



# New Frontiers for Lifelong Learning Spring 2024 Schedule

Version 5 1-25-24

With Class Locations!

[newfrontiers.mesacc.edu](http://newfrontiers.mesacc.edu)



**MESA  
COMMUNITY COLLEGE**  
A MARICOPA COMMUNITY COLLEGE



**NEW FRONTIERS  
FOR LIFELONG LEARNING**

*Expand your world*

A PROGRAM OF MESA COMMUNITY COLLEGE

**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. With over 200 active participants, 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](http://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 normally pay-your-way.

## Returning Members Fee Payment

If you have already paid the 2023-24 Annual Fee, you can register for classes on January 23, 2024. Follow the instructions the **Online Class Registration** below.

1. **Step One:** Returning New Frontier Members who have not paid their 2023-24 Annual Fee yet.
  - a. Update your member's account.
  - b. Go to [newfrontiers.mesacc.edu](http://newfrontiers.mesacc.edu). Click on the **Members Acct** tab at the top of the page.
  - c. Login, *DO NOT* create a new account.
2. **Step Two:** Pay the \$80 Annual Enrollment Fee
  - 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:  
**18475 SENIORS 100-10200.**
  - c. Once you have paid your fee, you can register for classes beginning on January 23, 2024, following the **Online Class Registration** instructions below.

## New Members Enrollment

1. **Step One:** Enrolling in New Frontiers  
New Frontiers maintains their class registration system independent of MCC. New Members must create their NFLL accounts before registering for classes the first time. It may take 2-3 days for the NFLL account to be activated to allow registration for classes.
  - a. To begin, go to [newfrontiers.mesacc.edu](http://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 appear on your name tag.
2. **Step Two:** Pay the \$80 Annual Enrollment Fee
  - a. Go to [newfrontiers.mesacc.edu/membership.html](http://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:  
**18475 SENIORS100-10200.**
  - d. Once you have paid your fee, you can register for classes beginning on January 23, 2024 Following the **Online Class Registration** instructions below.

**Registration starts Tuesday, January 23, 2024 at 8 am**  
**Classes start February 5, 2024. Check online schedule for locations**

1. Go to [www.newfrontiers.mesacc.edu](http://www.newfrontiers.mesacc.edu), click on *Member Account* at the right side of the menu bar
2. Returning members click on Login in upper right of page, and follow the instructions to Login.
3. New Members click on "New User? Start Here" and follow instructions.
4. Select your classes by Title. Classes appear in alphabetical order by title.
5. When finish selecting classes, scroll to bottom of page and hit 'Submit' to complete registration.
6. You will receive a confirmation email for each class you registered for.

# Spring 2024 General Information

## Spring Preview – Open House

Friday, January 19, 2024 1:00 pm – 2:30 pm

MCC Red Mountain Campus

McKellips and Power Road, Mesa, AZ

Mesquite Building 2<sup>nd</sup> floor Community Room

## New Member Coffee

Friday, February 2, 2024 10 am – 11:30 am

MCC Red Mountain Campus

McKellips and Power Road, Mesa, AZ

Mesquite Building 2<sup>nd</sup> floor Community Room

## 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. **Watch your email and the 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 chosen. No reservations needed. Separate checks requested. **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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# 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.**

## Arts, Theater, Music, & Film

### Acoustic Jam

Tuesdays, Feb 6, 13, 20, 27, Time: 2:00 PM, 90 minutes

**MCC Dobson and Southern Campus**

**Music Bldg MU 12**

**Presenter & Facilitator:** Larry and Marilyn Klingler, mklingler926@gmail.com

Grab your guitar, mando, bongo, flute, bass, and voices and join us for an hour and a half of playing music, singing, and sharing our favorite tunes!

### Art Walk at MCC

Friday, April 5, 2024, Time: 9:00 AM, 90 minutes

**MCC Dobson and Southern Campus**

**Meet in Library Lobby**

**Presenter & Facilitator:** Allan Zisner, azisner@outlook.com

Experience the rich variety of artistic expressions at MCC's Southern and Dobson campus. Visit more than 30 permanent public art exhibits created by MCC students and faculty as well as celebrated artists. All art exhibits are outdoors with easy access and places to sit and reflect.

### Friday Musicals

Friday, Apr 12, Apr 19, Time: 1:00 PM, 180 minutes

**MCC Dobson and Southern Campus room BP 2S**

**Facilitator:** Margo Heaps, nflmargo@juno.com

Come and enjoy two of the oldies but goodies in musical film. Bring your memories to share from when you first saw these classics!

April 12 West Side Story 1961 150 min

April 19 Mary Poppins 1964 139 min

### Nature and History

Wednesday, Mar 13, Apr 17, Time: 1:00 PM, 90 minutes

**Aster Center Downtown Mesa, 247 N Macdonald St.,**

**Facilitator:** Margo Heaps, nflmargo@juno.com

March 13 March of the Penguins: One of Nature's Marvels

April 17 The Great Wall of China: A 4000-mile Wonder

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## Monday Afternoon Movies

Monday, Feb 5 - Mar 25. No class Feb 19 or Mar 11, Time: 1:00 PM, 150 minutes

**MCC Dobson and Southern Campus Room BP1S**

**Facilitator:** Margo Heaps, nflmargo@juno.com

Enjoy some classic films that you may have missed when first released. Let our NFLL film expert share insights and fun facts as you enjoy your afternoon.

Feb 5 Vertical Limit 2000 124 min- High Altitude Adventure

Feb 12 Radio 2003 109 min - True Story

Feb 19 President's Day - No class

Feb 26 Man of the Year - 2006 115 min - Comedy

March 4 By Dawn's Early Light - 2001 102 min Family Drama

March 11 - Spring Break - No class

March 18 Last Stand at Saber River 1997 94 min Western

March 25 The Other Boleyn Girl 2008 115 min Historical Fiction

## The History of Film Music

Wednesday, February 21, 2024, Time: 2:00 pm - 3:00 pm, 60 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Stephen Meyer, [stephen.meyer@nau.edu](mailto:stephen.meyer@nau.edu)

**Facilitator:** Suzanne Brown, [suzannebrownpt@gmail.com](mailto:suzannebrownpt@gmail.com)

Stephen Meyers, Band Director at NAU, shares with us some of today's most recognizable melodies that come from our favorite films. This class will explore the history of film music, how composers like John Williams, Hans Zimmer, and Jerry Goldsmith create music for film, and what makes a memorable soundtrack.



## What is Art Good For? **CANCELLED**

Friday, Feb 9, 16 Mar 1, 8, 15, 22, 29 Apr 5,  
Time: 1:30 PM, up to 150 mins

**Leisure World, 980 S. Power Road, Mesa,  
Recreation Center 1, Theater**

**Presenter:** Jill Freedman,  
[harry100@gmail.com](mailto:harry100@gmail.com)

**Facilitator:** Ruth Brooks,  
[rrbrook93@gmail.com](mailto:rrbrook93@gmail.com)

Join Jill Freedman at Leisure World for an eclectic look at all forms of music, historical and contemporary artists and their reflection of and influence on our culture and perceptions.

## What is Music Good For? **CANCELLED**

Monday, Feb 12, 19, 26 Mar 4, 25 Apr 1,  
Time: 1:30 PM, up to 150 Minutes

**Leisure World, 980 S. Power Road, Mesa,  
Recreation Center 1, Theater**

**Presenter:** Jill Freedman,  
[harry100@gmail.com](mailto:harry100@gmail.com)

**Facilitator:** Ruth Brooks,  
[rrbrook93@gmail.com](mailto:rrbrook93@gmail.com)

Join Jill Freedman at Leisure World for an eclectic look at all forms of music, historical and contemporary.

## SPRING PREVIEW OPEN HOUSE

**Friday Friday JAN 19**  
**1:00 - 2:30 pm**

**MCC Red Mountain Campus,  
Mesquite Building Room 200**

**Cashier will be  
open for New  
Members to pay  
the Annual Fee!**



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

## Being A Better You!

### Waiting For the Call to Live Life More Fully

Friday, March 29, 2024, Time: 10:00 AM, 90 minutes

**MCC Red Mountain Campus Room PV 250**

**Presenter:** GE Paulus, gpaulus@asu.edu

**Facilitator:** Dan Taylor, daniel.taylor@cox.net

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.



*Been feeling  
'prickly' lately?*

*These classes  
may soften your  
approach to life!*

### Good Remembering

Wednesday, Feb 7 & 14, 2024, Time: 1:30 PM, 90 minutes

**MCC Red Mountain Campus V-118**

**Presenter:** Bill Cunningham, MS, bcmfil80@gmail.com

**Facilitator:** Jacki McDugle, mcdugle@gmail.com

Back again, Bill Cunningham will help us learn how to remember: where you put things; where you parked your car; what you went into another room for; where that special place is; if you locked the door or turned off the stove; took your meds; names of people and places; and more! Bill is willing to extend for more sessions if the group wishes. So 'remember' to clear your calendars!

### Life Lessons 101

Tues/Thurs, Feb 13, 15, 20, 22, 27, 2024, Time: 3:00-4:30 pm, 90 minutes

**Location: Red Mountain Campus V-117**

**Presenter:** Joan Marlow, jdmarlow2@gmail.com

**Facilitator:**

Sometimes we make life far more complicated than it needs to be. This series offers 5 sessions that lead you into looking at simplifying the way we think, act and move through life to de-stress and clear the way to create balance, health and a positive sense of well-being. With this new awareness, we'll explore possible actions towards creating and living your best life. Each session is a standalone class; choose to attend 1, 2 or all 5!

**Tues, Feb 7:** The Power of Observation - In-Person Red Mountain

**Thurs, Feb 15:** Making Your Best Choices - Zoom class

**Tues, Feb 20:** Keeping it Positive - In Person Red Mountain

**Thurs, Feb 22:** Just B-R-E-A-T-H-E . Zoom Class

**Tues, Feb 27,** Opening to New Perspectives - In-Person Red Mountain

### Living a Life of Excellence

Friday, Feb 16, Mar 1, Time: 10:00 AM, 120 minutes

**MCC Dobson and Southern Campus Room BP 8**

**Presenter:** Dale Halm, dale@dalehalmconsulting.com

**Facilitator:** ,

This course will test your assumptions about what it means to excel. This is not lecture, it is a point-blank challenge to be your personal best. Participants will learn about the four practices that can lead to a more fulfilling life as you strengthen your ability to produce results. During each gathering you will set goals and receive peer feedback. Participants will learn to think and act in more powerful ways.

## BUSINESS AND FINANCIAL

### Mining the Profits of Sin in the Early Catholic Church: An Economist's View

Friday, March 8, 2024, Time: 10:00 AM – 11:30 AM,

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Paul L. Burgess, Professor Emeritus-Economics, ASU, pburgess123@gmail.com

**Facilitator:** Suzanne Brown, suzannebrownpt@gmail.com

The Catholic Church rose to fabulous wealth and power from its humble roots in the first century. It did this by creating a long toll road to salvation—missionaries and saints played key roles in the process. Missionaries converted millions to the Catholic faith. Departed saints were treated as 'living' persons, and they 'performed' many jobs for the church (for which they expected handsome compensation). Purgatory and death were the final stops on the toll road, and they provided huge wealth for the church. This economic model is seen in today's society in many places!



### Producing Income in Retirement

Thursday, April 18, 2024, Time: 11:00 AM, 120 minutes  
**On-line Zoom**

**Presenter:** Scott Sandell, education@FPFEAZ.org

**Facilitator:** Cindy Schrantz, cindyschrantz@gmail.com

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.

### Social Security News and Updates

Wednesday, April 17, 2024, Time: 9:00-10:30, 90 minutes  
**Online in cooperation with NAIL**

**Presenter:** Jack Burns,

**Facilitator:** Pat King, prking@charter.net

We will review retirement benefit options for those that have not yet collected their benefits and provide news and updates along with benefits that can come up after retirement. The presentation will be followed by a question-and-answer session.

### Today's World of Safe Investing

Thursday, March 28, 2024, Time: 11:00 AM, 120 minutes **On-line Zoom**

**Presenter:** Scott Sandell, education@FPFEAZ.org

**Facilitator:** Cindy Schrantz, cindyschrantz@gmail.com

With changing interest rates, and the current level of market volatility, where do people turn to protect their wealth while still earning something? We will explore ALL investments commonly referred to as "safe" while contemplating their future in this complex market. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

## Tax Efficiency in Retirement

Thursday, February 22, 2024, Time: 11:00 AM, 120 minutes

### On-line Zoom

**Presenter:** Scott Sandell, [education@FPFEAZ.org](mailto:education@FPFEAZ.org)

**Facilitator:** Cindy Schrantz, [cindyschrantz@gmail.com](mailto:cindyschrantz@gmail.com)

In this day of rising interest rates and volatile markets, it has become extremely important to become tax efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. I promise this is not a dry boring tax class. 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 Annuities

Tuesday, February 6, 2024, Time: 11:00 AM, 120 minutes

### On-line Zoom

**Presenter:** Scott Sandell, [education@FPFEAZ.org](mailto:education@FPFEAZ.org)

**Facilitator:** Cindy Schrantz, [cindyschrantz@gmail.com](mailto:cindyschrantz@gmail.com)

We will explore the different types of annuities available as well as their primary uses while uncovering what is behind some of the lofty promises. This is not a sales event and we will not be speaking on any specific products although we will answer any questions you may have. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

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## Using ROTH Properly

Tuesday, March 5, 2024, Time: 11:00 AM, 120 minutes **On-line Zoom**

**Presenter:** Scott Sandell, [education@FPFEAZ.org](mailto:education@FPFEAZ.org)

**Facilitator:** Cindy Schrantz, [cindyschrantz@gmail.com](mailto:cindyschrantz@gmail.com)

Roth is for EVERYONE! Regardless of age, wealth, gender, etc. We will learn everything we need to know about Roth in order to take advantage of this special tax status. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



## Explore Our World

### Eeny, Meeny, Miny MOAI or How I Learned to Rapa Nui

Friday, February 9, 2024, Time: 2:30 PM, 120 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Jay Mark, jaymark@twtdbooks.com

**Facilitator:** Barbara Thelander, bthelander56@gmail.com

More than 2000 miles off the coast of Chile, lies Isla de Pascua, a tiny, inhabited island, one of the most remote on the planet. It is home to about 4,000 Rapa Nui people. And 887 remarkable, giant stone Moai figural ancestors of this ancient race. For hundreds of years, aboriginal Polynesian descendants lived in complete isolation, cut off from the rest of the world until Easter Sunday April 1722; a fateful day in which their sheltered home was upended by Dutch explorers happening upon the lonely outpost in the midst of the vast Pacific Ocean. The unprecedented discovery introduced Easter Island, as it came to be called, to the world. With the arrival of Europeans, the remarkable Rapa Nui culture was forever changed. Therein lies a fascinating story that historian and intrepid voyager Jay Mark can't wait to share.

### Geographical Wonders of the World

Friday, Feb. 9, 16. 23. Mar. 1, 8, 15. 2024, Time: 1:00 PM, 120 minutes

**On-line Zoom**

**Presenter:** Professor Michael E. Wyssessions

**Facilitator:** Archie Millhollon, almilloo@outlook.com

This is a Great Courses video series presented by Professor Michael Wyssessions. He takes us on an exciting tour to study unique features of our planet. This semester will cover Columbia Glacier, Rock of Gibraltar, Yellowstone, Iceland, The Dead Sea and others. We invite you to come along for the ride to see and hear about fascinating places right on our very own trusty little planet.

Find your course easily during  
Registration by looking it up by  
Title, not Instructor!

### Ireland and Northern Ireland: Great Tours

Thursday, Mar 21, 28, Apr 4, 11, 18, 25, Time: 10 am - 11:30 am, 90 min

**On-line Zoom**

**Presenter:** Marc Conner, PhD.

**Facilitator:** Suzanne Brown, suzannebrownpt@gmail.com

The Great Tours: Ireland and Northern Ireland gives you the chance to traverse this amazing land with a leading scholar in the field of Irish history, culture, and literature. Taught by Professor Marc Conner, president of Skidmore College and a scholar of modern Irish literature, The Spring session will cover the first 12, half-hour lessons of this course over six weeks. A Great Course presentation for all our arm-chair travelers.

### On The Origins of The Moon

Tues/Thurs, Apr 16, 18, 23, 25, Time: 10:00 AM, 90 minutes

**MCC Red Mountain Campus V-121**

**Presenter:** GE Paulus, Gpaulus@asu.edu

**Facilitator:** Dan Taylor, daniel.taylor@cox.net

This course will explore the origins of our moon by addressing the common theories and the most preferred theory along with a new theory that has just recently been proposed. This 4-part course will review facts and myths about our moon along with a detailed discussion of the geology and future manned missions so that we can learn more about our satellite.

## Our cruise/land tour to Alaska and the Yukon in July & August 2023.

Thursday, April 18, 2024, Time: 10:30 AM, 90 minutes  
**MCC Dobson and Southern Campus Room BP 4**  
**Presenter & Facilitator:** John Overdorff,  
John.s.overdorff@gmail.com

John and Janice Overdorff will share their experiences from an 18-day tour of Alaska and the Yukon in July and August 2023. Class is a travelogue of their experiences.

## Tour de France, Part Deux

Wednesday, Feb 28, 2014, Time: 1:00 PM, 90 minutes  
**MCC Dobson and Southern Campus Room BP 4**  
**Presenter & Facilitator:** Marie-France Ganansia and Greg Master. gamst51@gmail.com

This is the second part of our Summer 2023 tour of France. This part covers Southern France including the Pyrenees, Basque Country and Aquitaine. Tips for a successful foreign tour will be shared.

## The Grand Teton National Park

Wednesday, April 10, 2024, Time: 1:30 -3:00 pm, 90 min  
**MCC Dobson and Southern Campus Room BP 4**  
**Presenter:** Randall Harabin, Harabinretired@hotmail.com

**Facilitator:** Don Brown, donbrownrph@gmail.com

Join former Park Ranger Randall Harabin as he gives us an insider's view of the Grand Teton National Park. Randall will cover geology, plant communities and wildlife.



Arles France by Suzanne Brown 2023

## Global and Political

### Afghanistan Update in Person & Online

Thursday, Feb 8, 2024, Time: 2:00 PM, 90 minutes  
**MCC Southern and Dobson & Online Zoom Room BP 4**  
**Presenter & Facilitator:** Bob Dukelow, ace1bob@gmail.com

What is happening in Afghanistan today? The Taliban are still trying to impose their Wahabi will on a fiercely independent population comprised of five major ethnic groups with differing religious ideas. The massive earthquake on 7 October killed nearly 2,500 people in western Afghanistan. International aid to the victims that would normally flow after such a huge tragedy might be facing significant obstacles. Join us for an update on this important Middle Eastern nation.

### Chinese Political Trends and Their Origins

Monday, Feb 5, 12, & 26, Mar 4. No class Feb 19,  
Time: 10:00 AM, 90 minutes  
**MCC Red Mountain Campus V-118**  
**Presenter & Facilitator:** Daniel Mueller,  
muellerd1@yahoo.com

This course will examine the historical origins and development of current-day Chinese political culture. Dan is continuing his knowledge of the country, culture, and political issues.

## Current Conflicts

Thursday, Feb 29, 2024, Time: 1:30 PM, 90 minutes  
**MCC Dobson and Southern Campus Room BP 4**  
**Presenter & Facilitator:** Robert Dukelow,  
ace1bob@gmail.com

Who is fighting with whom in our world at the moment? What are the issues at stake? What could resolve the problem? What are the US interests in the matter? Come join us for a lively discussion of the current global issues and conflicts.

## Great Decisions

Tuesdays, Feb 6, 13, 20, 27, Mar 5, Time: 1:30 PM, 90 minutes  
**MCC Red Mountain Campus V 118**

**Presenter & Facilitator:** Bill Zipperer, bz1299@yahoo.com

Discussion of United States foreign policy issues using the Foreign Policy Association's topics for 2024. Possible Spring topics to be presented in our 5-part class will include Mideast Realignment, Climate technology and competition; Science across borders; US - China trade rivalry, NATO's future; Understanding Indonesia; High Seas Treaty; and Pandemic preparedness.



## Energy and Civilization

Wed, February 21, 2023, Time: 1:30, 90 minutes  
**MCC Red Mountain Campus PV 205**  
**Presenter & Facilitator:** William Zipperer D.O.,  
bz1299@yahoo.com

This course will provide a survey of what energy sources we currently use to allow a modern society to run, and how we got here.

## Our Warming World - From Reality to Solutions and Action

Tuesday, February 27, 2024, Time: 1:00 PM, 90 minutes  
**MCC Dobson and Southern Campus Room BP 4**  
**Presenter & Facilitator:** Marilyn Klingler (marymary926@yahoo.com) and Sandy Whitley (sandyariz@cox.net)

Climate change has gotten a lot of press lately, primarily due to the prevalence of climate-related disaster events throughout the world. World leaders continue to meet at the Conference of Parties gatherings yearly, but with little to show for their time. Individual countries are at various levels of success in dealing with climate issues overall. The world has a long way to go, and that includes the United States where progress is often attempted and then stymied. We, us tiny little individuals, want to know what we can do. How can we do our part to effect the change that is needed to reduce pollution and keep our world livable? Marilyn and Sandy will talk about all these things and offer some opportunities to act on both a personal and national level, which are necessary to maintain a livable world for our grandchildren. Join us for a continuing discussion on this important global challenge.

## Putin's Russia: Where From, Where At, and Where To

Monday, Tuesday, & Wednesday, Mar 25, 26, 27,  
Time: 1:00 – 2:30 PM, 90 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Charles and Natasha Tichy,  
zaychikabc@outlook.com

**Facilitator:** Mary Adamick, madamick@cox.net

Join Dr. Charles and Natasha Tichy, ASU Emeritus faculty, for a three-day course that offers a variety of contrasts within Russian civilization during the presidency of Vladimir Putin. Examples of Putin's "modernization" success are juxtaposed to events protesting government corruption. His recent military aggression on Ukraine is discussed in relation to Russian and Soviet past aggressions against minorities and Eastern Europe. Course emphasizes contemporary reactions within Russian society about the current state of modernization programs and of national morale during the invasion of Ukraine.

## Untangling The Middle East

Tuesday, February 20, 2024, Time: 2:00 PM,  
90 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Dr. Brian Dille, brian.dille@mesacc.edu

**Facilitator:** Barbara Thelander,  
bthelander56@gmail.com

The Middle East is the spiritual home to three of the world's major religions. It exports a large share of the world's oil, which is the foundation of the global economy which relies on fossil fuels for energy. Geographically, it is the crossroads between Africa, Asia, and Europe. This means that every country in the world has a strategic interest in what goes on in this volatile region. Professor Dille will outline the web of alliances, interests, and influences that Middle Eastern countries have with the rest of the world to help make sense of what is going on in the region.



## Adapting to a Warmer World

Tuesday, February 13, 2024, Time: 10:00-11:30,  
90 minutes

**Online in cooperation with NAIL**

**Presenter:** Daniel Richardson,

**Facilitator:** Nancy Spence, nancyDSky7@gmail.com

Rising global temperature is the climate change that will most affect the population of central Arizona. Even moderate physical adaptation to heat exposure will lessen your chance of being harmed by this particular climate action. After reviewing and expanding on previous lectures of temperature regulation, this presentation will describe the biological mechanisms of heat adaptation followed by procedures that you can use to bring about such adaptation yourself.

## Healthy Aging and Wellness

### Longevity: Super Agers and Healthy Aging

Friday, Feb 9, Mar 8, 2024, Time: 10:00-11:30, 90 minutes

**Online NAIL**

**Presenter:** Calvenea Malloy,

**Facilitator:** ,

Learn how social and economic factors impact longevity in this 2-part course. Understand how stress, nutrition, exercise, and creativity impacts aging. Review and discuss the current therapies that can support a healthier life as you age. Explore the Blue Zone areas in the world where people live the longest and what we can learn from them. Discuss creating harmony in your home to age gracefully.

### Better Posture

Friday, April 5, 2024, Time: 1:00 PM, 120 minutes

**MCC Dobson and Southern Campus Room 2S**

**Presenter:** Dr. Sonny Sampedro,  
drsonnysampedro@cox.net

**Facilitator:** Larry Merrill  
larrymerrill1@gmail.com

Dr. Sonny has been a popular and humorous speaker for New Frontiers for several years. Bad posture contributes to developing back pain, neck pain, shoulder pain and wrist pain. In this program you will learn what constitutes bad posture and how to identify this problem. Practical stretches and exercises will be taught to help improve your posture. You will also learn ways to improve your posture while sitting.

### Ikigai

Thursday, February 1, 2024, Time: 2:00 PM, 60 minutes

**MCC Dobson and Southern Campus BP 1S**

**Presenter & Facilitator:** Marilyn Klingler, RN BS.  
M.Ed., mklingler926@gmail.com

The Japanese secrets to a long happy life are described as a value or worth of the individual. Your Ikigai is your life purpose or your bliss. Join Marilyn Klingler as she shares the 4 rules of Ikigai and how you can incorporate this into your life.

### Let's Talk About Mental Health

Tuesday, March 19, 2024, Time: 2:00 PM, 90 min

**MCC Dobson and Southern Campus BP 1S**

**Presenter:** Kate Mohler,  
katemohler@mesacc.edu

**Facilitator:** Suzanne Brown,  
suzannebrownpt@gmail.com

Join Kate Mohler, MCC English faculty and Vice-President of Ability Maricopa, as she teaches clinical terms and vocabulary words that help destigmatize and normalize conversations about mental health. Most people find it very interesting to learn more about what is really happening with mental illness, what episodes can look like, how it can feel to be mentally ill, and what to do if you're in trouble or if you need to assist someone else.

## Neck Pain and Headaches

Friday, March 1, 2024, Time: 1:00 PM, 120 minutes  
**MCC Dobson and Southern Campus BP2S**  
**Presenter:** Dr. Sampedro, drsonnysampedro@cox.net

**Facilitator:** Larry Merrill, larrymerrill1@gmail.com

Dr. Sonny has been a popular and humorous speaker for New Frontiers for many years. Dr Sonny will talk about the many causes of neck pain and headaches. What are the risk factors? How does one diagnose neck pain or headaches? What treatments are available and are there alternative type treatment options? Does exercise and diet play a role? What preventative measures can one take to prevent these conditions? And lots more information.

## Normal Aging vs. Not-Normal Aging

Tuesday, March 19, 2024, Time: 1:30 PM, 90 minutes  
**On-line Zoom**  
**Presenter:** Elaine Poker-Yount, elaine@visitingangelsaz.com

**Facilitator:** Jennifer Wong, nfljwong@outlook.com

We all forget things once in a while, or struggle to find the right words. And yes, we all lose our keys occasionally. When we do these things, we tend to get a little panicky sometimes, especially if Alzheimer's or some other form of Dementia runs in the family. Is this normal, or are we getting close to that dreaded 'mild cognitive impairment' diagnosis? Join in to learn the difference between what is normal as we age, and what isn't! This is an interactive class.

## Skin Cancer- From the Beach to the Bedside

Monday, April 15, 2024, Time: 11:00 AM, 60 minutes  
**MCC Red Mountain Campus PV 205**  
**Presenter:** Anand Ganesan, Aganesan@uci.edu

**Facilitator:** Suzanne Brown, suzannebrownpt@gmail.com

Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun. Living in Arizona with so much sun puts all of us at increased risk. This common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight. There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma. Join Dr. Anand Ganesan, University of California, Irvine, as he shares his knowledge and clinical experience with NFLL on skin cancer.

## The Keys to Moving Forward

Tuesday, Feb. 6, 2024, Time: 1:30 PM, 90 minutes  
**On-line Zoom**  
**Presenter:** Elaine Poker-Yount, elaine@visitingangelsaz.com

**Facilitator:** Jennifer Wong, nfljwong@outlook.com

What do we do when we're stuck? We're aging and still aware that we're unprepared for what is going on around us. We KNOW we have to take things in our own hands, but we're frozen. Locked. Immobile. We need to know how to get the information to be able to make all those decisions on our own. This class outlines the critical items to consider for these times. Joan Poker-Yount will take us on a gentle walk through some of the roadblocks that may be impeding your ability to move forward and may help you outline your next steps. Resources and brainstorming will be an active part of this interactive class.

## Tools for Living with Dementia: Communication, Conversation and Tackling Everyday Tasks

Tuesday, April 9, 2024, Time: 1:30 PM, 90 minutes

### On-line Zoom

**Presenter:** Elaine Poker-Yount,  
elaine@visitingangelsaz.com

**Facilitator:** Jennifer Wong, nfljwong@outlook.com

Joan Poker-Yount will give us insight as to how someone with dementia might see or understand normal daily activities. Making a few little tweaks to our approach can provide both progress and completion for a variety of daily struggles, including dressing and bathing. Adjustment to the way WE communicate can and will make all the difference to someone who is unable to adapt the way they respond. Adjusting our caregiving style can help with a more positive daily environment, better 'success' when trying to accomplish tasks and an overall enriched quality of life. This is an interactive class.

## Triumph Over Lung Disease: 8 Tips on How to Regain Breath and Vitality

Thursday, March 7, 2024, Time: 2:00 PM, 90 minutes

**MCC Dobson and Southern Campus Room BP 1S**

**Presenter & Facilitator:** Marilyn Klingler RN, M.Ed.,  
mklingler926@gmail.com

Do you, or someone you love, have difficulty breathing or get short of breath while doing activities? Join Marilyn Klinger RN, a specialist in pulmonary care to learn proven strategies and information to help overcome the obstacles of living with lung disease.

## NEW MEMBER COFFEE FRIDAY, FEBRUARY 2, 2024

10 am - 11:30 am

Red Mountain Mesquite Bldg Room 200



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

Come preview the Spring 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



# History and Culture

## A History of SRP Canals in Arizona

Sign up for only one session, please.

**1. MCC Dobson and Southern Campus Room BP 4**  
Wednesday, March 6, 2023, Time: 10:00 am-11:30 am,

**2. MCC Red Mountain Campus V-118**  
Thursday, March 7, 2023, Time: 12:00-1:30 pm

**Presenter:** SRP Educators

**Facilitator:** Sue Hite, [sue12hite@gmail.com](mailto:sue12hite@gmail.com)

In the 1860s, a central Arizona gold rush brought an influx of people to the Salt River Valley. In December 1867, a group of 17 of these new arrivals formed the Swilling Irrigation and Canal Company. They planned to take water from the Salt River by canal so they could grow crops to sell to miners at Wickenburg and the U.S. Cavalry stationed at Fort McDowell. The waterway became known as the Swilling Ditch, later the Town Ditch or the Salt River Valley Canal. Thus started the beginning of the canal system that the Salt River Project (SRP) controls today. Come learn about the history of the canals and the current water management by SRP. The same presentation will be given on both campuses.

### American History in New England

Wednesday, Feb 28, 2024, Time: 10:00 AM, 60 minutes  
**MCC Dobson and Southern Campus Room BP 4**  
**Presenter & Facilitator** Dr Marie-France Ganansia,  
[mariefranceganansia@gmail.com](mailto:mariefranceganansia@gmail.com)

During a week-long tour in Fall 2023 we visited all six New England states. Beginning in Boston, "the Cradle of Liberty" and Lexington Battle Green where "the shot heard around the world" signaled the start of the American Revolution, we went on to other historic sites throughout New England. As a bonus colorful fall foliage was starting to appear.

### B-24 Liberators, "Hot Stuff", Lt Gen Andrews

Wednesday, March 6, 2024, Time: 1:00-2:30,  
90 minutes

**Online in cooperation with NAIL**

**Presenter:** James Evans,

**Facilitator:** Jacki McDugle, [mcdugle@gmail.com](mailto:mcdugle@gmail.com)

The first heavy bomber to complete a "tour" in WW II in Europe was NOT "Memphis Belle." We will tell the real story and why so many people don't know about it. With tie-in to current history in Iceland.

<p><b>Banned Books, Burned Books: Forbidden Literary Works</b></p> <p>Thursdays, Feb 8, 15, 22, 29, Mar 7, 14, Time: 10 am - 11:30 am, 90 min</p> <p><b>On-line Zoom</b></p> <p><b>Presenter:</b> Maureen Corrigan,  <b>Facilitator:</b> Suzanne Brown,  suzannebrownpt@gmail.com</p> <p>With recent events and movements to ban books in libraries and schools, this course will give us something to think about and talk about. This course will cover the first half (12 lessons) from this Great Course, presented by Maureen Corrigan, PHD, Georgetown University. In addition, we will review some of the more recent books to be banned.</p>	<p><b>Boeing KC-135 Stratotanker: Many Roles, Essential Services.</b></p> <p>Wednesday, April 17, 2024, Time: 1:00-2:30, 90 minutes</p> <p><b>Online in cooperation with NAIL</b></p> <p><b>Presenter:</b> James Evans,</p> <p><b>Facilitator:</b> Ann Bloxam, annbloxam@hotmail.com</p> <p>The Boeing KC-135 Stratotanker has already served the US Air Force for more than sixty years. It continues to serve many roles and, in many ways, will probably continue to do so for years to come.</p>
<p><b>Legends of the American West</b></p> <p>Friday, Mar 22 and Mar 29, Time: 1:00 PM, 90 minutes</p> <p><b>MCC Dobson and Southern Campus Room BP 2S</b></p> <p><b>Facilitator:</b> Margo Heaps, nflmargo@juno.com</p> <p>Like old westerns? Join Margo and others to enjoy these classic films once again.</p> <p>March 22 Part 1 Billy, Jesse, and Wyatt Earp  March 29 Part 2 Cowboys and Indians, The West Remembered</p>	<p><b>English Electric Canberra / Martin B-57</b></p> <p>Wednesday, February 7, 2024, Time: 1:00-2:30, 90 minutes</p> <p><b>On-line Zoom</b></p> <p><b>Presenter:</b> James Evans,</p> <p><b>Facilitator:</b> Ann Bloxam, annbloxam@hotmail.com</p> <p>The English Electric Canberra first flew in 1949. It continued to serve in the RAF for fifty years and in its Martin B-57 variant, continues to serve with NASA until the present time – a 70-year lifespan. This aircraft has unique characteristics which make it an excellent platform for scientific observations even today. We will survey the history of this fascinating aircraft.</p>

## China: Spring Festival

**On-line Zoom** Tuesday, Jan. 23 @ 1:30 p.m.  
**In-Person at local Chinese restaurant** Jan. 30 @ 4:30 p.m.  
**Presenter & Facilitator:** Jennifer Wong, nfljwong@outlook.com

Chinese New Year marks the beginning of Spring Festival. This is the most important holiday in China since it is a time when families reunite to celebrate the new year and visit family and friends. In the first session of this class, you will learn about the Spring Festival, and experience how the Chinese celebrate Chinese New Year and Lantern Festival, both of which are an integral part of Spring Festival. In the second session (Jan. 30), we will enjoy a New Year dinner at Mekong Palace Restaurant at 4:30 p.m. Cost of approximately \$35 per restaurant attendee, payable prior to dinner event. Open to NFLL and NAIL members. Email nfljwong@outlook.com for details on where to send payment. **Fee: Approx \$35.**

## Victory Loan Flying Circus of 1919

Wednesday, **March 27, 2024**, Time: 1:00-2:30, 90 minutes

**Online in cooperation with NAIL**

**Presenter:** James Evans,

**Facilitator:** Ann Bloxam, annbloxam@hotmail.com

World War I (the Great War) was tremendously expensive both in terms of lives and in resources. In 1919 the Victory Loan Flying Circus was an attempt to deal with the extremely high costs of the recently completed Great War. Carl Spatz was part of the western state portion of this effort.

## McDonnell/Douglas F-4 Phantom II: the iconic fighter-bomber

Wednesday, April 10, 2024, Time: 1:00-2:30, 90 minutes

**Online in cooperation with NAIL**

**Presenter:** James Evans,

**Facilitator:** Ann Bloxam, annbloxam@hotmail.com

Over 5,000 F-4 Phantom II fighters were produced. They were used by the United States Air Force as well as the Navy / Marines and many other allied services. We will survey the development and use of this great fighter.

## Medieval Legacy Part 2

### MCC Red Mountain Campus V-121

Mondays, Feb 5 - Apr 22 No class Feb 19 or Mar 11, Time: 2:30 PM, 90 minutes

#### On-line Zoom

Mondays, Feb 5 - Apr 22 No class Feb 19 or Mar 11, Time: 5:00 PM, 90 minutes

**Presenter:** Carol Symes, PhD - ,

**Facilitator:** Suzanne Brown, suzannebrownpt@gmail.com

From tools to clothes to the very identities and outlooks that organize the world, the medieval legacy saturates society, shaping the collective consciousness and influencing daily experiences. This lecture series explores why and how the medieval inheritance continues to affect the globe so pervasively. This term, the second 20 lectures, will be presented in a 10-week course. A Great Course presentation. This course will be presented at different times for online or in-person class. Enroll in ONE class, either online or in-person. The online access link will be shared with all registered members.

## Parallels between the Start of WW II and Today's Political Situation in Eastern Europe

Thursday, April 4, 2024, Time: 1:30 PM, 90 minutes

### MCC Dobson and Southern Campus Room BP 4

**Presenter:** Katrina Shawver, katrina@katrinashawver.com

**Presenter & Facilitator:** Bob Dukelow, ace1bob@gmail.com

World War II began in Europe on September 1, 1939, when Germany invaded Poland. Great Britain and France responded by declaring war on Germany on September 3. The Russo-Ukrainian conflict began in February 2014 when Russia annexed Crimea from Ukraine and supported pro-Russian separatists fighting the Ukrainian military in the Donbas War. On 24 February 2022, Russia mounted a massive attack on the entire Ukraine that continues to the present day. These are just two of the parallels that can be seen today between these conflicts and their possible outcome. Join Katrina Shawver and Bob Dukelow as they discuss the historical similarities and contrasts, along with the potential outcomes to the involved countries and the global community.

## Operation Chastise: The "Dam Buster" Raid

Tuesday, March 12, 2024, Time: 1:00-2:30, 90 minutes

**Online in cooperation with NAIL**

**Presenter:** James Evans,

**Facilitator:** Ann Bloxam, [annbloxam@hotmail.com](mailto:annbloxam@hotmail.com)

In the spring of 1943, the outcome of World War II was very much in doubt. The Soviet Union had been attacked by Germany and was questioning whether Great Britain had any role in the European War. A single raid, audacious in concept and very challenging to actually pull off, changed all of this. We will describe the scientific genius and amazing airmen who planned and carried out this historic raid.

### Polish Heroes

Thursday, March 28, 2024, Time: 1:30 PM, 90 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Katrina Shawver,

[katrina@katrinashawver.com](mailto:katrina@katrinashawver.com)

**Facilitator:** Bob Dukelow, [ace1bob@gmail.com](mailto:ace1bob@gmail.com)

On 12 September 1683, King Jon III Sobieski, led a relief force of 23,000 Poles, including 3,000 winged hussars, to defeat an Ottoman army of initially 120,000 men besieging the city of Vienna. After that Polish victory that by all serious historical accounts saved Christian Europe from being forced to convert to Islam, the reputation of the Poles has steadily gone down hill until the present day, numerous Polish heroes notwithstanding. This class will examine the lives and accomplishments of some famous Polish heroes.

### Remember When

Thursday, Feb 22, 2024, Time: 1:30 PM, 90 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter & Facilitator:** Bob Dukelow, Apprentice Old Guy, [ace1bob@gmail.com](mailto:ace1bob@gmail.com)

This class will take a look at things that were once commonplace but are rarely seen today, e.g. headlight dimmer buttons on the floor next to the clutch pedal, 8 track players, CB radios, cap guns, poodle skirts, bicycles with simulated fuel tanks, push mowers, "I Like Ike" buttons, Spam, Golden Guernsey extra fat milk, and green Jell-O salad.

### Republic F-105 Thunderchief: The Iconic Fighter Bomber

Tuesday, March 26, 2024, Time: 1:00-2:30, 90 minutes

**Online in cooperation with NAIL**

**Presenter:** James Evans,

**Facilitator:** Ann Bloxam, [annbloxam@hotmail.com](mailto:annbloxam@hotmail.com)

The Republic F-105 Thunderchief was a highly capable Cold War Era fighter-bomber, designed for one mission, but forced into a quite different mission during the Vietnam War. We will discuss this great aircraft and how it was misused and ultimately withdrawn from service.

### To Steal a Kingdom

Friday, March 8, 2024, Time: 2:30 PM, 120 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Jay Mark, [jaymark@twtdbooks.com](mailto:jaymark@twtdbooks.com)

**Facilitator:** Barbara Thelander,

[bthelander56@gmail.com](mailto:bthelander56@gmail.com)

In the late-19th century, Arizona was the center of one the grandest land-fraud schemes ever perpetrated in the U.S. As the result of a 17th century royal decree, more than 12-million acres from central Arizona to western New Mexico were claimed as private property -- the largest single land ownership in the country. Called the Peralta Grant, this is the incredulous story of how one man nearly got away with it.

## Just For Fun!

### Games, Games, Games

Tuesdays, Feb 6–May 6, Time: 9:20–11:20 AM, 90 min  
**Resurrection Church, 3201 S. Evergreen Rd. Tempe, AZ**

**Facilitator:** Joan Hancock and Jacki McDugle,  
mcdugle@gmail.com

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! Join us for an optional separate- check-lunch afterwards at local restaurants.

### A Day in The Life of a Firefighter

Thursday, February 22, 2024, Time: 10:00 AM, 90 minutes

**MCC Red Mountain Campus DW 133**

**Presenter & Facilitator:** Gibby Gorman,  
GIBBYGORMAN@YAHOO.COM

What does it take to get hired as a firefighter? We'll cover this and pull the curtain back on what types of calls are run. We will explain the types of trucks used, the work schedule, and station life. Being a firefighter can be a tough profession with a lot of challenges, but it also has its humorous side too. Class is taught by Gibby Gorman, a retired firefighter and battalion chief with 33 years of service, with the Tempe and Maricopa Fire Departments.

### Phoenix Art Museum

Wednesday, March 20, 2024, Time: 2:00 pm - 6:00 pm,  
**Phoenix Art Museum, 1625 North Central Ave.,  
Phoenix, AZ 85004 – Meet at Gilbert Light Rail Station  
at 2:00 PM to ride with NFLL group.**

**Facilitator:** Suzanne Brown,  
suzannebrownpt@gmail.com

Ride the Light Rail to the Phoenix Art Museum for a Wednesday Pay What You Wish visit (normal entry fee is \$25 for seniors). See *Barbie: A Cultural Icon*, *The Power of Pink*, and many other exhibits with our NFLL members. Individuals who do not want to ride the Light Rail are welcome to meet at the museum around 3 pm. Our group will plan to return on the Light Rail around 5:00 p.m., however individuals may stay in Downtown Phoenix for dinner and return on their own.

### Aster Games

Thursday, Feb 8 - May 9, Time: 9:30 AM, 90 minutes  
**Aster Center Mesa Downtown 247 N Macdonald St.**

**Facilitator:** Margo Heaps, nflmargo@juno.com

We combine with the Aster Center attendees for games provided by attendees.

### Crepe/Waffles Preparation Session in Creme & Chocolats

Tuesday, March 5, 2024, Time: 10:00 AM, 60 minutes  
**Creme and Chocolats, (Store #111), 1744 South Val  
Vista Drive, Mesa AZ 85204 (Dana)**

**Presenter:** Nalini Charan, Surrji@gmail.com

**Facilitator:** Jacki McDugle, mcdugle@gmail.com

Creme & Chocolats team will help students understand how to prepare multiple varieties of Crepes/Waffles and other Creme & Chocolats products for this session. If you want to stay and eat more than a taste, you may for menu prices. **Fee: \$10/student**

### Knit Wits

Friday, Feb 9 - May 3, no class Mar 15, Time: 10:00 AM, 90 minutes

**MCC Red Mountain Campus Library DW 226**

**Facilitator:** Jacki McDugle, mcdugle@gmail.com

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 blankets, hats, etc. Come join us for some time to work and camaraderie! We will meet weekly, but you don't have to come every week.

## Mesa Museum of Contemporary Art

Wednesday, March 14, 2024, Time: 1:00 pm - 2:00 pm,  
60 minutes

**Mesa Arts Center, 1 East Main, Mesa**

**Facilitator:** Suzanne Brown,  
suzannebrownpt@gmail.com

Join us for a self-directed tour of the Mesa Museum of Contemporary Arts at 1 East Main, Mesa. This free museum will have the Spring exhibits open for our visit including the 45th Annual Contemporary Crafts exhibit. Have lunch in Downtown Mesa and join our NFLL group at the museum at 1 pm!



## Mesa Public Library - We're More Than Just Books!

Thursday, February 29, 2024, Time: 10:00 AM, 90 minutes

**Mesa Public Library, 64 East 1<sup>st</sup> St, Mesa, AZ**

**Presenter:** Cory Black, Volunteer Coordinator,  
Mesa Public Library, Cory.Black@mesaaz.gov

**Facilitator:** ,

When was the last time you visited the Mesa Public Library? Let us guide you through our Main Branch in downtown Mesa. We aren't just books anymore. Get creative in our makers space called Think Spot, where you have access to 3-D printers, the Glowforge, sewing machines, and more. Start a new garden with our Seed Library. Take a stroll back in time visiting our Mesa Room, filled with memories of Mesa's past. This is just the beginning of what we have to offer, come check us out!

Mesa Public Library, we are more than just books!

## Life as a National Park Service Ranger

Wednesday, April 3, 2024, Time: 1:30 pm -3:00 pm,  
90 minutes

**MCC Dobson and Southern Campus Room BP 4**

**Presenter:** Randall Harabin,  
Harabinretired@hotmail.com

**Facilitator:** Don Brown, donbrownrph@gmail.com

Join former Park Ranger Randall Harabin as he gives us an insider's view of the National Park System and his career working at over 20 sites.

## Let's Discuss

### Bookshelf

Wednesday, Feb 14 to May 1, 2024 Time: 10:00 AM, 60 minutes

**Aster Center Downtown Mesa**

**Facilitator:** Diane Grogan, grogandf@gmail.com

If you like to read, this is the perfect class for you! Lively discussions of the author and the book occur at each session. Participants are not required to read all books, or attend all sessions. See Spring dates and book titles.

Feb 14 Next Year in Havana by Chanel Cleeton (J Overdorff)

Feb 28 The Master Butchers Singing Club by Louise Erdrich (R Brooks)

Mar 20 Forty Autumns by Nina Willner (M Heaps)

Apr 3 Rules for Visiting by Jessica Francis Kane (D Grogan)

Apr 17 The Nine: True Story by Gwen Strauss (M Boehlen)

May 1 News of the World by Paulette Jiles (A Mickle)



### Mystery and Mayhem Book Discussion

Wednesday, Feb 7, 21, Mar 6, 27, Apr 10, 24, Time: 10:00 AM, 70 minutes

**Aster Center Downtown Mesa**

**Facilitator:** Mary Boehlen, minipins48@gmail.com

Do you enjoy 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 six times this semester to discuss books chosen by the group. Come to one session or all as your schedule allows.

Feb 7, The Agatha Christie Book Club by C. A. Larmes. (Janice Overdorff)

Feb 21 The Island by Ragnar Jonasson. (Arllys Medlicott)

March 6 Savage Run by C. J. Box. (Mary Boehlen)

March 27 The Maid by Nita Prose. (Diane Grogan)

April 10 Big Sky by Kate Atkinson. (Susan Schneider)

April 24 Magnolia Palace by Fiona Davis. (Tomi Kolstad)

### Monday Morning Conversations via WebEx

Monday, January 15, 2024, Time: 8:30 AM, 90 min  
**On-line WebEx**

**Facilitator:** Allan Zisner, azisner@outlook.com

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

## Let's Get Active!

### Matter of Balance

**CANCELLED**

Fridays, 1/19/24, 1/26/24, 2/2/24, 2/9/24, 2/16/24, 2/23/24, 3/1/24, and 3/8/24., Time: 10 AM , 90 minutes  
**MCC Red Mountain Campus**

**Presenter:** ATSU Center for Resiliency in Aging

A Matter of Balance is a program that helps older adults reduce their risk of falling and increase their activity levels. AT Still University is a health sciences university that offers graduate degrees in osteopathic medicine, dental medicine, audiology, occupational therapy, physical therapy and more. Students from the Mesa, Arizona campus of AT Still University have led A Matter of Balance classes for residents at several senior living communities. This is how the university engages with the local community and promotes healthy aging.

### Preparing for the Second Half of Our Journey - **CANCELLED**

Wednesday, March 27, 2024, Time: 1:00-2:30

**Online in cooperation with NAIL**

**Presenter:** Betsy D.

**Facilitator:**

We will discuss clothing. Be prepared to move. In this class you will learn the importance of movement, how to move, how to reverse osteoporosis, stay flexible and balanced. Can you be fun. It is all about having the best of your life. It is being present and enjoying the moment. You can see me, I can see you, you are able to see each other. It will be fun.

**The Consolidated Risk Form must be on file to participate in any of the Let's Get Active classes. See the NFLL website to complete the form.**

### Thursday Morning Social Bike Ride

Thursday, Jan 18; Feb 1, 15, 29; Mar 14, 28; Apr 11, 25,  
Time: between 7 & 8 am, 120 minutes

**off-site locations**

**Facilitator:** Allan Zisner, azisner@outlook.com

Enjoy bike riding? Come ride the many paved bike and canal paths in the east valley. A few of the rides are along semi-paved paths. Start times vary between 7 and 8 am, depending upon the weather and sunrise. Our average ride distance is 15 miles, and the average speed is 10 miles per hour. Allow approximately 2 hours to complete the ride.

Bring a bicycle helmet, water and snacks and dress appropriately for the weather. Dates subject to change. Risk Form must be on file with NFLL. See website.



## Trailblazers Hiking Group

Friday, weekly starting Feb 9, Check with facilitator for time and location each week.

**Facilitators:** Greg Master, gamst51@gmail.com, 832-594-6175, and Marie Ganansia, mariefranceganansia@gmail.com, 480-244-2976

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 mornings and can include special hike on other days.

## Walkers Explore Local Parks

Wednesday, Feb 14 - Apr 24, 2024, Time: 8:30 a.m., 60 minutes

### Local Valley Parks -

**Presenter:** Mary Adamick, madamick@cox.net

**Facilitator:** Mary Adamick, madamick@cox.net

Join us as we explore local parks. Enjoy fresh air, some leisurely exercise, nice scenery and good company. Walks last about one hour. Most parks have restrooms. The facilitator will notify participants with the park and directions each week. Risk Forms must be on file with NFLL. See website.

## Trailers Hiking Group

Tuesday, weekly starting Feb 6. Check with facilitator for time and location each week.,

**Facilitators:** Greg Master, gamst51@gmail.com, 832-594-6175, and Marie Ganansia, mariefranceganansia@gmail.com, 480-244-2976

Trailers' hikes are intended to be easy, with occasional moderate sections. Hikes are usually between 2.5 and 4 miles long and have elevation gains of less than 400 feet. The objective is a fun recreational hike enjoyable to most hikers in reasonable condition.



## Technology

### AI Artificial Intelligence

Saturday, March 30, 2024, Time: 10:00-11:30, 90 minutes

#### Online in cooperation with NAIL

**Presenter:** Rob Truman,

**Facilitator:** Pat King, prking@gmail.com

What is AI and how can I use it today? We will examine how Google and Microsoft are incorporating ChatGPT with their own applications (Bard AI and Bing Chat). We will compare the three different offerings and demonstrate some of the capabilities of each.

### Internet Search - Tips, Tricks & AI

Friday, February 23, 2024, Time: 9:00-10:30, 90 minutes

#### Online in cooperation with NAIL

**Presenter:** Rob Truman,

**Facilitator:** Pat King, [prking@gmail.com](mailto:prking@gmail.com)

Searching the internet is more than just entering in some keywords and hoping that you find what you're looking for. It is a skill and there are tricks and tips to help ensure you get the best possible results. This class will discuss the recent entrance of Artificial Intelligence (AI) into the search arena. Join us as we go down the rabbit hole of searching the Internet.

## Writing Our Family Histories

### Getting Started with Family History Research: Tips for Beginners

Tuesday, Feb 6, Feb 13, Time: 1:30, 90 minutes  
**MCC Dobson and Southern Campus Room BP 1S**  
**Presenter:** Duane Roen, Emeritus Professor, ASU,  
duane.roen@asu.edu

**Facilitator:** Cindy Schrantz, cindyschrantz@gmail.com

Have you thought about tracing your family's history but don't know where to begin? Duane Roen will share some readily available resources, tools, and strategies for getting started with researching your roots. This workshop is designed for those who have little or no experience in researching family history.

### Memories of Childhood Toys

Tuesday, April 30, 2024, Time: 1:30, 90 minutes  
**MCC Dobson and Southern Campus Room BP 1S**  
**Presenter:** Duane Roen, Emeritus Professor, ASU,  
duane.roen@asu.edu

**Facilitator:** Suzanne Brown, suzannebrownpt@gmail.com

Each of us may have vivid or vague memories about the toys that occupied our play time as children. Some of those toys may have been purchased; some may have been lovingly crafted by family members; some have been ordinary objects that we spontaneously converted to toys, e.g, a stick or a rock. And some of us have had more expensive toys in adulthood. In this workshop, we will talk and write about some of the toys that each of us has had, reflecting on the role of toys in our lives and the lives of other family members.

### Weaving Cultural History into Our Family History Writing

Tuesday, February 20, 2024, Time: 1:30, 90 minutes  
**MCC Dobson and Southern Campus Room BP 1S**  
**Presenter:** Duane Roen, Emeritus Professor, ASU,  
duane.roen@asu.edu

**Facilitator:** Mary Adamick, madamick@cox.net

Sometimes family historians have only names, dates, and places for ancestors. But the more we gather names, dates, and other genealogical facts, the more we yearn for more personal connections to and understanding of those who came before us, found in stories about their lives and accounts of their daily struggles, hopes, and dreams. How can we enrich the stories that we write about our ancestors if we have relatively few details about their lives? Duane Roen will talk about using cultural/social history to flesh out the stories that we write about ancestors. Such history can give us a better understanding of what our ancestors experienced.

### Writing about Family and Food

Tuesday, April 2, 2024, Time: 1:30, 90 minutes  
**MCC Dobson and Southern Campus Room BP 1S**  
**Presenter:** Duane Roen, Emeritus Professor, ASU,  
duane.roen@asu.edu

**Facilitator:** Suzanne Brown,  
suzannebrownpt@gmail.com

In this workshop, we will consider the roles of food in our family experiences. How has food helped to define family events and places? How do we associate certain foods with specific family members? What special roles do certain foods play in holidays and rituals? How have our relationships with specific foods changed over time? Participants will respond to some questions to write about food (so please bring paper and pen or a laptop).



**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**

## **Spring 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

**Vice President:** Bill Lents

**Treasurer:** Fred Searing

**At Large Members:** Jan Lorette, Lois Schaffer, Carolyn Follett

#### **Standing Committee Chairs:**

**Curriculum:** Suzanne Brown, Jacki McDugle

**Membership:** Mary Boehlen

**Social:** Open

**Volunteer:** Mary Adamick

**Communication:** Open

#### **Ad Hoc Committees**

**Scholarship:** Barbara Thelander

**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**