New Frontiers
For Lifelong Learning

Fall 2016
Class Schedule

Preview
Expand Your World...

Hosted by:
MESA COMMUNITY COLLEGE
A Maricopa County 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, and expand your learning, increase your social resources, and volunteer for the college and community.

Visit our web site at newfrontiers.mesacc.edu

OPEN HOUSE FRIDAY, SEPTEMBER 9, 1:00—3:00 PM

Members may visit with instructors in the large room and have refreshments. Guests may go through orientation, visit with class instructors, and enroll (join and pay). BRAND- NEW MEMBERS who joined before Open House should attend orientation and visit class instructors in the atrium to have a better understanding of our New Frontiers organization. Former members and continuing members will not be able to enroll at Open House this semester (see below).

How to Join New Frontiers

Dues: The annual membership fee, effective September 1 through August 31, is $80. By enrolling in the Seniors/New Frontiers class at Mesa Community College, you will become a New Frontiers member.

Ways for New Members to Join:
1. At Open House on Friday, September 9, 1 to 3 pm on the 4th floor of the MCC Downtown Center, 145 North Centennial Way, Mesa. Bring your government-issued photo ID—a college requirement.
2. Visit the MCC Community Partnerships Office (NFLL) at Red Mountain. The office is located in Room M222 on the second floor of the Mesquite Building. Office hours are 8 to 5, Mon—Fri.

Former members and Continuing members cannot enroll at Open House.

MCC requires that students have a photo ID on file and their records updated. You can present your government-issued ID, enroll, and pay your dues at one of the enrollment centers:
1. The new Enrollment Center, Building 39 on the east side of the Dobson Campus.
2. The Community Partnerships Office, Rm M222, on the 2nd floor of the Mesquite Building at Red Mountain.

How to Register for New Frontiers Classes

Your current email address must be on file with New Frontiers in order to use Online Registration. Online Registration for most classes begins Tuesday, September 20, at 9:00 a.m. (Some classes open early.)

To access the ProClass online registration site, go to New Frontiers’ website, newfrontiers.mesacc.edu and click on “Class Registration”. If you are a new, continuing, or former member, you have an account on the system. DO NOT click on “New User? Start here” to login; this will create a duplicate account. If you do not know your UserID or password, click on “Forgot your password?” The system will send your Username and Password to your email address.

Please use a PC or MAC to register online. You may not be able to access all of our online registration features using an iPad or iPhone.

SEE PAGE 3 FOR DETAILED INSTRUCTIONS ON REGISTERING FOR CLASSES.

Members who do not have a computer will receive information by mail on how they can register for classes.

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.
How to Register for New Frontier Classes

Before Sep 20  It is recommended that you login and ready your account for registration:

1. Go to newfrontiers.mesacc.edu and click on “Class Registration” on the Home Page.

2. If you are a new, continuing, or former member, you have an account on the online registration system. **DO NOT click on “New User? Start Here”**. This will create a duplicate account, and you will encounter an error when you try to register for classes. If you don’t remember your Username/Password, or if this is your first time using the new online registration program, click on **“Forgot your password?”** and submit your email address. You will receive an email that will provide you with a Username and Password. Check your Spam box if the email does not arrive right away.

3. Once you are logged in, click the **My Account** link near the top of the web page. Be sure to:
   - Review and revise your contact information
   - Change your Username to something you will remember (optional)
   - Click on **Change Password** to reset your password to something you will remember (optional).

4. Review the classes you want to take. Click on the Class Title to see an expanded description of the class.

5. If you want to “practice”, select the Test system and register for some of those classes.

6. Don’t forget to **Logout**.

On Sep 20 (or before, if you want an early registration class), Login to your account and select your classes:

1. Select the Semester and Instructor  (Instructor is optional but saves time.)
2. Click on “Search”.
3. Click on “Register” for the class you have selected.
4. Click on the **Box** in front of your name.
5. Click on “Register” below your name.
6. Repeat for as many classes as you want.
7. Click **“Checkout”**.
8. Click **“Continue”** to complete your registration.

To verify your schedule, select the **My Account** tab and click on “My Registrations” at the bottom of the page. You will see a list of your registered classes plus those where you are wait-listed. If you have signed up for more than 10 classes, there will be a “1 2” in the lower right below the class list. Clicking on the “2” will show the rest of your classes (unless you have signed up for more than 20 classes—then there will be a “3”).

**Don’t forget to Logout**. You may login and add more classes at any time.

If you need to drop a class, contact the facilitator, who can offer your spot to the first person in the wait list.

Notes:
(1) If you have entered an emergency contact, expect to see his/her name listed along with yours when you register for classes. Just check your own box.
(2) Ignore all references to “Invoices”, “Balance Due” and other financial terms. The system was designed for organizations that charge for each class.
(3) Facilitators are referred to as “Instructors” by the system.
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### Important Dates to Remember:

- **Open House Fall 2016**: Friday, Sept 9 – 1:00-3:00
- **Pro Class Registration opens**: Tuesday, Sept 20 – 9:00
- **New Members Coffee**: Wednesday, Oct 5 – 9:30-11:00
- **Spring Proposal Cut-off**: Tuesday, Nov 1 – Midnight
- **All Member’s Meeting**: Friday, Nov 4 – 1:00 - 3:30
- **Veterans Day**
- **Thanksgiving**
- **Holiday Luncheon**: Thursday, Dec 8 – 11:30 - 2:00
- **Out to Lunch Bunch**: Every 2nd Friday, except Dec. and Apr.

## For classes sponsored by the MAAC,
see pages 30-33
“Risky Business”

The college requires that members attending our more adventurous offerings have a risk form on file. **If you have previously submitted a form that matches your current class enrollment, you do not need to send in another form.** Members who sign up for a class in the “Risky Business” category will be notified if they do not have the proper risk form on file. Risk forms are available via our website, newfrontiers.mesacc.edu; click on “Member’s Toolbox” for instructions and forms.

Trailblazers Hiking Group

We meet early in the morning at central locations in Mesa to carpool to nearby county and city parks, national forests, and other areas. Hikes will range from 2 – 6 miles with 100 to 1000 ft. elevation change. Total time, including driving and hiking, may be 3 – 5 hours and hikers should be in reasonable physical condition. A list of the hikes with dates, descriptions and difficulty will be available at the Open House. Join us for one hike or all of them. Wear your hiking shoes; bring water, a walking stick and a hat. **NOTE: Risk Form 1 required.**

Location: Available at Open House

Dates: Fri, Sep 23 - Nov 18; NOT Nov 4

Time: 7:00 am - noon

Sessions: 8 (May schedule additional hikes.)

Limit: 75

Facilitator: Lois Schaffer 480-833-1672 ljsnaz@q.com

Additional facilitators (hike leaders):
Jane Severin 480-588-5355 severinjane@gmail.com
Sandy Whitley 480-390-6466 sandyariz@cox.net
Marie-France Ganansia 480-289-0924 mfganansia@gmail.com
Steve Johnson 480-818-8964 ssjarz@gmail.com

Trailers Hiking Group

This group does hikes that are a little easier – less challenging in elevation and distance, but still taking advantage of trails in nearby parks and national forests. A list of the hikes including descriptions of length; difficulty and meeting places will be available at the Open House or on request from the facilitators. Hikers are reminded that, although “easier”, they should be prepared for hiking unimproved trails with rocks, loose gravel, and other hazards. Sturdy shoes with non-slip tread and walking sticks are highly recommended. Hikers must have water and be in reasonable physical condition. Join us for one or more pleasurable hikes in the wonderful Arizona autumn weather. **Risk Form #1 must be signed.**

Location: Various; see listing at Open House or contact facilitator

Dates: Tue, Sep 27 - Nov 1

Time: 7:00 am - noon

Sessions: 8

Limit: 60

Facilitator: Marlin Fried 480-820-6126 mfried5751@cox.net
**“Risky Business”**

**Black Thumb Gardening**

This is a hands-on class for those of you who have difficulty growing things in the Valley of the Sun. We will discuss, in very basic, non-technical terms, the needs and personalities of various types of plants. We will make our own garden soil, plant and successfully grow some vegetables and flowers. There may be some minimal expenses to get your garden started. Previous students are welcome back. If you are a master gardener and want to help teach others, please contact Bob Dukelow directly but don’t sign up as a student for this class. **We use sharp tools so we will need a Risk Form 1.**

<table>
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<th>Location: Dukelow’s garden</th>
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<td></td>
<td>480-559-4429</td>
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<td><a href="mailto:ace1bob@gmail.com">ace1bob@gmail.com</a></td>
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**A Walk in the MCC Rose Garden**

Presenter: Marylou Coffman

We will visit the garden with Marylou as guide. She will tell us about many of the 9000 bushes in the garden. You will need water and a hat. Good shoes are also suggested. **This class requires a Risk Form 1.**

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<th>Location: Dobson</th>
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Facilitator: Simone Ossipov 480-629-8362 s_ossipov@yahoo.com

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**ASU EMERITUS COLLEGE**

**ASU Emeritus College Professors Presentations**

New Frontiers members formally and gratefully thank these professors for their *pro bono* service to us. Their service of time and talent provides us with a variety of educational opportunities.

**Language Play**

Presenters: Don and Alleen Nilsen

Language Play will consist of seven courses as follows:

- English Phonology: The Sounds of English
- English Morphology: English Word Formation
- English Syntax: English Sentence Formation
- English Spelling System: The Good, Bad and the Ugly
- English Semantics: Making Sense of English, words, phrases, an sentences
- English Pragmatic: Practical Aspects of English – English in its Social Setting
- Current English Usage: Deciding Whether You Want to Speak Grammatically or Ungrammatically

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<th>Location: Dobson</th>
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<td>Sessions: 4</td>
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Facilitator: Alleen Nilsen alleen.nilsen@asu.edu 480-969-1709
Our Trip to Cuba

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.

Location: Dobson
Date: Thurs; Oct 6
Time: 2:30-3:30 pm
Sessions: 1
Limit: 50
Facilitator: Gary Kleemann
gary@asu.edu 480-839-8190

Our Trip to Tuscany and Umbria in 2015

In September of 2015 we spent the month visiting the Tuscany and Umbrian area of Italy on a food-oriented tour of the region. This travelogue will be a discussion with pictures of this trip. This trip off of 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: Dobson
Date: Wed, Oct 12
Time: 2:30-3:30 pm
Sessions: 1
Limit: 50
Facilitator: Gary Kleemann
gary@asu.edu 480-839-8190

The National Debt

In this highly interactive 2-hour workshop, you will learn in the first part of the workshop about the facts of our National Debt. What is it? What is its history? Who is it owed to? What is the difference between the deficit and the debt? Is it too large? What are options for reducing it?

In the second part of the workshop, we will work together to develop our opinions about what, if anything, we should do about the National Debt. Everyone in the workshop will have the opportunity to share their opinions.

Workshop participants should come to the workshop with both an open mind and their own opinions. Participants should be prepared to share their views with others and to listen well to others who may have somewhat different views.

Location: Dobson
Date: Wed, Nov 2
Time: 2:00 - 4:00 pm
Sessions: 1
Limit: 28
Facilitator: Dr. Gary Kleemann
gary@asu.edu 480-839-8190

“I find television very educating. Every time somebody turns on the set, I go into the other room and read a book.”

- Groucho Marx
The Accelerating Universe
Presenter: Per Aannestad

This talk is about Cosmology, dealing with the large-scale Universe, and its origin and evolution. Over the last few decades, we have learned of several new and "mysterious" properties of the expanding Universe: An extremely rapid expansion at its beginning, an accelerated expansion at later times caused by an unknown energy field, and the presence of an unknown form of matter, accounting for 80% of all matter in the Universe. Instead of a simple “Big Bang” Universe, we may even have to consider the possibility that our Universe is just one among many in an infinitely large “Multiverse”.

Location: Dobson
Date: Thur, Nov 17 Time: 2:00 - 3:30 pm
Sessions: 1 Limit: 80
Facilitator: Mel Heaps 480-491-4641 mgheaps@juno.com

Ferde Grofe & His Music
Presenter: Lou-ellen Finter

Ferde Grofe’s Grand Canyon Suite and his Death Valley Suite are used in comparison to the history, geography and original inhabitants of both areas.

Location: Dobson
Date: Mon, Nov 28 Time: 1:00 - 2:30 pm
Sessions: 1 Limit: 50
Facilitator: Randy Maughan 480-838-8506 randonbmaughan@cox.net

Sensation, Perception, and the Aging Process

How does vision work exactly? Hearing? Touch, smell, and taste? This course is a repeat of an earlier popular course on the biology of the senses---details of the eye, ear, etc. and how they create perception from sensation. But it doesn't stop at the five outer senses. It seems that we have quite a network of internal sensors as well that keep our brain well-informed. Amazing stuff! You'll enjoy seeing how wonderful you are!

The course is presented on DVD by Prof. Emeritus Francis B. Colavito of the U. of Pitttsburgh. He began his higher education on an Athletic scholarship to the U. of Maryland. He followed through to an eventual Ph.D. in Experimental Psychology at Indiana U. Then a post-doc for the U.S, Public Health Service, before settling down to a 39-year career at the U. of Pittsburgh. He has won five awards for teaching, including Pitt's Chancellor's award - its highest. He has also been on the faculty and dean of the Summer at Sea Program.

Location: Las Palmas: 215 N. Power Rd., Mesa. Las Palmas is between Main and University on the East side. The security guard at the gate will direct you.

Dates: Tue, Sep 27 - Dec 13 Time: 1:30 - 3:30 pm Sessions: 12 Limit: 60
Facilitator: Con Downey 480-641-2975 condowney4@aol.com

Online registration preferred, or contact the facilitator.
Carnivorous Plants
Presenter: Allan Toogood

The Little Shop of Horrors is fictional but carnivorous plants are real. You may know the Venus Flytrap but there are dozens of other plants that live on bugs, frogs, and in some cases even small mammals and birds. In this class we will learn how these plants trap, kill, and suck the juice out of their prey. As many as thirteen varieties of carnivorous plants have been found in a single bog in England. We don’t see as many varieties here in the desert but there are carnivorous plants growing wild in Arizona.

Location: Dobson Date: Thur, Nov 10 Time: 1:00 - 2:30 pm
Sessions: 1 Limit: 100
Facilitator: Bob Dukelow 480-559-4429 ace1bob@gmail.com

Chaos: the New Math of Dynamical Systems

What’s a dynamical system: think of the weather, the stock market, within us the pulsing of our heart or the discharging of brain cells. These are systems that have a certain rhythm to them but not an exact one. They almost come to equilibrium, but never quite; sort of predictable, but again not quite, and likely to have massive changes with slight changes in initial conditions. Only recently has the rational world of science found ways of dealing with them, but these provide elegant, astonishing, and very practical insight.

The course is presented on DVD by Steven Strogatz, Ph.D., Prof. of Theoretical and Applied Math at Cornell. He’s been educated at Princeton, Cambridge, and Harvard, where he got his Ph.D. He has done seminal research in chaos and complexity theory with applications to physics and biology. Not just an egghead, though, Dr. Strogatz has numerous teaching awards, including those awarded by students. He can and wants to speak to us.

Location: The Orchard Active Adult Center, 108 N. Greenfield, Mesa. The best parking is across the street. Enter the main entrance of the Activity Center and bear right down to the theatre room.

Dates: Wed, Sep 28 - Dec 14 Time: 1:30--3:30
Sessions: 12 Limit: 25
Facilitator: Con Downey 480-641-2975 condourney4@aol.com

Everyday Engineering: Understanding the Marvels of Everyday Life

Our world is full of engineering marvels. Explore the workings of the fascinating buildings, devices, and public utilities that we use every day. From considering the home as an engineered system to how the electrical grid works, Professor Ressler explains how science, technology, and engineering provides for the foundation of our everyday life experiences. Professor Ressler uses over 150 working models to illustrate how our world works.

Location: Red Mtn
Date: Tue, Sep 27 - Nov 15 Time: 1:30 - 3:30 pm
Sessions: 8 Limit: 40
Facilitator: Steve Johnson 480-818-8964 ssinfl@gmail.com
Conquest of the Americas

The societies of the America emerge out of the collision, convergence, and complex mixture of Native Americans, Europeans, and Africans. It was a conquest that began with Columbus, and saw its major features be completed by about 1700. This course presents both the unity and diversity across the early history of the Americas—the common patterns, as well as the enormous differences, from Quebec to Argentina.

This course is presented on DVD by Marshall C. Eakin, Assoc. Prof. of History at Vanderbilt University. Dr. Eakin did undergrad work at Kansas and at the Universidad de Costa Rica. He went on to an M. A. in history at Kansas, and then moved on to UCLA, where he got his Ph.D. in 1981, specializing in Brazilian history. He has taught at Vanderbilt since 1983, where he has won numerous teaching awards.

Location: Leisure World, 908 S. Power Rd., Mesa. The entrance is a few hundred yards N. of Southern on the West side. At the guard shack, say you are from New Frontiers or here for the history class and he/she will direct you. It's easy.

Dates: Fri, Sep 23-Dec 16; NOT Nov 25  Time: 10:00 am - noon
Sessions: 12  Limit: 40
Facilitator: Con Downey 480-641-2975  condowney4@aol.com

The Battle of the Little Big Horn

Presenter: Theresa Sholty

Why did the Battle of Little Big Horn become the best-known fight of the Indian Wars? Fought on June 25, 1876, we are still arguing the reasons, 140 years later, why 5 companies of the 7th Cavalry died that day. Are we still fascinated due to the famous officer in charge, or was it because of the leader of the Sioux Indians? Come walk Battle Ridge with our presenter and decide for yourself.

Location: Red Mtn  Date: Thur, Oct 6  Time: 1:30 - 3:00 pm
Sessions: 1  Limit: 40
Facilitator: Suzanne Brown 480-688-1497  suzannebrownpt@gmail.com

Turning Points in US History

Part II

22 half hour lectures presented by Professor T. O’Donnell, Professor of History, Holy Cross College

A provocative take on significant events that changed the way Americans acted toward their society and Government.

Part II covers the period from Reconstruction through 9/11.

Location: Red Mtn  Dates: Mon; Sep 26 - Dec 5
Time: 1:30-3:00 pm  Sessions: 11  Limit: 50
Facilitator: David Ramis  morningbonnie@cox.net  480-424-4101

"Half of the American people never read a newspaper. Half never voted for President. One hopes it is the same half."
## The Dysfunction of the American Political System: Senate, House and Gerrymandering

**Presenter:** Prof. Norman Levine

There are many reasons for the dysfunction of our political system. This class will focus on how our population is represented in the Senate, how this disequilibrium leads to legislative incapacity. We will also look at how Gerrymandering is used to determine our House of Representatives and the inequality that results.

### Details

- **Location:** Dobson
- **Dates:** Mon, Oct 17 AND Fri, Oct 21
- **Time:** 3:00 - 4:30 pm
- **Sessions:** 2
- **Limit:** 45
- **Facilitator:** Pat Schindler 480-818-1107 patbob@cox.net

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## The Dysfunction of the American Political System: Rebellion and Revolution

**Presenter:** Prof. Norman LeVine

There are many reasons for the dysfunction of our political system. This class will focus on our rebellion in congress and how the changing demographics in the U.S. look politically now and in the future.

### Details

- **Location:** Dobson
- **Date:** Fri, Oct 14
- **Time:** 3:00 - 4:30 pm
- **Sessions:** 1
- **Limit:** 45
- **Facilitator:** Barbara Dixon 602-295-7656 bjdixon7777@gmail.com

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## The Dysfunction of the American Political System: Money Rules

**Presenter:** Prof. Norman Levine

There are many reasons for the dysfunction of our political system. This class will focus on the campaign finance system. Money controls our American politics. We will look at the US as governed by a financial oligarchy.

### Details

- **Location:** Dobson
- **Date:** Mon, Oct 10
- **Time:** 3:00 - 4:30 pm
- **Sessions:** 1
- **Limit:** 45
- **Facilitator:** Patty O’Brien 480-831-5198 bbob@cox.net

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## The Dysfunction of the American Political System: Presidential Election

**Presenter:** Rose Frankfort

The Presidential Election of 2016 has already shown itself to be unique in the annals of Presidential elections; it has not followed a traditional playbook. The process of nominating the candidates defied all expectations and the interest-level of the public has remained high. This class will start with coverage of the Presidential Primary and then move on to the General Election. We will discuss issues such as: the Debates, Polling, Money—how to get it and how to spend it, Media attention—how to get it and keep it, do campaigns really matter or is it all just the fundamentals such as partisanship and the state of the economy. This is the 5th time Rose will be presenting this course for New Frontiers over a span of 16 years.

### Details

- **Location:** Dobson
- **Dates:** Thur; Oct 20 - Nov 10
- **Time:** 2:00-3:30
- **Sessions:** 4
- **Limit:** 100
- **Facilitator:** Virginia Van Horne vvhorn1@cox.net 480 641-3894
**Politics**

**Election 2016 Preview**

Presenter: Dr. Brian Dille

The 2016 election has proven to be surprising and unique in many ways. With just a few weeks left before the election, let’s take stock of this election season and try to make sense of the direction our country and state are going and may go, depending on the outcome of the election.

Location: Dobson
Date: Wed, Oct 19
Time: 3:00 - 5:00 pm
Sessions: 1
Limit: 80
Facilitator: Barbara Thelander 480-890-8396 bthelander@cox.net

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**Financial Matters**

**Defining Your Legacy**

Presenter: Becky Cholewka

This presentation highlights the importance of preserving photos, traditions, recipes and keepsakes as well as the simple steps you can take today to get started. It focuses on how to make the process easier for those you love, how to ensure you have documents that work, and Becky’s personal story of the impact her father’s legacy had on her at only 19.

Location: Dobson
Date: Wed; Nov 16
Time: 2:00-3:00 pm
Sessions: 1
Limit: 40
Facilitator: Barbara Dixon 602-295-7656
bjdixon7777@gmail.com

**Estate Planning**

Presenter: Marcus Seiter

This class is designed to provide some answers to questions like: “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: Dobson
Date: Wed, Oct 26
Time: 1:30 - 2:30 pm
Sessions: 1
Limit: 30
Facilitator: Barbara Dixon 602-295-7656
bjdixon7777@gmail.com

**IRA Planning Mistakes**

Presenter: Shanna Tingom

This seminar highlights the top IRA planning mistakes and how to avoid them. Learn how to take advantage of stretch distributions, maximum contribution limits, and Roth IRAs. Explore how to navigate rollovers, move funds and take distributions properly, as well as how to avoid unnecessary penalties on early withdrawals.

Location: Dobson
Date: Tue; Oct 11
Time: 2:00-3:30 pm
Sessions: 1
Limit: 40
Facilitator: Ann Redwine 530-263-5183 annredwine41@gmail.com

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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.
Finding 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.

Location: Red Mtn  Date: Tue, Nov 1  Time: 2:00 - 3:30 pm
Sessions: 1  Limit: 40
Facilitator: Bonnie Phillips  918-786-4888  bonnie.phillips@centurylink.net

The Evolution of Life Insurance for Retirees
Presenter: Scott Sandell

New tax laws as well as the changing needs of the Baby Boomers have forced life insurance to evolve. This major transformation over the past 8 years has made it a very useful tool that must be considered in any retirement plan.

Location: Red Mtn  Date: Tue, Dec 6  Time: 2:00 - 3:30 pm
Sessions: 1  Limit: 40
Facilitator: Bonnie Phillips  918-786-4888  bonnie.phillips@centurylink.net

How To Invest In The New Normal
Presenter: James Miller

This course will cover: Long-term investment cycles and how they affect investing; Strategic alternatives to —Buy and Hold. What processes do the best money managers use? Can everyday investors participate in non-traditional assets? Guest speakers will share real-world experiences, and course participants will get practical, implementable strategies and tools for investing. This course is designed for novice investors as well as those who have been investing for years.

Location: Dobson  TBA  Date: Wednesday,  Feb 3 - 24  Time: 1 - 3:30
Sessions: 4  Limit: 45
Facilitator: Lucille Houston  480-413-9777  luhouston@yahoo.com

Veteran & Medicaid Planning - An Overview
Presenter: Becky Cholewka

Learn the rules regarding Veteran’s aid and attendance and ALTCS (Arizona Long-Term Care System). This presentation highlights income asset tests, penalties and the two types of trusts available to help you plan.

Location: Dobson
Date: Wed; Nov 9  Time: 2:00-3:30 pm
Sessions: 1  Limit: 40
Facilitator: Pat Schindler  480-818-1107  patbob@cox.net

Paying for Long Term Care
Presenter: Scott Sandell

This is an unbiased review of the primary resources to fund long-term care including, but not limited to, Medicare/Medicaid, VA Aid & Attendance, life insurance, traditional LTC insurance, and annuities.

Location: Red Mtn
Date: Tue, Oct 4  Time: 2:00 - 3:30 pm
Sessions: 1  Limit: 40
Facilitator: Bonnie Phillips  918-786-4888  bonnie.phillips@centurylink.net
Health

Osteoporosis: Simple Steps for Treatment & Prevention
Presenter: Dr. Sonny Sampedro

Current estimates have osteoporosis affecting about 10 million people in the U.S. You’ll be able to identify who’s at risk for this disease. Discover the methods used to diagnose this condition. Learn the latest trends for the treatment and management. Does diet play a role? How effective are medications at slowing down or stopping the progression. Should you continue to exercise and, if so, what type of exercises should you be doing.

Location: Dobson
Date: Wed, Nov 16
Time: 1:00 - 3:00 pm
Sessions: 1
Limit: 40
Facilitator: Larry Merrill
480-663-3613
larry_merrill@mac.com

Integrating Wellness Into Your Daily World
Presenter: Dr. Anita Elliott

With so much health information available at the click of a computer button today, we must separate myth from reality. Learn science and evidence based information to integrate healthy choices into your daily routine. Understand the 3 core areas of wellness, and how they work together to maintain overall health. Small changes can make a big difference in how we feel, and heal. Topics covered include diet, supplements, environmental toxins, physical movement, healing relationships, essential oils, and more. This class is being repeated 3 times on different dates. Please enroll on the date that best meets your needs.

<table>
<thead>
<tr>
<th>Session I</th>
<th>Session II</th>
<th>Session III</th>
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<tbody>
<tr>
<td>Date: Mon, Oct 10</td>
<td>Date: Fri, Oct 28</td>
<td>Date: Mon, Nov 28</td>
</tr>
<tr>
<td>Time: 1:30 - 3:00 pm</td>
<td>Time: 9:30 - 11:00 am</td>
<td>Time: 1:30 - 3:00 pm</td>
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<tr>
<td>Location: Dobson</td>
<td>Sessions: 1</td>
<td>Limit: 100</td>
</tr>
<tr>
<td>Facilitator: Mary Adamick</td>
<td>480-892-7298</td>
<td><a href="mailto:madamick@cox.net">madamick@cox.net</a></td>
</tr>
</tbody>
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De-Stress With Laughter
Laughter has been shown to reduce stress, relieve pain, lower blood pressure, improve breathing, strengthen the immune system, relax muscles, increase motivation and creativity, and reduce loneliness. Best of all, it makes life more fun! Learn how to experience all the benefits of laughter through laughter exercises (no jokes required) and the Principles of Good-Hearted Living.

Location: MAAC
Date: Fri; Oct 7
Time: 1:00 - 2:30 pm
Sessions: 1
Limit: 25
Facilitator: Linda Scharf
480-668-0461
LSScharf@aol.com

Understanding Medical Marijuana
Presenter: Kathy Inman

The objective of this class is to deliver an expanded understanding of medical marijuana, helping seniors to be more comfortable trying a natural alternative to toxic pharmaceuticals.

Location: MAAC
Date: Thurs, Oct 20-27
Time: 1:00 - 3:00 pm
Sessions: 2
Limit: 30
Facilitator: BeAnne Lane
480-380-3747
Blane@cyberspeedway.net
Self-Healing Through Reiki

Reiki is universal life energy that you can direct with your hands to heal yourself and others. This energy is present everywhere and every culture has a name for it. The Chinese call it Chi, the Hindus, Prana; the Hebrews, Jesod; the Egyptians, Ka; while we call it the Holy Spirit or light. Reiki can help with chronic pain, treat physical and emotional illness and is used at many hospitals in conjunction with other treatments. Through classroom techniques and attunements, empower yourself and learn self-healing through Reiki!

Location: Dobson  
Date: Tues, Sep 27 - Oct 18  Time: 2:00-3:00 pm  
Sessions: 4  Limit: 25  
Facilitator: Joy Jenkins  thepathoftheheart@yahoo.com  480-648-6677

Secrets To Better Energy & Immunity: Feel Better Now!!!

Presented by Dr. Casey M. Johnston

ARE YOU SICK & TIRED OF BEING SICK & TIRED? Then this class is for you. This is a practical “how to” class on immediately improving your ENERGY LEVEL and boosting your IMMUNE FUNCTION. We will discuss the most common issues affecting individual’s HEALTH and ENERGY. We will guide you to how your nervous system can be reinvigorated to improve the function of the body and its systems as a whole. This class takes complex concepts of neurology and immunity and makes it simple to understand. After this class you will be able to immediately implement the strategies to start your healing or progress today. Don’t give up, this class is what you have been waiting for!!!

Location: Dobson  
Date: Tues, Oct 25  Time: 2:00 — 3:00 pm  
Sessions: 1  Limit: 100  
Facilitator: Jeanne Partida  jp44az@cox.net  602-292-8940

COMPASS: Directions for Caregivers after the Dementia Diagnosis

Presenter: Heather Mulder

Over 90 minutes, caregivers are introduced to the basics of disease progression, treatment and care. In addition, participants will learn to implement 8 practical strategies to avoid many of the common problems that arise when caring for the person with dementia.

Location: Dobson  
Date: Tues, Nov 8  Time: 2:00 - 3:30 pm  
Sessions: 1  Limit: 80  
Facilitator: Jean Bruno  jlbruno1@cox.net  480-752-2197

In teaching, you cannot see the fruit of a day’s work. It is invisible and remains so, maybe for twenty years.
Your brain is so much more than memory! In this program, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory.

By starting with a discussion of the difference between “normal aging” & something more serious & a self-assessment, the Brain Health Program can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health.

NOTE: This class is the same as Brain Health II and Brain Health III.

Banner Brain Health Program II

Presenter: Heather Mulder

Your brain is so much more than memory! In this program, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory.

By starting with a discussion of the difference between “normal aging” & something more serious & a self-assessment, the Brain Health Program can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health.

NOTE: This class is the same as Brain Health I and Brain Health III.

Location: Dobson
Date: Mon, Nov 7
Time: 2:00 - 4:30 pm
Sessions: 1
Limit: 25
Facilitator: Jean Bruno
jlbruno1@cox.net
480-752-2197

Banner Brain Health Program III

Presenter: Heather Mulder

Your brain is so much more than memory! In this program, learn about the different domains of your brain, such as cognition, language, attention, visuospatial, executive function, and, of course, memory.

By starting with a discussion of the difference between “normal aging” & something more serious & a self-assessment, the Brain Health Program can act as your personal trainer by teaching you activities to aid in strengthening domains that you want to improve. Also reviewed are lifestyle factors related to brain health.

NOTE: This class is the same as Brain Health I and Brain Health II.

Location: Dobson
Date: Thur, Dec 1
Time: 2:00 - 4:30 pm
Sessions: 1
Limit: 25
Facilitator: Jean Bruno
jlbruno1@cox.net
480-752-2197
Cognitive Behavioral Therapy: Techniques for Retraining Your Brain

Cognitive behavioral therapy (CBT) is a well-tested method for managing moods and modifying behaviors through self-awareness, critical analysis, and moving step-by-step to gradual goal-oriented change. Although therapeutic, it is not just about mental illness, it is an approach most anyone can use to promote a healthier mind and better quality of life. The goal of this course, to quote the presenter, is "An understanding of how CBT works and how it might work for you." Become a better you and a better friend.

This course is presented on DVD by Jason M. Satterfield, Ph.D., Prof. of Clinical Medicine at the University of California at San Francisco. Dr. Satterfield is a product of MIT, Cambridge, and Harvard, where he got his Ph.D.. He currently directs the UCSF Behavioral Medicine Unit, which integrates mental and behavioral health services into adult primary care. He grew up in middle Tennessee, and he was first in his family to attend college. This background has helped him keep the common touch.

Location: Leisure World; 908 S. Power Rd., Mesa. The entrance is a few hundred yards N. of Southern on the west side. At the guard shack, say you are from New Frontiers or here for the Psychology class and he/she will direct you. It's easy.

Dates: Mon, Sep 26 - Dec 19, NOT Nov. 7 Time: 10:00 am - noon
Sessions: 12 Limit: 40
Facilitator: Con Downey 480-641-2975 condowney4@aol.com
Online registration preferred or contact the facilitator.

Multiple Intelligences

Howard Gardner introduced the concept of Multiple Intelligences by identifying 7 ways people are intelligent. They are: linguistic, logical-mathematical, bodily-kinesthetic, musical, spatial, interpersonal and intrapersonal. He later added naturalist to the list. Come prepared to participate in an active, interactive class and learn how to strengthen some intelligences, to use the strengths that you have, and to have fun learning to value your intelligences.

Location: Dobson Date: Fri, Sep 23-30 Time: 2:00 - 4:00 pm
Sessions: 2 Limit: 25
Facilitator: Dana Harper 720-318-9658 d.harper10@gmail.com

Culture And Travel

Cruising: Pleasures and Perils

Cruising possibilities by ocean or river, what to consider when planning, what to expect when travelling.

Location: Dobson
Date: Fri, Oct 21 Time: 2:00 - 3:30 pm
Sessions: 1 Limit: 80
Facilitator: Bobbie Gray 480-820-6819 bobbgray@cox.net
Culture And Travel

**Introduction to Modern China**

This presentation will be an introduction to modern China, which will describe the important influences on Chinese thought, politics, culture and society. It will include descriptions of the structure of China today, the historical events that have shaped modern China, how Chinese thinking and values differ from classical Western varieties, and how contemporary Chinese society has come to view both itself and the Western world. Since China is now the second largest economy in the world, and has a middle-class of nearly 500 million people, it has already had an enormous impact on the global economy, and will continue to have significant influence on many aspects of the Western world in the coming decades, including its markets, peoples and society.

In the last 30 years, China has lifted 800 million people out of grinding poverty. This is an incredible and singular event in human history. Additionally, in the last 100 years alone, China has seen the end of over 2000 years of feudal rule by emperors, a period of imperial hegemony and occupation by foreign powers, an invasion and war with would-be foreign conquerors, a civil war between Nationalist and Communist forces, the rule of radical revolutionaries which precipitated the worst man-made famine in global history, and a near disintegration into chaos at the hands of these same rulers. All of this preceded the "China miracle": the country’s unprecedented economic growth in the modern era. I hope you are able to join me in this discussion of one of the most interesting and important countries in the world today.

**Location:** Red Mtn  **Dates:** Wed, Nov 2 - 30  **Time:** 2:00 - 3:30 pm  
**Sessions:** 5  **Limit:** 40  
**Facilitator:** Dan Mueller 480-406-9253 dmuels1@gmail.com

**Haiti Redefined**

In April 2016, I visited Mizak, Haiti, for 3 weeks, experiencing transformation of a people through art, dance, music and song. This class will be a one-hour presentation about the non-profit organization, Living Media, and the aftermath of the devastating 2010 earthquake, as well as the successes and failures of organizations’ well-meaning attempts to help.

**Location:** Red Mtn  **Date:** Tue; Dec 6  **Time:** 2:00-3:00 pm  
**Sessions:** 1  **Limit:** 40  
**Facilitator:** Bobbi Heppe heppeb@yahoo.com 480-584-4794

**Around Sicily**

Embark for a week-long tour of the biggest Mediterranean island, a crossroads of civilizations.

**Location:** Dobson  **Date:** Mon, Nov 7  **Time:** 2:00 - 4:00 pm  
**Sessions:** 1  **Limit:** 40  
**Facilitator:** Marie France Ganansia 480-686-8001 mfganansia@gmail.com

**The Island of Oahu**

**Presenter:** Scott Gaffney

To enlighten those who have never been to the Hawaiian Islands and for those who have been there about the Island of Oahu.

**Location:** Dobson  **Date:** Thurs; Oct 20  **Time:** 2:00-3:30 pm  
**Sessions:** 1  **Limit:** 25  
**Facilitator:** Ann Bloxam 480-893-8405 abloxam@yahoo.com
DISCUSSION

Great Decisions/Global Challenges

Join this discussion group for a better understanding of international affairs affecting America’s role in the world.

10/4 Shifting Alliances in the Middle East: Alliances are constantly shifting, what can the U.S. do to secure its interests without causing damage and disruption?

10/11 The Rise of the ISIS: The group has seized control of a number of critical strongholds and declared a caliphate. What is ISIS and what danger does it pose to U.S. interests?

10/18 Cuba and the United States: Since the cold war missile crisis, isolation of Cuba has been U.S. policy. Recently a dramatic shift has occurred. What will this mean for both countries?

10/25 Climate Geopolitics: Rapidly changing climate has affected U.S. and much of the world. What can the next president do about this environmental crisis and is it too late for effective efforts?

Location: Red Mtn Dates: Tue; Oct 4 - 25 Time: 1:30 - 3:00 pm
Sessions: 4 Limit: 50
Facilitator: Millicent Salm Millicents@aol.com 520-463-2309

Book Discussion: Spirituality of Age

A Seeker’s Guide to Growing Older by Robert L. Weber and Carol Orsborn

What is a psychologically and spiritually healthy vision of aging? Maturity and wisdom call us to accept and reconcile our past while acknowledging the inevitable changes, losses, and challenges that aging promises. Through inquiry, we see that aging connects us to our source, holds potential for new unprecedented inspiration, affirms life, gives meaning, and promotes spiritual growth so we can face the unknowns with peace and integrity. In class we will read aloud and discuss seminal questions from The Spirituality of Age: A Seeker’s Guide to Growing Older by Weber and Orsborn. Participants of all traditions, faiths, and beliefs are welcome.

Location: MAAC Date: Thurs, Oct 6- Nov 10 Time: 1:00 - 2:30 pm
Sessions: 6 Limit 15
Facilitator: Marjorie Wingfield 480-392-5194 marjwing@gmail.com Pat Schindler 480-818-1107 patbob@cox.net

Bookshelf

Do you like to read? We do too, but we like to share our thoughts and reactions to what we read. We enjoy reading a variety of books that can be found in the local libraries, bookstores and online. Class members are asked to provide their own books. We meet, having read the following books and have lively discussions. Our reading experience is enhanced by the discussion and connections we can make to our varied life experiences. It is not necessary to attend every meeting if your schedule does not work for every book and time. Come and share with us.

October 5 Wild Swans by Jung Chung; discussion lead by Carolyn Follet
October 19 Brooklyn by Colin Tobin; discussion by Susan Schneider
Nov. 2 Station 11 by Emily St. John; discussion by Anna Hennessy
Nov. 16 Any one of the Chief Inspector Gamache Series by Louise Penny; discussion by Kim Gillespie
Nov. 30 Clara and Mr. Tiffany by Susan Vreeland; discussion by Marilyn Click

Location: MAAC Dates: Wed, Oct 4, 19, Nov 2, 16, 30 Time: 1:00 - 2:15
Sessions: 5 Limit: 25
Facilitator: Carolyn Follett 480-393-3669 cbien1@juno.com
Women in the Bible
And How They Affect Us

This discussion will show how we can benefit from examples of women in the Bible related to the various roles and experiences in our lives. The sessions will cover the following:

1. Mary, Mother of John, Mark & Rhoda
2. Jochebed & Rizpah
3. Shunammite Woman & Job’s Wife

Location: MAAC
Dates: Thur; Oct 13-27
Time: 9:30 - 11:00 am

Sessions: 3
Limit: 15

Facilitators:
Pat DeBlake pdblake@cox.net 480-897-6842
Shiela Millhollon smill18@cox.net 480-839-5214

Kitchen Table Talk

Come share your feminine wisdom as we explore and discuss the many great adventures of this “time of our lives”.

Location: MAAC
Date: Wed, Sep 21 - Nov 23
Time: 10:00 - Noon

Limit: 20
Sessions: 10

Facilitator: BeAnne Lane 480-380-3747 Blane@cyberspeedway.net

DISCUSSION
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. TED Talks are freely available on the internet, and currently there are over 2200 to choose from.

This course will take a different topic each week, and participants will watch 3-4 together, depending on length, and then discuss the concepts. Discussions will be facilitated and guided by the concept of SID: Speaker’s words and viewpoint, Interesting information gained, and Discussion 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.

The proposed topics for each week are listed; the individual talks will be disclosed at the time of the session. Participants do not need to be able to attend all sessions to enroll.

Topics:

Week 1: Consciousness
Week 3: Healthcare
Week 5: Online Videos
Week 7: Social Change
Week 2: Funny
Week 4: Leadership
Week 6 Philanthropy

Topics were selected from each alphabetical group in the overall list of topics. Participants may view the possible talks by finding the topics at www.TEDtalks.com.

Location: Red Mtn
Date: Fri, Sep 30 - Nov 18; NOT Nov 11
Time: 2 - 3:30 pm

Sessions: 7
Limit: 40

Facilitator: Suzanne Brown Suzannebrownpt@gmail.com 480-688-1497
DISCUSSION

Coffee and Conversation 1
Each session begins with an open discussion related to local, world, or political situations of interest to the members. Personal experiences, opinions, and/or perspectives related to the discussion are welcome and solicited. Each member of the class is encouraged to contribute to the discussion.
**NOTE: Registration for this class opens on Sep. 5.**

| Location: Mesa Fire Station Community Room (So. Stapley Dr & 8th Ave) |
| Dates: Mon, Sep 12 - Dec 12 | Time: 10:00 - 12 noon |
| Sessions: 14 | Limit: 20 |
| Facilitator: Frank Rickey | 480-969-0574 frickey1@cox.net |

Coffee & Conversation II
Open discussion of local, state, national and international events at the discretion of the group. Personal views related to the discussions are welcomed. Everyone in attendance is encouraged to contribute to the discussions. Beginning September 13, 2016.
**NOTE: Registration will open for this class on Sep 8.**

| Location: Mesa Police Station located at 2430 S. Ellsworth, Mesa (1/2 mile south of Baseline on West side of Ellsworth) |
| Dates: Tue, Sep 13 - Dec 20 | Time: 10:00 am - 12 noon |
| Sessions: 13 | Limit: 25 |
| Facilitator: Larry Morrow | 480-318-7375 la6mor@gmail.com |

Local Interest

Emergency Preparedness
**Presenter: Jerry Cirou**

Many people have not taken steps to prepare for emergencies due to the expectation that fire, police, or other emergency personnel will help them. Many people do not think there is a likelihood of a natural disaster ever occurring in their community.

This class is intended to describe the types of hazards to which our community is vulnerable, identify preparedness steps, explain handling of utilities (electric, water, gas), cover/shelter in place (food, water, supplies, 72 hour kit, heating/cooling), discuss evacuation plans, routes, contacts, “go-bags”) other contingencies – at work, church, school, driving, etc. Question and discussion, exhibits, and handouts will give everyone a chance to know what to do in the event of an emergency.

| Location: Dobson |
| Date: Wed; Oct 19 | Time: 2:00-3:30 pm |
| Sessions: 1 | Limit: 50 |
| Facilitator: Sissy Riley | 480-892-3542 riley18@cox.net |
# Hiking in the Desert

## 5 years of Common Sense along the way

Hiking – Sounds easy doesn’t it? It is, maybe. In the desert and mountain areas of Arizona, Steve has found out over the last 5 years that there are a few guidelines and common sense rules that will keep anyone safe and secure in the rather harsh environments of the state. This course will be an overview of hiking here in Arizona, especially in the desert. Basic rules of the game, equipment, supplies, locations, weather, etc. will be presented.

| Location: | Red Mtn       |
| Date:     | Thur, Sep 29  |
| Time:     | 1:30 - 3:30 pm|
| Sessions: | 1             |
| Limit:    | 40            |
| Facilitator: | Steve Johnson |
| Phone:    | 480-818-8964  |
| Email:    | ssjnfl@gmail.com |

## Tempe Downtown - Lost & Found

### What’s Gone... What’s Around
### A 145-year Retrospective

Presenter: Jay Mark

From adobe to high-rise, downtown Tempe has gone through dramatic changes since its founding in 1871. Would Charles Trumbull Hayden recognize the community he settled in the shadow of the Butte after 141 years?

In a colorful slide show, Tempe Republic columnist Jay Mark explores nearly a century and a half of Tempe history. He has dug through thousands of seldom-seen photographs and illustrations looking for the best examples to tell Tempe’s fascinating story. Because of his longevity on Mill Avenue, Jay is considered by some to be, not only very old, but also Tempe’s unofficial historian which should provide an engaging and lively presentation.

| Location: | Dobson       |
| Date:     | Fri, Sep 30  |
| Time:     | 2:30 - 4:00 pm|
| Sessions: | 1            |
| Limit:    | 60           |
| Facilitator: | Barbara Thelander |
| Phone:    | 480-890-8386  |
| Email:    | bthelander@cox.net |

## Mesa’s Lost Architecture...

### A Disappearance Tale

Presenter: Jay Mark

Founded in 1878, the story of Mesa is a fascinating tale. Surprisingly, all original buildings have disappeared. In this engaging presentation, Mesa Republic columnist, Jay Mark brings them back as he unearths clues to Mesa’s remarkable past. His audience is reminded structures are erected by and for people – reflecting the character, heritage and values of those who design, build and occupy them.

Within their walls, buildings carry the stories of all who inhabited them – their successes and failures...struggles and triumphs. Sadly, when they disappear, important chapters in a community’s chronology are tragically lost.

| Location: | Dobson       |
| Date:     | Fri, Sep 30  |
| Time:     | 2:30 - 4:00 pm|
| Sessions: | 1            |
| Limit:    | 60           |
| Facilitator: | Barbara Thelander |
| Phone:    | 480-890-8386  |
| Email:    | bthelander@cox.net |

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**Policy Reminder**

NFLL facilitators’ opinions are not necessarily those of MCC or New Frontiers for Lifelong Learning.
**Italian Opera**  
**Presenter:**  Bette Jones

Opera originated in Italy and Italian composers have given us numerous hours of beautiful music. We will hear several operas including those by Rossini, Bellini, Puccini, Verdi, Leoncavallo, Mascagni, Vivaldi and Monteverdi. The first class will be an overview of the operas to be shown in the theatres for the Metropolitan Opera’s “Live in HD” 2016-17 season.

**Location:**  Red Mtn  
**Dates:**  Tue, Oct 4 - Nov 22  
**Time:**  1:00 - 4:00 pm  
**Sessions:**  9  
**Limit:**  25  
**Facilitator:**  Virginia Van Horn  
480-641-3894  
vhorn1@cox.net

**Poetry of Many Cultures and Creative Writing**

We will read and discuss a different poet/culture each week, to include Sufi, Native American, Jewish, Irish Catholic, Afro-American, and American. At the end of each class, there will be time for creative writing and optional sharing. We will include other poets as interest of the class and time allows.

**Location:**  MAAC  
**Dates:**  Thur, Nov 3 - Dec 15, NOT Nov 24  
**Time:**  10:00 am - noon  
**Sessions:**  6  
**Limit:**  20  
**Facilitator:**  Kaya Kotzen  
513-520-3135  
kkwisdomwoman@gmail.com

**A Walk Down Memory Lane with Music from the 60’s**

**Presenter:**  Ed Loughlin

Come join us in this interactive class and be prepared to walk down memory lane! You will need to be a serious music buff to really enjoy this class. We are going to talk about all those forgotten 45 rpm records you know and love, but never made it to the top 40. Once you have registered, the facilitator will email you and ask for your 2 or 3 best-remembered lost tunes of the 60’s era and will pass this information on the presenter. Come prepared to listen and reminisce about this by-gone era.

**Location:**  Dobson  
**Date:**  Thurs, Oct 13  
**Time:**  2:00 - 4:30 pm  
**Sessions:**  1  
**Limit:**  12  
**Facilitator:**  Sissy Riley  
480-892-3542  
rriley18@cox.net

**Movie Time**

Movies from the 1940’s will be offered for your enjoyment. We have fun with the scripts and stars of yesteryear. It is not necessary to view all the movies. As time and interest allow, come and enjoy these classic movies with us.

- **Sept 26**  “Give me a Sailor”  Bob Hope and Martha Ray  Bright breezy fun with these stars  
- **Oct 3**  “Lady of Burlesque”  Barbara Stanwyck  A little mystery with wise cracking dames  
- **Oct 10**  “Broadway Limited”  Zasu Pitts and Dennis O’Keefe  “B” movie with fun slapstick comedy  
- **Oct 17**  “That Certain Feeling”  Merle Oberon and Melvyn Douglas  Can hiccups end a marriage?  
- **Oct 24**  “Passport to Pimlico”  Betty Warren  A satire on the arbitrary policies of government  

**Location:**  Dobson  
**Dates:**  Mon; Sep 26 - Oct 31  
**Time:**  1:30-4:00 pm  
**Sessions:**  6  
**Limit:**  25  
**Facilitators:**  Margo Heaps  
mgheaps@juno.com  
480-491-4641  
Charley Kreiling  
skreiling@cox.net  
480-807-4523
The Arts

Theatre

**MCC Theater:**  South part of the main campus at Dobson & Southern.
**Performing Arts Center:**  Southeast corner of Dobson/Southern campus at Longmore & Highway 60.

Attend the 2:00 pm matinees of Mesa Community College Theatre performances at students’ price of **$8.00** for each performance.  Tickets can be paid for with exact amount of cash or check and picked up at Open House on Friday September 9th.  Tickets can be ordered before Open House by calling the box office at **461-7172** weekdays between 1:00 & 5:00 pm to order tickets, using your credit card, and then pick up the tickets at Open House or at Will Call.  You can choose 1, 2 or all 3 of the performances.  Your guest will pay the student price also.  **Explanations will no longer take place for the drama performances.**  The directors are sometimes guests of the college and are very busy getting ready for the performances.

**Saturday, Oct 8 & 15**

“**All in the Timing**” by David Ives, who is a witty romantic - absurd and existentially minded.  He focuses on language and time to create paradoxical comedy.  He wrote six plays during the late 1980s and early 1990s.

**Time:**  2:00 pm  
**Evening performances**  
Oct 7, 8, 13, 14  
**Time:**  7:30 pm

**Saturday, Dec 3 & 10**

**Good ‘N’ Plenty**” by Jeffrey Hatcher.  A hip new social studies teacher decides to teach his students about the U.S. criminal justice system by staging a “drug game” where students play pushers, buyers, narcs, cops, and lawyers.  The contraband is Good & Plenty Candies.  After switcheroos and betrayals, many are in jail.  This is a brilliant twist on high school madness and a compelling meditation on democracy.

**Time:**  2:00 pm  
**Evening performances**  
Dec 2, 3, 8, 9  
**Time:**  7:30 pm

**There will be a musical performance in October or November at the Performing Arts Center on the southeast corner of the campus near Longmore Rd. and Freeway US 60.  Watch for a flier in your registration materials in September or at Open House.  The name of the musical has not been determined yet.**

The Drama Department at MCC encourages us to look on their website, [www.mesacc.edu/dept/d55/thp](http://www.mesacc.edu/dept/d55/thp) and choose other performances to attend.  Tickets will be student prices if you use your MCC ID card that all NFLL members should have.  Be sure to tell them that you are an NFLL member.

The Box Office at 480-461-7172 is open Monday through Friday from 1:00 pm to 5:00 PM for ordering tickets.

If you are interested in auditioning for a part in any play, contact the box office to find out when auditions are being held and where you can get a copy of the script.

Volunteers are needed to help usher at performances and many other roles at the theaters.  Call the box office for information.

**Facilitator:**  Caroline Cline  480-964-7128  ccpine4@mindspring.com
Spirituality

The Experience of Communications from the Other Side

An Open Forum

Presenter: Linda Reed

Throughout her life, Linda has been blessed with experiencing many Extraordinary Human Experiences including After-Life communications. Join us for a fun interactive class on Spirit Communications and how Linda’s perspective has grown and changed along her journey. Linda shares her experiences with her unique storytelling ability and humor. You are invited to join us for this rare opportunity to share your experiences and ask questions.

Location: Red Mtn
Date: Fri, Nov 4
Time: 10:00 - noon
Sessions: 1
Limit: 30
Facilitator: Larry Merrill 480-663-3613 Larry_merrill@mac.com

What If God Took The Day Off?

Presenter: Linda Reed

Is life a journey of synchronistic randomness or by divine intelligence? What happens when we look back and connect the dots in our past? If there is divine intelligence, would there not be an intelligent design? Linda has experienced Extraordinary Human Experiences as well as the unexplainable. It is through sharing her life experiences that makes Linda a unique storyteller. Linda’s enthusiasm, as well as her openness creates an environment for learning and sharing. This class takes a deeper look at who we are and how our paths cross with others throughout our life.

Location: Red Mountain
Date: Fri, Nov 18
Time: 10:00 am - noon
Sessions: 1
Limit: 30
Facilitator: Larry Merrill 480-663-3613 Larry_merrill@mac.com

Bigger Is Smaller and Smaller is Bigger

Spiritually Speaking

Presenter: Linda Reed

Having been diagnosed with a rare illness and being prescribed numerous meds, Linda found herself in a situation in which she was forced to relearn how to connect with her own thought process. She did so by studying and taking notes on a number of subjects including the quantum physics of the Bible. Linda shares her journey of discovery of the quantum physics, consciousness and the soul. The Spiritual Beings we really are as well as the 4 measurable dominions we live in and the 10 known dominations. What are the unified field, adamantine particles, laminin, and parallel universes? Are there such things as coincidences? This is a fun interactive class discussion on our limited perceptions of us.

Location: Red Mtn
Date: Fri, Oct 28
Time: 10:00 am - noon
Sessions: 1
Limit: 30
Facilitator: Larry Merrill 480-663-3613 Larry_merrill@mac.com
**Meet Your Spirit Guides**

Through meditation and specific exercises, acknowledge yourself as a multi-dimensional being and a conscious channel. Channeling is simply a higher form of communication. When you channel, you become a vehicle for spirit communication and inspiration. Many channel daily without awareness when they are inspired to greatness beyond themselves. Channeling can be both secular, as in communication with loved ones in spirit, and spiritual, as in channeling the guides and angels that protect you daily.

Location: Red Mtn  
Date: Tue, Sep 27 - Nov 15  
Time: 3 - 5 pm  
Sessions: 8  
Limit: 25  
Facilitator: Joy Jenkins  
thepathoftheheart@yahoo.com  
480-648-6677

**Workshops**

**Android Tablet Forum**

This class will be an open forum where all present are encouraged to share their questions and comments. Members of all experience levels are encouraged to attend. You can ask questions, just listen and answer questions. All android tablet topics are in order. So bring your questions, answers, interest, and good ideas.

Location: Dobson  
Date: Mon, Nov 21  
Time: 2:00 - 4:00 pm  
Sessions: 1  
Limit: 20  
Facilitator: Archie Millhollon  
480-839-5214  
amillh0@cox.net

**Windows 10 Forum**

This class will be an open forum where all present are encouraged to share their questions and comments. Members of all experience levels are encouraged to attend. You can ask questions, just listen and answer questions. All Windows 10 topics are in order. So bring your questions, answers, interest and good ideas.

Location: Dobson  
Date: Fri, Nov 18  
Time: 2:00 - 4:00 pm  
Sessions: 1  
Limit: 20  
Facilitator: Archie Millhollon  
480-839-5214  
amillh0@cox.net

**Ipad and Iphone Forum**

This class will be an open forum where all present are encouraged to share their questions and comments. Members of all experience levels are encouraged to attend. You can ask questions, just listen and answer questions. All Ipad and Iphone topics are in order. So bring your questions, answers, interest, and good ideas.

Location: Dobson  
Date: Thur, Nov 17  
Time: 2:00 - 4:00 pm  
Sessions: 1  
Limit: 20  
Facilitator: Archie Millhollon  
480-839-5214  
amillh0@cox.net
**Beginning Piano**

This group piano class is open to beginning students (or any previous year’s student who may want to review). Class begins with the basics and progresses with students soon learning to play many familiar tunes. Some music theory is included, so students will know why and how music is written. A piano, organ or keyboards is needed at home for practicing. John Thompson’s *Adult Piano Course: Book One* may be purchased at the first class. ($7.00) **Please Note: No new students after the first class.**

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<tr>
<th>Location</th>
<th>Dobson Music Bldg Rm13</th>
<th>Dates: Friday, Oct. 7-28; Nov. 18; Dec 2 &amp; 9</th>
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<tbody>
<tr>
<td>Time</td>
<td>12:30 - 2 pm</td>
<td>Limit: 13 Sessions: 7</td>
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<tr>
<td>Facilitator</td>
<td>Shiela Millhollon</td>
<td>480-839-5214 <a href="mailto:Smill18@cox.net">Smill18@cox.net</a></td>
</tr>
</tbody>
</table>

**Continuing Piano**

This is open to last semester’s NFLL Beginning Piano students or students with previous beginning or intermediate piano experience. Duet opportunities will be included. Group and individual instruction are given to each person having a keyboard and earphones. The instruction books include John Thompson’s *Adult Piano Course: Book One* (last half), *Book Two*, and/or *Book Three*, depending upon the student’s level of experience.

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<tr>
<th>Location</th>
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<tr>
<td>Time</td>
<td>2 - 3:30 pm</td>
<td>Limit: 13 Sessions: 7</td>
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<tr>
<td>Facilitator</td>
<td>Shiela Millhollon</td>
<td>480-839-5214 <a href="mailto:smill18@cozx.net">smill18@cozx.net</a></td>
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**Women Navigating Divorce**

Presenter: Shanna Tingom

This workshop was designed to help you take the next step, no matter where you are in the process of untying the knot. It provides unbiased information to help you understand all of your options and move forward with your life, such as: exploring financial issues around divorce, discovering community resources, and talk with other women experiencing similar life changes.

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<tr>
<th>Location</th>
<th>Dobson</th>
<th>Date: Tue; Oct 18</th>
<th>Time: 2:00-3:30 pm</th>
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<tr>
<td>Sessions</td>
<td>1</td>
<td>Limit: 40</td>
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<tr>
<td>Facilitator</td>
<td>Ann Schubert</td>
<td>602-647-0191 <a href="mailto:ann_schubert@yahoo.com">ann_schubert@yahoo.com</a></td>
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**Open Studio**

Do you wish you had time to paint or draw? Or the space? We have both. The Open Studio is a time and place where you can bring art materials of your choice and work uninterrupted in a creative environment. We have no formal instruction, but we learn from observing each other and sharing ideas as we work on current projects. Join us and take advantage of having a studio available for a few hours a week.

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<tr>
<th>Location</th>
<th>Dobson</th>
<th>Date: Wed, Sep 28 - Nov 16</th>
<th>Time: 3:00 - 5:00 pm</th>
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<tr>
<td>Sessions</td>
<td>8</td>
<td>Limit: 12</td>
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<tr>
<td>Facilitator</td>
<td>Karen Wartick</td>
<td>480-215-6980 <a href="mailto:kwartick42@gmail.com">kwartick42@gmail.com</a></td>
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</tr>
</tbody>
</table>
The Everyday Gourmet:
Three short courses, essentially back-to-back

A. Making healthy food taste great.
   Must good for the body mean bad for the palate? Or, conversely, must good for the palate mean bad for the arteries? Not necessarily. This course to the rescue; In a series of three sessions, you will see a good, better, best approach to progressively improving both taste and nutrition, and with sustainable diversity.

B. The essential secrets of spices in cooking.
   Good food well-cooked can be delicious as is, but variety is the spice of life and it won't hurt to put a little spice in your cooking. All the cuisines of the world have their ways of spicing to provide delicious experiences. This course looks at a number of these cuisine to guide you in the use of the many spices the world uses well----in India, China, Mexico, Northern Europe and the Mediterranean, and finally, the new American cuisine--the global kitchen.

C. Making Great Meals in Less Time.
   Holidays are coming. Do you want to spend your time in the kitchen or in the parlor, visiting with friends and relatives? I'd say the latter. This course will enable you to share more of the fun and endure less of the labor, and make the kitchen less laborious for the time spent in it. "Oh, I whipped it up in no time at all," you can say, and enjoy guest kudos.

Location: Navajo Room, Apache Wells Activity Complex, 2227 N. 56th St. Mesa. 56th St. intersects with McKellips, a half-mile east of Higley. The activity complex is about 1/4 mile N. of McKellips on the right. Parking is in front of the building.

Time: 1:30 - 3:30 pm
Sessions: 9
Limit: 100
Facilitator: Con Downey 480-641-2975 condowney4@aol.com
Registration online preferred or contact the instructor.

Games. Games & More Games

Cards? Board Games? Word Games? Dominoes? Do you enjoy playing games? If you do, come join us in a relaxing and fun-filled class where you will not only play your favorite game, but will have a chance to get to know New Frontiers members in a social atmosphere filled with laughter and playful competition!

Location: Resurrection Church, Rm 3, 3201 S. Evergreen, Tempe, AZ 85282
Dates: Tue, Sep 27 - Dec 6
Time: 9:30-11:00 am
Sessions: 11
Limit: 30
Facilitators: Richard and Sissy Riley rriley18@cox.net 480-892-3542
Classes Sponsored by the MAAC

The following classes are not New Frontiers classes but are sponsored by the Mesa Active Adult Center (an NFLL partner site) located at 247 N. Macdonald in Mesa. NOTE: There is a cost for some classes.

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

MONDAY

• Low Impact Aerobics

Come join the fit and friendly folks who exercise at Mesa Active Adult Center (MAAC) on Monday through Thursday from 8:05 to 9:05 am. This very beneficial class has something to offer to anyone wishing to maintain an active lifestyle.

Date: Monday-Thursday   Time: 8:05   Cost: $2.00/week

• Mild Exercise

An hour of exercise that will enhance your range of motion through gentle movement. This mild exercise class will help reduce stiffness through light stretching and aerobic activity. Class incorporates both seated and standing exercises.

Date: Monday, Wednesday and Friday
Time: Monday & Wednesday 9:30 – 10:30, Friday 8:30 – 9:30   Cost: Free to age 60+

• TAI CHI

Tai Chi is one of the martial arts. This old art form depends upon unique movement and internal strength. It has been found to promote health and relieves stress. You will love working with our instructor, Chiyoko Starkel. Just be careful. Doing Tai Chi will turn you to real fanatic!

Date: Every Monday and Thursday   Time: 10:00 – 11:00 am   Instructor: Chiyoko Starkel
Cost: $32.00 per month for Monday & Thursday, paid monthly in advance.
Cost: $20.00 per month for one day per week (either Monday or Thursday), paid monthly in advance.

• Writers Guild

Join our wonderful group of poets and story tellers. Write and create in an accepting, nurturing and inspiring environment.

Date: Every Monday   Time: 10:30   Cost: FREE

• Open Poetry & Prose Readings

You are invited to read one of your stories or perhaps a favorite poem for others to enjoy. Each person is limited to 5 minutes. The readings are held every 2nd Monday of each month. Open mike begins at 10:00 am. We look forward to hearing you there!

Date: 2nd Monday of the month   Time: 10:00 –10:30   Cost: FREE
Classes Sponsored by the MAAC

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

TUESDAY

- **Hand Building Ceramics & Basic Art**

  Artist, Jorge Ramos, will be showing and helping us to take clay and, by using our hands, turn it into a unique work of art. These will be creative clay projects which will explore form and surface and help you find your own talent. All these works are air dried, no firing needed. Come join Jorge for a wonderful relaxing creative venture! This class will meet twice a week. Jorge Ramos will also instruct Basic Art and Drawing during this same time slot.

  **Date:** Month-to-month  **Time:** 10:00 – 11:30  
  **Cost:** $45 per month for Ceramics all New Frontier and MAAC participants  
  **Cost:** $60 per month for Basic Art all New Frontier and MAAC participants

- **Line Dance with Gramma Jones**

  Moving your feet and shaking your booty is great fun and a wonderful exercise. Imagine the next time you go somewhere and they start playing music, you can jump up and show your stuff! You will certainly be the life of the party. Come join us – no partner needed.

  **Date:** Every Tuesday  **Time:** 9:30  
  **Cost:** $3.50  
  For all New Frontiers and MAAC participants

- **Shawls of Love**

  Everyone is invited to join our fun group in order to knit or crochet shawls for hospice patients and children in the hospital. Marilyn Taylor & Diane Brandt, our moderators, will teach you how to either knit or crochet. No experience needed, just the desire to make someone happy. Men are welcome.

  **Date:** Every Tuesday  **Time:** 9:00

- **Bosoms for Babes**

  Help us knit or crochet “falsies” for cancer patients who have had mastectomies. This is a way for those patients to feel better wearing clothes without the cumbersome prosthesis. We work with the Susan G. Koman organization. No experience needed, we have instructors who would love to teach you how to make the bosoms. The Center donates these items to whoever needs them. There is no charge. All the yarn has been donated by individuals from the community. Please join us and get a “lift” from life!

  **Date:** Every Tuesday  **Time:** 9:00
Classes Sponsored by the MAAC

TO ENROLL IN MAAC CLASSES, contact Mesa Active Adult Center: 480-962-5612

WEDNESDAY

- **Stockings for the Homeless Children**

  Please join us in coloring homemade stockings for homeless children though out the valley. Our group meets every 2nd Wednesday of the month. It is so much fun and such a wonderful project. There are over 35,000 homeless children in the valley. This stocking is the only present some of them will get from Santa. Each stocking is filled with donations of personal hygiene items, cereal bars (in case they cannot get a meal, they will be able to eat these) socks, a beanie baby and other small items. We need your help to have stockings for as many children as possible.

  - **Date:** 2nd Wednesday of each month  
  - **Time:** 10:00  
  - **Cost:** FREE

- **Open Art Studio**

  You are cordially invited to join our group of wild crazy artists! Bring whatever medium you are working with, be it oils, watercolor, pencils, acrylics – be in a creative, non-threatening environment and just enjoy! The Mesa Art League artists join us, and while working on a project, create fun. Join us – you’ll love it!

  - **Time:** 9:30  
  - **Date:** Every Wednesday  
  - **Cost:** Free

- **Healthy Pursuits**

  Each week healthy living issues are presented and discussed. Various presenters come to the center to share their knowledge and pass on information to help active adults stay vital and healthy.

  - **Presenter:** Various  
  - **Dates:** Every Wednesday  
  - **Time:** 10:30 am  
  - **Cost:** FREE

THURSDAY

- **Healing Through Art**

  It is believed that art can be a powerful tool during any healing process. The Arizona Art Alliance is inviting veterans from the area to join this program. Visible and invisible wounds can keep veterans from leading normal lives. Art is one way to aid in the overall wellness of veterans. All veterans are encouraged to join the class where new artistic techniques will provide a healthy way to express feelings and re-engage with the community. This class will run for one year.

  - **Time:** 9:00 – 1:30  
  - **Date:** Every 2nd Thursday  
  - **Cost:** Free
THURSDAY

**Spanish for Beginners and Advanced**

This class will cover common phrases for everyday life, speaking and writing phases, grammar and phonetics, expanding your vocabulary and the tools to make this a successful experience. This will be a very light and entertaining journey into the Spanish you have wanted to speak and understand. The class will be a full 10 weeks.

- **Beginners** - Time: 10:00 – 12:00
- **Dates:** Thursday - Oct 31 - Dec 22  No class Thanksgiving

- **Advanced** - Time: 1:00 – 3:00
- **Dates:** Thursday - Oct 31 - Dec 22  No class Thanksgiving

- **Instructors:** Chuck Smith & Sonia Delihaney
- **Cost:** $75 for all students – New Frontiers and MAAC

Friday

**FRIDAY MORNING WRITERS**

This is an extension of the Monday Writer’s Guild. There has been such an interest that another class was generated to accommodate all those interested in writing and telling stories.

- **Time:** 9:00
- **Dates:** Every Friday
- **Cost:** Free

**Sing for Joy**

Please join us for a wonderful hour of singing songs we all remember and love! Bill McFadden, our leader, picks special theme songs each week. No experience needed, just the desire to have a good old-fashioned sing along!

- **Location:** Mesa Active Adult Center
- **Date:** Every Friday at 9:30

**AARP SAFE DRIVING – “55 ALIVE”**

Mature Driving – A classroom refresher course for drivers 50 years of age and over.

- **Date:** First, Third and Fifth Friday of month
- **To Enroll:** Please call 480-962-5612
- **Cost:** $15.00 AARP Members
  $20.00 Non Members
# WORKSHEET
Use to Plan Your Schedule

<table>
<thead>
<tr>
<th>DATE</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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# WORKSHEET
Use to Plan Your Schedule

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MORE FUN AT THE MAAC & RMAAC

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!)

Love to Eat at the MAAC
Lunch at the Mesa Active Adult Center is a suggested donation of $3.50 for those 60 years young and over, and $6.00 for under 60.

Call (480) 962-5612 the day before to make a reservation.

Dates: Monday - Friday
Time: 11:30
(Get there early!)

New Frontiers Class Locations

MAAC (Mesa Active Adult Center)
247 North Macdonald, Mesa

Apache Wells Activity Complex
2227 N. 56th St., Mesa

MCC Red Mountain Campus
7110 E McKellips Rd, Mesa

MCC DTC (Downtown Center)
145 N. Centennial Way, Mesa

RMAAC (Red Mtn Adult Active Center)
7550 East Adobe, Mesa

Las Palmas
215 N Power Rd, Mesa

The Orchard
108 N. Greenfield, Mesa

Leisure World
908 S Power Rd, Mesa

Mesa Fire Station
830 S Stapley Drive, Mesa

Resurrection Church
3201 S. Evergreen Road, Tempe

MCC Dobson Campus
1833 W Southern (at Dobson)

Campus maps will be available at Open House and in the Community Partnerships Office, 7110 E McKellips Rd.