

**2019
Summer
Class Schedule**

**Hosted by
Mesa Community College
Mesa Active Adult Center (MAAC)**

April 23, 2019

2019 Summer Classes by Day

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Beatles Rubber Soul Album	15
Low Impact Aerobics	17
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Understanding China Today	9

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FOR YOUR INFORMATION

Thanks to everyone who helped to make our summer program a success. Your contribution is greatly appreciated.

NOTE: Golf cart rides to classes are available through Public Safety for handicapped NF members by calling the following numbers, stating you are a NF member, where you are parked and where your classroom is.

**Dobson - 480-461-7046
Red Mountain - 480-654-7720**

Elevators at the Red Mountain campus are available if your class is on the 2nd floor. The elevators are located at the back of the Mesquite and Desert Willow buildings and access directly onto the 2nd floor walkway which connects the Palo Verde, Mesquite and Desert Willow buildings. There is also an elevator in the Saguaro building.

For changes to our class schedule, please check "Recent Class Changes" which is located at New Frontiers' home page (newfrontiers.mesacc.edu).

Visit us at newfrontiers.mesacc.edu if you wish to learn more about New Frontiers for Lifelong Learning.

THE OUTDOORS

Early Riser Walkers

If you love the outdoors, can rise early and be at the meet-up by 6 a.m. then we will see you at the Gilbert Riparian on Wednesdays for a walk starting: Wed – May 1 through June and July depending on how high the temperature climbs. Once we gather and meet we can decide if we want to explore other locations.



Location: Gilbert Riparian
Date: Wed., June 5th thru July 31st Time: 6:00 - 7:30 a.m.
Session: 9 Limit: 80
Facilitator: Mary Adamick 480-892-7298 madamick@cox.net

Registration: Contact facilitator directly to register for classes

TRAVELOGUE

China-Thailand Travelogue

Travelogue: China & Thailand. Replete with cultural, social and travel insights.



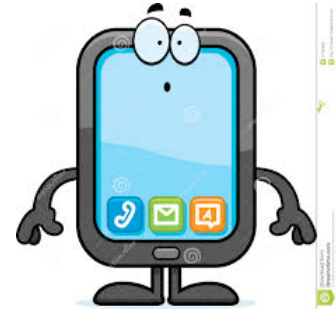
Location: MCC-Red Mt., PV-205
Dates: Tues, June 18 & 25 Time: 10:00 - 11:30 am
Sessions: 2 Limit: 48
Facilitator: Dan Mueller 480-406-9253 muellerd1@yahoo.com

Registration: Contact facilitator directly to register for classes

TECHNOLOGY

Android Smartphone Basics

Use this Android Class to get started with your smartphone, This Class will cover such tasks as managing your privacy and settings, add and delete contacts, email, applications, and notifications. We will help you keep it running smoothly and we have a few extra tips you may not know about.



Location: MCC-Dobson, BP1S
Dates: Wed, July 10
Sessions: 1
Facilitator: Vincent Nasuta

Time: 1:30-3:00 pm
Limit: 20
480 964-3600 vince_nasuta@yahoo.com

Registration: Contact facilitator directly to register for classes

HISTORY

The American West - Part II

Continuing the story of the conquest and settlement of the West from the end of the Civil War to the "Last Frontier" c. 1910. Prof. Peter Allitt examines the rise and fall of western mythology and some of the enduring Contributions to the American character.



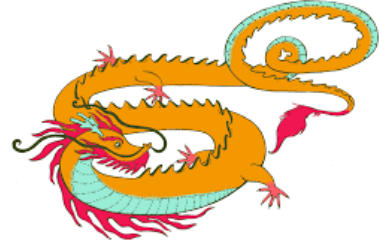
Location: MCC-Red Mt., PV-250
Dates: Mon, June 3-July 8
Time: 10:00 a.m. - 12:00 noon
Sessions: 6
Facilitator: David Ramis 480-427-4101

Limit: 20
Bonnie.ramis@gmail.com

Registration: Contact facilitator directly to register for classes

Understanding China Today

Focus of this presentation is on Chinese society, including history, customs and culture; its allure, charms and contradictions. All under 5,000 years of authoritarian government with the Mandate of Heaven.



Location: MCC-Red Mt. PV-205
Dates: Tues, July 9, 16 & 23
Sessions: 3
Facilitator: Dan Mueller 480-406-9253

Time: 10:00 - 11:30 am
Limit: 48
muellerd1@yahoo.com

Registration: Contact facilitator directly to register for classes

Investigating US Presidents

What limits are there – if any – on presidential power? 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. Dr. Rosenzweig will discuss investigations of presidents Andrew Johnson, Ulysses S. Grant, Richard Nixon, and Bill Clinton and how these apply to our current political moment.



Location: MCC-Dobson BP1S
Dates: Thurs., June 6-July 18 excl. July 4
Sessions: 6
Facilitator: Marlin Fried 480-820-6126

Time: 1:30-3:00 pm
Limit: 20
mfried5751@cox.net

Registration: Contact facilitator directly to register for classes

THE ENVIRONMENT

Hard Look-Climate Change

97 per cent of climate scientists agree that global warming is happening and burning fossil fuels is the cause. There are solutions out there that we need to know about and so avoid the “gloom and doom” and overwhelmed feelings sometimes encountered. A major impetus to reducing carbon pollution must be acknowledgement of the adverse health effects of burning fossil fuels. This class will present global warming facts, discuss adverse effects affecting our health and home and one solution of a carbon fee and dividend plan, and provide an opportunity to encourage climate action by legislators to ensure continuation of our livable world.



Location: MCC-Dobson, BP-4

Date: Wed, June 12

Session: 1

Facilitator: Sandy Whitley 480-390-6466

Time: 1:30 to 3:00 p.m.

Limit: 60

sandyariz@cox.net

Registration: Contact facilitator directly to register for classes

AROUND THE HOME

The Everyday Gourmet

Making Healthy Food Taste Good. A DVD Great Course from the Culinary Institute of America. Each session will involve 2 30-minute instruction periods and time for discussion.

June 24 - Good, Better and Best Strategies and Nutritious and Satisfying Whole Grains

July 8 - Adding Flavor with Healthy Oils and Protein – Understanding Your Choices



July 15 - Powerful Micronutrients - Cooking with Color & Making Healthy Cooking a Lifestyle

Location: MCC-Dobson BP2S
Date: Mon, June 24, July 8 and July 15 Time: 1:00-2:30 p.m.
Session: 3 Limit: 25
Facilitator: Margo Heaps 480-491-4641 nflmargo@juno.com

Registration: Contact facilitator directly to register for classes

Understanding Termites

Guest 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 well as the type of termite which can be commonly found locally.



Location: MCC-Red Mt. PV-250
Date: Wed., June 12 Time: 2:00-3:30 p.m.
Session: 1 Limit: 30
Facilitator: Sam Wong 480-625-7694 nowsam@yahoo.com

Registration: Contact facilitator directly to register for classes

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 will have to take to accomplish this. Find out what they are.

Location: MCC-Red Mt., PV-250
Date: Thurs, June 6 Time: 9:30 am – 11:30 am
Session: 1 Limit: 24
Facilitator: Georgette Baggett 480-570-4222
gbhomes@cox.net



Registration: Contact facilitator directly to register for classes

SPIRITUALITY

Infinite Possibilities

Attitude is everything. Join us to focus on changing limiting beliefs, recognizing our own reactions and choices, creating a plan, and visualizing new possibilities. If you have a willingness to practice looking for the positive, and want to share this with others, this is the class for you. Thoughts become things. Let's practice the good ones.



This class will be an introduction to Mike Dooley's book on Infinite Possibilities which Nancy normally teaches in 6 hours of lessons. (If there is enough interest, we might have a longer class next fall.)

Optional \$10 for book and/or \$5 for workbook. Available at class.

Location: MCC-Red Mt., DW-131

Date: Wed, June 26

Time: 10:00-11:30 a.m.

Sessions: 1

Limit: 24

Facilitator: Nancy Spence

480-357-0996

NancyActPar@cox.net

Registration: Contact facilitator directly to register for classes

Long Term Relationships

Important considerations for maintaining long term partners, roommates, friends, learned in 56 years of marriage. Class discussion encouraged.



Location: MCC-Dobson, BP-1

Date: Thurs., June 20

Time: 2:00-3:00 p.m.

Sessions: 1

Limit: 25

Facilitator: Bobbie Gray

480 820 6819 - Landline or 602 819 0892 - Cell

Bobbgray5@cox.net

Registration: Contact facilitator directly to register for classes

The Four Agreements

This class is a discussion and book study group about transforming self-limiting beliefs that rob us of joy. The book, *The Four Agreements: A Practical Guide to Personal Freedom*, is by Don Miguel Ruiz, and based on ancient Toltec wisdom. We will share and practice this powerful code of conduct that can give us a new experience of friendship and happiness.



This book will be available for purchase for \$10 or you may bring your own.

Location: MCC-Red Mt., PV-205
Date: Wed, July 10 & 17
Sessions: 2
Facilitator: Nancy Spence

Time: 10:00-11:30 a.m.
Limit: 24
480-357-0996 NancyActPar@cox.net

Registration: Contact facilitator directly to register for classes

DISCUSSION

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-Red Mt., S-279
Date: Thurs., June 13
Sessions: 1
Facilitator: Linda J. Roe

Time: 1:00 – 2:30 pm
Limit: 40
602-321-6207 lindajroe@gmail.com

Registration: Contact facilitator directly to register for classes

Mysteries and Mayhem

Do you enjoy reading Mysteries? Do you like to discuss the books after reading them? Then join our group to meet three times this Summer to discuss books chosen by the group. Come to one session or all three as your schedule allows.



The Snowman by Jo Nesbo (June 25)
The Black Echo by Michael Connelly (July 23)
The Bee Keeper Apprentice by Laurie R. King (August 20)

Location: MAAC, Room 4
Date: Tues., June 25, July 23, Aug. 20
Sessions: 3
Facilitator: Mary Boehlen 480-699-6374

Time: 10:00 - 11:15 am
Limit: 20
Minpins48@gmail.com

Registration: Contact facilitator directly to register for classes

Book Shelf

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.)



June 12 Slow Man by J.M. Coetzee: Discussion Leader – Janice Overdorff
July 10 Tis: A Memoir by Frank McCourt Discussion Leader: Karen Wartick
August 14 Manhattan Beach by Jennifer Egan Discussion Leader: Anna Hennessy

Location: MAAC, Room 4
Dates: Wed, June 12; July 10; Aug. 14
Sessions: 3
Facilitator: Karen Wartick 480-215-6980

Time: 10:00 - 11:15 am
Limit: 25
Kwartick42@gmail.com

Registration: Contact facilitator directly to register for classes

FUN STUFF

Beatles Rubber Soul

Guest Presenter: Vinnie Bruno

The Beatles: The Making of Rubber Soul

Follow in the footsteps of The Beatles as they establish themselves as a creative force in the studio with the release of their 6th album -- "Rubber Soul". The album has been recognized as a major step forward in pop music, in terms of lyrical content and musical scope, incorporating a mix of pop, soul and folk genres. We will discuss the genesis of how the songs were written, musical influences, and recording production. "Rubber Soul" introduced the "rock as art" album that influenced many of their peers including Brian Wilson, Ray Davies, and Mick Jagger. Rubber Soul remains the precursor to the development of psychedelia and progressive rock. Rolling Stone ranks "Rubber Soul" as the #5 album of all time!



Location: MCC-Dobson, BP-4

Date: Mon, July 8

Time: 11:00 a.m. - 1:00 p.m.

Sessions: 1

Limit: 80

Facilitator: Ann Bloxam

480-294-1618

annbloxam@hotmail.com

Registration: Contact facilitator directly to register for classes

Games, Games

Get out of that stuffy house this summer and enjoy other New Frontier's members who enjoy playing games with one another in a pleasant environment. You name it, we have it! Board games, card games, word games, dominoes, and the list goes on! Come join us as we socialize and play games!



Location: Church of the Resurrection, Room 3
3201 S. Evergreen, Tempe, AZ 85202

Date: Tues, June 4-July 30 Time: 9:20-11:00 a.m.
 Sessions: 9 Limit: 30
 Facilitator: Anne Stehr 602-618-8955 sadetc13@gmail.com

Registration: Contact facilitator directly to register for classes

Summer Movies

June 10 Paris When It Sizzles 1964 110 minutes
 Audrey Hepburn, William Holden

June 17 Chariots of Fire 1981 124 minutes
 Ben Cross - 1924 Olympic Games



Location: MCC-Dobson, BP-1
 Date: Mon, June 10 & 17 Time: 1:00-3:30 p.m.
 Session: 2 Limit: 25
 Facilitator: Margo Heaps 480-491-4641 nfllmargo@juno.com

Registration: Contact facilitator directly to register for classes

MONDAY - AT THE MAAC

Tai Chi

Tai Chi is one style of the martial arts. This old art form depends upon unique movement and internal strength. It has been found to promote health and relieve stress. You will love working with our instructor, Chiyoko Starkel. Just be careful. Doing Tai Chi will turn you into a real fanatic!



Date: Every Monday & Thursday
 Time: 10:00-11:00 am

Cost: \$34.00 per month for Monday & Thursday OR
 \$20.00 per month for one day per week (Monday or Wednesday)
 Paid monthly in advance.

Low Impact Aerobics

Come join the fit and friendly folks who exercise at Mesa Active Adult Center (MAAC) on Monday thru Thursday from 8:05 to 9:05 am. This very beneficial class has something to offer to anyone wishing to maintain an active lifestyle.

Date: Monday – Thursday
Time: 8:05-9:05 am
Cost: \$4.00/week



Mild Exercise

An hour exercise that will enhance your range of motion through gentle movement. This mild exercise class will help reduce stiffness through light stretching and aerobic activity. Class incorporates both seated and standing exercises.

Date: Monday, Wednesday and Friday
Time: Monday & Wednesday 9:30 – 10:30 am Friday 8:30-9:30 am
Cost: Free to age 60+



Open Poetry & Prose Readings

You are invited to read one of your stories or perhaps a favorite poem for others to enjoy. Each person is limited to 5 minutes. The readings are held every 2nd Monday of each month. We look forward to hearing you there!

Date: 2nd Monday of the month
Time: 10:00-10:30 am
Cost: Free



Writers Guild

Join our wonderful group of poets and story tellers. Write and create in an accepting, nurturing and inspiring environment.

Date: Every Monday
Time: 10:30 am
Cost: Free



Barebones Theatre Troupe

Date: Monday and Thursday
Time: 2:00 pm
Facilitator: Contact Bill Woodfin at 480-347-5225 for additional information.

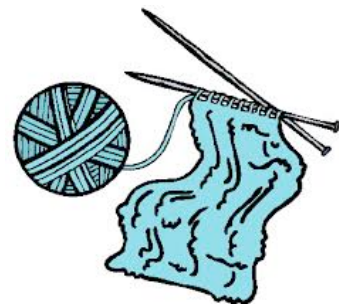


TUESDAY - AT THE MAAC

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

Cost: \$3.00



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: 10:00-11:00 am

Cost: \$45.00 per month for Clay

\$60.00 per month for Basic Art

WEDNESDAY - AT THE MAAC

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

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. A stocking might be the only present some of them will get from Santa. Each stocking is filled with donations of personal hygiene items, cereal bars, socks, a beanie baby and other small items. We need your help to have stockings for as many children as possible.



Date: 2nd Wednesday
Time: 10:00 am
Cost: Free

THURSDAY - AT THE MAAC

Enriching Veterans Lives thru 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 on 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: 2nd Thursday
Time: 9:00 – 1:30 pm
Cost: Free

Yoga

Gentle Yoga for the Older Adult. Bring your yoga matt and dress comfortably.

Instructor: Cynthia Jones
Date: Every Thursday
Times: Gentle Yoga 1:00 – 2:00pm
Chair Yoga 2:00 – 3:00pm
Cost: Free



FRIDAY - AT THE MAAC

Sing for Joy!

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

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



Friday Morning Writers

This is an extension of the Monday Writers Guild. There has been such an interest that another class was generated to accommodate all of 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 the month

Time: 12:00 – 4:00 pm

Cost: \$15.00 for AARP Members

\$20.00 Non-AARP Members



SUPPORT/DISCUSSION GROUPS - AT THE MAAC

Caregiver Group

Wednesdays at 10:00 am
Facilitated by EMPACT



Grief and Loss Support

Wednesdays at 1:00 pm
Facilitated by EMPACT

