



COLLEGE FOR OLDER ADULTS--FALL 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 refund requests will be honored after the first day 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
MONDAY CLASSES					
	9/21-10/19	10:00-11:30 AM	Chair Yoga	Allison Linder	222
	9/21	10:00-11:30 AM	Ayurveda--The Study or Knowledge of Life	Jacqui Pile	TEA
	9/21	12:30-2:00 PM	Curiosity--From Wonder To Wisdom	Zane Scott	TEA
	9/28	10:00-11:30 AM	Appalachian Sustainable Development	Sylvia Crum	TEA
	9/28	12:30-2:00 PM	Old World Ballads & the Mountain Dulcimer	Jack Hinshelwood	TEA
	10/5	10:00-3:00 PM	Community Health Fair	Various Speakers	GH
	10/12	10:00-11:30 AM	Appalachian Weather	Brianna Cornett	TEA
	10/12	10:00-11:30 AM	Barter Theatre Behind the Scenes Tour	Kaylie Kyle	Off Site
	10/12	12:30-2:00 PM	Finding Calm in the Middle of Chaos	Jane Hill	TEA
	10/19	10:00-11:30 AM	The Women of Genesis from a Feminist Perspective	Mary Darcy	TEA
	10/19	12:30-2:00 PM	Protect Your Money. Invest Wisely	Carmen Clifford	TEA

TUESDAY MORNINGS					
	9/15-10/20	10:00-11:30 AM	Systems Thinking	Zane Scott	247
	9/15-10/20	10:00-11:30 AM	Searching for Wellness Through Fragmentation and Loss	David Hever	230
	9/15-10/20	10:00-11:30 AM	We the Jury Find...Great Trials in Fact and Fiction	Cindy Pojeta	226
	9/15-10/20	10:00-11:30 AM	Natural Heritage Series		TEA
	9/15	Session 1	Dragonflies and Damselflies of Southwest Virginia	Chris Allgyer	
	9/22	Session 2	River Cane	Adam Griffith	
	9/29	Session 3	Native Grasslands and Restoration	Jordan Coscia	
	10/6	Session 4	Mushrooms	Lee Borg	
	10/13	Session 5	Living with Wildlife	Brandon Bernhardt	
	10/20 or 10/27	Session 6	Birds of Prey of Southwest Virginia	Caylen Wolfer	

TUESDAY AFTERNOONS					
	9/15-10/20	12:30-2:00 PM	The Suffrage Movement	Linda Davidson	TEA
	9/15-10/20	12:30-2:00 PM	Cell Phone Basics and Beyond: iPhones	Sonia Vanhook	247
	9/15-10/20	12:30-2:00 PM	Gastro-intestinal Health	Andrea Wann	235
	9/15-10/20	12:30-2:00 PM	Appreciating Astronomy	Jim Warden	226
	9/15-10/20	12:30-2:00 PM	Actors Readers Theatre	James Kroll	230

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WEDNESDAY MORNINGS					
9/16-10/21	10:00-11:30 AM	From Novel to Film--Dracula	Sally Jones	230	
9/16-10/21	10:00-11:30 AM	Looking at Suffering Through a Literary Lens	Theresa Burriss	226	
9/16-10/21	10:00-11:30 AM	Traveling Tales	Various	TEA	
9/16	Session 1	Islands of S.E. Asia The Philippines and Palu	Ted Pile		
9/23	Session 2	Exploring Poland	Paul Conco		
9/30	Session 3	Exploring Mark Twain's River: Cruising the Mississippi	Cindy Pojeta		
10/7	Session 4	Cruising From India To South Africa and Islands	Eileen Garner		
10/14	Session 5	Majestic Japan	Vernon Miles		
10/21	Session 6	The ABC Islands, Florida and the Everglades	Ellen Mueller		

WEDNESDAY AFTERNOONS					
9/16-10/21	12:30-2:00 PM	AI Made Easy	Brenda K. Uekert	247	
9/16-10/21	12:30-2:00 PM	Beginning Story Telling	Donnamarie Emmert	230	
9/16-10/21	12:30-2:00 PM	Appalachian Modernism	Brandon Story	TEA	
9/16-10/21	12:30-2:00 PM	Wildflower Gardening--Autumn the Unsung Season	Snow Ferreniea	226	

THURSDAY MORNINGS					
9/17-10/22	10:00-11:30 AM	Genealogy Lab	Paula Moad	247	
9/17-10/22	10:00-11:30 AM	Android Phone for the Absolute Beginner	Eddie Copenhaver	230	
9/17-10/22	10:00-11:30 AM	Short Stories by Alice Munro: The Moons of Jupiter	Judith Wylie	226	
9/17-10/22	10:00-11:30 AM	The Road Trip That Never Leaves the Building	Monica Hoel	TEA	

THURSDAY AFTERNOONS					
9/17-10/22	12:30-2:00 PM	Resilience: Survive and Thrive in Tough Times and Places	Richard Moyer	TEA	
9/17-10/22	12:30-2:00 PM	Religion in Appalachia	David Rouse	230	
9/17-10/22	12:30-2:00 PM	Art Documentaries	Laken Bridges	233	
9/17-10/22	12:30-2:00 PM	Digital Literacy	Trish Dover-Bedwell	247	