New Frontiers
For Lifelong Learning

Spring
2016
Class
Schedule

Expand Your World......

Hosted by:

A Maricopa County Community College
Welcome to New Frontiers for Lifelong Learning!

New Frontiers for Lifelong Learning offers the opportunity to learn, socialize and serve. As a self-directed, peer-led organization, we strive to meet the needs of our members in these areas, and are always open to members’ suggestions. Join us to explore, develop, and expand your learning, increase your social resources, and volunteer for the college and community.

Visit our web site at newfrontiers.mesacc.edu

How to Join New Frontiers

Dues for New Members: The semi annual membership fee, effective January 1 through August 31, is $60. By enrolling in the Seniors/New Frontiers non-credit class at Mesa Community College, you will become a New Frontiers member.

Ways for New Members and Former Members to Join:
1. At Open House on Friday, January 29, 1 to 3 pm on the 4th floor of the MCC Downtown Center, 145 North Centennial Way, Mesa.
2. By telephone: Call the MCC Community Partnerships Office at (480) 461-7497. If you leave a message, include your name and telephone number for a return call. If you are a continuing or former member, please have your Student ID number ready for speedier access. Office hours are 8 to 5, Mon—Fri.

New Members ONLY (NOT former members):
Visit our web site and select "JOIN". You will be taken to the Class Registration page. Select "New User" in the Login section. Fill in your contact information and click on "Submit". You will receive a call from an MCC staff member who will enroll you in MCC’s Seniors/New Frontiers non-credit class.

How to Register for New Frontiers Classes

Your current email address must be on file with New Frontiers in order to use Online Registration. Online Registration for most classes begins Tue, Feb 2, at 9:00 a.m. (Some classes open early.)

Before February 2, please login and ready your account for registration:
1. Go to newfrontiers.mesacc.edu and click on “Class Registration”.
2. If you have already used the online registration program, enter your Username and Password; then click on LOGIN. If you don’t remember your Username/Password, or this is your first time using the new online registration program, click on "Forgot your password?" and submit your email address. You will receive an email that will provide you with a Username and Password. Use these to LOGIN to the system.

DO NOT click on “New User? Start Here” if you are an existing member. This will create a new account, and you will encounter an error when you try to register for classes.
3. Once you are logged in, click the My Account link near the top of the web page. Be sure to:
   ◆ Review and revise your contact information
   ◆ Change your Username to something you will remember (optional)
   ◆ Click on Change Password to reset your password to something you will remember (optional).
   ◆ Logout of your account.

On Feb 2 (or before if you have an early registration class): Login to your account and select your classes. Click on the Class Title to see an expanded description of the class. Click on “Register” for each class you want. After you have selected all your classes, click on “Checkout” in the Pending Registration box. Select ‘Continue’ to complete your registration. To verify your schedule, select the My Account tab and click on “My Registrations” or Account Registrations at the bottom of the page. You may add more classes at any time.

Some idiosyncrasies in the new system:
1. If you have entered an emergency contact, expect to see his/her name listed along with yours when you register for classes. Just check your own box.
2. Ignore all references to “Invoices”, “Balance Due” and other financial terms. The system was designed for organizations that charge for each class.
3. Facilitators are referred to as "Instructors" by the system.
4. If you need to drop a class, call the facilitator, who can offer your spot to the first person in the wait list.

NOTE: Room numbers were not available in time for printing but will be listed in the online Class Schedule and via Online Registration. Facilitators will contact non-computer users by phone.
Trailblazers’ Hiking Group

We meet early in the morning at central locations in Mesa to carpool to nearby county and city parks, national forests, and other areas. Hikes will range from 2 – 6 miles with 100 to 1000 ft. elevation change. Total time, including driving and hiking, may be 3 – 5 hours, and hikers should be in reasonable physical condition. A list of the hikes with dates, descriptions and difficulty will be available at the Open House. Join us for one hike or all of them. Wear your hiking shoes; bring water, a walking stick & a hat.

Hike Dates: Friday mornings starting 2nd Friday after open house for seven to eight sessions. (Hikes are not scheduled on the All-Members meeting date.) Possible additional hikes could be added. Risk Form #1 must be signed.

Limit: 75
Location: Various locations outdoors
Sessions: 7 or 8
Dates: Friday, Feb 12 - Apr 1 (NOT Mar 4)
Time: Varied
Facilitator: Lois Schaffer 480-833-1672 ljsnaz@q.com
Additional facilitators:
- Jane Severin 480-588-5355 severinjane@gmail.com
- Sandy Whitley 480-390-6466 sandyyariz@cox.net
- Marie-France Ganansia 480-289-0924 mfganansia@gmail.com
- Steve Johnson 480-818-8964 ssjarz@gmail.com

Trailers

These hikes are a little easier – less challenging in elevation and distance, but still take advantage of trails in our wonderful parks and national forests. We’ll stop to enjoy the flowers and views a little more often. A list of the hikes including descriptions of length, difficulty, and meeting places will be available at the Open House or on request from the facilitators. Hikers are reminded that, although “easier”, they should be prepared for hiking, i.e. hiking shoes, walking sticks, water, and should be in reasonable physical condition. Join us for one or more pleasurable hikes during the wonderful Arizona spring.

Risk Form 1 is required.

Limit: 65
Location: Varied
Dates: Tuesday, Feb 9-23, Mar 1-22
Time: 7 am - noon
Sessions: 7
Facilitator: Marlin Fried 480-820-6126 mfried5751@cox.net
Walking Tour - Mesa

The group will meet in front of the City Plaza Fountain, on the North side of Main, across the street from the Mesa Arts Center.

Each facilitator will take a group of 10 members. Group A will follow walking tour A, as mentioned in the booklet; Group B will follow tour B. Both facilitators have been West Mesa residents for a great number of years and are familiar with the growth and changes of their city. We will drop in at a few shops where artisans are working: jewelry makers, cookie maker, Desert Eagle brewery, etc...and point out the now numerous eating places and coffee shops that have sprouted thanks to the light rail which now goes all the way to Mesa Drive.

Please bring your Risk Form #3, wear your name tag and good walking shoes, as well as a hat. Bring a bottle of water as well.

Limit: 20
Location: Downtown Mesa; NE corner Center & Main
Date: Wednesday, Feb 17
Time: 10 - noon
Sessions: 1
Facilitators: Isabelle Main 480-962-4310
Anne Stehr 480-964-9007
isabelle_main@hotmail.com

Improve Your Posture - Improve Your Life

This class is for both new and experienced students. It will be offered as a bi-weekly exercise class that will run for 8 weeks. You can come and go as you please and not worry about missing anything, other than a feel good experience. The first class will be lecture style and is highly recommended for all new students and everyone is welcome. All remaining classes will involve exercise and you will need an exercise mat or large towel. Additional recommended “props” will be discussed at the first class.

Musculoskeletal alignment, more commonly called posture, is critical to our health and is most often the underlying cause of pain and lost function. Learn why posture is so important to all of the body’s systems and the steps you can take with simple exercises to improve your posture and health while eliminating pain. Join me and discover the healer within! **Risk Form 2 is required.**

Limit: 30
Date: Tuesday, Feb 23
Location: DTC
Dates: Thurs & Tue, Feb 25 - Apr 21 (Skip Mar 15-17)
Time: 10:30 - 11:30 am
Sessions: 16
Facilitator: Suzanne Lamarche 951-704-5964 suzannelamarche@gmail.com

The YMCA: Then, Now, and Tomorrow

Presenter: Julie Starkey

The class will meet at the East Valley Family YMCA at 207 N. Mesa Drive and will require Risk Form #3. We will be looking at the facility and learn of their many programs.

Limit: 25
Location: Mesa Family YMCA, 207 N. Mesa Drive
Date: Wednesday, Mar 16
Time: 1:30 - 3 pm
Sessions: 1
Facilitator: Isabelle Main 480-962-4310
isabelle_main@hotmail.com
“Risky Business”

Frankly, My Dear, I DO Give a Datum
Recycling Electronic Devices and Protecting Their Information

Presenter:  Chris Ko
A lecture by Mr. Ko and a tour of the ER2 facility. Since its beginning in 2010, ER2 has worked to build a socially and environmentally responsible company to provide electronics recycling services while simultaneously making a positive impact on both the community and the environment. **Risk Form 3 required.**

| Limit: 30 | Location: ER2 facility, 730 E. Southern, Mesa |
| Date: Thursday, Feb 25 | Time: 10:30 - 12 noon  | Sessions: 1 |
| Facilitator: Don Brown | 602-918-6304  | DonBrownRPH@gmail.com |

Insider Look at Tempe Center for the Arts

See this beautiful gem of a building on Tempe Town Lake. Have a docent-led tour of the building and the Gallery, which is featuring an exhibition on theatrical costumes. **Risk Form #3 is needed.**

| Limit: 30 | Location: Tempe Center for the Arts, 710 W. Rio Salado |
| Date: Monday, Mar 21 | Time: 10—noon  | Sessions: 1 |
| Facilitator: Kim Gillespie | 480-838-8506  | kimdgillespie@cox.net |

Tonto National Forest

11,000 Years on the Tonto National Forest
Water and Warfare in Central Arizona

Presenter:  J. Scott Wood
Discover the prehistoric past of central Arizona, a story of the Hohokam, Salado, and other Native cultures that lived there, their lifestyles, and their responses to a constantly changing environment, including the changes they made to that environment in order to make a living. Find out what happened to the thousands of people once living there and where they eventually ended up. It is a story about water, with many implications for the present and future of Arizona. Learn how the Tonto National Forest and its partner, the Friends of the Tonto National Forest, manage archaeological and cultural resources. You will never look at the desert the same way again.

For your convenience, duplicate sessions are offered at Red Mountain and Dobson. Please do not sign up for both.

| Limit: 25 | Location: Red Mtn |
| Date: Tuesday, Feb 23 | Time: 2 - 3:30 pm  |
| Sessions: 1 | Facilitator: Pete Allard 480-946-5602  PAllard2@cox.net |

| Limit: 25 | Location: Dobson |
| Date: Wednesday, Feb 17 | Time: 4 - 5:30 pm |
| Sessions: 1 | Facilitator: Pete Allard 480-946-5602  PAllard2@cox.net |
Invasive Plants that Can Change Your World

Guest Presenter: Patti Fenner

Discover plants growing in central Arizona that are seriously illegal immigrants, from some surprising places. Learn how to recognize several of them, find out how they got here, where you can find them, and the damage they cause. There are some exciting statewide programs to track these plants as they invade our communities and landscapes. Learn how the Tonto National Forest and its partner, the Friends of the Tonto National Forest, manage these plants. There will be real specimens in class. We guarantee driving will never be the same, once you have an eye for what grows along our highways, city roads, and in vacant lots all through the valley.

For your convenience, duplicate sessions are offered at Red Mountain and Dobson. Please do not sign up for both.

Limit: 25                      Limit: 25
Location: Red Mtn               Location: Dobson
Date: Tuesday, Feb 23          Date: Wednesday, Feb 17
Time: 4 - 5:30 pm              Time: 2 - 3:30 pm
Sessions: 1                    Sessions: 1
Facilitator: Pete Allard       Facilitator: Pete Allard
480-946-5602 Pallard2@cox.net  480-946-5602 Pallard2@cox.net

Monitoring Streamside Areas with Repeat Photography: How Pictures Tell a Story

Guest Presenter: Patti Fenner

Learn about the importance of riparian (streamside) vegetation, and how photos can tell the story of not only what has happened along the stream, but also in the entire watershed around the stream. See examples of photopoint series that show effects of wildfire, drought, floods, and grazing management.

A non-profit organization, Friends of the Tonto National Forest, manages a huge project on the Tonto -- monitoring streamside vegetation using repeat photography. There are now over 25 years of photos for over 1000 sites on the Forest. The entire program is run by volunteers, but the product of their labor is very useful to Forest Service managers.

For your convenience, duplicate sessions are offered at Red Mountain and Dobson. Please do not sign up for both.

Limit: 25                      Limit: 25
Location: Red Mtn               Location: Dobson
Date: Wednesday, Mar 2          Date: Thursday, Mar 10
Time: 4 - 5:30 pm              Time: 2 - 3:30 pm
Sessions: 1                    Sessions: 1
Facilitator: Pete Allard       Facilitator: Pete Allard
480-946-5602 Pallard2@cox.net  480-946-5602 Pallard2@cox.net
The National Debt: Facts and Opinions

In this highly interactive 2-hour workshop, you will learn in the first part of the workshop about the facts of our National Debt. What is it? What is its history? Who is it owed to? What is the difference between the deficit and the debt? Is it too large? What are options for reducing it?

In the second part of the workshop, we will work together to develop our opinions about what, if anything, we should do about the National Debt. Everyone in the workshop will have the opportunity to share their opinions.

Workshop participants should come to the workshop with both an open mind and their own opinions. Participants should be prepared to share their views with others and to listen well to others who may have somewhat different views.

Limit: 32
Location: Dobson Library 145
Date: Thursday, Apr 14
Time: 9:30-11:30 am
Sessions: 1
Facilitator: Gary Kleemann 480-839-8190 Gary@asu.edu

Sincere gratitude to everyone who has donated their time, talents, and classroom space to make New Frontiers for Lifelong Learning successful
Sex and Power in Shakespeare

Presenter: Babs Gordon

Through language, in wrath, in condescension, in anger, or in joy, Shakespeare allotted women power over men and/or the action in his plays. Was he the first feminist in literature? Because women’s parts were played by either men or by boys, Shakespeare’s language had to convince; it had to be strong and explicit. Portions of text will be examined and discussed during the lecture, specifically from Taming of the Shrew, The Merchant of Venice, The Tempest, and King John.

Limit: 50
Location: Dobson
Date: Wednesday, Apr 27
Time: 2 - 3:30 pm
Sessions: 1
Facilitator: Amalia Dickerson 480-313-7796 sams11@cox.net

Target Earth: Asteroids, Comets, and Near-Earth Objects

Guest Presenter: Per Aannestad

On February 15, 2013 a meteor weighing 10,000 metric tons exploded above Chelyabinsk, Russia, releasing more than 30 times the energy of the Hiroshima bomb, and injuring hundreds. There are more than 10,000 asteroids and comets that can pass near Earth. I will describe the various groups of objects that may pose a threat, some of the earlier impacts, and how we might even prevent or mitigate the effects of a disastrous collision in the future.

Limit: 100
Location: Red Mtn
Date: Tuesday, Mar 22
Time: 2 - 3:30 pm
Sessions: 1
Facilitator: Amalia Dickerson 480-313-7796 sams11@cox.net

Health

Nutrition for Seniors

Guest Presenter: Lisa Zatcoff

Come learn the 5 simple nutrition secrets to healthy aging!

In this class you will learn the key components to nutrition as it relates to aging. Nutrition does not have to be complicated. You will learn what to eat to optimize your overall wellbeing and ways to incorporate this information into your daily life. Cut through all the hype and find what you can do today to become healthy or stay healthy once you have reached that goal.

Dietetic Technician, Registered Lisa Zatcoff will guide students through the class along with an interactive PowerPoint presentation.

Limit: 30
Location: Dobson
Date: Monday, Apr 4
Time: 2 - 3:30 pm
Sessions: 1
Facilitator: Sissy Riley 480-892-3542 riley18@cox.net
10 Things Nobody Tells You When You Age

Presenter: Elaine Poker-Yount

Whether you are the one who is aging or you are caring for a spouse, sibling or a best friend, Elaine will enlighten you with a virtual roadmap of the key information you need to get your proverbial “ducks in a row”. She will outline the critical eldercare practices to engage, provide crucial decision-making indicators, clarify common misconceptions, and simply equip you with information and resources so you can reduce the stress of aging and illness through awareness and sound decision-making.

Limit: 50
Location: Dobson
Date: Tuesday, Mar 22
Time: 1 - 2:30 pm
Sessions: 1
Facilitator: Mary Adamick
480-892-7298
madamick@cox.net

Fall-Safe Homes in the Southwest

Falls are the major cause of fractures and self-limitation of activities in seniors. Most falls occur in the home and can be avoided with simple strategies. The time to avoid falls is before they happen. This session will give hints on making our homes and outdoor spaces safe and fall-free.

Limit: 25
Location: MAAC
Date: Monday, Mar 14
Time: 1:30 - 3 pm
Sessions: 1
Facilitator: Suzanne Brown
480-688-1497
suzannebrownpt@gmail.com

Simple Steps to Better Health

Presenter: Dr. Sonny Sampedro

Dr. Sonny is a humorous, popular past New Frontiers speaker. You will discover ways of improving your health that will reduce those costly medical expenses and the need to be on so many prescription medications. Find out which foods trigger disease and which foods improve your health. Learn about reading blood tests, taking your blood pressure, body temperature, weight, heart rate, and other indicators to determine your degree of health and wellness. Understand how your diet influences chronic pain, weight gain, and unhealthy aging. Walk away with the knowledge of how improving your diet will improve your health.

Limit: 35
Location: DTC Rm 212
Date: Thursday, Feb 18-25
Time: 9 - 11 am
Sessions: 2
Facilitator: Larry Merrill
480-663-3613
larry_merrill@mac.com

Self Compassion

The Art & Practice of Being Kind to Yourself

Learning about the elements of self-compassion—self-kindness, our common human experience, and mindfulness will be explored in this class as well as practicing the tools to be self-compassionate. The feelings of self-worth and security provided by self-compassion enable people to function more positively in the world with increased enjoyment. This class is based on the principles described in the book, Self-Compassion, by Kristen Neff and training received in a 5-day Mindfulness Self-Compassion Retreat facilitated by the author.

Limit: 20
Location: MAAC
Dates: Wed, Mar 23 - Apr 20
Time: 1 - 2:30 pm
Sessions: 5
Facilitator: Barbara Shovers
480-612-2461
barbshovers@hotmail.com
## Health

### Successful Caregiving

**Seeing the Forest When You Are Stuck in the Trees**

**Presenter:** Elaine Poker-Yount

Whether you are caring for a parent or a spouse, success as a caregiver comes as much from a certain mindset as it does from effective techniques. Emotions such as frustration, anger, embarrassment, exhaustion, and guilt are the most common areas that caregivers struggle with on an ongoing basis. The class will share strategies that will help to establish attainable goals, find appropriate focus and direct you to meaningful and pertinent strategies for success.

- **Limit:** 50  
- **Location:** Dobson
- **Date:** Tuesday, Mar 29  
- **Time:** 1 - 2:30 pm
- **Sessions:** 1
- **Facilitator:** Dana Harper  
  720-318-9658  
  d.harper10@gmail.com

### How to Harmonize, Synchronize, and Optimize With Your Doctor

**Presenter:** Eric van Sonnenberg, MD

The class will discuss patient/doctor interactions and help us to optimize those interactions. He will also review common diseases for us.

- **Limit:** 100  
- **Location:** Dobson
- **Date:** Monday, Apr 11
- **Time:** 1 - 2:30 pm
- **Sessions:** 1
- **Facilitator:** Mary Adamick  
  480-892-7298  
  madamick@cox.net

### De-Stress and Refresh with Laughter

What better time to laugh than April Fools’ Day? Laughter has been shown to reduce stress, relieve pain, lower blood pressure, improve breathing, strengthen the immune system, relax muscles, increase motivation and creativity, and reduce loneliness. Best of all, it makes life more fun! Learn how to experience all the benefits of laughter through laughter exercises (no jokes or special equipment required) and the Principles of Good-Hearted Living.

- **Limit:** 25  
- **Location:** MAAC
- **Date:** Friday, Apr 1
- **Time:** 1 - 2:30 pm
- **Sessions:** 1
- **Facilitator:** Linda Scharf  
  480-668-0461  
  lsscharf@aol.com

### PAIN - It’s All In Your Head!

**Presenter:** Edson R. Follett

Medication, Alternatives, Managing and Coping are insufficient and temporary for your pain symptoms. Learn the real cause of the pain and a technique with a method which you can use to approach a cure for chronic pain. You have the tools necessary to stop the progress of pain and even cure it. You will learn and use the tools in class. No strenuous activities. (Come and bring your pain)

- **Limit:** 40  
- **Location:** Dobson
- **Date:** Thursday, Mar 24
- **Time:** 1:30 - 2:50 pm
- **Sessions:** 1
- **Facilitator:** Pat O’Brien  
  480-831-5198  
  bpob@cox.net

### Understanding Medical Marijuana

**Presenter:** Kathy Inman

The objective of this class is to deliver an expanded understanding of medical marijuana, helping seniors to be more comfortable trying a natural alternative to toxic pharmaceuticals.

- **Limit:** 30  
- **Location:** DTC
- **Date:** Thursday, Feb 11
- **Time:** 12 noon - 2 pm
- **Sessions:** 1
- **Facilitator:** BeAnne Lane  
  480-380-3747  
  Blane@cyberspeedway.net
Philosophy of Mind: Brains, Consciousness, and Thinking Machines

Ooh, the hard problem of consciousness. The man who coined that expression said the easy problem is how the brains works. How such workings result in consciousness (or vice-versa) is still a mystery to science. This is one of the many questions that this course will deal with. Others include, do machines really think? How does modern science impact our sense of free will---can this exist in a determined universe? How and how well can we know other minds? In the end these are philosophical questions, and we'll tackle them in this course.

This course is presented on DVD by Prof. Patrick Grim, Distinguished Teaching Professor of Philosophy at the State University of New York at Stony Brook. Dr. Grim is probably best known for his critical logical arguments in the Philosophy of Religion and Philosophical computer modeling. He's authored or co-authored *The Incomplete Universe* and *The Philosophical Computer*, among other writing and editorial work. This is Dr.Grim's third Course for NFLL.

Limit: 30  
Location: The Orchard Active Adult Center, 108 N. Greenfield, Mesa. The best parking is across the street. Enter the main entrance of the Activity Center and bear right to the theatre room

Dates: Tuesday, Feb 2 - Apr 19  
Time: 1:30 - 3:30 pm

Sessions: 12  
Facilitator: Con Downey 480-641-2975 condowney4@aol.com

Online registration preferred or contact the facilitator.
Autism Awareness

Presenter: Kelli Riley

Have you ever wondered what autism really is, why autism diagnosis continues to dramatically increase each year, and what causes autism? Maybe you know someone affected by autism and would like to learn more about how you can help support them? Nowadays, autism is a “hot topic” as more and more individuals get diagnosed each year. This class will teach you the basic facts about autism, treatments for autism, and what you can do to help others affected by autism. Come and enjoy a fun and enlightening discussion on this interesting topic!

Limit: 50
Location: Dobson
Date: Thursday, Apr 7
Time: 2 - 3:30 pm
Facilitator: Sissy Riley 480-892-3542 sriley18@cox.net

Multiple Intelligences

Howard Gardner introduced the idea of Multiple Intelligences. The original 7 identified intelligences were: linguistic, logical-mathematical, bodily-kinesthetic, musical, spatial, interpersonal and intrapersonal were joined later by naturalist. All of these combine in us with varying degrees of strength to form the way we look at life and the ways that we store information. This class would first help you identify your strengths and then proceed to suggest ways that you can use your strengths and strengthen your weaker intelligences.

Limit: 25
Location: Dobson
Date: Friday, Apr 15, 22
Time: 1 - 2:50 pm
Sessions: 2
Facilitator: Dana Harper 720-318-9658 d.harper10@gmail.com

NOTE: Room numbers were not available in time for printing but will be listed in the online Class Schedule and via Online Registration. Facilitators will contact non-computer users by phone.
### Gluten Free Cookies

Having to follow a gluten-free diet is not fun. Join a 30 year veteran of this diet as she shares her recipes and hints on different types of cookies made from a variety of gluten free items. Sources for recipes, ingredients, and even ready-made cookies will be provided. Maybe even samples of favorites!

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<th>Limit: 25</th>
<th>Location: DTC RM 422</th>
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<tr>
<td>Date: Thursday, Apr 21</td>
<td>Time: 10 - 11:30 am</td>
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<tr>
<td>Sessions: 1</td>
<td>Facilitator: Suzanne Brown 480-688-1497 <a href="mailto:suzannebrownpt@gmail.com">suzannebrownpt@gmail.com</a></td>
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### Gluten Free Entertaining

OK, you are being the gracious host or hostess and the offered invitation has been accepted when the guest says, “Oh, I am gluten-free, that won’t be a problem will it?” How do you answer and how can you make your menu safe and satisfying for all of your guests? This class will offer some simple strategies to provide safe food and cope with the special needs guest.

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<td>Sessions: 1</td>
<td>Facilitator: Suzanne Brown 480-688-1497 <a href="mailto:suzannebrownpt@gmail.com">suzannebrownpt@gmail.com</a></td>
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### Gluten Free Pies

Pies are a fun dessert, and barely edible crusts are common in wheat-based crusts, but when you need to stay gluten-free, crusts are often described as one step above cardboard! Come join this long-time gluten free baker for her best recipes and hints on making or finding gluten-free pies with sweet and savory fillings. Sources for recipes, ingredients, and even some samples will be provided.

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### Gluten Free Traveling

Traveling with food sensitivities can be intimidating, and many individuals choose to stay home. Suzanne Brown has traveled with multiple food sensitivities for over 30 years. Hints on handling food situations will be provided as well as resources for finding ‘safe’ travel tours.

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<td>Sessions: 1</td>
<td>Facilitator: Suzanne Brown 480-688-1497 <a href="mailto:suzannebrownpt@gmail.com">suzannebrownpt@gmail.com</a></td>
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Crisis Planning and Choosing an Advocate

Presenter: Becky Cholewka

Learn which healthcare documents are specific to the state of Arizona and the crucial questions to ask yourself when choosing your powers of attorney.

Limit: 25  Location: Red Mtn  
Date: Wednesday, Mar 9  Time: 1 - 2:50 pm  Sessions: 1  
Facilitator: Rea Dias  480-705-5563  rea.dias@cox.net

Estate Planning

Making sense of Wills, Trusts, Probate, and Incapacity

Presenter: Marcus Seiter

This class is designed to provide some answers to questions like: “What happens to my stuff after I die?” And “What happens if I live but become incapacitated?” Topics of discussion will include: Wills and Trusts (what each does/doesn’t do), Probate (what it is and methods to avoid it), Financial and Health Care Powers of Attorney (planning for incapacity), and Other Estate Planning Considerations.

Limit: 25  Location: Red Mtn  
Date: Thurs, Mar 10  Time: 1:30 - 2:30 pm  
Sessions: 1  
Facilitator: Isabelle Main  480-962-4310  isabelle_main@hotmail.com

Estate Planning Nightmares - Avoiding Probate

Presenter: Becky Cholewka

Learn the average length and cost of an Arizona probate, what’s involved, why people end up in probate and ways to avoid going to probate court.

Limit: 25  Location: Red Mtn  
Date: Wednesday, Feb 24  Time: 1 - 2:30 pm  
Sessions: 1  
Facilitator: Rea Dias  480-705-5563  rea.dias@cox.net

IRA Planning Pitfalls

Presenter: Becky Cholewka

Learn how to properly fill out a beneficiary form when you have a Trust, as well as what Supreme Court decisions and IRS rules you need to know when leaving your IRA’s to others.
Common Sense Financial Strategies

Guest Presenter: Dr. Harold Wong

Common Sense Financial Strategies

- Improve retirement income, even after 20-40% losses in the stock market
- What are the real motives of Wall Street?
- Avoid the future municipal bond crash
- Who can you really trust for financial advice?

Presented by Dr. Harold Wong, PhD Economics, who writes the AZ Republic money column.

Limit: 40 (Minimum 8) Location: Dobson

Date: Monday, Feb 22
Time: 1 - 2:50 pm
Sessions: 1
Facilitator: Sharon Greer 480-818-0010 sharongreer117@yahoo.com

Retire on Your Own Terms

Guest Presenter: Dr. Harold Wong

Learn how the 6 Rules of Retirement have CHANGED!

- Optimal Asset Allocation in Retirement
- How to Develop an Income Plan
- Sequence of Returns Risk
- The Changing Face of Private Retirement Plans

Presented by Dr. Harold Wong, PhD Economics, who writes the AZ Republic money column. Optional: workbook kit includes all PowerPoint slides and other material, $15 materials fee, pay instructor cash or check.

NOTE: Registration for this class will open on Tuesday, Jan 26 at 9 am.

Limit: 25 (minimum 8) Location: DTC

Dates: Tues & Wed; Feb 2 & 3
Time: 1 - 4 pm (Two 3-hour sessions)
Sessions: 2
Facilitator: Sharon Greer 480-818-0010 sharongreer117@yahoo.com

Mesa Community College endorses the educational value to the community represented by the courses listed in the “Financial Matters” section of this schedule. These courses are a no-obligation opportunity for attendees to receive information about personal financial concerns. The college does not recommend or endorse any of the products or services that may be offered to attendees should the attendee(s) decide to become a client of the instructors or the instructors’ firms as a result of attending these courses.
FINANCIAL MATTERS

How To Invest In The New Normal

Presenter: James Miller

This course will cover: Long-term investment cycles and how they affect investing; Strategic alternatives to —Buy and Hold. What processes do the best money managers use? Can everyday investors participate in non-traditional assets? Guest speakers will share real-world experiences, and course participants will get practical, implementable strategies and tools for investing. This course is designed for novice investors as well as those who have been investing for years.

Limit: 45  Location: Dobson TBA
Date: Wednesday, Feb 3 - 24
Time: 1 - 3:30 pm
Sessions: 4
Facilitator: Ann Schubert 480-219-6617 ann_schubert@yahoo.com

Myths & Benefits of Reverse Mortgages

Presenter: Scott Gaffney

To clear up any misunderstandings of a very important mortgage product created to improve the life style of our Seniors.

Limit: 40  Location: Dobson
Date: Thurs, Feb. 18
Time: 1 - 2:30 pm
Sessions: 1
Facilitator: Ann Bloxam 480 893-8405 abloxam@yahoo.com

SOCIAL SCIENCE

The 2016 Campaign for U.S. President

Presenter: Dr. Brian Dille

By March 1, most Americans are sick to death of politics, yet are only halfway through the presidential primaries and have seven months of campaigning to look forward to! MCC professor, Dr. Brian Dille, will explain why we pick presidents this way and discuss how the remaining candidates of the 2016 campaign will try to secure the nomination.

Limit: 100  Location: Dobson
Date: Tuesday, Mar 1
Time: 2 - 3:50 pm
Sessions: 1
Facilitator: Barbara Thelander 480-890-8386 bthelander@cox.net
Foundations of Economic Prosperity

Americans in the 21st century live in a world of unparalleled abundance, but with a developing anxiety of how long this will last. Other Western countries share the same prosperity and the same anxiety. Developing titans like Brazil and China have been enjoying year after year of rapid growth, but other countries remain mired in a never-ending cycle of famine, disease, and economic misery. Why do some prosper and others languish, and how can prosperity be sustained? Here's a good look at the problem, and perhaps some guidance to answers.

The course is presented on DVD by Daniel W. Drezner, Ph.D. Professor of International Politics at Tufts University. He has published four books on the general topics of economic statecraft and international relations, as well as numerous articles in scholarly journals and the likes of The Wall Street Journal and The New York Times. He has also provided expert testimony for both houses of Congress. Big Time.

Limit: 100  
Location: Navajo Room at Apache Wells Activity Complex, 2227 N. 56th St., Mesa.  
56th St. intersects with McKellips Road. The Activity Center is about 1/4 mi. N. of McKellips on the right. Parking is in front of the building.

Dates: Wednesday, Feb 3 - Apr 20  
Time: 1:30 - 3:30 pm  
Sessions: 12

Facilitator: Con Downey 480-641-2975  condowney4@aol.com

Online registration preferred or contact the facilitator
HISTORY

Science in the Twentieth Century
A Social-Intellectual Survey.

A world turned upside down. In the 20th century, science---professionally, intellectually, and in relation to society---increased in scope, scale, and complexity far beyond what had been anticipated at the end of the 19th century. All the sciences became inextricably tangled with social, political and commercial forces and the values driving them. This course is that story.

The course will be presented on DVD by Steven L. Goldman, Ph. D., prof. of Philosophy and History at Lehigh University. He has been the co-founder of one of the first U.S. academic programs in science, technology, and society (STS). He has been director of Lehigh's STS program for eleven years, and is founder of STS's national association. This is his third course with NFLL.

Limit: 35
Location: Leisure World; 908 S. Power Rd., Mesa. The entrance is a few hundred feet N. of Southern on the west side. At the guard shack tell him you are here from NFLL or for the science course and he will direct you. It's easy.
Dates: Monday, Feb.1 - Apr 25
Facilitator: Con Downey 480-641-2975
condowney4@aol.com

Online registration preferred or contact the facilitator

Understanding Greek and Roman Technologies

Famed for great thinkers, poets, artists, and leaders, ancient Greece and Rome were also home to some of the most creative engineers who ever lived. Many of their feats have survived; others have disappeared into the mists of time. But modern research is shedding new light on these renowned wonders—impressive buildings, infrastructure systems, and machines that were profoundly important in their own day and have had a lasting impact on the development of civilization. Understanding Greek and Roman Technology is a fascinating introduction to basic engineering principles and the science behind them. The course also gives a new perspective on one of the most productive periods in the history of civilization: classical antiquity. In case after case, you will find that engineering solutions reached during this era would not be surpassed for another thousand years or more.

Limit: 40
Location: Red Mtn
Dates: Tuesday, Feb 9 - May 3 (Skip Mar 15)
Facilitator: Steven Johnson 480-818-8964
ssjnfl@gmail.com

Experiencing America
A Smithsonian Tour through American History

This is a DVD course from the Teaching Company. Our American history is told using the Smithsonian’s one-of-a-kind collection of iconic and symbolic American artifacts.

Limit: 30
Location: Red Mtn TBA
Date: Monday; Feb 8 - May 2 (NOT Feb 15, Mar 15)
Time: 1:30-2:30 pm
Sessions: 11
Facilitator: Jill Freedman 949 540-9765
Harry100@gmail.com

Turning Points in US History

Presented by Edward T. O’Donnel, professor of history from Holy Cross College. He takes a provocative look at significant events which changed the way Americans thought about their society and government. This course covers from 1600 through the Civil War. This is a DVD course.

Limit: 25
Location: MCC Red Mtn TBA
Date: Tuesday; Feb 9 - May 3 (NOT Mar 15)
Time: 1:30 - 3 pm
Sessions: 12
Facilitator: David Ramis 480-427-4101
Bonnie.ramis@gmail.com

NFLL Spring 2016 Visit our web site at newfrontiers.mesacc.edu Page 18
Coffee and Conversation I

Each session begins with an open discussion related to local, world, or political situations of interest to the members. Personal experiences, opinions, and/or perspectives related to the discussion are welcomed and solicited. Each member of the class is encouraged to contribute to the discussion.

Limit: 20
Location: Mesa Fire Station (Stapley & 8th Ave)
Dates: Monday, Jan 11 - May 9
Time: 10 - noon Sessions: 18
Facilitator: Frank Rickey 480-969-0574 frickey1@cox.net

Online Registration for this class will open on Monday, Jan 4th.

Coffee and Conversation II

Discussion of current world, national, state and local events and news at the discretion of the group

Limit: 25
Location: Mesa Police Station, 2430 S. Ellsworth, Mesa
Dates: Tue, Jan 5 - May 10
Time: 10 - noon Sessions: 19
Facilitator: Larry Morrow 480-318-7375 Sondraandlarry@gmail.com

Online Registration for this class will open on Tuesday, Dec 29.
**DISCUSSION**

**Great Decisions/Global Challenges**

Join this study-discussion group for a better understanding of international affairs affecting America’s role in the world.

**Feb 2**  The Future of Kurdistan: Kurdistan, a mountainous area in parts of Turkey, Iraq, Iran and Syria, is home to one of the largest ethnic groups in the region. It is one of the U.S.’s closest allies in the Middle East and a bulwark against Isis. What does the success of Iraq Kurdistan mean for the Kurds in the surrounding areas?

**Feb 9**  The Koreas: At the end of WWII, Korea was divided into two parts. The Northern half was occupied by the Soviet Union, the South by the U.S. Today, the North is underdeveloped, impoverished, and has a corrupt authoritarian government. The South has become one of the most developed countries in the world. With such a wide gap, is unification possible or desirable?

**Feb 16**  The U.N.: On the eve of the U.N.’s 70th birthday, it stands at the crossroad in its global effort to eradicate poverty, hunger and discrimination, as well as to ensure justice and dignity for all. How will it meet its objectives with the coming appointment of the 9th Secretary General? And the next U.S. president?

**Feb 23**  Migration: A number of the world powers find themselves facing a difficult question. How can they balance border security with humanitarian concerns? More importantly, what can they do to resolve these crises so as to limit the number of displaced persons?

**NOTE:** Registration for this class will open on January 26.

Limit: 50  
Location: Red Mtn

Dates: Tue, Feb 1 - 23  
Time: 1:30 - 3 pm  
Sessions: 4  
Facilitator: Millicent Salm  520 463-2309  millicents@aol.com

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**Kitchen Table Talk**

Come share your feminine wisdom as we explore and discuss the many great adventures of this “time of our lives”.

Limit: 20  
Location: MAAC

Dates: Wednesday, Feb 3-Apr 6  
Time: 10-noon  Sessions: 10  
Facilitator: BeAnne Lane  480-380-3747  BLane@Cyberspeedway.net

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**Women in the Bible**

The discussions will cover the importance of the various roles in life as widows, wives, mothers, and grandmothers, and how we can benefit from the examples of women in the Bible.


Limit: 15  
Location: MAAC

Dates: Thursday, Mar 3-24  
Time: 9:30 - 11 am  
Sessions: 4  
Facilitators: Pat DeBlake  (480) 897-6842  pdeblake@cox.net  
Rose Dukelow  (480) 699-4824  rosedukelow@hotmail.com
The Humanities

Monet to Van Gogh II

This is a DVD course from the Teaching Company. Impressionism is a 19th Century phenomenon that is still appealing in the 21st. The impressionists are artists that rebelled against the formality of the French Academy. They created the most famous artistic movement in history. This class provides a guide to this movement that created a new, intensely personal vision of the world. They virtually invented the sensibility – urbane, contemporary, ever-changing subjects that we take for granted as “modern” today. This course is beautifully illustrated. It follows part I that was given in November/ December 2015.

Limit: 30  Location: Leisure World
Dates: Friday, Feb 5-26  Time: 1:30 - 4:30 pm  Sessions: 4
Facilitator: Jill Freedman  949-540-9765  Harry100@gmail.com

Monet to Van Gogh III

This is a DVD course from the Teaching Company. Impressionism is a 19th Century phenomenon that is still appealing in the 21st. The impressionists are artists that rebelled against the formality of the French Academy. They created the most famous artistic movement in history. This class provides a guide to this movement that created a new, intensely personal vision of the world. They virtually invented the sensibility – urbane, contemporary, ever-changing subjects that we take for granted as “modern” today. This course is beautifully illustrated. It follows part I that was given in November/ December 2015.

Limit: 30  Location: Leisure World
Dates: Friday, Apr 1-22  Time: 1:30 - 3:30  Sessions: 4
Facilitator: Jill Freedman  949 540-9765  Harry100@gmail.com

Opera Around the World

Presenter: Bette Jones

Although opera began and became proliferate in Italy, it was spread to other lands by the Italians beginning in the 1600s. Please join us to learn about and see 8 operas from other countries including Cendrillon (Cinderella) by French composer Massenet, Cunning Little Vixen by Czech composer Janacek and King Roger by Szymanowski from Poland.

Limit: 25 (Minimum 8)  Location: Red Mtn
Dates: Tuesday, Mar 1 - Apr 26 (Skip Mar 15)
Time: 1 - 4 pm  Sessions: 8
Facilitator: Virginia Van Horn  480-641-3894  vvhorn1@cox.net

Discovering the Poet Within

We will study and discuss various poets including Louise Gluck, David Whyte, Marge Piercy, and some of Garrison Keillor’s favorites from his Good Poems anthology. There will be time for creative writing as part of this class and for you to share any favorite poets/poems that you resonate with. No prior writing experience needed - just a desire to learn and share.

Limit: 20  Location: DTC TBD
Date: Friday; Feb 5 - Mar 11  Time: 10:30 - noon  Sessions: 6
Facilitator: Kaya Kotzen  513 520 3135  kkwisdomwoman@gmail.com
Central Arizona Project (CAP) and Regional Water Supply

Presenter: Larry Person

The Colorado River is a major source of renewable water for Maricopa, Pima and Pinal Counties, which have 80% of the State’s population. Yet, Arizona’s status as having “Junior” rights to Colorado River water place the state in a vulnerable position. How will looming shortages on the river affect our water supply? How will a shortage be managed? How will shortages affect you? The class will describe the Colorado River System, the origin of the Central Arizona Project (CAP), management of the CAP system, and future prospects for renewable water in central Arizona in the face of increased population, water use and climate change.

Limit: 50  Location: Dobson
Date: Thursday, Mar 3
Time: 1:30 - 2:50 pm
Sessions: 1
Facilitator: Jack Edmonds  480-893-0666  rjedmonds1@cox.net

Grand Canyon National Park

We live in a state with one of the most famous natural wonders of the world, the Grand Canyon of the Colorado River. This class will discuss the geologic history of the Grand Canyon, its discovery and exploration by John Wesley Powell, vacation options at the Canyon (north and south rim), trails and features along some of the trails. Also discussed will be the Colorado River itself, history of travel through the Grand Canyon, effect of damming of the Colorado River at Lake Powell.

Limit: 30  Location: DTC
Date: Tuesday, Mar 8
Time: 9:30 - 11:30 am
Sessions: 1
Facilitator: Sandy Whitley  480-390-6466  sandyariz@cox.net

Rules of the Road
A Driver’s Refresher Course

Guest Presenter: Officer Mike Ybarra

This class will cover rules of the road for Mesa, AZ, Mesa Police Department policy, traffic laws and safety issues. This is an interactive and fun class to take.

Limit: 100  Location: Dobson
Date: Wednesday, Mar 2
Time: 2 - 3:50 pm
Sessions: 1
Facilitator: Mary Kay Owen  480-834-5908  marykayowen@hotmail.com

Policy Reminder
NFLL facilitators’ opinions are not necessarily those of MCC or New Frontiers for Lifelong Learning.
## Travelogue

### The Apostle Islands

Presenter: Lawrence Newman

The scenic Apostle Islands cover 720 miles in Lake Superior. They have been referred to as America's wilderness in the water. Mr. Newman will share his love for this area. He will share some of the history of this island group and show us their beauty.

Limit: 100  
Location: Red Mtn  
Date: Tuesday, Feb 23  
Time: 1 - 3 pm  
Sessions: 1  
Facilitator: Charley Kreiling  
Phone: 480-807-4523  
Email: skreiling@cox.net

### Scotland and Saltzkammergut

A summer visit of Scotland and Upper Austria.

Limit: 50  
Location: Dobson  
Date: Thursday, Feb 25  
Time: 2 - 3:30  
Sessions: 1  
Facilitator: Marie-France Ganansia  
Phone: 480-686-8001  
Email: mfganansia@gmail.com

### Paris

We will look at Paris through the ages, from the Antiquity to today, we will visit Paris monuments and Green spaces.

Limit: 50  
Location: Dobson  
Date: Monday, Feb 8, 22, 29  
Time: 2 - 3:30 pm  
Sessions: 3  
Facilitator: Marie-France Ganansia  
Phone: 480-686-8001  
Email: mfganansia@gmail.com

### Bicycling Flanders Fields

Presenters: Paul Talmage and Stuart Somach

A friend (Stuart Somach) and I bicycled 200 miles in Flanders Fields (Belgium) over seven days in September. We got wet and winded and had experiences that only seasoned novices end up having. We were seasoned in terms of age (late 60s) rather than time-on-the-seats. Our main interests were the WWI battlefields. Flanders, in the western half of Belgium, was memorialized in the famous WWI poem, "Flanders Fields." The city of Ypers, central to Flanders and strategically located, suffered the heaviest and most concentrated fighting of that bloody war.

We also visited (by guided-tour van) the battlefield at Waterloo, south of Brussels, where Napoleon finally "met his Waterloo" 200 years ago. That battlefield is beautifully and smartly memorialized and worth a trip to Belgium by itself. The battle decisively and dramatically ended Napoleon's quest to conquer all of Europe, and ended all chances that our own native language in America would switch to French.

Here's the presentation: mostly power-point pictures and talking about the biking journey and some on Waterloo; anecdotes about mishaps and getting lost; how the landmarks are set to keep us on the very safe, mostly bikes-only or lightly trafficked, paved pathways; how the self-guided tour company got our luggage from hotel to hotel; how a GPS app replaced our usage of the map and directions provided to us; meal options; and slight sorenesses. Plus, a description of how two moderately fit old guys trained for the journey and why we want to do more of it.

I think members would enjoy our trip stories and perhaps be encouraged to pick up the sport of vacation biking themselves.

Limit: 100  
Location: Dobson  
Date: Thursday, Apr 7  
Time: 2 - 3:30 pm  
Sessions: 1  
Facilitator: Paul Talmage  
Phone: 480-636-0870  
Email: talmage@danaproperty.com
Performing Arts

Theatre

Performing Arts Center: Southeast corner of Dobson/Southern campus at Longmore and Highway 60.
MCC Theater: South part of the main campus at Dobson & Southern

Attend the 2:00 pm matinees of Mesa Community College Theatre performances at students’ price of $8.00 for each performance. Tickets can be paid for with exact amount of cash or check and picked up at Open House in January. Tickets can be ordered before Open House by calling the box office at 461-7172 weekdays between 12:00 & 5:00 pm to order tickets, using your credit card, and then pick up the tickets at Open House. Mention that you are a New Frontiers member. You can choose 1, 2 or all 3 of the performances.

Facilitator: Caroline Cline 480-964-7128 ccline4@mindspring.com

“Three Sisters” by Russian author & playwright, Anton Chekhov.

Olga, the oldest, is a teacher and ends up being the head mistress and does not want to be. Masha, the middle sister, is talented as a concert pianist whose marriage turns to emptiness. Irina, the youngest, dreams of going to Moscow to find her true love. Andrei, the only boy, is idolized by his sisters. He marries Natasha, who becomes very cruel and takes over the household.

Location: MCC theater at south end of the campus (former Outback Theatre)
Dates: Saturday, Mar 5 & 12
Time: Matinees at 2:00 pm on Mar. 5th & 12th.
     Evening performances at 7:30pm on Mar. 4, 5, 10 & 11

“Legally Blonde, the Musical”

When a blonde sorority queen is dumped by her boy friend, she decides to follow him to law school to get him back. Once she gets there she learns she has more legal savvy than she ever imagined.

Location: Performing Arts Center, Longmore & US 60, Southeast corner of MCC campus
Dates: Saturday, Apr 16 (Matinee). Evening performances on Apr 8, 9, 14, 15, 16.
Time: 2 pm on Apr 16
    7:30 pm on Apr 8, 9, 14, 15, 16

“Picnic” by William Inge

Emotions are ignited amongst the complacent townsfolk when a handsome drifter arrives in a small Kansas community on the morning of the Labor Day Picnic.

Location: MCC theatre at south end of the campus (former Outback Theatre)
Dates: Saturday, Apr 23 (Matinee). Evening performances will be on Apr. 22, 23, 28, & 29.
Time: 2 pm on Apr 23
    7:30 pm on Apr 22, 23, 28, 29.

The Drama Department at MCC encourages us to look on their website, www.mesacc.edu/dept/d55/thp, and choose other performances to attend. Tickets will be student prices if you tell them you are a New Frontiers member and use your MCC Student ID number that all members should have.

The Box Office at 480-461-7172 is open Monday through Friday from 12:00 noon to 5:00 PM for ordering tickets.
American Film Theatre Series
Ely Landau’s productions of great plays set to film continues.

This Spring coverage will be:

1. **Eugene O’Neill’s ‘The Iceman Cometh’**. A barroom drama/comedy set in a Skid Row dive in 1912, this presentation is considered the masterpiece of the Film Theatre Series. Featured are brilliant performances by Lee Marvin and Robert Ryan as you’ve never seen them before, backed up by a fine cast, including Frederic March and a very young Jeff Bridges. Each of them have great chances to show their talent, and they deliver. It’s a long play--four hours--so it will be presented on back-to-back nights.

2. **’Luther’, by John Osbourne.** Stacy Keach, as German cleric Martin Luther, breathes life and intimacy into one of the most interesting men, as well as one of the most famous social revolutionaries and theological firebrands in world history.

3. **Butley, by Simon Gray**, directed by Harold Pinter, with an Oscar-quality performance by Alan Bates in the title role. Butley is a trainwreck of an English Lit prof at a London University, who has a very bad day--his lover leaves him, his estranged wife is re-marrying, and an untalented colleague beats him to publication. He falls back on his sharp wit and savage eloquence to survive. An excellent supporting cast, headed by Jessica Tandy.

Limit: 35

Location: Leisure World, 908 S. Power Road, Mesa. The entrance is a few hundred feet N. of Southern on the west side. At the guard shack tell the guard you are here from NFLL or for the film theatre and he will guide you. It’s easy.

Dates: Monday and Tuesday, Feb 1-2, Tuesday, Mar 1 and Apr 5
Time: 7 - 9 pm
Sessions: 4
Facilitator: Con Downey 480-641-2975 condowney4@aol.com

Online registration preferred, or contact the facilitator.

<table>
<thead>
<tr>
<th>Movie Time</th>
<th>Makin’ Movies: How It Really Works</th>
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<tbody>
<tr>
<td><strong>The Stork Club</strong> Betty Hutton, Don DeFore</td>
<td>Guest presenter: Katherine Herbert</td>
</tr>
<tr>
<td><strong>Sorrowful Jones</strong> Bob Hope, Lucille Ball</td>
<td>Getting an idea from screenplay form to a successful motion picture playing at a theater near you requires perseverance, dozens of approvals, luck, and reliance on many artists, craftspeople, financiers and actors. For a fascinating look at how it all really happens, how each step works, how all the elements come together, (complete with visuals and film clips) you won’t want to miss this class.</td>
</tr>
<tr>
<td><strong>Treasure of Fear</strong> (AKA Scared Stiff) Jack Haley, Ann Savage</td>
<td>Limit: 25 Location: DTC</td>
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<tr>
<td><strong>Li’l Abner</strong> Granville Owen, Buster Keaton</td>
<td>Date: Thursday, Mar 10</td>
</tr>
<tr>
<td><strong>The Strange Love of Martha Ivers</strong> Barbara Stanwych, Kirk Douglas</td>
<td>Time: 1:30 - 3 pm</td>
</tr>
<tr>
<td><strong>Nothing But the Truth</strong> Bob Hope, Paulette Goddard</td>
<td>Sessions: 1</td>
</tr>
</tbody>
</table>

Limit: 25 Location: DTC TBA

Dates: Monday, Feb 8,22,29, Mar 7
Time: 1:30 - 4 pm Sessions: 6
Facilitators: Margo Heaps 480 491-4641 mgheaps@juno.com
Charley Kreiling 480 807-4523 skreiling@cox.net

Limit: 25 Location: DTC

Dates: Monday, Feb 8,22,29, Mar 7
Time: 1:30 - 4 pm Sessions: 6
Facilitators: Margo Heaps 480 491-4641 mgheaps@juno.com
Charley Kreiling 480 807-4523 skreiling@cox.net
Open Studio

Open Studio is simply that. We gather with our painting and/or drawing materials and spend time working and visiting. We have no real instruction, but we learn from observing each other as we work on current projects. If you enjoy painting or just want to try picking it up again, join us and take advantage of having a studio available for a few hours a week.

Limit: 15
Location: Dobson
Dates: Wednesday, Feb 10-May 4 (NOT Mar 16)
Time: 3:30-5:30
Sessions: 12
Facilitator: Karen Wartick 480-215-6980 Kwartic42@gmail.com

Sign Language

Presenter Lynn Bakken

I will direct the class to the students backgrounds from the beginner with simple conversation to the people wanting to expand vocabulary.

Limit: 20
Location: Red Mtn
Dates: Tuesday, Feb 2 - Apr 12 (NOT Mar 15)
Time: 1 - 2:30 pm
Sessions: 10
Facilitator: Dora Reyes 480-370-2676 Dora.reyes53@yahoo.com

Beginning Piano

This group piano class is open to beginning student (or any previous year’s student who may want to review). Class begins with the basics and progresses with students soon learning to play many familiar tunes. Some music theory is included, so student will know why and how music is written. A piano, organ or keyboards is needed at home for practicing. John Thompson’s Adult Piano Course: Book One may be purchased at the first class. ($7.00) Please Note: No new students after the first class.

Limit: 13
Location: Dobson Music Bldg Rm13
Dates: Friday, Feb 12, 19, 26; Mar 11; Apr 1
Time: 1 - 2 pm
Sessions: 5
Facilitator: Shili Millhollon 480-839-5214 Smill18@cox.net

Continuing Piano

This is open to last semester’s NFLL Beginning Piano students or students with previous beginning or intermediate piano experience. Duet opportunities will be included. Group and individual instruction are given with each person having a keyboard and earphones. The instruction books include John Thompson’s Adult Piano Course: Book One (last half), Book Two, and/or Book Three, depending upon the student’s level of experience.

Limit: 13
Location: Dobson Music Bldg Rm 13
Dates: Friday, Feb 12, 19, 26; Mar 11; Apr 1
Time: 2 - 3:30
Sessions: 5
Facilitator: Shili Millhollon 480-839-5214 Smill18@cox.net

Windows 10 Tutorial

This class will explore the many features of Microsoft Windows 10. The study approach will be to use some of the information in the several Windows 10 tutorials available on line. We will cover getting started with Windows 10, how to sign in, accounts emails, calendar, Cortana and search, Microsoft Edge, games and more.

Limit: 30
Location: DTC
Date: Thursday, Feb 11
Time: 9:30 -11:30 am
Sessions: 1
Facilitator: Archie Millhollon amillho@cox.net 480-839-5214

NFLL Spring 2016 Visit our web site at newfrontiers.mesacc.edu
FUN STUFF

The Everyday Gourmet
Rediscovering the Lost Art of Cooking.

Your grandmother did wonderful things with a pinch of this and a dollop of that. Well, guess what. You're not your grandmother. Chances are, you would do well to ground yourself in the basics, focusing on techniques more than recipes, but in the process learn fresh tactics that will teach you to play with your palate. Understanding, not rote. is the recipe for success.

The course is presented on DVD by Bill Briwa, Chef-instructor of the Culinary Institute of America. Bill has worked over 30 years in the hospitality industry, and is a certified executive chef and certified hospitality educator. His writing has been featured in Fine Cooking, Mise en Place, and Sunset, as well as various trade publications.

Limit: 35

Location: Leisure World: 908 S. Power Rd., Mesa. The entrance is a few hundred feet N. of Southern on the west side. At the guard shack tell him you are here from NFLL or for the science course and he will direct you. It's easy.

Dates: Friday, Feb 5 - Apr 22
Time: 10:00-12:00 am    Sessions: 12
Facilitator: Con Downey  480-641-2975  condowney4@aol.com

Online registration preferred or contact the facilitator.

WHATIZIT?!!
Guest presenter: Jay Mark

WHATIZIT?!!! is a fun, interactive presentation in which attendees test their antiques I.Q. WHATIZIT?!!! Is a cursed cunning curator’s cabinet of quizzical curiosities. Participants try to identify odd and eclectic antique items that prove to be a delightfully devilish, desultory diversion of detection & discovery.

Limit: 35    Location: DTC

Date: Thursday, Mar 10
Time: 1:30 - 4 pm    Sessions: 1
Facilitator: Barbara Thelander  480-890-8386  bthelander@cox.net

Games, Games & More Games

Cards? Board Games? Word Games? Dominoes? Do you enjoy playing games? If you do, come join us in a relaxing and fun filled class where you will not only play your favorite game, but will have a chance to get to know New Frontier’s members in a social atmosphere filled with laughter and playful competition!

Limit: 30    Location: Resurrection Church, Room #3

Dates: Tuesday, Feb 9 - Apr 5
Time: 9:30 - 11 am    Sessions: 9
Facilitator: Richard & Sissy Riley  480-892-3542  riley18@cox.net
The following classes are not New Frontiers classes but are sponsored by the Mesa Active Adult Center (an NFLL partner site) located at 247 N. Macdonald in Mesa. NOTE: There is a cost for some classes.

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

**MONDAY**

- **Low Impact Aerobics**
  Come join the fit and friendly folks who exercise at Mesa Active Adult Center (MAAC) on Monday through Thursday from 8:05 to 9:05 am. This very beneficial class has something to offer to anyone wishing to maintain an active lifestyle.

  **Location:** Mesa Active Adult Center  **Date:** Monday-Thursday  **Time:** 8:05  **Cost:** $2.00/week

- **Mild Exercise**
  An hour of exercise that will enhance your range of motion through gentle movement. This mild exercise class will help reduce stiffness through light stretching and aerobic activity. Class incorporates both seated and standing exercises.

  **Location:** Mesa Active Adult Center  **Date:** Monday, Wednesday and Friday  **Time:** Monday & Wednesday 9:30 – 10:30, Friday 8:30 – 9:30  **Cost:** Free to age 60+

- **TAI CHI**
  Tai Chi is one of the martial arts. This old art form depends upon unique movement and internal strength. It has been found to promote health and relieves stress. You will love working with our instructor, Chiyoko Starkel. Just be careful, doing Tai Chi will turn you to real fanatic!

  **Date:** Every Monday and Thursday  **Time:** 10:00 – 11:00 am  **Cost:** $32.00 per month for Monday & Thursday, paid monthly in advance.  **Cost:** $20.00 per month for one day per week (either Monday or Thursday), paid monthly in advance.  **Instructor:** Chiyoko Starkel

- **Writers Guild**
  Join our wonderful group of poets and story tellers. Write and create in an accepting, nurturing and inspiring environment.

  **Location:** Mesa Active Adult Center  **Date:** Every Monday  **Time:** 10:30  **Cost:** FREE
Classes Sponsored by the MAAC

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

- **Open Poetry & Prose Readings**

You are invited to read one of your stories or perhaps a favorite poem for others to enjoy. Each person is limited to 5 minutes. The readings are held every 2nd Monday of each month. Open mike begins at 10:00 am. We look forward to hearing you there!

  - **Location:** Mesa Active Adult Center
  - **Date:** 2nd Monday of the month
  - **Time:** 10:00 – 10:30
  - **Cost:** FREE

**TUESDAY**

- **Hand Building Ceramics & Basic Art**

Artist, Jorge Ramos, will be showing and helping us to take clay and by using our hands turn it into a unique work of art. These will be creative clay projects which will explore form and surface and help you find your own talent. All these works are air dried, no firing needed. Come join Jorge for a wonderful relaxing creative venture! This class will meet twice a week. Jorge Ramos will also instruct basic art and Drawing during this same time slot.

  - **Location:** Mesa Active Adult Center
  - **Date:** Month-to-month
  - **Time:** 10:00 – 11:30
  - **Cost:** $45 per month for Ceramics all New Frontier and MAAC participants
  - **Cost:** $60 per month for Basic Art all New Frontier and MAAC participants

- **Line Dance with Gramma Jones**

Moving your feet and shaking your booty is great fun and a wonderful exercise. Imagine the next time you go somewhere and they start playing music you can jump up and show your stuff! You will certainly be the life of the party. Come join us – no partner needed.

  - **Location:** Mesa Active Adult Center
  - **Date:** Every Tuesday
  - **Time:** 9:30
  - **Cost:** $3.50 for all New Frontiers and MAAC participants

- **Shawls of Love**

Everyone is invited to join our fun group in order to knit or crochet shawls for hospice patients and children in the hospital. Marilyn Taylor & Diane Brandt, our moderators, will teach you how to either knit or crochet. No experience needed, just the desire to make someone happy. Men are welcome.

  - **Location:** MAAC
  - **Date:** Every Tuesday
  - **Time:** 9:00
Classes Sponsored by the MAAC

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

• **Bosoms for Babes**

Help us knit or crochet “falsies” for cancer patients who have had mastectomies. This is a way for those patients to feel better wearing clothes without the cumbersome prosthesis. We work with the Susan G. Koman organization. No experience needed, we have instructors who would love to teach you how to make the bosoms. The Center donates these items to whoever needs them. There is no charge. All the yarn has been donated by individuals from the community. Please join us and get a “lift” from life!

  **Location:** Mesa Active Adult Center  
  **Date:** Every Tuesday  
  **Time:** 9:00

• **Yoga**

  **Location:** Mesa Active Adult Center  
  **Time:** 9:00 AM  
  **Cost:** $3.00/Week

  This cost is for all participants & New Frontiers members

• **Meditation**

The intention of this meditation is to create the space you will return to in future sessions. This is a great first step. The space you create/visit in this meditation is yours and available to you at any time - return to this scene for prayer, meditation, or contemplation. Even 5 minutes of stillness can return you to this safe, restful place...a great way to detach and de-stress. Sally Worthington, our instructor, will lead you on this quest.

  **Location:** Mesa Active Adult Center  
  **Time:** 10:00  
  **Cost:** Free

  This cost is for all participants & New Frontiers members

**WEDNESDAY**

• **Stockings for the Homeless Children**

Please join us in coloring homemade stockings for homeless children throughout the valley. Our group meets every 2nd Wednesday of the month. It is so much fun and such a wonderful project. There are over 35,000 homeless children in the valley. This stocking is the only present some of them will get from Santa. Each stocking is filled with donations of personal hygiene items, cereal bars (in case they cannot get a meal they will be able to eat these) socks, a beanie baby and other small items. We need your help to have stockings for as many children as possible.

  **Date:** 2nd Wednesday of each month  
  **Time:** 10:00  
  **Cost:** FREE
Classes Sponsored by the MAAC

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

- **Open Art Studio**
  You are cordially invited to join our group of wild crazy artists! Bring whatever medium you are working with, be it oils, watercolor, pencils, acrylics – be in a creative, non threaten environment and just enjoy! The Mesa Art League artists join us and while working on a project create fun. Join us – you’ll love it!

  **Location:** Mesa Active Adult Center  **Time:** 9:30  **Date:** Every Wednesday
  **Cost:** Free

- **Healthy Pursuits**
  Each week healthy living issues are presented and discussed. Various presenters come to the center to share their knowledge and pass on information to help active adults stay vital and healthy.

  **Location:** Mesa Active Adult Center (MAAC)  **Presenter:** Various
  **Dates:** Every Wednesday  **Time:** 10:00 am  **Cost:** FREE

**THURSDAY**

- **Healing Through Art**
  It is believed that art can be a powerful tool during any healing process. The Arizona Art Alliance is inviting veterans from the area to join this program. Visible and invisible wounds can keep veterans from leading normal lives. Art is one way to aid in the overall wellness of veterans. All veterans are encouraged to join the class where new artistic techniques will provide a healthy way to express feelings and reengage with the community. This class will run for one year.

  **Location:** Mesa Active Adult Center  **Time:** 9:00 – 1:30
  **Date:** Every 2nd Thursday  **Cost:** Free

- **Spanish for Beginners and Advanced**
  This class will cover common phrases for everyday life, speaking and writing phases, grammar and phonetics, expanding your vocabulary and the tools to make this a successful experience. This will be a very light and entertaining journey into the Spanish you have wanted to speak and understand. The class will be a full 10 weeks.

  **Location:** Mesa Active Adult Center
  **Beginners**  **Time:** 10:00 – 12:00  **Dates:** Thursday - Jan 7—Mar 17
  **Advanced**  **Time:** 1:00 – 3:00  **Dates:** Thursday - Jan 7—Mar 17
  **Instructors:** Chuck Smith & Sonia Delihaney
  **Cost:** $75 for all students – New Frontiers and MAAC
Friday

- **FRIDAY MORNING WRITERS**

This is an extension of the Monday Writer’s Guild. There has been such an interest that another class was generated to accommodate all those interested in writing and telling stories.

  **Location:** Mesa Active Adult Center  
  **Time:** 9:00  
  **Dates:** Every Friday  
  **Cost:** Free

- **Sing for Joy**

Please join us for a wonderful hour of singing songs we all remember and love! Bill McFadden, our leader, picks special theme songs each week. No experience needed, just the desire to have a good old fashion sing along!

  **Location:** Mesa Active Adult Center  
  **Dates:** Every Friday at 9:30

- **AARP SAFE DRIVING – “55 ALIVE”**

Mature Driving – A classroom refresher course for drivers 50 years of age and over.

  **Location:** Mesa Active Adult Center  
  **To Enroll:** Please call 480-962-5612  
  **First, Third and Fifth Friday of month**  
  **Cost:** $15.00 AARP Members  
  **$20.00 Non Members**
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Continuing Piano  26  Everyday Gourmet

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**New Frontiers Council**

**Officers**
- President: Marlin Fried
- V-Pres: Richard Riley
- Secretary: Sharen Kellogg
- Treasurer: Fred Searing
- Member-At-Large: Con Downey
- Member-At-Large: Helen Jones

**Standing Committees**
- Curriculum Co-Chair: Sharon Greer
- Membership Chair: Mary Adamick
- Communications Chair: Barbara Thelander
- Social Chair: Lois Schaffer
- Volunteer Chair: Bruce Reid
- Act. Past President: Pat DeBlake

**Co-Chair**
- Margo Heaps
- Mary Lindberg
- Peggy Randolph
- Peggy Schulz

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**For classes sponsored by the MAAC,**  see pages 28-32
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Important Dates to Remember:

- **Open House Spring 2016**: Friday, Jan 29 – 1:00-3:00
- **Pro Class Registration opens**: Tuesday, Feb 2 – 9:00
- **New Members Coffee**: Friday, Feb 12 – 9:30-11:00
- **President’s Day**: Monday, Feb 15
- **All Member’s Meeting**: Friday, Mar 4 – 1:00—3:30
- **Spring Break**: Mar 14—Mar 20
- **Memorial Day**: Mon, May 30
- **Out to Lunch Bunch**: Every 2nd Friday, except Dec. and Apr.
- **Fall Proposal Cut-off**: Fri, July 1 – Midnight

For classes sponsored by the MAAC, see pages 28-32

For classes sponsored by the MAAC, see pages 28-32
# WORKSHEET
Use to Plan Your Schedule

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MORE FUN AT THE MAAC & RMAAC

Love to Eat at the RMAAC
How about lunch at the RMAAC before or after class? Meals are prepared on site, and the food is delicious! Reservations are required at least one day in advance.

Suggested donation $3.50 for those 60 years young and over; and $6.00 for under 60.

Call (480) 218-2221 to make a reservation.

Dates: Monday - Friday
Time: 11:30 (Get there early!)

Love to Eat at the MAAC
Lunch at the Mesa Active Adult Center is a suggested donation of $3.50 for those 60 years young and over, and $6.00 for under 60.

Call (480) 962-5612 the day before to make a reservation.

Dates: Monday - Friday
Time: 11:30
(Get there early!)

New Frontiers Class Locations

Love to Eat at the MAAC

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New Frontiers Class Locations

Love to Eat at the RMAAC

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New Frontiers Class Locations

Love to Eat at the MAAC

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New Frontiers Class Locations