 am
In the Grand Hall of the Higher Education Center.
Registration for classes will be available.
Please bring a friend

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 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 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 the room assignment on the posted notices.

TUESDAYS, September 12 – October 19, 2023
10 am – 11:30 am

Israel’s Wars of Survival 1948 - 2023 (Rm 240 on 9/12 &10/3-TEA on other dates) Modern Israel has been called “a nation-in-arms” whose citizens are “soldiers on eleven months’ annual leave.” In 2000, Ahron Bregman wrote, “Wars between Arabs and Israelis have taken place from the day the state of Israel was established on the land of Palestine in May 1948, dominating the headlines.” The class will study the conflicts in the land of Abraham beginning in 1947. Israel’s War of Independence (1948), the Suez Crisis (Oct 1956), the Six-Day War (June 1967), the Yom Kippur War (October 1973), the Lebanon War (1982) and the First and Second Intifida (1987 - 1993; 2000-2005) and more recent conflicts. We will look at the frequent involvement of U.S. Presidents in attempts at peace between the Israelis and the Palestinians and Arabs. We will not meet on October 17. Presenter: Paul Bufford has led trips to Israel and enjoys teaching about the land of Palestine.

Power of Eight (Rm 218) The New Paradigm offers many promises. We hear a lot of hype, and scientists seem to be excited, but how can we believe anything we see online these days? Today, we face crises in every sector of our lives; we feel frustrated by the inability of our leaders to solve problems and feel powerless to fix anything ourselves. In this course, we will learn how focus groups of about eight people may share an intention to empower the group to create a better world, a healthier future, good synchronicities for happiness in the New Paradigm. Presenters: Phil Ernst and Rob Smith

Our Natural Heritage (Rm 226) A series of six programs exploring the unique character of Southwest Virginia’s biological resources. Topics presented will include hawk migration, the Cedars Natural Preserve in Lee County, the Cleveland Barrens and Pinnacle Natural Area Preserves, red spruce trees, urban forestry, and planting the right tree in the right place.

Please note that lunch time is now 90 minutes

Tuesdays, 1 – 2:30 pm

Afternoon at the Movies (Rm 240 on 9/12&10/3, TEA other dates) Comedies from outer space to fantasy to spies and more! Guardians of the Galaxy, Galaxy Quest, Jumanji-Welcome to the Jungle, True Lies, Tootsie and First Wives Club. Come check out movies you can share with grandchildren or a partner! Will be fun! And the popcorn is delicious! Presenter, Erin Oneisom

Modern American Poetry (1900-1950) (Rm 130) Fear Not! You will not be required to write or recite poetry. I will be reading, discuss poems from Modernist greats including: Ezra Pound, T.S. Eliot, Gertrude Stein, William Carlos Williams, Robert Frost, Langston Hughes, and H.D. We will also examine a bit of pre-modern and post-modern poetry to highlight the differences from the Modernists. Whether you adore poetry or consider it the most vexing literary form - come and learn a little more. Instructor: Cindy Pojeta, M.A., English

Search for the Historical Jesus (Rm 218) This is a course from the Teaching Company/Great Courses/Wondrium Company. Join historian, biblical scholar, and best-selling author Jean-Pierre Isbouts to walk in the footsteps of Jesus. Mostly filmed on locations in Israel and the Middle East.
**WEDNESDAYS, September 13 – October 18**

**10 am – 11:30 am**

_____ **Traveling Tales** (TEA) A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels. September 13, Ellen Mueller, *Essential Greece & 4-day Iconic Discovery Cruise*; September 20, Paul Conco, *India, the Golden Triangle*; September 27, Linda Davidson, *Exploring New England*; October 4, Eileen Garner, *Historic Crossings: Miami to Venice*; October 11, Frank Renault, *Galapagos Adventure*; October 18, Ted Pile, *Europe by Trains, Planes, Automobiles ...and Boats*.

_____ **PowerPoint** (Rm 247) Want to make an organized and visual presentation? To show family photographs? To give information to a group? To impress friends with your computer skills? Please join the COA’s software guru, Sonia Vanhook, for this beginning class in learning PowerPoint skills.

_____ **Short Stories – Teacher’s Favorites** (Rm 149) We will be reading, studying, and discussing classic short stories from several authors: Ernest Hemingway, William Faulkner; Alice Walker, James Hurst, and Ralph Ellison. I have read the stories I have chosen many times, but they continue to puzzle, fascinate, move, and teach me. Because this is an eclectic selection, there is no text. Rather students will be downloading and printing their own copies, which are readily available. In addition, the Washington County Library has kindly provided links for us to use. This is not a lecture class. Come prepared to ask questions, discuss and draw your own conclusions and meanings, Instructor: Judith Wylie, Ph.D., English

**Wednesdays, 1 pm – 2:30 pm**

**King University Lectureship Series**

_____ **The American Civil War** (TEA) The class will cover the Civil War Era (from 1848 to 1877) - the topics will include the causes of the national breakdown and the failure of the political system to prevent the war, the various critical battles, and the reconstruction process and post war America, especially in the South. *Instructor: Kyle N. Osborn, Ph.D., King University, Assistant Professor of History.*

_____ **Google Apps** (Rm 247) This fast-paced, technology-enriching workshop will add skills in using the free apps Google and other developers offer. 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, artificial intelligence, news, shopping, email, creating documents, spreadsheets and presentation slides. If there is time, we will look at some of the other apps Google offers. We will also look at some of the free stuff on the Internet. Requirements: Google account, username and password, basic computer skills, smart phone. Note: Although computers are available in the classroom, participants may bring their own laptop/tablet. Enrollment: limited to 10. *Your tech guide: Mary Sullivan retired Associate Professor Virginia Highlands Community College, Information Technology*

_____ **Planning for & Thriving in Retirement** (Rm 149) Are you worried about stepping into retirement with confidence - or even living in retirement with peace of mind? Jordan will cover everything you've ever wanted to know about planning to retire and living in retirement! From how to invest and budget, when to begin drawing social security, how to understand Medicare, and much, much more. This course will be a super fun and laid-back environment with plenty of time to ask questions and learn everything you've ever wanted to know! A few guest speakers will also join us to help provide an even higher level of expertise. These classes will be tremendously informative and just as fun to participate - won't you join us?! *Presenter, Jordan Tickle, Financial Advisor, Lindamood Financial Group*
Thursdays, September 14- October 19
10 am – 11:30 am

_____ E and H Road Trip (TEA) The Road Trip is packing snacks for another semester of exploring the fascinating region of SWVA! Expect history, art, music, nature, and tales of the strong creative people we call our neighbors. It’s a road trip that never leaves the Higher Ed Center -- but never ceases to amaze! **Presenter: Monica Hoel, Alumni Director Henry & Henry College**

_____ Online Genealogical Research (Rm 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.**

_____ The Inquisitive Gardener (Rm 226, room 149 on 9/21) Please join Snow Ferreneia, authority in wildflowers and gardening, as she reviews various aspects of amending or expanding one’s outdoor living space. She will also focus several classes on our native plants.

Thursdays, 1 pm – 2:30 pm

_____ Great Musical Masterworks of the Romantic Era (Rm 240 on 10/5-TEA other dates) Ludwig Van Beethoven ushered in an era of music that radically departed from the style of the late 18th century. This new age of romanticism liberated composers from the earlier classical restraints, leading to some of the most expressive and innovative approaches to opera, ballets, concertos, choral works, symphonies, and solo instrumentation. These performances were turbulent, electrifying, passionate, evocative, glorious, and spirited. Above all, this music celebrated the idea of freedom and individualism. Join **Lee Saunders** in a tour of these great romantic masterworks by Schubert, Mendelssohn, Chopin, Wagner, Verdi, Berlioz, Liszt, Bizet, Grieg, Tchaikovsky, Rimsky-Korsakov and Rachmaninov.

_____ The Nuclear Age (Rm 130) At the close of WWII, a few new technical terms found their way into our commonplace language. What exactly is a neutron? An isotope? What is fission? What is special about the metals uranium and plutonium? What is radiation sickness? In this course, we will look at these concepts and explore some details of the race to create a nuclear weapon, which ushered in what we call the nuclear age. We will cover the essential prequel to this story as well: humanity’s discovering more about the structure of matter in the preceding forty years than in all previous history. Today with the benefit of hindsight, we are learning to live with our dubious creation, its possibilities, risks, health implications, and its legacy. We will explore both benefits and challenges of nuclear technology, imagined utopias, and continued challenges. Do you want a small modular reactor in your neighborhood, as is being proposed in several states? A uranium mine? Why would you want to take iodine pills? I welcome your questions and discussion. **Instructor: James Warden, Ph.D., retired physics professor Emory & Henry College**

_____ Chair Yoga (Room to be announced) Using a chair for mobility support, this practice will improve your strength, flexibility, and mobility through modified yoga postures. This practice connects your movement to your breath, supporting your respiratory and digestive health while helping you to keep moving. Chairs are provided. Please bring your own yoga mat to place under your chair. At each class, there will be a prize drawing for one month of unlimited yoga at Whitetop Yoga. **Instructors: Halverson and Linder – provided by Whitetop Yoga.**
SPECIAL CLASSES

Lab 65+ (all classes at the William King Museum) Mondays 9/11-10/16 – 6 classes
10am-12pm. $15. Maximum 12 students. Art Lab lower level (Russell Road end). Please note date for the first class. The goal of Lab 65+ is to provide a space for creativity, exploration, and community for older adults. This pilot program features individual hands-on creative sessions that do not build on each other, so individuals can attend only the offerings that most interest them. Activities are beginner-friendly, with a focus on play and process rather than a perfect finished project. This pilot program is a collaboration between William King Museum and College for Older Adults. 9/11 – Pottery; 9/18 - Watercolor diptychs; 9/25 - Squeegee painting; 10/2 - Collage or digital collage; 10/9 - Simple books; 10/16 - Pottery painting (we will paint what we made on 9/11. Pickup of fired work will be following week.) Coordinated by Laken Bridges.

Lord Dunmore (Rm 130) 10 am, Friday September 15, 2023. Learn about Lord Dunmore, the last Colonial Governor of Virginia who was the hero of Dunmore’s War, and a committed Royalist. It was Dunmore who prompted Patrick Henry to proclaim, “Give me liberty or give me death!” Michael Henningson presents a historic interpretation in period attire.

A Tour of the Abingdon Arboretum (meet in the parking lot of the Veteran’s Park, Abingdon) 10 am, Monday, September 18. Town of Abingdon Arborist Kevin Sigmon will lead a guided tour of the collection of trees at Veteran’s Memorial Park in downtown Abingdon. The Abingdon Arboretum includes more than one hundred species of trees as well as a grove of new American chestnut trees. Several uncommon species such as the Kentucky coffee tree are planted at the park. Wear sturdy shoes and be prepared to walk on sloping ground!

Ceramic Ribbon Pots (WKMA) Friday, September 22, 2023, 10:00 AM – 2:00 PM in William King Museum’s Art Lab Ceramics Classroom. Create a Ribbon Pot using Earthen red clay - perfect for holding a plant or candle. Class is limited to six COA Members. $10 supply fee in cash or a check written to Cecelia Pippin who is the instructor.

Artificial Intelligence (Rm 240) Monday, September 25, 10 am. Artificial Intelligence is already having a significant impact on our society in many ways. What does this mean for seniors? Let’s take a look at the application of AI for seniors. This presentation will answer key questions: What is AI? Why is AI important to seniors? What can AI be used to do? What are the challenges of AI? How can seniors stay safe with AI? There will be a short demonstration of AI lead by Mary Sullivan.

Living with Disabilities (Rm 218) Friday, September 29, 10 am. The Appalachian Independence Center describes how living with a disability impacts the lives of people in our community. They discuss how disabled individuals accomplish tasks of daily living, accessibility barriers, “hidden disabilities,” and community resources.

Confronting Racial Terror (Rm 218) Monday, October 2, 2023, 10 am. Between 1880 and 1950 more lynchings occurred in Southwest Virginia than in any other part of the Commonwealth. Preston Mitchell describes the work of the Equal Justice Initiative to recognize African Americans accused of crimes who were denied due legal process and lynched. He discusses how acknowledging this sad part of our nation’s history can help to heal ongoing racial conflicts.

Up and Coming Events in the Town of Abingdon (TEA) Friday, October 6, 10am. Please join Tonya Triplett, Director of Economic Development & Tourism and Chad Thompson, Marketing Coordinator, for a look at all the special events and activities that will be occurring in town in the next year.
____ The Fighting Parson, Charles Cummings  (Rm 240) Monday, October 9, 10 am.  Michael Henningson presents a historic interpretation of the life and times of “Fighting Parson” Charles Cummings. Parson Cummings established Green Springs Presbyterian Church in Abingdon, the oldest surviving protestant church west of the Blue Ridge Mountains. He was the Chaplain of the Overmountain Militia who defeated the British at the Battle of Kings Mountain.

____ Being Prepared for a Disaster – 6 Crucial Tips  (Rm 226) Friday, October 13, 10 am. When you think of a “prepper” or “survivalist,” what image comes to your mind? I think of my ninety-two-year-old mother. She is one of the most important people in my life. She grew up in a time where self-reliance was a valued trait, and people cherished what they had. Being prepared for a disaster is a little different for my mother, but everyone, regardless of age – has the right and obligation to be prepared. Prepping for a senior citizen poses some challenges and you do not have to spend tons of money. In this class we will examine 6 crucial prepping tips.  
Presenter, David Matlock, Executive Director, Higher Ed.

____ Near Eastern Art and History  (Rm 226) Monday, October 16, 10 am. Near Eastern scholar Ashley Stephenson presents ancient art and artifacts from the civilizations of Sumeria, Babylon, and Assyria and discusses their historic context.

Radford University presents RARE Fest: Student Research from Appalachia to the Amazon
Registration NOT required.
Saturday, October 21, 2023, 3:00 PM-7:00 PM
Join Radford University students as they present the results of research conducted in Southwest Virginia in May 2023. Presentations include research on water quality, microplastics, animal movement, and Appalachian folklore. Learn about the Radford Academic Research Expedition (RARE), the Appalachia and Amazon expeditions, and tell us what future RARE programs can do for you. The evening will conclude with a screening of Hidden Rivers of Southern Appalachia. This event is free and open to the public.
Questions? Contact abingdon@radford.edu or 276-619-4314.