



**2022  
Summer  
Class Schedule**

**May 24, 2022**

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## 2022 Summer Classes by Day

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Thanks to everyone who helped to make our summer program a success.  
Your contribution is greatly appreciated.

## REGISTRATION

### **Online Classes**

Registration is not required for online classes.

Each Friday, all NFLL members will receive an email listing all the of online classes and links for the upcoming week.

### **In-Person Classes**

Registration will be required for all in-person classes.

To register for classes, you are required to contact the facilitator directly.

Classes which require registration directly with the facilitator are:

- Out to Lunch Social
- Monday Morning Conversation
- Thursday Early Morning Bike Ride
- Book Shelf
- Mysteries & Mayhem
- Summer Games 2022
- Hollywood Remakes of Broadway

## COVID-19

For the protection of you and your neighbors, face masks may be required indoors while you are at the venue of our host facility, MCC or the Aster Center.

## SOCIAL

### Out-to-Lunch Lunch

These are monthly Out-to-Lunch meetings which are organized on the 2nd Thursday of each month by our Social Committee.



Come and meet old friends and make new friends!

Interested individuals are required to directly contact the organizer of each event to make reservations to attend the event.

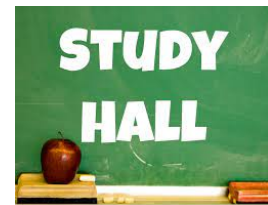
Location: Joe's Barbecue 301 S Gilbert, Gilbert  
Date: Thursday, June 9, 2022  
Time: 11:00 am.  
Session: 1  
Organizer: Monica Karels 480-835-9190 phxsunshine@cox.net

Registration: Contact organizer directly to make a reservation for this event

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### Afternoon Study Hall

Join your fellow NFLL members each week to discuss classes and other topics. This no-host activity will provide a time and place to come out in the summer heat and commiserate with other Valley residents. Bring a friend, or come alone and join in some conversation and laughs. Locations of meetings will be posted in the weekly email reminder.



June 7	XII West Brewing at 12 West Main, Mesa, AZ 85201
June 14	Pita Jungle at MESA - SOUTHERN & DOBSON -1850 W. Southern Ave. Mesa, AZ 85202
June 21	Devine Bistro - 2837 N. Power Rd, Mesa, AZ 85215 (Pwer & McDowell)
June 28	Beer Research Institute - 1641 S Stapley Dr, Mesa, AZ 85204
July 5	OHSO Brewery & Restaurant - 335 N. Gilbert Rd. Suite 102 Gilbert, AZ 85234
July 12	TBD
July 19	TBD
July 26	TBD
Aug. 2	TBD

Location: Off-site venue - TBD  
Dates: Tues, June 7-28, July 5-28, Aug 2, 2022  
Time: 4:00 - 5:30 p.m.  
Sessions: 9  
Facilitator: TBD

## NATURE

### Guyana's Wildlife

Join your host as she introduces the unique wildlife of Guyana. Learn about the giants in the wild: the giant anteater, the black caiman, the green anaconda and the giant river otter. Hear the scandalous story of Millie the macaw who represented Guyana at the 1967 Montreal Expo. Learn how to survive an anaconda attack. Root for your favorite team in a fight to the death between the giant river otter and the caiman. Come and be entertained by Guyana's wildlife!



Location: Online - WebEx  
Date: Tues, Aug. 2, 2022  
Time: 1:30-3:00 p.m.  
Session: 1  
Facilitator: Jennifer Wong      480-226-2079      nfljwong@outlook.com

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### Thursday Early Morning Bike Ride

Enjoy an early morning bike ride of 15 miles maximum. The rides are along the established paved canal paths in the Mesa/Gilbert/Tempe and east Phoenix area. A number of the bike routes repeat so I do my best to mix up the starting locations. I try to email a new starting location by Tuesday evening.



The summer mornings are still warm so I plan on meeting at 7:15 am and begin riding by 7:30 am. Following some of the rides, we might stop for a refreshment if a location is nearby.

My disclaimer: The route is relatively flat but there are hills going over/under roadways and other man-made features. I tend to follow the main paths and try not to deviate. There are many side access paths which at times can be confusing. If one decides to return to their car early, either wait for us to return or take your time and think about the route taken. I carry a cell phone when riding but it's not easily accessible nor do I always hear it.

Location: TBD  
Dates: Thurs, June 2-30, July 7-28 & Aug 4, 2022  
Time: 7:15-10:00 a.m.  
Sessions: 10  
Facilitator: Allan Zisner 480-282-1686 azisner@q.com

Please contact the facilitator if interested in participating on the rides or have questions.

## HISTORY

### 12 Women Who Shaped America: 1619 to 1920

This Great Course focuses on 12 influential women who defined the history of the United States. It covers the period from the nation's founding through 1920, when the 19th Amendment altered women's relationships with politics.



You'll learn about women who drove the American Revolution as tea boycotters, farmers, entrepreneurs, and even soldiers. Phillis Wheatley Peters penned popular lines to secure support for liberty and the rebellion. And, as the new nation formed, First Lady Martha Washington became its founding mother and established a model for women.

Location: Online - Zoom  
Dates: Tues, June 28, July 5, 12, 19, 28, Aug 2, 2022  
Time: 9:30-11:00 am  
Sessions: 6  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com



## 1066: The Year that Changed Everything

On October 14, 1066, on a ridge 10 miles northwest of the village of Hastings, William of Normandy defeated Harold Godwinson in a contest for the English throne.



In the centuries since, historians have debated the significance of this event, and current trends stress continuity between the periods before and after the battle. While it can be argued that, for many English people, life under King William went on much as it had before, it is also undoubtedly true that England as a nation had a different character and a different place in European affairs after the Norman Conquest.

This DVD Great Course will explore how events of many decades, not just in England and Normandy but in Scandinavia, France, Rome, and even Constantinople, affected the Norman Conquest. We will also examine the means William used to secure his new kingdom, sometimes violent, sometimes diplomatic and how the English people saw these events, both at the time and in the centuries since.

Location: Online - Zoom  
Dates: Tues, June 7- 21, 2022  
Time: 9:30-11:00 am  
Sessions: 3  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

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## America's Long Struggle against Slavery Part 2

"How do you slay a many-headed monster? How do you defeat an economic system deaf to the cries of conscience and morality? How do you destroy an entrenched special interest that profits from treating people like property?"

For three centuries, men and women committed to resisting the spread of slavery in British North America and the new United States grappled with these questions, searching for ways to save themselves and others from the dehumanizing consequences of commodification.



This course offers a rare chance to step into their shoes. As we examine the different tools and tactics, means, and methods that Americans, both black and white, have used to escape slavery or try to exterminate it, we will confront the grand problems that animated all those who fought to end slavery.

This is a 30-part DVD Great Course which will play the second half of the course. Each session is 30 minutes with 2 parts played each week.

Given the nature of the topic, content may not be suitable for minors due to graphic pictures and offensive language."

Location: Online - Zoom  
Dates: Mon, June 6-27, July 11-25 & Aug 1, 2022 (no session July 4)  
Time: 10:00-11:30 am  
Sessions: 8  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

## ARIZONA

### Sedona Sweat Lodge Deaths

On October 8, 2009, two people die and more than a dozen others are hospitalized following a botched sweat lodge ceremony at a retreat run by motivational speaker and author James Arthur Ray near Sedona, Arizona. A third participant in the ceremony died nine days later. Through a video and some facts about the case, we'll learn how this happened, who James Arthur Ray is, and why it's now again in the news.



Location: Online - Zoom  
Dates: Tues, July 12, 2022  
Time: 10:00-11:30 am  
Sessions: 1  
Facilitator: Cindy Schrantz 309-838-6935 cindyschrantz@gmail.com

## POLITICAL SCIENCE

### The Future of Capitalism



A follow-up to the Capitalism vs. Socialism series?

This is a Council of Foreign Relations Webinar from February 23, 2022. Dr. Roger W. Ferguson Jr. is the Steven A. Tananbaum Distinguished Fellow for International Economics at the Council on Foreign Relations.

He will be discussing why he still thinks capitalism is still the best economic system.

The lecture is about 55 minutes long and we will pause to discuss during and after it.

Location: Online - WebEx  
Dates: Thurs, June 23, 2022  
Time: 1:30-3:00 pm  
Sessions: 1  
Facilitator: Marlin Fried                      480-820-6126                      mfried5751@cox.net

## DISCUSSION

### Bookshelf

If you like to read, this is the perfect class for you. Members select which books are read each semester. Books can be found in local libraries, bookstores, personal libraries or online. Lively discussion of the author and book content occur at each session. Members are not required to read all books, or attend every class session.



June 22.	The Paris Library by Janet Skeslien Charles	Presented by Margo Heaps
July 27	Flight Behavior by Barbara Kingsolver	Presented by Diane Grogan
August 24	Sunflower Sisters by Martha Hall Kelly	Presented by Janice Overdorff

Location: Aster Center (formerly MAAC), 247 N. McDonald  
Dates: Wed, June 22, July 27 & August 24, 2022  
Time: 10:00 - 11:15 am  
Sessions: 3  
Facilitator: Diane Grogan                      480-290-5874                      grogandf@gmail.com

Registration: Contact facilitator directly to register for classes

## Mysteries & Mayhem Book Club

Do you enjoy reading Mysteries? Do you like to discuss the books after reading them? Do you want to expand your knowledge of Mystery writers? Then join our group, which meets three times this semester, to discuss books chosen by the group. Come to one session or all as your schedule allows.



June 8	The Searcher by Tana French	Presented by Annette Mickle
July 13	Open and Shut by David Rosenfelt	Presented by Mary Boehlen
Aug. 10	Billy Summers by Stephen King	Presented by Marilyn Click

Location: Aster Center (formerly MAAC), 247 N. McDonald

Dates: Wed, June 8, July 13 & Aug. 10, 2022

Time: 10:00-11:15 a.m.

Sessions: 3

Facilitator: Mary Boehlen                      480-699-6374                      [minpins48@gmail.com](mailto:minpins48@gmail.com)

Registration: Contact facilitator directly to register for classes

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## Monday Morning Conversation Via WebEx

Open discussion on any topic of interest. No set agenda.

On the 4th Monday of June, July and August, we will meet at a local coffee shop for an in-person discussion. One is not required to make a purchase at this meeting. Locations to be determined later.



Please contact the facilitator, Allan Zisner at [azisner@q.com](mailto:azisner@q.com), for the WebEx link..

Location: Online - WebEx

Dates: Mon, May 30, June 6-27, July 4-25 & Aug 1-29 , 2022

Time: 8:30-10:00 a.m.

Sessions: 14

Facilitator: Allan Zisner                      480-282-1686                      [azisner@q.com](mailto:azisner@q.com)

## Coffee with the Council

Join a member of the NFLL Council each week for morning for no-host coffee or tea. Members can find out about NFLL, catch up with old friends, and make new friends!



Location: MCC-Dobson's coffee shop, "Grounds for Thought" (outside library)  
Dates: Thurs, June 9-30, July 7-28, Aug. 4  
Time: 9:00 am  
Sessions: 9  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

## FINANCIAL

## Avoid Fraud, Scams and Abuse; Let's Avoid Those Together

Presenter: Nydia Montijo Soto

We all know they are out there: people who are hunting others, vulnerable individuals in order to take advantage of them. How do you safeguard yourself, your money, and those you love? Arm yourself with insider knowledge.



Whether you are an older adult or you have older adults in your life that you want to protect, this is a workshop that will ensure you don't fall prey to the common traps set out in both the digital and interpersonal world.

We will teach you what is out there, how to easily identify them, why they work, and how to avoid them. We will also give you resources for further education and protective services.

Location: Online - Zoom  
Dates: Friday June 24, 2022  
Time: 10:00-11:30 a.m.  
Sessions: 1  
Facilitator: Ruth Brooks 480-363-2794 rrbrooks93@gmail.com

## Understanding Reverse Mortgages

**Presenter: Scott Sandell**

Uncover the mystery behind the commonly misunderstood benefit. We will discover what is in it for you, the lender, and our government while exploring the various uses for it. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Location: Online - Zoom  
Dates: Wed, July 13, 2022  
Time: 11:00 am-1:00 pm  
Sessions: 1  
Facilitator: Sam Wong                      480-625-7694                      nowsam@yahoo.com

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## Creating Income in Retirement

**Presenter: Scott Sandell**

From dividend portfolios to annuities this class will dissect what it takes to create sustainable income and review all investments and techniques commonly used. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Location: Online - Zoom  
Dates: Wed, Aug. 3, 2022  
Time: 11:00 am-1:00 pm  
Sessions: 1  
Facilitator: Sam Wong                      480-625-7694                      nowsam@yahoo.com

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## Paying for Long Term Care

**Presenter: Scott Sandell**

This is an unbiased review of the primary resources to fund long term care including, but not limited to, Medicare/Medicaid, VA Aid & Attendance, life insurance, traditional LTC insurance, and annuities.



Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: Online - Zoom  
Dates: Wed, June 8, 2022  
Time: 11:00 am-1:00 pm  
Sessions: 1  
Facilitator: Sam Wong 480-625-7694 nowsam@yahoo.com

## SAFETY & SECURITY

### Travel Safety

**Presenter: Tiffany Lam Mendoza**

2022 may be the year we travel again or start making our plans! This presentation will review safety tips and suggestions for securing your home and property prior to leaving, measures to be taken while enroute and ways to reduce risks while sightseeing at your destination.



Location: Online - Zoom  
Dates: Tues, June 21, 2022  
Time: 10:00-11:00 am  
Sessions: 1  
Facilitator: Cindy Schrantz 309-838-6935 cindyschrantz@gmail.com

### Residential Security and Being Safe in Public

**Presenter: Tiffany Lam Mendoza**

Join us for an informative class on keeping you and your family safe at home and while out and about? Our weather is beautiful and while we enjoy being outdoors, we must continue to be diligent about keeping



ourselves and possessions safe. During this presentation, we will review safety practices at home and situational awareness techniques when out in public.

Location: Online - Zoom  
Dates: Tues, June 14, 2022  
Time: 10:00-11:00 am  
Sessions: 1  
Facilitator: Cindy Schrantz 309-838-6935 cindyschrantz@gmail.com

## HEALTH & WELLNESS

### **Are You Dementia-Friendly? Presenter: Nydia Montijo Soto**

The Dementia-Friendly America National Network will ensure that you are!

Is dementia a normal part of aging? Is it more than just a memory problem? Our workshop will include what dementia actually is, what the warning signs are, and how to create an environment that is friendly to those who have been diagnosed. If you want to be someone who can respond with respect and act in a way that is safe for both you and them, then this presentation is a must.



Location: Online  
Dates: Friday June 10, 2022  
Time: 10:00-11:30 a.m.  
Sessions: 1  
Facilitator: TBD

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### **Gravity: Don't Let It Win Presenter: Nydia Montijo Soto**

How to prevent falls and common, related injuries.

This thorough workshop teases out all of the shocking, little-known causes of falls and injury IN YOUR OWN HOME AND VEHICLE! We will





show you how health and self-care relate to preventing falls and bring safety concepts to life by virtually going room-by-room throughout a typical residence, identifying risk factors, and easy, practical fixes to making your home the safest it can be. We'll show you some life-saving safety tools and connect you to resources.

Location: Online  
Dates: Friday June 17, 2022  
Time: 10:00-11:30 a.m.  
Sessions: 1  
Facilitator: TBD

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## Should I Age in Place or Look for Other Options?

Presenter: Nydia Montijo Soto

Many of us are asking this question of ourselves and wondering how to get started. Whether we plan to stay in our current home, move in with an adult child, move to senior housing or look for Assisted Living, the process can be daunting. Attend this session and learn how to assess your needs, plan for those needs, look for options and shop for the right setting. Walk away with a plan on how you are going to proceed.



Location: Online  
Dates: Friday July 1, 2022  
Time: 10:00-11:30 a.m.  
Sessions: 1  
Facilitator: Ruth Brooks      480-363-2794      rrbrooks93@gmail.com

## FUN STUFF

### The Everyday Guide to Wines of California



This is a DVD Great Course.

The Everyday Guide to Wines of California is a ticket to a tour of world-class wines made in America. In just a little more than a century, the blink of an eye compared to France or Italy, California has become one of the most important and exciting winemaking regions in the world. In fact, if it were its own country, California would be the world's fourth-largest wine-producing nation. In the best American spirit, and unlike their traditional European counterparts, California winemakers are free to experiment with new blends of grapes and new technologies. In this

course, we'll taste wines from throughout California, including Chardonnay, Cabernet, Zinfandel, and Syrah, and in the final lecture, you'll get a chance to play winemaker and blend your own creation.

Location: Online - Zoom  
Dates: Tues, June 7 - June 21, 2022  
Time: 1:30- 3:00 pm  
Sessions: 3  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

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## The Everyday Guide to Spirits and Cocktails: Tastes and Traditions

This is a DVD Great Course on spirits with useful information for the home bartender and is designed to provide an overview of flavors and aromas and enhance your knowledge and confidence when you are ordering or serving spirits. The lectures suggest tastings, demonstrations, and cocktail recipes. Even those who don't drink alcohol can still participate by comparing the appearance and aromas of spirits. For those who wish a more hands-on experience, we invite you to sign up for and attend our "Study Hall" off-campus sessions.



Location: Online - Zoom  
Dates: Tues, June 28 - July 19, 2022  
Time: 1:30 - 3:00 pm  
Sessions: 4  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

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## Movies for Summer Escapes

Join us weekly during the hot Arizona Summer to stay cool and enjoy both new and old movies in the comfort of your home. So check out some new snacks, fix your favorite beverage, and stay cool with NFL. The list of movies will be sent out by email prior to each session. Most movies will be 90 to 150 minutes.



Location: Online - Zoom  
Dates: Wed, June 8 - Aug 3, 2022  
Time: 2:00 - 4:30 pm  
Sessions: 9  
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

## Summer Games 2022

Join fellow NFLL members in a variety of board games. We play all your favorites: Mexican Train dominoes, word games, Five Crown, Sequence, Quiddler, Rummikub, Skip Bo, and more. Our group is friendly and welcomes new players. All 'players' help in clean-up and putting games away.



Location: Aster Center Downtown (formerly MAAC), 247 N. McDonald  
Dates: Tues, June 7-28, July 5-26, & Aug. 2, 2022  
Time: 9:30 - 11:00 am  
Sessions: 9  
Facilitator: Anne Stehr                      480-964-9007                      SADetc13@gmail.com

Registration: Contact facilitator directly to register for classes

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## Hollywood Remakes of Broadway

This summer we will be looking at the movie renditions of two Broadway musicals. Both musicals will address Biblical and New Testament stories. Come and enjoy a new look at some great stories.



July 7                      Joseph and the Amazing Technicolor Dreamcoat  
July 21                      Godspell

Location: Dobson  
Dates: Thurs, July 7 and July 21, 2022  
Time: 1:00- 3:30 pm  
Sessions: 2  
Class Limit: 20  
Facilitator: Margo Heaps                      480-466-4033                      nflmargo@juno.com

Registration: Contact facilitator directly to register for classes

Note: Please **check with the facilitator for classroom number** at Dobson campus.