



THE COLLEGE FOR OLDER ADULTS WINTER TERM 2024

Southwest Virginia Higher Education Center

One Partnership Circle, P.O Box 1987 Abingdon, VA 24212

276-619-4377 276-619-4300

*You are cordially invited to the College for Older Adults
Registration Day and Welcome Back Coffee Hour
Tuesday, January 30, 2024 - 10:00 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 SCHEDULES OR REGISTRATION FORMS.

Class registration is available:

ON-LINE: Please go to www.swcenter.edu/coa. The schedule/registration form can be downloaded and printed for your review. You can pay and register securely for classes with a credit card on the website when you fill out the form on-line.

COME IN: Printed schedule/registration forms will be available at the Higher Education Center front desk. You can pay for classes with either a credit card, cash, or check. There are also computers available at the front desk for on-line registration.

REGISTRATION DAY & WELCOME BACK COFFEE HOUR: You can register at the coffee hour for COA classes with a credit card, cash, or check. 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 paid separately. To take Special Classes, you must be a COA member paying the full \$40.00 fee. Please make checks out as described in the course description.

We encourage you to pay the COA membership fee by credit card. Should you require a refund the COA can quickly refund the registration fee. If you pay by either check or cash, it may take several weeks (and an act of Congress) to obtain a refund. No refunds will be made after the second week of classes unless there are valid health or personal reasons.

Room assignments listed in this schedule may not be the ultimate room where the class is held. Room assignments can change due to size of class enrollments, and occasional unforeseen conflicts with other events at the Higher Education Center. Please check daily the room assignment on posted notices.

The Hen House Food Group plans to offer a grab and go lunch during the one-hour break for COA students and others in the building, (first come, first served). They will publish their menu.

Transportation options are published here

<https://district-three.org/index.php/Town-of-Abingdon>

NOTE: The Center has no control over the District Three bus schedule, its employees, their webpage and other publications, or anything other than providing a bus stop in the parking lot in front of the building.

Schedule changes due to inclement weather are announced on our website (www.swcenter.edu), on WCYB-TV, and via text alert (if you sign up for it at <https://goo.gl/waa48N>). Please use your best judgment as to whether or not you can get here safely.

In the event of an emergency, please evacuate the building in an orderly manner. The elevator will not be operational. If you need assistance, go to the stairwell and wait for assistance. Please do not open the door in the stairwell at the west end of the building EXCEPT in an emergency.

COA Motto: We must be patient with one another.

For more information, contact Ed Morgan by email at emorgan@swcenter.edu or (276) 619-4377.

Tuesdays, February 6-March 12, 2024**10-11:30 am**

___The Cuban Missile Crisis: On the Brink of War. Lee Saunders revisits the most dangerous episode of the cold war which occurred over a thirteen-day period in October 1962. President Kennedy confronted Premier Nikita Khrushchev with U-2 spy plane photographs of Russian missile sites in Cuba, just ninety miles from American soil. In a tense atmosphere of faulty intelligence, deception, and miscalculation, both nuclear powers came perilously close to the brink of a catastrophic exchange. Join Lee Saunders as he presents an updated account with newly released KGB reports from Ukrainian archives, plus secret White House audio tape extracts that were withheld from the public domain until decades after the event. The Cuban missile crisis is a cautionary forewarning for future confrontations by nuclear powers.

___Our Natural Heritage- A series of programs exploring the unique character and resources of Southwest Virginia.

Southwest Virginia Natural Areas. Claiborne Woodall, Southwest Regional Supervisor for the Virginia Department of Conservation and Recreation, presents the unique biodiversity hot-spots and ecosystems that make Southwest Virginia the most biologic diverse location in the United States.

Urban Wildlife. Kathleen Black, District Biologist for the Virginia Department of Game and Inland Fisheries, will speak about the wild animals living in our neighborhoods and human interaction with these animals. Birds, deer, squirrels, and coyotes are all animals that are living with us. How do we be good neighbors?

Black Bears. Kathleen Black, District Biologist for the Virginia Department of Wildlife Resources, discusses the human assisted return of bears to Virginia and the life and biology of these large carnivores.

Reptiles and Amphibians. Walter Smith, Associate Professor of Biology at the University of Virginia at Wise, introduces us to the wealth of reptiles, and amphibians that make their home in Southwest Virginia. He will discuss the similarities and differences between major taxonomic groups, the conservation value of local amphibian and reptile species, and their conservation threats. Walter will present several citizen science projects where residents and landowners can assist in ongoing research.

Beyond Birding: The Natural History of Songbirds. Steven Hopp, an adjunct faculty member at Emory and Henry College who teaches Wildlife Monitoring and Management, and Sustainable Agriculture in Appalachia, talks about breeding, migration, feeding, and ecology. He will present an overview of the life of the typical songbird.

Information Management Technology: A Tool in Natural Area Preservation and Restoration. Link Elmore, Restoration Coordinator for The Nature Conservancy's Clinch Valley Program, will describe how The Conservancy is using GPS (Global Positioning Systems) and GIS (Geographic Information Systems) as land and wildlife management tools. In the last decade, these technologies have gone from obscure to ubiquitous in our society, embedded in our handheld devices, apps, and even vehicles. Conservationists and natural resource managers are among those benefiting from these advances as they use them to mark property boundaries, track species and habitats, and analyze information for decision making. The Nature Conservancy's Clinch Valley Program has a thirty-five-year history of land protection, management, and community engagement in our region. Link will discuss how location and technology are critical tools used to fulfill their mission.

___Acting/Readers Theatre Workshop. NOTICE THE CLASS DATES Feb. 13-March 19 Actor and performer, James Kroll, leads us through acting basics. If you love being in the audience but think you do not have the talent to take the stage, think again! 2024 is the year to try something new, so why not learn some acting techniques, meet wonderful new friends, and work toward a Debut Readers Theatre performance of works written by local playwrights as your “final exam”. (hint- readers' theatre means no memorization!) In this six-week, hands-on, heart-in workshop you will learn: breathing and vocal techniques, focus finesse, script-reading, pausing like a pro, emotional investment, gracefully accepting applause and critique. In addition to these skills and techniques, you will also be exposed to local playwrights and have a chance to explore your own creativity with other community members. Best of all there is little homework. You will have loads of fun and laughs as you explore, enjoy, and enrich your life with a little applause thrown in too!

Tuesdays, February 6-March 12, 2024**12:30-2:00 pm**

___ **An Afternoon at the Movies, complete with popcorn!** College for Older Adults movie producer Erin Oneism serves up popcorn, great movies, and enlightening background on the films and actors. Her selections include the classic musicals: Chicago, Guys and Dolls, Funny Girl, Hairspray, Fiddler on the Roof, and the Unsinkable Mollie Brown.

___ **History of the Mystery Story.** Cindy Pojeta addresses the question: What is it about mysteries, crafted from imagination and made to be solved, that delights us so much? Come explore the long literary tradition of the mystery tale with an emphasis on the 1920's-1950's "Golden Age of Mystery." Learn about the invention of the detective story. Match wits with Sherlock Homes. Romp with kid detectives the Hardy boys and Nancy Drew. Discover (or rediscover) the "Queen of Mystery," Agatha Christie and her quirky crime solvers, Hercule Poirot and Miss Marple. Solve the case with hard-boiled private investigator Sam Spade and prove the case with attorney Perry Mason. Come prepared for the first session by reading the original detective story "The Murders in the Rue Morgue" by Edgar Allan Poe.

___ **Our World of Sound-** Jim Warden Ph.D., retired associate professor of physics at Emory and Henry College, introduces us to sound: what it is and what does it mean to "hear." We live in a world of vibrations that our ears pour into our brains to caution, entertain, soothe, annoy, and even frighten us. How do we make sense of this? How does sound affect memory? How do we store and replay what we have heard? How can we mitigate the potential loss of our sound sense? What role does sound play in the rest of the natural world? If you are curious about these topics and want to hear the instructor "sound off" about them. Please join the class and bring your questions.

WEDNESDAYS, February 7-March 13, 2024**10-11:30 am**

___ **Traveling Tales-** Eileen Garner. Have camera, will travel! A taste of the exotic has found its way to Abingdon as local folks share memories of their travels. February 7th, Ellen Mueller—Costa Rica, a natural paradise. February 14th, Bill Shanks—Discovering Namibia.

February 21st, Paul Conco—Turkish Treasures.

February 28th, Frank Renault—Explore Peru and Argentina with visits to Machu Picchu and Iguazu Falls.

March 6th, Craig Ashbrook—Scottish Highlands and Islands.

March 13th, Eileen Garner—The Mediterranean and Arabian Routes.

___ **Intro to Robotics** - Sonia Vanhook. Will robots drive our cars, clean our houses, and perform surgery one day? Come to this class to gain a basic understanding of how they work. Students will be introduced to a robot mouse named Colby, a wooden cube called Cubetto, a programmable LEGO Train, an EV3 LEGO Robot, a baseball sized round robot, and a flying drone robot. This hands-on course teaches students to use a computer and/or iPad to download the program to the robot. It is loads of fun! These lessons are taught to elementary school students in our area. Are you smarter than a 5th grader? (P.S. Of course you are!)

___ **Wildflowers to Know and Grow**. Snow Ferreniea, wildflower expert and author of *WILDFLOWERS in your GARDEN*, will instruct us on the importance of having an abundance of pollinators in our gardens. She explores the myriad of native plants so prolific in Southwest Virginia which are perfect hosts for pollinating insects and hummingbirds and make wonderful companions for the plants we already grow. The class will explore this abundance of native plants, learn what we need to do to bring them into our gardens, and how to create a bountiful habitat for wildflowers that also benefits pollinators.

WEDNESDAYS, February 7-March 13, 2024

12:30-2:00 pm

___ **Post-Civil War Reconstruction. (King University Lecture Series) Time change 1:00 pm-2:30 pm** Assistant Professor Kyle Osborn follows up on his popular Civil War lecture series describing post-civil war reconstruction. The course will cover the Reconstruction of America from the Civil War to the birth of Jim Crow. The course will highlight the constitutional, political, and social changes wrought by the Civil War, with a particular focus on the transformation of Black life in the aftermath of slavery's destruction.

___Senior Health Topics. Simon Pennings, MD. has organized a series of lectures on health topics of interest to older adults. Dr. Pennings will begin the series with a presentation on obesity and new treatments. Retired ophthalmologist, Dr. William Prestowitz will speak on the aging eye. Douglas Pote, MD will discuss heart disease, asthma, and COPD. Dr. Paul Derden presents lectures on depression and the health effects of alcohol. Bring your questions!

___Short Stories. Judith Wylie, Ph.D. English, loves stories that are both short and intriguing. The class will be reading, studying, and discussing renowned short stories from a variety of authors: Ernest Hemingway, Kate Chopin, Thomas Wolfe, Willa Cather, Kathryn Anne Porter, and Charlotte Perkins Gilman. All the stories are “meaty:” puzzling, fascinating, provoking, and open to conversation and interpretation. Because I have chosen an eclectic selection of stories, there is no assigned text. Rather, students will download and print their own copies from links the Washington County Public Library will provide. The first story will be handed out in class for us to read together and discuss. This is not a lecture class. Plan to read closely, ask questions, discuss, and draw your own conclusions and meanings.

___Making Technology Manageable. Registration is limited to ten. Mary Sullivan guides us through the mysteries and opportunities of modern technology. The course is designed for individuals interested in understanding and utilizing technology more effectively in their daily lives. Students must possess basic knowledge of computers: keyboarding, mouse use, opening/closing windows, email, social media, and browser windows. The course will provide an overview of key technological concepts and trends. Students will develop skills in using essential technology tools and platforms: smartphones and photography, smartwatch, Alexa, Google apps, and Artificial Intelligence. The class will foster critical thinking and problem-solving skills in a technological context and explore the ethical and societal implications of technology. Each session will include a combination of lectures, hands-on activities, and discussion. Resources for further learning will be provided after each session. No walk-ins permitted.

THURSDAYS, FEBRUARY 8-MARCH 14, 2024**10-11:30 am**

___ **Emory and Henry Road Trip.** Monica Hoel, Emory and Henry Alumni Director, will lead us on a tour of the back roads of Southwest Virginia to show us the hidden mysteries and exotic sights of our own backyard! It is a road trip that never leaves the Higher Ed Center, complete with snacks and souvenirs. History, art, music, nature, and tales of the strong and creative people we call our neighbors.

___ **Genealogy- Finding your roots and branches!** Jerry Schuler instructs class members on how to use internet genealogical resources, DNA testing, and public records to find lost relatives, construct a family tree, and gather their family's hidden history and stories. Basic computer skills are required for this class.

___ **Development of World War II Fighter Aircraft 1939-1945: Causal Development and Prolific Effect.** John Bradley, retired United States Airforce Colonel, discusses the intense development of fighter aircraft that occurred with both Axis and Allied Forces during World War II and how this research and development laid the groundwork for both future civilian and military application. John will discuss how the development of these aircraft was limited by worldwide economic challenges and polarization encountered by the combatant nations. He describes the aircraft, pilots, and missions, major manufacturer's, most numerous and effective models, modernization potential, and operator compatibility.

THURSDAYS, FEBRUARY 8-MARCH 14, 2024**12:30-2:00 pm**

___ **The Psychology of Serial Killers. (King University Lecture Series) Time change 1:00 pm-2:30 pm** Jennifer Mongold, Associate Professor in the School of Health and Professional Sciences, will explore the fascinating yet disturbing world of serial killers. Drawing from real-life cases, we will examine the psychology, motives, and methods behind these devastating crimes. We will also discuss society's fascination with serial killers. The course aims to provide a thought provoking and in-depth examination of this dark aspect of human behavior.

___ **Chair Yoga. CLASS MEETS FROM 1:00 TO 2:30.** Yoga for everybody! Using a chair for stability support, this practice will improve your strength, flexibility, and mobility through modified yoga posture. We focus on how to connect your movement to your breath, supporting your respiratory and digestive health while helping you to move. Chairs are provided. Please bring your own yoga mat to place under your chair. The class instructors are Allison Linder and Carol Halverson. This class is provided courtesy of Whitetop Yoga.

___ **Telling Our Stories. NOTICE THE CLASS DATES Feb.15-March 21.** Writer, director and producer Glen Laszlo Weiss (Bob), who has been storytelling from his first published book, *Memoirs! They Don't Want No Stinkin' Memoirs!* invites you to share your stories. He will help you find techniques to bring your ideas to life. Just jot down your memories to create a story. In six weeks, watch your story weave into a class performance. We all have a story to tell. Come and share your unique life experiences.

COA SPECIAL CLASSES DESCRIPTIONS WINTER/SPRING TERM 2024

Feb. 12, 2024, 10:00 am

___ **Upcoming Events in Abingdon-** Tonya Triplett, Director of Tourism and Economic Development for the Town of Abingdon brings us up to date on upcoming events and the many new projects in our hometown.

Feb. 12, 2024, 12:30 pm

___ **Fall Risk Reduction and Prevention.** Julia Castleberry, CPT, DHSc, offers a presentation on identifying fall risk factors in yourself and others. Every second an older adult will fall. Falling once doubles your chance of falling again. One out of five falls results in an acute injury including hip fractures and brain injuries. The class will discuss strategies to decrease fall risk and how to recover from a fall. Come with questions!

Feb. 12, 2024, 2:15 pm

___ **Tour of the Cadaver Simulation Lab. Limit 15 students** (Second tour opportunity on February 26). The class will tour and interact with two Anatomage tables in the Higher Education Center Virtual Cadaver Lab. Five virtual cadavers

are available for viewing. Each is an actual image reconstructed from donors. The table and software allow examination and interaction of each body system individually, and in combination with other body systems. The class can interact with the cadavers via virtual dissection tools to view body structures in multiple views and sections. There are multiple physiological functions represented on the software, such as cardiovascular function/EKG, kinesiology/exercise science, and childbirth. Kendra McReynolds, DPT, Instructor in Human Anatomy and Physiology and Medical Terminology at the A. Linwood Holton Governor's School at the Higher Education Center will facilitate the course.

February 19, 2024, 10:00 am

___**Martin Hayes-** *The Irish Times* said of Martin Hayes "We'll surely talk of having seen this man the way others talk of Miles Davis or Jimi Hendrix or John Coltrane." Martin Hayes, the greatest living Irish fiddle player, will present a live zoom performance from his home in Spain direct to the Southwest Virginia Higher Education Center. Martin will perform his own interpretation of a series of traditional Irish fiddle tunes. He will discuss his relationship with music, its modern evolution, and how traditional Irish music moved from homes, to pubs, to the world stage. To prepare for this class we encourage you to check out his performance videos on YouTube. "Alexa" will also be happy to play his music! You might also want to read his new book, *Shared Notes*, a beautifully written memoir describing his own musical journey from East Clare, Ireland, to across the globe.

February 19, 2024, 12:30 pm

___**Musical Styles of Southwest Virginia.** Tyler Hughes, Executive Director for the Crooked Road Music Trail, discusses the unique guitar and banjo styles found within the Crooked Road region. This program aims to dispel myths that folk music from the Central Appalachians is simplistic or uninteresting. This will be an interactive session where musical demonstrations will be interspersed with historical anecdotes. Questions will be welcomed throughout the session.

February 26, 2024, 10:00 am

___**Apple Trees: Propagation, Planting, Growing and Maintenance.** Join Tom McMullen, Tumbling Creek Cider Company co-owner and orchard manager, for an interactive presentation about apple trees. Tom will share his passion and knowledge for growing heirloom apples. He will discuss heirloom apple history in

the United States and Appalachia, apple tree propagation (scion wood collection, storage, rootstock and grafting methods), selecting a good place to plant apple trees, tree planting and maintenance, proper pruning techniques, organic and conventional pest controls, harvest, and storage. Bring your questions and thoughts to make this talk interactive and fun! Tumbling Creek Cider has been collecting, propagating, and growing more than sixty heirloom apple tree varieties over the past five years and now has more than 1100 grafted trees growing in high density orchards at Kelly Ridge Farms near Meadowview, Virginia.

February 26, 2024, 12:30 pm

___Theatre Trends and Evolution Pre-To-Post Pandemic. Rick Rose, emeritus Barter Theatre Artistic Director traces the origins of theatre from the acting out of stories about the successes of the day's hunt to the performances that evolved from ideas and the celebration and communication of myths and mythical creatures. We trace much of our theatre to the Greeks and Romans thru to Italian and Spanish cultures, most notably Shakespeare and Moliere thru to what we experience as modern theatre today with the advent of musical theatre and many other forms of theatre art. Theatre has been impacted as it was in Shakespeare's day, by major events such as plagues, wars, politics, cultural shifts, and many other major and local influences. This class is geared to tear back the curtain to answer any questions you may have about theatre in the United States over the last decades and what has caused changes in theatre within our lifetime, including the Pandemic. We will look at where theatre, both as a business and in its programming, might be headed in the decade ahead. Bring your questions, insights, and opinions for a robust discussion about the role and future of theatre in today's world.

February 26, 2024, 2:15 pm

___Tour of the Virtual Cadaver Lab. Limit 15 students (See description on Feb. 12)

March 11, 2024, 10:00 am

___History of the Assyrian and Babylonian Art and Culture, Part Two! Near Eastern scholar Ashley Stephenson presents ancient art and artifacts from the civilizations of Sameria, Babylon, and Assyria and discusses their cultural context. He offers intriguing insights on a culture noted for its art, architecture, and lasting impact on world culture.

March 11, 2024, 12:30 pm

___ ***Below Whitetop***, a film presented and narrated by Bill Gable. In 1934 Bill's father, John Gable, a young Lutheran seminarian, was employed by the church to make a film illustrating daily life and the Lutheran Church's missionary activities in Konnarock, an isolated lumber community nestled between Virginia's two highest mountains. The Lutheran Church had undertaken important missionary work in the Konnarock community. The church brought education and health care along with religious worship and instruction to this mountain community where the "Virginia Creeper Train" was the primary means of accessing the outside world. The forty-five minute long, black-and-white, silent film has not been publicly shown for more than thirty years. This is a rare opportunity!

February 5-March 11, 2024, 10:00 am

___ **Art Sampler. The class is limited to 12 students.** All classes will be taught at the Art Lab at the William King Museum of Art. A materials fee of \$13.00 per class or \$65.00 for all classes will be charged. The fee is payable to The William King Museum. The classes will explore slab pottery, books—mixed media and writing, and print making. A follow up session will meet in April for pottery pickup.

Other Events**March 4, 2024, 10:00 am, 1:00 pm****Library of Virginia (No Registration Fee to Attend)**

We welcome the Library of Virginia to Abingdon! Peter North will speak about genealogy research, available digital resources, and how to access them for research. The Library of Virginia's rich collection includes *The Virginia Chronicle*, a historical archive of Virginia newspapers that provides internet access to digitized images of over four million newspaper pages. The library's resources also include the *Chancery Records Index* which preserves the records of court cases involving land, wills, and marriages from 1639 to 1850. There are 277,000 cases indexed in the database and over twelve million images of chancery court records available online. Library staff will also discuss post-civil war reconstruction in Virginia and the Library of Virginia's collection of related documents.