F1001 Art for Fun
Neffenger, Kathleen
Zentangle® has spread in popularity worldwide. The method is simple, does not require artistic talent, and is known for its “no right or wrong” approach. Try this class to have fun and express yourself whether or not you consider yourself artistic. Just bring $4, a pencil, and a few sheets of paper to class. A micron pen will be supplied.
3 Sessions  Start date: 11/25/2019  Meets: Mon, Tue  3:00 PM to 4:30 PM on 11/25, 11/26, 12/2

F1002 Car Care Clinic - Taking care of Your Car in the Southwest
Miller, Montgomery
How often do you really need an oil change? Learn how proper maintenance, tips, and techniques can help you keep your car going for miles in the hot, dusty Arizona climate. This class will cover the function of certain vehicle parts, what causes them to wear, and how to avoid costly repairs with routine maintenance.
1 Session  Start date: 10/14/2019  Meets: Mon  1:00 PM to 2:30 PM

F1003 AARP Driver Safety
Hartley, Jerry
Cars have changed as have traffic rules, driving conditions, and the roads you travel every day. A driver refresher course helps you learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can 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. (Sign up for F1003 or F2026)
1 Session  Start date: 10/11/2019  Meets: Fri  12:30 PM to 4:30 PM

F1004 Pacific Wonderland
Contrabasso, Anthony
Travel the Pacific Ocean and see what lies above and below this incredible wet wonderland.
1 Session  Start date: 10/3/2019  Meets: Thu  10:00 AM to 11:30 AM
F1005 The Bookend Battleships
Contrabasso, Anthony
This is the saga of two great American battleships. A world war was started on the deck of one, and retribution was extracted in full on the deck of another.
1 Session  Start date: 12/6/2019  Meets: Fri  10:00 AM to 11:30 AM

F1006 Mythbusters - Test Your AZ Estate Planning IQ
Cholewka, Becky
This presentation separates the FACTS from the FICTION when it comes to planning your estate. Covering the most asked legal questions, this class will put all the well-meaning advice you’ve received from your friends, neighbors, hairdresser, internet, bank, and even your financial planner to the test.
1 Session  Start date: 11/7/2019  Meets: Thu  10:00 AM to 11:00 AM

F1007 Empowering Others to Be your Healthcare Advocate in a Crisis
Cholewka, Becky
Learn which healthcare documents are specific to the state of Arizona and what the crucial questions are to ask yourself when choosing your powers of attorney.
1 Session  Start date: 11/21/2019  Meets: Thu  10:00 AM to 11:00 AM

F1008 International Humor: Comparisons and Contrasts
Nilsen, Alleen -- Nilsen, Don
In this PowerPoint presentation we will discuss how the conferences, organizations, and scholarly books related to humor differ from country to country. We will talk about the humor of Afghanistan, Argentina, Australia, Belgium, Brazil, Bulgaria, Canada, China, England, Estonia, Finland, France, Germany, Hawaii, Hungary, India, Iran, Ireland, Israel, Italy, Japan, Netherlands, Norway, Paraguay, Poland, Russia, Scotland, Singapore, Spain, Switzerland, and Turkey.
1 Session  Start date: 10/16/2019  Meets: Wed  1:00 PM to 2:30 PM

F1009 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 like wills, trusts, and powers of attorney, 2) utilizing tax advantages wherever possible, 3) long term care alternatives, 4) how to make IRAs and 401Ks multigenerational, 5) making sure income is guaranteed for life, and 6) how to leverage your assets for your heirs.
2 Sessions  Start date: 11/12/2019  Meets: Tue  10:00 AM to 2:30 PM
F1010 Chromebooks - Should a Chromebook be Your Next Computer?
Truman, Robert
Discover how Chromebooks 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: 12/4/2019  Meets: Wed 10:00 AM to 12:00 PM

F1011 Cutting the Cord - Watching TV (Legally) 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 F1011 or F1012)
1 Session  Start date: 10/16/2019  Meets: Wed 10:00 AM to 12:00 PM

F1012 Cutting the Cord - Watching TV (Legally) 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 F1011 or F1012)
1 Session  Start date: 11/5/2019  Meets: Tue 10:00 AM to 12:00 PM

F1013 Staying Safe on the Internet
Truman, Robert
Staying safe when online will be the focus of this class. Part 1 will focus on all of the threats such as online 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, VPN’s and more so that you can protect yourself and your privacy and still use the internet safely. Learn who makes the most secure browser, it may surprise you. (Sign up for F1013 or F1014)
2 Sessions  Start date: 10/8/2019  Meets: Tue,Wed 10:00 AM to 12:00 PM on 10/8, 10/9

F1014 Staying Safe on the Internet
Truman, Robert
Staying safe when online will be the focus of this class. Part 1 will focus on all of the threats such as online 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, VPN’s and more so that you can protect yourself and your privacy and still use the internet safely. Learn who makes the most secure browser, it may surprise you. (Sign up for F1013 or F1014)
2 Sessions  Start date: 11/13/2019  Meets: Wed,Thu 10:00 AM to 12:00 PM on 11/13, 11/14
F1015 Google - Discover All Things Google
Truman, Robert
Learn some tips and tricks to help you become a Google expert. 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. (Sign up for F1015 or F1016)
2 Sessions  Start date: 10/22/2019  Meets: Tue,Wed  10:00 AM to 12:00 PM on 10/22, 10/23

F1016 Google - Discover All Things Google
Truman, Robert
Learn some tips and tricks to help you become a Google expert. 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. (Sign up for F1015 or F1016)
2 Sessions  Start date: 11/19/2019  Meets: Tue,Wed  10:00 AM to 12:00 PM on 11/19, 11/20

F1017 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 F1017 or F1018)
1 Session  Start date: 10/30/2019  Meets: Wed  1:00 PM to 2:30 PM

F1018 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 F1017 or F1018)
1 Session  Start date: 10/17/2019  Meets: Thu  10:00 AM to 11:30 AM

F1019 Exploring Southern and Eastern Arizona
Newville, Van
This class will discuss places to visit in Southern and Eastern Arizona with local insight and personal observations provided by the presenter.
1 Session  Start date: 10/11/2019  Meets: Fri  10:00 AM to 11:30 AM

F1020 Arizona 101 Basics
Newville, Van
Learn about some of the complexities of Arizona pronunciation, dress, place names, and other interesting information about Arizona from a second generation Arizona native.
1 Session  Start date: 10/25/2019  Meets: Fri  10:00 AM to 11:30 AM
F1021 Wildlife Viewing in Arizona
Newville, Van
Attend this class to learn about the different types of wildlife in Arizona and the places to view them.
1 Session  Start date: 11/8/2019  Meets: Fri  10:00 AM to 11:30 AM

F1022 Use a Planisphere to Locate stars and Constellations in Nighttime Sky
Silberblatt, Henry
Use a Planisphere to Locate stars and Constellations in Nighttime Sky.
3 Sessions  Start date: 11/5/2019  Meets: Tue,Wed,Thu  1:00 PM to 2:00 PM on 11/5, 11/6, 11/7

F1023 Classics of American Literature IV
Lopp, Phyllis
Class members will watch a DVD from The Teaching Company's Brown University lectures and we will then consider the author's work and life. The authors this time are Steinbeck (Grapes of Wrath), Miller (Death of a Salesman), and Williams (Streetcar Named Desire). There is nothing to buy, nothing to prepare or read at home unless you just want to, and no prerequisites.
3 Sessions  Start date: 10/31/2019  Meets: Thu  3:00 PM to 4:30 PM on 10/31, 11/7, 11/14

F1024 Beethoven - The Man, His Times, and His Music
Finter, Lou-ellen
Beethoven was born in an era of unrest, upheaval, and change. He was influenced not only by his childhood but also by society at the time and his own beliefs. We will listen to some compositions within their historic reference and musical designs of the time. We will also discuss how Beethoven lived his daily life and dealt with the problem of hearing loss. He had the courage to move on because of his music.
1 Session  Start date: 11/18/2019  Meets: Mon  11:00 AM to 12:30 PM

F1025 Social Security News, Latest Services and Benefit Overview
Burns, Jack
Find out about the latest news and services from Social Security and get an overview of Retirement & Survivor Benefits. In addition, learn about life changes that lead to future benefits for those already receiving Retirement Benefits.
1 Session  Start date: 11/4/2019  Meets: Mon  3:00 PM to 4:30 PM
F1026 AARP Driver Safety
Hartley, Jerry
Cars have changed as have traffic rules, driving conditions, and the roads you travel every day. A driver refresher course helps you learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment. You’ll learn how you can 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. (Sign up for F1003 or F1026)
1 Session  Start date: 11/13/2019  Meets: Wed  12:30 PM to 4:30 PM

F1027 Volunteering - It Does a Body Good!
Peck, Ellen
Are you new to the area, New Adventures, and/or newly retired and looking for something to fill your time? Or, have you been volunteering but not finding it as rewarding as you once did? Or are physical limitations preventing you from doing what you used to do? If any of these factors or something else applies to you, come share your volunteering opportunities.
1 Session  Start date: 10/8/2019  Meets: Tue  1:00 PM to 2:30 PM

F1028 A Ribbon of Highway
Gates, William
One hundred years ago, mid-level Army officer Dwight Eisenhower was front-and-center in an eye-opening cross country trek along America’s rutted and chaotic roads. Forty years later he was in a position to do something about it. This course will explore the development of America’s highway system and the future challenges it faces.
3 Sessions  Start date: 11/26/2019  Meets: Tue  1:00 PM to 2:30 PM on 11/26, 12/3, 12/10

F1029 Creative Cardmaking!
Gielniak, Judy
Come join me for a FUN Fall card making class! Our temperatures will be cooler and our cardstock colors will be REFRESHING and RICH. We will be using rubber stamps and photopolymer stamps, cardstock, ink, and various embellishments for the perfect touch. Envelopes provided. Please bring $5 to cover materials.
1 Session  Start date: 9/30/2019  Meets: Mon  10:00 AM to 11:30 AM
F1030 Get Ready for Winter with Essential Oils
Gaudisio, JoAnne
Explore the many ways that essential oils can be used in the winter when bugs, colds, sore throats, and the flu threaten us. Learn how to use essential oils to boost your immune support system and keep you naturally healthy. You will be able to make an immune support blend that you can take home with you.
1 Session  Start date: 10/21/2019  Meets: Mon  10:00 AM to 11:30 AM

F1031 DNA Fingerprinting
Steele, Denny
This class provides a simple explanation of how DNA fingerprinting works along with its history and many examples of its use.
1 Session  Start date: 10/17/2019  Meets: Thu  1:00 PM to 2:30 PM

F1032 Laurel & Hardy
McCoach, William
This class will provide a biographical overview of the creative and unique comedy team of Stan Laurel and Oliver Hardy plus show one of their movies (1 hour 10 minutes).
2 Sessions  Start date: 12/4/2019  Meets: Wed,Thu  1:00 PM to 2:30 PM on 12/4, 12/5

F1033 Genealogy for the Absolute Beginner
Newton, Mallory
This class will be an overview of the basic steps of genealogy research.
1 Session  Start date: 10/1/2019  Meets: Tue  3:00 PM to 4:30 PM

F1034 Forensic Science and the Solving of Crimes
Reed, Roberta
Forensic scientists help solve crimes through application of scientific testing. In this course we will look at how the science of forensics is used to evaluate evidence. We will consider challenges in dealing with damaged evidence, efforts by perpetrators to deceive and evade detection, and the roles of newer technologies in solving cold cases. We will use lecture materials from the Great Courses (Forensic History: Crimes, Frauds and Scandals by Elizabeth Murray) as a basis for examining these topics.
3 Sessions  Start date: 11/25/2019  Meets: Mon  1:00 PM to 2:30 PM on 11/25, 12/2, 12/9
F1035 The Nobel Prizes  
Reed, Roberta  
Each October the Nobel Committee awards a number of different Nobel Prizes. We will look at the history of the Nobel awards, review some of the most recent Nobel Prizes, and learn about the week-long ceremony held each December to celebrate the achievements of the Nobel laureates.

1 Session  
Start date: 11/19/2019  
Meets: Tue  
1:00 PM to 2:30 PM

F1036 New Adventures Goes Digital…and Brings You New Capabilities  
Reed, Roberta  
In January 2019, New Adventures introduced a new online membership and registration system. Find out how the new system works and the capabilities you now have that you did not have in the past.

1 Session  
Start date: 10/23/2019  
Meets: Wed  
1:00 PM to 2:30 PM

F1037 Eight Adventurous Days on the Amazon  
Zapatka, David -- Zimmerman, Dianne  
Ever wonder what it would be like to cruise the Amazon River? Dianne and David will share their eight days of adventure on the Amazon through stories, pictures, and videos.

1 Session  
Start date: 10/24/2019  
Meets: Thu  
10:00 AM to 11:30 AM

F1038 Body Temperature, Hydration and Aging  
Richardson, Daniel  
Being able to regulate body temperature is critical for maintaining health in the dry Southwest. And that, to a large extent, is dependent upon staying adequately hydrated so that one’s sweating mechanism can properly function. This two-lecture series will explore the physiological regulation of body water and body temperature, their interactions, and modifications that occur with aging.

2 Sessions  
Start date: 10/15/2019  
Meets: Tue,Thu  
10:00 AM to 11:30 AM on 10/15, 10/17

F1039 Introduction to Mah Jongg  
Hovde, Cheryl  
We’ve all heard of Mah Jongg, and many are curious about what it involves. Join our small class for an introduction to the game that has intrigued so many. Materials will be provided.

2 Sessions  
Start date: 10/15/2019  
Meets: Tue,Thu  
10:00 AM to 11:30 AM on 10/15, 10/17
F1040 Mah Jongg Beyond the Basics
Hovde, Cheryl
This class is for those who know the basics of Mah Jongg but need mentoring to get into playing the game. So, if you know tile names, are able to interpret most of the card, and know how to exchange tiles this might be the class for you. Materials will be provided.
2 Sessions  Start date: 10/22/2019   Meets: Tue,Thu  10:00 AM to 11:30 AM on 10/22, 10/24

F1041 Adventures of Medical Practice in the Canadian Arctic
Wright, Wayne
This is a repeat of a class presented five years ago describing the unique features of living and practicing medicine north of the Arctic Circle in the 1960s and will include general information about the Canadian Arctic.
1 Session  Start date: 11/6/2019   Meets: Wed  10:00 AM to 11:30 AM

F1042 The Atomic Bomb Mission: Ending the Worst War in Human History
Evans, James
We will survey the history of the Boeing B-29 bomber and the Manhattan Project that effectively ended WW II. General Eisenhower called the atomic bombs “one of the four most important weapons of WW II.” We will also review the two remaining B-29 aircraft that actually fly with the Commemorative Air Force or the “Friends of Doc.”
1 Session  Start date: 12/10/2019   Meets: Tue  1:00 PM to 2:30 PM

F1043 Achieving Health and Wellness in Retirement
Braun, Thomas
The focus of this class is understanding how lifestyle decisions impact your body’s health.
2 Sessions  Start date: 11/7/2019   Meets: Thu,Fri  1:00 PM to 2:30 PM on 11/7, 11/8

F1044 Douglas DC-3 and is Military Variants, C-47 and C-53
Evans, James
This class will survey the history of the Douglas Aircraft DC-3, the “Dakota,” which General Eisenhower called “one of the four most important weapons of WW II.” It will also take an in-depth look at the DC-3/C-47 aircraft which are featured in the Falcon Field Museum or actually fly with the Commemorative Air Force.
1 Session  Start date: 10/10/2019   Meets: Thu  10:00 AM to 11:30 AM
F1045 The Great Boston Molasses Flood of 1919
Lariviere, Eugene
Shortly after noon on a work day in mid January 1919 a huge tank containing 2.3 million gallons of molasses suddenly burst and sent a flood of molasses estimated to be 28 feet high and 160 feet across down a busy Boston street at an initial speed of 35 miles per hour. Buildings were demolished, the trestles holding up the elevated railway buckled, 21 people were killed, and 150 were injured, some maimed for life. The lawsuits that followed led to the first nationwide safety regulations to protect the public.

1 Session   Start date: 11/22/2019   Meets: Fri   1:00 PM to 2:30 PM

F1046 The Great Papago Escape
Lariviere, Eugene
The Great Papago Escape was the largest Axis prisoner-of-war escape to occur from an American facility during World War II. On the night of December 23, 1944, 25 Germans tunneled out of Camp Papago Park and fled into the surrounding desert, setting off the biggest manhunt Arizona had ever seen.

1 Session   Start date: 12/10/2019   Meets: Tue   10:00 AM to 11:30 AM

F1047 Airbase Arizona and the Commemorative Air Force
Evans, James
We will survey the history of the Confederate Air Force, now called the Commemorative Air Force, as well as Airbase Arizona, formerly the Arizona Wing, at Falcon Field in Mesa, Arizona. We will also discuss four of the aircraft featured in the museum or that actually flew from the airbase: 1) Boeing B-17G and our “Sentimental Journey,” 2) North American B-25 and our “Maid in the Shade,” 3) Nieuport 28 and “America’s First Fighter,” and 4) Grumman TBF/TBM “Avenger,” the premier torpedo bomber of WW II, including G.H.W. Bush.

5 Sessions   Start date: 10/3/2019   Meets: Thu   1:00 PM to 2:30 AM on 10/3, 10/10, 10/17, 10/24, 10/31

F1048 Aviation of the USA in the "Cold War"
Evans, James
From the end of World War II to the fall of the Soviet Union, the two super powers were locked in a twilight war. We will look at the Cold War (1947 to 1992) and some related topics: 1) a general history of the U.S. at the time, 2) Boeing KC-135 (more than just a tanker), 3) Convair B-58 (Hustler), the Strategic Air Command’s biggest mistake, 4) Shemya, a story of strategic reconnaissance, and 5) Titan II, the few and the powerful including the Titan Missile Museum.

5 Sessions   Start date: 11/5/2019   Meets: Tue   1:00 PM to 2:30 PM on 11/5, 11/12, 11/19, 11/26, 12/3
F1049 The Science Behind Balance: How to Reduce Risk of Falls
Fischer, Ron
This class will explore the various senses and factors that contribute to balance. The topics will include the vestibular, visual, and somatosensory systems, neurological issues such as Parkinson’s disease, the side effects of medication, standardized tests to measure balance, and strategies to improve balance.
1 Session  Start date: 10/28/2019  Meets: Mon  1:00 PM to 2:30 PM

F1050 The 72-Year Crusade: Women's Struggle for the Right to Vote
Gates, William
The long, patient (sometimes), persistent effort of American women to obtain the right to vote was born 13 years before the Civil War but did not reach fruition until after World War I. This is an abbreviated telling of that quest as we near the 100th anniversary of its success.
1 Session  Start date: 10/25/2019  Meets: Fri  1:00 PM to 2:30 PM

F1051 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: 10/22/2019  Meets: Tue  12:30 PM to 2:30 PM on 10/22, 10/29

F1052 Woodrow Wilson, The Treaty of Versailles and the Consequences to Our Day
Lariviere, Eugene
From January to June 1919, the Big Five (France, Great Britain, Italy, Japan, and the United States) drew up a very punitive treaty for peace with Germany. We will start with the history of Woodrow Wilson, his religious and political beliefs, his personality make-up, and how they affected his decisions at Versailles and in Washington. We will also look at the complex negotiations and motivations affecting how the Germans were coerced to sign the treaty. In addition, we will look at related treaties with the Austro-Hungarian and Ottoman empires. Finally, we will look at how the decisions made in Paris affected the history of the 20th Century and the consequences down to our own times.
4 Sessions  Start date: 11/12/2019  Meets: Tue  10:00 AM to 12:00 PM on 11/12, 11/19, 11/26, 12/3
**F1053 Parli Italiano?**
Lariviere, Eugene -- Heisler, Vincenza
This is a continuation of a course on learning Italian using Italian Made Simple by Cristina Mazzoni. We have advanced enough so that it will be very difficult to keep up with the class unless you have some background in the Italian language, and there is a lot of preparation involved in this class. Not sure you know enough? Check with Vincenza Heisler at 480-857-5500.

5 Sessions  
*Start date: 11/7/2019*  
*Meets:* Thu 3:00 PM to 4:30 PM on 11/7, 11/14, 11/21, 12/5, 12/12

**F1054 Understanding Your Medicare Options**
Owen, Leica
Learn how Medicare works, what it does and does not cover, and what choices and options it offers according to each beneficiary’s needs. The class will also help you understand what government assistance is available for people with limited resources.

2 Sessions  
*Start date: 10/11/2019*  
*Meets:* Fri 10:00 AM to 11:30 AM on 10/11, 10/18

**F1055 Travels on El Camino de Santiago in Spain**
Rockland, Carole -- Rockland, Ed
Pilgrims have been traveling El Camino de Santiago (The Way of St. James) for over a thousand years. The Rocklands will discuss the history of the Camino and their experiences cycling the famous pilgrimage route.

1 Session  
*Start date: 11/14/2019*  
*Meets:* Thu 1:00 PM to 2:30 PM

**F1056 How to Advocate for Your Own Healthcare - At the Doctor's Office, the Hospital, and the Rehab**
Poker-Yount, Elaine
As our healthcare system continues to evolve, it has never been more important to become an advocate for yourself as well as for your loved ones who may no longer be able to advocate for themselves. This class will outline specific suggestions, including critical need-to-know information, pertinent questions to ask, and specific rights you may not realize you have to help ensure the best experiences while navigating your own health care.

1 Session  
*Start date: 10/4/2019*  
*Meets:* Fri 1:00 PM to 2:30 PM

**F1057 Clear the Clutter, Enjoy Your Life!**
Malloy, Calvenea
Scan your home and see how it makes you feel. Does all your stuff feel overwhelming? Reclaim your space and feel more at peace. This class will provide useful tips to manage the mess and simplify your life.

2 Sessions  
*Start date: 10/2/2019*  
*Meets:* Wed 10:00 AM to 11:30 AM on 10/2, 10/9
F1058 Meditation in Today's World
Ellenbecker, Joyce
This class is a continuation from last year, which is not a prerequisite. Each class stands alone. During our time together you are invited to experience a guided meditation and engage in a short discussion. Meditation quiets the mind and allows us to experience relaxation, sharpened awareness, and the body coming into a natural state of well-being. Meditation transcends all belief systems and can be incorporated in all.
4 Sessions  Start date: 10/7/2019  Meets: Mon  10:00 AM to 11:30 AM on 10/7, 10/14, 10/21, 10/28

F1059 Fabulous Fixes
Neilson-Tweet, Robert
See and learn those techniques that can take you from daytime to evening events and show off your best. You may be asked to model so I can show how easy it can be. Please bring a photo of products you have questions about and a list of the tools you are currently utilizing.
1 Session  Start date: 10/29/2019  Meets: Tue  10:00 AM to 11:30 AM

F1060 Investing in Retirement 101
Sandell, Scott
This is an objective look at investing basics in retirement. We review the types of investments, risks, tax qualifications, and techniques involved in retirement planning.
1 Session  Start date: 10/18/2019  Meets: Fri  10:00 AM to 11:30 AM

F1061 Understanding Required Minimum Distributions
Sandell, Scott
As you approach 70 years old, the tax time bomb called your IRA begins to tick a bit louder. When you are required to withdraw money from your savings, your investing behavior must change and taxes must be properly managed. We will discuss all of these considerations.
1 Session  Start date: 11/4/2019  Meets: Mon  10:00 AM to 11:30 AM

F1062 Today's world of Safe Investing
Sandell, Scott
With historically low interest rates and the current level of market volatility, where do people turn to protect their wealth while still earning something? We will explore ALL investments commonly referred to as “safe” while contemplating their future in this complex market.
1 Session  Start date: 12/9/2019  Meets: Mon  10:00 AM to 11:30 AM
F1063 Mystical Nature of Humans
Wiener, Irwin
This class will discuss various aspects of human character including humility, character, joy, pain, miracles, and love.
3 Sessions  Start date: 11/5/2019  Meets: Tue  1:00 PM to 2:30 PM on 11/5, 11/12, 11/19

F1064 Mind, Money, Motion
Burns, Marie
Do you want more life and less worry? The interrelationship between these three key aspects of your life – mind, money and motion -- can make all the difference. Join the discussion and see where you are.
1 Session  Start date: 10/30/2019  Meets: Wed  10:00 AM to 11:30 AM

F1065 Understanding the Physiology of What's Happening in the Brain
Poker-Yount, Elaine
When we hear the words mild cognitive impairment, Alzheimer’s or early stage dementia we get scared for obvious reasons. And often, no one sits down with us and outlines what that really means about daily life for someone living with this diagnosis. Learning the basic physiology of the brain in words and concepts that are easily understandable will be transformative for your journey. Not only will you leave class with a better grasp of your reality, but you will also understand choices you can make for more successful and positive daily interactions.
1 Session  Start date: 9/30/2019  Meets: Mon  1:00 PM to 2:30 PM

F1066 Adjusting to Community Living
Poker-Yount, Elaine
If you’re thinking about moving to independent, assisted or memory care living, it’s good to know what to expect. Moving by choice is always much easier than moving by necessity. If you stay ‘at home’ as long as possible, the move becomes more challenging and typically involves struggles with the activities of daily living, safety issues, poor health, emotional issues, memory issues or monetary restrictions. Getting your expectations in sync with some of the unspoken details of daily life can make the transition into a community life easier. Join us to learn tips for a truly successful assimilation into your new home.
1 Session  Start date: 11/6/2019  Meets: Wed  1:00 PM to 2:30 PM

F1067 Writing Out Loud, Creatively
Stahl, George
This class will cover the basics of writing a short essay, column, and short story for fun.
1 Session  Start date: 11/20/2019  Meets: Wed  1:00 PM to 2:30 PM
F1068 Making Sense of Our System, Economy, and Financial Markets
Varas, George
This class will attempt to help you make sense of our ever-changing system and its relationship with our economy and the financial markets. It will also touch on current global developments and their repercussions in the U.S.
1 Session  Start date: 10/24/2019  Meets: Thu 3:00 PM to 4:30 PM

F1069 Introduction to Estate Planning
Parker, Heather L
Come and learn the basics of estate planning. What are a will, trust, and power of attorney, and why are health care directives important for anyone over age 18?
1 Session  Start date: 11/14/2019  Meets: Thu 10:00 AM to 11:30 AM

F2001 Roundtable: More Scams Are Happening Every Day
Lewin, Richard
There are new scams hatched regularly, many of them aimed at seniors. This roundtable will discuss scams and what to look out for so you don’t become one of the taken. It will also address home security to a lesser extent.
1 Session  Start date: 11/18/2019  Meets: Mon 1:00 PM to 2:30 PM

F2002 Roundtable: Writing a Book and the Self-Publishing Process
Smith, Russ
In this roundtable the instructor will share his experiences writing and publishing a novel. He will also encourage class participants to share their plans or success in writing and publishing.
1 Session  Start date: 11/13/2019  Meets: Wed 1:00 PM to 2:30 PM

F2003 The Equal Rights Amendment (ERA): What, That Again?
Post, Dianne
This roundtable will present new information on the Equal Rights Amendment as it stands today and discuss class members’ participation in previous ERA campaigns and their thoughts for advancing equality.
1 Session  Start date: 11/7/2019  Meets: Thu 10:00 AM to 11:30 AM

F2004 Roundtable: On-Going New Adventures Book Club A
Haskell, William
We will discuss one book a month in a roundtable setting. The October book picked by the spring semester attendees is ConClave: A Novel by Robert Harris. This Book Club, which has been meeting continuously since July 2015, has read and discussed over 33 books. Our genre tends to be non-fiction.
1 Session  Start date: 10/7/2019  Meets: Mon 1:00 PM to 2:30 PM
F2005 Roundtable: On-Going New Adventures Book Club B
Haskell, William
We will discuss one book a month in a roundtable setting. The November book picked by the spring semester attendees is Strength in What Remains by Tracy Kidder. The Book Club has been meeting continuously since July 2015 and has read and discussed over 33 books. Our genre tends to be non-fiction.
1 Session  Start date: 11/4/2019  Meets: Mon 1:00 PM to 2:30 PM

F2006 Roundtable: On-Going New Adventures Book Club C
Haskell, William
We will discuss one book a month in a roundtable setting. The December book picked by the spring semester attendees is Where the Crawdads Sing by Delia Owens. The Book Club has been meeting continuously since July 2015 and has read and discussed over 33 books. Our genre tends to be non-fiction.
1 Session  Start date: 12/2/2019  Meets: Mon 1:00 PM to 2:30 PM

F2007 Roundtable: Aging Alone in America, Roundtable discussion
Malloy, Calvenea
Do you know that over 23% of seniors living in Chandler, Arizona, are living alone? Experts on geriatrics call them “elder orphans,” i.e., a baby boomer without adult children, spouse, relatives or other support groups to rely on for assistance, company, and help during senior years. According to Dr. Maria Torroella Carney, Chief of Geriatric and Palliative Medicine at Northwell Health, the populations of “elder orphans” increases as baby boomers retire every year.
1 Session  Start date: 10/30/2019  Meets: Wed 10:00 AM to 11:30 AM

F2008 Roundtable: The Aging Shift in America in 2019
Malloy, Calvenea
Did you know that in 2019 there are more people over the age of 60 than under the age of 18? The ripple effects of these age shifts will impact every aspect of society. Let’s discuss how our aging shifts in America affect our lives and our relationships with the younger generation.
1 Session  Start date: 10/16/2019  Meets: Wed 10:00 AM to 11:30 AM
F3001 Genealogy and the Computer
Hug, Barbara
This class will consist of five sessions in the computer lab covering different topics: 1) beginning basics of genealogical research; 2) sourcing and recording genealogical information; 3) Legacy Family Tree software and its features; 4) census records, and 5) searching books and other resources. PREREQUISITE: using a keyboard and doing basic searches on the internet. Bring a flash-drive to save information. Since consecutive class sessions build on each other, you should plan to attend all five sessions.” (Class size limited to 12)
5 Sessions  Start date: 10/7/2019   Meets: Mon 10:00 AM to 12:00 PM on 10/7, 10/14, 10/21, 10/28, 11/4

F4001 Out to Lunch - Mediterranean Food
Freed, Evelynn
Join us as we try some Mediterranean food. You’ll be able to choose exactly what you want from the menu, and everyone will receive a separate check. You’ll also get to meet and visit with others as you enjoy a delicious meal. We’ll meet at the restaurant and you will be contacted several days before the lunch with the necessary information. Please remember to respond to this call or email since we need to let the restaurant know how many people will be attending.
1 Session  Start date: 10/15/2019   Meets: Tue 11:30 AM to 1:30 PM

F4002 Out to Lunch - Cornish Pasties
Freed, Evelynn
Do you know what a Cornish pasty is or where the name comes from? Have you ever eaten a Cornish pasty? If you answered any of the questions with a “no” (or even a “yes”), this is one lunch you won’t want to miss! Join us as we go to a Cornish pasty restaurant and try this dish. We will meet at the restaurant and you will be able to order what you want off the menu. Everyone will receive a separate check. You will be contacted several days before the lunch and given the necessary information. Be sure to respond to the email or phone call since we need to let the restaurant know how many people to expect.
1 Session  Start date: 11/13/2019   Meets: Wed 11:30 AM to 1:30 PM

F4003 Out to Lunch - Farm to Table Cuisine
Freed, Evelynn
Do you know what the farm to table food trend is and what it means? Is it another passing fad or something else? Join us as we find answers to these and other questions on Thursday, December 12, 2019. We will meet at the restaurant at 11:30 a.m. You can order anything you’d like off the menu, and everyone will receive a separate check. You will be contacted several days before the lunch with the necessary information. Please remember to respond to the email or phone call since we need to let the restaurant know how many people to expect.
1 Session  Start date: 12/12/2019   Meets: Thu 11:30 AM to 1:30 PM
F5001 Friday Feature Films - Masters of the Arctic
Noser, Larry
Journey to the top of the world to witness firsthand how the planet’s changing climate is affecting the creatures that inhabit the icy arctic.
1 Session  Start date: 10/4/2019  Meets: Fri 1:00 PM to 2:30 PM

F5002 Friday Feature Films - Amistad
Noser, Larry
A Steven Spielberg film chronicling the incredible journey of a group of enslaved Africans who overtake their captor’s ship and attempt to return to their beloved homeland.
1 Session  Start date: 10/18/2019  Meets: Fri 1:00 PM to 4:00 PM

F5003 Friday Feature Films - Absolute Power
Noser, Larry
A Clint Eastwood thriller. Is the President of the United States guilty of murder? Did an ex-con see him do it?
1 Session  Start date: 11/1/2019  Meets: Fri 10:00 AM to 12:30 PM

F5004 Friday Feature Films - Border Wars
Noser, Larry
National Geographic presents two interesting episodes about what is happening at our borders:
1) Seize and Destroy and 2) Cocaine Sting.
1 Session  Start date: 11/15/2019  Meets: Fri 10:00 AM to 11:30 AM

F5005 Friday Feature Films - After the Fox
Noser, Larry
A Neil Simon farce starring Peter Sellers. Millions of dollars of gold bullion is on its way from Cairo to an unknown Italian destination and there is only one criminal mastermind capable of stealing it -- Aldo Vanucci (Sellers).
1 Session  Start date: 11/22/2019  Meets: Fri 10:00 AM to 12:00 PM

F5006 Friday Feature Films - 1941
Noser, Larry
A Steven Spielberg wild comedy epic set in Los Angeles just days after the attack on Pearl Harbor, when fear of a Japanese invasion threw the city into a state of pandemonium.
1 Session  Start date: 12/6/2019  Meets: Fri 1:00 PM to 4:00 PM

F5007 Friday Feature Films - Abbott and Costello Collection
Noser, Larry
A collection of insanely funny bits by Bud and Lou that pique our ability to remember.
1 Session  Start date: 12/13/2019  Meets: Fri 1:00 PM to 2:30 PM