



**2021
Summer
Class Schedule**

May 14, 2021

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New Frontiers for Lifelong Learning

2021 Summer Classes by Day

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

NEW THIS SUMMER!!

This summer, most courses will be open to all NFLL members without having to register ahead of time.

Starting June 4th, each Friday all NFLL members will receive an email listing all the classes and links for the upcoming week.

Courses have been grouped primarily on Tuesdays, Wednesdays, and Thursdays with a morning session and an afternoon session so members can plan ahead or just 'drop-in' on classes.

Starting June 7th, we will have a stimulating array of classes from government, book clubs, and beer history to travel, music, and managing life's twists and turns. We hope this open access to classes will help members fill their days with mind-stimulating activities.

The **ONLY** courses requiring registration this summer are:

Monday Morning Discussions – Contact Alan Zisner email: azisner@q.com

Early Riser Walkers – Contact Mary Adamick email: madamick@cox.net

Thursday Morning Bike Ride – Contact Alan Zisner email: azisner@q.com

NATURE

Early Riser Walkers

Join some early riser members at the Gilbert Riparian for a leisurely walk while enjoying good company, beautiful birds and partially shaded walkways.



Location: Gilbert Riparian
Date: Wed., June 9-July 28
Time: 6:30 - ??
Session: 8
Facilitator: Mary Adamick 480-892-7298 madamick@cox.net

Riparian Preserve at Water Ranch, Gilbert – 2757 E Guadalupe Road, Gilbert

This park is just east of the **Southeast Regional Library**, located on the S. E. Corner of Guadalupe Road and Greenfield Road. Access the library parking lot and park in the eastern-most section of the parking lot. We will meet near the park sign at the eastern end of the library parking lot on the walkway leading to Water Ranch Lake.

We will start walking at 6:30 a.m. PLEASE WEAR A MASK

Registration: Contact facilitator directly to register for classes

Sea Otters of the Pacific

Learn about the lives of the cute, furry sea otters which are found along the Pacific coastline. Get introduced to Joey, the orphaned sea otter pup, and learn how he became a viral sensation during the 2020 global pandemic.



Location: Online - WebEx
Date: Mon, July 12
Time: 1:30-3:00 p.m.
Session: 1
Facilitator: Jennifer Wong 480-226-2079 nfljwong@outlook.com

Polar Excursions

What is it about the Arctic and Antarctic regions—two wild icescapes at the ends of the Earth—that is so irresistible to explorers, scientists, and travelers the world over? How did these unique environments come to be? What kinds of wildlife are found there, on land and beneath the water? How do National Geographic’s photographers capture the awe-inspiring beauty of these unique creatures and landscapes, and how can a traveler to the poles do the same? In this unique collaboration, The Great Courses and National Geographic will take us on a journey beyond the Arctic and Antarctic circles. A great ‘cool’ escape during the summer afternoons.



Location: Online - Zoom
Date: Thurs., June 10 - Aug. 5
Time: 1:30-3:00 p.m.
Session: 9
Facilitator: Suzanne Brown 480-688-1497 suzannebrownpt@gmail.com

Thursday Morning Bike Ride

The majority of the Thursday bike rides are along the multi-use paved canal paths. Most major street crossings have traffic controls. Occasionally we will ride a hard-packed (not paved) canal path or ride a short distance on the street. A ride’s average distance is 10 to 15 miles at a leisurely pace and takes between 1 and 1½ to complete. Not all rides have restrooms available.



You must be able to transport your own bicycle. A “risk form” must be completed to participate, if you are new to this activity. The facilitator will bring copies. It is highly recommended that participants wear a bicycle helmet, bring water and a snack, and your face mask. It is also recommend one carries a spare bicycle tube in case of a flat.

Please contact the facilitator if interested in participating on the rides or have questions.

Location: Online - WebEx
Dates: Thurs, May 27 - Sept. 2
Time: 8:00-10:00 a.m.
Sessions: 16
Facilitator: Allan Zisner 480-282-1686 azisner@q.com

Registration: Contact facilitator directly to register for classes

TRAVELOGUE

Travel Prague, Brno and Beyond

A sociological travel presentation of The Czech Republic which will include Prague and other regions of the country such as Lednice, Český ráj, Karlovy Vary, Český Krumlov, etc. If you're thinking about traveling in Central Europe, this probably will be helpful. Designed for the independent or small group traveler.



Location: Online - Zoom
Dates: Tues, June 8-22
Time: 10:30 a.m. - Noon
Sessions: 3
Facilitator: Mel Munchinsky 480 266 0468 mel2058216@maricopa.edu

HISTORY

USS Arizona's Last Band

A short biographical sketch of the USS Arizona battleship starting in 1914 with the laying of the keel, a quirky christening by a young lady from Prescott, the Arizona's role in Europe's conflicts, her role in the James Cagney 1934 movie, "Here Comes the Navy", and then an introduction to her most famous band, US Navy Band No. 22. All 21 members tragically perished in the Pearl Harbor attack, December 7, 1941.



Location: Online - Zoom
Dates: Tues, August 3
Time: 3:00-4:00 p.m.
Sessions: 1
Facilitator: Don Larry 480-495-2299 donlarry@hotmail.com

DISCUSSION

Book Shelf

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. (Note: Please read the books prior to class discussions)



June 9, 2021 Poisonwood Bible by Barbara Kingsolver—Diane Grogan facilitator
July 7, 2021 Dead Wake by Eric Larson---Gene Claybaugh facilitator
August 4, 2021 Orphan Train by Christina Baker Kline---Ruth Brooks facilitator

Location: Online - Zoom
Dates: Wed, June 9, July 7 & August 4
Time: 10:00 - 11:15 am
Sessions: 3
Facilitator: Janice Overdorff 602-840-7243 Joverdorff1@gmail.com

Mysteries & Mayhem

Mysteries & Mayhem

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 once a month (June, July and August) to discuss books chosen by the group. Come to one session or all three as your schedule allows.

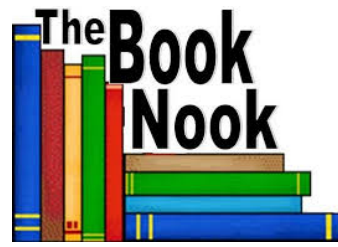


6-23 Mistress of the Art of Death by Ariana Franklin (Annette Mickle)
7-21 Suspect by Robert Crais (Diane Grogan)
8-18 A Morbid Taste for Bones by Ellis Peters (Mary Boehlen)

Location: Online - Zoom
Dates: Wed, June 23, July 21 & Aug. 18
Time: 10:00-11:15 a.m.
Sessions: 3
Facilitator: Mary Boehlen 480-699-6374 Minpins48@gmail.com

Book Nook

Are you looking for your next good read? Are interested in hearing whether or not a book is something you want to read? Join me as I review a different book each week. I'll share an overview of the book, my review, some tidbits about the author, and some questions the book either implicitly or explicitly asks. You DO NOT have to read the book prior to the class.



Week 1 – Midnight Library by Matt Haig

Week 2 – The Thursday Murder Club by Richard Osman

Week 3 – Bad Blood: Secrets and Lies in a Silicon Valley Startup by John Carreyrou

Location: Online - WebEx

Dates: Wed, June 16, 30 & July 21

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

Sessions: 3

Facilitator: Cindy Schrantz 309-838-6935 Cindy.schrantz@gmail.com

Monday Morning Discussion

Monday morning open topic group discussions via WebEx. Please contact the presenter to enroll in the summer session. Weekly reminders are emailed the Saturday/Sunday prior to each session in addition to the WebEx link. Contact the presenter if there are any questions about the class or using WebEx.



Location: Online - WebEx

Dates: Mon, June 7 - August 2

Time: 8:30-10:00 a.m.

Sessions: 9

Facilitator: Allan Zisner 480-282-1686 azisner@q.com

Registration: Contact facilitator directly to register for classes

POLITICAL SCIENCE

Comparative Government Systems

This class will examine different political systems, detailing each system's distinguishing characteristics, and those which are shared with other political systems.



Location: Online - WebEx
Dates: Mon, June 14-28
Time: 9:30 - 11:00 a.m.
Sessions: 3
Facilitator: Dan Mueller 480-406-9253 Dmuel611@gmail.com

HEALTH & WELLNESS

Avoid Fraud & Scams

Guest Presenter: Nydia Montijo

Let's avoid these TOGETHER.

We all know they are out there: people who are hunting other, vulnerable individuals in order to take advantage of them. How do you safeguard yourself, your money, and those you love? Arm yourself with insider knowledge.



Whether you are an older adult or you have older adults in your life that you want to protect, this is a workshop that will ensure you don't fall prey to the common traps set out in both the digital and interpersonal world.

We will teach you what is out there, how to easily identify them, why they work, and how to avoid them. We will also give you resources for further education and protective services.

Location: Online - Zoom
Dates: Wed, July 28
Time: 10:00-11:30 a.m.
Sessions: 1
Facilitator: Rea Dias 480-705-5563 nfillrea@outlook.com

Deciphering Long-Term Care

Guest Presenter: Nydia Montijo



Let us demystify it!

Do you have members who are planning retirement? Is there anyone in the group you serve who, in any way, is looking after another person who no longer can care for themselves as they used to? Are your people connected with anyone who has a disability or is navigating a serious illness?

If so, you know people who are already navigating the complexities of Long Term Care.

Grasping what Long Term Care is, what resources and services are out there and which ones are actually needed, and how you pay for all of it can be overwhelming. Our workshop has been designed specifically to help demystify the process and help people understand their options.

If you would like to help your members be as equipped as possible to create the best system of resources for their unique life needs, then let's connect. We are here to serve the servants of our society.

Location: Online - Zoom

Dates: Wed, August 4

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

Sessions: 1

Facilitator: Rea Dias 480-705-5563 nfillrea@outlook.com

Become Dementia-Friendly

Guest Presenter: Nydia Montijo



This training from the Dementia-Friendly America National Network will ensure that you are!

Arizona has the second-highest growth rate for Alzheimer's- which is the 6th leading cause of death in the U.S. and just one of the dementias you can be diagnosed with. Is dementia a normal part of aging? Do only older adults get it? Is it more than just a memory problem? If you are diagnosed, what kind of quality of life can someone expect?

Our workshop will cover these questions and more, including what dementia actually is, what the warning signs are, and how to create an environment that is friendly to those who have been diagnosed.

The question isn't about whether or not you will run into someone with dementia, but when. If you want to be someone who can respond with respect for what they are going through and act in a way that is safe for both you and them, then this presentation is a must.

Location: Online - Zoom
Dates: Thurs, August 5
Time: 10:00-11:30 a.m.
Sessions: 1
Facilitator: Rea Dias 480-705-5563 nfllrea@outlook.com

Avoid Caregiver Burnout

Guest Presenter: Nydia Montijo

You care for others, but who is caring for you?

Are you a parent? Are you regularly helping your parents with day to day activities and tasks? Do you in any way assist anyone in your house who has a disability or an ongoing medical condition? If so, you are a caregiver.



You are amazing, and we appreciate all of the sacrifices you make on a daily basis- your love for others is a vital part of keeping our society going. But, we are worried about you. We are noticing an escalating trend of caregivers burning out, getting injured, manifesting their own negative health conditions and some are even dying. We have crafted this workshop specifically to give back to you. We go over the physical and emotional toll of being a caregiver and help identify factors of self-neglect. We provide practical solutions for eliminating fatigue and avoiding it in the future. We review self-care techniques and logistical tips to make any needed change sustainable, reasonable, and doable.

Allow us to provide some relief, soothe some possible guilt, and equip you to love in a sustainable way.

Location: Online - Zoom
Dates: Thurs, July 29
Time: 10:00-11:30 a.m.
Sessions: 1
Facilitator: Rea Dias 480-705-5563 nfllrea@outlook.com

ABC's of Falls Prevention

Guest Presenter: Nydia Montijo

How to prevent falls and common, related injuries to children and older adults.

This thorough workshop teases out all of the shocking, little-known causes of falls and injury **IN YOUR OWN HOME AND VEHICLE!**

We will show you how health and self-care relate to preventing falls and bring safety concepts to life by virtually going room-by-room throughout a typical residence, identifying risk factors, and easy, practical fixes to making your home the safest it can be. We will also show you some life-saving safety tools you can purchase online for your vehicle as well as connect you to resources that allow you to try out various products for free.

If your house or car will, at any point, welcome an older adult or young child into its cozy recesses, you need to see this!

Location: Online - Zoom

Dates: Tues, July 6

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

Sessions: 1

Facilitator: Rea Dias

480-705-5563

nflrea@outlook.com



Surrender Camp

Guest Presenter: Bex Beltran

Do you notice stress, resentment and tension in your life? Wouldn't you love a life that was easier, less stressful and more fun? Are you curious about how to achieve more peace and calm?

Do you think it might be possible to stop pushing, micromanaging, and forcing things so you can relax?

Join this transformative eight-week journey where we will study and apply mental, emotional, and spiritual techniques to learn to fully surrender.



We will study, review and practice step-by-step examples (including activities, poems, questions, and stories) to help you feel a new sense of freedom and abundance.

Location: Online - Zoom
Dates: Wed, June 9-July 28
Time: 2:00-3:30 p.m.
Sessions: 8
Facilitator: Suzanne Brown 480-688-1497
suzannebrownpt@gmail.com

FUN STUFF

An Everyday Guide to Beer

Brewing of beer is a complex process that has been recorded for millennia and today, has evolved into a highly refined process. Beer is a beverage that delights and sustains drinkers. In this course the history, process, types, and the enjoyment of the beverage will be discussed through our hot Arizona summer.



As an added option, participants will be invited to 'meet-up' for some independent study at some of our East Valley breweries. Meet-ups will be every other Thursday starting June 10 and ending August 5. Locations will be announced the week before based on recommendations from participants. All recommended CDC guidelines will be followed for the meet-ups. Attendance is optional and only for those comfortable with gatherings.

Location: Online - Zoom
Date: Tues., June 8-August 3
Time: 1:30-3:00 p.m.
Session: 9
Facilitator: Suzanne Brown 480-688-1497
suzannebrownpt@gmail.com

Podcast Appreciation

Guest Presenter: Bex Beltran

Podcast Appreciation for Beginners: Podcasts are a hot topic! Everyone's talking about them and recommending them. But what if listening to a podcast seems overwhelming? What if you don't know how to start or what to listen to? This class is perfect for you if you are pod-curious! If you have heard of podcasts, but don't really get why they're popular, this class will answer all your questions -even some questions you didn't think of! We'll discuss what podcasts are, why you might want to listen to podcasts, how to find podcasts to listen to, how and when to listen and what you can do if you want to take podcast appreciation to the next level!



Location: Online - Zoom

Date: Tues., June 8

Time: 2:00-3:30 p.m.

Session: 1

Facilitator: Bob Dukelow

480-559-4429

ace1bob@gmail.com