



Fall 2024 Schedule

New Frontiers for Lifelong Learning

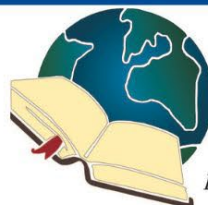
newfrontiers.mesacc.edu



Version 5 9-3-24



**MESA
COMMUNITY COLLEGE**
A MARICOPA COMMUNITY COLLEGE



NEW FRONTIERS
FOR LIFELONG LEARNING

Expand your world

A PROGRAM OF MESA COMMUNITY COLLEGE

Notes on My Schedule:

New Frontiers for Lifelong Learning (NFLL) is a Mesa Community College (MCC) non-credit, community education program designed by and for our active senior community. NFLL members serve as MCC ambassadors to our growing community of active adult learners: providing peer-led classes (in person and online), social events, volunteer opportunities, and physical activities like hiking, biking, and walking groups. Learn more about NFLL at newfrontiers.mesacc.edu or calling 480-461-7497. **The fee to join NFLL is \$80** covering activities in the academic year from September 1 through August 31. No partial fee is available. For this fee members may attend as many in person and online classes or social events as they wish. Some classes may have fees for supplies, and social events which are pay-your-way.

Returning Member Fee Payment	New Member Enrollment
<ol style="list-style-type: none"> 1. Step One: Returning New Frontier Members <ol style="list-style-type: none"> a. Update your Member account. b. Go to newfrontiers.mesacc.edu. Click on the Members Acct tab at the top of the page. c. Login, <i>DO NOT</i> create a new account. 2. Step Two: Pay the \$80 Annual Enrollment Fee <ol style="list-style-type: none"> a. Click here NFLL Enrollment Form link. Once submitted, you will be notified by the MCC Community Partnerships/New Frontiers office for confirmation and instructions on enrollment fee payment. b. In 2 to 3 business days, you will receive an email with instructions on how to contact the MCC cashier and pay the New Frontiers Annual Enrollment fee of \$80. When enrolling, you will enroll in the following section/class: 14394 SENIORS 100-10200. c. Once you have paid your fee, you can register for classes beginning on September 10, 2024. Following the Online Class Registration instructions below. 	<ol style="list-style-type: none"> 1. Step One: NFLL members must enroll in MCC as a non-credit student before registering for New Frontiers classes. The enrollment process may take 2-5 days, so it is important to complete this process before class registration opens. To enroll the first time <ol style="list-style-type: none"> a. To begin, go to newfrontiers.mesacc.edu. Click on the Members Acct tab at the top of the page. b. Select "New User? Start Here." Complete the form according to the online instructions and select Submit. Enter your name as you would like it to on your name tag. 2. Step Two: Pay the \$80 Annual Enrollment Fee <ol style="list-style-type: none"> a. Go to newfrontiers.mesacc.edu/membership.html. b. Click here NFLL Enrollment Form link. Once submitted, you will be notified by the MCC Community Partnerships/New Frontiers office for confirmation and instructions on payment of enrollment fee. c. In 2 to 3 business days, you will receive an email with instructions on how to contact the MCC cashier and pay the New Frontiers Annual Enrollment fee of \$80. When enrolling, you will enroll in the following section/class: 14394 SENIORS100-10200. d. Once you have paid your fee, you can register for classes beginning on September 10, 2024. Follow the Online Class Registration instructions below.

Class Registration starts Tuesday September 10, 2024 at 12:01 am
Classes start September 16, 2024. Check online schedule for locations

To register for classes:

1. Go to www.newfrontiers.mesacc.edu, click on *Member Account* at the right side of the menu bar
2. Select your classes by Title. Classes appear in alphabetical order by title.
3. **When finish selecting classes, scroll to bottom of page and hit 'Submit' to complete registration.**
4. You will receive a confirmation email for each class you have registered for.

Fall 2024 General Information

Fall Preview – Open House

Friday September 6, 2024 1:00 – 2:30 pm

MCC Red Mountain Campus

McKellips and Power Road, Mesa, AZ

Mesquite Building 2nd floor Community Room

New Member Coffee

Friday September 20, 2024 10 – 11:30 am

MCC Red Mountain Campus

McKellips and Power Road, Mesa, AZ

Saguaro Building Atrium Lobby

Social Committee Events

Check out what our Social Committee has in store for you! They work tirelessly to bring us interesting and informative tours and events. Information on Social events can be found on the New Frontiers website under Happenings/Social. Go to <https://newfrontiers.mesacc.edu/social.html>.



Out-to-Lunch

Come join us for a monthly lunch gathering to bring members together. Normally held on the second Thursday of the Month. Reservations required, separate checks are requested. See webpage for details..

Study Hall – AKA Happy Hour

Join fellow NFLL members for an early dinner and beverage of your choice once a month, normally on the last Tuesday of the month. Social Committee members pick a different spot every month so check the website for the spot to be. No reservations needed. Separate checks requested. **Watch your email and the webpage for details.**

Special Events

Social Committee members plan special events throughout the year such as the Holiday Party and Spring Picnic for members. Members are always welcomed to give helping hands to make these events successful. **Watch your email and the webpage for details.**

Field Trips/ Tours

The Social Committee members can find the best places to explore around the Valley of the Sun! This includes museums, local sites of significance and much more. Members provide their own transportation and admission fees. Carpooling from a central site is facilitated if needed. Reservations normally required. **Watch your email and the webpage for details.**

The Maricopa County Community College District (MCCCD) is an EEO/AA institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District. The MCCCD does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit <http://www.maricopa.edu/non-discrimination>.

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FALL PREVIEW OPEN HOUSE

Friday Sept 6, 2024

1:00 - 2:30 pm

MCC Red Mountain Campus,
Mesquite Building Room 200



Cashier will be open to pay your Annual Fee! Still \$80!

Come Meet and Mingle, Find Fall Classes, Bring a Friend to Join!

ARM CHAIR TRAVELING

Wonders of the National Park: A Geology of North America

Fridays Sept 13, 20, 27, Oct. 4, 11, 18.

1:30 - 3:30 pm

Online

<https://us02web.zoom.us/j/84393448604?pwd=THE0bitSeXYyNTRHVWt1U0ZlQ0daQT09>

Meeting ID: 843 9344 8604 Passcode: 627317

Presenter: Ford Cochran

Facilitator: Suzanne Brown

In this comprehensive Great Course, you'll visit and learn about every designated national park in the United States. You'll also explore national monuments, national seashores and lakeshores, national rivers, national marine sanctuaries, national historical trails, state parks, Canadian and Mexican parks, and even the remote, icebound island of Greenland—a breakaway slice of the North American continent.

World Heritage Sites: The World's Great Places

Mondays, Sept 16, 23, 30, Oct 7, 14, 21.

3:30 - 5:30 pm

Online

<https://us02web.zoom.us/j/82341147600?pwd=2OrVJT3cBgCMTXYWxwjlhukfhbslZL.1>

Meeting ID: 823 4114 7600 Passcode: 143508

Presenter: Justin M. Jacobs

Facilitator: Suzanne Brown

UNESCO World Heritage Sites comprise a breathtaking panorama of our world's greatest treasures, both natural and man-made, now encompassing sites in 167 countries. To be familiar with even a sampling of these sites is to appreciate and understand the masterworks of human endeavor down through history, as well as our world's most extraordinary natural wonders. Join with fellow lifelong learners to see 12 of these sites this term and a second set of 12 in the Spring Term. This is a Great Course presentation.

World Heritage Sites: The World's Great Places

Wednesdays, Sept 18, 25, Oct 2, 9, 16, 23.

3:00 - 5:00 pm

MCC Red Mountain PV 205

Presenter: Justin M. Jacobs

Facilitator: Suzanne Brown

UNESCO World Heritage Sites comprise a breathtaking panorama of our world's greatest treasures, both natural and man-made, now encompassing sites in 167 countries. To be familiar with even a sampling of these sites is to appreciate and understand the masterworks of human endeavor down through history, as well as our world's most extraordinary natural wonders. Join with fellow lifelong learners to see 12 of these sites this term and a second set of 12 in the Spring Term. This is a Great Course presentation.

China: The Silk Road - Xi'an

Wednesday, Oct. 16; 12:30-2:00 pm

Online

<https://mesacc-edu.zoom.us/j/92630797773?pwd=Y3dRK1VVSUUVVpzb3hLcWlPQi9PUT09>

Meeting ID 926 3079 7773 Passcode: 807678

Presenter & Facilitator: Jennifer Wong

Join your host on a trip along the Silk Road. In this segment, we will explore Xi'an, the beginning of the Silk Road. We will visit the City Wall, the historical Wild Goose Pagodas, Famen Temple Pagoda, the Terra Cotta Warriors, the Hua Qing Hot Springs as well as Mt. Huashan, one of the five most famous mountains in China, which is known as being the most dangerous mountain to climb.

<p>A History of India Mondays, Oct 28, Nov 4, 11, 18 , Dec. 2 No class Nov 25 . 3:30 - 5:30 pm Online https://us02web.zoom.us/j/89479949711?pwd=rAtNfhZFo6XONF5nFz3JlZxOXymb0p.1 Meeting ID: 894 7994 9711 Passcode: 378109 Presenter: Michael H. Fisher PhD, Facilitator: Suzanne Brown</p> <p>Over the past 5,000 years, the cultures and people of the Indian subcontinent have developed in fascinating and complex ways. Today, India, Pakistan, and Bangladesh comprise one of the most dynamic and increasingly significant parts of humanity. South Asians currently total 20 percent of the world's population. Join us for this 36-session Great Course, presented over this Fall, Spring, and Summer Terms.</p>	<p>From Geisha to Gaijin - Kimono As A Fashion Forward Icon Thursday, Oct 24, 1:30 - 3:30 pm MCC Dobson BP4 Presenter: Susan B. Castner, Owner/Curator of KinuMono. Current Curator/Trustee for Norma Canelas Roth Fine Arts Facilitator:</p> <p>While word kimono literally means "a thing to put on or wear," nothing speaks to the cultural heritage of Japan more than the iconic kimono. To the western world, the sumptuous, flowing silk robes look exotic and opulent. To those of us who have worn them, we realize how restrictive and dictatorial the rules of wearing a kimono truly are. My hope is that the audience will leave knowing that a kimono is NOT just a thing to wear but that each one is a one-of-a-kind wearable work of art that is also a time capsule of all things Japanese.</p>
<p>A Brief History of Spain and Highlights of an Andalusian River Cruise. Wed, Oct 30, 1:30 - 3:30 pm MCC Dobson BP4 Presenters: Greg Master and Marie-France Ganansia</p> <p>This class will include a brief history of Spain from antiquity to modern times. Over the millennia, Spain has experienced many radical cultural and political changes. Those changes and the effect they have had in shaping the modern world will be discussed. We will then present highlights of our summer cruise tour on the Guadalquivir River. The tour included time in Seville, Cordoba, Granada and Cadix. Historic sites visited included the Seville Alcazar the Mosque and Cathedral in Cordoba, and the Alhambra in Granada.</p>	<p>A History of India Wednesdays, Oct 30, Nov 6, 13, Dec. 2 No class Nov 20, or 27. 3:00 - 5:00 pm MCC Red MountainV 205, 11/20 - PV 207 Presenter: Michael H. Fisher PhD, Facilitator: Suzanne Brown</p> <p>Over the past 5,000 years, the cultures and people of the Indian subcontinent have developed in fascinating and complex ways. Today, India, Pakistan, and Bangladesh comprise one of the most dynamic and increasingly significant parts of humanity. South Asians currently total 20 percent of the world's population. Join us for this 36-session Great Course, presented over this Fall, Spring, and Summer Terms.</p>

Before the Talk

This series of classes is designed to inform us on those things that can keep us in our homes and living independently as long as possible, and when the time comes that our family and friends must have 'The Talk' with us about assistance in living, we are as informed as possible on our choices.

Introduction to Estate Planning

Wednesday September 25, 1:00 - 2:30 pm

MCC Red Mountain V 205

Presenter: Heather L. Parker, Attorney at Law;

Member of the Arizona State Bar

Facilitator:

Come and learn the basics of Estate Planning - what is a will, a trust, powers of attorney, and why health care directives are important for anyone over the age of 18.

Ethical Dilemmas at End of Life: Case-Based

Tuesday October 8, 1:00 - 2:30 pm

MCC Red Mountain DW 131

Presenter: Karen J. Nichols, DO, MA, MACOI, FACP, CS-F (retired)

Facilitator:

As an internist practicing geriatrics, there were many dilemmas that had to be handled as patients approached end of life. As the speaker dealt with these issues for 17 years, she developed a program to teach medical students, residents and practicing physicians about frequently encountered issues. This presentation includes ethical approaches to such issues as withholding vs. withdrawing medical interventions, medical futility and advance directives. Continued interest in these topics has led to presentations to estate planning attorneys and to the lay public in a variety of venues.

Planning for Care

Wednesday Oct 9, 10:00 - 11:30 am

MCC Red Mountain DW 131

Same program online Oct 7; 10:15-12:00

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJhZkZXSz09>

**Presenter: Stacey Bendfelt WMS, AAMS, CRPC
Financial Advisor with Raymond James**

Facilitator:

Plan to live your best life by planning for quality care and independence. When you consider today's healthier and longer living seniors, it's easy to see how important it is to create a long-term care plan so that you can enjoy quality of life throughout your retirement. Are you prepared to pay for in-home care, assisted living and nursing home care?

Get Organized: Rightsize Your Life

Tuesday, October 15, 1:00 - 2:30 pm

MCC Red Mountain DW 131

Presenter: Andrea Brundage, Professional Organizer, MBA

Facilitator:

Tips & Techniques to help you downsize or "rightsize" your life.
Straight talk about getting intentional and deciding what you need today going forward. Overcoming the overwhelm that keeps you stuck. The Gold Standard questions that will help you decide what stays and what goes.

Because Every Body Dies: Your Funeral Rights and Options

Wednesday, Oct 16, 2024, 2:00 - 3:30 pm

Online

<https://us02web.zoom.us/j/85071061234>

Meeting ID: 850 7106 1234

Presenter: Diana Repp, PhD

Facilitator: Suzanne Brown

The death of a loved one is never easy. Arranging affordable, dignified, meaningful care for someone who has died shouldn't add to the difficulties. This session is designed to help you make well-informed economical decisions about what you must purchase and what is optional when arranging for burial, cremation, or other after-death care.

Organize Your Estate: The Gift You Give Yourself & Others

Tuesday October 22, 1:00-2:30 pm

MCC Red Mountain DW 131

Presenter: Andrea Brundage, Professional Organizer, MBA, Speaker

Facilitator:

Helping you get motivated and inspired to organize your estate is the goal of this course. From possessions, to downsizing your space, to dealing with heirlooms, and making sure your wishes are documented and carried out, this workshop led by Andrea Brundage, Professional Organizer & Speaker, will offer actionable steps to get you and your estate organized. Note: Facilitator is not an estate attorney and does not offer specific legal advice.

Giving up Driving , Alternative Transportation

Thursday, Nov 7, 10:00 - 11:30 am

Online

<https://us02web.zoom.us/j/87207645334>

Meeting ID: 872 0764 5334

Presenter: Suzanne Brown

A major loss of independence is giving up driving as we age. This online program will discuss the warning signs of impaired driving, options for getting places without driving, and how to find resources for driver evaluation.

Probate and Being an Executor/Personal Representative

Friday Nov 8, 3:00 - 4:30 pm

MCC Red Mountain PV 205

Presenter: Heather Parker, Attorney at Law

Facilitator:

Naming or being named as an Executor or Personal Representative for an estate has numerous duties and responsibilities. Come join this class to learn more and be prepared for your future.

NEW MEMBER COFFEE FRIDAY, SEPTEMBER 20, 2024

10 am - 11:30 am

Red Mountain Saguaro Building Lobby



Meet new and old friends and discover all that New Frontiers for Lifelong Learning offers!

Come preview the Fall 2024 Classes, volunteer opportunities, and Social Activities. Meet your Council Members, and find out about all that NFLL has to offer you. Any member who has never attended a New Member Coffee is welcome to come!

Scan for campus map



Discussion and Book Clubs

Mystery and Mayhem Book Discussion

Wednesdays, Sept 11, 25, Oct 9, 23, Nov 6, 20.
10:00 - 11:15 am

Aster Center Downtown Mesa

Facilitator: Mary Boehlen

Do you enjoy mysteries? Do you like to discuss books after reading them? Do you want to expand your knowledge of Mystery Writers? Then join our group to discuss books chosen by the group. Come to one session or all as your schedule permits.

Sept11 *Off the Air* by Christina Estes (John Overdorff)

Sept-25 *The Last Thing He Told Me* by Laura Dave (Janice Overdorff)

Oct 9 *The Scottish Ladies' Detective Agency* by Lydia Travers (Margo Heaps)

Oct -23 *The Secret Life of Miss Mary Bennet* by Katherine Cowley (Annette Mickle)

Nov-6 *A Curious Beginning* by Deanna Raybourn (Carolyn Follett)

Nov-20 *Shoot Don't Shoot* by J. A. Jance (Marilyn Click)

Bookshelf

Wednesday, Sept 18, Oct 2, 16, 30, Nov 13, Dec 4,
10:00 - 11:15 am

Aster Center Downtown Mesa

Facilitator: Diane Grogan

If you like to read, this is the perfect class for you! Lively discussions of the author and the book occur at each session. Class participants select books to read and discuss each semester. Participants are not required to read all books, or attend all sessions.

Sept 18, *Lessons in Chemistry* by Bonnie Garmus (J. Overdorff)

Oct 2, *Only Child* by Rhiannon Navin (T. Kolstad)

Oct 16, *The Vanishing Half* by Brit Bennett (D. Grogan)

Oct 30, *March* by Geraldine Brooks (A. Mickle)

Nov 13, *All My Friends Are Going to Be Strangers* by Larry McMurtry (S. Schneider)

Dec 4, *Opposable Thumbs (Siskel and Ebert)* by Matt Singer (M. Boehlen)

First Friday Book Club

First Fridays Sept 6, Oct 4, Nov 1, & Dec 6, 10:00 - 11:15 am

Aster Center at Red Mountain Multigenerational Center

Facilitator: Diane Grogan

This is a companion book club to the Bookshelf and Mystery and Mayhem book clubs however it is being offered at the Red Mountain Multigenerational Aster Center.

Sept 6 *Lessons in Chemistry* by Bonnie Garmus (D. Grogan)

Oct 4 *Open Season* by C. J. Box (M. Boehlen)

Nov 1 *News of the World* by Paulette Jiles (D. Grogan)

Dec 6 *Desert Heat* by J. A. Jance (M. Boehlen)

Monday Morning Conversations via WebEx

Monday Sept 2, weekly until Dec 30,
8:30 - 10:00 am
online

<https://maricopa.webex.com/maricopa/j.php?MTID=mc405e24b28d9479b87bc8fc19770743c>

Facilitator: Allan Zisner

Discussion of local, state, national, and international issues, or whatever the group wants to discuss. If you register late, please contact the facilitator.

Election 2024



**NOV. 5
GENERAL
ELECTION
VOTE!**

Tour of the Maricopa County Tabulation and Election Center

Wednesday, Sept. 18, 10:00 - 11:30 pm
Maricopa County Recorder's Office 510 South
Third Ave, Phoenix, Arizona 85003

**Presenter: Josh Heywood, Executive Assistant to
the Recorder | Special Projects Manager,
Maricopa County Recorder's Office**

Facilitator: Cindy Schrantz

The tour involves taking members through "the life of the ballot." The Maricopa County Recorder's office will showcase how Maricopa County conducts an election, from early voting to tabulation.

Wear comfortable shoes, there will be a lot of walking. This is a secure facility and under surveillance 24/7. Please refrain from engaging in any activity that might be misconstrued as tampering with Maricopa County election equipment. A map and additional guidelines will be sent prior to the tour. **Members must register for this class and cannot show up without registration.**

Nov. Ballot initiative - Prop 486 - AZ Expense Limitation

Thursday, Sept 26, 10:00 - 11:30 am.
MCC Dobson BP 4

**Presenter: Deanna Villanueva-Saucedo, Associate
Vice Chancellor Maricopa Community Colleges
Facilitator: Cindy Schrantz**

On March 19, 2024, the Governing Board of Maricopa Community Colleges approved a resolution to forward a ballot referral to voters to permanently adjust the base on which the expenditure limit is calculated. This class will explain what the expense limitation is, why the proposal is on the ballot, and answer questions you have about the proposition.

2024 Ballot Proposition Overview

Wednesday, October 9, 2024, 2:00 - 3:30 pm
MCC Dobson SC11E

**Presenter: Dr. Brian Dille is a faculty member in
MCC's Social Science Department.**

Facilitator: Barbara Thelander

It is an election year, and there will be a record-long ballot in Maricopa Districts. Join Dr. Brian Dille as he discusses this year's election questions. This is a good opportunity to ask questions before you fill out your ballot.

FINANCIAL AND BUSINESS

Essential Estate Planning

Tuesday Sept 17, 11:00 am-12:30 pm

Online

<https://us02web.zoom.us/j/5143090665?pwd=RzZmZkxNT0tNUWREN3NRR2FqbDVkUT09>

Presenter: Scott Sandell, MBA

This is an objective look at the differences between will-based plans and trust-based plans. We will explore the key elements of both and try to decipher who needs which plan. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Finding Unbiased Financial Advice

Tuesday Oct. 1, 11:00 am-12:30 pm

Online

<https://us02web.zoom.us/j/5143090665?pwd=RzZmZkxNT0tNUWREN3NRR2FqbDVkUT09>

Presenter: Scott Sandell, MBA

Are you in the market for a financial advisor? Do you know what type of advisor you are looking for? It is difficult to know who to trust in the financial advising world today. In this video, Scott walks through the different types of advisors and what to look for in each type. Depending on your age, your investment needs, etc., the type of advisor you choose may look differently than you thought.

This class explores how advisors make money, what license designations mean and much more. You will gain the essential knowledge necessary to be confident that you are dealing with the right professional. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Understanding Required Minimum Distributions

Tuesday Nov 5, 11:00 am-12:30 pm

Online

<https://us02web.zoom.us/j/5143090665?pwd=RzZmZkxNT0tNUWREN3NRR2FqbDVkUT09>

Presenter: Scott Sandell, MBA

As you approach your 70s, the tax time bomb called your IRA begins to tick a bit louder. Required withdrawal from your IRA forces you to change your investing behavior and pay much more attention to taxes. We will discuss all these considerations. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Positioning Yourself to Thrive in Retirement

Tuesday Dec 3, 11:00 am-12:30 pm

Online

<https://us02web.zoom.us/j/5143090665?pwd=RzZmZkxNT0tNUWREN3NRR2FqbDVkUT09>

Presenter: Scott Sandell, MBA

With volatile markets and rising interest rates, financially navigating retirement can be tricky. We will discover what is changing, why it is changing and how to position yourself for success in retirement. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

GOOD FOR US



Food & Nutrition for Life

Tuesdays, Sept 17 - Nov 5, 5:00 - 6:00 pm

MCC Dobson BP-3S

Presenter: Khandle Hedrick, M.A., University of Arizona

This 8-session course focuses on improving an individual's nutrition, food-related skills, and overall well-being. We will provide hands-on education in areas such as healthy eating, meal planning, food safety, and physical activity. The course seeks to empower participants to make healthier food choices, manage food resources more effectively, and adopt healthier lifestyles, ultimately enhancing their long-term health and nutrition. This course is part of EFNEP:

<https://www.nifa.usda.gov/grants/programs/capa-city-grants/efnep/expanded-food-nutrition-education-program>

The Macula and Common Pathologies

Saturday, Oct. 26; 10:00 - 11:30 am

Online

<https://mesacc-edu.zoom.us/j/98481540086?pwd=anltd0JUWk5RbmJRRnhHSVNTRUFudz09>

Meeting ID: 984 8154 0086 Passcode: 688684

Presenter: Dr. Jenny La

Facilitator: Sam Wong

What is the macula and what are some common conditions that can affect it? This lecture will discuss what the macula is, why this structure is important in allowing us to see and read as well as some common macular pathologies. Conditions discussed will include macular degeneration, epiretinal membranes, macular holes and macular edema from diabetes and cataract surgery.

Let's Talk About Mental Illness

Monday Oct 21; 1:30 - 3:00 pm

MCC Dobson BP-3S

Presenter: Kate Mohler, B.A., M.F.A., MCC English Faculty, Ability Maricopa President Facilitator:

In this class, Kate Mohler (Mesa Community College English instructor and Ability Maricopa President) introduces herself and her story: Kate navigated her entire adult life with undiagnosed bipolar disorder. In 2016, she became seriously mentally ill, and now, recovered, she serves as a community mental health advocate. Please come to hear Kate's story and to learn words and terms related to mental illness that will help facilitate future conversations you have about mental health.

Waiting for the Call -- Live Life More Fully

Tuesday and Thursday , Oct 29 & 31, 9:30 - 11:00 am

MCC Red Mountain DW 133

Presenter: Gerald Paulus

Facilitator: Dan Taylor

Think about the phrase waiting for the call. It usually conveys a sense of anticipation, expectancy, and possibly anxiety. This course is about that call that none of us want to get. We all know that we are in "God's Waiting Room" but this course is about not just sitting there to get there. It's about extracting the marrow out of life. We will explore examples of how other have leveraged their life to get more.

Simplified Steps to Better Health

Friday, November 1, 1:00-3:00 pm

MCC Dobson BP 8

Presenter: Dr. Sonny, chiropractor and owner of the Relief Source Chiropractic & Wellness Center in Mesa, AZ.

Facilitator: Larry Merrill

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.

HISTORY AND POLITICS

History of Modern China

Mondays, Sep 16- Oct 7, 10:00 - 11:30 am

MCC Red Mountain V-118

Presenter: Daniel Mueller former adjunct professor of political science

This class is a short introduction to the country of China, beginning with a discussion of cultural traditions in Chinese society. Important traits and trends in the Chinese dynastic cycle will be examined along with their impact on Chinese people. And finally we will look at the end of dynastic rule in China and the various political influences which were active in 20th Century China along with a discussion of the choices which China made during this time.

World On Fire: The Root Causes of Populism, Authoritarianism and The Whole Global Mess

Thursday Sept 19, 1:30 - 3:00 pm

MCC Dobson BP 4

Presenter: David Brooks

Facilitator: Cindy Schrantz

Right-wing populism is surging worldwide, in places as diverse as India, the Netherlands, Argentina, France and the United States. What are the cultural and social forces driving this global storm? How can the forces of liberal democracy, diversity and pluralism reverse the tide? This replay of a talk given by David Brooks, conservative commentator, author, and New York Times columnist, at the Aspen Ideas Festival this past summer.

Update on Ukraine and other Hot Spots

Thursday, Sept 26, 1:30 - 3:00 pm

MCC Dobson BP 4

Facilitator: Bob Dukelow

Putin's plan to subjugate the Ukraine in two months as promised in February 2022 by his sycophantic general staff has failed miserably. This is due to the unyielding courage of the Ukrainians and the 45 nations supporting the Ukraine. Putin has not given up on his hubristic dream of ensuring his place in world history as the man who restored the former Soviet Union. Just the opposite is the case and we will examine possible outcomes.

We will also survey ongoing world conflicts to include but not limited to those that make the daily news.

The Baltics, Why They Matter to Us?

Thursday Oct 3, & 10, 1:30 - 3:00 pm

MCC Dobson BP-4

Facilitator: Bob Dukelow



This class will give a concise survey of three small nations, Estonia, Latvia, Lithuania, and a Russian colony that was Germany's East Prussia. What makes them unique? Why are they important to those of us living in the United States? Why are they important to Putin?

Great Decisions

Wednesdays; Oct 23, 30, Nov 6 & 13;

1:30 - 3:00 pm

MCC Red Mountain V-118

Facilitator: Bill Zipper & Dick Falconer

Discussion of United States foreign policy issues using the Foreign Policy Association's topics for 2024. A 4-part series of classes.

Europe's Shift to the Right

Thursday, Oct 31; 1:30 - 3:00 pm

MCC Dobson BP-4

Facilitator: Bob Dukelow

Does the shift to the right by the governments of our European allies have any significant implications for the United States? Are there any historical precedents? Please calibrate your crystal balls and tell the class what you see in our collective future.

NEW MEMBER COFFEE

FRIDAY, SEPTEMBER 20, 2024

10 am - 11:30 am

Red Mountain Saguaro Building Lobby



Meet new and old friends and discover all that New Frontiers for Lifelong Learning offers!

Come preview the Fall 2024 Classes, volunteer opportunities, and Social Activities. Meet your Council Members, and find out about all that NFLL has to offer you. Any member who has never attended a New Member Coffee is welcome to come!

Scan for campus map



14th Century Bubonic Plague and Decameron

Thursday, Oct 31, Nov 7, Nov 14, 21,
1:30 - 3:00 pm
MCC Red Mountain PV 205
Presenter: Richard Falconer

In depth look at the 14th century European Bubonic Plague. Emphasis will be on the impact on ordinary family life (and death). In addition some time will spent on how the Plague related to 14th Western European History. The book, *Decameron*, which a compilation of 100 stories told by 10 young people who tried to isolate themselves from the ravages of Florence. This book is considered the first piece of great literature of The Renaissance. Four classes will be held during the fall semester and four in the Spring.

Nuclear Event Readiness

Friday, November 15, 2024, 1:00 - 3:00 pm
MCC Dobson BP 8

Presenter: Dr. Sonny, chiropractor and owner of the Relief Source Chiropractic & Wellness Center in Mesa, AZ.

Facilitator: Larry Merrill

The warning comes out to prepare for a nuclear missile heading to your city. Will you be prepared? The threat of a nuclear event is greater than ever. There is a lot of misinformation as to what to do. You'll discover how different types of radiation have different biological effects. How much damage can a nuclear bomb or nuclear power plant meltdown do? Where should you go? What supplies should you have? Should you take potassium iodide? How will you know if you have been exposed to too much radiation? And other valuable information.

Journaling Memories

There's No Place Like Home: What Does Home Mean to Me?

Monday, September 16, 10:00 - 11:30 am
MCC Dobson BP-3S
Presenter: Duane Roen, PhD, Professor Emeritus, ASU

For some people, home is where they were born and reared. For some, it's where they live now. For others, it's where their ancestors lived centuries ago. Pliny the Elder said that "Home is where the heart is." In this workshop, we will reflect on what 'home' has meant to each of us at various points in our lives.

People Who Have Helped Me to Become the Person I Am

Monday, October 7, 1:00 - 2:30 pm
MCC Dobson BP-3S
Presenter: Duane Roen, PhD, Professor Emeritus, ASU

Throughout our lives, many people help us to become the people we are today, family, friends, teachers, and mentors, for example, can do that through their direct interactions with us. However, many people who have never met us have also helped us become the people we are today the public figure who consistently demonstrates qualities such as kindness, empathy, humility, and other features that we value. In this workshop we will talk about a range of people who have directly or indirectly helped us to become who we are today.

<p>Stories Our Parents and Grandparents Told Us</p> <p>Monday, November 4, 1:00 - 2:30 pm MCC Dobson BP-3S Presenter: Duane Roen, PhD, Professor Emeritus, ASU</p> <p>If we are fortunate, our parents and grandparents told us lots of stories about their lives and the lives of others. Some of those stories may have focused on ordinary daily life (e.g., work, school, cooking and eating) or unexpected surprises (e.g. accidents, severe weather). Some of those stories may have focused on how bigger events in the world affected theme.g., the Great Depression, World War II. We will share some of those stories in conversation and writing.</p>	<p>The Role of Music in Our Families</p> <p>Monday, December 2, 1:00 - 2:30 pm MCC Dobson BP-3S Presenter: Duane Roen, PhD, Professor Emeritus, ASU</p> <p>Music plays many roles for each of us and our families. For example, when we hear a song from our teenage years, it can bring back a flood of memories about what was happening in our lives at the time. Or when we hear our mother's favorite song, it can make us think about her. When we hear a contemporary song, it can evoke a range of emotions either because of the lyrics or the music. For example, <i>You've Lost That Loving Feeling</i> has frequently been played at weddings even though its words tell a sad story. In this workshop, we will write about songs that have been meaningful to us and/or other members of our families.</p>
<p>JUST FOR FUN</p>	
<p>Games, Games, Games</p> <p>Tuesdays, Sept 17, 24, Oct 1, 8,15, 22, 29, Nov 5, 12, 19, Dec 3. No class Nov 26. 9:20 - 11:00 am Resurrection Church, 3201 S. Evergreen Rd. Tempe, AZ.</p> <p>Facilitator: Jacki McDugle & Joanne Hancock</p> <p>Join us to socialize and play a variety of games. We have all your favorites: Mexican Train, Word Games, Five Crowns, Sequence, Quiddler, Rumiko, Skip Bo and more. Our friendly and social group would like to have YOU join us! We meet at Resurrection Church, and as their guests, we all join in wiping down the tables and chairs as well as all game pieces before and after each session. Supplies are provided. Join us for an optional separate- check-lunch afterwards at local restaurants.</p>	<p>Monday Movies Action, Family and Oldies</p> <p>Mondays, Sep 16 - Oct 14; 1-3:30 pm MCC Dobson and Southern BP 1S</p> <p>Facilitator: Margo Heaps</p> <p>Movies for your viewing pleasure Sept 16, <i>8 Seconds</i> 104 min, Sept 23, <i>Adam's Rib</i> 100 min, Sept 30, <i>Whale Rider</i> 122 min. Oct 7, <i>Eagle Eye</i> 117 min, Oct 14, <i>Secret on Roan Inish</i> 102 min.</p>

Knit Wits

Fridays, Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, Dec 6. No class Nov 29 at 10:00 - 11:30 am
MCC Red Mountain DW226

Facilitator: Jacki McDugle

Knit Wits is for people who knit, crochet, or enjoy any hand work who are looking for a place to work on projects and share with others. Doing handwork has benefits ranging from calming the mind and finding some tranquility to a fulfilling sense of accomplishment! We welcome all who want to work on projects, get a little bit of help from others (there will be a facilitator but not an instructor), want to make time to work on charity blanket, hats, etc. The group will help you get started if you are a beginner. Come join us for some time to work and camaraderie! We will meet weekly, but you don't have to come every week.



Master Gardening Fall Gardens

Tuesday Sept 24, 1:30 - 3:00 pm
MCC Red Mountain DW 131

Presenter: Alice Garcia, Master Gardener

Facilitator: Jacki McDugle

Get ready to plan and plant your Fall garden and landscapes with advise from Master Gardener Alice Garcia. She will share her knowledge, and perhaps some seeds, to help us keep our landscapes healthy and colorful.

Fall Equinox at Soleri Bridge and Plaza, Scottsdale

Friday, Sept 20th, 10:00 am – 2:00 pm.
Scottsdale Soleri Bridge and Plaza

Facilitator: Allan Zisner

Scottsdale's breathtaking Soleri Bridge and Plaza, by renowned artist, architect, and philosopher Paolo Soleri, is at once a pedestrian passage, solar calendar, and gathering place along the Scottsdale Waterfront. The public space in Old Town Scottsdale appeals to a diverse audience, ranging from casual Waterfront visitors and local residents to students, tourists, architects, and art lovers. By celebrating solar events, the signature bridge and plaza unify the past and the present. The site of the waterway, rich with historic undertones, mingles with modern cultures striving for coherence between humanity and nature.

The dynamic project elements reference the range of Soleri's work: a bridge marks solar events and connects humans conceptually across time, monolithic earth-cast panels reflect the Cosanti aesthetic, and the classic bronze bells recognized internationally have supported Soleri's projects.

Walking distance from parking garage to plaza/bridge is about 1/4 mile. It's a flat surface and no steps. Might arrange to have a brunch before walking to the plaza. This is optional. To read more about this bridge, visit the website: <https://scottsdalepublicart.org/work/soleri-bridge-and-plaza/>

Movie Musicals

Fridays, Oct 4, 11, 18; 1:00 - 4:00 pm
MCC Dobson BP 1S

Facilitator: Margo Heaps

Oct 4th *Fiddler on the Roof* 3 hours

Oct 11th *Annie* 127 minutes

Oct 18 *Chicago* 113 minutes

WHATIZAT?!!!

Thursday, Oct 17, 2024, 2:00 - 4:00 pm
MCC Dobson BP 4

Presenter: Jay Mark

Facilitator: Barbara Thelander

Back by popular demand! Consider WHATIZAT?!!! your audition as an Antiques Roadshow expert appraiser. This is a fun, interactive presentation in which attendees test their Antiques IQ.

WHATIZAT?!!! is a cursed, cunning curator's cabinet of quizzical curiosities. Participants will try to identify odd and eclectic historic artifacts that are destined to be delightfully devilish, desultory diversions of detection & discovery.

Spellbound

Monday, Oct 28; 1:00 - 3:00 pm
MCC Dobson BP 15

Facilitator: Margo Heaps

This is a documentary about the national spelling bee.



Booked for the Day, 38 W Main St. Mesa

American Slang and Jargon

Thursday Oct 24, 9:00 - 10:30 am
Online

<https://us02web.zoom.us/j/83526300553>

Meeting ID: 835 2630 0553

Presenter: Don Nilsen, Assistant Dean of the Humanities Division of Arizona State University's Emeritus College

Facilitator: Suzanne Brown

Slang is constantly changing, and so is jargon.

This is because both slang and jargon are used to determine which people can use it properly, and which people can't. Slang is the colloquial language of the common people; jargon is the scientific language of professionals, but they are both used to determine who is in and who is out of particular groups. For frustration we say, I hate when that happens, I'm having a bad hair day, or What was I thinking? When something is repetitious, we say, Blah blah blah, Same old, same old, or Yadda yadda yadda. To express criticism or doubt, we say Duh!, Yea, Right, Don't go there, and Puh! leez! And to end a conversation, we might say, Been there. Done that, Chill out! or The bottom line.

Downtown Mesa Public Art Walk

Friday, Nov 8th; 9:00 - 11:00 am
Downtown Mesa

Facilitator: Allan Zisner

Take a casual walk around downtown Mesa viewing the public art. There are over 30 murals and sculptures to view. Estimated walking distance is 1 mile. There are many benches to rest during the walk.

Those interested following the walk, we might do lunch somewhere. This is optional.

To preview the public art, visit the website:

<https://downtownmesa.com/explore/public-art>

<p>Great Voices Sing John Denver Documentary Friday, Nov 15; 1:00 - 3:00 pm MCC Dobson BP 1S</p> <p>Facilitator: Margo Heaps</p> <p>For fans of his music, this documentary shows how powerful his lyrics and music are and how they are valued in the music field.</p>	<p>A Day In The Life Of A Firefighter Wednesday, Nov 20; 10:00 - 11:30 am MCC Red Mountain DW131 Presenter: Gibby Gorman Facilitator:</p> <p>Ever wonder what it's like to be a firefighter and what they do during the day? This class will answer those and many of the good questions that my audience usually comes up with. I would also like this time to go into some simple tactics that firefighters use to combat structure fires and other types of calls. You'll leave knowing what we do is fun, serious, with courage and never is any day the same. Come join us....again!</p>
<p>Living in the 21st Century -- Being an exploration of all the outrageous things troubling our existence Thursday, Nov 21, 2024 2:00 - 3:30 pm MCC Dobson BP 4 Presenter: Jay Mark Facilitator: Barbara Thelander</p> <p>Now that we are well into the 21st century, technology in its many forms has infiltrated our lives. Sometimes for good. But often for bad. Our world is now inundated with scams, false pretense, and hypocrisy that does all it can to muddle our minds. Those that know Jay, understand that he will take you on an irreverent, humorous journey through these troubling and trying times. No Lying.</p> <p>The program promises an improbable preponderance of a particularly prolific, passionate pastiche of peculiarly, profuse, perfunctory, and with a perspicacious platitude of pictures, all plausible, possibly plagiarized, ponderously portentous and perceptive propaganda. Plaudits preferred.</p>	<p>Christmas Fantasy and Nature Monday Dec 2 and Friday, Dec. 6, 1:00 - 3:30 pm MCC Dobson BP 1S</p> <p>Facilitator: Margo Heaps</p> <p>Dec 2nd <i>How the Crinch Stole Christmas</i> 105 minutes Dec 6 th <i>Winter and Christmas in the National Parks</i> Documentary 105 minutes</p> <div data-bbox="906 1184 1419 1688" style="border: 2px solid green; padding: 10px; text-align: center;"> <p>NFL Holiday Party Thursday Dec 5 East Valley Institute of Technology Watch the website for information!</p> </div>

LET'S GET ACTIVE

Fall Bicycle Ride

Thursday: Sept 12, 26, Oct 10, 24, Nov 7, 11, & Dec 5, 19. Dates are subject to change.

Approximately from 8 to 10:30 am, times vary because of the weather.

Registered members will be notified of meeting place and time for the rides.

Facilitator: Allan Zisner

If you enjoy riding your bike, this is the place. The rides average 15 miles and two hours of your time. The rides are along the Salt River Project's canal systems, the Rio Salado (the Salt River) and the Tempe/Scottsdale Green Belt. The rides are generally on flat paved surfaces, there are the occasional hills under roadways. Meeting locations vary. You must be able to transport your bicycle. There are others available to help in unloading or loading the bicycle from your vehicle.

- [Risk Form Required](#)

Trailblazers Hiking Group

Fridays, Sept 27, weekly until Dec. 13, Time: 7 - 8:30 am

Registered members will be notified of meeting place and time for the rides.

Facilitator: Ron Schueman

Trailblazers participate in more challenging hikes that are usually between 4.5 and 6.5 miles in length and up to 1,000 feet of elevation gain. Most Trailblazers hikes are rated as moderately difficult. Hikes are scheduled on Friday morning and can include special hikes on other days.

- [Risk Form Required](#)



Trailers Hiking Group

Tuesdays mornings, Oct 1 through Dec 17. Special hikes may be scheduled at other times during the semester. Registered members will be notified of meeting places and start time for the rides.

Facilitator: Greg Master

Trailers hikes are intended to be easy and are usually between 2.5 and 4 miles long with elevation changes of less than 400 feet. The objective is a fun recreational hike enjoyable to most hikers in reasonable condition.

- [Risk Form Required](#)

Oct. Walk Explores Gilbert Riparian Preserve

Monday, Oct 28 8:30 - 9:30 am

Facilitator: Mary Adamick

Gilbert Riparian Preserve at Water Ranch, 2757 E Guadalupe Road, Gilbert

This park is just east of the Southeast Regional Library located on the S. E. Corner of Guadalupe Road and Greenfield Road. Access the library parking lot and park in the eastern- most section of the library parking lot. We will meet near the grassy area fishing sign at the eastern end of the library parking lot on the walkway leading to Water Ranch Lake

We will start walking at 8:30 a.m.

- [Risk Form Required](#)

Nov. 18 Walk at Veterans' Memorial Oasis Park

Monday, Nov. 18 9:30 - 10:30 am

Facilitator: Mary Adamick

Veterans' Memorial Oasis Park, Chandler, 4050 East Chandler Heights Road

This park is a short distance off of Chandler Heights near the cross street of Lindsey Road. Access to the Park is on Chandler Heights Road just east of Lindsey Road. Upon entering the park, bear right into the parking lot and park in the area adjacent to the Ramada. We will meet and sign in near the Ramada next to that lot.

Please wear your name tag, bring water, a snack and a hat.

We will start walking at 9:30 a.m.

- [Risk Form Required](#)

Dec. 16 Walk at Fountain Hills Park

Monday, Dec. 16 9:30 - 10:30 am

Facilitator: Mary Adamick

Fountain Hills Park 12925 North Saguaro Blvd., Fountain Hills, AZ 85268

AZ 87 North to Shea Blvd to North Saguaro Blvd. in Fountain Hills. Right onto East El Lago Blvd. Left into Parking Lot of Fountain Hills Park. Meet up near Rest Room. Use navigation. We may car pool if there is interest.

- [Risk Form Required](#)

Talking Tech

This is a series of six session discuss a different topic on using technology for seniors. Some sessions will be basic, others more advanced. All sessions are suitable for senior users of all experience and comfort levels.

NFL Website - Information at your fingertips

Thursday, Sept 19, 10:00 - 11:30 am
MCC Red Mountain DW 133

Presenter: Allan Zisner

The NFL website has lots to offer NFL members and ways to keep us in the know! Come join with Webmaster Allan Zisner as he guides us through the site.

Cutting the Cable Options

Wednesday, Sept 25, 10:00 - 11:30 am
Online

<https://us02web.zoom.us/j/86882123050>

Meeting ID: 868 8212 3050

Presenter: Don and Suzanne Brown

Are you tired of paying higher fees for cable TV and internet each month? If so, come explore the options for streaming services or antenna. What's available in our area for less than a king's ransom each month?

Using Calendars to Keep Your Schedule Straight

Thursday, Oct 3, 1 session, 10:30 - 11:30 am
MCC Red Mountain DW 133
Presenter: Jacki McDugle

Using an online calendar such as Google or Microsoft can make your life easier. This class will cover the basics of online calendars, syncing with your phone, and downloading your NFLL Schedule to your calendar. Join Jacki McDugle as she guides us through the basics.

Gmail--Start to Finish

Tuesday, Oct 15, 10:00 - 11:30 am
Online
<https://us02web.zoom.us/j/85213213771>
Meeting ID: 852 1321 3771
Presenter: Rob Truman
Facilitator: Suzanne Brown

Google and Gmail are currently one of if not the number one email provider today. It comes with a wide range of built-in tools such as; spam filtering, labels and filters and provides 15GB of free storage. Learn about the variety of time-saving features, letting you automate many of your emailing tasks. See how to integrate your calendar and contacts, and customize your dashboard to suit your own needs.

Basic Photos and Files

Friday, Oct 18th, 1 session, 10:00 am – 12 noon.
MCC Red Mountain DW-133
Presenter: Allan Zisner

Learn the basics of manipulating a photo on a personal computer or in Google Photos. Bring your laptop if you do not want to use the classroom computers. The campus has an open Wi-Fi network. I encourage those who attended during the summer session to attend as a refresher. The classroom at Red Mountain has Microsoft PCs and if you are a registered MCC/NFLL student, you should be able to log-on. More information will be provided as we get closer to the presentation.



Internet Security for Seniors

Thursday, Nov 21, 10:00 - 11:30 am
Online
<https://us02web.zoom.us/j/81598853603?pwd=dyctYYhyGUiQebZs5g0u8JF8IOWL7m>
Meeting ID: 815 9885 3603 Passcode: 355866
Presenter: Rob Truman
Facilitator: Cindy Schrantz

Staying safe when online is getting more difficult these days. This presentation will address the topics of online scams, viruses, junk email, telemarketers, and more so that you can learn how to protect yourself and your privacy and still use the Internet. It will also address various password concepts and software for password management.



From Our Partner NAIL

B-17G "Sentimental Journey": Famous WW II bomber

October 15, 1:00 – 2:30 pm

Online:

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJaZXJSdz09>

Presenter: Jim Evans

We will describe the history and development of the Boeing B-17 Flying Fortress bomber of WW II and of our own (Airbase Arizona) "Sentimental Journey", which recently completed her 37th year on tour with the Commemorative Air Force.

Social Security Benefits: What You Need to Know

October 11 1:00 – 2:30 pm

Online:

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJaZXJSdz09>

Presenter: Jack Burns

We will provide an overview of the benefits available to those nearing retirement and answer questions from those already receiving benefits.

Black Holes Explained

December 9, 11, 13 10:15 am – 12:15 pm

Online:

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJaZXJSdz09>

Presenter: Bill Haskell

This class will be based on a Great Courses lecture series, dated 2009, by the same title. The 12 lectures by Professor Alex Filippenko will be broken into two parts with each part consisting of six lectures supplemented with more recent content from other sourced videos. Part B will be presented in the Spring 2025 semester. Black holes are regions of space in which gravity is so strong that nothing, not even light, can escape.

Year-End Tax Planning: AZ Tax Credits, RMD, QCD, Conversions

November 18; 10:15 am – 12:15 pm

Online:

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJaZXJSdz09>

Presenter: Matthew Bensen

In this class we will discuss tax planning opportunities that exist for retirees that have a year-end deadline. This will include required minimum distributions, qualified charitable distributions, Roth conversions. Semi-related we will talk about the unique opportunities for Arizona taxpayers where they can redirect dollars to charitable organizations and receive a dollar-for-dollar tax credit.

History of the Cold War

October 8; 1:00 – 2:30 pm

Online:

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJaZXJSdz09>

Presenter: Jim Evans

We will survey the history of the "Cold War" of 1947-1992 between the USA and the USSR, concentrating on the American Strategic Air Command. SAC guaranteed "Peace through Strength" against the Soviet Union for many years until it was disestablished in 1992.

De Havilland Mosquito: The Wooden Wonder of WW II

November 6; 1:00 - 2:30 pm

Online:

<https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUZFzOTB6dUJaZXJSdz09>

Presenter: Jim Evans

The De Havilland Mosquito was a twin-engine, two-man bomber aircraft of World War II. It was the fastest aircraft in the world until the North American P-51 "Mustang" was introduced. It was also the most successful bomber aircraft of any nation during WW II.

<p>America's Founding Fathers October 29, Nov 5, 19, 26, Dec 3, and 10; 1:00 - 3:00 pm Online: https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUFZzOTB6dUJaZXJSdz09 Presenter: Jim Evans Experience the Battle for America through the Eyes of the Founders with Professor Allen C Guelzo, formerly of Gettysburg College now at Princeton University. Stories of the creation of the U.S. Constitution.</p>	<p>English Electric Canberra/B-57 November 13; 1:00 – 2:30 pm Online: https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUFZzOTB6dUJaZXJSdz09 Presenter: Jim Evans The English Electric Canberra, one of the first Jet Bombers of the Jet Age, would be developed into the Martin B-57 Canberra Bomber in the U.S. Air Force. This aircraft continues to serve with the National Aeronautics and Space Administration to this very day studying solar eclipses and other phenomena. A truly great plane.</p>
<p>The "Boneyard": 309th AMARG in Tucson, AZ November 20; 1:00 – 2:30 pm Online: https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUFZzOTB6dUJaZXJSdz09 Presenter: Jim Evans In the wake of the COVID 19 debacle, the USAF stopped offering the tours formerly given of its operation at the 309th Aerospace Maintenance and Regeneration Group, the so-called "Boneyard" at Davis-Monthan AFB near Tucson. Since the tour is no longer available, we hope to share what useful work is accomplished by that unique facility and why it is still necessary today.</p>	<p>Titan II: The Few and the Powerful November 27; 1:00 – 2:30 pm Online: https://us02web.zoom.us/j/82513631587?pwd=VW5Vb0FMYmhTUFZzOTB6dUJaZXJSdz09 Presenter: Jim Evans For many years the TITAN II missiles, although small in number, provided a majority of the nuclear "throw weight" of the Strategic Air Command (SAC) nuclear arsenal.</p>

FALL PREVIEW OPEN HOUSE

Friday Sept 6, 2024
1:00 - 2:30 pm

MCC Red Mountain Campus,
Mesquite Building Room 200



Cashier will be open to pay your Annual Fee! Still \$80!

Come Meet and Mingle, Find Fall Classes, Bring a Friend to Join!

Off-Site Locations

First Friday Book Club	First Fridays September 6, Oct 4, Nov 1, & Dec 6, 10:00 - 11:15 am	Aster Center at Red Mountain
Mystery and Mayhem Book Discussion	Wednesdays, Sept 11, 25, Oct 9, 23, Nov 6, 20. 10:00 am - 11:15 am	Aster Center Downtown Mesa
Bookshelf	Wednesday, Sept 18, Oct 2, 16, 30, Nov 13, Dec 4, six (6) sessions, 10:00 - 11:15 am	Aster Center Downtown Mesa
Downtown Mesa Public Art Walk	Friday, Nov 8th; 9:00-11:00 am	Downtown Mesa
Tour of the Maricopa County Tabulation and Election Center	Wednesday, Sept. 18, 10:00-11:30 am	Maricopa County Recorder's Office 510 South Third Ave, Phoenix, Arizona 85003
Games, Games, Games	Tuesdays, Sept 17,24, Oct 1, 8,15, 22, 29, Nov 5, 12, 19, Dec 3. No class Nov 26. 9:20 - 11:00 am	Resurrection Church, 3201 S. Evergreen Rd. Tempe, AZ.
Fall Equinox at Soleri Bridge and Plaza, Scottsdale	Friday, Sept 20th, 1 session, 10 am - 2 pm.	Scottsdale Soleri Bridge and Plaza
Fall Bicycle Ride	Thursday: Sept 12, 26, Oct 10, 24, Nov 7, 11, & Dec 5, 19;. Dates are subject to change. Approximately from 8 to 10:30 am, times vary because of the weather.	Meeting locations will be sent to registered members
Trailblazers Hiking Group	Fridays, Sept 27, 2024, weekly until Dec. 13, 2024 Start times vary.	Meeting locations will be sent to registered members
Trailers Hiking Group	Tuesdays mornings, Oct 1 through December 17. Special hikes may be scheduled at other times during the semester. Start times vary.	Meeting locations will be sent to registered members
Oct. Walk Explores Gilbert Riparian Preserve	Monday, Oct 28 8:30 - 9:30 am	Riparian Preserve at Water Ranch, Gilbert 2757 E Guadalupe Road, Gilbert
Nov. 18 Walk at Veterans Memorial Oasis Park	Monday, Nov. 18 9:30 - 10:30 am	Veterans Memorial Oasis Park, Chandler, 4050 East Chandler Heights Road
Dec. 16 Walk at Fountain Hills Park	Monday, Dec. 16 9:30 - 10:30 am	Fountain Hills Park 12925 North Saguaro Blvd., Fountain Hills, AZ 85268

MCC Dobson and Southern

From Geisha to Gaijin - Kimono As A Fashion Forward Icon	Thursday, Oct 24, 1:30-3:30 pm	BP4
A Brief History of Spain and highlights of an Andalusian River Cruise.	Wed, Oct 30, 1:30-3:30 pm	BP4
Nov. Ballot initiative - Prop 486 - AZ Expense Limitation	Thursday, Sept 26, 10:00-11:30 am.	BP 4
2024 Ballot Proposition Overview	Wednesday, October 9, 2024, 2:00 - 3:30 pm	SC11E
Food & Nutrition for Life	Tuesdays, Sept 17 - Nov 5, 8 sessions, 5-6 pm	BP-3S
Let's Talk About Mental Illness	Monday Oct 21; 1:30-3:00 pm	BP-3S
Simplified Steps to Better Health	Friday, November 1, 1:00-3:00 pm	BP 8
World On Fire: The Root Causes of Populism, Authoritarianism and The Whole Global Mess	Thursrday Sept 19, 1:30 - 3:00 pm	BP 4
Update on Ukraine and other Hot Spots	Thursday, Sept 26, 1:30 - 3 pm	BP-4
The Baltics, Why They Matter to Us?	Thursday Oct 3, & 10, 1:30 - 3pm	BP-4
Europe's Shift to the Right	Thursday, Oct 31,; 1:30 - 3 pm.	BP-4
Nuclear Event Readiness	Friday, November 15, 2024, 1:00-3:00 pm	BP 8
There's No Place Like Home: What Does Home Mean to Me?	Monday, September 16, 10:00-11:30 am	BP-3S
People Who Have Helped Me to Become the Person I Am	Monday, October 7, 1:00-2:30 pm	BP-3S
Stories Our Parents and Grandparents Told Us	Monday, November 4, 1:00-2:30 pm	BP-3S
The Role of Music in Our Families	Monday, December 2, 1:00-2:30 pm	BP-3S
Movie Musicals	Fridays, Oct 4, 11, 18; 1:00-4:00 pm	BP 1S
WHATIZAT?!!!	Thursday, Oct 17, 2024, 2:00 - 4:00 pm	BP 4
Great Voices Sing John Denver Documentary	Friday, Nov 15; 1:00-3:00 pm	BP 1S
Living in the 21st Century -- Being an exploration of all the outrageous things troubling our existence	Thursday, Nov 21, 2024 2:00 - 3:30 pm	BP 4
Christmas Fantasy and Nature	Monday and Friday Dec 2 and 6, 1:00-3:30 pm	BP 1S
Monday Movies Action, Family and Oldies	Mondays, Sep 16 - Oct 14, 6 sessions, 1-3:30 pm	BP 1S
Spellbound	Monday, Oct 28; 1:00-3:00 pm	BP 1S
World Heritage Sites: The World's Great Places	Wednesdays, Sept 18, 25, Oct 2, 9, 16, 23. 3:00 - 5:00 pm	PV 205
A History of India	Wednesdays, Oct 30, Nov 6, 13, Dec. 2 No class Nov 20, or 27. Different Meeting room Nov 20. 3:00 - 5:00 pm	PV 205,11/20 - PV 207

MCC Red Mountain Campus

Get Organized: Rightsize Your Life	Tuesday, October 15, 1:00 - 2:30 pm	DW 131
Organize Your Estate: The Gift You Give Yourself & Others	Tuesday October 22, 1 session, 1:00-2:30 pm	DW 131
Waiting for the Call -- Live Life More Fully	Tuesday and Thursday , Oct 29 & 31, 9:30 - 11:00 am	DW 133
14th Century Bubonic Plague and Decameron	Thursday, Oct 31, Nov 7, Nov 14, 21, 1:30 - 3:00 pm	PV 205
Knit Wits	Fridays, Sept 20, 27, Oct 4, 11, 18, 25, Nov 1, 8, 15, 22, Dec 6. No class Nov 29 at 10 - 11:30 am	DW226
Master Gardening Fall Gardens	Tuesday Sept 24, 1:30 - 3:00 pm	DW 131
NFL Website - Information at your fingertips	Thursday, Sept 19 1 session, 10:00 - 11:30 am	DW 133
Using Calendars to Keep Your Schedule Straight	Thursday, Oct 3, 1 session, 10:30 - 11:30 am	DW 133
Basic Photos and Files	Fri, Oct 18th, 1 session, 10am - noon.	DW-133
Introduction to Estate Planning	Wednesday September 25, 1:00 - 2:30 pm	PV 205
Ethical Dilemmas at End of Life: Case-Based	Tuesday October 8, 1 session, 1:00-2:30 pm	DW 131
Planning for Care	Wednesday Oct 9, 10:00 - 11:30 am	DW 131
Probate and Being an Executor/Personal Representative	Friday Nov 8, 3:00 - 4:30 pm	PV 205
History of Modern China	Mondays, Sep 16- Oct 7, 4 sessions, 10:00 - 11:30 am	V-118
Great Decisions	Wednesdays; Oct 23, 30, Nov 6 & 13; 1:30 - 3:00 pm	V-118
A Day In The Life Of A Firefighter	Wednesday, Nov 20; 10:00 - 11:30 am	DW131



LOOKING FOR A FEW GOOD FACILITATORS

FACILITATORS HELP MANAGE OUR CLASSES BY OPENING THE ROOM, INTRODUCING THE SPEAKER, COLLECTING ATTENDANCE , AND GENERALLY BEING THE CLASS MANAGER. WE WILL TRAIN YOU ON USING THE CLASSROOM OR ZOOM MEDIA.

COME BE PART OF OUR CURRICULUM COMMITTEE!

TO VOLUNTEER, CONTACT SUZANNE BROWN, CURRICULUM CHAIR AT SUZANNEBROWNPT@GMAIL.COM

Online Courses – links in confirmation letter

Wonders of the National Park: A Geology of North America	Fridays Sept 13, 20, 27, Oct. 4, 11, 18. 1:30 - 3:30 pm	Online - Zoom
World Heritage Sites: The World's Great Places	Mondays, Sept 16, 23, 30, Oct 7, 14, 21. 3:30 - 5:30 pm	Online - Zoom
China: The Silk Road - Xi'an	Wednesday, Oct. 16; 12:30-2:00 pm	Online - Zoom
A History of India	Mondays, Oct 28, Nov 4, 11,18 , Dec,2 No class Nov 25 . 3:30-5:30 pm	Online - Zoom
Because Every Body Dies: Your Funeral Rights and Options	Wednesday, Oct 16, 2024, 2:00 - 3:30 pm	Online - Zoom
Giving up Driving , Alternative Transportation	Thursday, Nov 7, 10 am - 11:30 am	Online - Zoom
Monday Morning Conversations via WebEx	Monday Sept 2, weekly until Dec 30 8:30 - 10:00 am	Online - WebEx
Essential Estate Planning	Tuesday Sept 17, 11:00 am -12:30 pm	Online - Zoom
Finding Unbiased Financial Advice	Tuesday Oct. 1, 11:00 am -12:30 pm	Online - Zoom
Understanding Required Minimum Distributions	Tuesday Nov 5, 11:00 am -12:30 pm	Online - Zoom
Positioning Yourself to Thrive in Retirement	Tuesday Dec 3, 11:00 am -12:30 pm	Online - Zoom
The Macula and Common Pathologies	Saturday, Oct. 26; 10:00- 11:30 am	Online - Zoom
American Slang and Jargon	Thursday Oct 24, 9:00 - 10:30 am	Online - Zoom
Cutting the Cable Options	Wednesday Sept 25 1 session, 10:00 - 11:30 am	Online - Zoom
Gmail--Start to Finish	Tuesday Oct 15, 10:00 - 11:30 am	Online - Zoom
Internet Security for Seniors	Thursday, Nov 21, 10:00 - 11:30 am	Online - Zoom
B-17G "Sentimental Journey": Famous WW II bomber	Tuesday, October 15; 1:00-2:30 pm	Online - Zoom
Social Security Benefits: What You Need to Know	Friday, October 11; 3:00 – 4:30 pm	Online - Zoom
Black Holes Explained	Dec 9, 11, and 13; 10:15 am – 12 noon	Online - Zoom
Year-End Tax Planning: AZ Tax Credits, RMD, QCD, Conversions	Monday, November 18; 10:15 am – 12 noon	Online - Zoom
History of the Cold War	Tuesday, October 8, 2024; 1:00-2:30 pm	Online - Zoom
De Havilland Mosquito: The Wooden Wonder of WW II	Wednesday, November 6, 2024; 1:00-2:30 pm	Online - Zoom
America's Founding Fathers	Oct 29, Nov 5, 19, 26, Dec 3 and 10; 1:00-3:00 pm	Online - Zoom
English Electric Canberra/B-57	Wednesday, November 13, 2024; 1:00-2:30 pm	Online - Zoom
The "Boneyard": 309th AMARG in Tucson, AZ	Wednesday, November 20, 2024; 1:00-2:30 pm	Online - Zoom
Titan II: The Few and the Powerful	Wednesday, November 27, 2024; 1:00-2:30 pm	Online - Zoom
Planning for Care	Monday, October 7, 2024; 10:15 am – 12:00 pm	Online- Zoom



ALWAYS IN ACTION!

New Frontiers members volunteer thousands of hours each year.

We facilitate classes, plan social events, mail schedules and newsletters, send reminders about classes and activities, serve on committees, oversee scholarships, update the website, and promote NFLL.

WE SUPPORT MCC BY VOLUNTEERING AND DONATING TO VARIOUS CAUSES ON BOTH CAMPUSES, AND, WE VOLUNTEER IN MANY COMMUNITY AGENCIES AND EVENTS.

BENEFITS OF MEMBERSHIP

- ▶ Learning
 - ▶ One **Annual Fee** for NFLL classes
 - ▶ **Half price** MCC credit courses
 - ▶ **MCC library access:** circulation, online, & electronic resources
- ▶ Technology
 - ▶ **Free Google Suite of software** and Free Antivirus software
 - ▶ Free **Microsoft Office 365** for Students
- ▶ Classes, Social Activities, Field Trips, Volunteer Activities





**MESA
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE

New Frontiers for Lifelong Learning

**MCC Community Connections
Red Mountain Campus**

**Desert Willow Bldg, Room 136-B
7110 E McKellips Rd, Mesa AZ 85207
(480) 461-7497**

Fall Class Locations (Free parking all locations)

MCC Southern & Dobson Campus

1833 W Southern Ave
Mesa AZ 85201



Scan QR code with your phone for complete Southern/Dobson campus map

MCC Red Mountain Campus

7110 E McKellips Rd
Mesa AZ 85207



Scan QR code with your phone for complete Red Mountain campus map

Online Classes

Online class links are provided in your class confirmation email. We use both **Zoom** and **Webex** sites.

Offsite Locations

Offsite location addresses are in the confirmation email and in the schedule.

NEW FRONTIERS FOR LIFELONG LEARNING

COUNCIL MEMBERS:

President: Cindy Schrantz

Secretary: Pat King

At Large Members: Jan Lorette, Lois Schaffer, Carolyn Follett, Janice Overdorff

Vice President: Jacki McDugle

Treasurer: Fred Searing

Standing Committee Chairs:

Curriculum: Suzanne Brown,

Communication: Open

Social: Open

Volunteer: Mary Adamick & Dan Taylor

Membership: Mary Boehlen

Technology: Allan Zisner

To Update Name, Address, Phone, or Email Address in the NFLL database:

- Go to <http://NewFrontiers.mesacc.edu>
- Select "**Member Account**" at upper right, select **My Account**. Make changes, **Save**.
- No computer? Call the **MCC Office of Community Connections at 480-461-7497**