

Class Schedule Spring 2021



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 fee for the Spring 2021 semester is reduced to **\$40**. The annual enrollment and paying fees for new 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 you may pay the enrollment fee of \$40 online using the Student Information System (SIS) for the Spring 2021 semester 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:

- Check the Terms-of-Use box, " I have read and agree with the policies..."
- 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, Jan 20	9:00 am	Internet
Deadline for Summer Proposals	Thursday, April 15	Midnight	
Deadline for Fall Proposals	Thursday, July 1	Midnight	

NF SPRING 2021 SCHEDULE AT A GLANCE

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Trailers Hike Group	5	Voyage thru the Irish Sea	9	Taxes and Your Portfolio	13
Walkers Explore Parks	5	6 Weeks in Australia	9	Thrive in Retirement	13
Thurs Morning Bike Ride	5	8 Weeks in the Balkans	9	Today's Safe Investing	13
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Today's Russian Culture	6	Hiking the Arizona Trail	10	Estate Planning	14
Congrats-Now Get to Work	6	Grand Canyon Sweet	10	SELF DEVELOPMENT	
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Bookshelf	7	Save Your Photos	11	Cancer - Reduce Your Risk	15
Mystery Book Club	8	Save Your Photos - Lab	11	Living with Hearing Loss	15
Talking About TED Talks	8	COMPUTERS		Home Design that's Safe	15
Great Decisions 1	8	Computer Maintenance	12	THE ARTS	
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Early Morning Discussion	8	Giving Classes on Zoom	12	Parables in Art	16
		Webex For Presenters	12	PIANO	
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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). 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 12 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>

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

NF SPRING 2021 CLASSES BY DATE

DATE	CLASS	Page	DATE	CLASS	Page
Jan 11 & 13	Giving Classes on Zoom	12	Feb 19	Cancer - Reduce Your Risk	15
Jan 12 & 14	Webex for Presenters	12	Feb 22	Hiking the Arizona Trail	10
Jan 25 & Jan 27	Learning Zoom	12	Feb 23	The Panama Canal	6
Jan 26 & Jan 28	Webex for End Users	12	Feb 24	Thriving in Isolation	14
Feb 1-May 24	Early Morning Discussion	8	Feb 25	Bicycles	10
Feb 2-16	Parables in Art	16	Mar 2	Congrats-Now Get to Work	6
Feb 2-Mar 9	Modern Economic Issues 3	6	Mar 3	Grand Canyon Sweet	10
Feb 2-May 4	Trailers Hike Group	5	Mar 3	Taxes and Your Portfolio	13
Feb 3	Understanding Annuities	13	Mar 3	Estate Planning	14
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Feb 4-May 27	Thurs Morning Bike Ride	5	Mar 12	Stream of Consciousness	14
Feb 5-Mar 12	Brain Myths Exploded	15	Mar 15	What's Going On Up There	11
Feb 5-May 13	Trailblazers Hike Group	5	Mar 17	Home Design that's Safe	15
Feb 8	Yellowstone & Grand Teton	10	Mar 22	First Things First	14
Feb 9-Mar 2	Great Decisions 1	8	Mar 22-Apr 12	Living with Hearing Loss	15
Feb 10-Mar 24	Beginning Piano Online	16	Mar 24	Brain Health	15
Feb 10-Mar 24	Continuing Piano Online	16	Mar 24-31	8 Weeks in the Balkans	9
Feb 10-Apr 21	Mystery Book Club	8	Mar 31	Italy-The Amalfi Coast	9
Feb 11	Computer Security Hygiene	12	Apr 5	Trip - Tuscany and Umbria	9
Feb 12	Computer Maintenance	12	Apr 7	6 Weeks in Australia	9
Feb 12-Apr 2	Talking About TED Talks	8	Apr 7	Today's Safe Investing	13
Feb 15	"Golden Girls" in Europe	10	Apr 13	Brass Bands AZ Territory	7
Feb 18-Feb 25	Save Your Photos	11	Apr 20	Phx Indian School in WWI	7
Feb 19	Voyage thru the Irish Sea	9	May 5	Thrive in Retirement	13

ASU EMERITUS COLLEGE AND MCC PROFESSOR PRESENTATIONS

ASU EMERTUS COLLEGE PRESENTATIONS

Today's Russian Culture
 Trip - Tuscany and Umbria
 First Things First

Dr. Charles Tichy
 Dr. Gary Kleemann
 Dr. Gary Kleemann

Social Sciences
 Travelogue
 Self Development

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MCC PROFESSOR PRESENTATION

Congrats-Now Get to Work

Dr. Brian Dille

Social Sciences

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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, Feb 5 - May 13 Time: 7:00 am - noon
Sessions: 13 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, Feb 2 - May 4 Time: 7:00 am - noon
Sessions: 14 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 via your email.

Feb 3 – Riverview Park, Mesa
Feb 10 – Riparian Preserve, Gilbert
Feb 17– Freestone Park, Gilbert
Feb 24 – Veteran’s Oasis Park, Chandler
Mar 3 - Desert Arroyo Park, Mesa
Mar 10 – Kiwanis Park, Tempe
Mar 17 – Desert Breeze, Chandler
Possibly continue...

Location: Outdoors Date: Wed, Feb 3 - Mar 17 Time: 9:30 – 11:00 am
Sessions: 7 Limit: 30 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 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.

RISK FORM #1 NEEDED

Location: Outdoors
Date: Thurs, Feb 4, 18, 25; Mar 11, 25; Apr 1, 15, 29; May 13, 27 Time: 7:00 - 10:00 am
Sessions: 10 Limit: 20 Facilitator: Allan Zisner azisner@q.com

SOCIAL SCIENCES

Today's Russian Culture

ASU Emeritus College Professor

Presenter: Prof. Charles Tichy

Russian Culture in Putin's World – The status of Russian culture during the presidency of Vladimir Putin will be presented in this lecture. Discussions relate the reactions of Russian society and media to Putin's Russian 'modernization' programs. Prof. Tichy will explain the effects of the pandemic on Russian life at home, at the dacha, at ballet and theatre performances, and at traditional shopping locations. The course also elaborates interests of main-stream Russians in politics, demonstrations, cyber technology and national literature.

Location: Online Webex

Date: Fri, Mar 12

Time: 2:00 - 4:00 pm

Sessions: 1

Limit: 100

Facilitator: Sam Wong

Nowsam@yahoo.com

Congrats-Now Get to Work

MCC Professor

Presenter: Dr. Brian Dille

Whoever wins the November election is going to have a large task ahead of him. Dr. Dille looks at the domestic and foreign policy agenda for either a Biden presidency or a 2nd term Trump presidency.

Location: Online Webex

Date: Tues, Mar 2

Time: 1:00 - 2:00 pm

Sessions: 1

Limit: 93

Facilitator: Barbara Thelander

bthelander@cox.net

The Agency: History of CIA

This is a pre-recorded Great Courses program presented by Hugh Wilford of California State University Long Beach. This 24 session course covers a history of American intelligence and then traces the CIA's development since 1947. The course was recorded in 2019. All sessions will be on Zoom.

Location: Online Zoom

Date: Thurs, Feb 4 - Apr 22

Time: 1:30 - 3:00 pm

Sessions: 12

Limit: 50

Facilitator: Suzanne Brown

suzannebrownpt@gmail.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 will first examine the history and operation of the canal thru a 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: Online Zoom

Date: Tues, Feb 23

Time: 1:00 - 3:00 pm

Sessions: 1

Limit: 40

Facilitator: Jeff Hirschl

jhirschl@yahoo.com

Modern Economic Issues 3

This Class is part of a "Great Courses" DVD video series Professor Whaples takes us on an economic excursion through several modern day topics that catch me by surprise. Many are items that I would not normally try to analyze economically. This class is the third series of 12 lectures covering items such as: Walmart and Productivity Growth, Zero-Sum Game of Conspicuous Consumption, Is Everything a Commodity, Examining Economic Response to Terrorism, Helping Poor Countries, Economic Costs and Benefits of Gambling. These topics and others covered in the 12 lectures are easily understandable as they are not dependent on concepts of previous lectures. Each 2 hour class will cover 2 lectures.

Location: Online Zoom

Date: Tues, Feb 2 - Mar 9

Time: 1:00 - 3:00 pm

Sessions: 6

Limit: 20

Facilitator: Archie Millhollon

amillho@cox.net

SOCIAL SCIENCES

Political Systems

Description and discussion of contemporary political systems in the contemporary world.

Location: Online Webex Date: Mon, Feb 1 - 22 Time: 9:00 - 10:30 am

Sessions: 4 Limit: 50 Facilitator: Dan Mueller Muellerd1@yahoo.com

Brass Bands AZ Territory

The 19th century brass band movement sweeping across America entered New Mexico and Arizona Territories as separate but parallel phenomena with one crucial link: Lucian Bonaparte Jewell, Kit Carson's bandmaster with the 1st New Mexico Regiment Volunteers. After the Civil War, Jewell founded the Prescott Brass Band in 1865, the very first band in Arizona Territory, and the craze spread across the territory from there. This presentation explores the numerous military and civic bands that existed in towns, forts and mining camps across Arizona and New Mexico Territories, plus the infamous 1871 'battle of the bands' that left ten dead on the plaza of Mesilla NM, a former capital of Arizona. How this brass band movement throughout Arizona relates directly to NY Mayor Fiorello La Guardia, pop singer Linda Ronstadt and artist Ted de Grazia will also be revealed. The presentation includes vintage photos of these early bands.

Location: Online Zoom Date: Tues, Apr 13 Time: 2:00 - 3:00 pm

Sessions: 1 Limit: 30 Facilitator: Don Larry donlarry@hotmail.com

Phx Indian School in WWI

One hundred years ago, in 1921, a memorial was erected on the Phoenix Indian School campus 'In Memory of the Students of this School Who Enlisted in the Army and Navy During the World War.' An Honor Roll of 62 names is embossed across the cast metal placard attached to the face of the monument. Who were the young men behind these names? This presentation will reveal who some of them were, their experiences as students and on the battlefield, including two who were Killed In Action, and then will focus on the life on one Hopi who survived to march with his military band in the 1918 Victory Parade through the streets of Paris. The lives of these former students, shaped by ancient traditions and redefined through forced assimilation, were profoundly transformed by the Great War.

Location: Online Zoom Date: Tues, Apr 20 Time: 2:00 - 3:00 pm

Sessions: 1 Limit: 30 Facilitator: Don Larry donlarry@hotmail.com

DISCUSSION

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 discussion of the author and book content are discussed at each class. Members are not required to read each book or attend class.

February 3	<u>The Book Woman of Troublesome Creek</u> by Kim Michele Richardson	Discussion leader Susan Schneider
February 17	<u>Lost Girls of Paris</u> by Pam Jenoff	Discussion leader Diane Grogan
March 3	<u>American Dirt</u> by Jeanine Cummins	Discussion leader Diane Grogan
March 17	<u>The Tiger's Wife</u> by Tea Ohreht	Discussion leader Ruth Brooks
March 31	<u>I am Malala</u> by Christina Lamb and Malala Yousfzai	Discussion leader John Overdorff
April 14	<u>The Island of Sea Women</u> by Lisa See	Discussion leader Mary Boehlen

Location: Online Zoom Date: Wed, Feb 3, Feb 17, Mar 3, Mar 17, Mar 31, Apr 14

Time: 10:00 - 11:15 am Sessions: 6 Limit: 20

Facilitator: Janice Overdorff Joverdorff1@gmail.com

TRAVELOGUE

Trip - Tuscany and Umbria

ASU Emeritus College Professor

Our Trip to Tuscany and Umbria in 2015

We spent the month of September of 2015 visiting the Tuscany and Umbrian areas of Italy on a food-oriented tour of the region. This travelogue will be a discussion with pictures of this trip. This trip off the beaten path gave us a good understanding of what it might be like to live in the Italian countryside. Questions from participants are welcomed and encouraged.

Location: Online Zoom

Date: Mon, Apr 5

Time: 10:00 – 11:30 am

Sessions: 1

Limit: 93

Facilitator: Dr. Gary Kleemann

gary@asu.edu

Voyage thru the Irish Sea

Presenter: Jay Mark

The Isles of Scilly; the Isle of Man; Fishguard; the Outer Hebrides; the Orkneys, and other places off the beaten track. Join peripatetic global traveler Jay Mark on a fascinating voyage through the Irish Sea. This fascinating journey begins in London and ends in Edinburgh, Scotland, with stops at ancient sites, historic churches and castles. And a taste of one of Scotland's biggest exports...whiskey. Sláinte!

Location: Online Zoom

Date: Fri, Feb 19

Time: 2:30 – 4:00 pm

Sessions: 1

Limit: 93

Facilitator: Barbara Thelander

bthelander@cox.net

6 Weeks in Australia

Presenter: John Overdorff

World traveler (before Covid) shares pictures, experiences, history and current commentary of his travels in Australia in 2016

Location: Online Zoom

Date: Wed, Apr 7

Time: 2:00 - 3:30 pm

Sessions: 1

Limit: 50

Facilitator: Janice Overdorff

Joverdorff1@gmail.com

8 Weeks in the Balkans

Presenter: John Overdorff

World traveler (before Covid) shares pictures, experiences, history and current commentary of his travels in the Balkans in 2018.

Part 1—Athens, Meteora, Albania, Macedonia

Part 2—Croatia, Serbia, Montenegro, Slovenia, Bosnia and Herzegovina & Venice.

Location: Online Zoom

Date: Wed, Mar 24 & Mar 31

Time: 2:00 - 3:30 pm

Sessions: 2

Limit: 50

Facilitator: Janice Overdorff

Joverdorff1@gmail.com

Italy – The Amalfi Coast

The cliff-top road along the Amalfi Coast is one of the most beautiful stretches in the world, but this region has much more to offer than scenic drives. Roman history is uncovered with travels to the legendary villages of Pompeii and Herculaneum, frozen in time by the eruption of the volcano Vesuvius. The culture of Sorrento and other villages along the Amalfi Coast will be discussed, along with breathtaking photos of the Isle of Capri and other villages along this stunning part of the coast of Italy.

Location: Online Zoom

Date: Wed, Mar 31

Time: 10:30 am - noon

Sessions: 1

Limit: 50

Facilitator: Sandy Whitley

sandyariz@cox.net

TRAVELOGUE

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 thru 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 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 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 shares her adventure and gear.

Location: Online Zoom

Date: Mon, Feb 22

Time: 1:00 - 2:30 pm

Sessions: 1

Limit: 50

Facilitator: Janice Overdorff

Joverdorff1@gmail.com

Grand Canyon Sweet

The Grand Canyon is one of the seven natural wonders of the world. We here in Arizona have a unique opportunity to really "see" the Canyon because we live 4-5 hours away from the South Rim. Most visitors travel thousands of miles to peer into the vastness that is the Canyon.

This class will include history of the Grand Canyon and Colorado River, geology of the Grand Canyon, information on the South Rim, North Rim, how to do a rim to rim hike, and the Colorado River via raft.

Location: Online Zoom

Date: Wed, Mar 3

Time: 10:00 - 11:00 am

Sessions: 1

Limit: 50

Facilitator: Sandy Whitley

sandyariz@cox.net

"Golden Girls" in Europe

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

Location: Online Zoom Date: Mon, Feb 15

Time: 1:00 - 2:30 pm Sessions: 1 Limit: 50

Facilitator: Janice Overdorff Joverdorff1@gmail.com

Yellowstone & Grand Teton

A geological and wilderness experience.

Location: Online Webex

Date: Mon, Feb 8 Time: 2:00 - 3:00 pm

Sessions: 1 Limit: 50

Facilitator: Marie-France Ganansia
mariefranceganansia@gmail.com

TRANSPORTATION

Bicycles

Bicycles contributed much to modern society. Cyclists advocated for paved roads before there were automobiles. Bicycles paved the way to women's right to vote and made contributions to the first airplane and practical automobiles. Why are modern electric bicycles totally transforming the cycling industry? Attend this class and learn more about bicycles than you might ever have expected from the man who in 1958 brought the first bicycle with derailleur gears to Chico, California. Who knows, if conditions permit, we might even be able to go on a leisurely class bike ride. Bob and Rose ride a recumbent tandem. Think of the song, Daisy, Daisy on a bicycle with two lawn chairs.

Location: Online Webex

Date: Thurs, Feb 25

Time: 1:30 - 3:00 pm

Sessions: 1

Limit: 30

Facilitator: Bob Dukelow

ace1bob@gmail.com

TRANSPORTATION

What's Going On Up There?

Did you ever look up in the sky and see contrails of airliners crossing each other and wonder how they could possibly do that and be safe? Meanwhile small airplanes are buzzing all around Falcon Field in what seems to be a patterned movement while airliners are lined up to land at Sky Harbor. So what's going on? This class will explain all that. It will include a history of airspace restriction in the United States, a description of airspace, the requirements for operating in the various types of airspace and the communication that takes place. Plus, as a bonus, there will be a brief discussion of Aviation Weather web based products and how non-pilots can use them for planning their daily activities.

Location: Online Webex

Date: Mon, Mar 15

Time: 1:30 – 3:00 pm

Sessions: 1 Limit: 50

Facilitator: Greg Master

Gamst51@gmail.com

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 safely. Class 2: We review more photo organization techniques, learn photo editing tricks and understand the basics for safely sharing photos.

Location: Online Zoom

Date: Thurs, Feb 18 & Feb 25

Time: 10:00 – 11:30 am

Sessions: 2 Limit: 30

Facilitator: Facilitator: Jeff Hirschl

jhirschl@yahoo.com

Save Your Photos - Lab

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 your 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 Zoom

Date: Thurs, Mar 4

Time: 10:00 – 11:30 am

Sessions: 1 Limit: 20

Facilitator: Jeff Hirschl

jhirschl@yahoo.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 Zoom

Date: Fri, Feb 12

Time: 1:30 - 2:30 pm

Sessions: 1

Limit: 30

Facilitator: Jeff Hirschl

jhirschl@yahoo.com

Computer Security Hygiene

Presenter: Eric Gentry

Nasty little electronic bugs, rashes, viruses, malicious attacks, dirty tricks, etc. can often be avoided with proper electronic security hygiene. Learn how to spot them before they infect your computer or phone and how to clean them up if they get past your defenses.

Location: Online Webex

Date: Thurs, Feb 11

Time: 1:30 - 3:00 pm.

Sessions: 1

Limit: 50

Facilitator: Bob Dukelow

ace1bob@gmail.com

Giving Classes on Zoom

Intended for class presenters to learn to use Zoom to give their classes. Show how to share screen for PowerPoint, dvds, etc. Use of breakout rooms and how to handle questions. Discuss the various features and different screen views.

Location: Online Zoom

Date: Mon, Jan 11

Time: 10:30 - 12:30 pm or 2:00 - 4:00 pm or

Date: Wed, Jan 13

Time: 10:30 - 12:30 pm or 2:00 - 4:00 pm

Sessions: 1

Limit: 25

Facilitator: Rea Dias

nflrea@outlook.com

Webex For Presenters

How do I use Webex to present a class in various formats (movie, PowerPoint, etc.); how do I use the breakout room option; change microphone, speakers, cameras.....; Choose only one session.

Location: Online Webex

Date: Tues, Jan 12

Time: 10:00 - 11:00 am or 1:00 - 2:00 pm or

Date: Thurs, Jan 14

Time: 10:00 - 11:00 am or 1:00 - 2:00 pm

Sessions: 1

Limit: 15

Facilitator: Roland Tanner

Rol2135531@maricopa.edu

Webex for End Users

How do I use Webex to log into a NFLL class

Location: Online Webex

Date: Tues, Jan 26

Time: 10:00 - 11:00 am or 1:00 - 2:00 pm OR

Date: Thurs, Jan 28

Time: 10:00 - 11:00 am or 1:00 pm - 2:00 pm

Sessions: 1

Limit: 15

Facilitator: Roland Tanner

Rol2135531@maricopa.edu

Learning 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 the subject. Sign up for only 1 of the classes.

Location: Online Zoom

Date: Mon, Jan 25

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

Date: Wed, Jan 27

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

Sessions: 1

Limit: 12

Facilitator: Rea Dias

nflrea@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 Zoom

Date: Wed, March 3

Time: 2:00 - 3:30 pm

Sessions: 1

Limit: 25

Facilitator: Jean Bruno

Jhbruno1@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.

SELF DEVELOPMENT

First Things First

ASU Emeritus College Professor

First Things First: Time Management for Seniors for Fun and Effectiveness in Retirement

In this highly interactive 2-hour workshop, you will learn how to best achieve the important things you want to achieve in retirement. This is not a one-size fits all time management workshop, but rather an individualized approach to help you have the fun and effective retirement lifestyle you desire.

Location: Online Zoom

Date: Mon, Mar 22

Time: 10:00 - Noon

Sessions: 1

Limit: 93

Facilitator: Dr. Gary Kleemann

gary@asu.edu

Stream of Consciousness

Presenter: Jay Mark

For those who know him, Jay Mark's brain never stops. His curiosity about the world seems never-ending. And has led him down improbable and unbelievable paths. In this intriguing presentation, you will swim through Jay's stream of consciousness – not knowing where he will stop. Or what will engage his quizzical mind. You are invited to partake on this chance journey of exploration. And discover some of the most unexpected stops along the way. The presentation promises an improbable preponderance of a particularly prolific, passionate pastiche of peculiarly, profuse, perfunctory, and a perspicacious plentitude of pictures, and plausible, possibly plagiarized, ponderously portentous and perceptive propaganda. Plaudits preferred.

Location: Online Zoom

Date: Fri, Mar 12

Time: 2:30 - 4:00 pm

Sessions: 1

Limit: 93

Facilitator: Barbara Thelander

bthelander@cox.net

Thriving in Isolation

Presenter: Elaine Poker-Yount

As our social distancing continues, the range of the emotions we experience peaks and falls many times throughout the day. Most of us are all over the place! From where do you get your calm? Can you bring it up upon demand or is that a struggle? We'll explore the dance of isolation and how to approach the balance we need as we live with a different kind of uncertainty about the future with regard to day-to-day life! This will be an interactive class. Please be prepared to share.

Location: Online Zoom

Date: Wed, Feb 24

Time: 1:00 - 2:30 pm

Sessions: 1

Limit: 40

Facilitator: Ruth Brooks

Rrbrooks93@gmail.com

HEALTH AND WELLNESS

Brain Health

Presenter: Heather Mulder

Brain function is more than just memory. In this program, learn about the different domains of your brain such as cognition, language, attention, visuospatial, executive function and memory. We will start with a self-assessment followed with activities that will help you illuminate your strengths. We will end with ways to improve brain function and keep your brain healthy.

Location: Online Zoom Date: Wed, Mar 24 Time: 2:00 - 4:30 pm

Sessions: 1 Limit: 30 Facilitator: Jean Bruno jhbruno1@cox.net

Brain Myths Exploded

This Class is a "Great Courses" DVD video series The human brain is mystifyingly complex and there's still a lot that we don't understand. Much of what the public thinks about the brain is based on popular myths that have perpetuated despite the passage of time and the proliferation of brain research. Dr Viskontas draws on neuroscience and reflects on these questions and more: Is Your Brain Perfectly Designed?, How Different are Male and Female Brains?, Is Your Brain Objective?, Are You Always Conscious While You Are Awake?, Are Dreams Meaningful?, Does Technology Make You Stupid? Each 2 hour class will cover 2 lectures.

Location: Online Zoom Date: Fri, Feb 5 - March 12 Time: 1:00 - 3:00 pm

Sessions: 6 Limit: 20 Facilitator: Archie Millhollon amillho@cox.net

Cancer - Reduce Your Risk

Presenter: Dr. Sonny Sampedro

Dr. Sonny has been a popular and humorous speaker for New Frontiers for several years. Learn how a healthy diet & supplements can reduce your risk of developing cancer & can improve your outcome should you fall victim to this deadly disease. Learn how to recognize the signs, symptoms, and causes of cancer. Which foods trigger cancer and which foods are used for prevention? Learn about the latest screenings & lab tests that are available.

Location: Online Zoom Date: Fri, Feb 19 Time: 1:00 - 3:30 pm

Sessions: 1 Limit: 50 Facilitator: Larry Merrill Larry_merrill@mac.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. [Spouses and significant others are encouraged and may audit.](#)

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

Location: Online Zoom Date: Mon, Mar 22 - Apr 12 Time: 10:00 - 11:00 am

Sessions: 4 Limit: 4 Facilitator: Marlin Fried Mfried5751@cox.net

Home Design that's Safe

Falls can change one's entire retirement life by increasing medical costs that decrease financial assets. Learn how to look at your home to minimize unnecessary accidents. This class includes low cost design adjustments that anyone can do to keep their homes safe and beautiful.

Location: Online Webex Date: Wed, March 17 Time: 10:00 - 11:00 am

Sessions: 1 Limit: 25 Facilitator: Nancy Tossell nancytossell@cox.net

