



Fall 2025 Schedule

New Frontiers for Lifelong Learning

newfrontiers.mesacc.edu



Version 3 8-19-25



**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 active seniors in the community. NFLL members serve as MCC ambassadors to 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 call 480-461-7497.

The fee to join NFLL is \$80 covering activities in the academic year from August 1, 2025, through July 31, 2026. No partial fee is available. For this fee members may attend unlimited in-person, online classes, or social events as they wish. Additional fees may be assessed for supplies and social events.

New Frontiers membership is a Two-Step process. Register through MCC Enrollment Services or your online Student Portal for the *MCC Non-Credit Seniors* course for \$80. Afterwards, access your New Frontiers account on the NFLL website. The Membership fee must be paid to Mesa Community College before registering for classes.

Current Member Renewal

1. Complete [2025-26 Membership Form](#). Wait for an email (within 5-7 days) confirming you are registered with instructions on how to pay your \$80 fee.
2. Pay your fee online, in person at the Dobson Campus, or by phone (480-731-8800). Credit card payment is requested.

New Member Enrollment

If NEW to MCC, first complete the non-credit admissions process. Go to [Non-Credit Admission](#) to get started. Not comfortable doing this online? You can complete the **non-credit** admission process in person at the Enrollment Center at either MCC site.

1. Complete the New Frontiers [2025-26 Membership Form](#). After submitting, wait for an email confirmation (within 5-7 days) stating you are registered in New Frontiers with instructions on how to pay your \$80 fee. You also have the option to self-register and pay in your Maricopa Student Portal. Fall 2025 course Class is #23046.
2. Go to newfrontiers.mesacc.edu. Click on the **Members Acct** tab at the top **right** of the page. Create a New Frontiers Pro Class account. Keep a record of your User ID and password – you will need this each term to register. Your account will be activated within 2-3 business days after you pay.
3. Once you have been notified that your ProClass account has been activated, you may register for classes.

CLASS REGISTRATION OPENS AUGUST 29

To register for NFLL classes:

1. Go to newfrontiers.mesacc.edu. Click on the **Members Acct** tab at the top **right** of the page. Login, *DO NOT* create a new account.
2. **Update** your member account information if necessary OR ask for a password recovery.
3. Click on **Search** at the upper left and find your classes. **Registration opens August 29.**
4. Register for your classes! After selecting your courses, **be sure to submit the registrations.**

Fall 2025 General Information

Fall Preview – Open House

Friday, September 5, 2025 1:00 – 3:00 pm
MCC Red Mountain Campus
McKellips and Power Road, Mesa, AZ
Mesquite Building 2nd floor Community Room

New Member Coffee

Friday, September 19, 2025 10 – 11:30 am
MCC Red Mountain Campus
McKellips and Power Road, Mesa, AZ
Saguaro Building Atrium Lobby

Social Committee

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 location every month so check the website for location. Reservations are preferred but optional.. 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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OPEN HOUSE

FALL 2025

www.newfrontiers.mesacc.edu

Love to Learn?

Come look at our wide variety of classes and activities to keep adults and seniors mentally and socially engaged.





Friday, September 5, 2025

1:00 - 3:00 pm Room M-200

MCC Red Mountain Campus

7110 E. McKellips Road

Mesa, AZ 85207



Contact us: 480-461-7497



Scan the QR code for a Campus map

Please join New Frontiers for Lifelong Learning

New Member Coffee

SEPTEMBER

FRIDAY

19

2025

AT 10 AM

Red Mountain Campus
McKellips and Power Road, Mesa AZ
Saguaro Building Atrium Lobby

ARMCHAIR TRAVELING

A Visit to "The Corner"

Wednesday October 15 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 5.

Presenters/Facilitators: Marie-France Ganansia/Greg Master

Historical, cultural and scenic highlights of Winslow, AZ and surrounding area. Prospective for a potential two day visit for New Frontiers members.

Aotearoa: Kingdom of Kiwi's - Journey to New Zealand

Thursday, Nov 13 2:00 - 3:30 pm Dobson and Southern Campus, Room: BP 5

Presenter: Jay Mark. *Facilitator:*

Locally referred to as Aotearoa, it's known internationally as New Zealand. Join Jay on a journey to a country off the beaten path where the scenery is spectacular, and the people are remarkably friendly. This fascinating journey takes you from when the Māori first discovered this isolated land to a present-day nation now best known for home to Lord of the Rings.

From Renaissance-Infused Mantua to the Canals of Venice

Wednesday, October 22 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 5

Presenters/Facilitators: Marie-France Ganansia/Greg Master

Come with us and enjoy a unique week long cruise through the regions of Veneto and Lombardy with their breathtaking monuments and varied panoramas.

Great Tours: Greece In-Person AND Online

Wednesday, Sept 17, 24, Oct. 1, 8, 15, 22, 29. 7 sessions 3:30 - 5:00 pm

Register for one class: In Person: Red Mountain Campus, Room: DW 131 or

Online:

<https://us02web.zoom.us/j/81399716297?pwd=xFbhHyDt6TV4ChcMJsDqhzb2c7H8pZ.1&jst=2>

Meeting ID: 813 9971 6297 Passcode: 356445

Presenter: John R. Hale, PhD, Great Course Lecturer. *Facilitator:* Suzanne Brown

Join us as we visit Greece using the Great Course plus program. To travel the Aegean is to travel through Western Civilization history. Beginning in Athens, we will visit numerous archaeological wonders, modern cities and spots of interest. This 7-week series of classes will cover 15 separate lectures.

Miraculous Canals of Venice

Monday Nov 3 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter/ Facilitator: Margo Heaps

Documentary DVD Of all the worlds great cities none has an infrastructure quite as unique as Venice.

River Cruise Fact and Fiction on the Rhine

Wednesday, Nov 19 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenters/Facilitators: Suzanne Brown, Pat King, Jacki McDugle

Join our NFLL members as they recount their experiences on a Rhine River Cruise this past May.

Silk Road: Gansu Province

Tuesday Oct 14 1:30 - 3:00 pm Online:

<https://mesacc-edu.zoom.us/j/87494631564?pwd=OmoeTRNNLrcwepn8Pkp7bsx72pbWIT.1>

Meeting ID: 874 9463 1564 Passcode: 274725

Presenter/Facilitator: Jennifer Wong

Join your host for a continuation of her Silk Road journey through Gansu Province.

Walking Through History

Monday Nov 17 1:00 - 3:00 pm Dobson and Southern Campus, Room: BP 3S.

Facilitator: Margo Heaps

Tony Robinson DVD takes us on walks through West York Yorkshire and the Scottish Highlands. Learn about the Bronte sisters and Victoria and Albert.

World Heritage Sites II - In Person and Online

Mondays, Sept 15, 22, 29, Oct. 3, 13, 20. 6 sessions 3:30 - 5:00 pm

Register for one class: In Person: Red Mountain Campus, Room: DW 131.

Online, <https://us02web.zoom.us/j/81399716297?pwd=xFbhHyDt6TV4ChcMJsDqhzb2c7H8pZ.1&jst=2>

Meeting ID: 813 9971 6297 Passcode: 356445

Presenter: Justin Jacobs, PhD, Great Course Lecturer. *Facilitator:* Suzanne Brown

Travel the world as we view the Great Courses plus program to discover more of the most unforgettable works of architecture, archaeological ruins, feats of engineering, masterworks of art, and the greatest natural wonders of our planet. This term we will see the following by viewing lectures on two places each week. Join us as we learn about the following: Ethiopia's Rock-Hewn Churches; West Norwegian Fjords; Great Wall of China; Mountain Railways of India; Old Havana; Bagan, Sacred Landscape of Myanmar; Samarra of Iraq and the Abbasid Caliphate; China's Holy Peaks at Mounts Tai and Emei; Japan's Himeji, the White Heron Castle; Mesa Verde of the American Southwest; Brasilia, Brazil's Modernist Capital; and the Philippine Rice Terraces.

ART, MUSIC, AND THEATER

Appreciating the Native American Style Flute - An Instrument Loved and Celebrated Worldwide

October 29th 1:00 - 2:30 pm Red Mountain Campus, Room: DW 131.

Presenter: Dawn Fleming. *Facilitator:* Jacki McDugle

Participants will learn how easy it is to learn how to play the NAS flute as we as difference between a Native American flute and a NAS flute. Will learn some of the history. Will learn about the different types of NAS flutes. Will learn how playing the flute can be life changing. Will hear some NAS flutes being played. Will receive a list of resources on where to get flutes and resources on placed to learn online. (Will NOT have the opportunity to play any flutes).

Early History & Popularization of Rock & Roll Music

Wednesday, November 5 & 12, 2 sessions 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Ron Meeks. *Facilitator:*

In 2017 Ron was added to the Rockabilly Hall of Fame in Nashville, Tennessee, as one of the Legends that helped create Rock and Roll Music. That Hall of Fame is now a Rockabilly Museum. Ron will talk about the early history and popularization of Rock & Roll Music. During his career he had personal direct music connections with several of the most prominent stars of the early rock era including Elvis Presley, Waylon Jennings, Ben E. King, The Drifters, The Kingsmen, Alan Freed and others. He has many interesting stories to share with you about his experiences.

Macy's Thanksgiving Day Parade: What You Didn't Know From the Performer's Perspective!

Wednesday Dec 3 11:30 am - 1:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Stephen Meyer. *Facilitator:* Suzanne Brown

Join Stephen Meyer, the Director of Bands at Northern Arizona University, as he shares his recent experience taking the Lumberjack Marching Band to the Macy's Thanksgiving Day Parade. He will share behind-the-scenes footage of what you don't see on TV, as well as talk about the process of preparing for the big performance and the impact it had on the students.

CURRENT ISSUES

Arizona Public School Money Issues

Tuesday Sept. 23 10:00 - 11:30 am Dobson and Southern Campus, Room: LB 300.

Presenter: Ines Honne. *Facilitator:*

Why do Arizona public schools have to ask for bonds and overrides? What do they use this money for? Join our speaker, a principle at a Chandler district Title 1 school as she discusses these issues for us to become knowledgeable citizens and voters.

Constellations of Earth Satellites

Wednesday, Sept 17 1:30 - 3:00 pm Red Mountain Campus, Room: PV 250.

Presenter: Keith Kingston, a retired General Dynamics engineer. *Facilitator:* Bill Zipperer

Have you ever wondered about the moving 'stars' in our sky? Come learn about the different types of satellites and how they are orbited and managed. Keith Kingston is a retired General Dynamics engineer and he will share his knowledge with us.

Energy and Civilization

Monday, Sept 22 1:30 - 3:00 pm Red Mountain Campus, Room: V 114.

Presenter/Facilitator: William Zipperer D.O.

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

Great Decisions

Fridays, Oct 31, Nov 7, 14, 21. 4 sessions, 1:30 - 3:00 pm Red Mountain Campus, Room: PV 205.
Presenter/Facilitator: Wiliam Zipperer D.O.

Discussion of United States foreign policy issues using the Foreign Policy Association's topics for 2024. Fall topics to be presented in this 4-part class will include World Climate Cooperation, Future of NATO, AI & National Security, and US Middle East Policy.

How I Became an Intelligence Special Agent

Thursday Sept 11 1:30 - 3:00 pm Dobson and Southern Campus, Room: BP 5.
Presenter/Facilitator: Bob Dukelow

Bob Dukelow will share the ups and downs of his 33 year career in the service of the United States.

Open to Debate

Thursday, Sept 25, Oct 9, 23, Nov 20, 4 sessions 2:00 - 4:00 pm Dobson and Southern Campus, Room: BP 5.
Facilitator: Suzanne Brown

Open to Debate is the nation's only nonpartisan, debate-driven media organization dedicated to bringing multiple viewpoints together for a constructive, balanced, respectful exchange of ideas. Open to Debate is a platform for intellectually curious and open-minded people to engage with others holding opposing views on complex issues. Each month we will view a different program and discuss the issues and concepts. To learn more about Open to Debate, check out their website at: <https://opentodebate.org/about/>. If you see a topic you want us to discuss, let the facilitator know.

Recall of Public Officials

Monday, Oct 13 9:00 am - 10:30 Dobson and Southern Campus, Room: LB 300.
Presenter: Holley Moseley, City Clerk, City of Mesa. *Facilitator:* Dan Taylor

Join Mesa City Clerk, Holly Moseley as she answers our questions about what recall of a public official is all about, what is required, and why we should care as citizens of the City of Mesa.

Town Hall with Councilmember Francisco Heredia

Tuesday, Sept 30 10:00 - 11:15 am Dobson and Southern Campus, Room: LB 300.
Presenter: Francisco Heredia, District 3 Councilmember. *Facilitator:* Dan Taylor

Come join Councilmember Francisco Heredia in a 45-minute presentation/Q&A with Urban Transformation What is infill and what is Mesa doing to promote it? Current and future projects in District 3?

Town Hall with Councilmember Alicia Goforth

Tuesday, Oct 28 9:00 - 10:30 am Red Mountain Campus, Room: M200.
Presenter: Alicia Goforth, District 5 Councilmember . *Facilitator:* Dan Taylor

Come join Councilmember Alicia Goforth in a 45-minute presentation/Q&A with representatives of the City of Mesa's Transportation. Topics to be included are What do people not know about road design? What do cities do to make streets safer? Councilwoman Goforth will be available to answer your questions on the City of Mesa.

DISCUSSION GROUPS

Bookshelf

Wednesdays, Sept 24, Oct 8, Oct22, Nov 12, Dec 3 - 5 sessions - 10:00 - 11:15 am
Aster Center, Downtown Mesa,
Facilitator: Diane Grogan

If you love 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.

Book selections:

September 24 "The Demon of Unrest" by Erik Larsen (M. Boehlen)

October 8 "The Plague of Doves" by Louise Erdrich (R. Brooks)

October 22 "The Women" by Kristin Hannah (D. Grogan)

November 12 "James" by Percival Everett (J Overdorff)

December 3 "Bonk" by Mary Roach (A. Mickle)

First Friday Book Club

First Fridays, Sept 5, Oct 3, Nov 7, Dec 5. 4 sessions 10:00 - 11:15 am
Red Mtn Multigenerational Ctr, Aster 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 Aster Senior Center. Book Selections:

September 5, "James" by Percival Everett

October 3, "Mrs. Plansky's Revenge" by Spencer Quinn

November 7, "The Magnificent Live of Marjorie Post" by Allison Pataki

December 5, "The Plot" by Jean Hanff Korelitz

Monday Morning Conversations via WebEx

Mondays Sept 8 weekly until Dec 15 8:30 - 10:00 am Online:

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

Presenter: . *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.

Mystery and Mayhem Book Discussion

Wednesday, Sept. 17; Oct. 1 & 15; Nov. 5 & 15. 10:00 - 11:15 am
Aster Center, Downtown Mesa,
Facilitator: Mary Boehlen

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 five times this semester to discuss books chosen by the group. Come to one session or to all as your schedule permits.

Sept. 17 Mask of the Deer Woman by Laurie Dove (Annette)

Oct. 1 The Stolen Queen by Fiona Davis (Tomi)

Oct. 15 The Mystery Guest by Nita Prose (Diane)

Nov. 5 While Justice Sleeps by Stacey Abrams (TBD)

Nov. 19 Blood Hollow by William Kent Krueger (Mary)

GARDENING

Fall Vegetable Gardening

Wednesday September 17 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Alice Garcia. *Facilitator:* Jacki McDugle

Master Gardener Alice Garcia will share hints and her vast knowledge on gardening in our desert climate. This session will focus on fall vegetable gardening.

Smart Shopping at the Garden Center

Wednesday, Oct 8 1:00 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Heather Ormsby and Maureen Tonn, Certified Master Gardeners. *Facilitator:* Jacki McDugle

This class will demystify the confusing array of choices encountered while shopping the garden center aisles or online stores! We will help you read the labels on various products so you will know what you are purchasing and be confident you are shopping smart. We will give you tips on things you might not need to buy to hopefully save you money and the frustration of not getting the results you want. We will share some of our favorite gadgets that make gardening more efficient and more fun! We will also share some tips and tools for continuing to garden as we age.

Unique Plants of the Sonoran Desert and Arid Lands

Thursday Oct 30 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: James Shepherd. *Facilitator:* Jacki McDugle

The iconic saguaro reaches for the sky. A prickly pear cactus produces delicious edible fruit. An agave sends up a 12-foot-high flower stalk to create future agaves. Using nature's perfectly engineered spines, Chollas "jump" onto a passing host. Life-long naturalist, Boyce Thompson Arboretum docent, and author Jim Shepherd talks about Sonoran Desert plants, plant relationships/adaptations, survival techniques, keystone versus indicator species, medicinal benefits, and wildlife relationships in a one-hour program called "Unique Plants of the Sonoran Desert and Arid Lands." Shepherd's book, "A Walk In The Wallace Desert Garden: Discovering Desert Secrets," can be purchased after the program, and he will be happy to sign it. The book profiles 48 arid-land plants, featuring full-color photos, ranging from succulents to euphorbias to trees. It's a great guide to the namesake Boyce Thompson Arboretum trail and a handy reference book on the Sonoran Desert and arid land plants.

THE GREAT OUTDOORS

Thursday Morning Bike Rides, every two weeks

Thursdays, Sep 11 & 25; Oct 9 & 23; Nov 6 & 20; and Dec 4 & 18. 7:00 AM NA, Room: .

Presenter: Allan Zisner. *Facilitator:* Allan Zisner

Do you enjoy bicycle or e-bike riding? Join others as we cycle the various canal paths mostly in the east valley. Average riding distances are 15 miles round trip. Starting ride times vary, weather dependent, but most start times are around 8 am and last about two hours. A majority of the rides are on paved paths, a few are on a compacted gravel surface.

You are responsible for transporting your bicycle. There is assistance at our meetup locations to aid in unloading and loading your bicycle.

If you register late or are unsure, please email me to be added to the distribution list.

Trailblazers Hiking Group

Fridays, Sept 30 - Dec 19 7:00 - 10:00 am Meeting locations vary at the discretion of the presenter., Room: NA.

Facilitator: Ron Schumann, rcschuman@gmail.com.

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 hike on other days. Check with the facilitator for times and locations. Consolidated Risk Form must be on file.

Trailers Hiking Group

Tuesdays September 30 to December 15. 9:30 - 11:15 am NA, Room: .

Presenter: Greg Master and Marie-France Ganansia. *Facilitator:* Greg Master & Marie France Ganansia

Recreational hikes throughout the semester. Hikes are generally less than 4.5 miles long and are considered easy with a few moderate sections.

HEALTH AND WELLNESS

Being Hard of Hearing: Everything you want to know

Tuesday, Oct 28 10:00 - 11:30 am Online: <https://go.nailaz.org/Zoom2025> Meeting ID 815 4945 0373
Passcode: 103707

Presenter: Christy Abrams. *Facilitator:* NAIL

Christy Abrams, Hard of Hearing Specialist, and Kim Minard, Deaf Specialist from the Arizona Commission for the Deaf and the Hard of Hearing will share great insight on factors that impact people who are Hard of Hearing or Deaf. Communication access, emotional impact, assistive technology, culture sensitivity, self advocacy and beyond will be discussed, with plenty of time for Q & A.

Elder Abuse and Prevention

Tuesday, Nov 4 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Nancy Juarez. *Facilitator:* Suzanne Brown

Elder Abuse is a major problem in Arizona. Arizona Attorney General Kris Mayes' Office is committed to protecting seniors from abuse of any kind, including physical abuse and neglect. Join a member of the Attorneys General's office as they review with us what elder abuse is, how we can prevent it and what can be done if it occurs.

Falls Prevention

Thursday, Nov. 13 1:30 - 3:00 pm Online: <https://mesacc-edu.zoom.us/j/85161678765?pwd=oByHbSrow1bdCsZUX1QYMAbAETYOIK.1>

Meeting ID: 851 6167 8765 Passcode: 420848

Presenter: Sam Yates. *Facilitator:* Jennifer Wong

One in three persons over the age of 65 will suffer a serious fall in their life .This class is designed to empower participants with skills that can significantly alter the outcome for individuals in need of assistance.

Healthy Hiking

Friday, October 24th 1:30 - 3:00 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Dr. Sonny Sampedro, DC. *Facilitator:* Larry Merrill

Hiking is a great way to exercise, to get outdoors and explore nature. You'll discover the many health benefits. Learn the rating scale of difficulty for hiking trails and how your fitness level will dictate which trails you can or can't do. Discover plyometrics and other ways to get conditioned for hiking. I'll go over the planning and prepping you'll need when going on a hike. What type of gear will you need. In closing, I'll review some of the many local hiking trails.

Living Well with Hearing Loss

Tuesdays, Sept 16, 23, 30, Oct 7, 4 sessions 10:00 - 11:30 am Dobson and Southern Campus, Room: BP 1N.

Presenter: Kate Helms Tillery, Ph.D., CCC-SLP, Speech-Language Pathologist and Clinical Associate Professor at ASU & Aparna Rao, Ph.D., CCC-A, Audiologist and Clinical Professor at ASU.

Facilitator:

In this interactive program, participants will learn solutions to overcome communication difficulties that have arisen as a result of hearing loss, and that may remain even after receiving hearing aids or cochlear implants. Topics include) the human ear and hearing, 2) learning to "read" an audiogram, 3) communication breakdown and repair, 4) amplification devices, 5) psychosocial consequences of hearing loss and 6) self-advocacy skills. You are welcome to attend even if you do not have a hearing loss, but wish to learn more about communicating with others who may have hearing loss. Spouse/significant other attendance is encouraged. For maximum benefit from program, we request that attendees to be present for all 4 sessions.

Mental Wellness & Electronic Journaling: A Practical Guide

Tuesday, Dec 2, Dec 9

NOTE Time differences Dec 2: 10-11 am, Dec 9: 9-10 am Online, Room: NA.

Presenter: Kevin Sieling. *Facilitator:*

Enhancing Mental Wellness is a two-session course focused on practical strategies for emotional well-being. Participants explore neuroplasticity, practice reframing negative thoughts, and use AI-powered tools like the Rosebud app for digital journaling. Designed for all tech comfort levels, the course promotes self-reflection, gratitude, and growth in a fully secular and supportive environment.

Mindfulness, Meditation, and Quotes from Philosophers

Thursday Oct 16 10:00 - 11:30 am Dobson and Southern Campus, Room: BP 8.

Presenter: April Thalman. *Facilitator:*

What can mindfulness do for you? Let's discuss what it means and how you can benefit from practicing it. We will be learning how Buddhist and Taoist quotes can help us look more realistically at our lives. If you have a favorite saying, please bring it to share. A short meditation will close the class.

Music and Mindfulness

Thursday Oct 2 10:00 - 11:30 am Dobson and Southern Campus, Room: BP 8.

Presenter: April Thalman. *Facilitator:* Jacki McDugle

Listening to music can change our moods instantly. It can take a sad day and change it into a happy day. Music can bring back wonderful memories of events and special relationships. Paying attention to each voice or instrument can bring you appreciation of the talent it takes to make great music. Come listen to some great music together and learn some things about ways you can enjoy music more at home.

Neuropathy Concerns

Thursday, Oct 23 1:30 - 3:00 pm

Online: <https://mesacc-edu.zoom.us/j/85615446811?pwd=RIFZT8cyonQ7rd2yce0ZBeaL1i3wVr.1>

Meeting ID: 856 1544 6811 Passcode: 909956

Presenter: Sam Yates. *Facilitator:* Jennifer Wong

Neuropathy affects nearly 40% of all Americans over the age of 65. This class will discuss the symptoms of neuropathy and what we can do to improve living with neuropathy.

Stop the Bleed

Thursday, Nov. 20 1:30 - 3:00 pm

Online: <https://mesacc-edu.zoom.us/j/81020781403?pwd=745KPKgHwJj7TX35hlyZOIZdlOkRqP.1>

Meeting ID: 810 2078 1403 Passcode: 545608

Presenter: Sam Yates. *Facilitator:* Jennifer Wong

In the face of trauma-related events such as car accidents, mass shootings, or incidents involving individuals on blood thinners, mastering hemorrhage control becomes paramount. This course equips participants with the knowledge to identify various types of bleeding and provides hands-on training in effective bleeding control techniques. Developed in accordance with guidelines from the American College of Surgeons, this class ensures comprehensive and reliable instruction for emergency situations.

Stroke Facts

Thursday, Nov 6 1:30 - 3:00 pm

Online: <https://mesacc-edu.zoom.us/j/85897470845?pwd=rFDzKii4pczGVk47jznbBRbJbLdj10.1>

Meeting ID: 858 9747 0845 Passcode: 832691

Presenter: Sam Yates. *Facilitator:* Jennifer Wong

Delve into the critical knowledge of recognizing a stroke, comprehending its nature, and learning immediate actions to take when someone experiences a stroke.

The Difficult Subject of Suicide

Thursday Nov 20 10:00 - 11:30 am Dobson and Southern Campus, Room: BP 8.

Presenter: April Thalman. *Facilitator:* Fred Searing

What causes suicide and how can you help someone you fear is suicidal? What can you do if you are suicidal? We will review current medical treatment for people that need help. We will share a personal story of how suicide comes to be the only answer.

Understanding Alzheimer's and Related Disorders

Friday November 7 1:30 - 3:00 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Dr. Sonny Sampedro, DC. *Facilitator:* Larry Merrill

Alzheimer's disease is the most common cause of dementia among older people. Current estimates have nearly 7 million Americans living with Alzheimer at a yearly cost of \$360 billion. Discover the causes and risk factors for this condition and other forms of neurodegenerative diseases. How are these conditions diagnosed? Are there lab tests that can be done? What treatments are available and are there any alternative treatment options. Do taking supplements help? What preventative measures can one take to prevent this condition? This and lots of other information will be presented.

HISTORY

A History of Modern China

Monday, September 15 through October 13. 5 sessions 10:00 - 11:30 am Red Mountain Campus, Room: V114.

Presenter/Facilitator: Daniel Mueller

This course will examine the ancient, traditional origins of China today. These origins include moral, cultural and legal philosophies as applied in China's long history of dynastic succession. China's early interactions with the West were filled with conflict and mistrust, leading to first a nationalistic era, and then to communist leadership. The course will conclude with analysis of contemporary China's society and politics.

America's Drift on a Sea of Misery

Thursday, Oct. 2 2:30 - 4:00 pm Dobson and Southern Campus, Room: BP 5.

Presenter: Robert McWhirter, Attorney at Law. *Facilitator:*

America began with the words "we hold these choose to be self-evident, that all men are created equal..." The Declaration of Independence founded us on equality rather than ethnicity, liberty rather than race. Though America was conceived from the ideals of equality and democracy, it was also a country born on the slave trade's sea of misery. Slavery is war - a war that came to America nearly 2 centuries before 1776. This war culminated when we turned on each other from 1861 to 1865 over what "the people" and "created equal" meant.

American Civil War - Dig Deeper and Really Connect - Part 2

Wednesday, Sept 24 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Ron Meeks. *Facilitator:*

Ron Meeks has been an American Civil War student for approximately 65 years! He has visited more than 50 Civil War Battlefields, read approximately 200 non-fiction books on the subject, researched the history of numerous historical places and people from that era and taken every opportunity to expand his Civil War knowledge and experiences. He became genuinely interested in studying the war when his family moved two doors down the street from the home of the famous abolitionist John Brown.

This presentation will explore battlefields, armaments, and many more issues of the Civil War.

Arizona National Monuments and Parks

Tuesday, Oct 28 1:30 - 3:00 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Albert Monreal Quihuis. *Facilitator:*

In 1906, there was a U.S. preservation effort that led to the passage of the Antiquities Act. It was designed to protect natural, historic and scientific interest. This is a fantastic road trip to explore and discover Arizona's unusual geological formations, stunning deserts, mountains, ancient cliff dwelling, and places of historic and scientific significance.

Arizona Wild Territorial Days and its Economic Development

Tuesday, Oct 21 1:30 - 3:00 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Albert Monreal Quihuis. *Facilitator:*

This is a presentation of the wild history of Arizona. Its prospecting and mining towns, saloons, gambling, brothels, lawless gunfighting, stagecoach robberies, military forts and Indian Wars. It is a wonder that Arizona was able to achieve statehood. And why were the 5C's important in becoming the 48th state.

Bullets & Bedlam - Danger on the Arizona Frontier

Thursday, Oct 16 2:00 - 3:30 pm Dobson and Southern Campus, Room: BP 5.

Presenter: Jay Mark. *Facilitator:* Jacki McDugle

In 19th century America, there weren't many places as remote as the Arizona Territory. Only the hardest and bravest could survive the lonely, isolated reality of living life on the frontier where hazards lurked around every corner – hostile Indians, lethal critters, and the many perils of mining. Add in greed, and a few other volatile ingredients. If one thing didn't get ya...then certainly another would. Odds were against long-term survival. Today, burial grounds and abandoned graveyards are littered with the remains of those who perished endeavoring to eke out an existence in this terrifying territory. Bullets and Bedlam that led to barbarism and blood, explores violent ventures and deadly dangers that our forefathers faced. Experience their story if you dare. "Not for the faint of heart."

Great Trials of World History IN PERSON and ONLINE

Mondays, Oct. 27, Nov, 3, 10, 17, 24, Dec. 1. 6 sessions 3:30 - 5:00 pm

Register for 1 class: In Person: Red Mountain Campus, Room: DW 131.

Online:

<https://us02web.zoom.us/j/81399716297?pwd=xFbhHyDt6TV4ChcMJsDqhzb2c7H8pZ.1&jst=2>

Meeting ID: 813 9971 6297 Passcode: 356445

Facilitator: Suzanne Brown

Come listen and discuss the lessons learned by a study of the great trials in history through this Great Course class. This class will occur over Fall and Spring terms. The first 6-session part this Fall will cover trials such as Socrates, Sir Thomas More, Salem Witchcraft, and the Lincoln Assassination, among others.

History of the 13th Amendment

Thursday, Oct.30 2:30 - 4:00 pm Dobson and Southern Campus, Room: BP 5.

Presenter: Robert McWhirter, Attorney at Law . *Facilitator:*

Abraham Lincoln lay dead - 7:21 am. April 15, 1865. Just a year earlier on April 8, 1864, Lincoln saw the United States Senate pass a constitutional amendment. He then saw the proposal through the House of Representatives on January 31, 1864. It was the Thirteenth Amendment, Lincoln's greatest domestic achievement. The Thirteenth Amendment put the Constitution in line with the Declaration of Independence and gave scope to the words "created equal" and "We the People." But to get there, we almost destroyed America herself. The path was long and bloody, but it was a start. The work to fix the original framers failure remained unfinished, – as it remains today.

Legend of the Kamikaze "Divine Wind"

Thursday Dec 11 & Friday, Dec 12, 2 sessions 3:00 - 4:30 pm Online,
<https://go.nailaz.org/Zoom2025> Meeting ID 815 4945 0373 Passcode: 103707

Presenter: Bill Haskell. *Facilitator:* NAIL

Kamikaze or "Divine Wind Special Attack Unit" aka "Body Crashing" tactics were deployed by the Empire of Japan beginning in late 1944 through the end of the war in the Pacific in August 1945. This strategy was first adopted by individual acts and eventually endorsed by the Japanese High Command through massive air attacks. This strategy, based on an ancient legend, involved suicide attacks on the U.S. Fleet by manned airplanes, but also included several other manned and unmanned methods.

American West of John Ford

Monday Oct 20 1 1:00 - 3:00 pm Dobson and Southern Campus, Room: BP 3S.

Facilitator: Margo Heaps

Documentary DVD about the westerns of John Ford featuring memories of John Wayne, Henry Fonda, James Stewart

JUST FOR FUN

China: Cantonese Dim Sum

Wednesday Nov 5 1:30 - 3:00 pm Online, Room: NA.

Presenter/Facilitator: Jennifer Wong

Learn about the different types of dim sum as well as how to make a few simple dim sum dishes. Following the class, each group, New Adventures and New Frontiers will have a separate dining group to sample Dim Sum (Separate registration needed for dining.) You may participate in the online class without any obligation to go on the dining experience.

Creative Card Making

Tuesday, Sept 23, 30 1:00 - 3:30 pm Red Mountain Campus, Room: S 152.

Presenter: Jeanine Gearhart. *Facilitator:* Jacki McDugle

Would you enjoy sending your friends and family unique handmade cards? Do you have extra scrapbook paper that you don't know what to do with? Do you like the look of stencils and stamps, but are not sure how to use them? Whether you are a beginner or more experienced, join us for an interactive card making class. Learn how to make cards with many things you may already have. All materials will be provided. Come prepared to work and have fun in this two session class.

Dim Sum Dining

Wednesday, Nov 12 11:00 am – 1:00 pm, Phoenix Palace Chinese Restaurant

Presenter: . *Facilitator:* Jennifer Wong

Join your fellow NFLL Members and guests for a Dim Sum feast. Cost per person will be approximately \$40 - 50 per person. A minimum of 10 people is required for this event.

Games, Games, Games

Tuesdays weekly 9:20 - 11:30 am Resurrection Church, 3201 S. Evergreen Rd. Tempe, AZ., Room: 2.
Facilitator: Jacki McDugle and Joan Hancock

Join us to socialize and play a variety of games. We have all your favorites: Mexican Train, Word Games, Five Crowns, Sequence, Quiddler, Rummikub, 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 set-up and clean-up before and after each session. Supplies are provided. Join us for an optional separate- check-lunch afterwards at local restaurants.

Knit-Wits

Fridays, weekly, 10 am-11:30 am 10:00 - 11:30 am Red Mountain Campus, Room: PDW 226.

Presenter: . *Facilitator:* 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.

Let's Paint - Pour Art Flip Cup

Wednesday November 5 3:00 - 5:00 pm Red Mountain Campus, Room: S 152.

Presenter: Dawn Fleming. *Facilitator:*

Pour art is a great way to enjoy art whether you have painting experience or not. The outcome cannot be controlled by the artist. That's what makes it fun and interesting. In this class each person will do a 8 X 10 pour art flip cup painting. Participants will learn how the paints are prepared for pour art projects and then how the paints are layer in a cup. Participants will learn how different paints create a variety of reactions and how to finish your painting after it dries.

Monday Movies

Mondays Sept15-Oct 6, 4 sessions 1:00 - 3:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: . *Facilitator:* Margo Heaps

Sept 15 *Saving Sarah Cain* CC 103 minutes

Sept 22 *Key Largo* CC 100 min.,

Sept 29 *Crouching Tiger /Hidden Dragon* CC 120 min ,

Oct 6 *Butch Cassidy / Sundance Kid* CC 110 min.

Movie Musicals

Fridays Oct 31 - Nov 21 4 sessions 1:00 - 3:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: . *Facilitator:* Margo Heaps

Oct. 31 *Little Shop of Horrors* CC 94 min

Nov 7 *Judy (Garland bio)* CC 119 min

Nov 14 *Singing in the Rain* CC 103 min

Nov 21 *Pirates of Penzance* CC 120 min

Puzzle Exchange

Tuesday, Sept. 16 10:00 - 11:30 am Red Mountain Campus, Room: Cyber Café Saguo.

Presenter: Nancy Spence, M.Ed., Active Parenting Publisher consultant and teacher of Infinite Possibilities. *Facilitator:* Nancy Spence

Are you a jigsaw puzzle fan or an occasional user? Well this is your opportunity to talk with other puzzle lovers and exchange some of your puzzles. Each person will get a ticket for each puzzle they bring and they can exchange that for a new puzzle.

Tamale Making for the Holidays 1

Session 1: Monday, Dec 8, Session 2: Dec 9. 1:30 - 4:30 pm. **Register for only 1 session.**

Presenter: Suzanne Brown

Join Suzanne Brown in her kitchen in East Mesa for an afternoon of making tamales. Suzanne has made tamales for the holidays as a family activity for over 15 years, annually making over 20 dozen with her family. We will make, cook, and eat the products of our labors As well as each person will take about a dozen tamales home if they wish. Space is limited to 10 people each session. Cost of \$20 per person payable at class. Location will be sent to registered participants.

Visit to the Japanese Friendship Garden of Phoenix

Friday, Oct 17 10:30 -12:00 pm 1125 N. 3rd Ave, Phoenix, AZ 85003

Facilitator: Bob Dukelow

The Japanese Friendship Garden is a Japanese-style stroll garden, known as Roh-A-en in Japanese. The garden encompasses 3.5 acres and includes a tea garden, and tea house It is a joint project of the sister cities of Phoenix and Himeji. Join with your fellow NFLL members as we stroll through this local wonder. Admission Fee is \$15. Each person may pay at the garden or purchase an admission online. Discount for online ticket purchase.

PERSONAL FINANCE

Essential Estate Planning

Wednesday, Dec 3 11:00 am - 12:30 pm Online link:

<https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRvIm0wcpHKstm2ohxaWag.1>

Passcode: SESService

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.

Introduction to Estate Planning and Trusts

Wednesday, Oct 29 9:00 - 10:30 am Dobson and Southern Campus, Room: LB 300.

Presenter: Heather Parker. *Facilitator:*

Join us to learn about the basics of estate planning - what is a will, trust, powers of attorney, medical directives, and when/how are they used?

Finding Unbiased Financial Advice

Thursday, Sept 18 11:00 am - 12:30 pm Online link:

<https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRvIm0wcpHKstm2ohxaWag.1> Passcode: SESService

Presenter: Scott Sandell, MBA.

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.

Online Banking

Thursday September 18 1:30 - 3:00 pm Red Mountain Campus, Room: DW 131.

Presenter: Petronia Jackson. *Facilitator:* Jacki McDugle

Petronia Jackson, Branch Manager of Global Credit Union will discuss uses, safety, and tips for using online banking.

As digital banking has grown, she has made it a personal mission to empower others with the knowledge and confidence to bank online safely. From helping seniors feel more secure with mobile apps, to educating students and working professionals on fraud prevention, she believes that access and education go hand in hand.

Her goal is to bridge the gap between traditional banking and today's digital tools, ensuring that every member regardless of age or background feels informed, protected and supported.

Probate and Being an Executor/Personal Representative

Wednesday, Nov 6 2:00 - 3:30 pm Red Mountain Campus, Room: DW 131.

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.

Social Security News and Updates

Friday, October 10 9:00 - 10:30 am Online, <https://go.nailaz.org/Zoom2025> Meeting ID 815 4945 0373

Passcode: 103707

Presenter: Jack Burns. *Facilitator:* NAIL

We will review the most significant changes to the Social Security Benefit Programs in 2025

Strategies to Help Protect Your Retirement Plan

Thursday, September 25 10:00 - 11:30 am Dobson and Southern Campus, Room: BP 8.

Presenter: Stacey Bendfelt, Financial Advisor, WMS, AAMS, CRPC. *Facilitator:* Fred Searing

Whether you're saving for retirement, transitioning to retirement, or already retired, understanding key financial risks is crucial. Learn to safeguard your home and assets, create lifetime income streams, plan for healthcare and long-term care costs, and navigate life changes like becoming suddenly single. Gain valuable insights and strategies for a more comfortable retirement while enhancing your retirement plan to protect your future.

Understanding Annuities

Wednesday, Oct 8 11:00 am - 12:30 pm Online link:

<https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRvIm0wcpHKstm2ohxaWag.1> Passcode: SESService

Presenter: Scott Sandell, MBA.

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.

Understanding Required Minimum Distributions

Wednesday, Nov 12 11:00 am - 12:30 pm Online link:

<https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRvIm0wcpHKstm2ohxaWag.1> Passcode: SESService

Presenter: Scott Sandell, MBA.

As you approach your 70's, the tax time bomb called your IRA begins to tick a bit louder. Required withdrawal from your IRA force 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.

SELF-EXPRESSION AND JOURNALING

Adventures in Parenting

Tuesday, December 2 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Duane Roen, Professor Emeritus, ASU. *Facilitator:*

Parenting has been around as long as there have been species of animals, including humans. As individual humans, we have witnessed and experienced parenting moments all of our lives. We have also heard stories about how our grandparents engaged in parenting with their children, and we have seen how they parent their adult children. In person or on television, we have also seen how birds, land animals, and sea creatures parent their offspring. And for those of us with children and grandchildren, we have thousands of parenting moments. In this workshop, we will discuss and write about the parenting that we have witnessed and experienced.

Honoring Our Ancestors: Keeping Memories of Them Alive:

Tuesday, October 7 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Duane Roen, Professor Emeritus, ASU. *Facilitator:*

We are alive because of our ancestors. We can return the favor by keeping memories of them alive. Of course, there are many ways to do that. For parents and grandparents, we can share stories about our experiences with them. And we can ask parents, uncles and aunts, and grandparents to share stories about their experiences with their parents and grandparents. And we can also be good ancestors, ourselves, by sharing stories about our lives. In this workshop, we will discuss some of the memories that we have of them and how we connect with them.

My World Changed When I Got My First Bicycle:

Tuesday, September 16 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Duane Roen, Professor Emeritus, ASU. *Facilitator:*

In 1818, Karl von Drais, a German, invented a two-wheeled running machine, which had no pedals, steering mechanism, or brakes. In 1860, Ernest Michaux and Pierre Lallement, invented the velocipede, which did have pedals but no brakes. What an adrenaline rush! In the late nineteenth century, the bicycle became a popular mode of transportation, providing greater mobility for millions of Americans, including children. It also led to automobiles, motorcycles, and airplanes. (The Wright brothers owned a bike shop.) For many of us, our first bike changed our world in dramatic ways because we could pedal miles from home without an adult providing the transportation. It gave us independence. In this workshop, we will reflect on our early experiences with bikes.

The Tapestry of Your Life

Tuesday, November 4 1:00 - 2:30 pm Dobson and Southern Campus, Room: BP 3S.

Presenter: Duane Roen, Professor Emeritus, ASU. *Facilitator:*

After the Norman Conquest of England in 1066, artists crafted The Bayeux Tapestry, a 230-foot embroidered cloth telling the story of the events leading up to the famous Battle of Hastings. Inspired by The Bayeux Tapestry, Sandra Sawatzky, a Canadian artist, spent nine years crafting a 220-foot tapestry titled The Black Gold Tapestry, which depicts the discovery and use of fossil fuels. Of course there are many other tapestries depicting all sorts of human stories. In this workshop, we will discuss tapestry-worthy moments in our lives, and we will design a few panels for tapestries (stick figures are fine) that portray moments and events that tell the stories of our lives.

Gender Dysphoria In Childhood

Friday Nov 7 10:00 - 11:30 am Dobson and Southern Campus, Room: BP 3S.

Saturday Nov 8 9:30 - 11:30 am Online:

Presenter: Kevin Therot PhD. *Facilitator:* Fred Searing and Suzanne Brown

This is an attempt to explore the ethical challenges faced by parents and mental health professionals as they navigate what appears to be a disparity between evidence-based practice and advocacy for gender-affirming care for children. It examines the complexities of defining ethical guidelines while considering parental rights, conflicting evidence, children's levels of self-awareness and societal debates in the context of practice guidelines.



MCC PERFORMING ARTS
Check out the list of events for Fall 2025

September 27 Maurice Ravel 150th Anniversary Music Celebration Piano Concert, 7:00 pm, Performing Arts Center (PAC)

October 02 MCC Jazz Combo - Lobby Concert 12 noon, PAC
MCC Band, Community & Orchestra Concert, 7:00 pm PAC

07 MCC Jazz/MPJE Jazz Concert, 7:00 pm PAC

09 MCC Concert Choir & Vocal Jazz Ensemble, 7:00 pm PAC

10 Desert Echoes Flute Project Concert, 7:00 pm PAC

10-18 MCC Theater: The Explorer's Club, Times vary, Performing Arts Center

31 MCC Music and Dance Department presents: Bright Star - 7:30 pm - Performing Arts Center

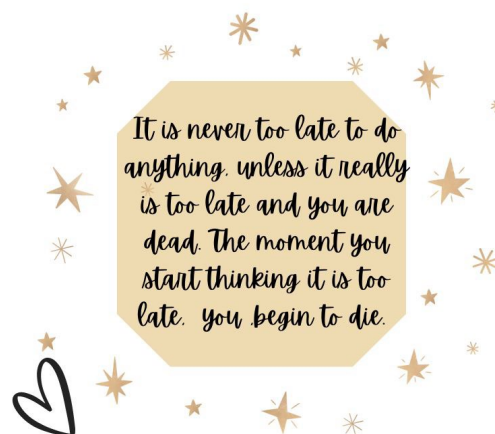
November 1-8 MCC Music and Dance Department presents: Bright Star - 7:30 pm - Performing Arts Center

14-9 MCC Music and Dance Department presents: Bright Star - 2:00 pm - Performing Arts Center

20 MCC Jazz Combo - Lobby Concert 12 noon - Performing Arts Center

21-22 Flight: A Mariposa Story -- Dance Concert 7:30 pm - Performing Arts Center

For more information on times and tickets:
<https://www.mesacc.edu/arts/>
Student and Senior Discounts Available



Magnusson, Margareta, The Swedish Art of Aging Exuberantly. Scribner, 2022

TECHNOLOGY

A Brief History of AI

Thursday, Oct 9, Oct 23 3:00 - 4:30 pm Online: <https://go.nailaz.org/Zoom2025> Meeting ID 815 4945 0373 Passcode: 103707

Presenter: Xiaoqiang Luo. *Facilitator:* NAIL

Artificial Intelligence (AI) has advanced at an extraordinary pace in recent years. But how did we get here? What makes AI so powerful, and what are its limitations? In this course, we will explore the foundational principles behind modern AI, gaining insights into the technologies that drive its intelligence. With a deeper understanding of how AI works, students will learn how to use AI effectively and enhance everyday life. We will also examine the AI boundaries and discuss common pitfalls.

Artificial Intelligence: Capabilities, Limitations, and the Future

Tuesdays/Thursdays, Sept 23, 25, 30, Oct 2 2:00 - 4:00 pm Red Mountain Campus, Room: DW 133.

Presenter: Gerald E Paulus. *Facilitator:* Dan Taylor

This course offers an accessible yet comprehensive introduction to the dynamic field of Artificial Intelligence (AI). Students will explore what AI is, how it works, and the various ways it is integrated into modern society. The curriculum covers key topics including machine learning, types of AI systems (narrow, general, and superintelligent AI), current capabilities in industries like personal uses, healthcare, finance, and education, and critical limitations such as bias, ethical concerns, and transparency. This will be a four part series of 1.5 hour each session. Tues/Thursday Tues/Thursday in the fall semester

Intro to Artificial Intelligence: Demystifying ChatGPT

Tuesdays, Nov 11, Nov 18, Nov 25

NOTE Time differences Nov 11: 10:00, Nov 18 & 25: 9:00 Online: <https://go.nailaz.org/Zoom2025>

Meeting ID 815 4945 0373 Passcode: 103707

Presenter: Kevin Sieling. *Facilitator:* NAIL

This 3-part Zoom course introduces senior citizens to the world of Artificial Intelligence through friendly, hands-on sessions. Participants will learn what AI is, explore popular chatbot tools like ChatGPT and Google Gemini, and practice crafting their own prompts to get helpful, fun, and creative responses. No prior tech experience is needed—just curiosity and a willingness to try something new!





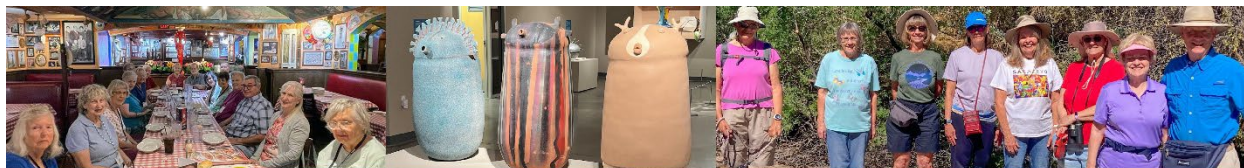
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