New Frontiers
For Lifelong Learning

Spring 2019
Class Schedule

Expand Your World......

Sponsored by:

MESA COMMUNITY COLLEGE
A MARICOPA COMMUNITY COLLEGE

2/13/2019
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 to serve on one of our standing committees and/or within the college and community.

Visit our web site at newfrontiers.mesacc.edu

Spring Open House
Friday, January 25, 2019 1-3pm
Red Mountain - Community Room – 2nd Fl - Mesquite Building
A golf cart ride is available from the parking lot. Call Public Safety at 480-654-7386

How to Join New Frontiers

To join New Frontiers, you must first enroll at MCC as a non-credit student, pay your dues and create a New Frontiers membership account. There are three ways to do this:

1. The easiest way to join is to attend Open House (January 25, 2019 1-3pm). At Open House, they will help you to enroll at MCC as a non-credit student, pay your dues and create a New Frontiers Membership. You will also have an opportunity to meet instructors and have refreshments.

2. You can also sign up and pay your dues at the Community Partnerships Office, Rm 136-B, in the Desert Willow Building at Red Mountain Campus. (480) 461-6330. They are open Monday-Friday 8:00am to 5:00 pm. Someone will be available to assist in registration.

3. You can go to the Enrollment Center, Building 39 on the east side of the Dobson Campus. They will have someone available to help you enroll in a non-credit class. However, they cannot create a New Frontiers Membership account. You will need to create a New Frontiers membership account online, as well as enrolling in MCC as a non-credit student and paying your dues. (See below for online instructions)

However you enroll, bring a government-issued photo ID and be prepared to pay your dues (Spring fees are $60)

How to Create a New Frontiers Account Online

1. Go to newfrontiers.mesacc.edu, scroll down and click on Classes/Volunteering/Event Registration.

2. On the login screen, select “NEW USER? Start here”.

3. Complete the information and “Submit”. This creates your New Frontiers account, which will be linked to your membership upon verification that your dues have been paid via the MCC Student Information System. You then will be sent a “Welcome to New Frontiers” email that includes class registration instructions.

Current and Former Members: You have an account. If you forgot your User ID or password, click on “Forgot your password?” The system will send your Username and a link to reset your Password to your email address. Check your Spam box if the email does not arrive right away. DO NOT click on “New User? Start here”.

SEE PAGE 3 FOR DETAILED INSTRUCTIONS ON REGISTERING FOR CLASSES.
How to Register for New Frontiers Classes

To register for classes, go to our web site newfrontiers.mesacc.edu and click on Member’s Account. You will be taken to a login screen. Use the Userid and password you chose when you created your New Frontiers account. If you do not remember them, select "Forgot password?” and enter your email address where indicated. **Do NOT create a new account.** After you have logged onto your email address and obtained your Username/pw, return to the New Frontiers website to login. **NOTE: Key in your password manually. The system may not accept your password if inserted by the computer.**

**To register:**
1. In the "Semester" box, click on the current semester. Select **Search.**  
   *If you want to practice before selecting your "real" classes, select one or two of the Test classes and complete your registration for them. Then Logout and Login again.*
2. For each class you want to attend:
   a. Select **Register.** This puts the class into your Shopping Cart. If the class is not available, you can still sign up for the wait list.
   b. Select **Continue** to sign up for more classes or **Checkout** to complete your registration.
   c. When you select **Checkout,** the screen will display the classes in your Shopping Cart. (You can also see the items in your shopping cart at any time by clicking on the small shopping cart icon at the top of your screen.)*
3. Scroll down to "**Continue**". **Important:** This moves your classes from your Shopping Cart to "Registration Complete" status. You can print your selections from this screen if you wish.

Now one final step before you Log Off:
1. Select **My Account** from the menu options across the top of the screen.
2. Verify your contact information. Your name-tag will be printed as it is in **My Account.** If you prefer a different first name on your name-tag, please change it.
3. **Save** your updates.

Across the bottom of the screen, you will see various menu options. Select **Account Registrations** to verify the classes you are registered for.

That's it. Be sure to click on the **Log Off** tab to exit.

Thank you for being a part of New Frontiers!

* New members may see a disclaimer box, which needs to be checked. This only shows up the first time you register.
## NF SPRING 2019 SCHEDULE AT A GLANCE

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<td>History of Computing</td>
<td>13</td>
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<tr>
<td>Apr 8</td>
<td>Butch Cassidy Outlaw</td>
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<td>Apr 10</td>
<td>Aromatherapy</td>
<td>25</td>
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</tbody>
</table>

For classes sponsored by the MAAC, see pages 29-31

### New Frontiers Council

**Officers**
- President: Dan Taylor
- V-Pres: Roland Tanner
- Secretary: Diane Grogan
- Treasurer: Greg Master
- Past President: Marlin Fried
- Members-At-Large: Dan Scarpone, Anne Stehr, Sandy Whitley, Mary Boehlen

**Standing Committees**
- Curriculum Chair: Ruth Brooks and Nancy Olson
- Membership Chair: Barbara Dixon and Barbara Thelander
- Communications Chair: Peggy Randolph and Arlys Medicott
- Social Chair: Peggy Schulz
- Volunteer Chair: Skip Carney

### Important Dates to Remember:

- **Early Registration for Early Classes**: Friday, Jan 4, 9:00 am, Internet
- **Open House Spring 2019**: Friday, Jan 25, 1:00-3:00 pm, M200 Community Rm, Red Mtn
- **Registration**: Tuesday, Jan 29, 9:00 am, Internet
- **Presidents Day**: Monday, Feb 18, Campus Closed
- **New Members Coffee**: Friday, Feb 22, 9:30-11:30 am, M200 Community Rm, Red Mtn
- **Spring Break**: Mar 11—Mar 16, Campus Closed
- **All Members Meeting**: Friday, Mar 22, 1:00 pm, M200 Community Rm, Red Mtn
- **Summer Proposal Deadline**: Monday, Apr 15, Midnight, Internet
- **Fall Proposal Deadline**: Monday, Jul 1, Midnight, Internet

### NOTE:
- Room numbers were not available in time for printing but will be listed in the online Class Schedule and via Online Registration. Facilitators will contact non-computer users by phone.

### NOTE:
- Golf cart rides to classes are available through Public Safety for handicapped NF members by calling the following numbers, stating you are a NF member, where you are parked and where your classroom is.

  Dobson - 480-461-7046
  Red Mountain- 480-654-7386
THE GREAT OUTDOORS

Trailers Hiking Group

Various members will lead 3 – 5 mile hikes on less challenging trails, but still take advantage of our wonderful parks and national forests. We'll stop to enjoy the scenery a little more often. That being said, the trails can be steep and rocky and hikers should be prepared with hiking shoes, walking sticks, water, etc. and should be in reasonable physical condition. 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 facilitator. Join us for one or more pleasurable hikes in our county parks or national forests.

Hike dates: Tuesday mornings starting the 2nd Tuesday after Open House through last April. Hikes will not be held on any dates conflicting with New Frontiers’ general meetings. Possible additional hikes could be added, including special hikes at non-standard times. Risk Form #1 must be signed.

Location: Outdoors Date: Tues, Feb 12 - Apr 23 Time: 7:00 am – noon
Sessions: 12 Limit: 75 Facilitator: Greg Master Gamst51@gmail.com

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.

Hike Dates: Friday mornings starting 2nd Friday after Open House through late April. Hikes are not scheduled on any dates conflicting with New Frontier’s general meetings or activities. Possible additional hikes could be added, including special hikes at non-standard times. Risk Form #1 must be signed.

Location: Outdoors Date: Fri, Feb 8 - Apr 26 Time: 7:00 am – noon
Sessions: 13 Limit: 75 Facilitator: Greg Master Gamst51@gmail.com

Walkers Explore Local Parks

Join us for fresh air, a bit of leisure exercise and good company! Restrooms in all but Desert Arroyo Park. Each park has benches, ramadas and nice scenery. Please bring water, and a snack if you wish. Details and directions to follow. RISK FORM #1 NEEDED (only if you have never signed #1)

February 6 – Riverview Park, Mesa
February 13 – Riparian Preserve, Gilbert
February 20 – Freestone Park, Gilbert
February 27 – Veteran’s Oasis Park, Chandler
March 6 - Desert Arroyo Park, Mesa

Location: See Above Date: Wed, Feb 6 - Mar 6 Time: 9:30 - 11:00 am
Sessions: 5 Limit: 40 Facilitator: Mary Adamick madamick@cox.net

Explore Boyce Thompson

Founded in the 1920's, Boyce Thompson Arboretum State Park is Arizona's oldest and largest botanical garden. It features plants from the world's deserts, towering trees, captivating cacti, sheer mountain cliffs, a streamside forest, a desert lake, a hidden canyon, specialty gardens and more. We will explore various areas of the park and hopefully enjoy the spring wildflowers. Wear comfortable walking shoes, bring water and a picnic lunch. There is a $15 park entrance fee. RISK FORM #1 NEEDED

Location: Meet in the southeast section of the Superstition Springs Mall parking lot (US 60 & Power Rd) to carpool.

Date: Wed, Mar 13 Time: 7:30 – 12:30 Sessions: 1 Limit: 20
Facilitator: Marlin Fried mfried5751@cox.net
Lost Worlds of 1863: Relocation and Removal of Native Americans in the Greater Southwest

Presenter: Prof. W. Dirk Raat

Against the backdrop of the Civil War of 1861-1865 and Lincoln’s Emancipation Proclamation in 1863, 10,000 Sioux and 2,000 Winnebago were relocated to Missouri, setting a precedent for the eventual relocation of the Navajo, Mescalero and Paiute to New Mexico and California respectively. This was also the year when Anglos appropriated water from O’odham Indians in Arizona, south of the Gila River, and gold seekers encroached upon Yavapai, Mojave, and Yaqui lands, leading to the deportation of the Yaquis and their flight to refuge in Arizona and elsewhere. These events lead to the conclusion that there has been ethnic cleansing and/or genocide in Southwestern history.

Location: MCC Dobson BP-5  
Date: Wed, Feb 20

Time: 2:30 - 4:00 pm  
Sessions: 1  
Limit: 80

Facilitator: Ruth Brooks  
Rrbrooks93@gmail.com

Five Year Anniversary Appraisal of the Crimean Annexation

Presenter: Prof. Charles Tichy

Prof. Tichy will examine present-day Crimea exactly five years after its annexation by Russia in March, 2014, including Crimea’s current world status. He will also provide up-to-date information and an analysis of Russian policies affecting Crimea. An evaluation will be made of Russia’s naval development in Crimea, Crimea’s economic situation, and Crimea’s political relationship with Moscow. Facts and quotations by Crimean Tatars and Crimean Ukrainians will be analyzed. You will also learn about the daily life of Crimeans and what has and has not changed since the 2014 annexation.

Location: MCC Dobson SC-11E  
Date: Mon, Mar 18  
Time: 2:00 - 4:00 pm

Sessions: 1  
Limit: 80

Facilitator: Sam Wong  
Nowsam@yahoo.com

First Things First

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

Location: MCC Dobson LB-145  
Date: Thurs, Apr 4

Time: 10:00 - 11:30 am  
Sessions: 1  
Limit: 36

Facilitator: Dr. Gary Kleemann  
gary@asu.edu

Patagonia Trip

In March of 2018, we spent nearly three weeks touring Argentina and Chile. This travelogue will be a discussion with pictures of this trip. What we discovered was much different than we expected. The scenery was spectacular. Questions from participants are welcomed and encouraged.

Location: MCC Dobson BP-5  
Date: Wed, Feb 20

Time: 10:00 - 11:30 am  
Sessions: 1  
Limit: 60

Facilitator: Dr. Gary Kleemann  
gary@asu.edu
Mindfulness for Healthful Living
Presenter: Debbie Holexa

This 6-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.

Location: MCC Red Mountain  PV205  Date: Mon, Mar 18 - Apr 22  Time: 2:00 - 3:30 pm
Sessions: 6  Limit: 15  Facilitator: Nancy Spence  nancyactpar@cox.net

Low Back Pain Prevention
Presenter: Ric Moreno

The two biggest causes of low back pain are tight hamstrings and weak abdominal muscles. This can be improved. Class will begin with a full body stretch emphasizing the glutes, hams, and calf muscles. Gentle ab exercises are next, focusing on bridges, planks and the dead bug series. Participants will progress, as tolerated, to engaging the glutes and hamstrings in light exercise; leading up to teaching the hip hinge and pelvic tilts. We end with a cool-down stretch of the legs.

Location: MCC Red Mountain  M-160 Fit Room  Date: Thurs, Feb 21  Time: 10:00 - 11:00 am
Sessions: 1  Limit: 20  Facilitator: Archie Millhollon  amillho@cox.net

Nutrition for the Diabetic
Presenter: Ric Moreno

Eating well is one of life’s greatest pleasures. Having diabetes shouldn’t keep you from enjoying a wide variety of foods, including some of your favorites. People with diabetes have the same nutritional needs as anyone else. Students will plan their meals to help manage their diabetes, and how to thrive with diabetes. Class will include understanding carbohydrates, proteins, and fats and their role in a healthy diet. We will answer the questions: What can I eat? How do I plan meals? And What recipes can I make?

Location: MCC Red Mountain  M-160 Fit Room  Date: Thurs, Feb 7  Time: 10:00 - 11:00 am
Sessions: 1  Limit: 20  Facilitator: Marie-France Ganansia  mariefranceganansia@gmail.com

An Optimist Plea
Presenter: Dr. Brian Dille

Why are we furious during the best time to be alive in America?” In our hyper-polarized country, where truth claims are uncertain and people are unsure where to get good information, it is even harder than usual to find the good news. Dr. Dille will show with examples how both sides focus on the negative, making it easy to miss how much progress we are making.

Location: MCC Dobson  SC-11E  Date: Fri, Mar 8  Time: 10:00 - 11:30 am
Sessions: 1  Limit: 80  Facilitator: Barbara Thelander  bthelander@cox.net

MCC PROFESSOR 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.
Identity Theft — How to Reduce Risk and Handle ID Theft if it Happens to You

Identity theft occurs when someone appropriates your personal information without your knowledge to commit fraud or theft. Identity theft is a fast growing financial crime and victims lose approximately $15.4 billion to this crime each year. While identity theft can happen to anyone, there are some things you can do to reduce your risk. In our time together, we will cover:

- What is Identity Theft?
- How does Identity Theft happen?
- How can I better protect myself against Identity Theft?
- Steps to take if you believe you are a victim of Identity Theft
- When to use a Fraud Alert, Security Freeze, or Credit Report Lock?
- How to protect yourself against identity theft and keep personal information secure.

Location: MCC Dobson  BP-2N       Date: Fri, Mar 1       Time: 1:30 – 3:30 pm
Sessions: 1       Limit: 35       Facilitator: Pam Carter  Pam.carter@cox.net
The American West – Part II

Continuing the story of the conquest and settlement of the West from the end of the Civil War to the "Last Frontier" c. 1910. Prof. Peter Allitt examines the rise and fall of western mythology and some of the enduring contributions to the American character.

Location: MCC Red Mountain Date: Mon, Feb 4 - Mar 25 (exclude Feb 18 & Mar 11)
Time: 1:00 - 3:00 pm Sessions: 6 Limit: 25

Butch Cassidy and the Outlaw Trail

This is a DVD presentation exploring the famous outlaw, Butch Cassidy and his exploits across Utah, Wyoming, Idaho, Colorado, South Dakota, and New Mexico. And looks at the South America connection. It is narrated by Hal Holbrook and runs 60 minutes. **Sign up for only one session.** Your choice whichever works best for your schedule

Location: MCC Dobson BP-1N Date: Fri, Feb 22 OR Mon, Apr 8
Time: 1:00 - 2:30 pm Sessions: 1 Limit: 25
Facilitator: Margo Heaps nflmargo@juno.com

Black Death / Decameron

The course is built around the Great Courses lecture series on the 14th century outbreak and results of the bubonic plague, better known as the Black Death. The lecturer is Dorsey Armstrong, Purdue University English and History professor. Some of her lectures will be shown in its entirety and some will be summarized and presented by me. "Decameron", by Giovanni Boccaccio is a compilation of short stories (100 to be exact) told by 10 young aristocrats who had fled Florence to escape the Plague. These stories range from the light philosophical to the ribald, but all reflect the attitudes and culture of the period. I plan to tell (not read) some of these stories; the exact number is yet to be determined but should be around 8 to 12. The purpose for including "Decameron" is that a subject as morose as the Black Plague needs some humor and light-heartedness to keep everyone from crying. Make no mistake, "Decameron" is a true classic, characterized as either the last piece of great literature that came out of Medieval Europe or the first great piece of the Renaissance. Lastly, I plan to have a person whose expertise is in epidemiology, as a guest the Plague with modern day pandemics such as Ebola.

Location: MCC Red Mountain V-125 Date: Wed, Feb 6 – Apr 17 (exclude Mar 13)
Time: 1:30 - 3:30 pm Sessions: 10 Limit: 45
Facilitator: Richard Falconer rlfalconer@outlook.com

History of the Supreme Court—Part II

This class continues the history of the court from 1945 to the present. Prof. Peter Irons examines some of the key decisions that impact our lives today. Great course on DVDs.

Location: MCC Red Mountain Apr 10 (exclude Mar 13) Date: Wed, Feb 6 -
Time: 1:00 - 3:00 pm Limit: 25 Sessions: 9

Canceled
**Mesa’s Educational Past**

**Presenter:** Jay Mark / Ron Peters

Mesa was settled 140 years ago when hardy pioneers began transforming a scrub-brush covered desert from village to metropolis. Historians Ron Peters and Jay Mark dug deep into photo archives to uncover long-forgotten images that help reveal the story of Mesa’s Educational past and its remarkable school architecture. This lively, entertaining presentation offers residents and visitors a new and fascinating view of the Gem City’s past. Presented on site of one of Mesa’s oldest remaining elementary schools, Irving school (ca 1890-1936) and includes a brief tour of the school. Historic Irving School also known as Mesa Public Schools, Creative & Performing Arts, 155 North Center Street in Mesa. Class will be held in the auditorium.

**Location:** Historic Irving School - Mesa  
**Date:** Fri, Mar 29  
**Time:** 1:00 - 3:00 pm  
**Sessions:** 1  
**Limit:** 100  
**Facilitator:** Barbara Thelanders  
**Email:** bthelander@cox.net

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**The Stories Behind the Stories**

Bob worked for 33 years as a counterintelligence special agent for the Army. He wrote a fictional trilogy (Parallel Spies) based loosely on some of the cases he was involved with. This class will explore the true background of some of those cases to include but may not be limited to: The gardener was a spy. Mail intercepts not allowed. Wackos run amok at night. High hopes deflated. Tangled web undone.

**Location:** MCC Dobson BP-4  
**Date:** Thurs, Mar 21  
**Time:** 1:00 - 2:30 pm  
**Sessions:** 1  
**Limit:** 50  
**Facilitator:** Bob Dukelow  
**Email:** ace1bob@gmail.com

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**Salt River Brass Band History**

**Presenter:** Bob Croft

An overview and history of the Salt River Brass Band. Information of other BB’s and behind the scene interesting stories.

**Location:** MCC Dobson EF-1W  
**Date:** Wed, Mar 27  
**Time:** 1:00 - 3:00pm  
**Sessions:** 1  
**Limit:** 24  
**Facilitator:** Dan Scarpone  
**Email:** danscarpone@gmail.com

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**The Panama Canal**

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

**Location:** MCC Red Mountain V125  
**Date:** Thurs, Mar 21  
**Time:** 1:00 - 3:00 pm  
**Sessions:** 1  
**Limit:** 40  
**Facilitator:** Jeff Hirschl  
**Email:** jhirschl@yahoo.com

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**Visit our web site at newfrontiers.mesacc.edu**
Mysteries and 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 every two weeks to discuss books chosen by the group. We'll also discuss Mystery Authors, sharing our knowledge of the different genres. Come to one session or all four as your schedule allows.

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Author</th>
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<tbody>
<tr>
<td>Feb 19</td>
<td>Iron Lake</td>
<td>Kent Krieger</td>
</tr>
<tr>
<td>Mar 5</td>
<td>Thief of Time</td>
<td>Tony Hillerman</td>
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<td>Mar 19</td>
<td>Magpie Murders</td>
<td>Anthony Horowitz</td>
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<td>Apr 2</td>
<td>Jar City</td>
<td>Arnaldi Indraison</td>
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<td>Apr 16</td>
<td>Echoes in Dust</td>
<td>J. D. Robb</td>
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<tr>
<td>Apr 30</td>
<td>Woman on Orient Express</td>
<td>Lindsay Jayne Ashford</td>
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Location: MAAC  Date: Tues, Feb 19, Mar 5, 19, Apr 2, 16, 30  Time: 10:00 -11:15 am
Sessions: 6  Limit: 20  Facilitator: Mary Boehlen  Minpins48@gmail.com

Great Decisions

A more comprehensive understanding of the foreign policy issues facing the United States can be gained through Great Decisions. The following are the topics under consideration this Spring semester.

2/26  The Rise of Populism in Europe. Populism is on the rise in many, if not most, European countries as well as in the United States. This class centers on how American foreign policy is affected.

3/5  Middle East Regional Disorder. We all know many of the complexities of the Middle East, but the ground is shifting and the outlook for further changes is real. Discussion will center on these changes and the implication for our foreign policy.

3/19  Refugees and Global Migration. Immigration and refugee policy is a minefield with few easy answers. Our discussion will center on where the mines are located and how United States foreign policy should be structured to deal with it.

3/26  The United States and Mexico: Partnership Tested. Does the future have a feeling of optimism or pessimism? How does American foreign policy play a role in assuring a favorable outcome?

4/2  Topic TBD

Location: MCC Red Mountain  Date: Tues, Feb 26, Mar 5, 19, 26, Apr 2
Time: 1:30 - 3:00 pm
Sessions: 5  Limit: 45
Facilitator: Richard Falconer  rlfalconer@outlook.com
**Coffee & Conversation I**

Each class begins with an open discussion related to local, national, world or political situations of interest to members of the class. Personal experience, opinions and/or perspectives related to the discussion are welcomed and solicited. Each and every member of the class is encouraged to contribute to the discussion.

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<tr>
<th>Location</th>
<th>Date: Mon, Jan 14 – May 13</th>
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<tr>
<td>Time:</td>
<td>Sessions: 18  Limit: 20</td>
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<tr>
<td>Facilitator:</td>
<td>Frank Rickey <a href="mailto:Frickey1@cox.net">Frickey1@cox.net</a></td>
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**Coffee and 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.

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<th>Location</th>
<th>Date: Tues, Jan 8 - May 14</th>
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<td>Time:</td>
<td>Sessions: 12  Limit: 20</td>
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<tr>
<td>Facilitator:</td>
<td>Larry Morrow <a href="mailto:la6mor@gmail.com">la6mor@gmail.com</a></td>
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**Talking About TED Talks**

TED Talks are devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. In this course, we watch 3 different TED Talks and then discuss ideas the talk generates. Discussion is based on personal thoughts. No expertise or educational level is needed to participate, just an enjoyment of discussing ideas. Discussion groups will be broken down into groups of 7-10 individuals to give all a chance to participate. Attendance at all sessions is not required. This is a great drop-in course!

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<th>Location</th>
<th>Date: Fri, Feb 8, 15, 22, Mar 1, 8</th>
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<tr>
<td>Time:</td>
<td>Sessions: 5  Limit: 25</td>
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<tr>
<td>Facilitator:</td>
<td>Suzanne Brown <a href="mailto:suzannebrownpt@gmail.com">suzannebrownpt@gmail.com</a></td>
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**Book Discussion Group**

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, prior to class, 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. It is not necessary to attend every meeting if your schedule does not work for every book and time. Come and share with us. **(Note: Please read the books prior to class discussions.)**

| Date:               | Time: 10:00 - noon  Sessions: 6  Limit: 25  Location: MAAC  Facilitator: Carolyn Follett Cbien1@juno.com |
|---------------------|---------------------|------------------------|-----------------------------|-----------------------------|
| Feb 13  A Bartender’s Tale by Ivan Doig;  Discussion Leader: Marilyn Click |
| Feb 27  The Underground Railroad by Colin Whitehead;  Discussion Leader: John Overdorff |
| Mar 13  The Invisible Man by Ralph Ellison;  Discussion Leader: Carolyn Follett |
| Mar 27  Hillbilly Elegy by J. D. Vance;  Discussion Leader: Mary Boehlen |
| Apr 10  The Language of Flowers by Vanessa Diffenbaugh;  Discussion Leader; Ruth Brooks |
| Apr 24  Miracles at Little No Horse by Louise Erdrich;  Discussion Leader; Susan Schneider |
The Joy of Mathematics, Part II

The Joy of Mathematics is a DVD course taught by Arthur T. Benjamin of Harvey Mudd College. There are 24 lectures. Twelve of the lectures were offered in the Fall of 2018 in six sessions. The other twelve lectures are being offered in six sessions during the Spring of 2019. Dr. Benjamin is a vibrant, enthusiastic lecturer. He brings his knowledge of magic tricks into this collection of high school level mathematics. It is an excellent refresher for anyone who has been out of high school for a few years. Or, if you are like Judith, you learned more elephant jokes in Algebra II than Algebra and need to learn mathematics to understand her grandson.

Location: MCC Dobson EF-5S  Date: Tues, Feb 5 - 26, Mar 5 & 19 (Exclude Mar 12)
Time: 1:30 - 3:30 pm  Sessions: 6  Limit: 20
Facilitator: Judith Slentz  Judithslentz53114@gmail.com

Climate Change – Effects and Solutions

Ninety-seven per cent of climate scientists agree that global warming is happening and burning fossil fuels is the cause. There are solutions out there that we need to know about and so avoid the “gloom and doom” and overwhelmed feelings sometimes encountered. A major impetus to reducing carbon pollution must be acknowledgement of the adverse health effects of burning fossil fuels. This class will present global warming facts, discuss adverse effects affecting our health and home and one solution of a carbon fee and dividend proposal, and provide an opportunity to encourage climate action by legislators to ensure continuation of our livable world.

Location: MCC Dobson  Date: Mon, Mar 18  Time: 1:30 - 3:00 pm
Sessions: 1  Limit: 60  Facilitator: Sandy Whitley  sandyariz@cox.net

Living Wisely in the Desert

Presenter: Tanya Hughes

Learn and be reminded of the easy and inexpensive ways to conserve our resources (energy and water) and also money on your bills.

Location: MCC Red Mountain PV-205  Date: Tues, Feb 5
Time: 2:00 - 3:30 pm  Sessions: 1  Limit: 48
Facilitator: Sam Wong  Nowsam@yahoo.com

Create a Monarch Waystation and Butterfly Garden

Presenter: Gail Morris and Laura Miller

Learn about the lifecycle & migration of the monarch butterfly in the Southwest and how to draw monarchs and other butterflies to your yard. Easy to create butterfly and pollinator garden tips for success will be offered as well as their summer maintenance. Same class is given at both MAAC and Red Mountain. Pick only one.

Location: MCC Red Mountain MAAC  PV-250 MAAC
Date: Mon, Feb 4  Date: Thurs, Mar 14
Time: 10:00 - 11:30 am  Sessions: 1  Limit: 25
Facilitator: Patty O’Brien  bpop@cox.net
**Big Data Analytics**

Data is everywhere, shedding light on all aspects of life. Retailers know what’s selling and who’s buying. Pollsters test opinions on everything from candidates to consumer goods. Doctors follow their patients’ vital signs. Social networks register the interactions of millions. Sensors measure the changing weather. And as athletes play, fans collect exhaustive statistics on their performance. This class is a six weeks video series.

**Location:** Leisure World Recreation Center theater, ask the gate guard for directions to the theater.

**Date:** Mon, Feb 11 - Mar 18  
**Time:** 10 am - Noon  
**Sessions:** 7  
**Limit:** 40  
**Facilitator:** Archie Millhollon  
Amillho@cox.net

### Tech Fair

The Tech Fair is where you may come for help or assistance about how to use your mobile device, tablet or your personal computer. This also applies to software applications such as Word, email and Facebook. Please be sure to bring your login and password information if your device or software is password protected. This service is provided by students in the Computer Science program at MCC.

**Two sessions are offered. Sign up for only one.**

#### Session 1:

**Location:** MCC Dobson Kirk Student Center, Navajo Room  
**Date:** Tues, Mar 19  
**Time:** 5:30 - 6:40 pm  
**Limit:** 20

#### Session 2:

**Location:** MCC Dobson MC5 Room 102  
**Date:** Wed, Mar 20  
**Time:** 2:00 – 3:40 pm  
**Limit:** 20  
**Facilitator:** Allan Zisner  
azisner@q.com

### Podcast Play: Exploring Today’s Digital Voice

Podcasts today are the digital version of magazine articles, radio speeches, and guest lecturers. Podcasts are delivered in series of digital audio or video files which a user can download and listen to. Some podcasts are free, some have subscriptions. The content available is as broad as is information on the internet. In this course, we will explore popular broadcasts and learn how to navigate our devices to search, download, and listen to podcasts. Hopefully we will engage in lively discussion of the podcasts listened to. Participants will help select the podcasts explored each week. If interested, the group may explore different online and digital courses and webinars. This is an **all audio course**. Participants with hearing impairments should bring personal volume intensifiers if needed.

**Location:** MCC Dobson BP-1N  
**Date:** Wed, Feb 6, 13, 20, 27 and Mar 6  
**Time:** 11:00 - 12:30  
**Sessions:** 5  
**Limit:** 15  
**Facilitator:** Suzanne Brown  
suzannebrownpt@gmail.com
# TRAVELOGUE

## Greenland – Iceland – How did they get their names wrong? And other puzzling questions

**Presenter:** Jay Mark

Although they are only less than 500 miles apart, Iceland and Greenland are two completely different and mysterious worlds. Proud peripatetic perambulator, Jay Mark will take participants on an unparalleled, engaging expedition through volcanoes, thermal springs, and icebergs – meeting along the way, some of the most fascinating people on the planet. No trip to these curious countries would be complete without seeking the answer as to why not very GREENland and not very ICEland got their names reversed. You are invited to pull up your mukluks and join Jay on a Jim-Dandy, jet setting jaunty, jamboree journey of Jeu d’esprit.

- **Location:** MCC Dobson BP-4  
- **Date:** Fri, Feb 15  
- **Time:** 2:30 - 4:00 pm  
- **Sessions:** 1  
- **Limit:** 80  
- **Facilitator:** Barbara Thelander  
  bthelander@cox.net

## Florida’s State Parks

This is a DVD presentation exploring the Sunshine State’s most beautiful places. Florida has one of the most diverse landscapes in America. Come and travel to these places in the comfort of chairs and air-conditioning without all the humidity. It will run about 80 minutes. Not bad for seeing parks all over one of our states.

- **Location:** MCC Dobson BP-1N  
- **Date:** Mon, Mar 25  
- **Time:** 1:00 - 3:00 pm  
- **Sessions:** 1  
- **Limit:** 25  
- **Facilitator:** Margo Heaps  
  nfllmargo@juno.com

## Culture Pacific Islanders

**Presenter:** Eleanor Gobrecht

Cultural Values Revealed in Some Pacific Island Communities will be shared. FOLLY III, the 30-foot sailboat which crossed the Pacific in the 1970’s, covered over 21,000 miles and called on dozens of islands as diverse as the Galapagos, French Polynesia, Fiji, and Papua New Guinea. As my partner and I interacted with the islanders, we were given numerous clues to the values that prevailed in their communities. Survival in life as at sea forces us to accept CHANGE as the only constant. Do we opt for security or accept the challenge of risk? What values do our choices reflect?

- **Location:** MCC Dobson BP-4  
- **Date:** Tues, Mar 26  
- **Time:** 1:00 - 3:00 pm  
- **Sessions:** 1  
- **Limit:** 50  
- **Facilitator:** Mary Adamick  
  madamick@cox.net

## Eight Weeks in the Balkans

**Presenter:** John Overdoff

An eight-week pictorial vacation through nine countries (Athens, Greece, Albania, Montenegro, Macedonia, Bosnia, Croatia, Slovenia and Venice, Italy) which includes a short discussion of the history of the region and current events.

- **Location:** MCC Dobson BP-4  
- **Date:** Thurs, Mar 7  
- **Time:** 1:00 - 2:30 pm  
- **Sessions:** 1  
- **Limit:** 50  
- **Facilitator:** Janice Overdorff  
  Joverdorff1@gmail.com
National Parks, Part 1

Explore the Grandeur and History of Our National Parks! From the Great Courses catalog: "Wonders never cease in North America’s national parks. Join Ford Cochran – geologist, journalist, and National Geographic Programming director – on a scientific tour of the continent’s most fascinating natural treasures.". Presented on DVD. This course has 36 half hour sessions. We will cover half of those (18), 2 per class session this semester and Part 2 will be offered in Fall 2019 semester.

3/4 1. Yellowstone: Microcosm of the National Parks
2. Yellowstone’s Cataclysmic Origins and future

3/11 1. Hawaii Volcanoes: Earth’s Largest Mountains
2. The Hawaiian Islands and Maui’s Haleakala

3/18 1. Mount Saint Helens, Lassen Volcanic, Rainier
2. Crater Lake, Olympic, North Cascades

3/25 1. Volcanoes of Alaska: Katmai and Lake Clark
2. Alaska’s Glacier Bay and Kenai Fjords

4/1 1. Yosemite: Nature’s Cathedral
2. Redwoods, Sequoias, and the Sierra Nevada

4/8 1. Pinnacles to Joshua Tree: The San Andreas
2. Death Valley and Great Basin: The Rift Zone

2. Grand Teton and Jackson Hole

4/22 1. Great Smoky Mountains and Hot Springs
2. National Rivers: Gorges, Falls, and Meanders

4/29 1. Great Dune Fields of North America
2. Denali to Gates of the Arctic

Come back next semester for “the rest of the story”!

ART

What is Art Good For?

An eclectic look at how Art reflects and influences its place in Society. A variety of DVD presentations.


Date: Fri, Feb 8 – Apr 12
Time: 1:00 - 3:30 pm

Sessions: 9  Limit: 40  Facilitator: Jill Freedman  Harry100@gmail.com

Impressionism - Railroads

Presenter: Anne Connor

In the 1850s, the new railroad network in France opened the horizon of the Impressionists and changed the character of the coastal towns.

Location: MCC Dobson BP-1N

Date: Wed, Feb 27
Time: 1:30 – 3:00 pm

Sessions: 1  Limit: 36  Facilitator: Ruth Brooks  Rrbrooks93@gmail.com
The Beatles: The Making of Abbey Road

Presenter: Vinnie Bruno

This lecture will follow in the footsteps of The Beatles as they record their final classic work -- Abbey Road. We will explore the genesis of how the songs were written, recorded and produced. After their turbulent year while recording The White Album, the Beatles regroup and create their enduring swan song. Abbey Road stands as The Beatles rock album that incorporates genres such as blues, pop and progressive rock. Their Abbey Road crossing photograph cover art has become one of the most famous imitated in recording history -- "and in the end the love you take is equal to the love you make."

Location: MCC Dobson BP-5 Date: Wed, Feb 13
Time: 2:30 - 4:30 pm Sessions: 1 Limit: 50
Facilitator: Ann Bloxam annbloxam@hotmail.com

The Beatles: The Making of Revolver

Presenter: Vinnie Bruno

This lecture will follow in the footsteps of The Beatles as they redefine contemporary music, breaking boundaries by expanding the scope of pop and rock sounds, as they create their timeless masterpiece -- "Revolver." We will discuss the genesis of how the songs were conceived and written, their musical influences, recording and experimental studio techniques and the creation of their legendary artwork cover sleeve. "Revolver" is recognized as inspiring diverse subgenres of music including electronica, baroque rock, and world music among others. Rolling Stone ranks "Revolver" as the #3 album of all time!

Location: MCC Dobson SC-11E Date: Wed, Feb 6
Time: 2:30 - 4:30 pm Sessions: 1 Limit: 50
Facilitator: Ann Bloxam annbloxam@hotmail.com

Little Known Hollywood Musicals

This class celebrates the early Hollywood musical productions. These are not the blockbusters of recent vintage, but are fun to see how far we have come in the last 40 plus years. Come and have fun with those of us who think the world needs more music.

- Feb 15 Mr. Imperium 1951 featuring Lana Turner
- March 29 Sing Cowboy, Sing 1937 Tex Ritter

Location: MCC Dobson BP-1N Date: Fri, Feb 15 and Mar 29 Time: 1:30 - 3:00 pm
Sessions: 2 Limit: 25 Facilitator: Margo Heaps nflmargo@juno.com

Ragtime To Rock - Arias To Jazz

An eclectic look at the history of popular and classical music and opera.

Location: Leisure World, Power Rd. Ask Guard for directions to room.
Date: Mon, Feb 4 - April 8 Time: 1:00 - 3:30 pm Sessions: 9
Limit: 40 Facilitator: Jill Freedman Harry100@gmail.com
**MUSIC**

**Opera’s New Productions**

Presenter: Bette Jones

It generally takes several years before new productions are available on DVD. However, we are fortunate to have several from the last three years including “Bel Canto - The Opera” based on the book by Ann Patchett, that premiered at Chicago Lyric Opera. In addition, we will look at the 2017 “Andre Chenier” from LaScala and “Giovanna d’Arco” also from LaScala in 2015. And...the Lone Ranger rides again – in the Royal Opera’s 2015 production of Rossini’s “William Tell.” Along with those, there is Handel’s “Giulio Cesare” from Glynbourne and a very traditional production of Mozart’s “Don Giovanni.” Please note that both the Rossini and Handel productions are 4 hours and will be divided into 2:00 pm matinees of Mesa Community College Theatre performances at student price of $9.00 or New Frontiers member discount price of $7.00 plus tax per ticket.

Tickets can be paid for with exact amount of cash or check at Open House on Friday, January 25, 2019. Tickets can be ordered before Open House by calling the Box Office at 480-461-7172 weekdays between 1:00 & 5:00 pm, using your credit card and pick up the tickets at Open House or at Will Call. You can choose 1, 2, 3 or more performances. ([www.mesacc.edu/arts](http://www.mesacc.edu/arts)) Use your student ID cards.

If payment is made by cash or check, the ticket will not be taxed. If payment is made by credit card, tax will be added to the ticket price. If payment is made by check, checks can be made payable to: MCC Theatre.

**THEATRE**

**Top Girls at MCC Theatre**

March 1, 2, 7, 8 at 7:30 pm & March 2 and 9 at 2 pm

Marlene has been promoted to managing director of a London employment agency and is celebrating. The symbolic luncheon is attended by women in legend or history who offer perspective on maternity and ambition. In a time warp, these ladies are also her co-workers, clients, and relatives. Marlene, like her famous guests, has had to pay a price to ascend from proletarian roots to the executive suite: she has become figuratively speaking, a male oppressor, and coaches female clients on adopting odious male traits. Marlene has also abandoned her illegitimate and dull - witted daughter. Her emotional and sexual life has become as barren as Lady Macbeth’s.

**Noises Off at MCC Theatre**

April 19, 20, 25, 26 at 7:30 pm & April 20 and 27 at 2 pm

Called "the funniest farce ever written," Noises Off presents a manic menagerie of itinerant actors rehearsing a flop called Nothing's On. Doors slamming, on and offstage intrigue an errant herring, all figure in the plot of this hilarious and classically comic play.

**Seussical the Musical at MCC PAC**

March 29, 30, April 1, 4, 5 and 6 at 7:30 pm & April 6 at 2 pm

The Cat in the Hat tells the story of Horton, an elephant who discovers a speck of dust that contains the Whos, including Jojo, a Who child sent off to military school for thinking too many "thinks." Horton faces a double challenge: not only must he protect the Whos from a world of naysayers and dangers, but he must guard an abandoned egg, left in his care by the irresponsible Mayzie La Bird. Although Horton faces ridicule, danger, kidnapping and a trial, the intrepid Gertrude McFuzz never loses faith in him. Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant.

Facilitator: Caroline Cline ccline4@mindspring.com

NFLL Spring 2019 Visit our web site at [newfrontiers.mesacc.edu](http://newfrontiers.mesacc.edu)
FINANCIAL MATTERS

Keeping Score: How Credit Scoring Works and Why it Matters

The higher your credit score, the less you pay to buy on credit. Also your credit history affects how much you pay for insurance and whether you need to put up a deposit for utilities. In our time together, you will learn:

- What is credit scoring
- Who uses credit reports and credit scores
- Why your credit scores matters
- What is in your credit score and how your FICO® Scores are calculated
- Examples of how a good credit score can save you money
- How to order a free credit report
- How to review credit report information and dispute inaccurate information
- Tips for raising your credit score

Location:  MCC Red Mountain  R-103  Date:  Thurs, Feb 28  Time:  1:30 - 3:30 pm
Sessions:  1  Limit:  30  Facilitator: Pam Carter  pam.carter@cox.net

Estate Planning-making Sense of Wills, Trusts, Probate and Incapacity

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 Trust (what each does/doesn’t do), Probate (what it is and methods to avoid it), Financial and Health Care Powers of Attorney (planning for incapacity) and Other Estate Planning Considerations.

Location:  MCC Dobson  BP-1N  Date:  Wed, Mar 20
Time:  2:00 - 3:30 pm  Sessions:  1  Limit:  30
Facilitator: Jean Bruno  jhbruno1@cox.net

Insurance 101: Understand Auto, Home and Umbrella Policies

Presenter: Matt Norton, CLCS

With insurance premiums on the rise over the years, it’s more important than ever to know what to look for when shopping for your insurance. This class will give you a full understanding of auto, home and umbrella insurance policies. We will discuss the importance of proper coverage, not only to protect your personal property but, more importantly, your assets. Each policy will be broken down with an explanation of coverage. We will review details about the claims process and examples of when and when not to make a claim.

Class will be open forum and questions are encouraged.

Location:  MCC Dobson  BP-4  Date:  Thurs, Feb 21
Time:  1:30 - 3:30 pm  Sessions:  1  Limit:  50
Facilitator:  Pam Carter  pam.carter@cox.net

Mesa Community College endorses the educational value to the community represented by the courses listed in 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.
The ABC’s of Digestion, Assimilation and Elimination Explained

Presenter: Mary Frost

Mary will explain the processes of digestion, assimilation and elimination in layman’s terms, very easy and basic to understand.

Location: MCC Dobson BP-2N Date: Thurs, Apr 4 & Apr 11 Time: 1:30 - 2:30 pm
Sessions: 2 Limit: 30 Facilitator: Ria Dias nflrea@outlook.com

Cancer - Reduce Your Risk

Presenter: Dr. Sonny Sampedro

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

Location: MCC Dobson BP-5 Date: Fri, Feb 22 Time: 1:00 – 3:30 pm
Sessions: 1 Limit: 50 Facilitator: Larry Merrill Larry_merrill@mac.com

Understanding Annuities

Presenter: Scott Sandell

We will explore the different types of annuities available as well as their primary uses while uncovering what is behind some of the lofty promises. This is not a sales event and we will not be speaking on any specific products although we will answer any questions you may have.

Location: MCC Red Mountain V-120 Date: Wed, Mar 6 Time: 2:00 - 4:00 pm
Sessions: 1 Limit: 36 Facilitator: Diane Grogan dtgrogan@cox.net

Unbiased Financial Advice

Presenter: Scott Sandell

It is difficult to know who to trust in the “financial advising” world these days. From how they make their money to what their licenses mean, this class gives you the essential knowledge needed to find the advice you need.

Location: MCC Red Mountain R-101 Date: Wed, Apr 3 Time: 2:00 - 4:00 pm
Sessions: 1 Limit: 36 Facilitator: Diane Grogan dtgrogan@cox.net

Tax Efficiency In Retirement

Presenter: Scott Sandell

This class is a necessity for all. In this day of low interest rates and volatile markets, it has become extremely important to become tax efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. I promise this is not a dry boring tax class.

Location: MCC Red Mountain R-101 Date: Wed, Feb 6 Time: 2:00 - 4:00 pm
Sessions: 1 Limit: 36 Facilitator: Diane Grogan dtgrogan@cox.net
## Banner Brain Health

*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” and something more serious, with a self-assessment, the class can act as your ‘personal trainer’ by teaching you activities to aid in strengthening domains that you want to improve. Lifestyle factors related to brain health will also be discussed. Each session is 2 and half hours long. The same class is offered on both MCC campuses. Choose only one.

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<td>Jean Bruno</td>
<td><a href="mailto:jhbruno1@cox.net">jhbruno1@cox.net</a></td>
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## Fact or Fiction: The Truth about Alzheimer’s Disease

*Presenter:* Heather Mulder & Terry Fogerty

When it comes to Alzheimer’s disease, we are constantly bombarded with ads touting the latest, greatest prevention strategy. Join this fun, interactive session as we sort through the ‘noise,’ share the truth about Alzheimer’s disease, where we are and where we’re headed and leave with easy steps you can take to join us in our fight to end Alzheimer’s disease before another generation is lost.

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<td>Jean Bruno</td>
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## Living Well with Hearing Loss

*Presenter:* Dr. Aparna Rao and Dr. Kate Helms-Tillery and ASU graduate students

In this interactive program, participants will learn solutions to overcome communication difficulties that have arisen as a result of hearing loss, and that may remain even after receiving hearing aids or cochlear implants. Topics include: 1) the human ear and hearing, 2) learning to “read” an audiogram, 3) communication breakdown and repair, 4) amplification devices, 5) psychosocial consequences of hearing loss and 6) self-advocacy skills. You are welcome to attend even if you do not have a hearing loss, but wish to learn more about communicating with others who may have hearing loss. Spouse/significant other attendance encouraged. For maximum benefit from program, request attendees to be present for all 4 sessions.

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<td>MCC Dobson EF-5S</td>
<td>Mon, Mar 18, 25 and Apr 1, 8</td>
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<td>Marlin Fried</td>
<td><a href="mailto:mfried5751@cox.net">mfried5751@cox.net</a></td>
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## Urinary Incontinence

*Presenter:* Dr. Jacqueline May Carter, MD

Struggling with losing urine? Running to the bathroom? Come to learn more about the not often talked about but very important topic of urinary continence. In this talk, we will go over anatomy and the complicated system that leads to the daily action of emptying the bladder.

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<td>30</td>
<td>Jennifer Wong</td>
<td><a href="mailto:nflwong@outlook.com">nflwong@outlook.com</a></td>
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**Modern Technology and Dental Health - What’s New?**

Presenter: Dr. Symen VanderLinden

Modern dental technology, dental implants, and oral hygiene all play a role with oral health. Treatments and methods have evolved to help people do more with their existing teeth or replace teeth when necessary. 3-D technology allows dentists to now see and do more before and during dental care. From X-rays to implants, to braces, technology has improved dentistry. Oral hygiene and home-care is evermore important in maintaining our oral health. Whether taking care of natural teeth, implant teeth, or dentures, proper oral care is important. Learn how to properly care for your own teeth and mouth.

Location: MCC Dobson BP-1S

Date: Fri, Mar 1

Time: 2:00-3:30 pm

Sessions: 1  Limit: 30  Facilitator: Ann Schubert  ann_schubert@yahoo.com
Stages of Meditation

In this course, the various stages in meditation are described of what the student encounters along the spiritual path and the personal challenges that must be overcome. We will discuss the purpose of meditation, the basic elements of the spiritual path and why crisis can be a valuable tool for progressing on the Path.

Location: MCC Dobson BP-4  
Date: Tues, Feb 19  
Time: 1:00 – 2:30 pm  
Sessions: 1  
Limit: 50  
Facilitator: David E. Hopper  
jdhopper7@gmail.com

Setting up a Spiritual Practice

In this class, we will talk about the importance of setting up a spiritual practice and how to recognize that the yearning for guidance you feel from within is from your own Greater Self, also called the Soul. With this knowledge, your thoughts, feelings and life will become more calm through a regular practice of meditation, the study of spiritual texts, and the practice of selfless service.

This class will provide you with an understanding of the nature of the mind and how it is the primary tool for evolution for transforming your mental and emotional nature. We will discuss developing the intuition and use practical techniques for aligning your mental, emotional and physical nature with your own Soul. This is called Soul integration and provides great benefit to yourself, for the people in your life, and humanity.

Location: MCC Dobson BP-4  
Date: Tues, Feb 5 & 12  
Time: 1:00 - 2:30 pm  
Sessions: 2  
Limit: 50  
Facilitator: David E. Hopper  
jdhopper7@gmail.com

SPIRITUALITY

Aromatherapy – How to Use Essential Oils

Presenter: Susan Paige

It's easy to use aroma oils when you know the proper way. Learn the history, chemistry, and various methods of using essential oils for your well being.

Location: MCC Red Mountain V-120  
Date: Wed, Apr 10  
Time: 1:30 - 3:00 pm  
Sessions: 1  
Limit: 48  
Facilitator: Nancy Spence  
NancyActPar@cox.net

Reiki Level 1: Usui Method for Well Being of Self

Presenter: Susan Paige

You will learn the history and hand positions for self-healing. Reiki is the universal love energy that flows through everything. Learn how you can use this energy to bring balance to mind, body and soul. Recommended book, Essential Reiki, by Diane Stein.

Location: MCC Red Mountain V-118  
Date: Wed, Apr 3  
Time: 1:00 - 5:00 pm  
Sessions: 1  
Limit: 7  
Facilitator: Nancy Spence  
NancyActPar@cox.net

Spirituality for Women

Presenter: Sheryl Stradling

Spirituality for Women will help women gain a greater understanding of their own spirituality. We will explore our spiritual principles and practices and how to deepen them and apply them to daily life. The class is based on the instructor’s #1 best-selling book about her family: Faith, Power, Joy: Spiritual Guidance from 5 Generations of Remarkable Women.

Location: MCC Red Mountain V-117  
Date: Wed, Mar 6, 20, 27  
Time: 1:00 – 2:50 pm  
Sessions: 3  
Limit: 20  
Facilitator: Diana Pearce  
dianapearce@cox.net

Stages of Meditation

In this course, the various stages in meditation are described of what the student encounters along the spiritual path and the personal challenges that must be overcome. We will discuss the purpose of meditation, the basic elements of the spiritual path and why crisis can be a valuable tool for progressing on the Path.

Location: MCC Dobson BP-4  
Date: Tues, Feb 19  
Time: 1:00– 2:30 pm  
Sessions: 1  
Limit: 50  
Facilitator: David E. Hopper  
jdhopper7@gmail.com
PIANO

Beginning Piano: Dobson

This group piano class is open to beginning student (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 the student will know why and how music is written. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One may be purchased at the first class. Please Note: No new students after the first class.

Location: Dobson Music Bldg Rm 13  Dates:  Fri, Feb 15 - Apr 12 (No Classes March 15 and 22)
Time:  1:00-2:30 pm  Sessions:  7  Limit:  15
Facilitator: Shiela Millhollon  Smill18@cox.net

Continuing Piano: Dobson

This group piano class is open to last semester’s NFLL Beginning Piano students or students with previous beginning or intermediate piano experience. Some music theory is included, so the student will know why and how music is written. Duet opportunities will be included. Group and individual instruction are given with each person having a keyboard and earphones. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One (last half covered) and/or Book Two, (depending upon the student’s level of experience) may be purchased at the first class.

Location: Dobson Music Bldg Rm 13  Dates:  Fri, Feb 15 - Apr 12 (No Classes Mar 15 and 22)
Time:  2:30 - 4:00 pm  Sessions:  7  Limit:  15
Facilitator: Shiela Millhollon  smill18@cox.net

Beginning Piano: Red Mountain

This group piano class is open to beginning students (or any previous year’s student who wishes to review or become more efficient at that level.) Some music theory is included, so the student will know why and how music is written. Group and individual instruction are given with each person having a keyboard and earphones. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One may be purchased at the first class. Please Note: No new students after the first class.

Location: Red Mountain  PV120  Dates:  Wed, Feb 20 - Apr 10 (No Class March 13)
Time:  2:00 - 3:30 pm  Sessions:  7  Limit:  15
Facilitator: Shiela Millhollon  Smill18@cox.net

Continuing Piano: Red Mountain

This group piano class is open to last semester’s NFLL Beginning Piano students or students with previous beginning or intermediate piano experience. Some music theory is included, so the student will know why and how music is written. Duet opportunities will be included. Group and individual instruction are given with each person having a keyboard and earphones. A piano, organ or keyboard is needed at home for practicing. John Thompson’s Adult Piano Course: Book One (last half covered) and/or Book Two, (depending upon the student’s level of experience) may be purchased at the first class.

Location: Red Mountain  PV120  Dates:  Wed, Feb 20 - Apr 10 (No Class Mar 13)
Time:  3:30 - 5:00 pm  Sessions:  7  Limit:  15
Facilitator: Shiela Millhollon  Smill18@cox.net
Car Maintenance
Presenter: Frank Leutz

Are you a klutz when it comes to your car? Do you know what to do when the warning light comes on? How do you know you have an air conditioning problem in your car? Do you know what to do to maintain your car? If not, come and learn when to change the oil, transmission fluid, radiator fluid, anti-freeze and windshield fluid in your car. You will learn when to rotate your tires, when to align your tires, when to change the brake pad, shock absorbent and windshield wiper in your car and how to identify fan belt noise. You will also learn how to buy a used car and what to check before you buy the car.

Location: MCC Dobson BP-1N Date: Wed, Feb 20 Time: 2:00-3:30 pm
Sessions: 1 Limit: 20 Facilitator: Mary Adamick madamick@cox.net
Games, Games & More Games

Cards? Board Games? Word Games? Dominos? 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 Frontier's members in a social atmosphere filled with laughter and playful competition!

Location: Church of the Resurrection Room #3 3201 S. Evergreen Tempe

Date: Tues, Feb 5 - Apr 23 Time: 9:20 - 11:00 am

Sessions: 12 Limit: 30 Facilitator: Richard and Sissy Riley rriley18@cox.net

Movie Time

We show a variety of older movies for your enjoyment. Some you may have seen, others will be new to you. We hold a brief discussion following the movie. It is not necessary to come for all movies. As your time and interest allow, please come and enjoy these old movies.

Feb 4 Outpost Morocco 1940 George Raft A French Foreign Legion commander escorts an Emir’s daughter home to find rebellion and plots against the Emir and his family.

Feb 11 The Adventures of Gallant Bess 1948 Cameron Mitchell A rodeo rider captures a wonderful horse and trains it for competition. He has an injury and is cheated out of the horse so love and revenge must compete.

Feb 25 Shock 1946 Vincent Price A psychiatrist argues with his wife and kills her. A neighbor sees the crime, but cannot convince anyone that what was seen is real. He uses his skills on the neighbor in order to get away with it.

MCC campus closed Feb 18 for Presidents’ Day

Mar 4 The Town Went Wild 944 Freddie Bartholomew Teens of feuding neighbors fall in love only to have complications which have the whole town is an uproar.

Location: MCC Dobson BP-1N Date: Mon, Feb 4, 11, 25 and Mar 4 Time: 1:00 - 3:00 pm Sessions: 4 Limit: 25 Facilitator: Margo Heaps nflmargo@juno.com

Twenty years from now, you'll be disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor, catch the trade winds in your sails. Explore. Dream. Discover.

--Mark Twain

Sincere gratitude to everyone who have donated their time, talents, and classroom space to make New Frontiers for Lifelong Learning successful.
## 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
Prior to the class, please check with MAAC to see if the class is still being offered.

## MONDAY

### TAI CHI

Tai Chi is one style 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 into a real fanatic!

- **Date:** Every Monday and Thursday
- **Time:** 10:00 – 11:00 am
- **Instructor:** Chiyoko Starkel
- **Cost:** $34.00 per month for Monday & Thursday, paid monthly in advance.
- **Cost:** $22.00 per month for one day per week (either Monday or Thursday), paid monthly in advance.

### 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—9:05 am
- **Cost:** $4.00/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+

### 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

### Barebones Theater Troupe

- **Date:** Mondays and Thursdays
- **Time:** 2:00 pm in the Main Hall.
- **Facilitator:** Contact Bill Woodfin at 480-347-5225 for additional information

### 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 am
- **Cost:** FREE

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TUESDAY

**Art/Clay Play**

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! Jorge Ramos will also instruct Basic Art and Drawing during this same time slot.

- **Date:** Tuesday and Thursday
- **Time:** 10:00 – 11:30 am
- **Cost:** $45 per month for Clay
- **Cost:** $60 per month for Basic Art

**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 am
- **Cost:** None

**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 am
- **Cost:** $3.00

**Yoga**

Gentle Yoga for the Older Adult. Bring your yoga mat and dress comfortably.

- **Time:** Gentle Yoga: 1:00 - 2:00 pm
- **Time:** Chair Yoga 2:00 - 3:00 pm
- **Cost:** no charge

**Instructor:** Cynthia Jones

**Geri-Fit**

Geri-Fit is a series of eight 45 minute strength training exercise classes for men and women of all senior ages and fitness levels. Classes are taught by certified instructors to help with muscle strength, balance, coordination and flexibility. Most exercise is performed with light weights while seated in chairs. Workout at your own pace and enjoy the company of others.

- **Date:** Tuesday and Thursday
- **Time:** 8:30 – 9:30 am
- **Cost:** Free

WEDNESDAY

**Support/Discussion Groups**

- **Caregiver Group**
  - Wednesdays at 10:00 am
  - Facilitated by EMPACT

- **Grief and Loss Support**
  - Wednesdays at 1:00 pm
  - Facilitated by EMPACT
### WEDNESDAY

**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!

**Date:** Every Wednesday  
**Time:** 9:30 am – 3:30 pm  
**Cost:** Free

**Stockings for Kids**
Please join us in coloring homemade stockings for homeless children throughout 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 am  
**Cost:** FREE

### THURSDAY

**Enriching Veterans’ Lives 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

### FRIDAY

**Sing for Joy**
Please join us for a wonderful hour of singing songs we all remember and love! Don Lindberg, 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  
**Every Friday at 10:00 am**

### 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 am  
**Dates:** Every Friday  
**Cost:** Free

### 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
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!)

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!)

New Frontiers Class Locations

Campus maps will be available at Open House and in the Community Partnerships Office, Room 222, 7110 E McKellips Rd.