



COLLEGE FOR OLDER ADULTS--Spring 2026
Southwest Virginia Higher Education Center
1 Partnership Circle, Abingdon, VA 24212
276-619-4300, 276-619-4377, www.swcenter.edu/COA
Registration Form

Name (Last) _____ (First) _____ Telephone (____) _____

Address (Street/PO Box) _____ Cellphone (____) _____

City/Town _____ State _____ Zip _____ Email _____

Emergency Contact _____ Emergency Telephone (____) _____

I am 50 years old or older (signature) _____ New Member? Y or N _____

Today's Date _____ Membership is \$40 and payment must be paid at the time of registration. You are registering for the term and not per lecture. Some classes have limited numbers and will be filled on a first come/first served basis. If the class is full you will be contacted. By registering for classes, you grant permission for your photo to be taken and used for COA promotional purposes. No refunds will be given after the second week of class.

When registering in person, check the box for your course choices on the Registration form and mark them on the Course Descriptions pages. Turn in the Registration Form and KEEP the Course Descriptions for your records.

√	Dates	Time	Class	Instructor	Room
	2/23	10:00-11:30 AM	Black Mountain College	Alice Sebrell	
	2/23	12:30-2:00PM	Southwest Virginia's Railroad	Kenneth Noe	
	3/2	10:00-11:30AM	Hurricane Helene and Appalachian Thunder Storms	Craig Ramseyer	
	3/2	12:30-2:00PM	Damascus Recovery	Katie Lamb	
	3/9	10:00-11:30 AM	Man and Dog	Ramsey White	
	3/9	12:30-2:00 PM	Sex in Your Sixties--and Your Seventies and Eighties!	Wes Harris, MD.	
	3/16	10:00-11:30 AM	Rails to Trails History and Impact	Peter Harnik	
	3/16	12:30-2:00 PM	The Appalachian Trail History and Recovery	Anne Maio	
	3/23	10:00-11:30 AM	Mindfulness	Joseph Taylor	
	3/23	12:30-2:00 PM	Dementia Explained: Knowledge, Prevention, and Hope	Kelly Kinder MA, LPC	
	2/23-3/23	10:00-11:30 AM	Chair Yoga	Allison Linder	
	2/23-3/23	12:30-2:00 PM	Self Defense for Seniors	Randall Mullins	

TUESDAY MORNINGS					
	2/17-3/24	10:00-11:30 AM	Critical Thinking in Daily Life	Zane Scott	
	2/17-3/24	10:00-11:30 AM	The Tribes of Israel	Luetta Gay	
	2/24-4/3	10:00-11:30 AM	Actors/Readers Theatre	James Kroll	
	2/17-3/24	10:00-11:30 AM	Natural Heritage Series	Various	
	2/17	Session 1	The Beauty and Diversity of Moths	Chris Allgyer	
	2/24	Session 2	Natural Area Preserves and Habitat Restoration	Claiborne Woodall	
	3/3	Session 3	Environmental and Geologic Phenomenon	Craig Ashbrook	
	3/10	Session 4	Biodiversity and Natural History Wonders of SWVA	Chris Ludwig	
	3/17	Session 5	Game Birds--Grouse, Turkey, Quail, and Doves	Brandon Bernhardt	
	3/24	Session 6	Aquatic Fur Bearers of Virginia	Leah Card	
	3/10-4/28	10:00-12:30 PM	Open-Genre Creative Writing Workshop	Frances Ya-Chu Cowhig	
TUESDAY AFTERNOONS					
	2/17-3-24	12:30-2:00 PM	Settlers to Patriots	C. Mask & B. Smith	
	2/17-3-24	12:30-2:00 PM	Cell Phone Basics and Beyond: iPhone	Vanhook & Counts	
	2/17-3-24	12:30-2:00 PM	Cell Phone Basics and Beyond: Android	Mary Sullivan	
	2/17-3-24	12:30-2:00 PM	Jane's World: The Life and Works of Jane Austen	Cindy Pojeta	
	2/17-3/24	12:30-2:00 PM	The Presidency and Civil Rights--Part One	Preston Mitchell	

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WEDNESDAY MORNINGS				
2/18-3-25	10:00-11:30 AM	Art Documentaries with Laken Bridges	Laken Bridges	
2/18-3-25	10:00-11:30 AM	Jane Austen's Pride and Prejudice--Mini Series	Sally Jones	
2/18-3-25	10:00-11:30 AM	Tuning the Human Instrument. Self Care for Health and Vitality	Jane Hill	
2/18-3-25	10:00-11:30 AM	Traveling Tales		
2/18	Session 1	Ted's Top Ten: A Tour of the World	Ted Pile	
2/25	Session 2	Exploring Ireland and Scotland	Jill Jessee	
3/4	Session 3	An Adventure in the Alaskan Wilderness	Eileen Garner	
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3/18	Session 5	The Best of Borneo	Bill Shanks	
3/25	Session 6	Highlights of Peru with Machu Picchu	Paul Conco	

WEDNESDAY AFTERNOONS				
2/18-3-25	12:30-2:00 PM	Wildflower Gardening	Snow Ferreniea	
2/18-3-25	12:30-2:00 PM	Beginning Story Telling	Donnamarie Emmert	
2/18-3-25	12:30-2:00 PM	Red Scare America, 1919-1960	Kyle Osborn	
3/4	2:00-3:00 PM	Tour of the Virtual Cadaver Lab	Kendra McReynolds	

THURSDAY MORNINGS				
2/19-3/26	10:00-11:30 AM	Genealogy Lab	Paula Moad	
2/19-3/26	10:00-11:30 AM	Living Well with Chronic Illness	Andrea Haubner	
2/19-3/26	10:00-11:30 AM	Short Stories by Alice Munro	Judith Wylie	
2/19-3/26	10:00-11:30 AM	The Good Life	David Rouse	
2/19-3/26	10:00-11:30 AM	Virtual Road Trip	Monica Hoel	

THURSDAY AFTERNOONS				
2/19-3/26	12:30-2:00 PM	Comparative Religion	Paul Macdonald	
2/19-3/26	12:30-2:00 PM	Unsung Heroines, Hidden Female Figures in History	Linda Davidson	
2/19-3/26	12:30-2:00 PM	Concepts of Self	Mary Darcy	
2/19-3/12	12:30-2:00 PM	Care Givers Play Book	Natalie Handy	
2/19-3/26	12:30-2:00 PM	Digital Literacy	Nick Dugan	
3/12	2:00-3:00 PM	Tour of Healthcare Simulation Facilities	Karen Brown	

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General Class Information

Class Registration

1. Online Registration

Visit www.swcenter.edu/coa to view the registration forms. You can register and pay for classes using a credit card.

2. In-Person Registration

Printed registration forms and course descriptions are available at the Higher Education Center Information desk. Payments can be made by credit card, cash, or check.

3. Registration Day & Welcome Back Coffee Hour

Register for COA classes during the coffee hour event. Payment options include credit card, cash, or check. Class descriptions will be available, and some instructors will be present to answer questions.

Important Notes

- Membership is \$40 and payment must be paid at the time of registration. Your registration fee covers any and all classes offered during the term and not per lecture.
- We encourage payment of the COA membership fee by credit card for faster refunds if necessary. Refunds for payments made by check or cash may take several weeks!
- No refunds will be issued after the second week of classes.
- Some classes have limited numbers and will be filled on a first come/first served basis. If the class is full, you will be contacted, otherwise you will not be contacted.
- By registering for classes, you grant permission for your photo to be taken and used for COA promotional purposes.

Room Assignments

Room locations are subject to change based on enrollment size or scheduling conflicts. Please check posted notices daily for updates.

Lunch Option

Local caterers have been invited to offer grab-and-go lunches during the one-hour break. Meals are available on a first-come, first-served basis. The menu will be posted.

Inclement Weather Use your best judgment about travel safety during inclement weather.

Schedule changes will be announced on public media such as:

- Our website: www.swcenter.edu
- WCYB-TV
- Text alert

The Southwest Virginia Higher Education Center uses HEC Alerts to immediately contact you during a major crisis, emergency, significant incident, or operational schedule change. To receive notifications, subscribers must enroll a mobile phone number for SMS text alerts. When an incident or emergency occurs, authorized senders will instantly notify you using HEC Alerts. HEC Alerts will provide you with real-time updates in the event of an emergency or other critical incident. SMS (Text Message Enrollment). Go to <https://goo.gl/waa48N> to enroll your mobile phone number to receive HEC Alerts.

Emergency Procedures

In case of emergency, evacuate the building calmly.

- The elevator will be out of service.
- If assistance is needed, go to a stairwell and wait for help.
- Do not open the stairwell door at the west end of the building unless it is a true emergency.

Transportation

Transportation information is available at District Three's website, <https://district-three.org/index.php/Town-of-Abingdon> Note: The Higher Education Center only provides a bus stop; it does not control the bus schedule, personnel, or related publications.

COA Motto: We must be patient with one another.

Questions? Contact Ed Morgan at emorgan@swcenter.edu or (276) 619-4377.

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Course Descriptions

Monday Classes

Dates	Time	Class	Instructor
2/23	10:00-11:30 AM	Black Mountain College	Alice Sebrell
Black Mountain College and its Radical Vision of Education, Art, and Democracy—Alice Sebrell. Alice Sebrell is Director of Preservation for Black Mountain College Museum and Arts Center in Asheville, NC. Her virtual presentation will explore the extraordinary history and impact of Black Mountain College (1933-1957) on ideas about education, art, and experimental communities during its time and into the present. Sebrell has written and spoken about Black Mountain College for multiple publications and gatherings and has curated many exhibitions during her time at the museum. She is a native of Charlotte, NC and earned her MFA in Photography from The Savannah College of Art and Design.			
2/23	12:30-2:00PM	Southwest Virginia's Railroad	Kenneth Noe
Kenneth W. Noe Draughton Professor of Southern History Emeritus, Auburn University. The Virginia and Tennessee Railroad transformed Southwest Virginia in the decade before the Civil War, strengthening its ties to the eastern part of the commonwealth while making it more unlike the counties that eventually formed West Virginia. The railroad facilitated the expansion of cash crops, tourism, and industry. It also led to a startling increase in the number of enslaved people in the region. Political changes followed. When the Civil War began, much of Southwest Virginia supported the Confederacy, even as the railroad made the region a target for the Union Army.			
3/2	10:00-11:30AM	Hurricane Helene and Appalachian Thunder Storms	Craig Ramseyer
This presentation will provide a detailed description of the meteorological and climatological ingredients that contributed to a worst-case, extreme rainfall scenario for communities in Central and Southern Appalachia. A reflection on persistent logistical, societal, and communication issues will also be provided. Lastly, opportunities for mitigating future impacts of extreme rainfall in Appalachia will be discussed. Craig will be joined by Katie Burke, a free-lance radio producer who is currently developing stories for National Public Radio on how Appalachian Communities are preparing for increased flash flooding.			
3/2	12:30-2:00PM	Damascus Recovery	Katie Lamb
Katie Lamb, the Mayor of Damascus, Virginia, will give an update on her town's recovery from the impact of Hurricane Helene. She will be accompanied by representatives of Kiewit Construction who will discuss plans and progress on reconstructing devastated portions of the Virginia Creeper Trail.			
3/9	10:00-11:30 AM	Man and Dog	Ramsey White
This class will look at the special relationship between mankind and our "best friend." The two of us have lived together, worked together, and adapted together for tens of thousands of years. There are many who believe that human non-nomadic civilization became possible because of the dog. Join us for a look at the history and dynamics of this unique relationship.			
3/9	12:30-2:00 PM	Sex in Your Sixties--and Your Seventies and Eighties!	Wes Harris, MD.
The presentation will focus on current therapies for both maintenance of sexual health and treatment of sexual dysfunction in patients over sixty. Both male and female therapies will be discussed. Particular emphasis will be given to PDE5 inhibitors in men (Viagra, Cialis) and hormone replacement therapy in women.			

3/16 10:00-11:30 AM Rails to Trails History and Impact

Peter Harnik

A virtual presentation by the co-founder of the Rails to Trails Conservancy will show the new documentary "From Rails to Trails" which explores the history of the political movement that brought abandoned rail lines back into our nation's transportation system. Harnik, also the author of the book *From Rails to Trails: The making of America's Active Transportation Network*, will discuss the challenges and opportunities confronting the movement and his thoughts on Southwest Virginia's most favorite trail.

3/16 12:30-2:00 PM The Appalachian Trail History and Recovery

Anne Maio

Anne Maio and Tim Stewart teach us about the early thinkers and builders behind the Appalachian Trail and the first thru-hikers. Find out who works to keep the trail open so we can all enjoy the scenery and opportunities for exercise. And - see evidence of what Hurricane Helene did to the trail in our area and how it is being repaired.

3/23 10:00-11:30 AM Mindfulness

Joseph Taylor

Facilitators, Joseph Taylor and Rana Duncan, will cover the basics and answer your questions in this single session workshop. Whether you're looking for reduced stress, improved focus, greater resilience, and self-compassion, mindfulness can be key.

3/23 12:30-2:00 PM Dementia Explained: Knowledge, Prevention, and Hope

Kelly Kinder MA, LPC

This course provides an accessible, evidence-based overview of dementia, including what it is, how it differs from normal aging, and the most common types. Participants will learn about risk factors for cognitive decline—especially those that are modifiable—and practical steps that can support brain health at any age. Emphasis is placed on prevention, early recognition, and proactive lifestyle strategies, offering a hopeful and empowering perspective for individuals, families, and communities.

2/23-3/23 10:00-11:30 AM Chair Yoga

Allison Linder

Allison Linder, Whitetop Yoga instructor, offers Yoga for all! Using a chair for stability support will improve your strength, flexibility, and mobility through modified yoga posture. The class focusses on how to connect your movement to your breath, supporting your respiratory and digestive health while helping you move. Chairs are provided. Please bring your own yoga mat to place under your chair.

2/23-3/23 12:30-2:00 PM Self Defense for Seniors

Randall Mullins

Martial arts instructor, Randall Mullins provides instruction on basic techniques for protecting yourself from danger and defending yourself in dangerous situations. He will cover evading attacks, escaping from grabs, holds, and other attacks, and how to use any household object as a defensive weapon.

TUESDAY MORNINGS

2/17-3/24 10:00-11:30 AM Critical Thinking in Daily Life

Zane Scott

Critical Thinking in Daily Life: Building a Toolkit for Better Understanding and Decision-Making. The six sessions will cover: 1. Understanding Critical Thinking and Why it Matters. 2. Tools for Sound Reasoning: Language, Logic, and Bias. 3. Evaluating Information in the Digital Age. 4. Thinking Together: Dialogue, Listening, and Respectful Disagreement. 5. Problem Solving, Decision Making, and Systems Thinking. 6. Becoming a Lifelong Critical Thinker.

2/17-3/24 10:00-11:30 AM The Tribes of Israel

Luetta Gay

Who are they? What is their origin? Where are they?—from ancient days to the present. Has DNA helped track their migration? And who is/are Israel? Are the Jews and Israel the same thing? Let's delve into all these questions and more. Luetta Gay will be teaching the class as we progress from last year's Hebrew letters into the origin of the people who spoke, wrote and read Hebrew from antiquity to modern times.

2/24-4/3 10:00-11:30 AM Actors/Readers Theatre

James Kroll

If you love being in the audience but think you do not have the talent to take the stage, think again! 2026 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 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 you will 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! The applause will come as you and your fellow thespians perform a new play for the public after the final class.

2/17-3/24 10:00-11:30 AM Natural Heritage Series**Various**

2/17 Session 1 The Beauty and Diversity of Moths

Chris Allgyer

Moths are much more numerous and more varied than better-known butterflies. Since most moths are nocturnal, they are easily overlooked. They have an essential role in the web of life both as pollinators and as plant consumers which become food for birds, bats, spiders, wasps, etc. Some folks think of moths as mostly brown in color and don't realize that many moths are brightly colored with incredible geometric designs. Chris has studied insects as a hobby for over 70 years and devotes much of his retirement to hiking and searching for insects in the mountains of far southwest Virginia. He resides in Big Stone Gap with his wife Paxton.

2/24 Session 2 Natural Area Preserves and Habitat Restoration

Claiborne Woodall

Natural Area Preserves and Habitat Restoration. Claiborne Woodall. Southwest Virginia is home to a number of unique habitats and natural areas protected by the Department of Conservation and Recreation. Fens, wetlands, barrens, prairies, balds, and cane brakes; these sites are the source of much of the unique biodiversity of this region. DCR Regional Supervisor Claiborne Woodall discusses the agency's efforts to identify, protect, and manage these native grasslands.

3/3 Session 3 Environmental and Geologic Phenomenon

Craig Ashbrook

Environmental and Geologic Phenomena That Could Impact You. Craig Ashbrook. There are numerous environmental and geologic features as well as other related human-induced processes that could negatively impact anyone at any time. These features consist of such geoenvironmental factors as mass movement of surface materials, rock structures including folds, faults and fracture zones, subterranean karst, soil characteristics, past and present mining activities, landfills, and other phenomena. Southwestern Virginia is no exception to these geological and environmental characteristics and can, in some cases, be worsened by both human and natural activity.

3/10 Session 4 Biodiversity and Natural History Wonders of SWVA

Chris Ludwig

The rivers, caves, woodlands, barrens, and forests of southwest Virginia provide habitat for some of the world's rarest plants and animals. Botanist, Chris Ludwig, will provide an overview of this diversity, providing insights into the habitats and life histories of these organisms. Chris will complement this with an account of conservation efforts directed towards the persistence of these species. Finally, he will provide details on where one might visit to observe a subset of these plants and animals.

3/17 Session 5 Game Birds--Grouse, Turkey, Quail, and Doves

Brandon Bernhardt

Department of Wildlife Resources District Biologist, Brandon Bernhardt, will discuss turkey, grouse, quail, and doves. He will review the work of biologists and sportsmen to protect, restore, and improve habitat for these game birds.

3/24 Session 6 Aquatic Fur Bearers of Virginia

Leah Card

. Game Biologist, Leah Card will provide an overview of the four aquatic furbearers present in Virginia, including the beaver, river otter, muskrat, and the invasive nutria. She will review the ecology and behavior, species identification, and management implications for each aquatic furbearer species.

3/10-4/28 10:00-12:30 PM Open-Genre Creative Writing Workshop**Frances Ya-Chu Cowhig**

Helping you grow your writing through deadlines and workshop feedback is the goal of this extended eight-session offering (2.5 hours weekly). Every participant will receive two slots during the course to share in-progress work. Participants will be expected to make writing a daily practice for the duration of this course and asked to commit to freewriting a minimum of three pages a day in a notebook of any size. We will try our best to create a supportive, honest environment in which participants can share work, receive feedback, and strengthen their craft and creative visioning. During our first meeting, we will create a workshop schedule and develop community guidelines. The remainder of the course will be devoted to workshopping drafts and revisions of in-progress work. Classes will meet from 10:00 am -12:30 pm on Tuesdays. (3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, and 4/28.) Limit: 12 participants.

TUESDAY AFTERNOONS

2/17-3-24 12:30-2:00 PM Settlers to Patriots

C. Mask & B. Smith

Settlers to Patriots-A Revolutionary Story. This is OUR story, for America250. It begins with local historians Garrett Jackson and Betsy White describing the great migration and the rise of trade people. Along the way, we will experience the lifestyle of our ancestors through living history programs, meet notable folks such as Mrs. William Campbell and Pastor Cummings, and visit the Abingdon of 1775. Discontent with the crown was growing then, and SW VA was not immune. Another chapter is added to the story as our settlers become the patriots who gathered at the Muster Grounds, made the long march to Kings Mountain, and played a vital role in defeating the British General Ferguson and his loyalist militia. Our story will be told by local historians, muster ground volunteers, and reenactors, and there will be a surprise or two along the way. Class coordinators: Carole Mask, Sandra Darden, Barbara Smith, and Paula Moad.

2/17-3-24 12:30-2:00 PM Cell Phone Basics and Beyond: iPhone

Vanhook & Counts

Please join Sonia Vanhook and Megan Counts for a course on the iPhone. Learn which apps come with the phone and which ones you should download. Find out many of the things the iPhone can do. It is a computer that fits in the palm of your hand.

2/17-3-24 12:30-2:00 PM Cell Phone Basics and Beyond: Android

Mary Sullivan

Got an Android phone but feel like you're only scratching the surface? This six-week, hands-on course taught by Mary Sullivan is designed just for Android users—no iPhones here! In friendly, step-by-step sessions, you'll learn how to call, text, and connect with confidence, explore the Google Play Store, use everyday apps like maps, email, and photos, and customize your phone for safety and convenience. Walk away each week with practical skills you can use immediately and the confidence to make your Android truly work for you. Requirements: Android smartphone (any model), email (must know email password—bring it with you), little to no experience with smartphone, an inquisitive mind, and some patience with technology. Class limited to fifteen participants.

2/17-3-24 12:30-2:00 PM Jane's World: The Life and Works of Jane Austen

Cindy Pojeta

Ever been at a ball and glimpsed a handsome gentleman across the room and wanted to dance with him, but sadly you had not yet been formally introduced? Or perhaps while in London or Bath for the season you were out visiting friends and realized you had forgotten your calling cards? If so, you probably wondered - WWJAD – What would Jane Austen do? Despite being one of the world's most widely recognized authors, no one really knows Jane's views on things like religion or politics. She left no diaries, and after her death her relatives destroyed many of her letters. Because her novels were published anonymously, when she died at the age of forty-one readers were just beginning to learn that the country clergyman's spinster daughter authored *Sense and Sensibility* and *Pride and Prejudice*. Come discover (or rediscover) the wit and brilliant language of one of the pioneers of the novel. We will examine her life and times, and all her works from *Juvenilia* to those she left unfinished. As a class we will have a "book club" style discussion of *Mansfield Park* and *Persuasion*.

2/17-3/24 12:30-2:00 PM The Presidency and Civil Rights--Part One

Preston Mitchell

The modern Civil Rights Movement is thought to have begun with the landmark Supreme Court case *Brown v. Board of Education* in 1954. The struggle for the rights of African-Americans consistent with the Declaration of Independence "all men are created equal" has been with our country since its foundation. This six-session course will examine the role of the presidency and civil rights up to 1954.

WEDNESDAY MORNINGS

2/18-3-25 10:00-11:30 AM Art Documentaries with Laken Bridges

Laken Bridges

In this class, students will explore artists' lives and their art through a series of compelling documentaries. Possible documentaries include: *Infinity* (Japanese artist Yayoi Kusama), *The Artist is Present* (Russian artist Marina Abramovic), *Wasteland* (Brazilian artist Vic Muniz), *Never Sorry* (Chinese artist Ai Wei Wei), *Trash Dance* (American choreographer Allison Orr), *Cutie & Boxer* (Japanese married artists, Ushio and Norkio Shinohara), *Proceed & Be Bold!* (American artist, Amos Kennedy, Jr.), *Born Into Brothels* (youth photographers in Calcutta's red light district), *Finding Vivian Maier* (American photographer Vivian Maier). The course will cover 3-4 films during class time, and will include optional days (likely Friday afternoons) to watch additional films at William King Museum's Art Lab upper level.

2/18-3-25 10:00-11:30 AM Jane Austen's Pride and Prejudice--Mini Series**Sally Jones**

Join us as we view the 1995 version of Jane Austen's *Pride and Prejudice* starring Jennifer Ehle and Colin Firth. Screenwriter Andrew Davies created a version that focuses on the story's themes of money and social standing, and features lavish costumes and picturesque English countryside locations. The series won multiple awards, including a BAFTA for Jennifer Ehle, and continues to be regarded as the definitive, "timeless" adaptation of the novel. Each episode is approximately 60 minutes so there will be plenty of time for lively discussion and analysis of this six-part TV series by the BBC.

2/18-3-25 10:00-11:30 AM Tuning the Human Instrument. Self Care for Health and Vitality**Jane Hill**

Learn simple self-care techniques to improve your wellbeing. These self-care techniques include tuning and energizing the seven major energy centers called Chakras. Other techniques include self-massage, posture, and breathing exercises to calm the body and mind. This class is physically easy. Activities will be in sitting or standing positions and can be adjusted to individuals as needed. These self-care skills are founded in Yoga which integrates Body, Mind, and Spirit. The instructor taught Yoga for 30 years and is a retired physical therapist.

2/18-3-25 10:00-11:30 AM Traveling Tales

Traveling Tales—Eileen Garner. A taste of the exotic has found its way to Abingdon. Local folks share memories of their travels.

2/18 Session 1	Ted's Top Ten: A Tour of the World	Ted Pile
2/25 Session 2	Exploring Ireland and Scotland	Jill Jessee
3/4 Session 3	An Adventure in the Alaskan Wilderness	Eileen Garner
3/11 Session 4	Corners of Cornwall	Ellen Mueller
3/18 Session 5	The Best of Borneo	Bill Shanks
3/25 Session 6	Highlights of Peru with Machu Picchu	Paul Conco

WEDNESDAY AFTERNOONS**2/18-3-25 12:30-2:00 PM Wildflower Gardening****Snow Ferreniea**

Spring and Summer are the perfect time for gardeners not only to enjoy the bounty of these months, but to take stock of the garden. To decide on the changes we want and need to make to improve the look of the garden as a whole and the health of plants. It's also an ideal opportunity to review the garden basics that affect this. Spring is also when so many of our native woodland plants put on their display. We'll consider these and discuss those that are best suited to grow in a garden situation.

2/18-3-25 12:30-2:00 PM Beginning Story Telling**Donnamarie Emmert**

Storyteller Donnamarie Emmert, best known as Abingdon's Haint Mistress, has been telling stories for nearly thirty years. She will teach you how to tell a story that will entertain and enlighten your audience whether it is among friends and family or on a professional stage. Week 1: Foundations of Story: Introduction to oral tradition, the elements of a good story (Character, Context, Conflict, Climax, Closure), and the role of the listener. Week 2-3: What Makes a Good Storyteller? Techniques and Skills: Focus on performance techniques including voice, gesture, audience interaction, and using repetition and strong imagery. Week 4-5: Personal Narrative and Application: Students develop and workshop their own personal stories and explore how storytelling is used in professional contexts. Week 6: Final Performances & Reflection: Students present their final with follow up discussion.

2/18-3-25 12:30-2:00 PM Red Scare America, 1919-1960**Kyle Osborn**

The course will examine America's political, social, and cultural responses to the rise of Communism and the Cold War. It will analyze the Red Scare as both a phenomenon of earnest fear and political manipulation.

3/4 2:00-3:00 PM Tour of the Virtual Cadaver Lab**Kendra McReynolds**

Kendra McReynolds leads us on an interactive tour 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.

THURSDAY MORNINGS**2/19-3/26 10:00-11:30 AM Genealogy Lab****Paula Moad**

Paula Moad guides class members on how to use internet genealogy resources: DNA testing, newspaper archives, and public records to find lost relatives, construct a family tree, and gather their family history and stories. Basic computer skills are required for this class!

2/19-3/26 10:00-11:30 AM Living Well with Chronic Illness**Andrea Haubner**

If you or a loved one is living with a chronic condition, you know that how we manage our conditions on a day-to-day basis greatly determines our symptoms and quality of life. Participants practice evidence-based tools to control their symptoms, better manage their health problems, and lead fuller lives. This is for ANY chronic condition.

2/19-3/26 10:00-11:30 AM Short Stories by Alice Munro**Judith Wylie**

We will be reading, studying, and discussing short stories by Nobel Prize winner Alice Munro. The collection we will use is *Runaway*, winner of the International Man Booker Prize. In fact, Munro has won almost every literary prize offered both in the U.S. and Canada where she was born and resided. In praise of this work, *The Boston Globe* wrote: "Each of the stories in *Runaway* contains enough lived life to fill a typical novel," or, from my perspective, to evoke a lively literary discussion. This is not a lecture class. Plan to read closely, ask questions, discuss, and draw your own conclusions, analysis, and meanings. For the first class meeting, please read "Tricks" in *Runaway*.

2/19-3/26 10:00-11:30 AM The Good Life**David Rouse**

Philosophers from ancient Greeks to contemporary academics have attempted to define the good life. We will look at a variety of these attempts and discuss the strengths and weaknesses and relevance to our own times and conditions.

2/19-3/26 10:00-11:30 AM Virtual Road Trip**Monica Hoel**

A great traveling companion, Monica Hoel is lining up a list of speakers to tickle your curiosity! Because it's the 250th anniversary of the United States' independence, we'll explore some questions about the revolution that didn't get covered in the documentary. A ranger from Bays Mountain will be with us in Abingdon, formerly known as Wolf Hills, to talk about wolves. Robert Francis, author of a soon-to-be-released book called *Republic of Feathers*, will discuss the history of birds in the US, including around the time of the American Revolution. And one of our favorite past presenters, Lily Kingsolver, is going to be back this semester -- this time discussing vultures. Could they have played a role in American history? Stay tuned for more details as they develop and get ready to ask all your burning questions!

THURSDAY AFTERNOONS**2/19-3/26 12:30-2:00 PM Compative Religion****Paul Macdonald**

This course provides a broad introduction to the study of religion and a survey of major world religions. We will begin the course by reflecting on the fundamental question, what is religion? Then, we will proceed thematically, exploring the main elements of thought and practice in the major world religions. We will discuss different conceptions of sacred or ultimate reality (what many - but not all - religions refer to as "God"). We will discuss different theories or views of salvation and liberation. We then will explore major religious practices, and so the ethical and ritual dimensions of major world religions. Finally, we will explore the phenomenon of religious diversity: both the main ways major world religions are internally diverse and how their adherents view religions other than their own. Week 1 - What is Religion? Week 2 - Concepts of Sacred or Ultimate Reality. Week 3 - Theories of Salvation and Liberation. Week 4 - Comparative Ethics. Week 5 - Ritual and Religious Practice. Week 6 - Perspectives on Religious Diversity

2/19-3/26 12:30-2:00 PM Unsung Heroines, Hidden Female Figures in History**Linda Davidson**

Unsung Heroines: Exploring the Hidden Female Figures in History—Linda Davidson. Celebrating influential women previously overlooked by history. Week 1: UNSUNG HEROINES IN EARLY AMERICAN HISTORY. Week 2: UNSUNG HEROINES OF THE AMERICAN FRONTIER. Week 3: UNSUNG HEROINES OF THE TRAILBLAZING WOMEN IN THE WILD WEST. Week 4: UNSUNG HEROINES OF THE CIVIL WAR. Week 5: UNSUNG HEROINE, THE GREAT IMMIGRATION & THE GREAT MIGRATION. Week 6: UNSUNG HEROINES OF THE GILDED AGE.

2/19-3/26 12:30-2:00 PM Concepts of Self**Mary Darcy**

The purpose of this course is to explore how we grow in relationships throughout our lives. Patterns emerge from Self in Relation Theory, Silencing the Self, The Imposter Phenomenon, and the Search for the True Self. The thrust of these ideas is to provide an understanding of equality in mutually empathetic and authentic relations that give us zest, creativity, validation, and belonging. The purpose is also to identify forces that thwart such development. We have a biological imperative for mutually growth-fostering relationships, and we suffer as a result of chronic disconnection and isolation. Relationships do not necessarily mean being with someone. Instead, it means being in relations that affirm our true selves. We will analyze how we suffer from chronic disconnection within friendships and culture, especially as we age. The dominant culture is an active force, and its norms can push us into the margins, a lonely place.

2/19-3/12 12:30-2:00 PM Care Givers Play Book**Natalie Handy**

The Caregiver's Playbook: Mastering the Challenges, Empowering the Journey. Do you provide support or care for a parent, spouse, child, or another loved one? Do you often feel overwhelmed, uncertain, or frustrated in your role as a caregiver? Are you a mental health professional supporting clients and families coping with acute or chronic medical illness? Do you feel equipped to provide whole-person care to these families? This training is designed specifically for you. The Caregiver's Playbook is a comprehensive four-part training series facilitated by Natalie Elliott Handy, MSW, CEO of CareForward and Co-Host of the Confessions of a Reluctant Caregiver podcast. The series guides caregivers through the emotional, relational, and practical challenges they face, offering insights, strategies, and resources to help participants navigate their roles with confidence. Participants will deepen their understanding of the caregiver experience, reflect on their caregiving journey, and explore what life can look like after caregiving ends. Whether caring for a loved one or serving families in a professional capacity, this series equips participants with tools to manage the demands of caregiving while maintaining their own well-being.

2/19-3/26 12:30-2:00 PM Digital Literacy**Nick Dugan**

Nick Dugan of The Mount Rogers Regional Adult Education Program offers hands-on learning to help you develop essential computer skills that lead to personal growth—all in a supportive, beginner-friendly environment. The six-session class covers: Basic Computer Skills, Internet Basics, Using Email, Cyber Security, Using Social Media, Accessing Telehealth Appointments.

3/12 2:00-3:00 PM Tour of Healthcare Simulation Facilities**Karen Brown**

Tour of Healthcare Simulation Facilities. Karen Brown. Participants are invited to take part in a guided tour of the healthcare simulation facilities. The tour will highlight the large learning lab featuring high-fidelity manikins, a simulated ambulance environment, a mock surgery room, an immersion room, and a virtual cadaver lab. Attendees will gain an overview of how these spaces are used to support hands-on training, clinical skill development, and workforce education across a variety of healthcare disciplines.