

Online NFLL Summer Classes

revised 6/6/2020

Save Your Photos

Description of Class:

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.

Date & Time: 7/14 & 7/21 9:45-11:30. (9:45-10:00 -Zoom set up. 10-11:30 Course)

Facilitator: Jeff Hirschl jhirschl@yahoo.com

Brief Bio for the Guest Presenter:

Debra Durma has been teaching classes and seminars on how to preserve and save photos for over 20 years. She is an APPO Certified Professional Photo Organizer and a Forever Certified Ambassador. She believes that photographs can change the world. *Sharing your pictures and stories with the people you love not only builds self-esteem, but leaves a legacy for future generations.* Her tips can be applied immediately. Her passion for photos and stories will inspire you to SAVE YOUR PHOTOS!

Plan For Crises in Rtrmt by Scott Sandell

Description of Class:

9/11, 2008, 2020 are all recent financial crisis that make retirement unpredictable and often difficult to navigate. A sound financial plan allows you to navigate these crises without altering your enjoyable retirement plans. Sound financial planning does not require a crystal ball but it does require an understanding of your own situation while linking your priorities to your investment choices and strategies. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Date & Time: 6/2/20 from 10:00-11:30 am

Facilitator: Rea Dias nfllrea@outlook.com

Brief Bio for the Guest Presenter:

Scott Sandell, MBA, is President of the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE) which is a 20 year old nationwide nonprofit speaker's bureau dedicated to providing financial education without bias or the burden of sales.

Online NFLL Summer Classes

revised 6/6/2020

Mindfulness for Health by Debbie Hoxea

Description of Class:

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.

Date & Time: 6/29, 7/6, 7/13, 7/20 from 3:00-4:30 pm

Facilitator: Rea Dias nflrea@outlook.com

Brief Bio for the Guest Presenter:

Debbie Hoxea is a Dental Hygienist, Educator at Mesa Community College in Mesa, AZ. She teaches both dental hygiene and mindfulness courses at the college. She has a Master's degree in Contemplative Education from Naropa University in Boulder, CO and additional certificates and training in mindfulness and mindful self-compassion. Debbie incorporates mindful and contemplative practices within the dental hygiene curriculum, developing more aware and compassionate oral health care providers. She facilitates a weekly drop-in meditation practice M-Th on the Red Mountain Campus that is open to the community. She has been practicing yoga and meditation for over 20 years.

Online NFLL Summer Classes

revised 6/6/2020

Climate Change Impacts by Sandy Whitley

Description of Class:

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 greenhouse 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!

Date & Time: 7/8/20 from 10:00-11:00 am

Facilitator: Rea Dias nfillrea@outlook.com

Brief Bio for the Guest Presenter:

Retired nurse, grandmother, hiker, concerned about the health effects of climate change, joined organization (Citizens' Climate Lobby) dedicated to working towards a solution to our warming world. Believes the best thing we can do about climate change is talk about it.

Arizona Trail Revisited by Allan Zisner

Description of Class:

Through photos and trail tails, share my experiences hiking the Arizona Trail in the Spring of 2017 and 2018. This is a two-session class presented through WebEx. Each presentation is about an hour followed by ½ hour open discussion. One only needs an internet connection using their cell phone, tablet or computer (or computer to view and a phone to hear).

Date & Time: June 30th: Arizona Trail 2017 from 10:00 am-12:00pm

July 7th: Arizona Trail 2018 from 10:00 am-12:00pm

Facilitator: Allan Zisner azisner@q.com

Online NFLL Summer Classes

revised 6/6/2020

Our Trip to Cuba in 2016 by Dr. Gary Kleemann

Description of Class:

ASU Emeritus College

Our Trip to Cuba in 2016

In March of 2016 we spent nearly two weeks touring Cuba. This travelogue will be a discussion with pictures of this trip. Never have we been to a place so close yet so foreign. Cuba is a step back in time while simultaneously wanting to move forward. Questions from participants are welcomed and encouraged.

Date & Time: 6/10/20 from 1:00-2:30 pm

Facilitator: Ruth Brooks rrbrooks93@gmail.com

Bio for the Presenter:

Dr. Gary Kleemann retired from ASU in 2008 after serving for nearly 30 years. He has served as NF Treasurer and has been active on the Support Services/Communications Committee and the Curriculum Committee. Since retirement, Gary and Vina have made it a priority to travel to and learn about different parts of the world.

4 Yrs in the Netherlands by Roland Tanner

Description of Class:

I left NOAA (Gloucester, MA) in 2004 for the Netherlands and returned to Scott AFB in Illinois in 2008. I will share my experiences in the Netherlands with the class.

Date & Time: 7/22/20 from 1:00-2:30 pm

Facilitator: Roland Tanner rol2135531@maricopa.edu

Brief Bio for the Guest Presenter:

Roland grew up in Germany and France, went to high school in France and England, worked for the US Government for 33 years and has traveled extensively. Stationed in Rotterdam, NL for 4 years, lived in Delft, not far from the HAGUE. Roland will share some personal experiences and insights into Dutch culture and places to visit.

Online NFLL Summer Classes

revised 6/6/2020

Early morning discussion by Allan Zisner

Description of Class:

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

Date & Time: 6/4, 6/18, 7/2, 7/16, 7/30 from 8:00-10:00 am

Facilitator: Allan Zisner azisner@q.com

Early morning bike ride by Allan Zisner

Description of Class:

Enjoy riding your bicycle? Join me for an early bicycle ride along the canals or bike paths. I personally like to ride 10 to 15 miles, but I will tailor it to your abilities. The canal paths are multiuse and paved with a few short sections of packed gravel. If you have a favorite route to share, please let me know.

You must be able to transport you bicycle to the starting location. Bring water and a snack. There are no public restrooms. Must have a risk form signed and turned in.

Date & Time: 6/11, 6/25, 7/9, 7/16, 7/23 from 7:00-10:00 am

Facilitator: Allan Zisner azisner@q.com