



THE UNIVERSITY OF ARIZONA

OSHER LIFELONG LEARNING INSTITUTE

Life-Enriching Education for Adults 50+



Monsoon 2026 Course Catalog

July 14 - August 21

Fuel your mind and have some fun with over 40 classes and field trips!

Our cover features original art from the 2026 OLLI-UA Member Art Show. The image is of a portion of a quilt titled *Homage to the Southwest* by OLLI-UA member Norma Adams.

Cover concept and design: Betsy Labiner, OLLI-UA Program Director.

WELCOME TO THE MONSOON SEMESTER FROM THE CURRICULUM COMMITTEE

If we're being honest, in July in Tucson the weather outside is often frightful. But fortunately, your OLLI offers a welcome place to escape during our Monsoon Semester, which runs from July 13 to August 21 – either in our comfortably cool Central Tucson classrooms, or online in the comfort of your own home.

Central Tucson is featuring more than 20 in-person classes this term. Monsoon might be the perfect time to pick up a new passion in classes ranging from beginning knitting to Hatha Yoga to T'ai Chi. Alternatively, you might lose yourself in our always popular film discussion class, try your hand at reading some scenes from Neil Simon's classic plays, or enjoy a fascinating series of Art Talks. OLLI-UA is also part of the national Mahjong craze, with sessions for both beginners and more advanced players.

Eager to learn? Jump into the Astronomy course that will look at everything from asteroids, meteors and comets to the future of spaceflight. Or sample courses on Zen Buddhism, the "Baron of Arizona," or Love Songs.

Our online offerings cover an even wider array of topics, ranging from how the U.S. punishes those convicted of crimes to the siege of Jericho to the music of Rachmaninoff and Chopin. You can learn Spanish in the Spanish Boot Camp and get to know other OLLI members in classes that encourage student participation, such as the ever-popular New Yorker class and News and Views.

And if you feel like venturing further afield, head down to Patagonia on July 15 for a field trip to see Hummingbirds. Or sign up for weekly opportunities to dine out with other OLLI members at a different restaurant each week. If you seize some of these opportunities, we're confident you'll soon forget the heat and humidity and lose yourself in the joys of learning!

Bill Symonds

**Chair of the OLLI-UA Curriculum
Committee**

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Welcome to OLLI-UA Monsoon 2026!

This summer we are excited to offer **in-person classes** at our Central Tucson campus and **online classes** hosted on Zoom, in addition to a variety of social events.

Monsoon is the kickoff session of our academic year and gives you a taste of the hundreds of offerings coming your way. It is the perfect time to join as an annual member as our year runs July 1, 2026, to June 30, 2027.

Monsoon Session Overview

- **Monsoon is 6 weeks from July 14 to August 21**
- There are 35+ offerings across OLLI-UA including social events and more dining out options to be announced.
- Central Tucson classes take place on Tuesday and Wednesday, with select Monday events
- Online classes are Tuesday through Friday

Registration

- **Priority Request Registration (PRR) ends Monday, June 15** and runs Tuesday, June 16.
- Registration confirmation emails will be sent after PRR runs on the 16th.
- **Open Registration begins after PRR runs on June 16.** During open registration you can continue to add (and drop) classes first come, first serve throughout the term.

What's Priority Request Registration (PRR)?

PRR is a stress-free pre-registration process that allows you to prioritize and request the classes you most want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is helpful for classes with limited capacities that fill quickly. **It is important to give small capacity classes a higher priority if they are important to you.** If a class is filled, a waiting list is started and ordered by the next priority assigned. More details on this process and our registration planner materials can be found on our website: oli.arizona.edu.

Memberships

What you can register for depends on the membership you purchase. Monsoon session is open to our 2026-27 annual members and Monsoon/Fall 2026 members. If you are not a current member, OLLI-UA offers four membership options for this session:

The **Annual All OLLI/Central Tucson Membership** costs \$435 and allows you to register for all classes online and in-person across OLLI-UA for the year to come and includes our Central Tucson campus.

The **Annual Green Valley/Online Membership** costs \$199 and allows you to register for online classes for the year to come as well as the Green Valley campus in the fall and spring. (Central Tucson classes are not included with this membership).

The **Monsoon & Fall All OLLI/Central Tucson Membership** costs \$255 and allows you to register for all classes online and in-person across OLLI-UA through 12/31/2026 and includes our Central Tucson campus.

The **Monsoon & Fall Green Valley/Online Membership** costs \$129 and allows you to register for online classes and take classes at our Green Valley campus through 12/31/2026. (Central Tucson classes are not included with this membership).

Complete membership purchase details can be found at oli.arizona.edu along with information on available financial assistance.



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Central Tucson Campus



The [Central Tucson campus](#) is located at [4485 N 1st Avenue, Tucson AZ](#), on the NW corner of 1st Avenue and Wetmore Road. The facility includes three large classrooms, a member lounge with coffee service for eating or just gathering, and ample parking. The Saguaro and Ocotillo classrooms are hearing loop enabled.

Green Valley Campus



The [Green Valley campus](#) is located at the Community Learning Center at [1250 W. Continental Road, Green Valley, AZ](#), and has spacious classroom space in a former community college facility operated by Pima County. It has ample parking and a lounge area.

Online Classes



[Online classes](#) are hosted using Zoom. Online offers the convenience of taking classes from anywhere, year-round – even from the comfort of home. Online

expands class offerings as instructors can also teach from anywhere.

Volunteer Opportunities

As a member-run, volunteer-led organization, OLLI-UA is dependent on our members stepping up to help in ways big and small. Please consider giving your time and expertise to OLLI-UA. It is also a great way to meet fellow members and develop lasting friendships! [Click here to explore current opportunities.](#)

Teach at OLLI-UA

Share your knowledge and expertise by teaching at OLLI-UA. Proposals for Summer 2026, Monsoon 2026, and Fall 2026 will open in the early part of the year. [Learn more at \[olli.arizona.edu\]\(http://olli.arizona.edu\).](#)

Planning Tools

Keep in mind all offerings are subject to change. See our website's [Class Catalogs](#) page for the latest information and additional class registration planners.

Clicking on the class titles in this catalog will take you to the OLLI-UA registration page for each class.

Need Help?

You can always email the office at ollimail@arizona.edu or call 520-626-9039, Mon – Fri, 9 AM to 4 PM

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Central Tucson

Mondays

Mahjong (Chinese) for Beginners (Part 2)

Subject Area: Travel/Entertainment

Mondays: 6 Sessions 9:00 AM - 12:00 PM

Start: Mon 7/13/26 **End:** Mon 8/17/26

Location: Central Tucson Lounge **Class Size:** 30
Additional Costs: No

Description:

The game of mahjong originated in China in the mid-19th century and has been attracting new players ever since. It challenges the mind to develop a winning strategy, and each game offers the opportunity to learn something new. This course will focus on Chinese simplified mahjong, which is different than American mahjong. In the early sessions, participants will learn the different tiles involved in playing the game, how to set up the game, the rules, and how the hand is scored. As the course progresses and the skill level of the participants naturally improves, options for more advanced play will be available and strategies for developing a winning hand will be discussed. There will be opportunities to play with different people each week with time for players to discuss their hands and strategies. Playing mahjong is an excellent way to engage the mind in problem-solving and memory activities.

Instructor(s): Anthony Kuyper

Tony Kuyper retired to Tucson in 2011. Since then, he has explored several interests including photography, computer coding, and mahjong. He is actively engaged with groups and organizations that challenge his abilities in these areas in order to

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improve his skill and knowledge, and, of course, to have fun!

Mahjong (Chinese) for Intermediate/Advanced Players (Part 2)

Subject Area: Travel/Entertainment

Mondays: 6 Sessions 1:30 PM - 4:30 PM

Start: Mon 7/13/26 **End:** Mon 8/17/26

Location: Central Tucson Lounge **Class Size:** 30
Additional Costs: No

Description:

Chinese mahjong is a game of deep complexity, where even seasoned players find new challenges. This course will be based on a simplified variation of Chinese mahjong, which is substantially different than American mahjong. It is designed for those already familiar with the fundamentals of Chinese mahjong who are ready to take their gameplay to the next level. With over 40 scoring combinations to master, we'll delve into advanced strategies, probability-based decision-making, and the nuanced point-scoring system. Throughout the course, participants will refine their ability to build winning hands, react strategically to shifting game states, and eventually play a 3-point minimum game. In addition to game mechanics, this course aims to sharpen your memory, enhance problem-solving skills, and provide social interaction, making each session both intellectually stimulating and enjoyable. Get ready to challenge yourself, deepen your understanding of the game, and most importantly to have fun!

This course is the next step for students who have completed the OLLI Chinese mahjong course for beginners.

Instructor(s): Anthony Kuyper

Tony Kuyper retired to Tucson in 2011. Since then, he has explored several interests including photography, computer coding, and mahjong. He is actively engaged with groups and organizations that challenge his abilities in these areas in order to improve his skill and knowledge, and, of course, to have fun!

[Guitar 101 - The Instrument and Its Music](#)

Subject Area: Arts/Culture

Mondays: 1 Sessions 11:00 AM - 1:00 PM

Start: Mon 8/3/26 **End:** Mon 8/3/26

Location: Ocotillo Room **Class Size:** 65

Additional Costs: No

Description:

Discover the many beautiful sounds of the guitar in this engaging and easy-to-follow session designed for all music lovers — no musical background is needed. You'll be introduced to a variety of guitar playing styles, with explanations to help you hear what makes each one zing. The session will conclude with live performances by Nemo and his musical friends, bringing these styles to life in an enjoyable and memorable way.

Instructor(s): John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

[iPad Open Q&A - Plus Helpful Tutorials](#)

Subject Area: Science/Math/Technology

Mondays: 1 Sessions 11:00 AM - 12:30 PM

Start: Mon 8/10/26 **End:** Mon 8/10/26

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Location: Ocotillo Room **Class Size:** 65

Description:

Your Apple iPad is a powerful tool, and it can also be frustrating. In this interactive single-session workshop, bring your questions, whether general or specific, and get some clarity to help you understand and enjoy your iPad. We'll work through common challenges and turn confusion into confidence. Please bring your iPad fully charged and updated to the latest iPadOS.

Instructor(s): John "Nemo" Nemerovski, Laura Couchman

Laura Couchman and John Nemo have been teaching iPad together for many years. They bring their expertise to OLLI to help our members make the most of their amazing iPads.

Tuesdays

[Hatha Yoga](#)

Subject Area: Health/Welness

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Saguaro Room **Class Size:** 22

Additional Costs: No

Description:

Yoga offers so many benefits including calming the nervous system and promoting overall health. This yoga class geared for individuals aged 50+ will involve stretching and warming up different muscle groups as well as work with balance and building strength moving into different asanas or positions. Modifications will be offered. There will be standing poses and poses done on the yoga mat. If you have a yoga mat, yoga blanket or yoga strap, bring it to class. If you do not have a yoga mat, bring a towel or blanket from your home. Yoga

blocks will be provided. You may enjoy purchasing a mat if you do not currently own one. All levels of yoga are welcome, including beginners. You do not need to be flexible, but you should be able to get up and down from the floor. Wear comfortable clothing that does not restrict movement such as shorts or loose pants and a loose top. This class is for all levels. Getting into each position is not important. The important part is how you begin to move into it with focus, alignment and breath.

Instructor(s): Bonnie Lammar

Bonnie Lammar has had several successful careers including advertising, Hollywood production, landscape and yoga. Her current life includes yoga and photography. She taught hatha yoga at YogaWorks and was on the schedule at other studios in Marin County, CA. She is a certified 500 RYT. This means she achieved 500 hours of training. With continuing education credits, her training hours are over 1000. Bonnie began teaching in 2014. She also managed YogaWorks studios. Currently, Bonnie is in an ongoing yoga sutra study group.

[The Baron of Arizona: James Peralta Reavis](#)

Subject Area: Arizona History/Culture

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Ocotillo Room **Class Size:** 65

Additional Costs: No

Description:

James Addison Peralta-Reavis aka The Baron of Arizona (1880-1895) was able to claim this title as a result of manufacturing documents purporting to be authentic under the terms of the Treaty of Guadalupe-Hidalgo and the Gadsen Purchase in which the U.S. Government had to honor land

grants made by the Spanish Crown and the Mexican government to individuals under their laws. Reavis used this provision to lay claim to 18,600 square miles of land in central Arizona and western New Mexico territory. He was able to collect \$5.3 million in cash and promissory notes from settlers and railroad builders through sale of Quitclaims and proposed investment plans. At the last class a movie will be shown starring Vincent Price as the Baron of Arizona made in 1948.

Instructor(s): Charles Peters

Chuck is an experienced study group leader.

[Summer of Simon: Dramatic Play Reading](#)

Subject Area: Arts/Culture

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Palo Verde Room **Class Size:** 12

Additional Costs: No

Description:

Summer of Simon is a lively exploration of the wit, warmth, and timeless humor of legendary playwright Neil Simon. In this engaging class, participants will dive into scenes from some of Simon's most beloved plays, including The Odd Couple and Lost in Yonkers. Through guided rehearsal in small groups, participants will develop character, timing, and ensemble skills before coming together to share their work in a dynamic reader's theatre performance for the class. No memorization is required, and no prior experience is necessary -just bring your enthusiasm for speaking a part.

Known for his razor-sharp dialogue and deeply human characters, Neil Simon remains one of the most successful playwrights in Broadway history. Over his remarkable career, he earned more

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combined Oscar and Tony nominations than any other writer and won the Pulitzer Prize for Drama in 1991 for *Lost in Yonkers*. Beginning as a television comedy writer in the 1950s, Simon went on to define American stage comedy for decades, blending humor with heartfelt insight.

In *Summer of Simon*, participants will explore how comedy reveals character, how rhythm drives dialogue, and how vulnerability lives just beneath laughter. Whether playing the mismatched roommates of *The Odd Couple* or the resilient family of *Lost in Yonkers*, participants will discover the craft behind Simon's enduring appeal. This class celebrates collaboration, creativity, and the joy of bringing great writing to life.

Instructor(s): Jeanne Short, Carolyn Bliesener

Jeanne spent her career in nursing, a form of acting. She loves the theater and has participated both onstage and backstage in Community Theater, including producing the Middle School musical when her daughter was in school! Her favorite parts include playing Miss Hannigan in *Annie*, and sharing the stage with her dog, Sirius, in *A Miracle Worker*. She believes everyone has a bit of a ham in them, and as Shakespeare says, "the play's the thing..."

Carolyn's passion for theatre began in high school in Glendale, AZ and deepened under the mentorship of Mr. John Paul at Phoenix College. She continued her studies at the U of A earning a degree in writing with a minor in theatre. Over the years she has taught drama to students of all ages, directing numerous school plays that fostered creativity and confidence. Beyond the classroom, Carolyn has been involved in community theatre and has participated in international theatre festivals, broadening her artistic perspective and strengthening her commitment to storytelling through performance and education. She recently returned to Arizona from New Jersey.

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One Moment in Time

Subject Area: History/Current Events

Tuesdays: 3 Sessions 11:00 AM - 12:30 PM

Start: Tue 7/14/26 **End:** Tue 7/28/26

Location: Saguaro Room **Class Size:** 55

Additional Costs: No

Description:

Our past is replete with moments that change the course and direction of our lives. Two men on sand dunes in North Carolina build and fly an airplane and life, as we know it, is dramatically changed. A small sampling of representative moments includes Hiroshima, Jonas Salk, Al Jolson, Sept. 11, DeWitt Clinton, Charles Lindbergh, Jackie Robinson, Rosa Parks, Thomas Edison and many more. These discoveries, inventions, and actions help define our future. With the assistance of video clips, we will "frame the moments," and explore their historical significance, as they remind us of those important and significant times.

Instructor(s): Arnie Bianco, David Ash

Arnie is a long time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member. He has been a teacher for a number of years and has done relationship workshops in more than 10 states. He is a published author who has always loved to teach. His wife is presently a teacher.

David is a present student, co-host and tech host.

Beginning Knitting

Subject Area: Crafts/Cooking

Tuesdays: 6 Sessions 1:00 PM - 2:30 PM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Palo Verde Room **Class Size:** 30

Additional Costs: No

Description:

The first six weeks (Summer session) is the learning period: How to Cast On the stitches to begin, Knit, Purl, Bind Off, fix "some" mistakes, plus "hints and tricks" to make a perfect project. The last six weeks (Monsoon session) will be devoted to making a project (scarf, poncho or something of your choice), with my help!

Materials for class: Please bring a ball of yarn to use for learning and practicing. I suggest a medium-weight yarn and size 7-9 needles. I also recommend Circular Bamboo Needles (I will explain why, in class). Do not select a too thin yarn or a too bulky - these are a little difficult to work with, in the beginning. I do not provide materials.

My teaching concentrates on knitting comfortably while emphasizing the beneficial neurological results of knitting. By the way, men are also encouraged to attend - they were the inventors of weaving and knitting!

Instructor(s): Kathe Haskell

Kathe Haskell has been a knitter since she was 4 years old. She had a yarn shop but briefly. She designed and created custom items and loves to teach! She is fascinated to notice how beneficial knitting is for neurological stimulation, how it helps with focus and concentration, dexterity, and is known to calm hand tremors and ease arthritis.

[Solo Aging - Not for Sissies](#)

Subject Area: DIY/Self-Help,Health/Wellness

Tuesdays: 6 Sessions 1:00 PM - 2:30 PM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Saguaro Room **Class Size:** 50

Additional Costs: No

Description:

This six-week course uses "The Solo-Agers Decision Guide" series from the Society of Actuaries to help older adults, who expect to age without traditional family support, make clearer, more confident decisions about their future. Each week focuses on a different topic from the guide, including managing finances, choosing a health care proxy and caregivers, planning for changing housing needs, organizing key legal documents, preparing for physical and cognitive changes, and building a reliable support network with the aid of helpful technology. Through short presentations and small-group discussion, participants will connect the information in the guides to their own lives, identify gaps in their current plans, and learn where to find trustworthy professional help. By the end of the series, participants will have a personalized list of next steps and resources they can use to strengthen their solo-aging plan over time. This course is ideal for solo-agers themselves, as well as friends, helpers, and professionals who want a deeper understanding of the challenges and opportunities of aging on one's own.

Instructor(s): Jim Schultz

Jim graduated from the University of Denver (BS, BA & MBA.) Developing his Human Capital Management skills over a 30-year career with Walgreens, his responsibilities as Divisional Vice President - Performance Development covered training, management & executive development, productivity improvement, human factors engineering, H.R. planning, and media production. He serves on the Board of Choice and Dignity, a non-profit focused on helping people achieve their death-related goals.

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[Amazing Astronomy! \(Without Any Math\)](#)

Subject Area: Science/Math/Technology

Tuesdays: 5 Sessions 1:00 PM - 2:30 PM

Start: Tue 7/21/26 **End:** Tue 8/18/26

Location: Ocotillo Room **Class Size:** 65

Additional Costs: No

Description:

Amazing Astronomy is a series of six separate audio-visual programs covering a broad range of topics in astronomy, astrophysics and space exploration. From our home here on Earth to the edge of the visible universe, visuals and explanations are presented in a captivating, layman-oriented, nontechnical manner.

- **Cruising to the International Space Station.** A visual chronology of the six-decades-long effort to establish a permanent Human presence off the Earth.
- **Cruising with the Asteroids.** An exploration of the millions of smaller bodies left over from the creation of our solar system and the threat that they pose to Humankind.
- **Cruising with the Comets.** Stunning visuals of the primordial snowballs left over from the creation of the solar system, and the space missions that have explored some of them.
- **Cruising with the Meteors.** Amazing photos of numerous meteors, the different types of meteorites, and the impact craters they (sometimes) leave behind.
- **Here Comes the Sun!** A visual documentary of our sun, the fusion process that powers it, and what will happen when it runs out of fuel and dies.

- **The Future of Rocketry and Spaceflight.** A documentary of the various advanced technologies and proposed future missions for space exploration.

Instructor(s): Fred Cink

Fred J. Cink is a former Army Aviator, and retired Naval Aviator with thousands of hours of flight time in both rotary wing and fixed wing aircraft. His lifelong interest in military aviation is matched by a passion for all things related to astronomy and space exploration. In 2018 he was hired by AURA, the Association of Universities for Research in Astronomy in Tucson, Arizona, to share his knowledge of astronomy with visitors at Kitt Peak National Observatory.

[Love Songs](#)

Subject Area: Arts/Culture

Tuesdays: 3 Sessions 11:00 AM - 12:30 PM

Start: Tue 8/4/26 **End:** Tue 8/18/26

Location: Saguaro Room **Class Size:** 55

Additional Costs: No

Description:

“Just an old-fashioned love song. one I’m sure they wrote for you and me.”

“Just an old-fashioned love song, coming down in three-part harmony.”

Our list of highlighted love songs will include songs of regret, best love songs, songs of apology, and songs of second chance. A short list of highlighted singers will include James Taylor, Temptations, Beach Boys, Beatles, Doris Day, Elton John, Chicago, Journey, and many more. A sampling of the songs: You Are Always on My Mind; Little Things Mean a Lot. I’ve Got You Under My Skin, Will You Still Love Me Tomorrow, If I Could Turn Back Time, I Will Always Love You, and Something in the Way She Moves.

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Instructor(s): Arnie Bianco, David Ash

Arnie is a long time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member. He has been a teacher for a number of years and has done relationship workshops in more than 10 states. He is a published author who has always loved to teach. His wife is presently a teacher.

David is presently a student, co-leader and tech-host.

Wednesdays

[Friendship: How to Grow Your Social Garden: A Class for Women](#)

Subject Area: DIY/Self-Help, Health/Welness

Wednesdays: 6 Sessions 9:00 AM - 10:30 AM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Palo Verde Room **Class Size:** 20

Additional Costs: No

Description:

Discussion class that addresses the challenges of creating and maintaining your social circle at our age. The class includes an assessment of your current social network and strategies of what works to maintain and grow your "social garden". Be open to experiential assignments, like randomly being asked to go to coffee with a classmate. Material is based on the latest positive psychology and social science knowledge. People will share what has worked for them and learn new resources and ideas to help them bloom.

Instructor(s): Jan Fulwiler

Jan Fulwiler, PhD, trained graduate students to be psychologists and social workers at the University of Wisconsin Madison. After retiring she facilitated

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15 semesters of Senior learning classes at U.W. Madison on positive psychology topics. She enjoys creating classes that focus on what the participants know and think about the material, because at our age there is so much we know and can share.

[Music of a Single String](#)

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 9:00 AM - 10:30 AM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Saguaro Room **Class Size:** 20

Additional Costs: No

Description:

This class talks about musical instruments that have a single string. Such instruments are found all over the world. There will be demos of teach instrument, and participants will be able to try them out.

Instructor(s): David L Shaul

Dave Shaul is an ethnomusicologist with degrees from the U. of Arizona and the U. of California, Berkeley.

[Film Discussion Class](#)

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Ocotillo Room **Class Size:** 65

Additional Costs: No

Description:

We will meet weekly to discuss a current film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and engrossing discussions as members dissect and compare films,

frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Movies will be from The Loft, local theaters as well as Netflix/Amazon.

Instructor(s): Rob Getlan

Rob Getlan has always been an avid film enthusiast. This class has been a great way to see and discuss the new releases from Netflix, Amazon, and The Loft.

News and Views

Subject Area: Civic Engagement/Community/Government

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Palo Verde Room **Class Size:** 30

Additional Costs: No

Description:

This class features an interactive member format to discuss local, state, national and international current events. Other topics of interest may be discussed as well. Each week the class members suggest current events for discussion and then all members vote for the issues that the class determines are most important for discussion that week.

Instructor(s): David Maxwell

Dave Maxwell retired and moved to Tucson in 2014 and has been a member of OLLI since 2016. He has a degree in Construction Management from Washington State University. The first half of his career was as a Field Engineer, Superintendent, Project Manager and Chief Estimator for several general contractors on the West Coast and in Saudi Arabia. The last half of his career was in the public sector as a Director of Planning and Construction

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for the Washington State Community College System. He retired as a Contract Administration Manager at the Port of Seattle.

Beginner's Mind

Subject Area: Philosophy/Spirituality/Religion

Wednesdays: 4 Sessions 11:00 AM - 12:30 PM

Start: Wed 7/15/26 **End:** Wed 8/5/26

Location: Saguaro Room **Class Size:** 55

Additional Costs: No

Description:

The term “beginner’s mind” has captured the national imagination. A Google search returns some thirty-three million hits. Why? Because who doesn’t feel the need for a fresh perspective? Who wouldn’t like to get free of confining judgments that block discovery? Who wouldn’t like to greet each day as an eager beginner? As an artist? As a child?

The term was introduced by Shunryu Suzuki in his book “Zen Mind, Beginner’s Mind,” a modern spiritual classic. Through lectures, discussion, and audiovisual aids, the class will explore Zen Buddhist teachings that enable us to see life’s small events and big disasters with a clear eye.

The emphasis will be on finding and refining our personal questions—not necessarily answering them. Every class will begin with 10 minutes of seated meditation.

Instructor(s): Merrill Collett

Merrill Collett was a resident of San Francisco Zen Center and a monk at its Tassajara Zen Mountain Center for a total of ten years. He was lay ordained in 1992 by one of Suzuki Roshi’s close disciples and is the author of *At Home With Dying, A Zen Hospice Approach*.

[A Book and a Movie: No Country For Old Men](#)

Subject Area: Literature/Writing/Language

Wednesdays: 2 Sessions 1:00 PM - 2:30 PM

Start: Wed 7/15/26 **End:** Wed 7/22/26

Location: Ocotillo Room **Class Size:** 20

Additional Costs: No

Description:

Book is written by Cormac McCarthy. Movie starring Tommy Lee Jones, Josh Brolin, and Javier Bardem. A story set in Texas. Where good and evil intersect each other. The first week we will watch the movie. Then we will discuss the movie and the book. Join us for an exciting adventure.

Instructor(s): Edwin Holliday

Edwin is a Native Tucsonan. He attended local schools and served in the Army. He lived in various states, worked in hotels and sales. He enjoys reading, cooking, traveling, and socializing with family, friends, and cats. He has a background in local theater. Come share in his adventures.

[Cheng Man-ch'ing's T'ai Chi Ch'uan \(TCC\), 37-Positions Form](#)

Subject Area:

Health/Wellness,Philosophy/Spirituality/Religion

Wednesdays: 6 Sessions 1:00 PM - 2:30 PM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Saguaro Room **Class Size:** 20

Additional Costs: No

Description:

T'ai Chi form is taught by way of demonstration, following the teacher, holding positions, gentle correction, along with some discussion.

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To correctly practice, the positions require subtle corrections that cannot be imparted via Zoom, YouTube, or books. These are directly conveyed to students by an experienced practitioner as part of class teaching. Those comfortable with gentle corrections may opt in for that, or not as they would like.

Although not vigorous, if at any time class practice becomes a bit too much, class members are strongly encouraged to stop, sit, and take a breather.

Even if one makes mistakes when doing TCC, practice still gives great benefits. Modern medicine suggests these benefits can be improved among others:

- immune system health
- circulation
- flexibility, balance, and coordination
- relaxation
- sense of bodily awareness

TCC form practice can be extended as gentle push hands dual cultivation. This more advanced exercise is in no way martial arts but cultivates sensitivity and deepens one's form practice.

TCC has also always traditionally been a study of Tao. Although some discussion in class might well include this, our primary aim is correct practice of form from which health and other benefits naturally flow.

Dress loose, not tight or constraining, clothing. Wear comfortable flat footwear.

We'll be meeting indoors for these sessions. Class will include pushing desks and seating to side at beginning to clear space. Then at end of class pushing them back again. Help is deeply appreciated.

Instructor(s): Norman Guberman

Norman is a retired independent scholar, recently resettled to Tucson. He is a longtime practitioner

and teacher of traditional T'ai Chi Ch'uan for 60 years and a lifelong student of East Asian and Indo-Tibetan studies. He studied personally – starting in 1965 and going through about 1975 – with Prof. Cheng Man-ch'ing who put together the shortened 37-positions T'ai Chi Ch'uan form and propagated it worldwide. He has edited and helped translate works on Buddhism and has studied with several of Prof. Cheng's students and taught the form in classroom situations.

[And Then... There's a Third Way](#)

Subject Area: DIY/Self-Help, Health/Wellness

Wednesdays: 1 Sessions 1:00 PM - 2:30 PM

Start: Wed 7/15/26 **End:** Wed 7/15/26

Location: Palo Verde Room **Class Size:** 30

Additional Costs: No

Description:

So often life presents us with two choices: this or that, right or wrong, stay or go, speak up or stay quiet. Either/or thinking can feel limiting when the stakes are personal and the answers aren't simple.

But what if there is another possibility?

In this reflective and interactive class, we will explore the idea of a "third way" — a creative response that moves beyond opposition and opens space for something unexpected to emerge.

Through stories, guided reflection, and small-group conversation, participants will identify areas in their own lives where they feel caught between two options.

Together, we will experiment with generating third-way responses — options that reduce reactivity, invite curiosity, and allow for nuance. We'll practice widening the lens. What becomes possible when we pause? When we soften certainty? When we look for a response that honors complexity instead of collapsing into sides?

The focus is internal: personal growth, relationships, aging, and even how we talk to ourselves — the quiet dilemmas we each carry.

Participants will leave with a practical framework for recognizing either/or patterns and discovering a wider path — one that often brings greater clarity, agency, and possibility.

Sometimes the shift isn't choosing between two doors. It's noticing the window that was there all along.

Instructor(s): Krysta Kavanaugh

Krysta Kavanaugh creates warm, grounded spaces for meaningful growth and honest conversation, where people can feel, think, and move forward.

She holds a double MA in counseling and is a Master Life Coach and Holistic Healthcare Professional. She is a writer and served as editor-in-chief of a national magazine for 20 years. She has spoken and taught on personal, professional, and spiritual topics to audiences large and small.

Krysta blends depth with practicality, humor with honesty, and insight with real-life application, helping people navigate transitions, reconnect with their strengths, and live more authentically — one meaningful shift at a time.

[Art Talks: Art World Confidential](#)

Subject Area: Literature/Writing/Language

Wednesdays: 4 Sessions 1:00 PM - 2:30 PM

Start: Wed 7/29/26 **End:** Wed 8/19/26

Location: Ocotillo Room **Class Size:** 65

Description:

The drama, intrigue, and all-too-human stories behind the art world.

1. The Adventures of the Muse

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The collaboration between artist and model can inspire new and exciting artwork. This complex bond may also have dangerous consequences.

2. Dangerous Women: Femme Fatales of the Art World

At the turn of the century, artists gave women a new role; they became seductive vamps plotting the downfall of men.

3. You're Invited to a Party in Paris

You're invited to celebrate the Belle Epoque -- the beautiful age when artists were drawn to the City of Light. Enjoy the excitement of theatre, ballet, circus, and horse races through the art of Toulouse-Lautrec, Picasso, and Degas.

4. Art World Confidential: For Enquiring Minds

The hush-hush stories, rumors, and scandals that kept the art world buzzing.

Instructor(s): Carlye Dundon

Carlye Poe Dundon brings over 30 years of experience in graphic and fine art, advertising, public relations, and interior design to her work. A former art director for American Greetings and docent at the Tucson Museum of Art, Carlye blends a deep appreciation for art history with a spirit of modern creativity. Her multimedia lectures—alive with music, animation, and provocative twists—invite audiences to discover new ways of seeing and feeling the connections between art, culture, and design. She regularly shares her engaging programs with communities throughout Pima County.

Leaving More Than Things: Creating Stories for Your Family

Subject Area: DIY/Self-Help, Literature/Writing/Language

Wednesdays: 4 Sessions 1:00 PM - 2:30 PM

Start: Wed 7/29/26 **End:** Wed 8/19/26

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Location: Palo Verde Room **Class Size:** 10

Additional Costs: No

Description:

What would it be like if your parents had left you a book of stories — not just dates and milestones, or unmarked photos of unknown people, but moments? Stories about what shaped them, what they learned the hard way, what they valued, what they never quite said out loud. How would that feel in your hands?

Some of us no longer have the chance to receive that gift. But we can choose to give it.

In this four-session workshop, we will focus on shaping personal stories that your family will actually want to read — stories that reveal love, values, humor, mistakes, character, resilience, lessons learned, and hard-won wisdom. We'll begin with one or two meaningful stories drawn from your own life.

Through guided prompts, clear narrative structure, and supportive conversation, you'll learn how to move beyond simple chronology and bring your stories to life. These stories can be written and/or spoken.

This class is designed to help you get past inertia and begin — leaving with at least one completed story and a clear plan for continuing.

Whether you eventually use a legacy-book platform (I use Storykeeper) or create something on your own, you'll gain the confidence and framework to shape stories that feel authentic, readable, and meaningful.

Sometimes what lasts isn't what we owned. It's what we tell.

Instructor(s): Krysta Kavanaugh

Krysta Kavanaugh creates warm, grounded spaces for meaningful growth and honest conversation, where people can feel, think, and move forward.

She holds a double MA in counseling and is a Master Life Coach and Holistic Healthcare Professional. She is a writer and served as editor-in-chief of a national magazine for 20 years. She has spoken and taught on personal, professional, and spiritual topics to audiences large and small. Krysta blends depth with practicality, humor with honesty, and insight with real-life application, helping people navigate transitions, reconnect with their strengths, and live more authentically — one meaningful shift at a time.

[University Research on Touch Healing: Findings You Can Use at Home](#)

Subject Area: Health/Wellness

Wednesdays: 1 Sessions 11:00 AM - 12:30 PM

Start: Wed 8/12/26 **End:** Wed 8/12/26

Location: Saguaro Room **Class Size:** 30

Additional Costs: No

Description:

What does university research reveal about the effects of gentle touch on stress and pain?

In this 90-minute session, Paul Bucky presents findings from studies conducted with Dr. Stephenson and Dr. Gary Schwartz examining the physiological and experiential effects of Bio-Touch Healing. Research findings include reductions in reported pain and stress, along with measurable shifts associated with relaxation and feelings of being cared for.

Participants will explore how these findings relate to current understandings of stress physiology and the body's self-healing mechanisms. The session will also include guided instruction in a simple Bio-Touch technique that requires no prior training and can be safely used at home.

Designed for lifelong learners interested in evidence-informed complementary approaches, this class combines research review with practical application.

Instructor(s): Paul Bucky

Paul Bucky is the Founder and Executive Director of the International Foundation of Bio-Magnetics, the nonprofit organization teaching Bio-Touch Healing. For over 35 years, he has dedicated his life to freely sharing this gentle touch-healing technique that fosters stress reduction, pain relief, and enhanced quality of life. With a passion for community-based wellness, Paul has made Bio-Touch accessible to people of all ages and backgrounds. His expertise lies not only in teaching and practicing the method, but also in inspiring individuals to integrate compassionate touch into their daily lives as a simple, effective tool for healing.

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Online Tuesdays

Sapiens I - Humanity before Agriculture

Subject Area: History/Current Events

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Online Zoom Offering 1 **Class Size:**
300 Additional Costs: No

Description:

This course is the first in a planned four-course sequence based on Yuval Noah Harari's Sapiens: A Brief History of Humankind. Together, the sequence follows the long arc of human history from the origins of the universe to the modern scientific age. This course focuses exclusively on Part One of Harari's book, prehistory from the Big Bang to the threshold of the Agricultural Revolution. The purpose here is to explore the evidence underlying the starting point for Harari's story of how evolution produced an unremarkable primate – that's us, homo sapiens – that quite by accident came to dominate the planet. Throughout the course, particular attention is given to separating well-established evidence from interpretation and informed speculation.

Instructor(s): Jesse Frey

Jesse is a retired U.S. Army officer and long-time OLLI instructor.

The Punishment of Convicted Offenders in Our Criminal Justice System

Subject Area: Social Sciences

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Online Zoom Offering 1 **Class Size:**
300 Additional Costs: No

Description:

In the US justice system, the punishment phase typically begins with a conviction or plea of "guilty." The limits of punishment are defined in the criminal codes of state and federal government. Fewer than 1 in 100 convicted offenders serve lengthy jail or prison terms.

This class will explore common sentences at both the misdemeanor and felony level, and why those punishments are imposed. While only the most serious criminals get prison sentences, the US still incarcerates more people for longer periods of time than any country in the world.

Topics such as jail, prison, probation, parole, halfway houses, capital punishment and treatment programs will be defined and discussed. The course will use research and statistics to show how successful and/or unsuccessful the criminal justice system is at turning offenders into law-abiding citizens.

Brief case studies will be used to illustrate how the punishment phase has been and is being applied.

Instructor(s): Richard Barnhart

Richard has a Master of Social Work degree, and worked on a PhD in Political Science but did not complete it. He worked in state criminal justice systems for 20 years, and for the US Justice Department for 6 years. He then started and

managed a consulting business focused on criminal justice issues for 15 years. He also taught college classes in criminal justice for ten years.

[AI Now: News, Tools, and Big Questions](#)

Subject Area: Science/Math/Technology

Tuesdays: 6 Sessions 3:00 PM - 4:30 PM

Start: Tue 7/14/26 **End:** Tue 8/18/26

Location: Online Zoom Offering 1 **Class Size:** 300 Additional Costs: No

Description:

Artificial intelligence is evolving at a remarkable pace—so quickly that even the most engaged learners can feel left behind. This course offers a dynamic, collaborative space to explore what’s happening in AI right now, what it means, and how it can be used in everyday life.

Using a flexible “News and Views” format familiar to OLLI participants, each session will feature a small number of participant- and facilitator-selected topics. These may include recent news stories, short videos, articles, or live demonstrations of AI tools. Participants are encouraged—but not required—to bring in topics they find interesting, with up to three presentations per session.

Following each presentation, the group will engage in open, thoughtful discussion. Topics may range from practical applications of AI (such as writing, research, and productivity tools) to broader societal questions, including ethics, bias, creativity, and the future of work.

This course is intentionally designed as an evolving experiment. While we will begin with a structured format, the direction and style of the sessions will adapt based on participant interests and feedback.

Together, we will shape a learning experience that is responsive, relevant, and engaging.

No prior technical experience is required—just curiosity and a willingness to explore. Whether you are new to AI or already experimenting with it, this course offers a chance to stay informed, share perspectives, and learn alongside others in a rapidly changing field.

Instructor(s): Angela Hathaway, Thomas Hathaway

Tom and Angela have been working with artificial intelligence since the 1980s, giving them a unique perspective on today's AI tools. Their four decades of international training and consulting across the US, Canada, and Europe have reached more than 150,000 students and produced 12 books on business analysis and AI. Now they bring all of that experience to OLLI and their AlforUs50Plus YouTube channel, helping seniors and pre-retirees cut through the hype and get practical results from today's AI tools.

[In Defense of Separation of Church and State: Vital in 1787; Critical Now](#)

Subject Area: Civic

Engagement/Community/Government

Tuesdays: 1 Sessions 1:00 PM - 2:30 PM

Start: Tue 7/21/26 **End:** Tue 7/21/26

Location: Online Zoom Offering 1 **Class Size:** 300 Additional Costs: No

Description:

The presentation starts in 1680 with the Devine Right of Kings and shows how thinkers at the time evolved the idea of separation of church and state. It then shows how the Founding Fathers adopted this idea and included it in our Constitution. We

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look at court decisions over a long period of time that supported separation. We conclude with a look at how separation has more recently been eroded by various legal actions and court decisions that have impacted our education, health care, civil rights, and the rights of women, minorities and LGBTQ individuals.

Instructor(s): Jay Avner, Mike Goldman

Jay Avner has a degree in Mechanical Engineering and an MBA. He is a retired health care executive where he negotiated provider contracts. He is active in the leadership of Congregation Beth Adam, a humanistic Jewish congregation in Cincinnati. Jay's interests include history, politics, religion, and culture.

Michael Goldman is the Chair of the Social Justice Committee at Congregation Beth Adam (Cincinnati, OH). He has an MFA in playwriting and worked as a writer in New York and Los Angeles. Mr. Goldman has run and consulted many local political campaigns, as well as having served, or led, several Cincinnati civic organizations.

Wednesdays

Reading the News of the World

Subject Area: History/Current Events

Wednesdays: 6 Sessions 9:00 AM - 10:30 AM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Online Zoom Offering 1 **Class Size:** 20

Additional Costs: No

Description:

Participants will take turns reporting on current news articles they have selected about world events. The other participants are provided access to the articles before the class session. The one reporting spends 10-15 minutes giving the review

and the next 5 minutes are devoted to a group discussion of the article.

Instructor(s): Pat Sohler, Mona Mizell, Carlos Podesta

Pat Sohler is a retired Veterans Administration psychologist. She has been an OLLI-UA member for 4 years and has been a co-study leader for two OLLI zoom classes.

Mona Mizell is a retired lawyer and 17-year OLLI member and a Samaritans' Sonoran Migrant Project volunteer, and was secretary of GV Campus Council for 6 years.

Carlos Podesta, a native Argentinian and former naval aviator and intelligence officer, has been an OLLI member for 2 years.

Gentle Energizing Movement, Relaxation and Meditation

Subject Area:

Health/Wellness,Philosophy/Spirituality/Religion

Wednesdays: 6 Sessions 9:30 AM - 10:30 AM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Online Zoom Offering 3 **Class Size:** 300

Additional Costs: No

Course Description

Let go of stress and come home to yourself. Over millennia, the sages of the Himalayan Yoga Tradition developed highly effective methods of movement, relaxation, and meditation. In this study group you will learn foundational practices from the Himalayan Yoga Tradition. Each session will have three phases: gentle movement and breathing, deep relaxation, and meditation. Members can expect to leave this class refreshed. Please note that the movements taught in this study group are not acrobatics. They are suitable for people with no yoga experience. If you've attended yoga classes and found them to be too

strenuous or otherwise challenging, this study group is for you.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

[The Lives and Music of Sergai Rachmaninoff and Frederic Chopin](#)

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Online Zoom Offering 1 **Class Size:** 300 **Additional Costs:** No

Description:

Rachmaninoff and Chopin are two popular classical music composers. Both were concert pianists in their own right and spent much time on stage drawing very large crowds. Their fame, however, was generated by their composing which has found its way into the standard classical repertoire. Both had difficult times politically with Rachmaninoff falling into disfavor with the Bolshevik revolution in Russia and Chopin obtaining more artistic freedom leaving his native Poland for the more appreciative culture and lifestyle of France. Besides performing, both have had their music regularly included in many motion picture soundtracks.

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Instructor(s): Lee Kaufman

Lee Kaufman has taught in continuing education for Parkway School District, St. Louis Community College, Chautauqua Inst., Olli classes at Washington University, Univ. of Cincinnati, and Univ. of Utah. He is the secretary and founder of The Elgar Society, North Am. Chapter, Co-producer of "George Gershwin Alone, Monsieur Chopin, Beethoven as I knew Him." He lives in St. Louis and tutors second graders in Clayton Schools. Before retirement Lee owned his own company in the floorcovering business for 33 years.

[Spanish Boot Camp: Basic Training in Everyday Spanish Patterns](#)

Subject Area: Literature/Writing/Language

Wednesdays: 6 Sessions 1:00 PM - 2:30 PM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: Online Zoom Offering 1 **Class Size:** 45 **Additional Costs:** No

Description:

Spanish Boot Camp uses a "Chunk Building" approach (learning Spanish through small, reusable fragments of language) to give adult learners a strong, practical foundation in Spanish. This structured 6 week course focuses on high frequency communication patterns that students can use immediately in real-life situations. Each week highlights core patterns that form the backbone of everyday communication -- and the grammar that supports them. The emphasis is on steady skill development through guided practice and meaningful repetition.

Boot Camp stands on its own as a complete beginner friendly course and is equally valuable for returning learners who want to rebuild their foundation with a more organized and effective framework.

Spanish Boot Camp will not be a good fit for students seeking a fast paced, grammar intensive experience centered on charts and memorization. It is also not intended for learners expecting rapid movement into intermediate material within six weeks or for those who prefer constantly shifting topics instead of a focused strengthening of essential patterns.

No textbook required.

Instructor(s): Camellia Watters

Camellia (“Millie”) has been an OLLI member since 2020, completing beginning through advanced Spanish courses and serving as a tech host across levels. She began teaching in Fall 2024 with Spanish 1, and continued with Spanish 2, 3, and 4. She also developed summer courses Spanish Divertido and Spanish Show & Tell. Her classes blend structured grammar, real-life language chunks, and practical, level-appropriate input. Most recently, she piloted Spanish Foundations: Grammar and Connection, a new course designed to consolidate and deepen the beginner sequence. Before joining OLLI, she taught English literacy to native Spanish speakers in the California Adult Literacy Program.

Thursdays

[Is Anyone Normal?](#)

Subject Area: DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

Thursdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Thu 7/16/26 **End:** Thu 8/20/26

Location: Online Zoom Offering 1 **Class Size:** 30

Additional Costs: No

Description:

We live in a world of labels. From the modern "alphabet soup" of mental health diagnoses and

neurodivergent spectrums to the traditional separations of such elements as geography, politics, gender, and generation, we are constantly categorized.

In this discussion-based course, we will explore how our own perceptions of "normalcy" shape how we understand ourselves and the world around us. Together, we will examine the benefits and limitations of these labels—from clinical terms to social stereotypes—and discuss how to embrace our own idiosyncrasies while fostering empathy for those who see the world differently.

Please bring your knowledge, experiences, insights, and wisdom to share in our discussions as we build a vibrant community of wisdom seekers.

While we will reference various social and psychological categories, this course is a casual discussion-based format. It is not a clinical mental health seminar or a substitute for professional therapy.

Instructor(s): Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia where she worked as an Educator, in Religious Education, and Hospice Chaplain. Her undergraduate degree was in history/theology. Her graduate studies spanned Religious Education and Clinical Pastoral Education.

Mary Ellen moved to Sahuarita in 2010. While there, she received an M.S. in Mental Health Counseling. She counseled at risk children and adults. Since joining OLLI, she has offered at least one class each semester.

Mary Ellen completed a Transformational Coaching Course in 2024. She moved back to the Philadelphia area to be closer to her grandson and family in August, 2024.

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Reading and Discussing the New Yorker

Subject Area: History/Current Events

Thursdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Thu 7/16/26 **End:** Thu 8/20/26

Location: Online Zoom Offering 2 **Class Size:** 300

Description:

The New Yorker magazine is a rich resource for current, historic, cultural, and scientific information. To get the most out of this resource each week we discuss five current articles. The class chooses an article for next week's group discussion, then four different class members volunteer to provide an introduction into other articles. Each class starts with a group discussion. Then the volunteers' introductions are used to provide the base for the four additional weekly discussions. All members are encouraged to make presentations and participate in discussions.

Instructor(s): Ronald Peterson, John "Nemo" Nemerovski

Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes," a book on investment strategies and tactics and two other books, won two investment contests and lectured on markets for banks and individual investors. He holds two masters' degrees and four graduate certificates.

John Nemo is a member of our tech host and presentation team here in Reading and Discussing the Yorker.

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Jericho: The Controversial/Contradictory Psychology of a Folkloric Siege

Subject Area: Arts/Culture,History/Current Events,Literature/Writing/Language,Philosophy /Spirituality/Religion

Thursdays: 6 Sessions 1:00 PM - 2:30 PM

Start: Thu 7/16/26 **End:** Thu 8/20/26

Location: Online Zoom Offering 1 **Class Size:** 300 Additional Costs: No

Description:

The siege of Jericho is a hallmark episode in the Bible. Archaeology makes clear that the episode is folklore. But for the folklorist, Jericho is a critical and exciting opportunity to evaluate the concept of "prestige culture" and the role of shamanic magic elevated to theology, told in an inconsistent narrative brimming with moral issues. Using modern methods that may surprise you, we will immerse in the storyboard (from the spies and Rahab to Joshua's curse upon a razed city) as seen through ancient Israelite eyes and then submit those value judgements to our own sensibilities. Superficially, Jericho is about the preface to a siege and the siege itself; at its core, the story is about the complex psychology and descriptive language of an ancient culture that have contributed to shaping our own moral perceptions. Bring a Bible, your ideas, and respect for the views of others. Pre-reading: Joshua 2:1-24, 5:13-6:27.

Instructor(s): Craig Miller

Craig Miller holds a doctorate in Theology/Spirituality, specializing in biblical/classical languages, and a degree in Ancient Near Eastern/Mediterranean History. He has taught for over 40 years at nearly all levels of academia, including over 25 years for

adult/community education programs such as OLLI, and has been involved with international scholarly programs and projects. He has taught diverse, innovative courses on religion, classics, and classical languages. His mantra is that any subject can be made accessible and enjoyable through student-centered teaching. He is a 30-year Central Intelligence Agency careerist.

Online Film Discussion Group

Subject Area:

Arts/Culture, Travel/Entertainment

Thursdays: 6 Sessions 1:00 PM - 2:30 PM

Start: Thu 7/16/26 **End:** Thu 8/20/26

Location: Online Zoom Offering 2 **Class Size:** 300

Description:

Members meet on Thursdays at 1:00 AZ time to discuss a variety of films. Most of the movie options for this six week semester will span over several decades. Many will be Academy Award nominees/award winners in one or more category.

Prior to each class, participants will watch a film chosen by the class. Film selection takes place in the previous session. Before the first class, an email will be sent with the initial movie to watch.

Member recommendations are always encouraged.

All films will be available on Amazon or Netflix. They may be accessible on other free venues, as well. The Netflix and Amazon Prime movies will require subscriptions, and some of the Prime movies may have an additional viewing charge.

It is hoped that members will volunteer to present pertinent information about each of the films we discuss. If no one volunteers, we will begin the discussion of the movie after we vote.

Bring your ideas, your wisdom, and your enthusiasm to share in our discussion. Popcorn is optional!

Instructor(s): Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia where she worked as an Educator, in Religious Education, and Hospice Chaplain. Her undergraduate degree was in history/theology. Her graduate studies spanned Religious Education and Clinical Pastoral Education.

Mary Ellen moved to Sahuarita in 2010. While there, she received an M.S. in Mental Health Counseling. She counseled at risk children and adults. Since joining OLLI, she has offered at least one class each semester.

Mary Ellen completed a Transformational Coaching Course in 2024. She moved back to the Philadelphia area to be closer to her grandson and family in August, 2024.

Dream Group Class

Subject Area: Social Sciences

Thursdays: 6 Sessions 3:00 PM - 4:30 PM

Start: Thu 7/16/26 **End:** Thu 8/20/26

Location: Online Zoom Offering 1 **Class Size:** 20
Additional Costs: No

Description:

Learn how to access the valuable information in your dreams! Attendees share texts of their nighttime dreams and are invited to contribute their associations and insights on others' dreams. Various techniques of interpretation will be demonstrated, such as "If it were my dream." The group format opens multiple perspectives and layers of meaning. "Aha's" of recognition follow as we unpack the dream. In this process we learn to listen to our intuition, increase compassion for

others, discover deeper aspects of ourselves and receive guidance.

Instructor(s): Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing them down for decades. She has continuously participated in dream groups and facilitates dream groups. Because dreams speak a language of visual symbols, her Harvard Ph.D. in Romance Languages and Literatures has enabled her fascination with metaphors and archetypes. She has 15 years of experience teaching at the college level. She is certified by Jeremy Taylor's Marin Institute for Projective Dream Work and is a long-time member of the International Association for the Study of Dreams and of the Southern Arizona Friends of Jung.

Fridays

Chen Village Tai Chi Basics

Subject Area:

Health/Wellness,Philosophy/Spirituality/Religion

Fridays: 6 Sessions 9:30 AM - 10:30 AM **Start:** Fri 7/17/26 **End:** Fri 8/21/26

Location: Online Zoom Offering 2 **Class Size:** 300
Additional Costs: No

Course Description

No previous Tai Chi experience is necessary. All the movements are slow and gentle, and no martial arts applications will be taught or practiced in this study group. These methods may help lessen body pain, correct spinal misalignment, cultivate a sense of internal energy, and rest the mind.

Participants can wear comfortable, roomy, or stretchy clothing and some soft tai chi shoes or socks to wear on their feet.

Instructor: Randall Krause

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Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

News and Views: Real Talk About What's Happening in the World

Subject Area: History/Current Events

Fridays: 6 Sessions 11:00 AM - 12:30 PM

Start: Fri 7/17/26 **End:** Fri 8/21/26

Location: Online Zoom Offering 1 **Class Size:** 300
Additional Costs: No

Description:

Do you watch the news and want to talk about it with other people? Do you sometimes feel like your opinion doesn't fit neatly into one political box? You're in the right place.

Every week, we get together to discuss the news stories that matter most to you. No preset agenda. No talking heads. Just real people having honest conversations about what's going on in the world.

Here's how it works. At the start of each class, anyone gets to suggest a topic (up to about 7). Then we vote. The topics with the most votes get discussed first. It's that simple. You choose what we talk about.

All viewpoints are welcome here. Left, right, and everything in between. We believe the best conversations happen when people with different

views actually listen to each other. You won't be talked over, and you won't be shut down. The only rule is that we keep it respectful.

We also bring AI into the mix. When facts are disputed or a topic needs more context, we may use AI tools to check information and add discussion points in real time. It keeps things honest and interesting.

A Few Simple Guidelines:

To make sure everyone gets a chance to speak, we ask that you keep your comments under three minutes. Say what you mean, then let someone else have a turn. We'll do our best to hear from everyone before calling on the same person twice on a topic.

Instructor(s): Sherry Goncharsky

Sherry Goncharsky worked at IBM as a programmer and systems engineer after studying computer science at the University of Illinois. As a retirement job, she spent time "teaching computers to behave for their owners." Soon after joining OLLI, the pandemic hit and she became an active part of the tech hosting community and is also part of the AV Committee. Her hobbies include reading and crocheting.

[Living with a New Heart](#)

Subject Area: Health/Wellness

Fridays: 1 Sessions 11:00 AM - 12:30 PM

Start: Fri 7/17/26 **End:** Fri 7/17/26

Location: Online Zoom Offering 2 **Class Size:** 300 Additional Costs: No

Description:

In May 1991, Author Ed Linz received a bolt-out-of-the-blue diagnosis of a rare heart disease, cardiac sarcoidosis, and, although he had no symptoms, was given two years to live. Three years later, on the brink of death, he received a life-saving heart

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transplant. In his presentation, he recounts the emotional rollercoaster for him and his family, before, during, and for 30 + years following the transplant and lessons learned. He will also discuss steps a family can take to improve chances for survival upon receiving a "difficult" diagnosis.

Instructor(s): Ed Linz

Ed Linz, a 1965 graduate of the Naval Academy, is the author of eight books, including a novel, works on the Great Depression and the Vietnam War, and most recently, three children's books. He holds advanced degrees from Oxford University and George Mason University and lives in Maine and Virginia. He was the recipient of a heart transplant in 1994.

[From Runway to Reality: The Global Business and Supply Chains of Fashion](#)

Subject Area: Arts/Culture, Civic Engagement/Community/Government

Fridays: 6 Sessions 4:15 PM - 5:45 PM **Start:** Fri 7/17/26 **End:** Fri 8/21/26

Location: Online Zoom Offering 1 **Class Size:** 300 Additional Costs: No

Description:

Fashion is one of the world's largest and most influential industries, generating hundreds of billions of dollars annually while shaping cultural identity, social status, and consumer behavior. This course explores the business and supply chain systems behind the fashion industry, tracing how clothing moves from design concept to global retail markets.

Students will examine the historical development of fashion from early textile trade networks and couture houses to modern fast-fashion giants and

analyze how supply chains, manufacturing, branding, and retail strategies transformed fashion into a global business.

Topics include the rise of fashion capitals, the globalization of textile production, the emergence of fast fashion, and the growing role of sustainability and ethical sourcing. By the end of the course, participants will understand how supply chains, fashion houses, and consumer culture influence what people wear and how global trends spread across regions and cultures.

Instructor(s): Alexis Dew

Alexis Dew is a current doctoral student studying health care and health science. She has over a decade of experience working in primary, secondary, and post-secondary education, non-for-profit management, government/ public policy and technology.

[Social Security: What You Need To Know](#)

Subject Area: Civic

Engagement/Community/Government,Health/Wellness

Fridays: 1 Sessions 1:00 PM - 2:30 PM **Start:** Fri 7/24/26 **End:** Fri 7/24/26

Location: Online Zoom Offering 1 **Class Size:** 300 Additional Costs: No

Description:

Jack Burns, head of Public Affairs in AZ for the Social Security Administration, will discuss recent updates and changes to Social Security and provide important information for both those already collecting benefits as well as those who are still planning to collect. Bring your questions!

Instructor(s): Jack Burns

Jack Burns is a Public Affairs Specialist in Arizona for the Social Security Administration. He has worked with The Social Security Administration for over 20 years. Prior to working as a Public Affairs Specialist, he worked training and supervising benefit services staff in Social Security offices in Phoenix and Mesa, AZ. Jack has a B.A. from The University of Connecticut and a MEd from ASU.

Field Trips

Wednesdays

[Birding at Paton Center for Hummingbirds in Patagonia, AZ](#)

Subject Area: Science/Math/Technology

Wednesdays: 1 Sessions 8:30 AM - 10:30 AM

Start: Wed 7/15/26 **End:** Wed 7/15/26

Location: Paton Center for Hummingbirds in Patagonia, AZ **Class Size:** 20 **Additional Costs:** No

Description:

Join Laura Couchman for a guided birding field trip to one of her favorite summer birding spots, the Paton Center for Hummingbirds in Patagonia, AZ. At 4000 ft. altitude in Santa Cruz County, you'll have a good chance to see birds here you don't see around Tucson: Inca Dove; migrating hummingbird species including Rivoli's, Broad-tailed, and Violet-crowned Hummingbird; Kingbirds; Yellow-breasted Chat; Orioles; Summer Tanager; and many more. We will start at 8:30 am at the Paton Center's backyard seating area and enjoy observing birds at the feeders, then walk slowly on nearby flat, packed dirt or gravel trails along the Sonoita Creek. After 2 hours of birding, anyone who's interested can join us for coffee/food at the nearby Gathering Grounds Cafe in Patagonia. The Paton Center is 1 hr 30 minutes' drive from OLLI in Tucson and about 1 hour from OLLI in Green Valley. Laura will help participants interested in carpooling to connect up in advance. Bring binoculars, a hat, water, and insect repellent if desired.

Instructor(s): Laura Couchman

Laura Couchman is a dedicated amateur birder, spotting and identifying birds for 20 years. Laura and her husband Bill go birding locally and wherever they travel and have lived in Tucson since 2014. Laura has been an SGL for previous OLLI classes about birds and birding including sparrows, beginning birding, habitat, woodpeckers, hummingbirds, and birders' tech tools. She is a Pima County Master Naturalist and a volunteer field trip leader for OLLI and for the Tucson Audubon Society.

[Meet and Eat in Tucson: Monsoon 2026](#)

Subject Area:

Arts/Culture,Travel/Entertainment

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM

Start: Wed 7/15/26 **End:** Wed 8/19/26

Location: OLLI-UA **Class Size:** 20 **Additional Costs:** OLLI members are responsible for their own bill at each restaurant.

Description:

What it is: Join us once a week to meet and eat at a different eatery! Learn what your fellow OLLI(ites) are up to, and discuss your favorite classes.

What to do: Sign up, and we'll send you the name and location of next week's eatery. All you need to do is RSVP so we don't have to guess who's coming to lunch!

When: Wednesdays, from 11:00-12:30.

Where: Changes weekly. Location will be emailed to participants in advance of event.

Description: A weekly gathering for those who like to meet and eat for lunch and crave a community to enjoy it with. We will visit eateries in and around Tucson and share our OLLI & life experiences while supporting local restaurants.

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I realize that participants may not be able to attend every week, that is why we have a waiting list. Please RSVP to Barry every Friday before the next weeks scheduled outing in order to notify the restaurant.

Instructor(s): Barry Infuso

Meet and Eat is organised by Barry Infuso, Director of Slow Food of SoAZ. Barry follows the tenets of eat local and support independent restaurants. He regularly connects with Tucson Foodie to discover 'What's Cooking' in and around town.

Barry is a retired Certified Executive Chef and member of the American Academy of Chefs Honor Society. Chef Barry was the lead faculty and "Dean of Cuisine" at Pima Community College Culinary Arts program. He is Director of Slow Food of Southern Arizona and founding Board member of Tucson, UNESCO City of Gastronomy.

Special Interest Groups

Mondays

[Write On! A Collaborative Meeting for Experienced Non-Fiction Writers](#)

Subject Area: Writing/Literature/Language

Mondays: 11:00 AM – 1:00 PM

OLLI-UA Special Interest Group for all members

Location: Central Tucson Campus

Course Description

Note: OLLI members who have completed at least one OLLI-UA writing class are invited to join the waiting list. This Special Interest Group (SIG) is designed for experienced writers only.

Often having a structure helps us to keep writing. This group (not class) is the vehicle for that. This course is an opportunity to gather in a supportive environment to share your writing and receive positive and constructive feedback. We come as writers ourselves, and as facilitators, not as instructors. You already know how to write, your work moves people, your pieces have created resonance with readers, and earned appreciation in other OLLI writing classes. This fills the gap between terms and allows you to experiment, and receive feedback to hone your craft.

Please note this starts between Summer and Monsoon and continues until Fall. It meets EVERY OTHER week. We're asking for a commitment of at least 4 of the 6 sessions. We meet 6/29, 7/13, 7/27, 8/10, 8/24, 9/14. Please note this meets for TWO HOURS, not 1 1/2.

We will receive other's writing ahead of time and commit to giving specific feedback for what you

like and for how the piece could be improved, so yes, there is time spent outside of group.

We look forward to us all becoming even more accomplished writers.

Instructor(s): Krysta Kavanaugh, Nora LeBlanc

Krysta Kavanaugh creates warm, grounded spaces for meaningful growth and honest conversation, where people can feel, think, and move forward.

She holds a double MA in counseling and is a Master Life Coach and Holistic Healthcare Professional. She is a writer and served as editor-in-chief of a national magazine for 20 years. She has spoken and taught on personal, professional, and spiritual topics to audiences large and small.

Krysta blends depth with practicality, humor with honesty, and insight with real-life application, helping people navigate transitions, reconnect with their strengths, and live more authentically — one meaningful shift at a time.

Nora LeBlanc has been a member of OLLI for three years. Retired in Tucson she is excited to have time to learn and stay curious. She holds a degree in Writing and English. She was a non-profit executive for 20 years in Homeless Housing, Youth Development and Disaster Response. Her private passion was developing volunteer corps both in her own and other organizations. She worked as a mediator in both community-wide conversations and private mediation between individuals or families. She seeks to create a supportive atmosphere where people have opportunity to discover strengths and connect with others.

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Saturdays

Creative Fun

Subject Area: Crafts/Cooking

Saturdays: 10:00 AM - 2:00 PM

OLLI-UA Special Interest Group for all members

Location: Central Tucson Campus

Course Description

Creative Fun!

One Saturday each month at 10 AM

This Special Interest Group is designed to help our students learn/do/complete interesting creative projects while enjoying a social atmosphere. All OLLI-UA members are welcome to join and experience the fun and creativity that OLLI can offer.

Our group will offer a variety of creative opportunities, including scrapbooking & card making, painting, all types of needlework, beading, and much more in a casual, social setting. Bring your suggestions, unfinished projects to finish, learn new activities, and/or provide your knowledge to the group.

We have scheduled to meet at least one Saturday per month from 10am-2pm. We can order lunch to be delivered or bring your own.

We anticipate eventually doing a larger scale project, such as a quilt for donation to charity. The possibilities are endless!

Instructor: Jan Fulwiler

Sundays

Fun with Games!

Subject Area: Travel/Entertainment

Sundays: 3:00 PM - 4:00 PM

OLLI-UA Special Interest Group for all members

Location: Online Zoom Offering

Course Description

Fun with Games!

Every Sunday at 3:00 pm

Arizona Time

What a great way to start your week! If you enjoy playing different games that will exercise your brain, as well as allow you to laugh and have fun with friends, please join your local members and members from other states each Sunday at 3 PM (Arizona time).

I have a large collection of trivia and board games that I have adapted to use in the online zoom setting. All you need to bring each Sunday is a desire to have fun. If you are interested in joining in the fun, sign up today!

Spend an hour in the virtual lounge playing popular board games that have been adapted to online.

Two games will be played each session: one with teams competing and one with individual scoring.

Just show up: we provide the online games! This is a friendly competition with lots of fun & laughter to be shared!

Hosts: Frankie Harris & Pat Schoepfer

OLLI-UA Monsoon 2026

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We're deeply grateful for the sponsors in our community who help us keep our program healthy and growing!

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