



Spring 2026 Schedule

New Frontiers for Lifelong Learning

newfrontiers.mesacc.edu



Version 3 1-9-26



**MESA
COMMUNITY COLLEGE**
A MARICOPA COMMUNITY COLLEGE

NEW FRONTIERS
FOR LIFELONG LEARNING
Powered by **MESA COMMUNITY COLLEGE**

REGISTRATION INFORMATION

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.

Current Member Renewal

NFLL members continuing from Fall 2025 only need to go to the Members' Account tab on the NFLL [website](http://newfrontiers.mesacc.edu), after January 12, 2026, and select the classes they want.

New Member Enrollment

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.

1. If NEW to MCC, first complete the MCC 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 either campus' Enrollment Center.
2. Complete the New Frontiers [2025-26 Membership Form](#) online. After submitting, wait for an email confirmation (within 5-7 days) stating you are registered in New Frontiers with instructions on how to pay MCC your \$80 fee. You also have the option to self-register and pay in your Maricopa Student Portal. Spring 2026 course, the Class to enroll in is # 25249.
3. After your fee is paid, 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. The NFLL Office will notify you that your ProClass account has been activated, and then you may register for classes.

CLASS REGISTRATION OPENS JANUARY 12, 2026

To register for NFLL classes:

1. Go to newfrontiers.mesacc.edu.
2. Click on the **Members Acct** tab at the top **right** of the page.
3. Login, *DO NOT* create a new account.
4. **Update** your member account information if necessary OR ask for a password recovery.
5. Click on **Search** at the upper left and find your classes. **Registration opens January 12, 2026**, for the Spring 2026 term.
6. Register for your classes. After selecting your courses, **be sure to submit the registrations.**
7. **If you need assistance with online registration, leave a message on the NFLL office phone, 480-461-7497 and one of our volunteers will get back to you. We are happy to help.**

Spring 2026 General Information

Spring Preview – Open House

Friday, January 16, 2026 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, January 30, 2026 10:00 – 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 welcome 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. 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>.

INDEX

REGISTRATION INFORMATION	2
SPRING OPEN HOUSE	3
NEW MEMBER COFFEE	3
SOCIAL ACTIVITIES	3

What Will Be Your Legacy?

How to Live Forever: Leaving a Personal Legacy for Future Generations-----	6
Unleash Your Story: AI Tools for Beginning Authors -----	6
Honoring Family Legacy, Journey & Stories--	6
Scrapbooking-----	6
Probate and Being an Executor/Personal Representative -----	6
Leaving a Charitable Legacy: -----	6
An Introduction to Estate Planning -----	7
Introduction to Estate Planning -----	7
Writing Obituaries -----	7
Family Myths, Legends, and Secrets-----	7

Art, Music, and Theater

The Merry Wives of Windsor: Southwest Shakespeare -----	7
Henry V -----	7
Classical Indian Dance-----	7
Moby Dick: Southwest Shakespeare-----	8
Brass Cats - Salt River Brass-----	8
Early History & Popularization of Rock & Roll Music -----	8
Mesa Dobson Main Campus Art Walk -----	8
Inspiration - Salt River Brass -----	8

Business and Financial

Harnessing the Power of Roth-----	9
Tax-Smart Retirement-----	9
Catching a Scam Before It Catches You -----	9
Understanding Taxation in Retirement-----	9
Becoming Tax-Efficient In Retirement-----	9
Declutter Your Finances-----	10
Social Security News and Updates for 2026	10
Navigating Safe Investments in Today's Market -----	10
Combating Inflation in retirement! -----	10

Discussion and Book Clubs

Monday Morning Conversations -----	10
Bookshelf-----	11
Mystery and Mayhem Book Discussion-----	11
First Friday Book Club-----	11

Environment and Climate

Conserving critical coastal communities: forests in the ocean -----	11
On the Origins of the Moon -----	12

Enjoying the Great Outdoors

Broadness is a State of Mind-----	12
Thursday Morning Bike Rides -----	12
Trailers Hiking Group -----	12
Trailblazers Hiking Group-----	12

History and Politics

Great Trials of World History -----	13
Great Decisions 2026-----	13
Open to Debate -----	13
Update on Afghanistan -----	13
Arizona Wild Territorial Days and its Economic Development -----	13
Gamboling thru the Galapagos -----	14
Satellite Communication Networks -----	14
Update on the Ukraine-----	14
Inventions that Changed the World-----	14
Assessing America's National Security Threats -----	14
Only in Arizona – Lore & More. Stories you've never heard of -----	15
Walking Through History-----	15
Update on Germany -----	15
America, The Story of US -----	15
History of the 14th Amendment-----	15
Germany - Top to Bottom, East to West What You Might Miss -----	15
The Fifteenth Amendment: Dropping the Musket to Reach for the Ballot---	16

Just For Fun and Learning

Backyard Birds and More - Sonoran Desert	16
Games, Games, Games-----	16
Knit-Wits-----	16
Monday Movies-----	16
Flutterscapes - AKA Butterfly Gardens-----	17
Animals of the Sonoran Desert -----	17
I Was a Perfect Child, But... -----	17
Canasta Lessons -----	17
Rock Hounds-----	17
Movie Musicals -----	17
How I Spent my Summer Vacation Cycling the Erie Canal-----	18
Creative Card Making:Coffee Dyed Paper---	18

Body, Mind, and Spirit

Infinite Possibilities	18
Care for the Caregiver	18
The History of the Sexual Assault Movement	18
Understanding Diabetes	18
Making the Most of Visiting your Dr.	18
Cancer – Reduce Your Risk	19
Alcohol, Autism, and Agency	19
Normal Aging or Something More? Understanding Signs of Dementia	19
Hospice and Supportive Care	19

Technology

Gmail and Google Applications	20
AI 2.0: Advanced Applications	20
Exploring AI with Chat GPT	20
SPONTANEOUS WILD CARDS	20
Dobson Campus Courses	21
Red Mountain Campus Courses	21
Online Classes	22
Offsite Classes	23

VOLUNTEERS IN 2026

FACILITATORS NEEDED!

Introduce speakers, report attendance,
assist with media, choose your classes

TRAINING PROVIDED – CONTACT NFLL OFFICE 480-461-7497



Class Offerings

WHAT WILL BE YOUR LEGACY?

How to Live Forever: Leaving a Personal Legacy for Future Generations

Tuesday, February 3 1:00 - 2:30 pm **Dobson Campus Room: BP3N**

Presenter: Duane Roen, PhD **Facilitator:** Suzanne Brown

Leaving a legacy for future generations is something that each of us should consciously focus on during our life. Legacy takes many forms: books, stories, philanthropy, scrapbooks, oral histories. This class will start our exploration of the legacy that each of us wants to leave for future generations.

Unleash Your Story: AI Tools for Beginning Authors

Tuesday, Feb 10 9:00 - 10:30 am **Online NAIL** <https://go.nailaz.org/Zoom2026>

Presenter: Kevin Sieling **Facilitator:** NAIL

Beginning writers, authors, or anyone interested in using free AI to develop fiction, short stories, or memoirs. Explore how free AI chatbots and writing tools can boost your creativity and productivity! Learn to use AI to generate ideas, build outlines, create characters, and refine your work—all while keeping your authentic voice. You'll discover different AI tools, practice effective prompts, and apply ethical strategies for collaborating with your new AI writing partner.

Honoring Family Legacy, Journey and Stories

Tuesday, Feb 10 1:00 - 2:30 pm **Dobson Campus Room: BP 3N**

Presenter: Albert Monreal Quihuis **Facilitator:** Fred Searing

In Mexico, the Revolution had begun; in Arizona, Roosevelt Dam was completed and it became the 48th state; and in Europe, World War I was looming. Thousands of families left Mexico to the United States. This is a story of a descendant's search for his family's journey to Arizona, connecting their lost stories, discovering their contributions and honoring their legacy.

Scrapbooking

Friday, Feb 13 10:00 - 11:30 am **Dobson Campus Room: BP 3S**

Presenter: Kay Helzer **Facilitator:** Joanne Handlong

We can preserve our past and share our lives with those to come by leaving a legacy of one or more scrapbooks. Scrapbooks say a lot about us by the photos, notes, letters, and mementos we include. Join Kay Helzer for a talk on how to get started and ideas for preserving our legacy in scrapbooks.

Probate and Being an Executor/Personal Representative

Thursday, Mar 5 2:00-3:30 **Dobson Campus Room: BP 3S**

Presenter: Heather Parker, Attorney at Law **Facilitator:** Fred Searing

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.

Leaving a Charitable Legacy: An Introduction to Estate Planning

Tuesday, Feb 24 2:00 - 3:30 pm **Dobson Campus Room: BP 3S**

Presenter: Christos J. Chronis, MLSt, Chief Philanthropy Officer **Facilitator:** Fred Searing

This session provides a practical and accessible overview of how thoughtful estate planning can help you create a lasting charitable legacy. Participants will learn the key components of an effective estate plan, explore various giving options—from bequests and beneficiary designations to charitable trusts—and understand how these tools can reflect their personal values and long-term philanthropic goals. They will also learn about Mesa Community College's priority areas of charitable support. Whether you're beginning to plan or looking to refine your approach, this presentation offers clear guidance to help you make intentional, impactful decisions for the future.

Introduction to Estate Planning

Tuesday, Feb 24 9:00 am -10:30 am **Red Mountain Campus Room: DW 131**

Presenter: Heather Parker **Facilitator:** Suzanne Brown

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

Writing Obituaries

Tuesday, April 7 1:00 - 2:30 pm **Dobson Campus Room: BP 3N**

Presenter: Duane Roen, PhD **Facilitator:** Suzanne Brown

The most lasting thing we often find on our ancestors is their obituary. What will yours say? Do you want to contribute to your 'forever' story, or do you want to leave it to others? This class will help us explore what a 'good' obituary says about an individual's legacy.

Family Myths, Mysteries, Legends, Lore, and Secrets:

Tuesday, May 5 1:00 - 2:30 pm **Dobson Campus Room: BP 3N**

Presenter: Duane Roen, PhD **Facilitator:** Suzanne Brown

It is not an exaggeration to say that every family has some myths, lore, legends, mysteries, and secrets. In this workshop, we share some of them with one another, and we will talk about how to unearth some of the stories behind them.

ART, MUSIC, AND THEATER

The Merry Wives of Windsor: Southwest Shakespeare

Saturday, Feb 14 2:00 PM **Mesa Arts Center, 1 East Main, Mesa**

Join fellow NFLL Members for an afternoon at the Mesa Arts Center to see this classic play performed in an unclassical manner. Student rates with MCC ID are under \$25. The Merry Wives of Windsor by William Shakespeare is a farce about seduction, love, jealousy, and playful deception. The lead character, Falstaff, seeks to seduce two well-off married women in pursuit of financial advantage. The women learn of his plans, and work to trick and humiliate him, putting him in a series of embarrassing situations. A love story sub-plot proves the strength of true love and adds comedy and mayhem to the play. Shakespeare's most lighthearted and jovial show will delight and elate.

Henry V

Saturday, Feb 21 2:00 PM **Mesa Arts Center, 1 East Main, Mesa Room:**

Facilitator: no host

Join fellow NFLL Members for an afternoon at the Mesa Arts Center to see this classic play performed in an unclassical manner. Student rates with MCC ID are under \$25. Henry V forces audiences to confront questions about power, identity, and the human cost of ambition—making it a vital, dynamic piece for today's world. Young and eager to prove himself, Henry claims the French throne, which ultimately leads to him declaring war. Against all odds, and after an exhausting march across France, the outnumbered English army wins victory at the climactic Battle of Agincourt. In the end, Henry seeks to unite the countries by marrying a French princess, achieving a hopeful final note.

Classical Indian Dance

Wednesday, March 11 1:30 - 3:00 pm **Red Mountain Campus Room: DW 131**

Presenter: Kausi Ganesan **Facilitator:** Suzanne Brown

India's dance traditions beautifully reflect its rich cultural diversity. From graceful classical styles to vibrant folk dances, each region showcases its own unique rhythm, stories, and heritage. Together, these dance forms celebrate the color, energy, and artistic spirit of India. Join NFLL member Kausie Ganasen as she guides us through the history and beauty of classical Indian dances.

Moby Dick: Southwest Shakespeare

Saturday, March 21 2:00 PM **Mesa Arts Center, 1 East Main, Mesa Room:**

Join fellow NFLL Members for an afternoon at the Mesa Arts Center to see this classic play performed in an unclassical manner. Student rates with MCC ID are under \$25. Moby Dick, based on the Herman Melville masterpiece of the same name and adapted by Mark Rosenwinkel, tells a tale of whaling and revenge, but explores deeper messages of obsession, destiny and man's relationship to nature. Captain Ahab is obsessed with hunting Moby Dick, a giant white sperm whale that had destroyed Ahab's prior ship and cost him his leg. The destructive nature of his obsession puts himself and the entire crew at risk.

Brass Cats - Salt River Brass

Sunday, Feb 22 3:00 PM **Mesa Arts Center, 1 East Main, Mesa Room:**

Facilitator: no host

The Salt River Brass is an All-Volunteer Brass and Percussion ensemble with the upbeat brilliance of a military band, the full-throated sonorities of a symphony orchestra and the warm, intimate sounds of a chamber group. You've heard the Salt River Brass 5 at the Holiday Luncheon, now come out and support the full orchestra. Cost: \$25

Early History & Popularization of Rock & Roll Music

Wednesday, April 8 & 15, 2 sessions 1:30 - 3:00 pm **Red Mountain Campus Room: DW 131**

Presenter: Ron Meeks **Facilitator:** Jacki McDugle

In 2017 Ron Meeks 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.

Mesa Dobson Main Campus Art Walk

Friday, April 17 9:00 - 11:00 am **Dobson Campus:** Library Lobby

Presenter/Facilitator: Allan Zisner-azisner@outlook.com

Walk the Dobson Main campus and view more than 30 permanent public art exhibits created by MCC students and faculty as well as celebrated artists. These are outdoor exhibits. The cumulative walking distance is approximately 3/4 mile with ample places to rest. Spring comes early in the valley so we will have a chance to witness the flora.

Inspiration - Salt River Brass

Sunday, April 19 3:00 PM **Mesa Arts Center, 1 East Main, Mesa**

Facilitator: no host

The Salt River Brass is an All-Volunteer Brass and Percussion ensemble with the upbeat brilliance of a military band, the full-throated sonorities of a symphony orchestra and the warm, intimate sounds of a chamber group. You've heard the Salt River Brass 5 at the Holiday Party, now come out and support the full orchestra. Cost: \$25



BUSINESS AND FINANCE

Harnessing the Power of Roth

Wednesday, Feb 4 10:00 -11:30 am **On-line Room:**

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

Meeting ID: 514 309 0665

Passcode: SESService

Presenter: Scott Sandell, CFP, MBA **Facilitator:** Suzanne Brown

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.

Tax-Smart Retirement

Wednesday, Feb 11 1:00 - 2:30 pm **Dobson Campus Room: BP 3S**

Presenter: Stacey Bendfelt, Financial Advisor, WMS, AAMS, CRPC **Facilitator:** Jacki McDugle

Taxes can quietly shrink your retirement income. Learn practical ways to help reduce what you owe through smart withdrawal timing, Social Security coordination, Roth conversions, and tax-deferred income strategies using annuities. Designed for individuals, couples, and business owners planning their next chapter.

How to Catch a Scam Before It Catches You

Tuesday, Feb 17 9:00 - 10:30 am **Online NAIL** <https://go.nailaz.org/Zoom2026>

Presenter: Kevin Sieling **Facilitator:** NAIL

Empower yourself to recognize, prevent, and report common scams! In this session, you'll learn the key red flags of fraud targeting seniors and gain practical steps to avoid becoming a victim. Discover how to verify information and find out how to detect frauds and scams and access trusted support resources. Join us to share insights and protect yourself and your family.

Understanding Taxation in Retirement

Tuesday, Feb 24 10:00 -11:30 am **Online**

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

Meeting ID: 514 309 0665

Passcode: SESService

Presenter: Scott Sandell, CFP, MBA **Facilitator:** Suzanne Brown

Taxation in retirement is vastly different than your working years. Understanding the taxation that effects retirees will help you navigate as efficiently as possible. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Becoming Tax-Efficient In Retirement

Tuesday, Mar 10, 10:00 -11:30 am **Online:**

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

Meeting ID: 514 309 0665

Passcode: SESService

Presenter: Scott Sandell, CFP, MBA **Facilitator:** Suzanne Brown

This class is a necessity for all. 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.

Declutter Your Finances

Tuesday, March 24 1:00 - 2:30 pm **Dobson Campus Room: BP 3N**

Presenter: Stacey Bendfelt, Financial Advisor, WMS, AAMS, CRPC **Facilitator:** Fred Searing
Simplify your financial life and make your money easier to manage. Learn how to consolidate accounts, organize key documents, and streamline income planning so everything works together. Designed for individuals, couples, and business owners preparing for or already enjoying retirement.

Social Security News and Updates for 2026

Friday, April 3 1:00 - 2:30 pm **Online NAIL Room:**

<https://go.nailaz.org/Zoom2026>

Presenter: Jack Burns **Facilitator:** NAIL

We will discuss any news and updates to Social Security's benefit programs for 2026 and review answers to common questions people have about the benefits. A live question and answer session will follow our presentation as well.

Navigating Safe Investments in Today's Market

Tuesday, Apr 14, 10:00 -11:30 am **Online**

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

Meeting ID: 514 309 0665

Passcode: SESService

Presenter: Scott Sandell, CFP, MBA **Facilitator:** Suzanne Brown

With interest rate changes and a need to diversify from the traditional bond portfolio, safe and stable investments are more important than ever. We will review ALL investment options available and discuss when and where to use them. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Combating Inflation in Retirement

Wednesday, May 6, 10:00 - 11:30 am **Online**

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

Meeting ID: 514 309 0665

Passcode: SESService

Presenter: Scott Sandell, CFP, MBA **Facilitator:** Suzanne Brown

If you are not prepared, you may be a victim... Groceries, gas, healthcare — everything costs more than it used to, and this will not stop. We will review why it is inevitable and the smart moves that can help protect your lifestyle. Learn how to balance safety and growth, preserve your purchasing power, and create an income plan designed to rise with prices over time. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

DISCUSSION AND BOOK CLUBS

Monday Morning Conversations via WebEx

Mondays, Jan12 weekly until May 18 8:30 - 10:00 am **Online**

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

Facilitator: Allan Zisner: <mailto: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.

Bookshelf

Wednesdays, bi-monthly, February 11 - April 29, 6 sessions 10:00 - 11:15 am

Aster Senior Center downtown Mesa - 247 N. MacDonald

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.

Feb. 11: The Kitchen Front by Jennifer Ryan (Ruth)

Feb. 25: The Storyteller of Casablanca by Fiona Valpy (Janice)

Mar. 11: Remarkably Bright Creatures by Shelby Van Pelt (Susan)

Apr. 1: The Story of a Heart: Two Families... by Rachel Clarke (Margo)

Apr. 15: Run by Ann Patchett (Diane)

Apr. 29: Circling the Sun by Paula McLain (Annette)

Mystery and Mayhem Book Discussion

Wednesdays, Feb 4, 18, March 4, 25, April 8, 22. 10:00 - 11:15 am

Aster Senior Center downtown Mesa - 247 N. MacDonald

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

Feb 4: Ripper by Isabel Allende (Susan)

Feb 18: The Man Who Died Twice by Richard Osman (Janice)

Mar 4: Edwin of the Iron Shoes by Marcia Muller (Diane)

Mar 25: The Hunter by Tana French (Mary)

Apr 8: Mistress of the Art of Death by Ariana Franklin (Annette)

Apr 22: The Most Wonderful Crime of the Year by Ally Carter (Phyllis)

First Friday Book Club

Friday, Feb 6, Mar 6, Apr 3, May 1 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. Participants need to buy, borrow, or download a copy of each novel.

February 6: The Son by Philipp Meyer (Terri)

March 6: Circling the Sun by Paula McLain (Diane)

April 3: In the Garden of Beasts by Erik Larsen (Mary)

May 1: Blood Hollow by William Kent Krueger (Arllys)

ENVIRONMENT AND CLIMATE

Conserving Critical Coastal Communities: Forests in the Ocean and their Importance

Wednesday, April 1, 1:30 -3:00 **Red Mountain Campus Room: S 152**

Presenter: Dr. Alex Cheroske, MCC Red Mtn. Faculty **Facilitator:** Suzanne Brown

This seminar with marine biologist Dr. Alex Cheroske from MCC's Red Mountain campus will discuss the dynamic underwater communities of kelp forests and eelgrass beds and how these important habitats are changing (and sometimes not for the better!). Come find out how these oceanic cousins to pinewood forests create vibrant underwater communities and learn about current research about the status of these habitats and the animals that depend on them.

On the Origin of the Moon

Tuesday/Thursday, Feb 10, 12, 17, & 19, **9–11:00 am. Dobson Campus** Room BP 3S

Presenter/Facilitator: Gerry Paulus

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 posited. The 4-part course will review facts and myths about our moon along with a detailed discussion of the geology and future manned missions back to the moon so that we can learn more about our satellite.

ENJOYING THE GREAT OUTDOORS

Broadness is a State of Mind

Thursday, Feb 26, 10:30 - 12:00 pm **Dobson Campus** Room: **BP 4**

Presenter: Rosalind Switzer & Emily Matyas **Facilitator:** Suzanne Brown

Great Old Broads for Wilderness is a women-led national grassroots organization that engages and inspires activism to preserve and protect wilderness and wild lands. Their members are involved in Education, Stewardship, Advocacy and Fun. Come meet Emily Matyas and Roz Switzer, Co-leaders of the Sonoran Broadband, representing the greater Phoenix metro area and Pinal County. Hear about our work focusing on water in our desert environment, biodiversity, habitat connectivity in the borderlands, and Mexican gray wolf recovery.

Thursday Morning Bike Rides

Thursday, Jan 15 & 29; Feb 12 & 26; Mar 12 & 26; Apr 9 & 23; May 7 & 21

Time varies **Sites vary, contact facilitator**

Facilitator: Allan Zisner - azisner@outlook.com

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, and are 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 <mailto:azisner@outlook.com> to be added to the distribution list. MCC Consolidated Risk form must be on file.

Trailers Hiking Group

Tuesdays, January 20 through April 28 Time varies **Sites Vary, contact facilitator**

Facilitator: Greg Master and Marie-France Ganansia <mailto:gamst51@gmail.com>

Recreational hikes throughout the semester. Hikes are generally less than 4.5 miles long and are considered easy with a few moderate sections. Consolidated Risk form must be on file.

Trailblazers Hiking Group

Fridays, Jan 16 through April 24 7:00 - 10:00 am **Sites vary, contact facilitator**

Facilitator: Ron Schueman <mailto:rcschueman@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 mornings and can include special hikes on other days. Check with the facilitator for times and locations. Consolidated Risk Form must be on file.

HISTORY AND POLITICS

Great Trials of World History

Mondays, Feb 2, 9, 16, 23, Mar 2, 9. 6 sessions 3:30 - 5:00 pm **Red Mountain Campus & Online Room: DW 124**
<https://us02web.zoom.us/join/82916572966?signature=XL48S1WA9D1e9dw1wF2Xeu8puGJaFYkRZ8oBPLSPdYY>

Presenter: **Facilitator:** Suzanne Brown

Come listen and discuss the lessons learned by a study of the great trials in history through this Great Course class. The 6-session part this Spring will cover trials from the 1890s such as Oscar Wilde, through the early 1900's Leopold and Loeb, Scopes Monkey, into the mid-century with the Nuremburg trials, Chicago Eight and ending with the trial of OJ Simpson. Come learn with us online or in person at Red Mountain Campus.

Great Decisions 2026

Tuesday, Feb 3, 10, 17, 24. 2:00 - 3:30 pm **Red Mountain Campus Room: DW 131**

Presenter/Facilitator: William Zipperer

This is a 4-session class that looks at current events from a US foreign policy perspective. We'll watch a ~25 minute, professionally done video by the Foreign Policy Association then have open discussion. There are likely to be some optional articles to read prior to the class that will be emailed. Just bring an open mind and lots of questions!

Open to Debate

Thursday, Feb 5, Mar 5, April 2 2:00 - 4:00 pm **Dobson Campus & Online Room: BP 4**

<https://us02web.zoom.us/join/82916572966?signature=XL48S1WA9D1e9dw1wF2Xeu8puGJaFYkRZ8oBPLSPdYY>

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.

Update on Afghanistan

Thursday, Feb 12 1:30- 3:30 pm **Dobson Campus Room: BP 4**

Presenter/Facilitator: Bob Dukelow/ Jacki McDugle

On Aug 30, 2021, the US completed its pullout from Afghanistan. This class will survey what is happening in that country now. We will hear from people who have lived and worked in Afghanistan. You will be able to ask them questions.

Arizona Wild Territorial Days and its Economic Development

Tuesday, Feb 17 1:00 - 2:30 pm **Dobson Campus Room: BP 4**

Presenter: Albert Monreal Quihuis, **Facilitator:** Fred Searing

This is a presentation of the wild history of Arizona. Its prospecting and mining towns, saloons, gambling, brothels, lawless gunfighting days, military forts and Indian wars. It is a wonder how Arizona achieved statehood as the 48th state. The driving forces behind this were the 5C's and the 5 trails leading to Arizona.

Gamboling thru the Galapagos

Thursday, Feb 19 2:00-3:30 pm **Dobson Campus Room: BP 4**

Presenter: Jay Mark **Facilitator:** Suzanne Brown

For millions of years, 18 islands sat alone more than 800 miles out in the Pacific Ocean, undisturbed by outside influences, generating a micro-ecological environment unlike any other place on earth. They remained unseen by man until the 16th century. But with a lack of fresh water, they were only considered a hostile curiosity...until Charles Darwin introduced the marvel of the Galapagos Islands to the world in his 1859 book On the Origin of the Species. Today the Galapagos remain an exceptional research and teaching laboratory, while the number of tourists are carefully controlled and monitored. Only about 275,000 visit the mystical archipelago each year, compared to 10.2 million at The Louvre in Paris. They are a remarkable preserve of unique plant and animal diversity, and pristine beauty. Now without ever leaving home, you can join intrepid traveler Jay Mark on a special visit to this magical archipelago.

Satellite Communication Networks

Wednesday, March 4, 1:00 - 3:00 pm **Red Mountain Campus Room: DW 131**

Presenter: Keith Kingston **Facilitator:** Bill Zipperer

An overview of satellite communication networks including a brief space history, fundamentals of satellite networks, challenges and a deeper dive into notable networks such as Starlink and Kuiper.

Update on the Ukraine

Thursday, Mar 12 1:30 - 3:30 pm **Dobson Campus Room: BP 4**

Presenter/ Facilitator: Bob Dukelow/ Jacki McDugle

In February 2022, Russia launched a full-scale invasion of Ukraine. Putin promised it would only last two weeks. Trump promised he would end this war his first day in office. This class will examine the current phase of the war, the longest conflict in Europe since World War II.

Inventions that Changed the World

Monday, March 23, 30, Apr 6, 13, 20, 27. 3:30 - 5:00 pm **Red Mountain Campus & Online Room: DW 124**

<https://us02web.zoom.us/join/82916572966?signature=Xl48S1WA9D1e9dw1wF2Xeu8puGJaFYkRZ8oBPLSPdYY>

Facilitator: Suzanne Brown

We're surrounded by inventions. Clocks, appliances, cars, televisions, cell phones... the list goes on and on. Where did all these inventions come from? How do they work? And how do they reflect - even define - the values of our culture? Now, you can learn the remarkable stories surrounding monumental inventions - and how consequential these inventions were to history. Taught by Professor W. Bernard Carlson of the University of Virginia, who is an expert on the role of innovation in history, these 36 enlightening lectures will be presented in Spring, Summer, and Fall terms and give attendees a broad survey of material history, from the ancient pottery wheel to the Internet and social media. Course will be presented online and in-person at the same time.

Assessing America's National Security Threats

Wednesday, March 25 - Apr 29 6 sessions 3:30 - 5:00 pm **Online**

<https://us02web.zoom.us/join/82916572966?signature=Xl48S1WA9D1e9dw1wF2Xeu8puGJaFYkRZ8oBPLSPdYY>

Facilitator: Suzanne Brown

The United States faces significant dangers and opportunities in the coming century. Malicious actors have harnessed new technologies such as drones, missiles, and offensive cyber weapons to threaten and, in some cases, attack America and its allies. Since the end of the Cold War, US foreign policy and national security strategy have suffered from strategic narcissism—the tendency to define complex challenges and opportunities abroad only in relation to the United States—and to underappreciate the interests, emotions, and aspirations that drive and constrain rivals, adversaries, and enemies. Former US National Security Advisor H. R. McMaster designed and delivers this 12-lecture, six-sessions series.

Only in Arizona: Lore & More Stories You've Never Heard

Thursday, March 26 2:00-3:30 pm **Dobson Campus Room: BP 4**

Presenter: Jay Mark **Facilitator:** Jacki McDugle

For a relatively new state, Arizona is rich in history – full of captivating, yet often unheard stories that historian Jay Mark has diligently dug up – and can't wait to tell. Amongst a variety of anecdotes in this engrossing presentation is the intriguing tale of the man who killed Santa Claus; how Rome's oldest bridge nearly found its way to Arizona; the time when alligators ruled the desert; Arizona's infamous wooden highway; incredible women from our state's past; our state in music; and other unlikely and curious revelations.

Walking Through History

Monday, Mar 30 1:00 - 3:00 pm **Dobson Campus Room: BP 2S**

Presenter: **Facilitator:** Margo Heaps

Nottingham - "King John and The Peak District England's Last Battle" 90 minutes CC

Update on Germany

Thursday, Apr 9 1:30 - 3:30 pm **Dobson Campus Room: BP 4**

Presenter: Bob Dukelow/ Jacki McDugle

Germany has tried for the past 81 years to live down its Nazi past. Its constitution, dictated by the US occupation forces, is among the best ever written. Now neo-Nazis, and radical, militant immigrants are making life difficult for moderate German politicians. What's next?

America, The Story of US

Monday, April 13 1:00 - 3:00 pm **Dobson Campus Room: BP2S**

Facilitator: Margo Heaps

"Rebels and Revolution", 90 min Episode: Early settlers fight for survival, tobacco sows the seeds of opportunity, the North becomes a powerhouse of trade, and the Revolutionary War spawns a new nation.

History of the 14th Amendment

Thursday, Apr 16, 23 2:30 - 4:00 pm **Dobson Campus Room: BP 4**

Presenter: Robert McWhirter **Facilitator:** Suzanne Brown

America is "freedom" and "rights" – or so most of us say. If pressed, we say we have "civil rights," an ubiquitous category of entitlements going back to the Declaration of Independence, the Constitution, or even the Magna Carta. The Fourteenth Amendment (1868) gives this discussion its constitutional foundation. It expresses Thomas Jefferson's Declaration of Independence that "all men are created equal" and Lincoln's Gettysburg Address that "this country was conceived in liberty and dedicated to the proposition that all men are created equal." The broadest and longest Civil War Amendment, the Fourteenth, is the platform of many of today's culture wars, as its framers intended.

Germany - Top to Bottom, East to West - What You Might Miss

Thursday, April 30, May 7 1:00 - 2:30 pm **Dobson Campus Room: BP 4**

Presenter: Robert Dukelow/Jacki McDugle

Germany is packed with hidden fascinating gems of historical significance. This class will explore those sites rarely seen by foreign visitors. Starting with Sylt in the northeast corner, then the Gluecksburg Castle near the Danish Border, we will visit the true Sleeping Beauty castle on the Fairytale road, as well as many other sites until we end at the Zugspitze, the highest point in Germany, on the Austrian border. Come join us.

The Fifteenth Amendment: Dropping the Musket to Reach for the Ballot

Thursday, May 7 2:30 - 4:00 pm **Dobson Campus Room: BP 4**

Presenter: Robert McWhirter **Facilitator:** Suzanne Brown

Black men picking up muskets to fight for their own freedom are the Fifteenth Amendment's genesis. The Fifteenth Amendment prohibits the federal government and each state from denying a citizen the vote because of his "race, color, or previous condition of servitude." The Fifteenth's purpose was to strike at official efforts to impede African Americans from voting, a purpose as relevant today as ever. America's greatness is in its persevering in the slow fight to realize its promise.

JUST FOR FUN AND LEARNING

Backyard Birds and More - Sonoran Desert

Wednesday, January 21 1:30 - 3:00 pm **Red Mountain Campus**

Room: **DW 131** **Presenter:** James Shepherd **Facilitator:** Allan Zisner

Learn about Sonoran Desert birds such as Cactus wren, Gambel's quail, Elf owl, Greater roadrunner and more of our soaring friends. Awarded the 2024 Sunland Village Earth Day citation, Jim Shepherd, our speaker and author, is an 11-year veteran tour guide at the Boyce Thompson Arboretum.


**THIS CLASS
MEETS JAN 21**
No Registration
needed, guests
welcomed! Bring a
friend and
introduce them to
NFL!

Games, Games, Games

Tuesdays Jan 20 through May 5 9:15-11:15 am **Resurrection Church, 3201 S. Evergreen Rd. Tempe, AZ.**
Room: **2**

Facilitators: Jacki McDugle & 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!

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

Knit Wits

Fridays, Jan 23 through May 8 10:00 - 11:30 am **Red Mountain Room: DW 124**

Facilitator: Jacki McDugle

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

Monday Movies

Mondays, Feb 9 - Mar 9, 4 Sessions, 1:00 - 3:30 pm **Dobson Campus Room: BP2S**

Facilitator: Margo Heaps

Feb 9 "Hondo" 1953 Western CC 83 min

Feb 23 "The Eagle Has Landed" 1976 Drama CC134 min

Mar 2 "On A Clear Day" 2004 Drama CC 99 min

Mar 9 "Contact 1997" Sci-Fi CC 150 min

Flutterescapes - AKA Butterfly Gardens

Wednesday, February 18 1:30 - 3:00 pm **Red Mountain Campus Room: DW 131**

Presenter: Alice Garcia, Master Gardener **Facilitator:** Jacki McDugle

Master Gardener Alice Garcia will share hints and her vast knowledge on planting and maintaining a landscape that is butterfly friendly and good for the environment.

Animals of the Sonoran Desert

Wednesday, Feb 25 1:30 - 3:00 pm **Red Mountain Campus Room: DW 131**

Presenter: James Shepherd **Facilitator:** Suzanne Brown

Learn about Sonoran Desert animals such as peccaries, big horned sheep, snakes, and our familiar coyote. Awarded the 2024 Sunland Village Earth Day citation, Jim Shepherd, our speaker, is an expert on peccaries, snakes, coyotes and is an 11-year veteran tour guide at the Boyce Thompson Arboretum, and author.

I Was a Perfect Child, But There Was That One Time

Tuesday, March 3 1:00 - 2:30 pm **Dobson Campus Room: BP 3N**

Presenter: Duane Roen, PhD **Facilitator:** Suzanne Brown

Of course, all of us were perfect children. However, there may have been a time or two—no more than that—when we fell short of angelic behavior and fell into the depths of naughty behavior. Perhaps we weren't quite truthful when we explained that the dog ate our homework. Or maybe it was not accurate to say that a passerby threw a rock through the window. Or maybe it wasn't by accident that dish soap was added to a sibling's orange juice. Or maybe the baby sister did not give herself a buzz cut. We will begin this session by sharing a few childhood stories about that one time when we were not perfect children. After that, we will each write about one moment—hopefully humorous—in childhood when we fell short of being perfect.

Canasta Lessons

Thursdays, March 5, 12, 26, April 2 (No class March 19) 4 sessions 12:00 - 3:00 pm **Red Mountain Campus Room: DW 131**

Presenter/Facilitator: Joyce Bickes and Terri Pokosh

Do you enjoy the card game Canasta or are you Canasta curious? Join Joyce Bickes and Terri Pokosh for this simplified version of this classic game. Come for one or all sessions, stay for one hour or all three. Beginners are welcome.

Rock Hounds

Monday, April 6 1:00 - 2:30 pm **Dobson Campus Room: BP 2S**

Facilitator: Margo Heaps

Discover and learn about rock, fossils and minerals. DVD 55Min

Movie Musicals

Fridays, Apr 10 - 24, 3 sessions 1:00 - 3:30 pm **Dobson Campus Room: BP 2S**

Facilitator: Margo Heaps

Apr 10 "Silk Stockings" 117 min CC

Apr 17 "The Jazz Singer" 116 min CC

Apr 24 "My Blue Heaven" 96 min CC

How I Spent my Summer Vacation Cycling the Erie Canal from Buffalo to Albany, NY

Friday, April 10 1:00 - 3:30 pm **Dobson Campus Room: BP 4**

Presenter/Facilitator: Allan Zisner

This past summer I bicycled the 400 miles of the Erie Canal from Buffalo to Albany, NY. This was a seven and half day ride, averaging 60 miles per day. I will share my adventure along the canal with 500 plus bicyclists, accommodations provided and trying to relive the past as best as possible.

Since my wife and I drove from Mesa to Niagara Falls/Buffalo area, I will share some of the sites visited and on the return trip back home.

Creative Card Making with Coffee-Dyed Paper

Friday, April 10 & 17 2:00 - 4:30 pm **Red Mountain Campus Room: S 152**

Presenter: Jeanine Gearhart **Facilitator:** Suzanne Brown

Would you enjoy sending your friends and family unique handmade cards? Do you have old books such as music, dictionaries or encyclopedias? 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 and instant coffee. All materials will be provided. Come prepared to work and have fun in this two-session class

BODY, MIND, AND SPIRIT

Infinite Possibilities

Tuesdays, Feb 10, 17, 24 10:00 - 11:30 am **Red Mountain Campus Room: DW 124**

Presenter: Nancy Spence, M.A.Ed.

Attitude is everything. Join us to focus on becoming more aware of our own reactions and choices, changing limiting beliefs, visualizing new possibilities, and creating a plan with lots of better options. If you have a willingness to practice looking for positive lessons and want to share this with others, this is the class for you. What we focus on expands. Thoughts become things. Let's practice the good ones. This class will be an introduction to Mike Dooley's book on Infinite Possibilities: [The Art of Living Your Dreams](#).

Care for the Caregiver

Wednesday, February 11 1:00 - 2:30 pm **Red Mountain Campus Room: DW 131**

Presenter: Hospice of Valley **Facilitator:** Dan Taylor

Caring for a loved one can be both rewarding and challenging. Learn how to optimize your loved ones well-being and take care of yourself in the process.

The History of the Sexual Assault Movement

Thursday, Feb 19 10:00 am - 12:00 pm **Dobson Campus Room: BP 4**

Presenter: Susan Lockwood Knaus, MS, LCSW **Facilitator:** Suzanne Brown

This presentation will cover some history of society's views about sexual violence and how that changed in the 1980's through the #Me Too movement. This will be based on the presenter's education, training and personal experiences of working with victims, community groups and the courts for almost 40 years.

Understanding Diabetes and Related Disorders

Friday, February 20 1:00 - 3:00 pm **Dobson Campus Room: BP 3S**

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

Diabetes affects over 38 million Americans and each year 1.2 million are diagnosed with this condition. What is Pre-diabetes? Discover the symptoms, causes, and risk factors for this condition. How is diabetes diagnosed? What lab tests can be done and how do you interpret the results? What treatments are available and are there any alternative treatment options. Does taking supplements help? What preventative measures can one take to prevent this condition?

Making the Most of Visiting your Doctor

Tuesday, March 10 1:00 - 2:30 pm **Red Mountain Campus Room: DW 131**

Presenter: Hospice of Valley **Facilitator:** Jacki McDugle

Learn how doctors organize their time with patients and how to come prepared with information and questions to make the visit a mutually rewarding experience.

Cancer – Reduce Your Risk

Friday, March 27 1:00 - 3:00 pm **Dobson Campus Room: BP 3S**

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

You will learn how a healthy diet and supplements can reduce your risk of developing cancer and can improve your outcome should you fall victim to this sometimes deadly disease. Learn how to recognize the signs, symptoms, and causes of cancer. Identify foods that trigger cancer and which foods are used for prevention. Learn about the latest screenings and lab tests that are available.

Alcohol, Autism, and Agency

Tuesday, April 14, 1:00 - 2:30 pm **Dobson Campus Room: BP 3N**

Presenter: Kate Mohler, B.A. English, M.F.A. Creative Writing/Fiction, English Faculty, MCC

Facilitator: Suzanne Brown

Alcoholism touches many families, yet true recovery requires more than just quitting drinking. In this candid and revealing session, Kate Mohler, an English professor and speaker with ten years of sobriety, shares how understanding brain chemistry, temperament, and neurodivergence can transform how we view addiction. Kate's journey—from lifelong heavy drinking to bipolar diagnosis to discovering she is autistic—reveals how alcohol often becomes a coping mechanism for overstimulation, anxiety, and emotional intensity. People who drink heavily are not weak-willed or self-destructive; they are neurodivergent individuals trying to right their inner world. This session explores what needs to change beyond abstinence for real recovery, how emotional dysregulation shapes drinking habits, why AA alone may not address underlying neurological and emotional needs, and paths toward healing that integrate medication, therapy, and self-understanding. Through personal story and practical insight, Kate reframes addiction as a complex, human response to an overwhelming world—and offers hope for deeper, sustainable recovery.

Normal Aging or Something More? Understanding Signs of Dementia

Tuesday, April 21 1:00 - 2:30 pm **Red Mountain Campus Room: DW 131**

Presenter: Hospice of Valley

What are normal signs, and what could be signs of dementia? We offer support to all those at all stages of dementia.

Hospice and Supportive Care

Wednesday, May 6 1:00 - 2:30 pm **Red Mountain Campus Room: DW 131**

Presenter: Hospice of Valley

Medicare covers the cost of hospice which supports patients and their families in the comfort of their own home. Learn more about the right time to choose hospice care. Supportive care helps improve quality of life for those with chronic illness by managing their symptoms to prevent unnecessary hospitalizations.

SPONTANEOUS WILD CARD PRESENTATIONS

From time to time, we have an opportunity to present speakers with short notice. These speakers can be from any area of interest or of a timely nature. We will post information on these classes in the Weekly Happenings email. We hope you can attend when possible.

TECHNOLOGY

Gmail and Google Applications

Mondays, Feb 2, 16, Mar 2, 23, Mar 30, Apr 13 1:00 - 2:30 pm

Red Mountain Campus Room: DW 133

Presenter/Facilitator: Suzanne Brown, Jacki McDugle, Pat King

Gmail and Google applications provide a free, safe, and integrated suite of software to handle our email, calendars, spreadsheets, forms, documents, and much more. Join this series of classes to better learn how to use these tools. We will use the MCC computers so have your MEIDs and passwords, or bring your own laptop or tablets and follow along as we learn! We will post the week's topic in the NFLL Weekly Happenings email.

AI 2.0: Advanced Applications

Tuesday, Feb 24 9:00 - 10:30 am **Online NAIL** <https://go.nailaz.org/Zoom2026>

Presenter: Kevin Sieling **Facilitator:** NAIL

Take your AI skills further! This advanced session introduces sophisticated AI applications beyond basic chat, including image generation, conversation customization, document analysis, and AI-powered research tools. Learn to combine multiple AI capabilities for complex tasks and sharpen your critical thinking to effectively evaluate AI outputs. Build confidence exploring the next generation of AI tools!

Exploring AI with Chat GPT

Tues/Thurs, Apr 7, 9, 14, 9:00 – 11:00 am, **Dobson Campus BP 3S**

Presenter: Gerry Paulus **Facilitator:** Dan Taylor

This 3-session course introduces adults to the exciting world of Artificial Intelligence (AI) and ChatBots through hands-on, easy-to-understand activities using ChatGPT. Students will learn how AI works, practice using it for daily tasks, and explore creative ways to make life easier and more fun. No technical experience required—just curiosity and a willingness to try something new!



DOBSON AND SOUTHERN CAMPUS CLASSES		
Class Title	Dates	Time
How to Live Forever: Leaving a Personal Legacy for Future Generations	Tues, Feb 3	1:00 - 2:30 pm
On the Origins of the Moon	Tues/Thurs Feb 10, 12, 17, & 19	9:00 – 11:00 am
Honoring Family Legacy, Journey and Stories	Tues, Feb 10	1:00 - 2:30 pm
Scrapbooking	Fri, Feb 13	10:00 - 11:30 am
Leaving a Charitable Legacy	Tues, Feb 24	2:00 - 3:30 pm
Introduction to Estate Planning	Thurs, Mar 5	2:00 - 3:30 am
Writing Obituaries	Tues, April 7	1:00 - 2:30 pm
Family Myths, Mysteries, Legends, Lore, and Secrets:	Tues, May 5	1:00 - 2:30 pm
Mesa Dobson Main Campus Art Walk	Fri, Apr 17	9:00 - 11:00 am
Tax-Smart Retirement	Wed, Feb 12	1:00 - 2:20 pm
Declutter Your Finances	Tues, March 24	1:00 - 2:20 pm
Broadness is a State of Mind	Thurs, Feb 26	10:30 - 12:00 pm
Open to Debate IP & OL	Thurs, Feb 5, Mar 5, Apr 2	2:00 - 4:00 pm
Update on Afghanistan	Thurs, Feb 12	1:30- - 3:30 pm
Arizona Wild Territorial Days and its Economic Development	Tues, Feb 17	1:00 - 2:30 pm
Gamboling thru the Galapagos	Thurs, Feb 19	2:00-3:30 pm
Update on the Ukraine	Thurs, Mar 12	1:30- - 3:30 pm
Only in Arizona – Lore & More. Stories you've never heard of	Thurs, Mar 26	2:00-3:30 pm
Walking Through History	Mon, Mar 30	1:00 - 3:00 pm
Update on Germany	Thurs, Apr 9	1:30- - 3:30 pm
America, The Story of US	Mon, Apr 13	1:00 - 3:00 pm
History of the 14th Amendment	Thurs, Apr 16, 23	2:30 - 4:00 pm
Germany - Top to Bottom, East to West - What You Might Miss	Thurs, Apr 30, May 7	1:00- - 2:30 pm
The Fifteenth Amendment: Dropping the Musket to Reach for the Ballot	Thurs, May 7	2:30 - 4:00 pm
Monday Movies	Mon, Feb 9 - Mar 9, 4 Sessions,	1:00 - 3:30 pm
I Was a Perfect Child, But There Was That One Time:	Tues, Mar 3	1:00 - 3:30 pm
Rock Hounds	Mon, Apr 6	1:00 - 2:30 pm
Movie Musicals	Fri, Apr 10- 24, 3 sessions	1:00 - 3:30 pm

How I Spent my Summer Vacation Cycling the Erie Canal from Buffalo to Albany NY	Fri, Apr 10	1:00 - 3:30 pm
Mesa Dobson Main Campus Art Walk	Fri, Apr 17	9:00 - 11:00 am
The History of the Sexual Assault Movement	Thurs, Feb 19	10:00 am - 12:00 pm
Understanding Diabetes and Related Disorders	Fri, Feb 20th	1:00 - 3:00 pm
Cancer – Reduce Your Risk	Fri, Mar 27, 2026	1:00 - 2:30 pm
Alcohol, Autism, and Agency	Tues, Apr 14th	1-2:30 p.m
Exploring AI with Chat GPT	Tues/Thurs, Apr 7, 9, 14	9:00 – 11:00 am

RED MOUNTAIN CAMPUS CLASSES

Class Title	Dates	Time
Knit-Wits	Fri, Jan 23 – April 24	10:00 - 11:30 am
Animals of the Sonoran Desert	Wed, Feb 25	1:30 - 3:00 pm
Backyard Birds and More - Sonoran Desert	Wed, January 21	1:30 - 3:00 pm
Classical Indian Dance	Wed, March 11	1:30 - 3:00 pm
Creative Card Making with Coffee Dyed Paper	Fri, April 10 & 17	2:00 - 4:30 pm
Early History & Popularization of Rock & Roll Music	Wed, April 8 & 15, 2 sessions	1:30 - 3:00 pm
Flutterscapes - AKA Butterfly Gardens	Wed, February 18	1:30 - 3:00 pm
Great Trials of World History IP & OL	Mon, Feb 2, 9, 16, 23, Mar 2, 9 . 6 sessions	3:30 - 5:00 pm
Infinite Possibilities	Tues, Feb 10, 17, 24	10:00 - 11:30 am
Probate and Being an Executor/Personal Representative	Tues, February 24	9:00 am - 11:30 am
Games, Games, Games	Tues, Jan 20 – May 5	9:30-11:30 am
Gmail and Google Applications	Mon, Feb 2, 16, Mar 2, 23, Mar 30, Apr 13	1:00 - 2:30 pm

ONLINE CLASSES

Class Title	Dates	Time	Link
Understanding Taxation in Retirement	Tues, Feb 24	10:00 -11:30 am	https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRVlm0wcpHKstm2ohxaWaq.1 Meeting ID: 514 309 0665 Passcode: SESService
Becoming Tax-Efficient In Retirement	Tues, Mar 10	10:00 -11:30 am	https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRVlm0wcpHKstm2ohxaWaq.1 Meeting ID: 514 309 0665 Passcode: SESService
Navigating Safe Investments in Today's Market	Tues, Apr 14	10:00 -11:30 am	https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRVlm0wcpHKstm2ohxaWaq.1 Meeting ID: 514 309 0665 Passcode: SESService

Combating Inflation in retirement!	Wed, May 6	10:00 - 11:30 am	https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRvIm0wcpHKstm2ohxaWag.1 Meeting ID: 514 309 0665 Passcode: SESService
Monday Morning Conversations via WebEx	Mon, Jan 12 - May 18	8:30 - 10:00 am	https://maricopa.webex.com/maricopa/j.php?MTID=mc405e24b28d9479b87bc8fc19770743c
Assessing America's National Security Threats	Wed, March 25 - Apr 29, 6 sessions	3:30 - 5:00 pm	https://us02web.zoom.us/j/82916572966?pwd=biaXMWgZcilT4cZZn369LUyPWwd6cD.1
Harnessing the Power of Roth	Wed, Feb 4	10:00 -11:30 am	https://us02web.zoom.us/j/5143090665?pwd=drpC0VJ5WRvIm0wcpHKstm2ohxaWag.1 Meeting ID: 514 309 0665 Passcode: SESService
Unleash Your Story: AI Tools for Beginning Authors	Tues Feb 10	9:00 - 10:30 am	https://go.nailaz.org/Zoom2026
How to Catch a Scam Before It Catches You	Tues Feb 17	9:00 - 10:30 am	https://go.nailaz.org/Zoom2026
Social Security News and Updates for 2026	Fri, April 3	1:00 - 2:30 pm	https://go.nailaz.org/Zoom2026
Great Trials of World History	Mon, Feb 2, 9, 16, 23, Mar 2, 9. 6 sessions	3:30 - 5:00 pm	https://us02web.zoom.us/j/82916572966?pwd=biaXMWgZcilT4cZZn369LUyPWwd6cD.1
Inventions that Changed the World	Mon, March 23, 30, Apr 6, 13, 20, 27.	3:30 - 5:00 pm	https://us02web.zoom.us/j/82916572966?pwd=biaXMWgZcilT4cZZn369LUyPWwd6cD.1
OFFSITE			
Event	Place	Date	Time
Out to Lunch	Watch your email	Second Thursday each Month	11:30 am – 1:30 pm
Study Hall – AKA Happy Hour	Watch your email	Last Tuesday of Month	4:00 – 6:00 pm
Field Trips	Watch your email	TBA	TBA
The Merry Wives of Windsor: Southwest Shakespeare	Mesa Arts Center	Sat, Feb 14	2:00 PM
Henry V	Mesa Arts Center	Sat, Feb 21	2:00 PM
Moby Dick: Southwest Shakespeare	Mesa Arts Center	Sat, March 21	2:00 PM
Brass Cats - Salt River Brass	Mesa Arts Center	Sun, Feb 22	3:00 PM
Inspiration - Salt River Brass	Mesa Arts Center	Sun, Apr 19	3:00 PM
Bookshelf	Aster Senior Center downtown Mesa - 247 N. MacDonald	Wed, Feb 11 - Apr 29, 6 sessions	10:00 - 11:15 am
Mystery and Mayhem Book Discussion	Aster Senior Center downtown Mesa - 247 N. MacDonald	Wed, Feb 4, 18, Mar 4, 25, Apr 8, 22.	10:00 - 11:15 am
First Friday Book Club	Red Mtn Multigenerational Ctr, Aster Center	Fri, Feb 6, Mar 6, Apr 3, May 1	10:00 - 11:15 am
Games, Games, Games	Resurrection Church, 3201 S. Evergreen Rd. Tempe, AZ.	Tues, Jan 20 -- May 5	9:30-11:30 am
Trailers Hiking Group	Sites Vary,	Tues, Jan 20 through Apr 28	Varies AM
Thursday Morning Bike Rides, every two weeks	Sites vary,	Thurs; Jan 15 & 29; Feb 12 & 26; Mar 12 & 26; Apr 9 & 23; May 7 & 21; 10 sessions	Varies AM
Trailblazers Hiking Group	Sites vary,	Fri, Jan 16 -- Apr 24	7:00 - 10:00 am



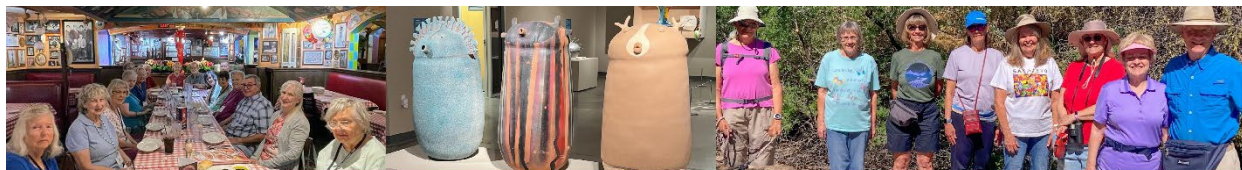
**MESA
COMMUNITY COLLEGE**

A MARICOPA COMMUNITY COLLEGE

New Frontiers for Lifelong Learning

New Frontiers Office Red Mountain Campus

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



30 Years and Still Learning

**New and Returning Members,
Enrollment is Open!**

MCC Southern & Dobson

1833 W Southern Ave
Mesa AZ 85201

Scan QR code with
your phone for map



MCC Red Mountain

7110 E McKellips Rd
Mesa AZ 85207



Scan QR code
with your phone
for map

Online Classes

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

NEW FRONTIERS FOR LIFELONG LEARNING

COUNCIL MEMBERS

President: Allan Zisner

Secretary: Pat King

Past President: Jacki McDugle

At Large Members: Jan Lorette, Lois Schaffer, Janice Overdorff, Mike Rague

Vice President: Terri Pokosh

Treasurer: Fred Searing

Standing Committee Chairs:

Curriculum: Suzanne Brown

Social: Joanne Handlong & Roland Tanner

Volunteer: Mary Adamick & Dan Taylor

Communication: Open

Membership: Shirley Epp & Penny Searing

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 New Frontiers Office at 480-461-7497**
- Email NFLL at Newfrontiers@mesacc.edu