

Class Schedule

Fall 2020



NEW FRONTIERS
FOR LIFELONG LEARNING

Expand your world

A PROGRAM OF MESA COMMUNITY COLLEGE

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.

COVID-19 has closed both the Dobson-Southern and Red Mountain Campuses until further notice.

The annual fee for the 2020/2021 semesters is reduced to **\$60**. The annual enrollment and paying fees for ongoing members will need to be done online.

For detailed instructions on how to complete the admissions application to become a New Frontiers member and how new and returning members may pay the enrollment fee of \$60 online using the Student Information System (SIS) for the 2020/2021 semesters go to *newfrontiers.mesacc.edu* and select the "Join Now!" option.

How to Register for New Frontiers Classes

Go to *newfrontiers.mesacc.edu* and select "Member's Acct".

Follow the instructions on the Search/Login screen through the CHECKOUT process.

NOTE: If the box to select the student you wish to register does not appear on your screen, disregard that instruction.

To finalize your class registrations:

- a. Check the Terms-of-Use box, " I have read and agree with the policies..."
- b. Click on CONTINUE (it should be highlighted).

To see your registrations online:

- You must be logged in, and on the Search/Login screen.
- Select "My Account". You may have to search for this option. If you see a "wheel", similar to a Settings icon, click on that; or if "Account" appears after your name, at the top right, select the arrow beneath that. Your screen may differ, depending on your computer device.
- When you find "My Account", scroll down to the bottom of the page, where you should find "Account Registrations" among other options.

If you do not find your classes listed under "Account Registrations", you have missed a step and will need to repeat the registration process.

Be sure to **Log Off** to exit. Again, you may have to poke around on the Search/Login screen to find the Logoff button, depending on what computer device you are using.

If you have problems registering, you may call the office (480-461-7497) for help.

Important Dates to Remember:

Due to COVID-19, regularly scheduled activities are subject to cancellation or change. For current information on New Frontiers activities, go to the New Frontiers website, select "Members" then "Calendars."

Registration	Wednesday, Sept 16	9:00	Internet
Deadline for Spring Proposals	Sunday, Nov 1	Midnight	

NF FALL 2020 SCHEDULE AT A GLANCE

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Walkers Explore Parks	5	TRAVELOGUE		COMPUTERS	
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Dr. Chandler’s Legacy	8	Early Morning Discussion	13	Beginning Piano Online	17
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History Secret Societies	9	Mindfulness for Health	14	Save Your Photos	18
American Ideals	9	Living with Hearing Loss	14	Save Your Photos II	18
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ASU EMERITUS COLLEGE AND MCC PROFESSOR PRESENTATIONS

New Frontiers members formally and gratefully thank ASU Emeritus College and MCC Professors for their *pro bono* service to us. Their service of time and talent provides us with a variety of educational opportunities.

Class description and meeting information is provided by subject area.

ASU EMERTUS COLLEGE PRESENTATIONS

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MCC PROFESSOR PRESENTATIONS

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NF FALL 2020 CLASSES BY DATE

DATE	CLASS	Page	DATE	CLASS	Page
Sept 14-Dec 15	Coffee & Conversation I	13	Oct 13	2020 Election Preview	6
Sept 15-Dec 15	Coffee & Conversation II	13	Oct 14-Dec 9	Mystery Book Club	12
Sept 21&23	Learn Webex	15	Oct 15	Two Men Who Changed World	9
Sept 22&24	Learn Zoom	15	Oct 16-Dec 4	American Ideals	9
Sept 24-Dec 10	Thurs Morning Bike Rides	5	Oct 19	"Golden Girls" Do Europe	11
Sept 25-Dec 11	Trailblazers Hike Group	5	Oct 19-Nov 9	Living with Hearing Loss	14
Sept 28-Oct 19	Mindfulness for Health	14	Oct 21	Hiking the Arizona Trail	11
Sept 29-Nov 10	Modern Economic Issues	6	Oct 22-Oct 29	Afghanistan Update	7
Sept 29- Dec 8	Trailers Hike Group	5	Oct 23	Understanding Obesity	14
Sept 29-Nov 17	Financial Literacy	17	Oct 27	Save Your Photo II	18
Sept 30-Nov 4	Beginning Piano Online	17	Oct 28	Unbiased Financial Advice	16
Sept 30-Nov 4	Continuing Piano Online	17	Oct 28	Estate Planning	17
Oct 1-Nov 19	History Secret Societies	9	Oct 30	Gamboling thru Galapagos	11
Oct 1-Dec 3	Early Morning Discussion	13	Nov 4	National Debt 2020	7
Oct 2	Computer Maintenance	15	Nov 9-Nov 23	Current Sino-US Relations	6
Oct 2-Oct 9	Hitler's Empire	9	Nov 10	AZ Photographs 1903-1906	8
Oct 2-Nov 20	Talking About TED Talks	12	Nov 13	Arizona's Ghost Towns	7
Oct 6-Oct 13	Save Your Photos	18	Nov 16	Pollution and Solutions	6
Oct 6-Oct 29	Great Films of Asia	10	Nov 17	Senator Bill Cody	8
Oct 6-Nov 24	Opera in Love and War	10	Nov 18	Back Roads Iberia	11
Oct 7-Nov 18	Walkers Explore Local Parks	5	Nov 18	Required Min Distribution	16
Oct 7-Dec 16	Bookshelf	12	Nov 20	Steps for a Healthy Heart	14
Oct 8	Critical Thinking	15	Dec 1	Dr. Chandler's Legacy	8
Oct 9	Protecting Your Legacy	16	Dec 2	Plan for Crises in Rtrmt	16
Oct 12	The Balkan Peninsula	11	Dec 3	Brain Health	13

ATTENDING ONLINE CLASSES

You will need a conference ready computer set up. That is a computer with a video camera and microphone capability (Most laptops have video and mike equipment installed). If you Skype, Duo or Facetime with your computer system and it is around 5 years or younger, you are probably good to go. You can also use a smartphone but the people pictures get small with several conference attendees. The gatekeeper will provide conference instructions about a week prior to the first class date. See page 15 for classes on using Zoom and Webex.

Videos on how to join a Zoom and WebEx meeting are included below.

WebEx - <https://www.youtube.com/watch?v=fE5FnEUKtaE>

Zoom - <https://www.youtube.com/watch?v=9isp3qPeQ0E> – Marsha Chadley

THE GREAT OUTDOORS

Trailblazers Hike Group

Trailblazers Hikers meet early on Friday mornings for hikes that are usually four to six miles in length and may have elevation changes of up to a thousand feet. Most hikes are rated as moderate and can be a bit challenging.

Risk Form #1 must be signed.

Location: Outdoors Date: Fri, Sept 25, Oct 2 - 30, Nov 6 - 20, Dec 4 - 11
Time: 7:00 am - noon Sessions: 11 Limit: 50
Facilitator: Greg Master Gamst51@gmail.com

Trailers Hike Group

Tuesday recreational hikes, which are generally three to five miles in length with elevation changes of less than 400 feet. Virtually all the hikes are rated easy, though some moderate sections may be briefly encountered.

Risk Form #1 must be signed.

Location: Outdoors Date: Tues, Sept 29, Oct 6 - 27, Nov 3 - 17, Dec 1 - 8
Time: 7:00 am to noon Sessions: 10 Limit: 50
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.

Oct 7 – Riverview Park, Mesa
Oct 14 – Riparian Preserve, Gilbert
Oct 21 – Freestone Park, Gilbert
Oct 28 – Veteran’s Oasis Park, Chandler
Nov 4 - Desert Arroyo Park, Mesa
Nov 11 – Kiwanis Park, Tempe
Nov 18 – Desert Breeze, Chandler
Possibly continue...

Location: Outdoors Date: Wed, Oct 7 - Nov 18
Time: 9:30 – 11:00 am Sessions: 7 Limit: 40
Facilitator: Mary Adamick madamick@cox.net

Thurs Morning Bike Ride

Come join me for an early morning bicycle ride every other Thursday. I generally ride 15 miles but will tailor the ride to group’s abilities. The rides are follow the SRP canals, paved or packed gravel and Tempe/Scottsdale Indian Bend Wash. You must be able to transport your bicycle to the meeting location. I suggest you bring two spare bicycle tubes (it could be a long walk back), patch kit, water and snacks. Average riding time is 1½ - 2 hrs.

Location: Outdoors Date: Thurs, Sept 24, Oct 8, 22, Nov 5, 19 and Dec 10
Time: 7:00 -10:00 am Sessions: 6 Limit: 50
Facilitator: Allan Zisner azisner@Q.com

CURRENT ISSUES

2020 Election Preview

MCC Professor

Presenter: Dr. Brian Dille

With 3 weeks to go before the election, Dr. Dille will review ballot propositions and discuss the presidential race.

Location: Online

Date: Tues, Oct 13

Time: 2:00 – 3:00 pm

Sessions: 1 Limit: 93

Facilitator: Barbara Thelander

bthelander@cox.net

Modern Economic Issues

This class is a Great Courses Video Series that covers economic issues within the U. S. The 1st 10 lectures were covered last spring. The previous lectures are not required for this class. It will start with lecture 11 "Taxes and Income Tax Code" and continue thru lecture 24 "Higher Education Supply and Demand". Other lectures include "Financing World-Class Health Care", "...The Future of Oil", "Global Climate Change", "It Pays to Be Married", "...Impact of Immigration" and others. The Spring 2021 class will cover lectures 24 thru 36.

Location: Online

Date: Tues, Sept 29 - Nov 10

Time: 1:00 – 3:00 pm

Sessions: 7 Limit: 20

Facilitator: Archie Millhollon

amillho@cox.net

Current Sino-US Relations

China and its Current Relations with the West. In this class we will examine the challenges the Western World faces from China. We will try to determine answers to some pertinent questions, such as: Do we face an existential threat from China? What are the consequences of the American-China trade War? In regards to our evolving relationship, what should American policy towards China be?

Location: Online

Date: Mon, Nov 9 - 23

Time: 10:00- 11:30 am

Sessions: 3 Limit: 40

Facilitator: Dan Mueller

muellerd1@yahoo.com

Pollution and Solutions

While some might argue the cause, it is becoming increasingly apparent that climate change is happening, and the majority of people believe something needs to be done about it. People are seeing and hearing about and feeling the effects of stronger storms, fires, floods, bleaching coral reefs that affect so many people in our world. The Corona Pandemic has taken our eye off climate change for a while, but it too portends a crisis if ignored.

While there is a lot of negative news, there are also rays of hope about what can and is being done to reduce green-house gas pollution in our world, including personal actions, more renewable energy and energy efficiency measures. But the clock is ticking and more aggressive measures are needed to stave off the worst effects of too much carbon in our atmosphere.

The speaker will discuss global warming facts, how pollution affects our health, positive efforts under way, 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. Meeting by Zoom offers an opportunity for interaction during the presentation. The speaker welcomes any and all discussion to move the climate conversation forward!

Location: Online

Date: Mon, Nov 16

Time: 10:30 am – noon

Sessions: 1

Limit: 30

Facilitator: Sandy Whitley

ARIZONA HISTORY

AZ Photographs 1903-1906

The Clarence W. Miller Collection is a private photo album containing over 200 vintage photographs showing early Phoenix Indian School and Arizona Territory that has only recently come to light. Attributed to Clarence W. Miller, a teacher at Phoenix Indian School from 1903 to 1906, they had never been made public before. The moment the Heard Museum saw them they were eager to place some in their recently reopened "Away from Home" exhibit. In studying the photographs profound insights are gained, historic as well as humorous, which will be revealed while presenting examples of the best of them.

Location: Online Date: Tues, Nov 10
Time: 2:00 – 2:40 pm Sessions: 1 Limit: 35
Facilitator: Don Larry donlarry@hotmail.com

Dr. Chandler's Legacy

Dr. Chandler's Legacy, Built and Unbuilt: An exploration using computer modeling and the archives of Frank Lloyd Wright. During the final decade of Arizona Territory and into first of statehood, the industry, imagination and vision of Dr. Alexander J. Chandler has left us with structures of architectural innovation that are notable monuments, real and imagined. As the architect who restored two of them, the San Marcos Resort Hotel in Chandler (1913), and Mesa's Chandler Court (1908), I have documented their history with photographs and virtual computer models based upon old blueprints. In addition, Dr. Chandler's close friendship with architect Frank Lloyd Wright in 1928, while Wright was working on the Arizona Biltmore, would materialize into designs for downtown Chandler and the proposal for a new top-class resort in the foothills of South Mountain, San Marcos in the Desert. All these projects were, unfortunately, doomed by the Great Depression in 1929. Drawings for those projects are now filed deep in Taliesin Archives. As a former principal architect at Wright's legacy firm at Taliesin West for five years, plus my restoration work on Chandler's extant buildings, I have a unique perspective to share on Dr. AJ Chandler's legacy, both built and unbuilt.

Location: Online Date: Tues, Dec 1
Time: 2:00 – 2:40 pm Sessions: 1 Limit: 30
Facilitator: Don Larry donlarry@hotmail.com

Senator Bill Cody

Senator Bill: William Cody's Connections to Arizona

Buffalo Bill first brought his Wild West Show on tour through Arizona in 1902. With each subsequent tour in 1908 and 1910, William Cody became more and more enamored with Arizona. In 1910, he purchased a mining enterprise in Oracle, north of Tucson, and all signs pointed to this Wyoming legend finding himself at home in the Arizona Territory. In 1911, rumors begin to fly that Buffalo Bill Cody, with his newly acquired residency, may have designs on becoming Arizona's first senator, and a national media frenzy exploded. Imaginations ran wild on how Buffalo Bill would tame Congress with his outspoken "sage brush" Western ways. Cody even began to speak boldly about giving women the vote. Everything pointed to an unstoppable campaign with wide public support from Arizona citizens and the national press. But then the unstoppable campaign abruptly stopped. What contributed to the campaign being abandoned? How serious was William Cody about the endeavor? Were there enough resources to finance an election campaign? What would have been his chances if he hadn't quit?

Location: Online Date: Tues, Nov 17
Time: 2:00 – 2:40 pm Sessions: 1 Limit: 30
Facilitator: Don Larry donlarry@hotmail.com

HISTORY

History Secret Societies

Secret societies aren't just as old as civilization; they're older. While called 'secret' most don't hide their existence from the outside world. This Great Courses CD course will explore what makes secret societies secret, what goes on inside of them through the rituals, beliefs, and purpose for existence. Professor Richard Spence, University of Idaho, is a historian with research interests in espionage, occultism, anti-Semitism, and secret societies.

This course is presented in 25 lectures of 30 minutes each. We will try to finish 3 lectures in each session. The lectures are self-contained, so if you can't attend all sessions, consider coming for those that you can. This program promises interesting information and good discussion. This course was offered Spring 2020 and interrupted by the Covid Shut-down. Topics to be covered each week and in the course in general can be reviewed at: <https://www.thegreatcourses.com/courses/the-real-history-of-secret-societies.html>.

Location:	Online	Date:	Thurs, Oct 1 - 29, Nov 5 - 19		
Time:	1:00 - 3:00 pm	Sessions:	8	Limit:	30
Facilitator:	Suzanne Brown		suzannebrownpt@gmail.com		

American Ideals

In this 12-lecture course, the focus is directly on the principles that guided the founding, the conditions that led to the fateful break with the mother country, and the attempt to design institutions capable of realizing the very ideals expressed in the founding documents. It is important to recall that, before there were hostilities between the Crown and the colonies, there was fidelity. At key points, one or another concession might have resulted in the full and even happy absorption of the colonies into the large and still expanding British Empire. That this was not to happen is explained by a number and variety of factors, some at the level of sheer incompetence and even venality (both the Stamp Act and the tea tax come readily to mind), and some owing to the rapid growth of population and wealth in the new world. This growth would have taxed the political and administrative acumen of a great king and a great Parliament, which at the time, England could not claim to possess. Thus are the faithful subjects of the 1740s the anxious and suspicious loyalists of the 1750s and the openly defiant "Americans" of the 1760s.

Location:	Online	Date:	Fri, Oct 16 - Nov 20, Dec 4 (Not Nov 6)		
Time:	1:00 - 3:00 pm	Sessions:	6	Limit:	20
Facilitator:	Archie Millhollon		amillho@cox.net		

Hitler's Empire

This class is a Great Courses Video Series that covers the rise and fall of Hitler's Empire. The 1st 8 lectures were covered last spring and interrupted by me and the corona shut down. This class will cover the final 4 lectures of the course.

Location:	Online	Date:	Fri, Oct 2 & 9		
Time:	1:00 - 3:00 pm	Sessions:	2	Limit:	20
Facilitator:	Archie Millhollon		amillho@cox.net		

Two Men Who Changed World

Sanduk Ruit and Abdul Sattar Edhi are the two men who changed the world. Who are they and what did they do? In a world where the ranking of important men and women is based on wealth, ability to influence, political power, and notoriety, who cares about two humble men who have saved the lives of thousands without fame or fanfare. Come and learn about true heroes.

Location:	Online	Date:	Thurs, Oct 15	Time:	1:30 - 3:00 pm	
Sessions:	1	Limit:	93	Facilitator:	Bob Dukelow	Ace1bob@gmail.com

THE PERFORMING ARTS

Opera in Love and War

Presenter: Bette Jones

Potpourri of love and war in opera featuring "Lesson in Love & Violence" based on Christopher Marlowe's Edward II play, Handel's gods/goddesses and a girl in love in "Semele," the love of the "Phantom of the Opera" followed by the sequel "Love Never Dies," Meyerbeer's love and war in "Les Hugenots," and "The Enchanted Island" which is sort of a Disney-esk opera.

Location: Leisure World, 908 S Power Road, Mesa

Date: Tues, Oct 6 - Nov 24

Time: 1:00 - 4:00 pm

Sessions: 8

Limit: 25

Facilitator: Virginia Van Horn

Vvhorn1@cox.net

Great Films of Asia

We will view and discuss some of the great works of Asian film producers. This class meets both Tuesday and Thursday.

All films presented in this class are subtitled, therefore watching it on a tablet, laptop or desktop computer is recommended. Using a cell phone may provide an unsatisfactory viewing experience.

Because several of these films are two hours in length or longer, and because this facilitator thinks it's important we have discussion about the films, it may be difficult to meet the schedule detailed below. However, every effort will be made to begin and finish these films according to the schedule, allowing members to skip some films they may have no interest in, but with reasonable assuredness of viewing selected films in their entirety.

Oct 6: Chen Kaige's Yellow Earth, length 1:10, followed by 30 minute discussion of the film. Yellow Earth: examines the hardships of life in a remote village of Shaanxi Province, particularly for young women circa 1938.

Oct 8: Akira Kurosawa's classic Roshoman, length 1:28, some discussion. Roshoman: classic film from Kurosawa examines the difficulty of determining objective truth in human affairs.

Oct 13: Introduce second film by Chen Kaige, Farewell My Concubine. Length 2:37 Farewell My Concubine: the lives of two men, from boyhood to old age, and their ambition to become stars of Beijing Opera, with the turbulent history of China in the 20th century as the setting.

Oct 15: conclusion Farewell My Concubine, discussion of film.

Oct 20: concluding discussion Farewell My Concubine. Introduction of second film by Akira Kurosawa, Ran, length 2:41. Ran: Perhaps Kurosawa's finest work, Ran is loosely based on Shakespeare's King Lear, filmed with settings of exquisite detail, with spectacular action sequences. A film on the folly of ambition and greed run amok.

Oct 22: continuation of Ran, with discussion.

Oct 27: Yasujiro Ozu's Tokyo Story, length 2:16. Tokyo Story: Yasujiro Ozu's delicate film which deals with the hopes and disappointments of life in a traditional Japanese family.

Oct 29: conclusion of Tokyo Story. Discussion.

You can watch the movies from this class on your smart TV, using iPhone, Android or PC. Go to the link below and follow instructions. Movies are in high definition.

Software is free. <https://airmore.com/cast-webex-meeting-tv.html>

Location: Online

Date: Tues & Thurs Oct 6, 8, 13, 15, 20, 22, 27, 29

Time: 9:00 - 11:00 am EXCEPT 9:00 am - noon on Oct 13 & 20

Sessions: 8

Limit: 40

Facilitator: Dan Mueller

muellerd1@yahoo.com

TRAVELOGUE

Back Roads Iberia

ASU Emeritus College Professor

Back Roads of Iberia: Our Trip to Portugal and Spain 2019

In May of 2019 we spent nearly three weeks touring the back roads of Portugal and Spain. We stayed in Portuguese Pousadas and Spanish Paradores. This travelogue will be a discussion with pictures of this trip. Questions from participants are welcomed and encouraged.

Location: Online Date: Wed, Nov 18 Time: 10:30 am – noon
Sessions: 1 Limit: 80 Facilitator: Dr. Gary Kleemann gary@asu.edu

Gamboling thru Galapagos

Presenter: Jay Mark

For millions of years, 18 islands sat alone more than 800 miles out in the Pacific Ocean, undisturbed by outside influences, generating a micro-ecological environment unlike any other place on earth. They remained unseen by man until the 16th century. But with a lack of fresh water, they were only considered a hostile curiosity...until Charles Darwin introduced the marvel of the Galapagos Islands to the world in his 1859 book *On the Origin of the Species*.

Today the Galapagos remain an exceptional research and teaching laboratory, while the number of tourists are carefully controlled and monitored. Only about 275,000 visited the mystical archipelago each year, compared to 10.2 million at The Louvre in Paris. They are a remarkable preserve of unique plant and animal diversity. And pristine beauty. Now without ever leaving home, you can join intrepid traveler Jay Mark on a special visit to this magical archipelago.

Location: Online Date: Fri, Oct 30 Time: 2:30 - 4:00 pm
Sessions: 1 Limit: 90 Facilitator: Barbara Thelander bthelander@cox.net

"Golden Girls" Do Europe

Travelogue to Amsterdam, Bruges, Paris and London by four women celebrating more than 20 years of friendship.

Location: Online Date: Mon, Oct 19 Time: 1:00 - 2:00 pm Sessions: 1 Limit: 50
Facilitator: Janice Overdorff & Sandy Whitley Joverdorff1@gmail.com sandyariz@cox.net

The Balkan Peninsula

Come visit the coast and islands of Croatia and Montenegro.

Location: Online Date: Mon, Oct 12 Time: 2:00 - 3:00 pm Sessions: 1
Limit: 40 Facilitator: Marie-France Ganansia mariefranceganansia@gmail.com

Hiking the Arizona Trail

Presenter: Cindi Holt

The AZ National Scenic Trail runs 800 magnificent miles through the middle of AZ from Mexico to Utah. The trail runs through National Parks, wilderness, desert, forests, and canyons and through communities and towns. Come learn about the trail, how it can be broken into manageable sections and the gear involved. Cindi hiked the Trail over a period of 4 years mostly ten miles at a time and much of it solo often with the support from her "trail valet" husband. As she gained experience, she learned that it was indeed possible for her to backpack sections, hike rim to rim of the Grand Canyon and meet the challenges of the AZT as a slower hiker in her mid 60s. She will share photos as she shared her adventure and will have her gear with her.

Location: Online Date: Wed, Oct 21 Time: 1:00 – 2:30 pm
Sessions: 1 Limit: 50 Facilitator: Janice Overdorff Joverdorff1@gmail.com

DISCUSSION

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: Online Date: Fri, Oct 2 - 30, Nov 13, 20
Time: 2:00 – 3:30 pm Sessions: 6 Limit: 30
Facilitator: Suzanne Brown suzannebrownpt@gmail.com

Bookshelf

If you like to read, this is the perfect class for you! Members read a wide variety of books prior to each class. Class members provide their own books which can be found in local libraries, bookstores or online. Lively discussions of the author and book content are discussed at each class. Members are not required to read each book or attend each class.

- 10/7 Forbidden Fruit: Love stories for the Underground RR by Betty DeRamus—
Discussion leader: Mary Boehlen
- 10/21 Educated: A Memoir by Tara Westover-- Discussion leader Gene Clabaugh
- 11/4 Lisett' List by Susan Vreland—Discussion leader Carolyn Follett
- 11/18 Drowning Ruth by Christine Schwarz—Discussion leader Diane Grogan
- 12/2 Triangle by David Von Drehle—Discussion leader Mary Boehlen
- 12/16 Beneath the Scarlett Sky by Mark Y. Sullivan—Discussion leader Carolyn Follett

Location: Online Date: Wed, Oct 7, 21, Nov 4, 18, Dec 2, 16
Time: 10:00 - 11:15 am Sessions: 6 Limit: 25
Facilitator: Janice Overdorff Joverdorff1@gmail.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. Come to one session or all four as your schedule allows.

- 10/14 The Black Ice by Michael Connelly (Diane Grogan)
- 10/28 A Fatal Grace by Louise Penny (Mary Boehlen)
- 11/11 The Unseeing by Anna Mazzola (Lynn Sapyta)
- 12/09 The Dying Detective by Leif GW Persson (Arlis Medicott)

Location: Online Date: Wed, Oct 14, 28, Nov 11, Dec 9
Time: 10:00 - 11:15 am Sessions: 4 Limit: 20
Facilitator: Mary Boehlen minpins48@gmail.com

DISCUSSION

Coffee & Conversation I

Each class begins with a short socialization period followed by discussions of local, national and world events or interesting commentary of interest. Personal experiences, opinions, and/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 Rm, S Stapley and 8th Ave. Mesa

Date: Mon, Sept 14 – Dec 14 Time: 10:00 am – noon

Sessions: 14 Limit: 45

Facilitator: Frank Rickey frickey1@cox.net

Coffee & Conversation II

Open discussion of local, state, national and international events at the discretion 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 15 - Dec 15 Time: 10:00 am – noon

Sessions: 14 Limit: 45

Facilitator: Larry Morrow la6mor@gmail.com

Early Morning Discussion

Are you an early morning riser and enjoy discussing current events or anything in general, this might be the place for you. Because of Covid-19, the discussion will be done over the internet using WebEx (free program). One only needs an internet connection using their cell phone, tablet or computer (or computer to view and a phone to hear). Assistance will be provided for first-time users.

Location: Online Date: Thurs, Oct 1, 15, 29, Nov 12 and Dec 3

Time: 8:00 – 10:00 am Sessions: 5 Limit: 20

Facilitator: Allan Zisner azisner@q.com

HEALTH AND WELLNESS

Brain Health

Presenter: Heather Mulder: Banner Alzheimer's Institute

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.

Location: Online Date: Thurs, Dec 3

Time: 2:00 - 4:30 pm Sessions: 1 Limit: 25

Facilitator: Jean Bruno jhbruno1@cox.net

HEALTH AND WELLNESS

Mindfulness for Health

MCC Professor

Presenter: Debbie Hoxea

This 4-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.

Location: Online

Date: Mon, Sept 28, Oct 5 - 19

Time: 3:00 - 4:30 pm

Sessions: 4

Limit: 30

Facilitator: Diane Batchlor

dbatchlor@gmail.com

Living with Hearing Loss

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 is encouraged.

For maximum benefit from program, we request that attendees to be present for all 4 sessions.

Location: Online

Date: Mon, Oct 19, 26 and Nov 2, 9

Time: 10:00 - 11:00 am

Sessions: 4

Limit: 8

Facilitator: Marlin Fried

Mfried5751@cox.net

Steps for a Healthy Heart

Presenter: Dr. Sonny Sampedro

In the US, heart disease is the leading cause of death. Heart attacks occur every 40 seconds. What are the different types of heart disease? Are there risk factors? Discover the procedures done to diagnose this condition. What treatments are available? Are there alternative type treatments? Does exercise and diet play a role? What preventative measures can one take to prevent this condition?

Location: Online

Date: Fri, Nov 20

Time: 1:00 - 3:00 pm

Sessions: 1

Limit: 48

Facilitator: Larry Merrill

Larry_merrill@mac.com

Understanding Obesity

Presenter: Dr. Jacqueline May Carter, MD

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.

Location: Online

Date: Fri, Oct 23

Time: 1:30 - 3:00 pm

Sessions: 1

Limit: 35

Facilitator: Jennifer Wong

Nfljwong@outlook.com

HEALTH AND WELLNESS

Critical Thinking

Presenter: Bex Beltran

When was the last time you thought about critical thinking? Do you practice using critical thinking daily in your own decision making and as you form your own opinions? Some people say that critical thinking is often forgotten in major decision making by senior political figures who may rely on superstition and opinion polls rather than facts. If that's true, what can you do? We as individuals can elect to practice critical thinking every day to control what we have control over and to recognize the neutrality of our circumstances. This class will examine the apparent contradiction of why everything centers on you and also why you have no control over anything outside your own mind. Learn how to take charge of your own thoughts and life during our current times.

Location: Online

Date: Thurs, Oct 8

Time: 1:30 - 3:00 pm

Sessions: 1

Limit: 93

Facilitator: Bob Dukelow

Ace1bob@gmail.com

COMPUTERS

Computer Maintenance

Presenter: Tessa Hunter

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

Location: Online

Date: Fri, Oct 2

Time: 1:30 - 2:30 pm

Sessions: 1

Limit: 30

Facilitator: Jeff Hirschl

jhirschl@yahoo.com

Learn Webex

Small class to show how to join web classes and how to use Webex options. Meant for participants after they have studied video and docs on subject. Sign up for only 1 of the classes.

Location: Online

Date: Mon, Sept 21
Wed, Sept 23

Time: 10:00 - 11:00 am and 1:00 - 2:00 pm
Time: 1:30 - 2:30 pm

Sessions: 1

Limit: 10

Facilitator: Roland Tanner, Allan Zisner

rdtanner@gmail.com; azisner@q.com

Learn Zoom

Small class to show how to join Zoom classes and how to use zoom options. Meant for participants after they have studied video and docs on subject. Sign up for only 1 of the classes.

Location: Online

Date: Tues, Sept 22
Thurs, Sept 24

Time: 10:30 - 11:30 am and 2:00 - 3:00 pm
Time: 10:30 - 11:30 am

Sessions: 1

Limit: 7

Facilitator: Rea Dias

nfillrea@outlook.com

FINANCIAL MATTERS

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.

Unbiased Financial Advice

Presenter: Scott Sandell

It is difficult to know who to trust out there these days and even when you do find someone, don't let your guard down. We will discuss what to watch out for and what to look for. 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: Online Date: Wed, Oct 28 Time: 1:00 – 3:00 pm
Sessions: 1 Limit: 50 Facilitator: Diane Grogan Dtgrogan@cox.net

Plan for Crises in Rtrmt

Presenter: Scott Sandell

9/11, 2008, 2020 are all recent financial crisis that make retirement unpredictable and often difficult to navigate. A sound financial plan allows you to navigate these crises without altering your enjoyable retirement plans. Sound financial planning does not require a crystal ball but it does require an understanding of your own situation while linking your priorities to your investment choices and strategies. 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: Online Date: Wed, Dec 2 Time: 1:00 – 3:00 pm
Sessions: 1 Limit: 50 Facilitator: Diane Grogan Dtgrogan@cox.net

Required Min Distribution

Presenter: Scott Sandell

As you approach 72 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: Online Date: Wed, Nov 18 Time: 11:00 – 12:30 pm
Sessions: 1 Limit: 50 Facilitator: Diane Grogan Dtgrogan@cox.net

Protecting Your Legacy

Presenter: Matthew Mariner & Colby Keller

This class provided 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 the perils of probate. And understanding why to use a will or a trust based on what is important to you.

Location: Online Date: Fri, Oct 9 Time: 2:30 – 4:00 pm
Sessions: 1 Limit: 32 Facilitator: Rea Dias NFLLRea@outlook.com

FINANCIAL MATTERS

Estate Planning

Presenter: Marcus Seiter

This class is designed to provide answers to questions like: What happens if I live but become incapacitated? And What happens to my stuff after I die? Topics of discussion will include: Wills and trusts (what each does or doesn't do), probate (how to avoid), Financial and Health care Powers of Attorney (why you need them).

Location: Online Date: Wed, Oct 28 Time: 2:00 pm - 3:30 pm

Sessions: 1 Limit: 25 Facilitator: Jean Bruno Jhbruno1@cox.net

Financial Literacy

Everyone should have a level of financial literacy, especially seniors. This CD Great Course is presented by Dr. Connel Fullenkamp, Professor of the Practice, Department of Economics, Duke University. This course is presented in 24, half-hour lectures. Each lecture is self-contained but if you must miss one, you will still understand the lectures you attend. This course is targeted for the beginner in financial literacy. A list of the topics can be found on the Great Courses website by searching for the course by the title: <https://www.thegreatcourses.com/courses/financial-literacy-finding-your-way-in-the-financial-markets.html>

Location: Online Date: Tues, Sept 29, Oct 6 - 27, Nov 3 - 17 Time: 1:00 - 3:00 pm

Sessions: 8 Limit: 24 Facilitator: Suzanne Brown suzannebrownpt@gmail.com

PIANO

Beginning Piano Online

This group piano is open to beginning students (or any previous year's students who may want to review or become more efficient at that level.) Class begins with the basics and progresses with students soon learning to play many familiar tunes. Some music theory is included so students will know why and how music is written. A piano, organ or keyboard is needed at home for practicing. John Thompson's Adult Piano Course Book One may be purchased at Milano's or Amazon.

A computer or laptop with speakers and camera. (cell phone used as speaker/camera if necessary.)

Location: Online Dates: Wed, Sept 30, Oct 7 - 28, Nov 4

Time: 12:00 - 1:30 pm Sessions: 6 Limit: 15

Facilitator: Shiela Millhollon Smill18@cox.net

Continuing Piano Online

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. 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 (last half covered) and/or Book Two, (depending upon the student's level of experience) may be purchased at Milano's or Amazon.

A computer or laptop with speakers and camera. (cell phone used as speaker/camera if necessary.)

Location: Online Dates: Wed, Sept 30, Oct 7 - 28, Nov 4

Time: 1:40 - 3:00 pm Sessions: 6 Limit: 15

Facilitator: Shiela Millhollon Smill18@cox.net

PHOTOGRAPHY

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: Online

Date: Tues, Oct 6, 13

Time: 10:00 – 11:30 am

Sessions: 2

Limit: 30

Facilitator: Jeff Hirschl

jhirschl@yahoo.com

Save Your Photos II

Presenter: Debra Durma

Prerequisites:

- Completed the New Frontiers Save Your Photos Class
- Have a Free or upgraded Forever Storage Account (discussed in Save Your Photos class). Bring Email login and password to class.
- Uploaded at least 50 pictures into your Forever Storage Account.

Having trouble finding time to organize your photos? Need help using the tools in Forever to Save-Organize-Share your photos? If so, then this class is for you. You will log into your Forever Permanent Storage account for this class and work within your own account.

This class will be an interactive workshop showing you the tools to enhance your Photo Organization within the Forever Permanent Storage account. You will have time to put the techniques and tools into practice within your own account. There will also be time to begin a photo book or print project if you wish to create a project to share. Be sure to upload pictures prior to class to create your photo book or print project. Join us for this class and take time to get your photos organized and back into your life.

Location: Online

Date: Tues, Oct 27

Time: 10:00 am – noon

Sessions: 1

Limit: 15

Facilitator: Facilitator: Jeff Hirschl

jhirschl@yahoo.com

New Frontiers Council

Officers

President: Roland Tanner
V-Pres: Bob Dukelow
Secretary: Diane Grogan
Treasurer: Greg Master
Past President: Dan Taylor
Members-At-Large: Margo Heaps, Ron Schueman, Allen Zisner, Fred Searing

Standing Committees

Curriculum Chair: Ruth Brooks
Membership Chair: Mary Boehlen and Mary McGonigle
Support Services/ Communications Chair: Peggy Randolph and Arlys Medicott
Social Chair: Peggy Schulz
Volunteer Chair: Barbara Thelander and Cathy McGonigle

Sincere gratitude to everyone who has donated their time, talents, and classroom space to make New Frontiers for Lifelong Learning successful.