History/Politics/Culture

01S1006  Cactus 1549: The Story of the "Miracle on the Hudson"
Evans, James
We will tell the story of the so-called Miracle on the Hudson, including the historical background and aftermath. It is a unique, feel good story.
1 Session  Start date:  1/28/2020  Meets: Tue  1:00 PM to 2:30 PM

01S1008  Presidential Air Travel: From 1911 Into the Future
Evans, James
From the founding of the U.S. until 1911, no president ever flew, and until World War II no sitting president ever flew anywhere. From World War II until the present day, air travel has become an essential tool of modern presidential leadership. We will talk about Air Force One, the “Beast,” and the history of presidential air transportation.
1 Session  Start date:  2/11/2020  Meets: Tue  1:00 PM to 2:30 PM

01S1016  California Here We Come
Contrabasso, Anthony
In this class you will learn about the trials the Midwest settlers underwent on their horrendous trek to reach the Golden State of California.
1 Session  Start date:  2/11/2020  Meets: Tue  10:00 AM to 11:30 AM

01S1019  The Beautiful Island of Our 50th State: The Aloha of Hawaii
Contrabasso, Anthony
Learn about and enjoy the history of our beautiful aloha State of Hawaii.
1 Session  Start date:  4/7/2020  Meets: Tue  10:00 AM to 11:30 AM

01S1021  Spotting False Information
Gates, William
Against the backdrop of the presidential campaign, a battle will rage for the hearts and minds of deeply divided American voters. The battlefield will be crowded with landmines of misleading and false information. This course will explore how to spot the dangers and guard against them.
2 Sessions  Start date:  2/28/2020  Meets: Fri  1:00 PM to 2:30 PM on 2/28, 3/6
01S1026  The History and Mystery of Mayo Clinic
Rings, Dale
How did one man hanging up his medical practice shingle in 1864 in rural Minnesota found this world class medical organization? What innovations and contributions did the Mayo brothers make to early 20th century medicine? Why did patients rush to Rochester, Minnesota for their care in the late 1900’s to grow Mayo Clinic at an exponential rate? Learn the answers to these and more questions in this fascinating true-life story.
2 Sessions  Start date: 4/1/2020  Meets: Wed 10:00 AM to 11:30 AM on 4/1, 4/8

01S1029  From E=mc2 to the Bikini Atoll: A History of the Manhattan Project
Lariviere, Eugene
This year is the 75th anniversary of the first nuclear bomb and (so far) the only actual use of nuclear weapons to attack an enemy. In non-technical terms we will review how the idea of nuclear power evolved, the steps used to make a bomb, the fear of enemies “beating us to the punch,” and the use and consequences of bombing Hiroshima and Nagasaki.
4 Sessions  Start date: 3/30/2020  Meets: Mon 12:30 PM to 2:30 PM on 3/30, 4/6, 4/13 ,4/20

01S1030  Heroes of the Holocaust
Brounstein, Marty
This class explores the least known and least recognized aspect of Holocaust publications and education, resistance, and rescue. Despite insurmountable odds, there were Jews and non-Jews who fought back against the tyranny of Nazi Germany. This engaging course explores who some of these Jewish heroes were as well as who some of these non-Jewish or Righteous heroes were.
5 Sessions  Start date: 2/4/2020  Meets: Tue 10:30 AM to 12:00 PM on 2/4, 2/11, 2/18, 2/25, 3/3

01S1042  American Revolution Part 1
Haskell, William
This is the first part of a four part series based up on a Great Courses program by Professor Allan C. Guelzo of Gettysburg College. This course will address these three questions: What were the armies and navies which fought the Revolution like? What were the major campaigns of the Revolution? Who were the leaders of the Revolution? The six lectures in Part 1 range from the Imperial Crisis through Bunker Hill. Parts 2,3 and 4 will be in subsequent semesters.
3 Sessions  Start date: 3/16/2020  Meets: Mon,Wed,Fri 1:00 PM to 2:30 PM on 3/16, 3/18, 3/20

01S1045  Making Sense of the Census
Gates, William
Every ten years the federal government undertakes a comprehensive count of the U.S. population. It happens this year beginning April 1. This one-session course will look at current and past census issues and history.
1 Session  Start date: 2/13/2020  Meets: Thu 1:00 PM to 2:30 PM
01S1046 Understanding the Opioid Crisis  
Dickinson, Gary  
The opioid crisis is a very real and complicated dilemma. Thousands of people are dying every year from overdose or other complications (violent crime, aggravation of other medical conditions, driving under the influence) not to mention the underlying social and economic ramifications. What are the reasons this phenomenon has become so dangerous, widespread, and difficult to treat/solve? What are the roles played by physicians, big drug companies, and the patients themselves?  
1 Session  Start date: 3/17/2020  Meets: Tue 10:00 AM to 11:30 AM

Military History

02S1007 Convair B-58 "Hustler" Mach 2+ Bomber and reconnaissance Aircraft  
Evans, James  
We will tell the story of the development, short operational lifetime, and ultimate untimely demise of the Convair B-58 -- called the Hustler -- including historical background, some friends of mine who flew it, and the aftermath of its demise.  
1 Session  Start date: 3/31/2020  Meets: Tue 1:00 PM to 2:30 PM

02S1009 AMST: How Do You Replace the Lockheed C-130 “Hercules?”  
Evans, James  
We will tell the story of the Advanced Medium STOL Transport (AMST), Boeing YC-14, and McDonnell-Douglas YC-15, all of which were developed after the Vietnam War to replace the venerable Lockheed C-130 Hercules. In addition, we will discuss the test program, the decision not to produce these aircraft, and the ultimate fate of the prototypes.  
1 Session  Start date: 2/18/2020  Meets: Tue 1:00 PM to 2:30 PM

02S1010 OPERATION CHASTISE: The “Dambuster Raid” of May 1943  
Evans, James  
We will tell the story of the famous 617 Squadron of the Royal Air Force and the momentous Dambuster Raid of May 1943. We will discuss the background of the attack, the key personnel and aircraft involved, and the aftermath, including information from a new 2019 book by Sir Max Hastings.  
1 Session  Start date: 2/25/2020  Meets: Tue 1:00 PM to 2:30 PM
02S1011 LAWRENCE OF AIRPOWER: T.E. Lawrence AFTER Arabia  
Evans, James  
We will tell the story of Thomas Edward Lawrence, famous as Lawrence of Arabia, but who actually served 17 years in the British Army and Royal Air Force after World War I and was instrumental in developing the air-sea rescue equipment and techniques which saved many Allied airmen in World War II, long after his untimely death.  
1 Session  Start date: 3/3/2020  Meets: Tue 1:00 PM to 2:30 PM

02S1012 History of Aerial Refueling  
Evans, James  
We will take an in-depth look at aerial refueling from its origins in the early 1920’s to the present day and its importance. Special emphasis will be given to the Boeing KC-135 Stratotanker and also to Operation Blackbuck, the Royal Air Force long-range bombing mission during the 1982 Falklands War which was an air refueling tour de force. The air refueling aircraft of the Royal Air Force, the United States Navy and Air Force, and others will also be discussed as well as the future of air refueling.  
5 Sessions  Start date: 1/30/2020  Meets: Thu 1:00 PM to 2:30 PM on 1/30, 2/6, 2/13, 2/20, 2/27

02S1013 Notable World War II Aircraft  
Evans, James  
We will discuss selected topics in World War II history specifically related to aviation with an emphasis on several of the iconic aircraft of the period. These are the Boeing B-17 “Flying Fortress”; DeHavilland “Mosquito”; North American B-25 “Mitchell” including Doolittle Raiders and G.H.W. Bush; and Grumman/General Motors TBF/TBM “Avenger” and Consolidated B-24 “Liberator” bomber and its US Navy and cargo cousins.  
5 Sessions  Start date: 3/26/2020  Meets: Thu 1:00 PM to 2:30 PM on 3/26, 4/2, 4/9, 4/16, 4/23

02S1055 Republic F-105 "Thunderchief:" Iconic Fighter-Bomber of Vietnam War  
Evans, James  
We will tell the story of the development, initial nuclear strike mission, unique capabilities, short combat lifetime, and ultimate untimely demise of the Republic F-105, called the “Thunderchief.” This will include historical background, some friends of mine who flew it, and the aftermath of its withdrawal from combat operations.  
1 Session  Start date: 3/19/2020  Meets: Thu 1:00 PM to 2:30 PM
Literature/Language/Writing

03S1027  Sprechen Sie Deutsch?
Lariviere, Eugene -- Gerst, Werner
About as many English words are derived from German as are derived from Latin or French. If you have thought about learning some German or wish you had paid more attention when “Oma” tried to get you to speak her language, this is your opportunity to learn German with a native speaker. If you know some German but haven’t used it for a long time, you can enrich the class by contributing what you know. We will use the book German Made Simple by Arnold Leitner as our text.
8 Sessions  Start date:  1/28/2020  Meets: Tue  3:00 PM to 4:30 PM  on 1/28, 2/4, 2/18, 2/25, 3/3, 3/24, 3/31, 4/7

03S1028  Parli Italiani?
Lariviere, Eugene -- Heisler, Vincenza
If you can understand the title maybe you would like to join an Italian conversation group. Some basic knowledge of Italian is required. Not sure if you know enough? Contact Vincenza Heisler at 480-857-5500 to see if you do. We will be using the book Italian Made Simple by Cristina Mazzoni.
10 Sessions  Start date:  1/30/2020  Meets: Thu  3:00 PM to 4:30 PM  on 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/19, 3/26, 4/2, 4/9

03S1036  Personal & Exploratory Writing
Berning, Gretchen
Class sessions focus on writing from the inside out because the best writing springs from the deepest recesses of our memories and experiences. You provide the content by deciding what aspects of your life you wish to explore through guided writing prompts and techniques furnished through handouts and discussions. We will practice active voice, observation, description, imagery, and sense perception through journaling, essays, analysis, and creative thinking skills.
3 Sessions  Start date:  3/4/2020  Meets: Wed  1:00 PM to 2:30 PM  on 3/4, 3/18, 4/1

03S1037  The Belle of Amherst
Lopp, Phyllis
We will use the Julie Harris video to explore the life and times of Emily Dickinson. There are no books to buy, no required outside reading, just handouts to use in class. This class was previously presented in the summer of 2015.
3 Sessions  Start date:  1/30/2020  Meets: Thu  3:00 PM to 4:30 PM  on 1/30, 2/6, 2/13
03S1071 Writing Out Loud: Essay Course
Stahl, George
In this class you will learn how to write both formal and informal essays and go one step further to turn them into short stories.
2 Sessions Start date: 4/8/2020 Meets: Wed 3:00 PM to 4:30 PM on 4/8, 4/15

Art/Music

04S1065 Creating Fine Art Prints with Little or No Talent
Brasch, John
We will be exploring some basic block printing techniques refined and used by a patient ex-junior high art teacher. You will be amazed at the quality of art you can produce with minimal supplies and less training. There will be $5 materials fee collected at the first class. Be prepared to get a little dirty and have some fun.
2 Sessions Start date: 2/4/2020 Meets: Tue,Thu 12:30 PM to 2:30 PM on 2/4, 2/6

04S1066 Rockumentary #1 - The Wrecking Crew
Brasch, John
This class will be based on a documentary about the unknown and unheralded session players who provided the background tracks for most of the music you were listening to in the 1960’s. You will be amazed -- and you thought you knew Rock-n-Roll. The format will be to watch half of the film and then discuss it. The second session will be similar with a discussion/critique at the end.
2 Sessions Start date: 3/3/2020 Meets: Tue,Thu 12:30 PM to 2:30 PM on 3/3, 3/5

04S1067 The Blues - Part 1 - "Feel Like Going Home"
Brasch, John
Martin Scorsese’s seven-part PBS series will serve as the basis for this class. The format will be to watch half of an episode and then discuss it. The second session will be similar with a discussion/critique at the end.
2 Sessions Start date: 1/28/2020 Meets: Tue,Thu 12:30 PM to 2:30 PM on 1/28, 1/30

04S1068 The Blues - Part 2 - "The Soul of a Man"
Brasch, John
Martin Scorsese’s seven-part PBS series will serve as the basis for this class. The format will be to watch half of an episode and then discuss it afterwards. The second session will be similar with a discussion/critique at the end.
2 Sessions Start date: 2/11/2020 Meets: Tue,Thu 12:30 PM to 2:30 PM on 2/11, 2/13
Science/Math

**05S1018  Global Warming and Climate Change**
Hofstrands, Don
We will explore the science behind global warming and climate change. This includes assessing how a changing climate will impact us and our children and grandchildren. We will also discuss what needs to be done to address global warming and whether these solutions are adequate to protect us from the dangers of climate change.
2 Sessions  
*Start date:* 1/28/2020  
*Meets:* Tue 1:00 PM to 2:30 PM on 1/28, 2/4

**05S1038  Archaeology for Beginners**
Kenny, Mary
This class is an introduction to archaeology that uses The Great Courses program so we may better understand how archaeologists find sites, what happens during an actual excavation, and how to determine how old something is. We will hear about some of the most famous archaeological discoveries of all time such as Pompeii, the pyramids, and the terra cotta army.
5 Sessions  
*Start date:* 4/13/2020  
*Meets:* Mon,Wed,Fri 1:00 PM to 2:30 PM on 4/13, 4/15, 4/17, 4/20, 4/22

**05S1040  Genealogy for the Absolute Beginner**
Newton, Mallory
This class will be an overview of the basic steps of genealogy research for those with no or very little experience in this field.
1 Session  
*Start date:* 1/30/2020  
*Meets:* Thu 10:00 AM to 12:00 PM

**05S1048  DNA Testing - Introduction**
Steele, Denny
Explore one of the greatest scientific discoveries in history. This class will provide a brief history and basic understanding of DNA testing. It will also provide an explanation of the DNA tests that are available, how they work, and what they are used for.
2 Sessions  
*Start date:* 3/23/2020  
*Meets:* Mon,Wed 3:00 PM to 4:30 PM on 3/23, 3/25

**05S1049  DNA Testing for Identification**
Steele, Denny
Discover the fascinating world of forensic DNA. Hear the history and see what makes it possible. Get an understanding of its amazing uses and what happens when things go wrong. Explore the challenge of balancing the needs of law enforcement with concerns for privacy protection.
2 Sessions  
*Start date:* 3/30/2020  
*Meets:* Mon,Wed 3:00 PM to 4:30 PM on 3/30, 4/1
**05S1050 DNA Testing for Family History**  
Steele, Denny  
Learn how you can use your DNA to confirm a relationship with an ancestor who lived over 350 years ago. Or resolve conflicts among differing family trees. Or help an adoptee discover a biological parent. Using actual examples taken from his own family tree, the presenter will show you how much you can achieve with just a simple DNA test and some basic understanding.  
2 Sessions  
*Start date:* 4/6/2020  
*Meets:* Mon, Wed 3:00 PM to 4:30 PM on 4/6, 4/8

**05S1069 The Divided Mind: Understanding Dissociative Identity Disorder / Multiple Personality Disorder**  
Lockwood Knaus, Susan  
Movies and television depict this diagnosis, formerly known as Multiple Personality, as belonging to murderers and other psychotic criminals, but in this class, you’ll discover the truth about the amazing and transformative ways our brains adapt in the face of trauma. Learn how a divided mind helps abused or neglected children cope, survive, and live successful lives despite the challenges of Dissociative Identity Disorder.  
1 Session  
*Start date:* 3/24/2020  
*Meets:* Tue 12:30 PM to 2:30 PM

**05S1075 The Surveillance State - Who's Watching You Now**  
Reed, Roberta  
The 21st century has seen remarkable technological advances which bring many conveniences and benefits. But with these advances come new questions about privacy and security. Who is collecting information about you? And what are they doing with this information? Join us as we look at some of these new technologies and consider some of the questions they raise. We will use selected lectures from the Great Courses (The Surveillance State) as a starting point to explore issues of privacy and security in the digital age.  
2 Sessions  
*Start date:* 4/14/2020  
*Meets:* Tue 10:00 AM to 11:30 AM on 4/14, 4/21

**05S1079 The Biology of Ageing: Revisited**  
Richardson, Daniel  
This series will bring together and update key aspects of previous New Adventures presentations by the instructor on the biology and physiology of aging from cells to total body. Additionally, modifications of aging related to different living environments, life styles and levels of physical activity will be described. The latter will include current references to readily available exercise guidelines for senior citizens.  
2 Sessions  
*Start date:* 3/24/2020  
*Meets:* Tue, Fri 10:00 AM to 11:30 AM on 3/24, 3/27
Technology/Computers

06S1014  Staying Safe on the Internet
Truman, Robert
Online safety will be the focus of this class. Part 1 will focus on all of the threats such as on-line scams, viruses, SPAM, telemarketers, and trackers. Part 2 will address different tools and techniques to help you recognize and minimize your risk exposure. Some of these will include password managers, security suites (paid and free), ad blockers, VPNs, and more so that you can protect yourself and your privacy and still use the Internet. (Sign up for S1014 or S1015)
2 Sessions  Start date: 2/5/2020  Meets: Wed,Thu 10:00 AM to 12:00 PM on 2/5, 2/6

06S1015  Staying Safe on the Internet
Truman, Robert
Online safety will be the focus of this class. Part 1 will focus on all of the threats such as on-line scams, viruses, SPAM, telemarketers, and trackers. Part 2 will address different tools and techniques to help you recognize and minimize your risk exposure. Some of these will include password managers, security suites (paid and free), ad blockers, VPNs, and more so that you can protect yourself and your privacy and still use the Internet. (Sign up for S1014 or S1015)
2 Sessions  Start date: 3/4/2020  Meets: Wed,Thu 10:00 AM to 12:00 PM on 3/4, 3/5

06S1025  Spend Less - Apps for Your Smart Phone or Tablet
Truman, Robert
Never pay retail! There are plenty of apps for your smart devices that can help you spend less on just about any purchase. Whether it is online or at the grocery store, discover what apps can help you spend less. Apps for both Android and Apple devices will be covered.
1 Session  Start date: 4/2/2020  Meets: Thu 10:00 AM to 11:30 AM

06S1031  All Things Google - the Good and Bad
Truman, Robert
Learn about Google products. This class will cover using Search, Gmail, Google Drive and cloud storage for creating and sharing documents, and Google Maps to learn your way around. We'll also cover Google tracking and minimizing your exposure. (Sign up for S1031 or S1032)
2 Sessions  Start date: 2/11/2020  Meets: Tue,Wed 10:00 AM to 12:00 PM on 2/11, 2/12

06S1032  All Things Google - the Good and Bad
Truman, Robert
Learn about Google products. This class will cover using Search, Gmail, Google Drive and cloud storage for creating and sharing documents, and Google Maps to learn your way around. We'll also cover Google tracking and minimizing your exposure. (Sign up for S1031 or S1032)
2 Sessions  Start date: 3/18/2020  Meets: Wed,Thu 10:00 AM to 12:00 PM on 3/18, 3/19
**06S1033 Chromebooks - Should a Chromebook be Your Next Computer?**

Truman, Robert

Discover how a Chromebook may be the perfect computer for seniors. This class will present an in-depth overview of Google Chromebooks along with how they differ from traditional laptops. Learn all the pros and cons and why they are rated as some of the most secure laptops available today.

1 Session  
Start date: 4/9/2020  
Meets: Thu 1:00 PM to 3:00 PM

**06S1034 Cutting the Cord - Watching TV Without Cable**

Truman, Robert

Discover your options when it comes to living without a cable bill each month. Learn how to use your Internet connection for all of your viewing needs including cable, local, premium, music, and sports channels. (Sign up for S1034 or S1035)

1 Session  
Start date: 2/19/2020  
Meets: Wed 10:00 AM to 12:00 PM

**06S1035 Cutting the Cord - Watching TV Without Cable**

Truman, Robert

Discover your options when it comes to living without a cable bill each month. Learn how to use your Internet connection for all of your viewing needs including cable, local, premium, music, and sports channels. (Sign up for S1034 or S1035)

1 Session  
Start date: 3/26/2020  
Meets: Thu 10:00 AM to 12:00 PM

**06S3001 Basic Computer Classes with Intel Volunteers**

Sayers, Janine

Come learn basic PC computer skills from Intel volunteers. In this 3-day workshop you will learn to navigate email and browsing the internet. In addition, the instructors will help with Facebook and editing photos. This is a beginner’s level class.

3 Sessions  
Start date: 2/10/2020  
Meets: Wed,Fri 10:00 AM to 12:00 PM on 2/10, 2/12, 2/14

**06S3002 Telling Your Story with Blogger and Other Social Media**

Leneway, Robert

Everyone has a story to tell -- a travel adventure, family historical event, or other unique experience that you would like to share in photos, video, and/or text. This is a computer lab workshop to learn to use Adobe Spark, Blogger, and other social media tools to create and share your story. Some experience with computers is required.

1 Session  
Start date: 2/10/2020  
Meets: Mon 1:00 PM to 2:30 PM
**Health/Nutrition/Fitness**

**07S1005 Living to 100: How to "Take Your Mind and Body with You"**  
Bogash, James  
Who wants to live to 100 if your body and mind fall apart at 75? Come and learn how to protect your knees, brain, muscles, and bones so that your quality of life is as awesome as it can be. (Sign up for S1005 or S1044)  
1 Session  
Start date: 1/29/2020  
Meets: Wed 1:00 PM to 2:30 PM

**07S1039 Functional Assessment of Balance and Fine Motor Skills**  
Schaefer, Sydney  
In this class you will learn how balance and fine motor skills are assessed by researchers. After a brief introduction to the tests that are typically used, you will be given a chance to participate by actually performing tests under the direction of Arizona State University research teams. By participating in this class, you will be advancing research in these areas. Participation in this class is voluntary and you may withdraw from the class. You do not need to participate in any of the tests if you do not wish to.

You should register for only ONE session of 07S1039. All six classes (07S1039A,B,C,D,E and F) are identical.

**07S1039A Functional Assessment of Balance and Fine Motor Skills**  
1 Session  
Start date: 4/13/2020  
Meets: Mon 9:15 AM to 10:45 AM

**07S1039B Functional Assessment of Balance and Fine Motor Skills**  
1 Session  
Start date: 4/13/2020  
Meets: Mon 11:00 AM to 12:30 PM

**07S1039C Functional Assessment of Balance and Fine Motor Skills**  
1 Session  
Start date: 4/15/2020  
Meets: Wed 9:15 AM to 10:45 AM

**07S1039D Functional Assessment of Balance and Fine Motor Skills**  
1 Session  
Start date: 4/15/2020  
Meets: Wed 11:00 AM to 12:30 PM

**07S1039E Functional Assessment of Balance and Fine Motor Skills**  
1 Session  
Start date: 4/17/2020  
Meets: Fri 9:15 AM to 10:45 AM

**07S1039F Functional Assessment of Balance and Fine Motor Skills**  
1 Session  
Start date: 4/17/2020  
Meets: Fri 11:00 AM to 12:30 PM
07S1044  Living to 100: How to "Take Your Mind and Body with You"
Bogash, James
Who wants to live to 100 if your body and mind fall apart at 75? Come and learn how to protect your knees, brain, muscles, and bones so that your quality of life is as awesome as it can be. (Sign up for S1005 or S1044)
1 Session  Start date:  2/6/2020  Meets: Thu  1:00 PM to 2:30 PM

07S1052  Behavior Changes Bootcamp
Burns, Marie
Is there something in your life that you know you want or need to change but just can't bring yourself to get it done? Most of us would answer with a resounding "absolutely," right? Here is your chance to change that. Leave this class with tools that will take you from knowing to doing.
1 Session  Start date:  2/24/2020  Meets: Mon  1:00 PM to 2:00 PM

07S1054  Health Habits for Life Using essential oils
Gaudisio, JoAnne
Wellness is a combination of lifestyle and healthcare. When lifestyle is the focus, health is naturally achieved and maintained. Your daily habits make all the difference. As you live these principles and integrate them with the daily use of essential oils, you experience new levels of wholeness. This class will review some of the healthy habits for life and examine the ways essential oils can be integrated, leading you to a healthy more natural lifestyle.
1 Session  Start date:  2/3/2020  Meets: Mon  10:00 AM to 11:30 AM

07S1061  10 Things Nobody Tells You When You Age
Poker-Yount, Elaine
Whether you are the one who is aging or you are caring for somebody else, this class will enlighten you with a virtual roadmap of the key information needed to get your proverbial “ducks in a row.” We will outline the critical eldercare practices to engage, provide crucial decision-making indicators, clarify common misconceptions, and equip you with information and resources so you can reduce the stress of aging and illness through awareness and sound decision-making.
1 Session  Start date:  2/26/2020  Meets: Wed  1:00 PM to 2:30 PM

07S1062  Understanding the Physiology of What's Happening in the Brain
Poker-Yount, Elaine
When we hear the words Alzheimer’s or early stage dementia we get scared for obvious reasons. Often no one sits down with us and outlines how these conditions will affect our life. Learning some of the basic physiology changing in the brain will provide a better understanding of how to function in our daily life moving forward. You will walk away understanding why the changes you will experience are happening and learning different ways to approach those changes for more positive daily interactions.
1 Session  Start date:  3/4/2020  Meets: Wed  1:00 PM to 2:30 PM
"Normal" vs. "Not Normal" Aging

Poker-Yount, Elaine

We all forget things once in a while or struggle to find the right words. And yes, we all lose our keys occasionally. When we do these things, we tend to get a little panicky sometimes, especially if Alzheimer’s runs in the family. Join in to learn the difference between what is normal as we age and what isn’t.

1 Session  Start date: 4/8/2020  Meets: Wed 1:00 PM to 2:30 PM

Living with Dementia - How to Help Your Loved Ones

Koester, Trish

This class will focus on caregivers of family members with dementia. We will discuss different forms of dementia, finding resources to control stress, and improving independence. We will also discuss the use of a lifestyle summary tool, exploring ways for prevention, slowing progression, and what to expect at progressing cognitive levels.

1 Session  Start date: 2/20/2020  Meets: Thu 1:00 PM to 2:00 PM

Rehabilitation of a Knee Replacement

Sussman, Leah

This class will focus on practical knowledge to improve the rehabilitation process following a joint replacement. We will discuss expectations immediately following the operation and returning to home, the community, and hobbies and work.

1 Session  Start date: 2/27/2020  Meets: Thu 1:00 PM to 2:00 PM

The Privilege of Aging

Larson, Ann

This class is about the specific issues we face as we transition from middle age to old age. The core of this life stage is how to cultivate resilient responses to the challenges we face. Resilience is built by intention and attention. To be happy we cannot settle on a diminished version of our younger selves. We must change the ways we think and behave. This class and our conversations will focus on the attitudes and skills we need to let go of the past, embrace the new, cope with loss, and experience wisdom, authenticity, and bliss.

3 Sessions  Start date: 3/19/2020  Meets: Thu 3:00 PM to 4:30 PM on 3/19, 3/26, 4/2
**09S1001 Finding Unbiased Financial Advice**

Sandell, Scott  
It is difficult to know who to trust in the “financial advising” world today. We will explore how advisors make money, what license designations mean, and much more. This class provides the essential knowledge necessary to be confident that you are dealing with the right professional.  
1 Session  
*Start date:* 1/28/2020  
*Meets:* Tue 10:00 AM to 11:30 AM

**09S1002 Tax Efficiency in Retirement**

Sandell, Scott  
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.  
1 Session  
*Start date:* 2/25/2020  
*Meets:* Tue 10:00 AM to 11:30 AM

**09S1003 Understanding Annuities**

Sandell, Scott  
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.  
1 Session  
*Start date:* 3/4/2020  
*Meets:* Wed 10:00 AM to 11:30 AM

**09S1004 Position Yourself to Thrive in Retirement**

Sandell, Scott  
With volatile markets and low interest rates, financially navigating retirement can be tricky. We will discover what is changing, why it is changing, and how to position yourself for success in retirement.  
1 Session  
*Start date:* 4/1/2020  
*Meets:* Wed 10:00 AM to 11:30 AM

**09S1041 Estate Planning Done Right**

Scott, William  
Estate planning is not just about when you die, it's also about what's going to happen while you are still living and how to protect your estate. We will cover six areas: 1) documents - wills, trusts, powers of attorney; 2) utilizing tax advantages where ever possible; 3) long term care alternatives; 4) IRAs and 401Ks and how to make them multigenerational; 5) making sure income is guaranteed for life; and 6) how to leverage your assets for your heirs.  
1 Session  
*Start date:* 2/25/2020  
*Meets:* Tue 10:00 AM to 2:30 PM
09S1047  Making Sense of Medicare
Lockridge, Andy
Take the mystery out of Medicare by attending this two-part course. Part I covers an overview of Medicare and Medicare Supplement plans. Part II covers Medicare Advantage Plans and Part D Prescription Plans
2 Sessions  Start date: 2/11/2020  Meets: Tue 12:30 PM to 2:30 PM on 2/11, 2/18

09S1053  Introduction to Estate Planning
Parker, Heather L
Come and learn the basics of estate planning. What is a will, trust, and power of attorney? Why are health care directives important for anyone older than 18?
1 Session  Start date: 3/19/2020  Meets: Thu 10:00 AM to 11:30 AM

Varas, George
We will attempt to make sense of our ever-changing system and its relationship with our economy and financial markets in this class. We’ll also touch on current global developments and their repercussions in the U.S. Class participation will determine the main points to cover and expand on.
1 Session  Start date: 3/5/2020  Meets: Thu 3:00 PM to 4:30 PM

09S1059  Maintaining a Healthy Estate Plan
Cholewka, Becky
This presentation outlines specific tips to ensure your estate plan is effective in avoiding the time, expense, and emotional cost of probate court. This review is especially important if you have recently moved to Arizona or are a winter visitor, you’ve had a life changing event, your Arizona documents were created prior to 2009, or you’ve created your documents online or through a do-it-yourself kit.
1 Session  Start date: 2/7/2020  Meets: Fri 10:00 AM to 11:00 AM

09S1060  Defining Your Legacy by What You Leave Behind
Cholewka, Becky
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.
1 Session  Start date: 2/21/2020  Meets: Fri 10:00 AM to 11:00 AM
**09S1063 What is Your "Plan B"
**Poker-Yount, Elaine
Could you in 2 minutes or less relay every piece of information needed for someone else to step in and care for you or your loved one if an unexpected accident happened? We all NEED a back-up plan, especially if we are a caregiver for someone or we live alone. Creating a checklist of legal, practical, and executional items ahead can make an emergency a difficult situation instead of a crisis. While uncomfortable to consider, this preparation will make all the difference in successfully handling an emergency situation.
1 Session   **Start date:** 3/25/2020   **Meets:** Wed 1:00 PM to 2:30 PM

**Fun/Games/Hobbies**

**10S1051 Greeting Cards with Simple Paper-crafting Techniques**  
Gielniak, Judy  
Come join me for a fun spring card making class. We’ll make hand-stamped, colorful, cheery, and lovely greeting cards using rubber/photopolymer stamps, cardstock, ink, and various embellishments for just the right touch. Envelopes provided. Please bring $5 to cover costs.
1 Session   **Start date:** 3/16/2020   **Meets:** Mon 10:00 AM to 11:30 AM

**10S1070 Physical Humor**  
Nilsen, Alleen -- Nilsen, Don  
In this PowerPoint presentation, we will discuss how we communicate -- often humorously or ironically -- with our face, hands, arms, legs, and bodies.
1 Session   **Start date:** 1/29/2020   **Meets:** Wed 1:00 PM to 2:30 PM

**Travel**

**11S1056 Major League Baseball Stadiums**  
Buscaglia, Michael  
Do you enjoy baseball, America’s favorite pastime? This presentation will discuss visiting major league baseball parks, which is a great way to see and learn about the different cities in the U.S. Participants are encouraged to wear the Jerseys and/or Hats of their favorite Baseball Team. Class size is limited to 24.
1 Session   **Start date:** 2/13/2020   **Meets:** Thu 1:00 PM to 2:30 PM
11S1077 Sights to See in Northern, SW and Colorado River Strip AZ
Newville, Van
In this class you will see the presenter’s top ten Arizona sights plus some that almost made the list.
1 Session  Start date: 2/28/2020  Meets: Fri 10:00 AM to 11:30 AM

11S1078 My Top Ten Sights in Arizona
Newville, Van
This class will introduce you to sights to see in western Arizona including the mountainous northern part, the southwestern desert, and the Colorado River that is the boundary of the western part of Arizona.
1 Session  Start date: 3/6/2020  Meets: Fri 10:00 AM to 11:30 AM

Special

12S1022 Meet Our Friend Sara from Iraq
Rockland, Carole -- Rockland, Ed
You might have met or seen Sara at the New Adventures front desk. In this class you will get to know her better as she tells you about her years in Iraq and Syria as well as her journey to America. Come with questions and we will all learn to know her better.
1 Session  Start date: 1/29/2020  Meets: Wed 3:00 PM to 4:30 PM

12S1043 AARP Driver Safety
Hartley, Jerry
A driver refresher course helps you learn the current rules of the road, defensive driving techniques, and how to operate your car. You'll learn how to manage and accommodate common age-related changes in vision, hearing, and slower reactions. Course tuition is $15 for AARP members, $20 for others. Pay at class by check or cash, no cards. Some auto insurers give a premium discount, so check with your insurer. Bring your driver’s license.
1 Session  Start date: 3/6/2020  Meets: Fri 12:30 PM to 4:30 PM

12S1057 Cast Away Clutter in 2020
Malloy, Calvenea
Cast away the clutter in your life in 2020. Do you want to create more personal space and have time for the important things in your life? As the new year approaches, this is a great time to evaluate your clutter and learn how to declutter effectively. Let's start to declutter by creating new habits to manage your space and organize your treasures. Donate or recycle them to feel more empowered, free, centered, and stress free.
1 Session  Start date: 2/26/2020  Meets: Wed 10:00 AM to 12:00 PM
12S1072  Download, Stream, Research, Learn - Free Online Library Resources at Your Public Library!
Gardner, Dawn
In this session you will learn about the many free online resources offered by Maricopa County Library District. With your library card and internet access, you can download e-books and audiobooks, read e-magazines, stream a movie or some music, learn a language, research your genealogy, take on online course or a practice test for an exam, find your next good read, research products, find a legal form, find instructions for repairing your own car, and much more.
1 Session  Start date:  2/27/2020  Meets: Thu  10:00 AM to 11:00 AM

Discussion/Book Groups

17S2001  Roundtable On-Going New Adventures Book Club A
Haskell, William
We will be discussing one book a month in a roundtable setting. The book picked by the fall semester attendees for February is The Hidden Life of Trees by Peter Wohlleben. This book club has been meeting continuously since July of 2015 and its genre tends to be non-fiction. During this period the club has read and discussed over 35 books.
1 Session  Start date:  2/3/2020  Meets: Mon  1:00 PM to 2:30 PM

17S2002  Roundtable: On-Going New Adventures Book Club B
Haskell, William
We will be discussing one book a month in a roundtable setting. The book picked by the fall semester attendees for March is Etched in Sand by Regina Calcaterra. This book club has been meeting continuously since July of 2015 and its genre tends to be non-fiction. During this period the club has read and discussed over 35 books.
1 Session  Start date:  3/2/2020  Meets: Mon  1:00 PM to 2:30 PM

17S2003  Roundtable On-Going New Adventures Book Club C
Haskell, William
We will be discussing one book a month in a roundtable setting. The book picked by the fall semester attendees for April is Into the Raging Sea by Rachel Slade. The book club has been meeting continuously since July of 2015 and its genre tends to be non-fiction. During this period the Club has read and discussed over 35 books.
1 Session  Start date:  4/6/2020  Meets: Mon  1:00 PM to 2:30 PM
17S2004 Roundtable: More Scams are Happening Every Day
Lewin, Richard
This roundtable will discuss scams and what to look out for so you don’t become one of the taken. There are new scams hatched regularly, many of them aimed at seniors. This roundtable also addresses home security to a lesser extent.
1 Session  Start date: 3/23/2020  Meets: Mon 1:00 PM to 2:30 PM

17S2005 Roundtable: One Way to Select the Right Novel
Bobbett, Jan
Selecting the right novel for yourself is very personal. You might prefer a particular genre, author, or typeface. Or maybe you like paperbacks because they’re light. I recently discovered I don’t like glossy pages because the reflected light bothers me. Let me suggest another criterion: the first sentence has to grab you. For this roundtable look at the first sentence of a few books you have and bring the sentence(s) to class for a good discussion. By the way, one of my favorites is “It was not my fault.”
1 Session  Start date: 3/16/2020  Meets: Mon 1:00 PM to 2:30 PM

17S2006 Roundtable: The Atlantic Monthly Magazine
Brasch, John
The Atlantic Monthly has been a source of thoughtful commentary on the human condition for over 100 years. This group will be discussing recent articles from the Atlantic Monthly. A subscription would be desirable, although not necessary, but an interest in conversation is important for a roundtable.
4 Sessions  Start date: 3/18/2020  Meets: Wed 10:00 AM to 11:30 AM on 3/18, 3/25, 4/1, 4/8

Off Site

18S4001 Out to Lunch - Cornish Pasty
Jacobsen, Carol
We will be visiting a Cornish pasty restaurant. We will meet at the restaurant and you can order whatever you’d like off the menu. Everyone will receive their own check. You will be contacted several days before the lunch and given the necessary information. PLEASE RSVP PROMPTLY. There is usually a waiting list so, if you’re not able to attend, someone else may be able to join us. We also need to give the restaurant a count.
1 Session  Start date: 4/16/2020  Meets: Thu 11:30 AM to 2:00 PM
18S4002 Out to Lunch - Irish Food
Freed, Evelynn
Since St Paddy's day occurs in March, we will be visiting an Irish pub. We will meet at the restaurant and you can order whatever you'd like off the menu. Everyone will receive their own check. You will be contacted several days before the lunch and given the necessary information. PLEASE RSVP PROMPTLY. There is usually a waiting list so, if you're not able to attend, someone else may be able to join us. We also need to give the restaurant a count.
1 Session  Start date: 3/17/2020  Meets: Tue 11:30 AM to 2:00 PM

18S4003 Out to Lunch Polish Food
Freed, Evelynn
We are trying Polish food. We will meet at the restaurant and you will be able to order whatever you want from the menu. Everyone will receive their own check. You will be contacted several days before the lunch and given the necessary information. PLEASE RSVP PROMPTLY. There is usually a waiting list so, if you can't attend, someone else might like to. We also need to give the restaurant a count.
1 Session  Start date: 2/13/2020  Meets: Thu 11:30 AM to 2:00 PM

Movies

20S5001 Friday Flicks: Amadeus
Noser, Larry
This 1984 epic, which won eight Academy Awards, is a sumptuous period film that is a soaring celebration of the music of Wolfgang Amadeus Mozart.
1 Session  Start date: 2/7/2020  Meets: Fri 12:30 PM to 3:30 PM

20S5002 Friday Flicks: As Good as it Gets
Noser, Larry
This is a very funny romance-comedy featuring an obsessive-compulsive novelist with Manhattan’s meanest mouth. It won a 1979 Academy Award for best actor and best actress.
1 Session  Start date: 2/14/2020  Meets: Fri 12:30 PM to 3:00 PM

20S5003 Friday Flicks: Aviator
Noser, Larry
This is the story of Howard Hughes’s mid 1920’s to 1940’s glamorous life starring Leonardo DiCaprio and Kate Blanchett. It won four Academy Awards including best actress for Blanchett.
1 Session  Start date: 2/21/2020  Meets: Fri 12:30 PM to 3:30 PM
20S5004  Friday Flicks: All Quiet on the Western Front  
Noser, Larry  
The plot follows a group of German recruits in World War I through their passage from idealism to disillusionment. It won the 1930 Academy Award for best picture.  
1 Session  Start date:  2/28/2020  Meets: Fri  12:30 PM to 3:00 PM

20S5005  Friday Flicks: Amazing Grace  
Noser, Larry  
Amazing Grace, based on the true story of William Wilberforce, follows his courageous quest to end the British slave trade.  
1 Session  Start date:  3/20/2020  Meets: Fri  12:30 PM to 2:30 PM

20S5006  Friday Flicks: And Justice for All  
Noser, Larry  
An honest, idealistic lawyer is suddenly under pressure to defend a distinguished judge, whom he knows is guilty, accused of raping and battering a young girl. Al Pacino was nominated for best actor in 1979.  
1 Session  Start date:  3/27/2020  Meets: Fri  12:30 PM to 2:30 PM

20S5007  Friday Flicks: Animal House  
Noser, Larry  
This film is a raunchy, screwball comedy spoofing 1960’s college life. One of the most popular comedies of all times, it also has some nudity and sexual innuendo.  
1 Session  Start date:  4/3/2020  Meets: Fri  12:30 PM to 2:30 PM

20S5008  Friday Flicks: Awakenings  
Noser, Larry  
This film is about a shy research physician who uses an experimental research drug to “awaken” a catatonic victim of a rare disease. Robert DiNiro plays the first patient to receive the controversial treatment, and Robin Williams plays the doctor.  
1 Session  Start date:  4/17/2020  Meets: Fri  12:30 PM to 2:30 PM