New Frontiers

For Lifelong Learning

Expand Your World......

Sponsored by:

MESA COMMUNITY COLLEGE
A MARICOPA COMMUNITY COLLEGE

Revised 9/26/2019
Welcome to New Frontiers for Lifelong Learning!

New Frontiers for Lifelong Learning offers the opportunity to learn, socialize and serve. As a self-directed, peer-led organization, we strive to meet the needs of our members in these areas, and are always open to members’ suggestions. Join us to explore, develop, expand your learning, increase your social resources, and volunteer to serve on one of our standing committees and/or within the college and community.  

Visit our web site at newfrontiers.mesacc.edu

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Fall Open House
Friday, September 20, 2019 1-3pm
Dobson Campus Community Room in LB145 (library building on the west side of campus)

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How to Join New Frontiers

To join New Frontiers, you must first enroll at MCC as a non-credit student, pay your dues and create a New Frontiers membership account. There are three ways to do this:

1. The easiest way to join is to attend Open House (September 20, 2019 1-3pm). At Open House, you may enroll at MCC as a non-credit student, pay your dues and create a New Frontiers Membership. You will also have an opportunity to meet instructors and have refreshments.

2. You can also sign up and pay your dues at the Community Partnerships Office, Rm 136-B, in the Desert Willow Building at Red Mountain Campus. (480) 461-6330. Hours are Monday-Friday 8:00am to 5:00 pm. Someone will be available to assist in registration.

3. You can go to the Enrollment Center, Building 39 on the east side of the Dobson Campus. Someone will be available to help you enroll in a non-credit class; however, they cannot create a New Frontiers Membership account. You will need to create a New Frontiers membership account online, as well as enrol in MCC as a non-credit student and pay your dues. (See below for online instructions).

However you enroll, bring a government-issued photo ID and be prepared to pay your dues (Annual fees are $80)

How to Create a New Frontiers Account Online

1. Go to newfrontiers.mesacc.edu, select the “Join Now” tab, and scroll down to read the instructions for creating a New Frontiers account. Note that there are two different screen images displayed; the login screen you will see will depend on the device you are using. Be sure to read the instructions to the end before selecting the link to the Login page. You can also select “Members Account” from the home page to bring up the Login screen.

2. Once you have created your account, a volunteer will link it to a membership, upon verifying that your dues have been paid via the MCC Student Information System. You will then be eligible to register for New Frontiers classes.

Current and Former Members: You have an account. If you forgot your User ID or password, click on “Forgot your password?” The system will send your Username and a link to reset your Password to your email address. Check your Spam box if the email does not arrive right away. DO NOT click on “New User? Start here”.

SEE PAGE 3 FOR DETAILED INSTRUCTIONS ON REGISTERING FOR CLASSES.
NOTE: Room numbers were not available in time for printing but will be listed in the online Class Schedule and via Online Registration. Facilitators will contact non-computer users by phone.
## THE GREAT OUTDOORS
- Cycling Metro Phoenix
- Trailblazers Hike Group
- Trailers Hike Group
- Walkers Explore Parks

## ASU EMERITUS COLLEGE
- Vemork: Atomic Bomb Plant
- Hohokam-Stone Hoe People
- National Debt 2019
- Iberia Backroads 2019

## MCC PROFESSORS PRESENTATIONS
- Immigration Crisis - 2019
- Meditative/Zentangle Art
- Mindfulness for Health
- Low Back Pain Prevention
- Nutrition for the Diabetic

## HISTORY AND CULTURE
- Birth of Modern Mind, 2
- Financial Disasters Past
- Understanding China
- Japan Today
- Understanding Russia
- Rapa Nui & MOAI
- Cold War Stories
- Vemork: Atomic Bomb Plant
- Notre-Dame de Paris
- Gothic Cathedrals
- Victor Hugo
- Hohokam-Stone Hoe People
- San Xavier del Bac
- Arizona Lore & More
- History Of Sup Ct-Part II

## CURRENT ISSUES
- National Debt 2019
- Immigration Crisis 2019
- Boeing 737Max: What Cost ?
- Gender Change & Loss
- Investigate US Presidents

## TECHNOLOGY
- Personal Location Beacon
- Big Data Analytics 2
- Computer Maintenance

## TECHNOLOGY (Continued)
- Reducing Risk of ID Theft

## ENVIRONMENT
- Climate Change – Hard Look
- Paris to Pittsburgh (Dob & Red Mt)
- Living Wisely in Desert

## NATURE
- Understanding Termites
- National Parks Part 2
- Horses in Our World

## TRAVELOUGE
- Wild River: The Colorado
- Road Trip 2018
- Asia Travelogue
- Iberia Backroads 2019
- Four Years in Netherlands

## PHOTOGRAPHY
- Photography-Camera Basics
- Save Your Photos

## DISCUSSION
- Coffee & Conversation I & II
- Great Decisions
- Talking About TED Talks
- Bookshelf
- Wisdom Seekers Book Group
- Mystery Book Club

## CREATIVITY
- Meditative/Zentangle Art
- Paint an Autumn Scene
- Benefits of Journaling
- Urban Art on Main

## THEATER
- Opera’s New Productions
- Movie Musicals

## MUSIC
- Opera’s New Productions
- Movie Musicals

## FINANCIAL MATTERS
- Investing Retirement 101
- World Of Safe Investing
- Required Min Distribution
- Estate Planning
- Your Credit Score
- Protecting Your Legacy

## HEALTH AND WELLNESS
- Brain Fitness (Dob & Red Mt)
- Fact or Fiction
- Mindfulness for Health
- Preventing Osteoporosis
- Stroke and Blood Pressure
- Obesity
- Urinary Incontinence
- Medical Cannabis
- Living with Hearing Loss (Dob & Red Mt)
- Medical Myths Part 2
- Low Back Pain Prevention
- Nutrition for the Diabetic
- Healthy Posture
- Health and Wellness Update 2019

## SENIOR LIVING ASSISTANCE
- Coping w/ Holiday Grief
- Living w/ Chronic Disease
- Living with Dementia
- My Housemate Died at Home
- Downsizing What do I do?
- Home Design for Seniors 1 & 2
- Family Care-giving

## SPIRITUALITY
- Aromatherapy
- Women’s Creative Spirit
- Women’s Spirituality
- 9 Stages of Meditation
- Journey of the Soul
- Set up Spiritual Practice
- 10 Service Groups

## PIANO
- Beginning Piano
- Continuing Piano

## YOUR CAR
- Car Maintenance

## FUN STUFF
- Games, Games & More Games
- Movie Time

For classes sponsored by the MAAC, see pages 33-35
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<td>Coffee &amp; Conversation II</td>
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<td>Sept 30-Oct 28</td>
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<td>Oct 30</td>
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New Frontiers Council

Officers
President: Dan Taylor  Curriculum Chair: Ruth Brooks
V-Pres: Roland Tanner  Membership Chair: Mary Boehlen and Mary McGonigle
Secretary: Diane Grogan  Support Services/ Communications Chair: Peggy Randolph and Arlys Medlicott
Treasurer: Greg Master  Social Chair: Peggy Schulz
Past President: Marlin Fried  Volunteer Chair: Barbara Thelander and Cathy McGonigle
Members-At-Large: Dan Scarpone, Anne Stehr, Sandy Whitley, Mary Boehlen

Standing Committees
Nov 6 & Nov 13  Set Up Spiritual Practice  Nov 18  Notre-Dame de Paris
Nov 14 & Nov 21  Hohokam-Stone Hoe People  Nov 20  9 Stages of Meditation
Nov 7  San Xavier del Bac  Nov 21  National Debt 2019
Nov 7  Nutrition for the Diabetic  Nov 21  Reducing Risk of ID Theft
Nov 7  Health and Wellness Update 2019  Nov 22  Required Min Distribution
Nov 8  Vemork: Atomic Bomb Plant  Dec 2  Victor Hugo
Nov 13  Home Design for Seniors 2  Dec 2  World of Safe Investing
Nov 13  Estate Planning  Dec 5  Computer Maintenance
Nov 13  Women’s Creative Spirit

Important Dates to Remember:

- Fall Open House 2019: Friday, Sept 20, 1:00-3:00 pm, Dobson Campus (See Page 2)
- Registration: Tuesday, Sept 24, 9:00 am, Internet
- New Member Coffee: Friday, Oct 18, 9:30-11:30 am, Dobson Campus
- General Membership Meeting: Friday, Nov 1, 1:00-3:00 pm, Dobson Campus
- Deadline for Spring Proposals: Friday, Nov 1, Midnight
- Veterans Day: Monday, Nov 11, Campus Closed
- Thanksgiving: Thursday and Friday Nov 28-29, Campus Closed

NOTE: Courtesy shuttle rides to classes are available through Public Safety for handicapped NF members by calling the following number, stating you are a NF member, where you are parked and where your classroom is. Please allow extra time for this courtesy service.
Dobson or Red Mountain — 480-461-7046
Cycling Metro Phoenix

Ride the bicycle trails in the Phoenix metro area. This will be a combination of surface streets, canals, parks or right-of-ways. Estimated cycling distance of 4-10 miles, but dictated by the group's preference. Each cyclist must be able to transport their bicycle to the scheduled meeting location.

The first meeting will be a meet and greet to discuss expectations, planned routes, safety and general bicycle maintenance. The number of bike rides for the fall session will be decided during this first meeting, but I would like to do 4-6 rides.

Risk form #1 AZ Outdoors required.

Location: MCC Dobson BP 1N
Date: Thurs, Oct 3 Time: 2:00 - 4:00 pm
Sessions: 1 Limit: 29 Facilitator: Allan Zisner azisner@q.com

Trailblazers Hike Group

Trailblazers hikers meet early on Friday mornings and carpool to hiking locations in parks, national forests, and other scenic locales. Trailblazers’ hikes are usually from four to six miles in length and may have elevation changes up to a thousand feet. Most hikes are rated as moderate and can be a bit challenging. There may be “special” hikes on days other than Friday or at times other than morning. Must sign Risk form #1.

Location: The Great Outdoors
Date: Fri, Oct 4 - Dec 20 Time: 7:00 am - noon
Sessions: 12 Limit: 75 Facilitator: Greg Master Gamst51@gmail.com

Trailers Hike Group

Trailers hikers meet early on Tuesday mornings and carpool to hiking locations in parks, national forests, and other scenic locales. Trailers’ hikes are generally three to five miles long with elevation changes of less than 400 feet. Virtually all the hikes are rated easy, though some moderate sections may be encountered. There may be “special” hikes on days other than Tuesday or at times other than morning. Must sign MCC Risk Form #1.

Location: The Great Outdoors
Date: Tue, Oct 1 - 29, Nov 5 – 19, Dec 3 - 10 Time: 7:00 am - noon
Sessions: 11 Limit: 75 Facilitator: Greg Master Gamst51@gmail.com

Walkers Explore Parks

RISK FORM #1 NEEDED (only if you have never signed #1)
Join us for fresh air, a bit of leisure exercise and good company! Restrooms in all but Desert Arroyo Park. Each park has benches, Ramadas and nice scenery. Please bring water and a hat. Details and directions to follow.

October 2 – Riverview Park, Mesa
October 9 – Riparian Preserve, Gilbert
October 16 – Freestone Park, Gilbert
October 23 – Veteran’s Oasis Park, Chandler
October 30 - Desert Arroyo Park, Mesa
November 6 – Kiwanis Park, Tempe
November 13 – Riparian Preserve, Gilbert
Possibly continue

Date: Wed, Oct 2 - Nov 13 Time: 9:30 - 11:00 am
Sessions: 7 Limit: 40 Facilitator: Mary Adamick madamick@cox.net
Financial Disasters Past

A DVD based Great Course. Crashes and Crises: Lessons from a History of Financial Disasters is presented by Professor Connell Fullenkamp of Duke University. We will be guided through 4 centuries of economic disasters with the goal to educate against gullibility, overconfidence, and herd mentality that lure the uninformed to financial ruin. This course is separated into 24, 30 minute lectures, we will do three each week over 2 hours.

Location: MCC Red Mountain  V 120
Date: Tues, Oct 8 - Nov 26 Time: 1:00 - 3:00 pm
Sessions: 8 Limit: 30 Facilitator: Suzanne Brown suzannebrownpt@gmail.com
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<th>Course</th>
<th>Description</th>
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<td>Understanding China</td>
<td>This class will focus on contemporary Chinese society, its problems and prospects.</td>
<td>MCC Dobson HW 840</td>
<td>Tues, Oct 22 - Nov 12</td>
<td>10:00 – 11:30 am</td>
<td>4</td>
<td>32</td>
<td>Dan Mueller</td>
<td><a href="mailto:muellerd1@yahoo.com">muellerd1@yahoo.com</a></td>
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<tr>
<td>Japan Today</td>
<td>This class will include a brief history of modern Japan and an examination of its contemporary society.</td>
<td>MCC Red Mountain V 120</td>
<td>Mon, Nov 18 - Dec 2</td>
<td>10:00 – 11:30 am</td>
<td>3</td>
<td>32</td>
<td>Dan Mueller</td>
<td><a href="mailto:muellerd1@yahoo.com">muellerd1@yahoo.com</a></td>
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<tr>
<td>Understanding Russia</td>
<td>A comprehensive look at Russia's cultural history. Prof Lynne Anne Hartnett explores the 1000 years of development from a primitive tribal state to the world colossus of Putin's regime. Part one covers the origins of the Russian empire to the fall of Romanovs in 1917.</td>
<td>MCC Red Mountain V 121</td>
<td>Thurs, Oct 3 - Nov 14</td>
<td>1:30 - 3:30 pm</td>
<td>7</td>
<td>25</td>
<td>David Ramis</td>
<td><a href="mailto:bonnie.ramis@gmail.com">bonnie.ramis@gmail.com</a></td>
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<td>Rapa Nui &amp; MOAI</td>
<td>Eeny, Meeny, Miny MOAI. Or How I learned to Rapa Nui. More than 2000 miles off the coast of Chile, lies Isla de Pascua, a tiny inhabited island – one of the most remote on the planet. It is home to about 4000 Rapa Nui people. And 887 unbelievable, giant stone Moai – ancestors of this ancient race. For hundreds of years, these aboriginal Polynesian descendants lived in complete isolation, cut off from the rest of the world – until Easter Sunday April, 1722; a fateful day in which their sheltered world was upended by Dutch explorers happening upon the lonely outpost in the midst of the vast Pacific Ocean. Their unprecedented discovery introduced the rest of the world to Easter Island, as it came to be called. With the arrival of Europeans, the remarkable Rapa Nui culture was forever changed. And therein lies a fascinating story that historian and intrepid voyager Jay Mark can’t wait to share.</td>
<td>MCC Dobson BP 4</td>
<td>Fri, Nov 15</td>
<td>3:00 - 4:30 pm</td>
<td>1</td>
<td>90</td>
<td>Barbara Thelander</td>
<td><a href="mailto:bthelander@cox.net">bthelander@cox.net</a></td>
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<td>Cold War Stories</td>
<td>More unusual, mostly humorous stories from Robert Dukelow’s thirty-three years as a Counterintelligence Special Agent. The Pentagon’s security office approved fictionalized versions of these stories for publication. Teasers: A five-thousand-dollar flashlight. Pathogen-free pigs. The Toilet King. The Pershing Box. A Broken Glass. Invisible spies exposed. Operational sex. Mother-may-I gone bad. Aeroflot Games.</td>
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<td>Thurs, Oct 10</td>
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<td>Robert Dukelow</td>
<td><a href="mailto:ace1bob@gmail.com">ace1bob@gmail.com</a></td>
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<td>Vemork: Atomic Bomb Plant</td>
<td>Dr. Per Aannestad</td>
<td><strong>VEMORK: The Power Plant Behind the Race for the Atomic Bomb.</strong> This talk is centered on the question of how this hydro-electric plant, near a tiny town deep in the mountains of Southern Norway, through its production of heavy water, became an object of destruction by the Allies during WWII. What is the background for its place in history, and what was the importance of heavy water for the German atomic energy project? Dr. Aannestad will tell the story of the Heavy Water War, including what has been deemed “one of the most daring and successful commando operations during the Second World War”.</td>
<td>MCC Red Mountain</td>
<td>Fri, Nov 8</td>
<td>2:00 - 3:30 pm</td>
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<td>Sam Wong</td>
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<td>Art &amp; History of Provence</td>
<td>Anne Connor</td>
<td>We are going to wander through Provence, highlighting its rich historical heritage. Furthermore we shall see it through the eyes of some of the 19th century artists who enjoyed its beautiful landscapes.</td>
<td>MCC Dobson</td>
<td>Wed, Oct 9</td>
<td>1:30 – 3:00 pm</td>
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<td>Notre-Dame de Paris</td>
<td>Isabelle Main</td>
<td>We will look at the history and unknown stories of one of the most widely recognized symbols of the city of Paris and nation of France, from its start to the fire of April 15, 2019.</td>
<td>MCC Dobson</td>
<td>Mon, Nov 18</td>
<td>1:30 – 3:00 pm</td>
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<td>Marie-France Ganansia</td>
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<td>Gothic Cathedrals</td>
<td>Isabelle Main</td>
<td>Learn about these amazing buildings which are still standing and in use in Europe, through David Macaulay’s fictional animated story of the rebuilding of a cathedral in the Middle Ages after a disastrous fire.</td>
<td>MCC Dobson</td>
<td>Mon, Nov 4</td>
<td>1:30 – 3:00 pm</td>
<td>1</td>
<td>50</td>
<td>Isabelle Main</td>
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<tr>
<td>Victor Hugo</td>
<td>Isabelle Main</td>
<td>This class will take you through remarkable illustrations and comments on Hugo’s most famous poems and novels, to the life, works and role in French society of one of the best.</td>
<td>MCC Dobson</td>
<td>Mon, Dec 2</td>
<td>1:30 – 3:00 pm</td>
<td>1</td>
<td>50</td>
<td>Isabelle Main</td>
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Hohokam - The People of the Stone Hoe. How did the Hohokam not only survive but thrive in a desert land? Take a glimpse into the lives of early people who populated the Phoenix area. Their architecture and use of desert building material, their irrigation system, which is still used today, the people’s lifestyle, and art.

Location: MCC Dobson EF 6S
Date: Thurs, Nov 14 & 21  Time: 11:00 am - 12:30 pm
Sessions: 2  Limit: 30  Facilitator: Ann Bloxam  Annbloxam@hotmail.com

San Xavier del Bac

History of San Xavier del Bac Mission during the Spanish period. History of mission starting in 1692 through the end of the Spanish period. Cultural impacts of Spanish movement into the Sonoran Desert along with details on various missionaries who served in the church.

Location: MCC Dobson BP 5
Date: Thurs, Nov 7  Time: 1:00 - 2:30 pm
Sessions: 1  Limit: 60  Facilitator: Ruth Brooks  rrbrooks93@gmail.com

Arizona Lore & More

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.

Location: MCC Dobson BP 4
Date: Fri, Oct 25  Time: 3:00 - 4:30 pm
Sessions: 1  Limit: 90  Facilitator: Barbara Thelander  bthelander@cox.net

History Of Sup Ct-Part II

Continuing the history of the court from 1945 to the present. Prof Peter Irons examines some of the key decisions that affect our lives today. Topics include school desegregation, rights to privacy, civil rights, abortion and prayers in school.

Location: MCC Red Mountain DW 131
Date: Mon, Oct 7 - Dec 2 (except Nov 11)  Time: 2:00 - 4:00 pm
Sessions: 8  Limit: 25  Facilitator: David Ramis  bonnie.ramis@gmail.com
Gender Change & Loss
Presenter: Karen Shiffman Lateiner

All around us we see the traditional concepts of gender challenged in ways they had not been in the past. Author, educator, and former mental health clinician, Karen Shiffman Lateiner, M.Ed. will take you on her personal journey as she struggled to understand the gender transition of her child at a time when transgender issues were rarely discussed, even in institutes of higher learning. In this informative, interactive seminar, she will share what she learned along the way about gender diversity and will discuss the societal implications and mental health issues for gender non-conforming individuals in the past, and in today’s world.

Location: MCC Dobson BP 4  
Date: Thurs, Oct 24  
Time: 1:30 – 3:00 pm

Sessions: 1  Limit: 90  
Facilitator: Bob Dukelow  ace1bob@gmail.com

Investigate US Presidents

What limits are there on presidential power and how do we keep such authority in check? This is a DVD course with 12 half-hour lectures by Dr. Paul Rosenzweig of the George Washington University Law School. We’ll study the legal framework of how congress and the courts handle charges of abuse of power. The course discusses investigations of presidents Andrew Johnson, Ulysses S. Grant, Richard Nixon, and Bill Clinton and how these apply to our current political moment. Note: This is a repeat of the class presented this summer.

Location: MCC Red Mountain V 116  
Date: Thurs, Oct 17 – Nov 21  
Time: 3:00 – 4:30 pm

Sessions: 6  Limit: 20  
Facilitator: Marlin Fried  mfried5751@cox.net
Personal Location Beacon
Presenter: David McNeill

Purpose and use of the PLB (Personal Location Beacon). PLB is a way to call first responders from anywhere on the planet to reach fire/police/medical assistance within a relative short time period perhaps 1-2 hours. Every year there are instances where a person gets stranded without water or perhaps breaks a leg on a hike; perhaps is bitten by a poisonous snake and needs first responders. There are many places where a cellular phone is worthless due to wrong technology or no signal. The PLB is a useful tool to solve the problem. There are a variety of inexpensive sources. One only needs to Google "Personal Locator Beacon" to find suppliers. The PLB started with the loss of a Congressman (Hale Boggs) in the wilderness of Alaska; the ultimate solution is the PLB.

Location: MCC Red Mountain   DW 131
Date: Thurs, Oct 10  Time: 9:00 - 11:30 am
Sessions: 1  Limit: 30  Facilitator: Ruth Brooks  rrbrooks93@gmail.com

Big Data Analytics 2

This course, Big Data Analytics 2 focuses on the analysis of large data sets. Dr Chartier's Big Data 2, lectures 13-24, cover: data anomalies, data simulation, overfitting, bracketology, data compression, decision trees, clustering and more. Lectures 1-12 were covered last spring but they are not a requirement for Big Data Analytics 2.

This class is a six weeks Great Courses video series at the Leisure World Recreation Center theater, 908 S. Power Rd. Mesa. Ask the gate guard for directions to the theater.

Location: Leisure World Recreation Center
Date: Mon, Sept 30 - Nov 4  Time: 10:00 am - noon
Sessions: 6  Limit: 40  Facilitator: Archie Millhollon  amillho@cox.net

Computer Maintenance
Presenter: Tessa Hunter

This lecture will cover Windows 10, computer maintenance and web browsers followed by, time permitting, Questions & Answers.

Location: MCC Red Mountain  R 101
Date: Thurs, Dec 5  Time: 2:00 - 3:00 pm
Sessions: 1  Limit: 30  Facilitator: Jeff Hirschl  jhirschl@yahoo.com

Reducing Risk of ID Theft

Identity theft occurs when someone appropriates your personal information without your knowledge to commit fraud or theft. Identity theft is a fast growing financial crime and victims lose approximately $15.4 billion to this crime each year. While identity theft can happen to anyone, there are some things you can do to reduce your risk. This class is updated with latest information. In our time together, we will cover:

- What is Identity Theft?
- How does Identity Theft happen? · How can I better protect myself against identity theft?
- Steps to take if you believe you are a victim of ID Theft
- When to use a Fraud Alert, Security Freeze, or Credit Report Lock?
- How to protect yourself against identity theft
- Keeping personal information secure
- New identity challenges that consumers face

Location: MCC Red Mountain  PV 250
Date: Thurs, Nov 21  Time: 1:30 – 3:30 pm
Sessions: 1  Limit: 35  Facilitator: Pamela Carter  azpamcarter@gmail.com
Climate Change - Hard Look

Climate Change – Effects and Solutions  The climate news seems to be getting worse and more worrisome, but it doesn’t all have to be gloom and doom. There are many things that can be done to reduce carbon pollution in our world: personal actions as well as action by cities and businesses towards using more renewable energy, energy efficiency measure, etc. However, to deal with the huge impact of green-house gasses (GHG) in our world, aggressive measures are also needed. The speaker will discuss global warming facts, how pollution affects our health, and one potential option that is recommended by scientists and economists alike as the most effective way to reduce GHG pollution in our world – a carbon pricing strategy. Come learn what you can do to influence your Member of Congress to address our warming world!

Location:  MCC Dobson  BP 5  Date:  Mon, Sep 30  Time:  1:30 - 3:00 pm
Sessions:  1  Limit:  60  Facilitator:  Sandy Whitley  sandyariz@cox.net

Paris to Pittsburgh – Dob

From National Geographic, in partnership with Bloomberg Philanthropies, this film Paris to Pittsburgh is being offered through Interfaith Power and Light to inspire local community action to heal the climate for the benefit of all. From coastal cities to America’s heartland, Americans are demanding and developing real solutions in the face of climate change. And as the weather grows more deadly and destructive, they aren’t waiting on Washington to act. Learn about their incredible stories and hear their hopeful message in Paris to Pittsburgh and be inspired to create change in our own communities.

Actually is a DVD of the film. Same class given at Dobson and Red Mtn campus.

Location:  MCC Dobson  BP 3  Date:  Mon, Oct 21  Time:  1:00 – 2:30 pm
Sessions:  1  Limit:  35  Facilitator:  Sandy Whitley  sandyariz@cox.net

Paris to Pittsburgh – Red Mt

From National Geographic, in partnership with Bloomberg Philanthropies, this film Paris to Pittsburgh is being offered through Interfaith Power and Light to inspire local community action to heal the climate for the benefit of all. From coastal cities to America’s heartland, Americans are demanding and developing real solutions in the face of climate change. And as the weather grows more deadly and destructive, they aren’t waiting on Washington to act. Learn about their incredible stories and hear their hopeful message in Paris to Pittsburgh and be inspired to create change in our own communities.

Actually is a DVD of the film. Same class given at Dobson and Red Mtn campus.

Location:  MCC Red Mountain  R 101  Date:  Thurs, Oct 24  Time:  1:30 - 3:00 pm
Sessions:  1  Limit:  24  Facilitator:  Sandy Whitley  sandyariz@cox.net

Living Wisely in Desert

Presenter:  Tanya Hughes

Learn and be reminded of the easy and inexpensive ways to conserve our resources (energy and water) and also save money on your bills.

Location:  MCC Dobson  BP 1  Date:  Tues, Oct 29  Time:  2:00 - 3:30 pm
Sessions:  1  Limit:  35  Facilitator:  Isabelle Main  Isabelle_main@hotmail.com
## Understanding Termites

**Presenter:** Chris Stinnett

Termites - the silent destroyers! To protect your home from unseen destruction, you need to understand the enemy! This class will discuss the evolution of the termite as well as the type of termite which can be commonly found locally.

**Location:** MCC Dobson  BP 1  
**Date:** Wed, Oct 30  
**Time:** 2:00 - 3:30 pm

**Sessions:** 1  
**Limit:** 30  
**Facilitator:** Suzanne Brown suzannebrownpt@gmail.com

## National Parks Part 2

Explore the Grandeur and History of Our National Parks! From the Great Courses catalog: “Wonders never cease in North America’s national parks. Join Ford Cochran – geologist, journalist, and National Geographic programming director – on a scientific tour of the continent’s most fascinating natural treasures.”

Presented on DVD. Ford Cochran describes the geology of each Park. We are offering 8 weeks, trying to catch most of the rest of the lectures we missed from Part 1. Anyone may attend – Part 1 is not necessary to see Part 2.

**Location:** MCC Dobson  BP 4  
**Date:** Tues, Oct 1 - Nov 19  
**Time:** 2:00 - 3:30 pm  
**Sessions:** 8  
**Limit:** 80  
**Facilitator:** Ann Bloxam annbloxam@hotmail.com

## Horses in Our World

**Presenter:** Amanda Pagan and Merle McCan

Horses are part of human history. Originally hunted for meat, they were domesticated as dairy animals approximately six thousand years ago. Horses changed the course of human history many times over the millennia. No longer a critical part of armies or a main feature of transportation, horses today still serve humans in various ways, e.g. sports, entertainment, therapy, medicine, and work. We will learn why we still need horses.

**Location:** MCC Dobson  BP 4  
**Date:** Thurs, Oct 3  
**Time:** 1:30 - 3:00 pm  
**Sessions:** 1  
**Limit:** 50  
**Facilitator:** Bob Dukelow ace1bob@gmail.com

## TRAVELOGUE

### Wild River: The Colorado

This is a DVD to look at the hidden jewels and experience rapids of the Colorado River. We will follow the river through national parks and witness the changing seasons. There is little narration by Joseph Campanella and the majestic music of Vivaldi, Tchaikovsky, and Dvorak match the wonderful scenery. (60 minutes)

**Location:** MCC Dobson  BP 1N  
**Date:** Mon, Nov 4  
**Time:** 1:00 – 2:30 pm  
**Sessions:** 1  
**Limit:** 25  
**Facilitator:** Margo Heaps nfflmargo@juno.com

### Road Trip 2018

Pictures from our September 2018 Road Trip to Southern Utah. This is relatively close and well worth the trip. We saw Bryce Canyon, Zion, Arches, Canyonlands, and Grand Staircase. Wonderful pictures, just taken with my cell phone!

**Location:** MCC Dobson  BP 4  
**Date:** Wed, Oct 9  
**Time:** 2:00 - 3:30 pm  
**Sessions:** 1  
**Limit:** 90  
**Facilitator:** Ann Bloxam annbloxam@hotmail.com

### Asia Travelogue

Pictures, videos and description of travels in China and Thailand.

**Location:** MCC Dobson  SC 27  
**Date:** Mon, Sep 30 & Oct 7  
**Time:** 10:00 – 11:30 am  
**Sessions:** 2  
**Limit:** 32  
**Facilitator:** Dan Mueller muellerd1@yahoo.com
Photography - Camera Basics

Do you have a camera that is always in “automatic” mode? Would you like to learn different ways to set the camera to take more creative pictures? Or do you want to know more about how cameras work? If so, this class is for you! The first hour of each session will cover camera settings and operation on DVD, followed by a half hour of discussion.

Location: MCC Red Mountain  DW 226  Date: Mon, Oct 21 & Oct 28  Time: 1:30-3:00 pm
Sessions: 2  Limit: 20  Facilitator: Jeff Hirschl  jhirschl@yahoo.com

Save Your Photos

Presenter: Debra Durma

Are your pictures & videos overwhelming you? Do you have digital pictures & videos on the computer, camera cards, iPhones, iPads, etc? Do you have printed pictures in boxes, drawers, closets, etc? Would you like to find a picture, but have no idea where it would be? Are you afraid if you lose your phone or your computer crashes that all your digital photos & videos would be gone? If you answered yes to any of these questions, then this class is for you.

This class will help you take your photo & video mess and turn it into a beautifully, organized collection of memories that your family will enjoy for generations. Class 1: Set-up your Photo Goals, learn the basics of photo organization, and learn methods to store photos are safely. Class 2: We review more photo organization techniques, learn photo editing tricks and understand the basics for safely sharing photos.

Location: MCC Dobson  SC 18N  Date: Thurs, Oct 17 & Oct 31  Time: 10:00 – 11:30 am
Sessions: 2  Limit: 25  Facilitator: Jeff Hirschl  jhirschl@yahoo.com
Coffee & Conversation I

Each class begins with an open discussion related to local, national, world or political situations of interest to members of the class. Personal experience, opinions/or perspectives related to the discussion are welcomed and solicited. Each and every member of the class is encouraged to contribute to the discussion.

Location:  Mesa Fire Station Community Room (S. Stapley/8th Ave)

Date:  Mon, Sept 9 - Dec 9 (Early Registration starts Sept 6)  Time:  10:00 am - noon

Sessions:  14  Limit:  20  Facilitator:  Frank Rickey  frickey1@cox.net

Coffee & Conversation II

Open discussion of local, state, national and international events at the discussion of the group. Personal views and experiences related to the discussions are welcomed. Everyone in attendance is encouraged to contribute to the discussion.

Location:  Mesa Police Station located at 2430 S Ellsworth Road (1/2 mile south of Baseline)

Date:  Tues, Sept 10 - Dec 17 (Early Registration starts Sept 6)  Time:  10:00 am – Noon

Sessions:  15  Limit:  30  Facilitator:  Larry Morrow  ia6mor@gmail.com

Great Decisions

Discussion of the following US foreign policy issues: US-Mexico Relationship now that Mexico has a new president, world wide emigration, nuclear issues including disarmament, and the future of the US State Department.

Location:  MCC Red Mountain  PV 205

Date:  Tues, Nov 5, 12, 19, & Dec 3

Time:  1:30 – 3:00 pm  Sessions:  4  Limit:  48

Facilitator:  Richard Falconer  rlfalconer@outlook.com

Talking About TED Talks

TED Talks are devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. In this course we watch 3 different TED Talks and then discuss ideas the talk generates. Discussion is based on personal thoughts. No expertise or educational level is needed to participate, just an enjoyment of discussing ideas. Discussion groups will be broken down to groups of 7-10 individuals to give all a chance to participate. Attendance at all sessions is not required. This is a great drop-in course!

Location:  MCC Red Mountain  PV 250

Date:  Fri, Oct 4, 11, 25, Nov 8 - Nov 22  Time:  2:00 - 3:30 pm

Sessions:  6  Limit:  30  Facilitator:  Suzanne Brown  suzannebrownpt@gmail.com
Bookshelf

Do you like to read? We do too! But we like to share our thoughts and reactions to what we read. We enjoy reading a variety of books, prior to class, that can be found in the local libraries, bookstores and online. Class members are asked to provide their own books. We meet, having read the following books, and have lively discussions. It is not necessary to attend every meeting if your schedule does not work for every book and time. Come and share with us. (Note: Please read the books prior to class discussions.)

Oct 9          Mrs. Lincoln’s Rival by Jennifer Chiaverini; Discussion Leader: Karen Wartick
Oct 23         Empire of the Summer Moon; Discussion Leader: Mary Boehlen
Nov 6          Carnegie’s Maid by Marie Benedict; Discussion Leader: Janice Overdorff
Nov 20         Plain Song by Kent Haruf; Discussion Leader: Gene Clabaugh
Dec 4          A Piece of the World by Christina Baker Kline; Discussion Leader: Ruth Brooks

Location: MAAC Room 4

Date: Wed, Oct 9, 23, Nov 6, 20, Dec 4  Time: 10:00 - 11:15 am

Sessions: 5  Limit: 25  Facilitator: Janice Overdorff

Wisdom Seekers Book Group

Presenter: Marjorie Wingfield, MNS

Wisdom Seekers are people who are curious about life and the world and who have a desire to learn and grow personally. Books will be read aloud together and discussed to deepen understanding of living life with awareness and wisdom. The series will begin on October 2rd with “The Untethered Soul” by Michael A. Singer. Come with or without the book and join in meaningful discussions. There is no charge.

Location: MAAC Room 4

Date: Wed, Oct 2 - Oct 30  Time: 2:00 - 3:30 pm

Sessions: 5  Limit: 15  Facilitator: MaryAnn Spishock  maspishock@hotmail.com

Mystery Book Club

Do you enjoy reading Mysteries? Do you like to discuss the books after reading them? Do you want to expand your knowledge of Mystery writers? Then join our group to meet every two weeks to discuss books chosen by the group. We’ll also discuss Mystery Authors sharing our knowledge of the different genres. Come to one session or all five as your schedule allows.

Tombstone Courage – J A Jance
Case Histories – Kate Atkinson
Boundary Waters – Kent Krieger
Murder on the Orient Express – Agatha Christie
A Time to Kill – John Grisham

Location: MAAC Room 4

Date: Tues, Oct 1, Oct 15, Oct 29, Nov 12, Dec 10

Time: 10:00 - 11:15 am

Sessions: 5  Limit: 20  Facilitator: Mary Boehlen  Minpins48@gmail.com
Meditative/Zentangle Art

Presenter: Debbie Holexa

Zentangle Art helps draw out the creative qualities in everyone. We will untangle complex looking designs learning to live and create in each moment one stroke at a time. We will use art as a meditative practice and have fun too! Absolutely no previous experience necessary. We will start and complete a project during this class.

Location: MCC Red Mountain DW 226
Date: Mon, Sept 30
Time: 1:30 - 3:30 pm
Sessions: 1
Limit: 20
Facilitator: Nancy Spence NancyActPar@cox.net

Paint an Autumn Scene

Presenter: Melidas Swart

Experience not needed. Melidas Swart will provide a fun class, guiding you step by step to a finished 11” x 17” painting you take home at the end of the 2-hour session. You are encouraged to ask questions or help during this fun class. All supplies are included and willingness to relax and have fun.

Cost for materials and supplies is $25 per member. Class size is limited to 10 to 15 members. A minimum of 10 members must be registered and paid by Friday, October 18, 2019, or the class will be cancelled. Please make the check out to “Allan Zisner” and note this is for “Fall Painting”. Mail the remittance to:

Allan Zisner
2124 E Juanita Ave
Mesa AZ 85204

Location: MAAC Rm 1
Date: Fri, Oct 25
Time: 1:30 - 3:00 pm
Sessions: 1
Limit: 15
Facilitator: Allan Zisner azisner@q.com

Benefits of Journaling

Have you ever wondered what “journaling” is all about? Are you curious about how to gain insight regarding your impressions, feelings, emotions; or are you looking for a way to establish a new vision or goals? Have you tried it but found it difficult to stay with it? Come join our discussion and learn new powerful ways of expanding your creativity and experiencing the potential for positive and healthy benefits achieved through the discipline of journaling.

Location: MCC Dobson BP 1
Date: Thurs, Nov 14
Time: 1:00 – 2:30 pm
Sessions: 1
Limit: 32
Facilitator: Linda J. Roe lindajroe@gmail.com

Urban Art on Main

We shall meet at 9:30 am at the Urban Garden on Hibbert and First Avenue in Mesa. There’s plenty of free parking in the area. We’ll walk west on Main to Country Club Drive, a walk of about 1 mile one way. Murals, statues and 3 light rail unique art work will be viewed. Each participant will be given a leaflet from the Mesa Office of Tourism. Good walking shoes, hat and water are recommended. Risk form #1 must be signed A list of restaurants to have lunch if desired will be available.

Location: Urban Garden, Hibbert and First Avenue
Date: Thurs, Oct 24
Time: 9:30 am – noon
Sessions: 1
Limit: 15
Facilitator: Isabelle Main Isabelle_main@hotmail.com
Spring Awakening (Musical Theatre)

Sept 19, 20, 21 at 7:30 pm and Sept 21 at 2 pm
MCC Performing Arts Center

Spring Awakening set in late 19th-century Germany, the musical tells the story of teenagers discovering the inner and outer tumult of teen sexuality. In the musical, rock music is employed as part of the folk-infused rock score. *Adult Content and Language

Tickets Prices: General Public - $18.00, Alumni/Military/Staff -$15.00 and Senior/Students - $12.00

The Lion, The Witch, and The Wardrobe (Theatre Arts & Film)

October 11 – October 19, 2019
MCC Theatre Mainstage All Ages

Walk into world filled with surprise and adventure four remarkable children wander into an enchanted country through an old wardrobe and help a frost bitten community return to the warmth of the summer. Make friends with the frightened forest people, King Aslan, and creatures of all shapes and sizes. Purchase your seats today for a charming play about courage and the love of freedom.

Ticket prices: General Public - $12.00, Student/Senior/Military/Staff - $9.00

Mamma Mia (Musical Theatre)

November 1, 2, 4, 7, 8 & 9 at 7:30 pm and Nov. 9 at 2 pm
MCC Performing Arts Center

The story of a young woman's search for her birth father set to the hits of ABBA. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget!

Tickets Prices: General Public - $18.00, Alumni/Military/Staff -$15.00 and Senior/Students - $12.00

Scapino! (Theatre Arts & Film)

November 22 – December 7, 2019
MCC Theatre Mainstage Middle School and up

Plunge into a Molierian farce that opens with Octavio as he cries, "I am lost! I am ruined! What am I to do? My world is crumbling around me. Disaster after disaster!" The good Lord has blessed us with quite a genius for clever ideas and inspired inventions which the less talented, in their jealousies, call deceits and trickery!

Ticket prices: General Public - $12.00, Student/Senior/Military/Staff - $9.00

Tickets can be ordered by calling the Box Office at 480-461-7172 weekdays between 1:00 & 5:00 PM using your credit card and picking them at Will Call on the day of the performance. Using your credit card will cause a tax to be added to the price of the ticket. Another way to order tickets is to pay cash or write a check at Open House on Friday September 20th. No tax will be charged. When ordering tickets mention that you are a NFLL member to get the student price.

Facilitator: Caroline Cline ccline4@mindspring.com
**Movie Musicals**

We will watch two movie versions of Broadway musicals. Come and enjoy the musical storytelling. We don't sing along, but do walk with rhythm in our steps as we leave.

- **Oct 11** Fiddler on the Roof, 1971 (This is a long one 3 hours)
- **Oct 25** Chicago, 2002 (2 Hours)

**Location:** MCC Dobson BP 1N  
**Date:** Fri, Oct 11 & 25  
**Time:** 1:00 – 4:30 pm

**Sessions:** 2  
**Limit:** 25  
**Facilitator:** Margo Heaps  
**Email:** nflmargo@juno.com

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**Operas New Productions**

Presenter: Bette Jones

It generally takes several years before new productions are available on DVD. However, we are fortunate to have several from the last three years including “Bel Canto-The Opera” from 2016, based on the book by Ann Patchett, that premiered at Chicago Lyric Opera. In addition, we will look at the 2017 “Andre Chenier” from LaScala and “Giovanna d’Arco” also from LaScala in 2015. And….the Lone Ranger rides again – in the Royal Opera's 2015 production of Rossini’s “William Tell.” Along with those, there is Handel’s “Giulio Cesare” from Glyndebourne and a very traditional production of Mozart’s “Don Giovanni.” Please note that both the Rossini and Handel productions are 4 hours and will be divided into two classes.

**Location:** MCC Red Mountain V 121  
**Date:** Tues, Oct 1 – Nov 19  
**Time:** 1:00 - 4:00 pm

**Sessions:** 8  
**Limit:** 25  
**Facilitator:** Virginia van Horn  
**Email:** Vvhorn1@cox.net

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**Ininvesting Retirement 101**

Presenter: Scott Sandell

This is an objective look at investing basics in retirement. We review the types of investments, risks, tax qualification and techniques involved in retirement planning. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

**Location:** MCC Dobson BP 2N  
**Date:** Fri, Oct 25  
**Time:** 1:30 - 3:00 pm

**Sessions:** 1  
**Limit:** 36  
**Facilitator:** Diane Grogan  
**Email:** dtgrogan@cox.net

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**World Of Safe Investing**

Presenter: Scott Sandell

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

**Location:** MCC Dobson BP 7  
**Date:** Mon, Dec 2  
**Time:** 11:00 am - 12:30 pm

**Sessions:** 1  
**Limit:** 36  
**Facilitator:** Diane Grogan  
**Email:** dtgrogan@cox.net
FINANCIAL MATTERS

Required Min Distribution
Presenter: Scott Sandell
As you approach 70 years old, the tax time bomb called your IRA begins to tick a bit louder. When you are required to withdraw money from your savings, your investing behavior must change and taxes must be properly managed. 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.

Location: MCC Dobson BP 1 Date: Fri, Nov 22 Time: 11:00 am - 12:30 pm
Sessions: 1 Limit: 36 Facilitator: Diane Grogan dtgrogan@cox.net

Estate Planning
Presenter: Marcus Seiter, Tempe lawyer
This class is designed to answer, “What happens to my stuff after I die?” and “What happens if I live but become incapacitated?” Topics of discussion will include Wills and Trusts (what each does/doesn’t do), Probate (what it is and methods to avoid it), Financial and Health Care Powers of Attorney (planning for incapacity) and Other estate planning considerations.

Location: MCC Dobson BP 1 Date: Wed, Nov 13 Time: 2:00 - 3:30 pm
Sessions: 1 Limit: 30 Facilitator: Jean Bruno jhbruno1@cox.net

Your Credit Score
The higher your credit score, the less you pay to buy on credit. Also your credit history affects how much you pay for insurance and whether you need to put up a deposit for utilities. In our time together, you will learn:

- What is credit scoring
- Who uses credit reports and credit scores
- Why your credit scores matters
- What is in your credit score and how your FICO® Scores are calculated
- Examples of how a good credit score can save you money
- How to improve your credit score
- How to order a free credit report
- How to review credit report information and dispute inaccurate information

Location: MCC Red Mountain DW 226 Date: Thurs, Oct 17 Time: 10:30 am – 12:30 pm
Sessions: 1 Limit: 35 Facilitator: Pamela Carter azpamcarter@gmail.com

Protecting Your Legacy
Presenters: Matthew Mariner & Colby Keller
This class provides a practical, easy-to-understand comparison of Wills vs. Living Trusts that has helped thousands of people from all income levels and circumstances have peace of mind knowing how to protect themselves from the perils of probate. And understanding why to use a will or a trust based on what is important to you.

Location: MCC Red Mountain DW 131 Date: Tues, Oct 8 Time: 10:30 am - noon
Sessions: 1 Limit: 40 Facilitator: Nancy Tossell nancytossell@cox.net

Mesa Community College endorses the educational value to the community represented by the courses listed in the “Financial Matters” section of this schedule. These courses are a no-obligation opportunity for attendees to receive information about personal financial concerns. The college does not recommend or endorse any of the products or services that may be offered to attendees should the attendee(s) decide to become a client of the instructors or the instructors’ firms as a result of attending these courses.
### Dobson—Brain Fitness

**Presenter:** Heather Mulder: Banner Alzheimer’s Institute

**BRAIN FUNCTION: Are we aging normally or are we seeing changes that might be more serious.**

In this program, learn about the different domains of your brain such as cognition, language, attention, visuospatial, executive functions and of course memory. By starting with a self-assessment, the class can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Lifestyle factors related to brain health will also be discussed. Each session is 2 and half hours long. The same class is offered on both MCC campuses. Choose only one.

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<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>MCC Dobson BP 1N</td>
<td>Wed, Oct 23</td>
<td>2:00 - 4:30 pm</td>
</tr>
</tbody>
</table>

**Sessions:** 1  
**Limit:** 25  
**Facilitator:** Jean Bruno  
jhbruno1@cox.net

### Red Mt—Brain Fitness

**Presenter:** Heather Mulder: Banner Alzheimer’s Institute

**BRAIN FUNCTION: Are we aging normally or are we seeing changes that might be more serious.**

In this program, learn about the different domains of your brain such as cognition, language, attention, visuospatial, executive functions and of course memory. By starting with a self-assessment, the class can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Lifestyle factors related to brain health will also be discussed. Each session is 2 and half hours long. The same class is offered on both MCC campuses. Choose only one.

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<tbody>
<tr>
<td>MCC Red Mountain  DW 131</td>
<td>Wed, Oct 30</td>
<td>2:00 - 4:30 pm</td>
</tr>
</tbody>
</table>

**Sessions:** 1  
**Limit:** 25  
**Facilitator:** Jean Bruno  
jhbruno1@cox.net

### Fact or Fiction

**Presenter:** Heather Mulder: Banner Alzheimer’s Institute

When it comes Alzheimer’s disease, we are bombarded with ads touting the lastest, greatest, prevention strategy. Join this fun, interactive session as we sort through the ‘noise’, share the truth about Alzheimer’s disease, where we are and where we’re headed and leave with easy steps you can take to join us in our fight to end Alzheimer’s disease before another generation is lost.

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<th>Location</th>
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<tbody>
<tr>
<td>MCC Dobson BP 1N</td>
<td>Tues, Oct 22</td>
<td>2:00 - 3:30 pm</td>
</tr>
</tbody>
</table>

**Sessions:** 1  
**Limit:** 25  
**Facilitator:** Jean Bruno  
jhbruno1@cox.net

### Mindfulness for Health

**Presenter:** Debbie Holexa  
**MCC Professor**

This 6-week introduction into mindfulness will define mindfulness and its researched benefits, touch on the current science of neuroplasticity; changing the mind for good, and provide strategies in focused attention and stress management that can be applied on the first day to assist in moving towards a healthy life.

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<th>Location</th>
<th>Date</th>
<th>Time</th>
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<tr>
<td>MCC Red Mountain PV 205</td>
<td>Mon, Oct 7 – Nov 18 (Except Nov 11)</td>
<td>2:00 - 3:30 pm</td>
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**Sessions:** 6  
**Limit:** 25  
**Facilitator:** Nancy Spence  
NancyActPar@cox.net
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<tr>
<th>Event</th>
<th>Presenter</th>
<th>Description</th>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Facilitator</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventing Osteoporosis</td>
<td>Dr. Sonny Sampedro</td>
<td>Current estimates have osteoporosis affecting about 10 million people in the U.S. You’ll be able to identify who’s at risk for this disease. Discover the methods used to diagnose this condition. Learn the latest trends for the treatment and management. Does diet play a role? How effective are medications at slowing down or stopping the progression? Should you continue to exercise and if so what type of exercises should you be doing?</td>
<td>MCC Dobson SC 11E</td>
<td>Fri, Nov 15</td>
<td>1:00 - 3:00 pm</td>
<td>Larry Merrill</td>
<td><a href="mailto:Larry_merrill@mac.com">Larry_merrill@mac.com</a></td>
</tr>
<tr>
<td>Stroke and Blood Pressure</td>
<td>Kerrin Kleinschmidt</td>
<td>Learn the basics of what a stroke is, what causes one, the warning signs, and the importance of quick action. Time lost is brain lost – so don’t delay to call 9-1-1. The No. 1 risk factor for stroke is high blood pressure. Also learn the basics of blood pressure, why it’s important, and how to start improving it when it’s high.</td>
<td>MCC Dobson BP 1</td>
<td>Thurs, Oct 17</td>
<td>1:30 – 2:30 pm</td>
<td>Carolyn Follett</td>
<td><a href="mailto:cbien1@juno.com">cbien1@juno.com</a></td>
</tr>
<tr>
<td>Obesity</td>
<td>Dr. Jacqueline May Carter, MD</td>
<td>There is no magic pill but, in this talk, we will discuss the science as we know it of obesity-how it develops and our current ability to treat this disease. We will review diet, medications and surgical procedures.</td>
<td>MCC Red Mountain S 152</td>
<td>Fri, Nov 15</td>
<td>1:30 - 3:00 pm</td>
<td>Jennifer Wong</td>
<td><a href="mailto:nfljwong@outlook.com">nfljwong@outlook.com</a></td>
</tr>
<tr>
<td>Urinary Incontinence</td>
<td>Dr. Jacqueline May Carter, MD</td>
<td>Struggling with losing urine? Running to the bathroom? Come to learn more about the not often talked about but very important topic of urinary continence. In this talk, we will go over anatomy and the complicated system that leads to the daily action of emptying the bladder.</td>
<td>MCC Dobson BP 1N</td>
<td>Fri, Oct 25</td>
<td>1:30 - 3:00 pm</td>
<td>Jennifer Wong</td>
<td><a href="mailto:nfljwong@outlook.com">nfljwong@outlook.com</a></td>
</tr>
<tr>
<td>Medical Cannabis</td>
<td>Veronica Santarelli</td>
<td>The Science and Legalities of Medical Cannabis. Review published research, clinical trials and understand why cannabinoid therapeutics can improve health and relieve symptoms of many chronic illnesses. It’s no longer anecdotal evidence, learn how CBD, THC and terpenes, interact with our receptor system to promote Homeostasis.</td>
<td>MCC Dobson BP 5</td>
<td>Tues, Oct 29</td>
<td>1:00 - 3:00 pm</td>
<td>Ruth Brooks</td>
<td><a href="mailto:rrbrooks93@gmail.com">rrbrooks93@gmail.com</a></td>
</tr>
</tbody>
</table>
Living with Hearing Loss - Dob

Presenter: Dr. Aparna Rao and Dr. Kate Helms-Tillery and ASU graduate students

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: 1) 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 encouraged.

For maximum benefit from program, request attendees to be present for all 4 sessions. This is the same class as offered last spring and it will be offered on both MCC campuses. (The class at Red Mt. will have only 3 sessions due to scheduling issues.) Choose only one.

Location: MCC Dobson EF 2S
Date: Mon, Nov 4, 18, 25 & Dec 2
Time: 10:30 am - noon
Sessions: 4  Limit: 20  Facilitator: Marlin Fried  mfried5751@cox.net

Living with Hearing Loss - Red Mt

Presenter: Dr. Aparna Rao and Dr. Kate Helms-Tillery and ASU graduate students

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: 1) 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 encouraged.

For maximum benefit from program, request attendees to be present for all 3 sessions. This is the same class as offered last spring and it will be offered on both MCC campuses. (The class at Red Mt. will have only 3 sessions due to scheduling issues.) Choose only one.

Location: MCC Red Mountain V 120
Date: Mon, Oct 7, 21 & 28
Time: 10:30 am - noon
Sessions: 3  Limit: 20  Facilitator: Nancy Tossell  nancytossell@cox.net

Medical Myths Part 2

Dr. Novella’s lectures 13 thru 24 will cover: Vague symptoms, fuzzy diagnoses, herbalism, homeopathy, toxins, detox, acupuncture, magnets, microwaves, cell phones, hypnosis, coma, consciousness and more. Lectures 1 thru 13 were covered last spring but they are not required for this course.

This class is a six weeks Great Courses video series at the Leisure World Recreation Center theater, 908 S. Power Rd. Mesa. Ask the gate guard for directions to the theater

Location: Leisure World Rec Center Theater
Date: Fri, Sept 27 - Nov 1  (Early Registration starts Sept 6)
Time: 10:00 am - noon
Sessions: 6  Limit: 40  Facilitator: Archie Millhollon  amillho@cox.net
<table>
<thead>
<tr>
<th><strong>Low Back Pain Prevention</strong></th>
<th><strong>Location:</strong> MCC Red Mountain DW 226</th>
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<tbody>
<tr>
<td><strong>Presenter:</strong> Ric Moreno</td>
<td><strong>Date:</strong> Thurs, Nov 14</td>
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<tr>
<td></td>
<td><strong>Time:</strong> 10:00 - 11:00 am</td>
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<tr>
<td>The two biggest causes of low back</td>
<td><strong>Sessions:</strong> 1 Limit: 20 Facilitator: Ann Noland <a href="mailto:anoland80@gmail.com">anoland80@gmail.com</a></td>
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<tr>
<td>pain are tight hamstrings and weak</td>
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<td>abdominal muscles. This can be</td>
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<td>improved. Class will begin with a</td>
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<td>full body stretch emphasizing the</td>
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<td>glutes, hams, and calf muscles.</td>
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<td>Gentle ab exercises are next,</td>
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<td>focusing on bridges, planks and the</td>
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<td>dead bug series. Participants will</td>
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<td>progress as tolerated to</td>
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<td>engaging the glutes and hamstrings</td>
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<td>in light exercise; leading up to</td>
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<td>teaching the hip hinge and pelvic</td>
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<td>tilts. We end with a cool down</td>
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<td>stretch of the legs.</td>
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<tr>
<td><strong>Nutrition for the Diabetic</strong></td>
<td><strong>Location:</strong> MCC Red Mountain DW 226</td>
</tr>
<tr>
<td><strong>Presenter:</strong> Ric Moreno</td>
<td><strong>Date:</strong> Thurs, Nov 7</td>
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<tr>
<td>Eating well is one of life’s greatest</td>
<td><strong>Time:</strong> 10:00 - 11:00 am</td>
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<tr>
<td>pleasures. Having diabetes shouldn’t</td>
<td><strong>Sessions:</strong> 1 Limit: 20 Facilitator: Carolyn Follett <a href="mailto:cbien1@juno.com">cbien1@juno.com</a></td>
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<td>keep you from enjoying a wide variety</td>
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<td>of foods, including some of your</td>
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<td>favorites. People with diabetes</td>
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<td>have the same nutritional needs as</td>
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<td>anyone else. Students will learn to</td>
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<td>plan their meals to help manage</td>
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<td>their diabetes, and how to thrive</td>
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<td>with diabetes. Class will</td>
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<td>include understanding carbohydrates,</td>
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<td>proteins, and fats and their role</td>
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<td>in a healthy diet. We will answer</td>
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<td>the questions: What can I eat? How</td>
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<td>do I plan meals? And What recipes</td>
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<td>can I make?</td>
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<tr>
<td><strong>Healthy Posture</strong></td>
<td><strong>Location:</strong> MAAC Room 4</td>
</tr>
<tr>
<td><strong>Presenter:</strong> Shawn Mulford</td>
<td><strong>Date:</strong> Thurs, Oct 24</td>
</tr>
<tr>
<td>As we age, our posture changes and</td>
<td><strong>Time:</strong> 2:00 – 3:00 pm</td>
</tr>
<tr>
<td>our motor movement is not as agile</td>
<td><strong>Sessions:</strong> 1 Limit: 25 Facilitator: Bobbie Gray <a href="mailto:bobbgray5@cox.net">bobbgray5@cox.net</a></td>
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<td>as it used to be. Learn how to</td>
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<td>counteract this process through the</td>
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<td>activities taught by participation</td>
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<td>in this class</td>
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<tr>
<td><strong>Health and Wellness Update 2019</strong></td>
<td><strong>Location:</strong> MCC Dobson BP 4</td>
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<tr>
<td><strong>Presenter:</strong> Dr. Anita Elliott</td>
<td><strong>Date:</strong> Thurs, Nov 7</td>
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<tr>
<td>With so much health information</td>
<td><strong>Time:</strong> 1:00 - 3:00 pm</td>
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<tr>
<td>available at the click of a computer</td>
<td><strong>Sessions:</strong> 1 Limit: 90 Facilitator: Mary Adamick <a href="mailto:madamick@cox.net">madamick@cox.net</a></td>
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<tr>
<td>button today, we must separate myth</td>
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<tr>
<td>from reality. Learn science and</td>
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<td>evidence based information to</td>
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<td>integrate healthy choices into your</td>
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<td>daily routine. Learn the latest</td>
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<td>health advances in enhancing and</td>
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<td>optimizing your health. Small</td>
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<tr>
<td>changes can make a big difference</td>
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<tr>
<td>in how we feel, and heal.</td>
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<tr>
<td>Interactive class with a variety of</td>
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<tr>
<td>wellness topics.</td>
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</tbody>
</table>
Coping w/ Holiday Grief
Presenter: Carolyn Richel, MSEd
The holidays are often difficult for grieving families. Be gentle with yourself – and learn how to develop strategies for moving through a challenging season.
Location: MCC Dobson  BP 8
Date: Thurs, Nov 14 Time: 3:00 – 3:45 pm
Sessions: 1 Limit: 40 Facilitator: suzannebrownpt@gmail.com

Living w/ Chronic Disease
Presenter: Carolyn Richel, MSEd
Learn about the many resources and programs available to help patients battling chronic illnesses while supporting their families. Community Resource Guides will be shared with class participants.
Location: MCC Red Mountain  V 120
Date: Mon, Oct 14 Time: 10:00 – 10:45 am
Sessions: 1 Limit: 40 Facilitator: Anita Herl Peterson mesapeterson44@q.com

Living with Dementia
Presenter: Elaine Poker-Yount
Tools for Living with Dementia: Communication, Conversation and Tackling Everyday Tasks
With a little insight as to how someone with dementia might see or understand normal daily activities, a few little tweaks to our approach can provide both progress and completion for a variety of daily struggles, including dressing and bathing. Adjustment to the way WE communicate can and will make all the difference to someone who is unable to adapt the way they respond. Adjusting our caregiving style can help with a more positive daily environment, better ‘success’ when trying to accomplish goals and an overall enriched quality of life.
Location: MCC Dobson  BP 7
Date: Wed, Oct 2 Time: 1:00 - 2:30 pm
Sessions: 1 Limit: 40 Facilitator: Ruth Brooks rrbrooks93@gmail.com

My Housemate Died at Home
Presenter: Kristen Y. Robbins
Location: MCC Dobson  BP 1S
Date: Tues, Oct 15 Time: 2:00 - 3:00 pm
Sessions: 1 Limit: 30 Facilitator: Bobbie Gray Bobbgray5@cox.net
**Home Design for Seniors 1**

Presenter: Nancy Tossell

This class is the first of two about how seniors can save thousands of dollars by living safely in their homes as long as possible. This half covers the trend in assisted living, how medical expenses affect retirement savings plus the growth of multigenerational living. It concludes with how to get started in making changes anyone can do.

Location: MCC Red Mountain  S 152  Date: Wed, Nov 6  Time: 1:30 – 2:30 pm

Sessions: 1  Limit: 48  Facilitator: Kathy Mitchell  Kathymitchell2000@yahoo.com

**Home Design for Seniors 2**

Presenter: Jeanette Knudsen

This class builds on “Home Design for Seniors 1” with design tips and remodel projects. Jeanette explains what Universal Design is and how Design for Aging – her specialty – has benefitted her clients. She shares design tips, from small adjustments to remodel projects, that give homeowners the ability to stay independent. The extra benefit is how her tips not only make homes safer, but more beautiful.

Location: MCC Red Mountain  S 152  Date: Wed, Nov 13  Time: 1:30 – 2:30 am

Sessions: 1  Limit: 48  Facilitator: Georgette Baggett  gbhomes@cox.net

**Downsizing What do I do?**

Thinking of moving to a smaller place -Whether it is to a small place or assistive living facility – there are steps you have to take to accomplish this. Find out what they are.

Location: MCC Red Mountain  PV 108  Date: Thurs, Oct 24  Time: 9:30 – 11:30 am

Sessions: 1  Limit: 24  Facilitator: Georgette Baggett  gbhomes@cox.net

**Family Care-giving**

Presenter: Nydia Montijo

**Empowering Family Caregivers.** Family caregivers provide 87% of care in America. You are a caregiver if you are helping a loved one with one or more routine activities of everyday life, like driving, cooking, cleaning, managing finances or medical care. If you are taking care of someone and not getting paid, you are a Family Caregiver.

Caregivers often are thrust into this role when a loved one is disabled, falls ill, or experiences health issues related to aging. You may not realize there are resources and organizations that can help. Attend this four part educational series that includes a session on: Planning for Long-term Care (services and how to pay for them); Avoiding Fraud, Scams, and Abuse; Falls Prevention & Other Caregiver Techniques; and Care of the Caregiver (a course on self-care).

Location: MCC Dobson  BP 1

Date: Tues, Oct 1, Oct 8, Oct 15, & Oct 22  Time: 2:00 - 3:30 pm

Sessions: 4  Limit: 20  Facilitator: Rea Dias  nflrea@outlook.com
## 9 Stages of Meditation

In this course, the various stages in meditation are described of what the student encounters along the spiritual path and the personal challenges that must be overcome. We will discuss the purpose of meditation, the basic elements of the spiritual path and why crisis can be a valuable tool for progressing on the Path.

<table>
<thead>
<tr>
<th>Location</th>
<th>MCC Red Mountain</th>
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<tbody>
<tr>
<td>Date</td>
<td>Wed, Nov 20</td>
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<td>Sessions</td>
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<td>Limit</td>
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<tr>
<td>Facilitator</td>
<td>David E. Hopper</td>
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<tr>
<td>Email</td>
<td><a href="mailto:jdhopper7@gmail.com">jdhopper7@gmail.com</a></td>
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## Aromatherapy

It’s easy to use essential oils when you know the proper way. Learn the natural chemistry, research, history and various proper ways to use oils for your well being. Handouts provided.

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<tbody>
<tr>
<td>Date</td>
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<td>Time</td>
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<td>Limit</td>
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<tr>
<td>Facilitator</td>
<td>Barbara Brandell</td>
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<tr>
<td>Email</td>
<td><a href="mailto:barbran8@yahoo.com">barbran8@yahoo.com</a></td>
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## Women’s Creative Spirit

In this class we will explore creativity as a spiritual practice. Creativity takes many forms and the feminine spirit has abundant creativity to offer that may have never been expressed. Come explore that part of you! We will be guided and inspired by participating in exercises based on a variety of sources including Julia Cameron’s The Artist’s Way. We will discover how to overcome creative blocks, value our creative side and use our creative energy to enhance our spiritual practices. Bring journal and pens for writing.

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<tr>
<th>Location</th>
<th>MCC Red Mountain</th>
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<tbody>
<tr>
<td>Date</td>
<td>Wed, Nov 13</td>
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<td>Time</td>
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<td>Sessions</td>
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<td>Limit</td>
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<tr>
<td>Facilitator</td>
<td>Diana Pearce</td>
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<tr>
<td>Email</td>
<td><a href="mailto:DianaPearce@cox.net">DianaPearce@cox.net</a></td>
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## Women’s Spirituality

This class will help women gain a greater understanding of their own spirituality. We will explore our spiritual principles and practices through journaling, meditation, affirmations and other positive methods. We will learn how to deepen our practices and apply them to daily life. The class is inspired by her book and incorporates some of the spiritual practices of the women in her family.

<table>
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<tr>
<th>Location</th>
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<tr>
<td>Date</td>
<td>Wed, Oct 2 &amp; 9</td>
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<td>Time</td>
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<tr>
<td>Limit</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Facilitator</td>
<td>Diana Pearce</td>
<td></td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:DianaPearce@cox.net">DianaPearce@cox.net</a></td>
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</tbody>
</table>
10 Service Groups

For over a century, spiritually minded people or Lightworkers have been expressing innovative ideas for influencing and transforming society. Their objective is to bring about the unfoldment of the Divine Plan through the 10 Service Groups. The service groups represent new modes of communication and have literally been the creative source for both individuals and groups in the social, political, cultural, scientific, healing, communications, and economic sectors of the world civilization.

Eventually, the higher impressions of goodwill, a tendency towards unity and working together in cooperation will result in a paradigm shift in consciousness where humanity will be reoriented from emotional reactivity to a more mindful understanding and as a result move society towards practicing right human relations.

In this overview, we will examine some of the most important elements of each of the 10 Service Groups and discuss what is required to help to further implement right human relations in today’s world.

Location: MCC Dobson  BP 1N

Date: Wed, Oct 2  Time: 1:00 pm – 2:30 pm

Sessions: 1  Limit: 48  Facilitator: David E. Hopper  jdhopper7@gmail.com

Journey of the Soul

As we set out to discover the many ways the Soul expresses in our lives, we understand on a deeper level that we are on a spiritual path. This is a path of the Spirit, that is continually unfolding and revealing to us who we truly are through personal and group transformation as a society. Our Soul assists us in not only answering the question of ‘Who and what we are,’ but also What is our purpose?

This course provides an overview of the world of the Soul and will take you on a journey of discovering how the Soul expresses and influences you in so many ways, while acting as a background of consciousness in guiding your life. Topics covered in this course are: Nature of evolution of Consciousness vs. the Form nature; Our 3 major Divine Aspects; Importance of becoming the Observer in consciousness; Right use of the Mind; Stages of Personal Evolution, Purification and Liberation; Importance of Spiritual Values, Rules and Commandments; Importance of Service; Importance of a Spiritual practice.

Location: MCC Dobson  BP 5

Date: Wed, Oct 16  Time: 2:00 – 3:30 pm

Sessions: 1  Limit: 48  Facilitator: David E. Hopper  jdhopper7@gmail.com

Set up Spiritual Practice

In this class, we will talk about the importance of setting up a spiritual practice and how to recognize that the yearning for guidance you feel from within is from your own Greater Self, also called the Soul. With this knowledge, your thoughts, feelings and life will become more calm through a regular practice of meditation, the study of spiritual texts, and the practice of selfless service.

This class will provide you with an understanding of the nature of the mind and how it is the primary tool for evolution for transforming your mental and emotional nature. We will discuss developing the intuition and use practical techniques for aligning your mental, emotional and physical nature with your own Soul. This is called Soul integration and provides great benefit to yourself, for the people in your life, and humanity.

Location: MCC Red Mountain  PV 205

Date: Wed, Nov 6 & 13  Time: 2:00 – 3:30 pm

Sessions: 2  Limit: 48  Facilitator: David E. Hopper  jdhopper7@gmail.com
Continuing Piano: Red Mountain

This group piano class is open to last semesters NFLL Beginning Piano students or students with previous beginning or intermediate piano experience. Some music theory is included, so the student will know why and how music is written. Duet opportunities will be included. Group and individual instructions are given with each person having a keyboard and earphones. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One may be purchased at the first class. Please Note: No new students after the first class.

Location: Red Mountain PV 120
Dates: Wed, Oct 9 - Nov 20            Time: 2:30 - 4:00 pm
Sessions: 7                          Limit: 12
Facilitator: Shiela Millhollon       Smill18@cox.net

Beginning Piano: Dobson

This group piano class is open to beginning students (or any previous year’s student who wishes to review or become more efficient at that level.) Some music theory is included, so the student will know why and how music is written. Group and individual instruction are given with each person having a keyboard and earphones. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One may be purchased at the first class. Please Note: No new students after the first class.

Location: Dobson MU 13
Dates: Fri, Oct 4 - Nov 22 (No class Nov 1)    Time: 1:00 - 2:30 pm
Sessions: 7                          Limit: 15
Facilitator: Shiela Millhollon       Smill18@cox.net

Beginning Piano: Dobson

This group piano class is open to beginning students (or any previous year’s student who wishes to review or become more efficient at that level.) Some music theory is included, so the student will know why and how music is written. Group and individual instruction are given with each person having a keyboard and earphones. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One may be purchased at the first class. Please Note: No new students after the first class.

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Facilitator: Shiela Millhollon       Smill18@cox.net

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Location: Dobson MU 13
Dates: Fri, Oct 4 - Nov 22 (No class Nov 1)    Time: 2:30 - 4:00 pm
Sessions: 7                          Limit: 15
Facilitator: Shiela Millhollon       Smill18@cox.net
YOUR CAR

Car Maintenance

Presenter: Frank Leutz

Are you a klutz when it comes to your car? Do you know what to do when the warning light comes on? How do you know you have an air conditioning problem in your car? Do you know what to do to maintain your car? If not, come and learn when to change the oil, transmission fluid, radiator fluid, anti-freeze and windshield fluid in your car. You will learn when to rotate your tires, when to align your tires, when to change the brake pad, shock absorbent and windshield wiper in your car and how to identify fan belt noise. You will also learn how to buy a used car and what to check before you buy the car.

Location: MCC Dobson BP 4  
Date: Mon, Nov 4  
Time: 2:00 - 3:30 pm  

Sessions: 1  
Limit: 50  
Facilitator: Mary Adamick  madamick@cox.net

FUN STUFF

Games, Games & More Games

Cards? Board Games? Word Games? Dominoes? Do you enjoy playing games? If you do, come join us in a relaxing and fun-filled class where you will not only play your favorite game, but will have a chance to get to know New Frontier’s members in a social atmosphere filled with laughter and playful competition!

Location: Church of the Resurrection Room #3 3201 S. Evergreen Tempe

Date: Tues, Oct 1 - Dec 3 (except Nov 26)  
Time: 9:20 - 11:00 am

Sessions: 9  
Limit: 34  
Facilitator: Richard and Sissy Riley  rriley18@cox.net

Movie Time

Movies from the 1940’s through the 1960’s. We watch and briefly discuss the movies. We try to see a variety of genres. Come and enjoy with us the movies of the past.

Sept 30 Western: My Outlaw Brother, 1951 Mickey Rooney, Robert Preston, Robert Stack
Oct 7 Comedy: Come September, 1963 Rock Hudson, Gina Lollobrigida, Sandra Dee
Oct 14 Mystery: Sherlock Holmes and the Secret Weapon, 1942, Basil Rathbone
Oct 21 Drama: The Snows of Kilimanjaro, 1952 Gregory Peck, Ava Gardner
Oct 28 Drama: The Tell-Tale Heart, 1960 Laurence Payne (Our nod to Halloween)

Location: MCC Dobson BP 1N  
Date: Mon, Sept 30 - Oct 28  
Time: 1:00 - 3:30 pm

Sessions: 5  
Limit: 25  
Facilitator: Margo Heaps  nfllmargo@juno.com

Twenty years from now, you'll be disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

--Mark Twain

Sincere gratitude to all who have donated their time, talents, and classroom space to make New Frontiers for Lifelong Learning successful.
## Classes Sponsored by the MAAC

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Date</th>
<th>Time</th>
<th>Instructor</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>TAI CHI</td>
<td>Every Monday and Thursday</td>
<td>10:00 – 11:00 am</td>
<td>Chiyoko Starkel</td>
<td>$34.00 per month for Monday &amp; Thursday, paid monthly in advance.</td>
</tr>
<tr>
<td>Low Impact Aerobics</td>
<td>Monday-Thursday</td>
<td>8:05—9:05 am</td>
<td></td>
<td>$4.00/week</td>
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<tr>
<td>Mild Exercise</td>
<td>Monday, Wednesday and Friday</td>
<td>9:30 — 10:30 am, Friday 8:30 – 9:30 am</td>
<td></td>
<td>Free to age 60+</td>
</tr>
<tr>
<td>Open Poetry &amp; Prose Readings</td>
<td>2nd Monday of the month</td>
<td>10:00 – 10:30 am</td>
<td></td>
<td>Free</td>
</tr>
<tr>
<td>Barebones Theater Troupe</td>
<td>Mondays and Thursdays</td>
<td>2:00 pm</td>
<td>Bill Woodfin at 480-347-5225</td>
<td>For additional information</td>
</tr>
<tr>
<td>Writers Guild</td>
<td>Every Monday</td>
<td>10:30 am</td>
<td></td>
<td>FREE</td>
</tr>
</tbody>
</table>
Classes Sponsored by the MAAC

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

TUESDAY

Art/Clay Play

Artist, Jorge Ramos, will be showing and helping us to take clay and, by using our hands, turn it into a unique work of art. These will be creative clay projects which will explore form and surface and help you find your own talent. All these works are air dried, no firing needed. Come join Jorge for a wonderful relaxing creative venture! Jorge Ramos will also instruct Basic Art and Drawing during this same time slot.

Date: Tuesday and Friday  
Time: 10:00 – 11:30 am

Cost: $45 per month for Clay  
$60 per month for Basic Art

Shawls of Love

Everyone is invited to join our fun group in order to knit or crochet shawls for hospice patients and children in the hospital. Marilyn Taylor & Diane Brandt, our moderators, will teach you how to either knit or crochet. No experience needed, just the desire to make someone happy. Men are welcome.

Date: Every Tuesday
Time: 9:00 am  
Cost: None

Line Dance with Gramma Jones

Moving your feet and shaking your booty is great fun and a wonderful exercise. Imagine the next time you go somewhere and they start playing music, you can jump up and show your stuff! You will certainly be the life of the party. Come join us – no partner needed.

Date: Every Tuesday
Time: 9:30 am  
Cost: $3.00

WEDNESDAY

Support/Discussion Groups

Caregiver Group  
Wednesdays at 10:00 am  
Facilitated by EMPACT

Grief and Loss Support  
Wednesdays at 1:00 pm  
Facilitated by EMPACT

Open Art Studio

You are cordially invited to join our group of wild crazy artists! Bring whatever medium you are working with, be it oils, watercolor, pencils, acrylics – be in a creative, non-threatening environment and just enjoy! The Mesa Art League artists join us, and while working on a project, create fun. Join us – you’ll love it!

Date: Every Wednesday
Time: 9:30 am - 3:30 pm  
Cost: Free
WEDNESDAY

Stockings for Kids
Please join us in coloring homemade stockings for homeless children throughout the Valley. Our group meets every 2nd Wednesday of the month. It is so much fun and such a wonderful project. There are over 35,000 homeless children in the valley. This stocking is the only present some of them will get from Santa. Each stocking is filled with donations of personal hygiene items, cereal bars (in case they cannot get a meal, they will be able to eat these) socks, a beanie baby and other small items. We need your help to have stockings for as many children as possible.

Date: 2nd Wednesday of each month
Time: 10:00 am
Cost: FREE

THURSDAY

Enriching Veterans’ Lives Through Art
It is believed that art can be a powerful tool during any healing process. The Arizona Art Alliance is inviting veterans from the area to join this program. Visible and invisible wounds can keep veterans from leading normal lives. Art is one way to aid in the overall wellness of veterans. All veterans are encouraged to join the class where new artistic techniques will provide a healthy way to express feelings and re-engage with the community. This class will run for one year.

Date: Every 2nd Thursday
Time: 9:00 – 1:30 am
Cost: Free

FRIDAY

Sing for Joy
Please join us for a wonderful hour of singing songs we all remember and love! Don Lindberg, our leader, picks special theme songs each week. No experience needed, just the desire to have a good old-fashioned sing-along.

Date: Every Friday
Time: 10:00 am
Cost: Free

FRIDAY MORNING WRITERS
This is an extension of the Monday Writer’s Guild. There has been such an interest that another class was generated to accommodate all those interested in writing and telling stories.

Date: Every Friday
Time: 9:00 am
Cost: Free

AARP SAFE DRIVING – “55 ALIVE”
Mature Driving – A classroom refresher course for drivers 50 years of age and over.

Date: First, Third and Fifth Friday of month
Time: 12:00 - 4:00 pm
Cost: $15.00 AARP Members $20.00 Non Members
Love to Eat at the MAAC
Lunch at the Mesa Active Adult Center is a suggested donation of $3.50 for those 60 years young and over, and $6.00 for under 60.

Call (480) 962-5612 the day before to make a reservation.

Dates: Monday - Friday
Time: 11:30 (Get there early!)

Love to Eat at the RMAAC
How about lunch at the RMAAC before or after class? Meals are prepared on site, and the food is delicious! Reservations are required at least one day in advance.

Suggested donation $3.50 for those 60 years young and over; and $6.00 for under 60.

Call (480) 218-2221 to make a reservation.

Dates: Monday - Friday
Time: 11:30 (Get there early!)

New Frontiers Class Locations

Campus maps will be available at Open House and in the Community Partnerships Office, Room 222, 7110 E McKellips Rd.

MAAC (Mesa Active Adult Center)
247 North Macdonald, Mesa

MCC Red Mountain Campus
7110 E McKellips Rd, Mesa

RMAAC (Red Mtn Adult Active Center)
7550 East Adobe, Mesa

Mesa Fire Station
830 S Stapley Drive, Mesa

Leisure World
908 S Power Rd, Mesa

Mesa Police Station
2430 S Ellsworth Rd, Mesa

Resurrection Church
3201 S. Evergreen Road, Tempe

MCC Dobson Campus
1833 W Southern (at Dobson)