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

Spring Open House
Friday, January 24, 2020 1-3pm
Red Mountain Campus Community Room

A courtesy shuttle is available from the parking lot. Call Public Safety at 480-461-7046

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 (January 24, 2020 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) 461-7497. 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 enroll 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 (Spring fees are $60)

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.
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…” (May need to scroll down to see box.)
   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 Out to exit. Again, you may have to poke around on the Search/Login screen to find the Logout button, depending on what computer device you are using.

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

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.

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

New Frontiers Council

<table>
<thead>
<tr>
<th>Officers</th>
<th>New Frontiers Council</th>
</tr>
</thead>
<tbody>
<tr>
<td>President:</td>
<td>Dan Taylor</td>
</tr>
<tr>
<td>V-Pres:</td>
<td>Roland Tanner</td>
</tr>
<tr>
<td>Secretary:</td>
<td>Diane Grogan</td>
</tr>
<tr>
<td>Treasurer:</td>
<td>Greg Master</td>
</tr>
<tr>
<td>Past President:</td>
<td>Martin Fried</td>
</tr>
<tr>
<td>Members-At-Large:</td>
<td>Dan Scarpone, Anne Stehr, Sandy Whitley, Mary Boehlen</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Standing Committees</th>
<th>New Frontiers Council</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curriculum Chair:</td>
<td>Ruth Brooks</td>
</tr>
<tr>
<td>Membership Chair:</td>
<td>Mary Boehlen and Mary McGonigle</td>
</tr>
<tr>
<td>Support Services/ Communications Chair:</td>
<td>Peggy Randolph and Arlys Medlicott</td>
</tr>
<tr>
<td>Social Chair:</td>
<td>Peggy Schulz</td>
</tr>
<tr>
<td>Volunteer Chair:</td>
<td>Barbara Thelander and Cathy McGonigle</td>
</tr>
<tr>
<td>NF SPRING 2020 SCHEDULE AT A GLANCE</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>THE GREAT OUTDOORS</strong></td>
<td></td>
</tr>
<tr>
<td>Trailblazers Hiking Group</td>
<td></td>
</tr>
<tr>
<td>Trailers Hike Group</td>
<td></td>
</tr>
<tr>
<td>Walkers Explore Parks</td>
<td></td>
</tr>
<tr>
<td>Morning Bicycle Rides</td>
<td></td>
</tr>
<tr>
<td><strong>HISTORY AND CULTURE</strong></td>
<td></td>
</tr>
<tr>
<td>Prohibition in America</td>
<td></td>
</tr>
<tr>
<td>Understand Russia - Part 2</td>
<td></td>
</tr>
<tr>
<td>History - Hitler’s Empire</td>
<td></td>
</tr>
<tr>
<td>Japan Today</td>
<td></td>
</tr>
<tr>
<td>History Secret Societies</td>
<td></td>
</tr>
<tr>
<td>Origin of US Constitution</td>
<td></td>
</tr>
<tr>
<td>The Panama Canal</td>
<td></td>
</tr>
<tr>
<td>Salt, Silk, and Spice</td>
<td></td>
</tr>
<tr>
<td><strong>BIOGRAPHY</strong></td>
<td></td>
</tr>
<tr>
<td>Frank Lloyd Wright</td>
<td></td>
</tr>
<tr>
<td>This Reporter</td>
<td></td>
</tr>
<tr>
<td>FBI Stories - Pacific Rim</td>
<td></td>
</tr>
<tr>
<td>Hitler Germany &amp; Stories</td>
<td></td>
</tr>
<tr>
<td>Cattle Ranch &amp; Rural CO.</td>
<td></td>
</tr>
<tr>
<td>Wisdom of Strong Women</td>
<td></td>
</tr>
<tr>
<td><strong>CURRENT ISSUES</strong></td>
<td></td>
</tr>
<tr>
<td>Assess Trump Presidency</td>
<td></td>
</tr>
<tr>
<td>Trump Admn Foreign Policy</td>
<td></td>
</tr>
<tr>
<td>National Debt 2020</td>
<td></td>
</tr>
<tr>
<td>Modern Economic Issues I</td>
<td></td>
</tr>
<tr>
<td>Climate Change Impacts</td>
<td></td>
</tr>
<tr>
<td><strong>DISCUSSION</strong></td>
<td></td>
</tr>
<tr>
<td>Talking About TED Talks</td>
<td></td>
</tr>
<tr>
<td>Our U.S. Constitution</td>
<td></td>
</tr>
<tr>
<td>Bookshelf</td>
<td></td>
</tr>
<tr>
<td>Mystery Book Club</td>
<td></td>
</tr>
<tr>
<td>Great Decisions</td>
<td></td>
</tr>
<tr>
<td>Early Morning Coffee</td>
<td></td>
</tr>
<tr>
<td>Coffee &amp; Conversation I</td>
<td></td>
</tr>
<tr>
<td>Coffee &amp; Conversation II</td>
<td></td>
</tr>
<tr>
<td><strong>TRAVEL ASSISTANCE</strong></td>
<td></td>
</tr>
<tr>
<td>Travel-Engaging Cultures</td>
<td></td>
</tr>
<tr>
<td>Traveling Talks</td>
<td></td>
</tr>
<tr>
<td><strong>TRAVELOGUE</strong></td>
<td></td>
</tr>
<tr>
<td>Atacama? No-It’s a Desert</td>
<td></td>
</tr>
<tr>
<td>Back Roads of Iberia</td>
<td></td>
</tr>
<tr>
<td>“6 weeks in Australia</td>
<td></td>
</tr>
<tr>
<td>Val d’Orcia</td>
<td></td>
</tr>
<tr>
<td>Wonders of Appalachians</td>
<td></td>
</tr>
<tr>
<td>Hiking the Arizona Trail</td>
<td></td>
</tr>
<tr>
<td><strong>PHOTOGRAPHY</strong></td>
<td></td>
</tr>
<tr>
<td>NatlGeo on Photography</td>
<td></td>
</tr>
<tr>
<td>Save Your Photos</td>
<td></td>
</tr>
<tr>
<td>Save Your Photos Level 2</td>
<td></td>
</tr>
<tr>
<td><strong>SCIENCE AND TECHNOLOGY</strong></td>
<td></td>
</tr>
<tr>
<td>Black Holes</td>
<td></td>
</tr>
<tr>
<td>Android Smartphone Basics: Dobson</td>
<td></td>
</tr>
<tr>
<td>Android Smartphone Basics: Red Mtn</td>
<td></td>
</tr>
<tr>
<td>Your Google Acct: Dobson</td>
<td></td>
</tr>
<tr>
<td>Your Google Acct : Red Mtn</td>
<td></td>
</tr>
<tr>
<td><strong>THE ARTS</strong></td>
<td></td>
</tr>
<tr>
<td>Swing to Symphonies</td>
<td></td>
</tr>
<tr>
<td>What is Art Good For II</td>
<td></td>
</tr>
<tr>
<td>Movie Musicals</td>
<td></td>
</tr>
<tr>
<td>Movie Time</td>
<td></td>
</tr>
<tr>
<td><strong>FINANCIAL MATTERS</strong></td>
<td></td>
</tr>
<tr>
<td>Tax Efficiency-Retirement</td>
<td></td>
</tr>
<tr>
<td>Unbiased Financial Advice</td>
<td></td>
</tr>
<tr>
<td>Estate Planning</td>
<td></td>
</tr>
<tr>
<td>Protecting your Legacy</td>
<td></td>
</tr>
<tr>
<td><strong>SENIOR LIVING ASSISTANCE</strong></td>
<td></td>
</tr>
<tr>
<td>Fall Prevention Design</td>
<td></td>
</tr>
<tr>
<td>Brain Fitness: Dobson</td>
<td></td>
</tr>
<tr>
<td>Brain Fitness: Red Mtn</td>
<td></td>
</tr>
<tr>
<td>Mindfulness for Health</td>
<td></td>
</tr>
<tr>
<td>Maintaining Memory System</td>
<td></td>
</tr>
<tr>
<td>Mild Cognitive Impairment</td>
<td></td>
</tr>
<tr>
<td>Understanding Obesity</td>
<td></td>
</tr>
<tr>
<td>Steps to Better Health</td>
<td></td>
</tr>
<tr>
<td>Optimize Your Longevity</td>
<td></td>
</tr>
<tr>
<td>Healthy Posture</td>
<td></td>
</tr>
<tr>
<td>Medical Cannabis</td>
<td></td>
</tr>
<tr>
<td><strong>SPIRITUALITY</strong></td>
<td></td>
</tr>
<tr>
<td>Women’s Creative Spirit</td>
<td></td>
</tr>
<tr>
<td><strong>FUN AND CREATIVE ACTIVITIES</strong></td>
<td></td>
</tr>
<tr>
<td>Games Galore</td>
<td></td>
</tr>
<tr>
<td>Creative Writing</td>
<td></td>
</tr>
<tr>
<td><strong>PIANO</strong></td>
<td></td>
</tr>
<tr>
<td>Beginning Piano Dobson</td>
<td></td>
</tr>
<tr>
<td>Continuing Piano Dobson</td>
<td></td>
</tr>
<tr>
<td>Beginning Piano Red Mt</td>
<td></td>
</tr>
<tr>
<td>Continuing Piano Red Mt</td>
<td></td>
</tr>
<tr>
<td><strong>THE ARTS</strong></td>
<td></td>
</tr>
<tr>
<td>Swing to Symphonies</td>
<td></td>
</tr>
<tr>
<td>What is Art Good For II</td>
<td></td>
</tr>
<tr>
<td>Movie Musicals</td>
<td></td>
</tr>
<tr>
<td>Movie Time</td>
<td></td>
</tr>
<tr>
<td><strong>FINANCIAL MATTERS</strong></td>
<td></td>
</tr>
<tr>
<td>Tax Efficiency-Retirement</td>
<td></td>
</tr>
<tr>
<td>Unbiased Financial Advice</td>
<td></td>
</tr>
<tr>
<td>Estate Planning</td>
<td></td>
</tr>
<tr>
<td>Protecting your Legacy</td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>CLASS</td>
</tr>
<tr>
<td>--------------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>Jan 7– May 12</td>
<td>Coffee &amp; Conversation II</td>
</tr>
<tr>
<td>Jan 13 - May 11</td>
<td>Coffee &amp; Conversation I</td>
</tr>
<tr>
<td>Feb 3</td>
<td>Medical Cannabis</td>
</tr>
<tr>
<td>Feb 3 – Mar 2</td>
<td>Movie Time</td>
</tr>
<tr>
<td>Feb 3 - Mar 9</td>
<td>Modern Economic Issues I</td>
</tr>
<tr>
<td>Feb 4 - Mar 3</td>
<td>Our U.S. Constitution</td>
</tr>
<tr>
<td>Feb 4-Mar 17</td>
<td>Prohibition in America</td>
</tr>
<tr>
<td>Feb 4-Apr 28</td>
<td>Trailers Hike Group</td>
</tr>
<tr>
<td>Feb 4 - Apr 21</td>
<td>Games Galore</td>
</tr>
<tr>
<td>Feb 5-Mar 4</td>
<td>NatlGeo on Photography</td>
</tr>
<tr>
<td>Feb 5 - Mar 18</td>
<td>Walkers Explore Parks</td>
</tr>
<tr>
<td>Feb 5-Mar 18</td>
<td>Beginning Piano: Red Mt</td>
</tr>
<tr>
<td>Feb 5-Mar 18</td>
<td>Continuing Piano: Red Mt</td>
</tr>
<tr>
<td>Feb 5-Apr 29</td>
<td>Bookshelf</td>
</tr>
<tr>
<td>Feb 6</td>
<td>Wisdom of Strong Women</td>
</tr>
<tr>
<td>Feb 6</td>
<td>Optimize Your Longevity</td>
</tr>
<tr>
<td>Feb 6-Mar 5</td>
<td>Understand Russia - Part 2</td>
</tr>
<tr>
<td>Feb 6-Mar 5</td>
<td>Travel-Engaging Cultures</td>
</tr>
<tr>
<td>Feb 6-Apr 16</td>
<td>Morning Bicycle Rides</td>
</tr>
<tr>
<td>Feb 7</td>
<td>Understanding Obesity</td>
</tr>
<tr>
<td>Feb 7-Mar 20</td>
<td>Beginning Piano: Dobson</td>
</tr>
<tr>
<td>Feb 7-Mar 20</td>
<td>Continuing Piano: Dobson</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Val d’Orcia</td>
</tr>
<tr>
<td>Feb 10-Apr 6</td>
<td>Swing to Symphonies</td>
</tr>
<tr>
<td>Feb 11</td>
<td>The Panama Canal</td>
</tr>
<tr>
<td>Feb 11</td>
<td>Fall Prevention Design</td>
</tr>
<tr>
<td>Feb 11-Mar 3</td>
<td>Japan Today</td>
</tr>
<tr>
<td>Feb 11-Mar 3</td>
<td>Great Decisions</td>
</tr>
<tr>
<td>Feb 12-Mar 4</td>
<td>Creative Writing</td>
</tr>
<tr>
<td>Feb 12</td>
<td>Brain Fitness: Red Mt</td>
</tr>
<tr>
<td>Feb 12-May 6</td>
<td>Mystery Book Club</td>
</tr>
<tr>
<td>Feb 13-Mar 5</td>
<td>Salt, Silk, and Spice</td>
</tr>
<tr>
<td>Feb 13-Apr 23</td>
<td>Early Morning Coffee</td>
</tr>
<tr>
<td>Feb 14-Mar 20</td>
<td>History - Hitler’s Empire</td>
</tr>
<tr>
<td>Feb 14-Mar 27</td>
<td>Talking About TED Talks</td>
</tr>
<tr>
<td>Feb 14-Apr 10</td>
<td>What is Art Good For II</td>
</tr>
<tr>
<td>Feb 14-Apr 24</td>
<td>Trailblazers Hiking Group</td>
</tr>
<tr>
<td>Feb 18-Feb 25</td>
<td>Save Your Photos</td>
</tr>
<tr>
<td>Feb 18-Apr 14</td>
<td>History Secret Societies</td>
</tr>
<tr>
<td>Feb 19</td>
<td>Climate Change Impacts</td>
</tr>
<tr>
<td>Feb 19</td>
<td>Tax Efficiency-Retirement</td>
</tr>
<tr>
<td>Feb 19</td>
<td>Estate Planning</td>
</tr>
<tr>
<td>Feb 19-Apr 15</td>
<td>Traveling Talks</td>
</tr>
<tr>
<td>Feb 20</td>
<td>Back Roads of Iberia</td>
</tr>
<tr>
<td>Feb 21</td>
<td>Trump Admn Foreign Policy</td>
</tr>
<tr>
<td>Feb 21</td>
<td>Atacama? No-It’s a Desert</td>
</tr>
<tr>
<td>Feb 21</td>
<td>Steps to Better Health</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Cattle Ranch &amp; Rural CO.</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Maintaining Memory System - Red Mt</td>
</tr>
<tr>
<td>Feb 26</td>
<td>Mild Cognitive Impairment</td>
</tr>
<tr>
<td>Feb 27</td>
<td>Hitler Germany &amp; Stories</td>
</tr>
<tr>
<td>Feb 27</td>
<td>Brain Fitness: Dobson</td>
</tr>
<tr>
<td>Mar 2</td>
<td>Maintaing Memory System - Dobson</td>
</tr>
<tr>
<td>Mar 4</td>
<td>Android Smartphone Basics: Red Mt</td>
</tr>
<tr>
<td>Mar 4-Apr 8</td>
<td>Origin of US Constitution</td>
</tr>
<tr>
<td>Mar 5</td>
<td>Save Your Photos Level 2</td>
</tr>
<tr>
<td>Mar 6</td>
<td>Android Smartphone Basics: Dobson</td>
</tr>
<tr>
<td>Mar 16</td>
<td>This Reporter</td>
</tr>
<tr>
<td>Mar 16</td>
<td>Paris to Pittsburgh Film</td>
</tr>
<tr>
<td>Mar 18 &amp; 25</td>
<td>Women’s Spirituality</td>
</tr>
<tr>
<td>Mar 19</td>
<td>Long Term Relationships</td>
</tr>
<tr>
<td>Mar 19</td>
<td>Benefits of Journaling</td>
</tr>
<tr>
<td>Mar 20</td>
<td>Paint a Spring Scene</td>
</tr>
<tr>
<td>Mar 24</td>
<td>Understanding Annuities</td>
</tr>
<tr>
<td>Mar 25</td>
<td>“Golden Girls” do Europe</td>
</tr>
<tr>
<td>Mar 25</td>
<td>Fact or Fiction</td>
</tr>
<tr>
<td>Mar 26</td>
<td>Computer Maintenance</td>
</tr>
</tbody>
</table>
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.

### ASU Emeritus College Professor Presentations

**Frank Lloyd Wright**
- Stephen Siek
- Biography
  - Page 10

**National Debt 2020**
- Dr. Gary Kleemann
- Current Issues
  - Page 11

**Back Roads of Iberia**
- Dr. Gary Kleemann
- Travelogue
  - Page 15

**Black Holes**
- Dr. Per Aanestad
- Science and Technology
  - Page 18

**Maintaining Memory System**
- Dr. Billie Enz, PhD
- Health and Wellness
  - Page 22

### MCC Professor Presentations

**Assess Trump Presidency**
- Dr. Brian Dille
- Current Issues
  - Page 11

**Trump Admn Foreign Policy**
- Dr. Brian Dille
- Current Issues
  - Page 11

**Mindfulness for Health**
- Debbie Holexa
- Health and Wellness
  - Page 22

---

### Important Dates to Remember:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Open House 2020</td>
<td>Friday, Jan 24</td>
<td>1:00-3:00 pm</td>
<td>Red Mtn Community Room</td>
</tr>
<tr>
<td>Registration</td>
<td>Wednesday, Jan 29</td>
<td>9:00 am</td>
<td>Internet</td>
</tr>
<tr>
<td>New Member Coffee</td>
<td>Friday, Feb 7</td>
<td>9:30-11:30 am</td>
<td>Red Mtn Community Room</td>
</tr>
<tr>
<td>President's Day</td>
<td>Monday, Feb 17</td>
<td></td>
<td>Campus Closed</td>
</tr>
<tr>
<td>Spring Break</td>
<td>Mar 9 - Mar 15</td>
<td></td>
<td>Campus Closed</td>
</tr>
<tr>
<td>General Membership Meeting</td>
<td>Friday, Mar 27</td>
<td>1:00-3:00 pm</td>
<td>Red Mtn Community Room</td>
</tr>
<tr>
<td>Deadline for Summer Proposals</td>
<td>Wednesday, Apr 15</td>
<td>Midnight</td>
<td></td>
</tr>
<tr>
<td>Deadline for Fall Proposals</td>
<td>Wednesday, July 1</td>
<td>Midnight</td>
<td></td>
</tr>
</tbody>
</table>
Trailblazers Hiking 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 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. There may be “special” hikes on days other than Friday or at times other than morning. Risk Form #1 must be signed.

Location: Outdoors  Date: Fri, Feb 14 - 28, Mar 6 - 20, Apr 3 - 24  Time: 7:00 am - noon
Sessions: 10  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 in length 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. Risk Form #1 must be signed.

Location: Outdoors  Date: Tues, Feb 4 - Apr 28  Time: Mornings
Sessions: 13  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.

Feb 5 – Riverview Park, Mesa
Feb 12 – Riparian Preserve, Gilbert
Feb 19 – Freestone Park, Gilbert
Feb 26 – Veteran’s Oasis Park, Chandler
Mar 4 – Desert Arroyo Park, Mesa
Mar 11 – Kiwanis Park, Tempe
Mar 18 – Desert Breeze
Possibly continue...

Location: See Above  Date: Wed, Feb 5 - Mar 18  Time: 9:30 - 11:00 am
Sessions: 7  Limit: 40  Facilitator: Mary Adamick  madamick@cox.net

Morning Bicycle Rides

Cycle the numerous paved canal and paths in the East Valley. An average riding distance is 10-15 miles with numerous rest stops as required. Each cyclist must be able to transport their bicycle. Be sure you are able to lift your bicycle into and out of your vehicle and if necessary know how to remove the front wheel (this might aid in the transporting of the bicycle). Bring snacks and water and dress in layers. Risk Form #1 must be signed.

Start times will vary between 7 and 8 am, and a ride lasts approximately 2 hrs. This will allow one to schedule a class later in the day. All rides are an out and back via the same route. Bicycle rides are scheduled for the 1st and 3rd Thursday of the month.

Location: Outdoors  Date: Thurs, Feb 6, 20, Mar 5, 19, Apr 2, 16  Time: 7:00 -11:00 am
Sessions: 6  Limit: 15  Facilitator: Allan Zisner  azisner@Q.com
## Prohibition in America

Celebrate the 100th anniversary of the 18th Amendment (Jan 1920). Grab your racoon coat and hip flask, put on your flapper dress and head down to the Red Mt. Speakeasy to see the tale of the rise and fall of Prohibition. Exciting and highly entertaining, this story shows what happen when a freedom loving nation outlaws the manufacture and sale of intoxicating beverages and the disastrous consequences that ensues. A six week course based on the PBS series directed by Ken Burns.

**Location:** MCC Red Mountain  S281  
**Date:** Tues, Feb 4 - 25, Mar 3 & 17  
**Time:** 1:30 - 3:30 pm  
**Sessions:** 6  
**Limit:** 30  
**Facilitator:** David Ramis  bonnie.ramis@gmail.com

## Understand Russia - Part 2

A comprehensive survey of Russia’s cultural history from a primitive city state to the world colossus under Vladimir Putin. Prof. Lynne Anne Hartnett of Villanova Univ. explores the history of Russian literature and the Russian Orthodox Church and how they helped shape the foundations of the empire under the leadership of the tsars. Part 2 covers the fall of the Romanov Dynasty in 1917 up to the collapse of the Soviet state in 1989 and the rise of the new tsar? - Vladimir Putin.

**Location:** MCC Red Mountain  V118  
**Date:** Thurs, Feb 6 - Mar 5  
**Time:** 1:30 - 3:30 pm  
**Sessions:** 5  
**Limit:** 25  
**Facilitator:** David Ramis  bonnie.ramis@gmail.com

## History - Hitler’s Empire

Know thy enemy. That's what the wisdom of history teaches us. And Adolf Hitler was surely the greatest enemy ever faced by modern civilization. Over half a century later, the horror and fascination still linger. No one is better able to explain the unexplainable about this man and his movement than Professor Thomas Childers. In these lectures, you will see what great teaching is all about.

This class is a six weeks Great Courses Video series. Each class session will cover 2 lectures.

**Location:** Leisure World  
**Date:** Fri, Feb 14 - Mar 20  
**Time:** 10:00 am - Noon  
**Sessions:** 6  
**Limit:** 40  
**Facilitator:** Archie Millhollon  amillho@cox.net

## Japan Today

A brief historical overview of Japan and its culture followed by an examination of contemporary Japan, its problems and prospects.

**Location:** MCC Dobson  EF2E  
**Date:** Tues, Feb 11- Mar 3  
**Time:** 10:00 - 11:30 am  
**Sessions:** 4  
**Limit:** 40  
**Facilitator:** Dan Mueller  muellerd1@yahoo.com
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. The first session will cover 4 lectures, with each subsequent session covering 3 lectures. The lectures are self-contained, so if you can’t attend all sessions, consider coming for those that you can. This programs promises interesting information and good discussion.

Location: MCC Red Mountain  PV205       Date: Tues, Feb 18, 25, Mar 3, 17, 24, 31, Apr 7, 14
Time:  1:00 – 3:00 pm         Sessions: 8      Limit: 40
Facilitator: Suzanne Brown suzannebrownpt@gmail.com

Origin of US Constitution

The Great Debate will be a study of the arguments made by the Founders putting together the Constitution. The class format will be a discussion of those arguments and how they impacted the final product. Furthermore, the discussion will also deal with how the original document is faring today. In other words, we will attempt to answer the question, “How has it turned out?”.

Location: MCC Red Mountain  S279       Date: Wed, Mar 4, 18, 25, Apr 1, 8       Time: 1:30 – 3:00 pm
Sessions: 5      Limit: 36
Facilitator: Richard Falconer rlfalconer@outlook.com

The Panama Canal

The Panama Canal – behind this 20th-century, civil engineering marvel lies a fascinating story of tragedy and triumph, colossal failure and eventual success. Although not well known, the canal’s construction required overcoming of medical challenges and those of several large-scale civil engineering projects. In this class we’ll first examine the history and operation of the canal thru a Nova presentation on DVD. Then we’ll go "behind the scenes" of the canal and on a canal transit as seen from the bridge of a large freighter, followed by questions and answers as time permits.

Location: MCC Red Mountain  PV205       Date: Tues, Feb 11
Time:  1:00-3:00 pm         Sessions: 1      Limit: 40
Facilitator: Jeff Hirschl jhirschl@yahoo.com

Salt, Silk, and Spice

The demand for salt, silk, and spices on our world’s history is enormous. This class will explore the ancient trade routes, how they developed, how they influenced today’s world, and the modern means to get these commodities to the consumers. Did you know there is a working salt mine in Glendale? Silk was produced in Utah from pioneer days until 1906. The search for shorter routes from Europe to the spice producers in South East Asia fueled the Age of Exploration, the discovery of the New World, and the European colonization of half the world.

Location: MCC Dobson  BP4       Date: Thurs, Feb 13 - Mar 5       Time: 1:30 - 3:00 pm
Sessions: 4      Limit: 50
Facilitator: Bob Dukelow ace1bob@gmail.com
**FBI Stories - Pacific Rim**

**Presenter:** James Martin  
**Location:** MCC Dobson A1  
**Date:** Fri, Apr 3  
**Time:** 10:00 - 11:30 am  
**Sessions:** 1  
**Limit:** 40  
**Facilitator:** Barbara Dixon  
bdixon7777@gmail.com

**Wisdom of Strong Women**

**Presenter:** Neema Uthappa  
**Location:** MCC Dobson LB300  
**Date:** Thus, Feb 6  
**Time:** 1:30 - 3:00 pm  
**Sessions:** 1  
**Limit:** 50  
**Facilitator:** Bob Dukelow  
Ace1bob@gmail.com

---

**BIOGRAPHY**

**Frank Lloyd Wright**  
**ASU Emeritus College Professor**

**Presenter:** Stephen Siek  
**Frank Lloyd Wright: The Chicago Years.** In 1887, a 20-year-old Frank Lloyd Wright arrived in Chicago from his native Wisconsin to pursue a career in architecture, and within six years he had established his own firm. He specialized in domestic architecture, an area often neglected by the leading architects of the day, and he was now determined to bring a new kind of house to the American prairie. This course—which presumes no prior knowledge—examines Wright’s Chicago-area houses before 1910 (many of which have been beautifully restored), stressing the underlying philosophic ideas that guided his architectural choices.

**Location:** MCC Dobson BP4  
**Date:** Tues, Apr 7 & 14  
**Time:** 2:00 – 3:30 pm  
**Sessions:** 2  
**Limit:** 50  
**Facilitator:** Kimberly Zeman  
zemank@hotmail.com

---

**Cattle Ranch & Rural CO.**

**Presenter:** Carl Smith  
**In this presentation, Carl will tell true stories of growing up on a cattle ranch and talk about the unique geological formations and ecosystems found in rural Colorado. From the Black Canyon of the Gunnison to the award winning orchards and vineyards, there is so much to discover about Western Colorado.**

**Location:** MCC Dobson AC1  
**Date:** Mon, Feb 24  
**Time:** 1:30 - 3:00 pm  
**Sessions:** 1  
**Limit:** 48  
**Facilitator:** Mary Adamick  
madamick@cox.net

---

**This Reporter**

**This is a DVD Documentary look at the career of legendary journalist Edward R. Murrow. He truly understood the power of the spoken word. TV news and programming owe him for his unique contributions.**

**Location:** MCC Dobson BP1N  
**Date:** Mon, Mar 16  
**Time:** 1:00 – 3:30 pm  
**Sessions:** 1  
**Limit:** 25  
**Facilitator:** Margo Heaps  
nfilmargo@juno.com

---

**Hitler Germany & Stories**

**Excerpts from my book, “God is All”, about my life pre/post WWII in Germany and after.**

**Location:** MCC Red Mountain PV205  
**Date:** Thurs, Feb 27  
**Time:** 1:30 – 3:30 pm  
**Sessions:** 1  
**Limit:** 40  
**Facilitator:** Margot Tanner  
Margotetanner@gmail.com

---

**This Reporter**

**This is a DVD Documentary look at the career of legendary journalist Edward R. Murrow. He truly understood the power of the spoken word. TV news and programming owe him for his unique contributions.**

**Location:** MCC Dobson BP1N  
**Date:** Mon, Mar 16  
**Time:** 1:00 – 3:30 pm  
**Sessions:** 1  
**Limit:** 25  
**Facilitator:** Margo Heaps  
nfilmargo@juno.com

---

**Wisdom of Strong Women**

**Presenter:** Neema Uthappa  
**Leveraging the momentum created by Millennials and Gen Z through one’s own culture and background: Neema Uthappa’s outlook towards Millennials has changed drastically since she led the team full of Millennials for a little over 2.5 years now. A lot of perceived myths were broken just by reflecting on her own career path as an Indian Naval Officer, a mom and a resident in her new state - Arizona. This presentation is about how reflection of her culture and her background in the Navy has helped her deal with some tough situations including the Millennials, Gen Z and life in general. Neema Uthappa is the author of a unique little book titled “Cinderella Elephant”.**

**Location:** MCC Dobson LB300  
**Date:** Thus, Feb 6  
**Time:** 1:30 - 3:00 pm  
**Sessions:** 1  
**Limit:** 50  
**Facilitator:** Bob Dukelow  
Ace1bob@gmail.com
### The National Debt: Facts and Opinions

Much like the weather, people complain about the National Debt but nobody seems to want to do much about it. In this interactive workshop, we will examine the facts about the national debt – what it is, how large it is, where did it come from – and then the class will work in small teams to offer opinions about what we should do about it.

Civility, an open mind, critical thinking and a willingness to engage with others in civil dialogue about controversial issues are prerequisites to this workshop.

<table>
<thead>
<tr>
<th>Location</th>
<th>MCC Dobson BP7</th>
<th>Date: Mon, Mar 30</th>
<th>Time: 1:00 - 2:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions:</td>
<td>1</td>
<td>Limit: 40</td>
<td>Facilitator: Dr. Gary Kleemann <a href="mailto:gary@asu.edu">gary@asu.edu</a></td>
</tr>
</tbody>
</table>

### Assess Trump Presidency

"Assessing the Trump Presidency." This presentation tries to escape the hyper-partisanship of current commentary on the Trump presidency by doing a comparison of his presidency with the past six presidents on measures that historians use to evaluate them. On some measures he does better than most, on others he is average, and on others he is worse. By looking at the numbers instead of listening to the pundits, we can get a sense of how Trump might be seen by history.

<table>
<thead>
<tr>
<th>Location</th>
<th>MCC Dobson BP5</th>
<th>Date: Fri, Apr 3</th>
<th>Time: 11:00 am - noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions:</td>
<td>1</td>
<td>Limit: 90</td>
<td>Facilitator: Barbara Thelander <a href="mailto:bthelander@cox.net">bthelander@cox.net</a></td>
</tr>
</tbody>
</table>

### Modern Economic Issues I

How do the major economic issues that dominate today’s news—questions about gross domestic product or budget deficits or trade imbalances—impact the average citizen? Why are health insurance and college tuition increasingly expensive? What can be done about soaring energy prices?

This class will be the first of three parts. Each part will cover 12 half hour lectures (2 lectures covered per session) of a Great Courses 36 video lecture series. Parts II and III will be presented in two successive semesters.

<table>
<thead>
<tr>
<th>Location</th>
<th>Leisure World</th>
<th>Date: Mon, Feb 3 - Mar 9</th>
<th>Time: 10:00 am - noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions:</td>
<td>6</td>
<td>Limit: 40</td>
<td>Facilitator: Archie Millhollon <a href="mailto:amillho@cox.net">amillho@cox.net</a></td>
</tr>
</tbody>
</table>
Climate Change Impacts

Climate change affects us all, and the 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 BP5  
Date: Wed, Feb 19  
Time: 2:00 - 3:30 pm  
Sessions: 1  
Limit: 50  
Facilitator: Sandy Whitley  
sandyariz@cox.net

Paris to Pittsburgh Film

National Geographic, in partnership with Bloomberg Philanthropies, produced this film to inspire local community action to heal the climate for the benefit of all. Many consider climate change the most pressing issue of our time. From coastal cities to America’s Heartland, this film celebrates Americans who are demanding and developing real solutions in the face of climate change. As the weather grows more deadly and destructive, people are not waiting on Washington to act. Spotlighting the cities, states, businesses and citizens taking action, this film explores the very real social and economic impacts of climate change. Discussion following the film.

Location: MCC Dobson BP1  
Date: Mon, Mar 16  
Time: 1:00 – 2:30 pm  
Sessions: 1  
Limit: 35  
Facilitator: Sandy Whitley  
sandyariz@cox.net

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 V120  
Date: Fri, Feb 14, 21, 28, Mar 6, 20, 27  
Time: 2:00 – 3:30 pm  
Sessions: 6  
Limit: 30  
Facilitator: Suzanne Brown  
suzannebrownpt@gmail.com

Our U.S. Constitution

This course examines the contents of the U.S. Constitution through case law and Supreme Court decisions. Timely topics like abortion, gay marriage, equal protection, civil rights, affirmative action and sex discrimination will be discussed. In addition, separation of powers, federalism, Executive powers of the President, the role of Congress and the Supreme Court will be examined. Also, current subjects like due process, substantive due process, and impeachment will be analyzed.

These are the important issues of our time. Copies of the Constitution will be handed out and discussion will follow each lecture from the Great Courses. I am a retired Criminal Defense Attorney and have tried many cases.

Location: Leisure World  
Date: Tues, Feb 4 - Mar 3  
Time: 1:00 - 3:00 pm  
Sessions: 5  
Limit: 35  
Facilitator: Marilynn Rydlund  
Mrydlund25@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, bookstore 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.

Feb 5  Wolf Border  Sarah Hall  Discussion leader: Ruth Brooks
Feb 19  Call of the Midwife  Jennifer Worth  Discussion leader: Karen Warwick
Mar 4  The Cellist of Sarajevo  Mary Shelley  Discussion leader: John Overdorff
Mar 18  Frankenstein  Jennifer Worth  Discussion leader: Janice Overdorff
Apr 1  Forbidden Fruit: Love stories for the Underground RR Betty DeRamus-Discussion leader: Mary Boehlen
Apr 15  Educated: A Memoir  Tara Westover  Discussion leader Gene Clabaugh
Apr 29  Lisette’s List  Susan Vreland  Discussion leader Carolyn Follett

Location: Mesa Public Library  Date:  Wed, Feb 5, 19, Mar 4, 18, Apr 1, 15, 29  Time: 10:00 - 11:15 am
Sessions:  7  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 six as your schedule allows.

Feb 12  All the Missing Girls by Megan Miranda  (Arlyss)
Feb 26  A Letter of Mary by Laurie R. King  (Margo)
Mar 11  The Glass Ley by Dashiell Hammet  (John)
Mar 25  The Black Ice by Michael Connelly  (Diane)
Apr 8  A Fatal Grace by Louise Penny  (Mary)
Apr 22  The Unseeing by Anna Mazzola  (TBD)

Location: Mesa Public Library  Date:  Wed, Feb 12, Feb 26, Mar 25, Apr 8, Apr 22, May 6
Time:  10:00 - 11:15 am  Sessions:  6  Limit:  20
Facilitator:  Mary Boehlen  Minpins48@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. The format is unchanged.

Location:  MCC Red Mountain R101  Date:  Tues, Feb 11, 18, 25, Mar 3  Time:  1:30 – 3:00 pm
Sessions:  4  Limit:  48  Facilitator:  Richard Falconer  rlfalconer@outlook.com

Early Morning Coffee

If you are an early morning riser and enjoy discussing current events or anything in general, while enjoying your favorite beverage and pastry, join me at:

Wildflower Bread
3425 E Baseline
Gilbert, AZ 85234

Date:  2nd and 4th Thursday of the month, Feb 13, Feb 27, Mar 12, Mar 26, Apr 9, Apr 23
Time:  8:00 - 10:00 am  Sessions:  6  Limit:  15  Facilitator:  Allan Zisner  azisner@Q.com
Traveling Talks

Travel is a topic of interest for many NFLL members. These talks are in response to requests by members for more information on traveling. The format of these talks will include a short presentation by a guest on general information on the topic followed by a question, answer, and experience sharing by members who are present. Come to educate yourself on the topic or share your travel experiences. Come to all sessions or those that interest you.

February 19: Reading travel brochures: how to determine what you want and what you get
March 18: Tours: US and foreign land tours: what to expect, experience with various companies, solo travels
April 1: Cruising: Riverboat and Ocean cruisers: hints, experiences, picking the right cruise for your interest and capabilities
April 15: Preparing for Travel: Fitness, packing, health concerns, insurance, and safety

Location: MCC Red Mountain R102 Date: Wed, Feb 19, Mar 18, Apr 1 & 15 Time: 1:00 – 3:00 pm
Sessions: 4 Limit: 40 Facilitator: Suzanne Brown susannebrownpt@gmail.com

Travel-Engaging Cultures

Vacations are great and being a tourist is fine. But what if you want to go deeper? What if you want to shake off the limitations of retail tourism and experience a place as the locals do? Learning about culture is an integral part to traveling. It can enhance the whole experience and offer a totally new way of thinking. How do you travel somewhere and allow yourself to be absorbed into the culture as much as possible, while still being polite and respectful? Find out what your travel personality is and how to engage other cultures.

Location: MCC Red Mountain V121 Date: Thurs, Feb 6, 20, 27, March 5 Time: 1:30 – 3:00 pm
Sessions: 4 Limit: 25 Facilitator: Mel (Miloslav) Munchinsky miloslvmunchinsky@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, 830 S. Stapley and 8th Ave. Mesa
Date: Mon, Jan 13 - May 11 Time: 10:00 am – noon
Sessions: 18 Limit: 20 Facilitator: Frank Rickey frickey1@cox.net

Coffee & Conversation II

Discussion of local, state, national, and international events as pleases the group.

Location: Mesa Police Station located at 2430 S Ellsworth Road (1/2 mile south of Baseline)
Date: Tues, Jan 7– May 12 Time: 10:00 am – noon
Sessions: 19 Limit: 30
Facilitator: Larry Morrow la6mor@gmail.com

TRAVEL ASSISTANCE

Traveling Talks

Travel is a topic of interest for many NFLL members. These talks are in response to requests by members for more information on traveling. The format of these talks will include a short presentation by a guest on general information on the topic followed by a question, answer, and experience sharing by members who are present. Come to educate yourself on the topic or share your travel experiences. Come to all sessions or those that interest you.

February 19: Reading travel brochures: how to determine what you want and what you get
March 18: Tours: US and foreign land tours: what to expect, experience with various companies, solo travels
April 1: Cruising: Riverboat and Ocean cruisers: hints, experiences, picking the right cruise for your interest and capabilities
April 15: Preparing for Travel: Fitness, packing, health concerns, insurance, and safety

Location: MCC Red Mountain R102 Date: Wed, Feb 19, Mar 18, Apr 1 & 15 Time: 1:00 – 3:00 pm
Sessions: 4 Limit: 40 Facilitator: Suzanne Brown susannebrownpt@gmail.com
**TRAVELOGUE**

### Atacama? No-It’s a Desert

**Presenter:** Jay Mark

You might ask, “What’s interesting about one of the most arid places on the planet?” Much more than you would think. The Atacama is a land of amazing diversity, and majestic beauty. It is surprisingly full of life. There are boiling gurgling geysers...towering snow-topped volcanoes...ghost towns...pre-historic ruins...giant geoglyphs...a NASA astronaut training ground...the world’s largest array of ground-based astronomical radio telescopes. And yes, there are Atacama wines and Pisco that some say can compete with any in the world. That’s why Jay Mark invites you to join him on a special journey to one of the most intriguing, unexpected and remote places on the planet. And you won’t even get sand in your shoes.

**Location:** MCC Dobson BP5  
**Date:** Fri, Feb 21  
**Time:** 2:30 – 4:00 pm

**Sessions:** 1  
**Limit:** 90  
**Facilitator:** Barbara Thelander  
**bthelander@cox.net**

### 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:** MCC Dobson BP5  
**Date:** Fri, Mar 20  
**Time:** 2:30 – 4:00 PM

**Sessions:** 1  
**Limit:** 90  
**Facilitator:** Barbara Thelander  
**bthelander@cox.net**

### Back Roads of Iberia

**Presenter:** Jay Mark

**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:** MCC Dobson LB145  
**Date:** Thurs, Feb 20  
**Time:** 10:30 am – noon

**Sessions:** 1  
**Limit:** 80  
**Facilitator:** Dr. Gary Kleemann  
**gary@asu.edu**

### “Golden Girls” do Europe

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

**Location:** MCC Dobson BP4  
**Date:** Wed, Mar 25  
**Time:** 1:30 - 2:30 pm  
**Sessions:** 1  
**Limit:** 30

**Facilitators:** Janice Overdorff and Sandy Whitley  
**joverdorff1@gmail.com**  
**sandyariz@cox.net**
<table>
<thead>
<tr>
<th><strong>Val d’Orcia</strong></th>
<th><strong>Wonders of Appalachians</strong></th>
<th><strong>Hiking the Arizona Trail</strong></th>
</tr>
</thead>
</table>
| **Val d’Orcia: a natural landscape masterfully shaped by man.** History and visit of this area of Tuscany, part of the UNESCO Heritage Sites. | This is a DVD looks at the Great Smoky Mountain and the Shenandoah Parks and the Blue Ridge Parkways that connects them. We will view their beauty, learn the history and see how the culture of the area has been preserved. | 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 of 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 bring her gear with her.  |
| Location: MCC Dobson BP5  
Date: Mon, Feb 10  
Time: 2:00 – 3:30 pm  
Sessions: 1  
Limit: 45  
Facilitator: Marie Ganansia  
mariefranceganansia@gmail.com | Location: MCC Dobson  
BP4  
Date: Mon, Apr 6  
Time: 1:30 – 3:00 pm  
Sessions: 1  
Limit: 25  
Facilitator: Margo Heaps  
nffieldmargo@juno.com | Location: MCC Dobson BP4  
Date: Thurs, Apr 16  
Time: 1:00 – 2:30 pm  
Sessions: 1  
Limit: 50  
Facilitator: Janice Overdorff  
Joverdorff1@gmail.com |
PHOTOGRAPHY

NatlGeo on Photography

Three 30-min beautifully illustrated DVD lectures per class by National Geographic photographers explaining why, how, and the difficulties and adventures when taking photos for the magazine. Of interest to beginning, advanced, and even non-photographers.

Location: Leisure World  Date: Wed, Feb 5, 12, 26 & Mar 4  Time: 10:00 am - noon
Sessions: 4  Limit: 50  Facilitator: Ron Burda  rb7734@aol.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 Red Mountain  V120  Date: Tues, Feb 18 & Feb 25  Time: 10:00 – 11:30 am
Sessions: 2  Limit: 30  Facilitator: Jeff Hirschl  jhirschl@yahoo.com

Save Your Photos Level 2

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. This class will be taught in the computer lab. 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: MCC Red Mountain  DW133  Date: Thurs, Mar 5  Time: 1:10 – 3:30 pm
Sessions: 1  Limit: 18  Facilitator: Facilitator: Jeff Hirschl  jhirschl@yahoo.com
Black Holes: The Most Mysterious Objects. In this lecture we will explore the properties of the most mysterious object in our Universe: Black Holes, both normal and supermassive ones. They release enormous amounts of energy into the cosmos as they seemingly disappear from the Universe, leaving behind only their strong gravitational effects. In that sense, they are like the grin of the Cheshire cat in "Alice in Wonderland". In addition, they warp space and time, and lead to conundrums in our understanding of physical reality.

Location: MCC Dobson BP5  
Date: Wed, Apr 15  
Time: 2:00 – 3:30 pm

Android Smartphone Basics: Dobson and Red Mountain Sessions

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 BP1  
Date: Fri, Mar 6  
Time: 1:00 – 2:30 pm

Location: MCC Red Mountain DW226  
Date: Wed, Mar 4  
Time: 1:30 – 3:00 pm

Your Google Acct: Dobson and Red Mountain Sessions

Use this Google Account Class to learn everything you need to set up a Google account to use services like Gmail. There is a good chance you have an account already if you have an Android phone so this will help you understand some things you may not know that you can do with that account. We will cover topics from using Google Drive to create and share documents to using Google Maps to learn your way around. I have a few extra tips covering how to search, create surveys, book flights, translate text, to show you that you can do more with Google than just search for things.

Location: MCC Dobson BP1  
Date: Fri, Apr 24  
Time: 1:00 – 2:30 pm

Location: MCC Red Mountain V117  
Date: Wed, Apr 22  
Time: 2:00 – 3:30 pm

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 PV205  
Sessions: 1  
Limit: 30  
Facilitator: Jeff Hirschl  
jhirschl@yahoo.com
## 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 Huguenots,” and “The Enchanted Island” which is sort of a Disney-esque opera.**

- **Location:** MCC Red Mountain V118  
- **Date:** Tues, Feb 4 - Mar 24 (no class Mar 10)  
- **Time:** 1:30-4:30pm  
- **Sessions:** 7  
- **Limit:** 25  
- **Facilitator:** Virginia Van Horn vvhorn1@cox.net

---

## Swing to Symphonies

**Presenter:** Jill Freedman  
**Bios and performances by musical greats of all genres.**

- **Location:** Leisure World  
- **Date:** Mon, Feb 10, 17, 24, Mar 2  
- **Time:** 1:00 - 3:30 pm  
- **Sessions:** 8  
- **Limit:** 60  
- **Facilitator:** Ruth Brooks rrbrooks93@gmail.com

---

## What is Art Good For II

**Presenter:** Jill Freedman  
**A continuation of last year’s look at the cultural and social consequences of society on art and art on society.**

- **Location:** Leisure World  
- **Date:** Fri, Feb 14, 21, 28, Mar 6  
- **Time:** 1:00 - 3:30 pm  
- **Sessions:** 8  
- **Limit:** 60  
- **Facilitator:** Ruth Brooks rrbrooks93@gmail.com

---

## Movie Musicals

**Come and enjoy the musical storytelling. We don’t sing along, but do walk with rhythm in our steps as we leave.**

- **April 3** Royal Wedding 1951 Fred Astair, Jane Powell, Peter Lawford 118 minutes  
  American brother and sister dance team go to London for a show at the time of a royal wedding.  
- **April 17** Til’ the Clouds Roll By 1946 June Allison, Judy Garland and many others 132 min.  
  A fictionalized biography of Jerome Kern and features many numbers from his successful shows.

- **Location:** MCC Dobson BP1N  
- **Date:** Fri, Apr 3 and Apr 17  
- **Time:** 1:00 – 3:30 pm  
- **Sessions:** 2  
- **Limit:** 25  
- **Facilitator:** Margo Heaps nflmargo@juno.com

---

## Movie Time

**Movies from the 1930’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.**

- **Feb 3** Comedy Western  
  The Paleface 1948 Bob Hope and Jane Russell 91 min.  
- **Feb 10** Coming of Age  
  Roman Holiday 1953 Audrey Hepburn, Gregory Peck 118 min.  
- **Feb 24** Crime Drama  
  Trapped 1949 Lloyd Bridges, Barbara Payton 78 min.  
- **Mar 2** Western  
  Blue Steel 1934 Early John Wayne 54 min

- **Location:** MCC Dobson BP1N  
- **Date:** Mon, Feb 3 – Mar 2 (Not Feb 17)  
- **Time:** 1:00 – 3:30 pm  
- **Sessions:** 4  
- **Limit:** 25  
- **Facilitator:** Margo Heaps nflmargo@juno.com
Tax Efficiency-Retirement

Presenter: Scott Sandell

This class is a necessity for all. In this day of low interest rates and volatile markets, it has become extremely important to become tax efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. I promise this is not a dry boring tax class. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: MCC Dobson BP1N
Date: Wed, Feb 19
Time: 1:00 – 2:45 pm
Sessions: 1
Limit: 36
Facilitator: Diane Grogan Dtgrogan@cox.net

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: MCC Dobson BP1
Date: Wed, Apr 22
Time: 1:00 – 2:45 pm
Sessions: 1
Limit: 36
Facilitator: Diane Grogan Dtgrogan@cox.net

Understanding Annuities

Presenter: Scott Sandell

We will explore the different types of annuities available as well as their primary uses while uncovering what is behind some of the lofty promises. This is not a sales event and we will not be speaking on any specific products although we will answer any questions you may have. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Location: MCC Dobson BP3
Date: Tues, Mar 24
Time: 1:00 – 2:45 pm
Sessions: 1
Limit: 36
Facilitator: Diane Grogan Dtgrogan@cox.net

Estate Planning

Presenter: Marcus Seiter

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 Red Mountain DW226
Date: Wed, Feb 19
Time: 10:00 – 11:30 am
Sessions: 1
Limit: 25
Facilitator: Jean Bruno Jhbruno1@cox.net
Fall Prevention Design

Falls can change one’s entire retirement life by increasing medical costs that decrease financial assets. Learn how to become more aware of your surroundings to minimize unnecessary accidents. This class includes low cost design adjustments that anyone can do to keep their homes safe and beautiful.

Location: MCC Red Mountain V120  Date: Tues, Feb 11  Time: 10:30 – 11:30 am

Sessions: 1  Limit: 24  Facilitator: Nancy Tossell  nancytossell@gmail.com

Long Term Relationships

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

Location: MCC Dobson BP1  Date: Thurs, Mar 19  Time: 2:00 – 3:00 pm

Sessions: 1  Limit: 25  Facilitator: Bobbie Gray  bobbgray5@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.
### Brain Fitness: Dobson and Red Mountain Sessions

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. Each session is 2 and half hours long. The same class is offered on both MCC campuses. Choose only one.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCC Dobson EF1S</td>
<td>Thurs, Feb 27</td>
<td>2:00 - 4:30 pm</td>
</tr>
<tr>
<td>Sessions</td>
<td>Limit</td>
<td>Facilitator</td>
</tr>
<tr>
<td>1</td>
<td>25</td>
<td>Jean Bruno</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:jhbruno1@cox.net">jhbruno1@cox.net</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCC Red Mountain V117</td>
<td>Wed, Feb 12</td>
<td>2:00 - 4:30 pm</td>
</tr>
<tr>
<td>Sessions</td>
<td>Limit</td>
<td>Facilitator</td>
</tr>
<tr>
<td>1</td>
<td>25</td>
<td>Jean Bruno</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:jhbruno1@cox.net">jhbruno1@cox.net</a></td>
</tr>
</tbody>
</table>

### Fact or Fiction

Presenter: Heather Mulder: Banner Alzheimer’s Institute

**The Truth about Alzheimer’s disease.** When it comes Alzheimer’s disease, we are bombarded with ads touting the latest, 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCC Dobson EF2E</td>
<td>Wed, Mar 25</td>
<td>2:00 - 3:30 pm</td>
</tr>
<tr>
<td>Sessions</td>
<td>Limit</td>
<td>Facilitator</td>
</tr>
<tr>
<td>1</td>
<td>30</td>
<td>Jean Bruno</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:jhbruno1@cox.net">jhbruno1@cox.net</a></td>
</tr>
</tbody>
</table>

### Mindfulness for Health

Presenter: Debbie Holexa

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCC Red Mountain V120</td>
<td>Mon, Mar 30 - Apr 20</td>
<td>1:00-2:30 pm</td>
</tr>
<tr>
<td>Sessions</td>
<td>Limit</td>
<td>Facilitator</td>
</tr>
<tr>
<td>4</td>
<td>30</td>
<td>Diane Batchlor</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:dbatchlor@gmail.com">dbatchlor@gmail.com</a></td>
</tr>
</tbody>
</table>

### Maintaining Memory System - Red Mtn and Dobson

Presenter: Dr. Billie Enz, PhD

This highly interactive session discusses the three intertwined memory systems and what research suggests is the best way to maintain memory skills throughout life.

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCC Red Mountain DW226</td>
<td>Mon, Feb 24</td>
<td>10:30 am – Noon</td>
</tr>
<tr>
<td>Sessions</td>
<td>Limit</td>
<td>Facilitator</td>
</tr>
<tr>
<td>1</td>
<td>48</td>
<td>Pam Carter</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:azpamcarter@gmail.com">azpamcarter@gmail.com</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCC Dobson BP4</td>
<td>Mon, Mar 2</td>
<td>1:30 - 3:00 pm</td>
</tr>
<tr>
<td>Sessions</td>
<td>Limit</td>
<td>Facilitator</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# HEALTH AND WELLNESS

## Mild Cognitive Impairment
What is mild cognitive impairment? Why does it happen? Who gets it? Coping techniques to use in order to live fully.

| Location: MCC Red Mountain R102 | Date: Wed, Feb 26 | Time: 1:00 – 3:00 pm |
| Sessions: 1 | Limit: 18 | Facilitator: Bobby Sue O’Dell BSOeduk8@cox.net |

## 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: MCC Dobson BP1 | Date: Fri, Feb 7 | Time: 1:30 - 3:00 pm |
| Sessions: 1 | Limit: 35 | Facilitator: Nancy Tossell nancytossell@gmail.com |

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

| Location: MCC Dobson LB300 | Date: Mon, 30; Apr 6, 13 | Time: 10:30 am - noon |
| Sessions: 4 | Limit: 20 | Facilitator: Marlin Fried mfried5751@cox.net |

## Steps to Better Health
Presenter: Dr. Sonny Sampedro

You will discover ways of improving your health that will reduce those costly medical expenses and the need to be on so many prescription medications. Find out which foods trigger disease and which foods improve your health. Learn about reading blood tests, taking your blood pressure, body temperature, weight, heart rate, and other indicators to determine your degree of health and wellness. Understand how your diet influences chronic pain, weight gain, and unhealthy aging. Walk away with the knowledge of how improving your diet will improve your health.

| Location: MCC Dobson SC11E | Date: Fri, Feb 21 | Time: 1:00 - 3:00 pm |
| Sessions: 1 | Limit: 48 | Facilitator: Larry Merrill Larry_merrill@mac.com |

NFLL Spring 2020 Visit our web site at newfrontiers.mesacc.edu Page 23
HEALTH AND WELLNESS

Optimize Your Longevity
Presenter: Dr. Anita Elliott

Optimize Your Longevity and Enhance Your Vitality. Precision Medicine is all the rage and rightfully so... learn simple customizable lifestyle changes you can make to enhance your individual health and vitality. None of us is the same so do what is best for you based on the latest research for antiaging and overall health. Small changes can make a big difference in how we feel, and heal. Interactive class with Q and A opportunity.

Location: MCC Dobson BP4 Date: Thurs, Feb 6 Time: 1:00 - 3:00 pm
Sessions: 1 Limit: 90 Facilitator: Mary Adamick madamick@cox.net

Mature Moving Me
Presenter: Laura Wilde, Allyson Yoder

Mature Moving Me is a eight-week course in modern dance technique and creative dance-making for older adults. Designed for a range of physical abilities and dance experience, this class is physical, social, and creative! In a supportive, joyful environment, participants will improve their strength, balance, range of motion, and body awareness, and achieve a sense of mastery by repeating and building upon choreographed movement phrases over the course of eight weeks. The class emphasizes the development of a strong technical foundation, with a seated warm-up that progresses to standing, gentle stretching, movement that travels across the floor, and choreographed standing phrases. We will also flex our creative muscles, with regular opportunities for creative movement, improvisation, and dance-making. Dance integrates mind, body, and spirit and has proven benefits to the brain and body as we age. Come and experience for yourself! Risk Form 3 is required.

Location: Mesa Arts Center, Dance Studio Date: Wed, Mar 18 - Apr 29 Time: 11:30 am – 1:00 pm
Sessions: 7 Limit: 20 Facilitator: Ruth Brooks rrbrooks93@gmail.com

Dynamic Aging Exercises
Presenter: Wendy Jensen

This class teaches the basic movements and principles found in the book Dynamic Aging by Katy Bowman, which is an exercise guide for restoring movement. You will learn whole body movement to help you move and feel better and have better alignment and balance. No matter where you’re starting, if you change how you move, you can change how you feel. (Safety First: It’s always important to check with your doctor before beginning any exercise program, especially if you have "replacement" parts). Can use a towel instead of buying half foam roller 6” x 12”. Only piece of equipment required. Risk Form 3 is required.

Location: MCC Dobson HEAP GYM 1W Date: Thurs, Feb 6 - 27 Time: 11:00 am - Noon
Sessions: 4 Limit: 10 Facilitator: Pam Carter azpamcarter@gmail.com

Healthy Posture
Presenter: Shawn Mulford

As we age, our posture changes and our motor movement is not as agile as it used to be. Learn how to counteract this process through the activities taught by participation in this class. Risk Form 3 is required.

Location: MCC Dobson BP1S Date: Thurs, Apr 2 Time: 2:00 – 3:00 pm
Sessions: 1 Limit: 25 Facilitator: Bobbie Gray bobbgray5@cox.net
HEALTH AND WELLNESS

Medical Cannabis
Presenter: Veronica Santarelli

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.

Location: MCC Dobson LB145  Date: Mon, Feb 3  Time: 1:00 - 3:00 pm
Sessions: 1  Limit: 80  Facilitator: Ruth Brooks  Rrbrooks93@gmail.com

SINCERELY GRATITUDE TO EVERYONE WHO HAS DONATED THEIR TIME, TALENTS, AND CLASSROOM SPACE TO MAKE NEW FRONTIERS FOR LIFELONG LEARNING SUCCESSFUL.

SPIRITUALITY

Women’s Spirituality
Presenter: Sheryl Stradling

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.

Location: MCC Red Mountain V117  Date: Wed, Mar 18 & 25  Time: 1:00 – 3:00 pm
Sessions: 2  Limit: 20  Facilitator: Diana Pearce  DianaPearce@cox.net

Women’s Creative Spirit
Presenter: Sheryl Stradling

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.

Location: MCC Red Mountain V117  Date: Wed, Apr 1 & 8  Time: 1:00 – 3:00 pm
Sessions: 2  Limit: 20  Facilitator: Diana Pearce  DianaPearce@cox.net

"Half of the American people never read a newspaper. Half never voted for President. One hopes it is the same half."
Gore Vidal

"Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught.
Oscar Wilde
Games Galore
Games Galore! Come join us this semester as we socialize and play a variety of games. We have all your favorites: Mexican Train, Word Games, Five Crown, Sequence, Quiddler, Rummikub, Skip Bo and more. Our friendly and social group would like to have YOU join us!

Location: Church of the Resurrection, Room 3, 3201 S Evergreen, Tempe, AZ 85202 (Just west of MCC)
Date: Tues, Feb 4 - Apr 21  Time: 9:20 - 11:00 am
Sessions: 12  Limit: 34  Facilitator: Sissy & Richard Riley  rriley18@cox.net

Creative Writing
This class will encourage participants to create & reflect using written prompts as well as photos & objects. Participants will be invited to trust the process & allow their creative muse to lead them in “fast writing”. Sharing your words will be optional, if time allows. This is a writing group where spontaneity is key & judgement & critiquing is discouraged. The goal is to get you to write more on your own once you complete the class and to have fun.

Location: MCC Dobson  EF2S  Date: Wed, Feb 12, 19, 26, Mar 4  Time: 1:30 - 3:00 pm
Sessions: 4  Limit: 20  Facilitator: Karen Kotzen  kkwisdomwoman@gmail.com

Benefits of Journaling
Have you ever wondered what “journaling” is all about? Are you curious about how to gain insight and self-compassion through the writing of your impressions, feelings, emotions? Are you looking for a way to establish a new vision or goal? Come join our discussion and learn how the spiritual practice and art of journaling can inspire you to expand your awareness, creativity and potential in new and powerful ways.

Location: MCC Red Mountain R101  Date: Thurs, Mar 19  Time: 1:00 – 2:30 pm
Sessions: 1  Limit: 32  Facilitator: Linda J. Roe  lindajroe@gmail.com

Paint a Spring Scene
Presenter: Melidas Swart

Paint an 11” x 17” spring scene in acrylic instructed by Melidas Swart. No prior experience necessary. Melidas will guide you step by step to a finished painting to take home after a two-hour session. All supplies are included: paint, canvas, brushes, easel and an apron/smock.

Cost for materials and supplies is $25 per NFLL member. Class size is limited to 10-15 members. A minimum of 10 members must be paid and registered one week before the class.

Please send your check for $25 to:
Allan Zisner - Spring Painting
2124 E Juanita Ave
Mesa AZ 85204

Location: MCC Dobson  AC4W  Date: Fri, Mar 20  Time: 1:00-3:00 pm
Sessions: 1  Limit: 15  Facilitator: Allan Zisner  azisner@Q.com
**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:** MCC Dobson MU13  
**Dates:** Fri, Feb 7 - 28, Mar 6 & 20  
**Time:** 1:00 - 2:30 pm  
**Sessions:** 6  
**Limit:** 15  
**Facilitator:** Shiela Millhollon  
smill18@cox.net

---

**Beginning Piano: Red Mt**

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:** MCC Red Mountain PV120  
**Dates:** Wed, Feb 5 - 26, Mar 4 & 18  
**Time:** 1:00 - 2:30 pm  
**Sessions:** 6  
**Limit:** 9  
**Facilitator:** Shiela Millhollon  
smill18@cox.net

---

**Continuing Piano: Dobson**

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

**Location:** MCC Dobson MU13  
**Dates:** Fri, Feb 7 - 28, Mar 6 & 20  
**Time:** 2:30 - 4:00 pm  
**Sessions:** 6  
**Limit:** 15  
**Facilitator:** Shiela Millhollon

---

**Continuing Piano: Red Mt**

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

**Location:** MCC Red Mountain PV120  
**Dates:** Wed, Feb 5 - 26, Mar 4 & 18  
**Time:** 2:30 - 4:00 pm  
**Sessions:** 6  
**Limit:** 9  
**Facilitator:** Shiela Millhollon  
Smill18@cox.net
MAAC ACTIVITIES

MAAC is undergoing major construction this spring. If you are interested in MAAC activities, please contact them at 480-962-5612 for information.

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!)