X1001 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.
1 Session  Start date: 7/10/2019  Meets: Wed 10:00 AM to 12:00 PM

X1002 Staying Safe On the Internet
Truman, Robert
Staying safe when online will be the focus of this class. The topics discussed will include online scams, viruses, junk e-mail, telemarketers, and more so that you can learn how to protect yourself and your privacy and still use the Internet.
1 Session  Start date: 7/2/2019  Meets: Tue 10:00 AM to 12:00 PM

X1003 Atomic Missions: Ending the Second World War
Evans, James
This class will look at the stories behind the two atomic bomb missions against Hiroshima and Nagasaki, Japan, that ended the Second World War in August 1945. One was a textbook-perfect mission that “went like clockwork.” The other was a comedy of errors and missteps that could have ended in disaster but was ultimately successful almost in spite of the actions of some participants.
1 Session  Start date: 6/13/2019  Meets: Thu 1:00 PM to 2:30 PM

X1004 Operation Blackbuck: Falklands War of April - June 1982
Evans, James
This class focuses on the crucial opening round of Great Britain’s effort from April to June of 1982 to retake the Falkland Island/Islas Malvinas after the Argentine invasion in April. This operation is still the longest point-to-point bombing mission in history without benefit of enroute support bases along the route of flight. It established facts on the ground to permit the successful recapture of the British territory near the Argentine coast.
1 Session  Start date: 6/20/2019  Meets: Thu 1:00 PM to 2:30 PM
X1005 The "Dambuster Raid" May 1943
Evans, James
This class will look at one of the most challenging and significant single bombing raids of World War II in Europe. The night raid by 617 Squadron in May 1943 destroyed two of the major dams serving the Ruhr Valley, the industrial heartland of Germany and, arguably helped to win the war in Europe.
1 Session  Start date: 6/27/2019  Meets: Thu 1:00 PM to 2:30 PM

X1006 Shemya: A Story of Cold War Reconnaissance
Evans, James
We will look at strategic reconnaissance during the Cold War between the United States and the U.S.S.R with a concentration on the Island of Shemya located far out on the Aleutian Island chain of Alaska. This remote outpost monitored Soviet missile tests and, in many cases, got more information from their tests than they did! This is a story of very special airplanes and the dedicated crews who flew them under hazardous conditions.
1 Session  Start date: 7/25/2019  Meets: Thu 1:00 PM to 2:30 PM

X1007 Twin Tragedies of 1994: Fairchild AFB Hospital Shooting and Czar 52 Crash
Evans, James
We will look at two tragic, but preventable, events that happened at Fairchild Air Force Base near Spokane, Washington, in June of 1994 that parallel the infamous Fort Hood shootings of 2009 and the deadly 2010 crash of a C-17 at Elmendorf Air Force Base in Alaska.
1 Session  Start date: 7/30/2019  Meets: Tue 1:00 PM to 2:30 PM

X1008 Understanding the Divided Mind: Dissociative Identity Disorder (formerly known as Multiple Personality)
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: 6/26/2019  Meets: Wed 1:00 PM to 2:30 PM
**X1009 AARP Driver Safety**

Hartley, Jerry

Safe driving is a challenge for all ages. AARP Smart Driver Safety is designed to offer proven strategies so older drivers can continue driving safely for as long as possible. Tuition is $15 AARP members or $20 non-members. Pay at class by check or cash. Some auto insurance companies give a premium discount for 3 years, so ask your agent.

1 Session  
*Start date:* 6/6/2019  
*Meets:* Thu 12:30 PM to 4:30 PM

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**X1010 What Supplements / Vitamins do I REALLY need?**

Bogash, James

Did you know the wrong type of vitamin E could be harmful or that you might not be absorbing any of the vitamin D you’re taking? Come sort through the reality and hype of supplementations.

1 Session  
*Start date:* 6/27/2019  
*Meets:* Thu 10:00 AM to 11:30 AM

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1 Session  
*Start date:* 6/12/2019  
*Meets:* Wed 1:00 PM to 2:30 PM

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**X1012 Beginner's Guide to Using Your i-Phone**

Sirvent, Francisco

This course will help the newcomer to Apple’s I-Phone understand their phone’s basics and master them. It will cover using your fingers to navigate your phone, using "motion control," importing and creating contacts, and making and receiving calls. It will also cover all you can do with calls, text messaging, setting up, sending and receiving e-mails, multiple emails, management, web browsing - surfing safari, zooming, orientation views, opening links, bookmarks, history, browsing speed, photo taking and video recording, personalization - setting wallpapers, ringtones, vibration patterns, brightness, do not disturb settings, setting a lock screen password for security, securing and backing up your contacts and apps, and securing your personal information.

1 Session  
*Start date:* 6/11/2019  
*Meets:* Tue 1:00 PM to 2:00 PM
X1013 AARP Driver Safety
Hartley, Jerry
Safe driving is a challenge for all ages. AARP Smart Driver Safety is designed to offer proven strategies so older drivers can continue driving safely for as long as possible. Tuition is $15 AARP members or $20 non-members. Pay at class by check or cash. Some auto insurance companies give a premium discount for 3 years, so ask your agent.
1 Session  Start date: 7/25/2019  Meets: Thu 12:30 PM to 4:30 PM

X1014 Using Essential Oils during the Summer Season
Gaudisio, JoAnne
Explore the many ways that essential oils can be used during the summer months. We will focus on providing a natural alternative for many of the toxic options used for gardening, sun protection, cooling sprays, bug repellents, and pesticides. We also will discuss the use of essential oils for tasty, cooling, summer recipes. You will be able to choose a summer spray recipe to take home with you.
1 Session  Start date: 6/10/2019  Meets: Mon 10:00 AM to 11:30 AM

X1015 Making Sense of our System, Economy, and Financial Markets
Varas, George
This class will attempt to make sense of our ever-changing system and its relationship with our economy and financial markets. It will 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: 6/27/2019  Meets: Thu 3:00 PM to 4:30 PM

X1016 Stretch Your Mind with Analogies
Bobbett, Jan
Try your hand at solving analogies as a group. Here’s an example of an analogy. GILBERT is to ARIZONA as GALVESTON is to (a. Florida, b. Liberia, c. Texas, d. Colorado). Or here’s a more challenging one: STAIRCASE: PHOTOGRAPH: (a. step, b. banister, c. escalator, d. sincerity): MOVIE. Are analogies new to you? No worries. This class is fun, challenging, and non-threatening. There will be no grades but count on a few laughs. This class was originally presented in 2010.
2 Sessions  Start date: 6/10/2019  Meets: Mon 10:00 AM to 11:30 AM
**X1017 Money Laundering, Fraud, and Elder Abuse**  
Cateil, Caroline  
This class will define and explain money laundering and fraud schemes, discuss how to avoid them, and provide resources for victims. It will also examine elder abuse, explain the various types of elder abuse, discuss what individuals, families, and communities can do to prevent elder abuse, and provide related resources.  
1 Session  
Start date: 7/25/2019  
Meets: Thu 3:00 PM to 4:30 PM

**X1018 Meditation in Today's World**  
Ellenbecker, Joyce  
This class is a continuation from last spring but the prior class is not a prerequisite since each class stands alone. During the class you will have the opportunity to experience a guided meditation and engage in a short discussion. Meditation quiets the mind, sharpens awareness, and allows relaxation as the body comes into a natural state of well-being. Meditation transcends, and can be incorporated in, all belief systems.  
4 Sessions  
Start date: 6/3/2019  
Meets: Mon 10:00 AM to 11:30 AM

**X1019 Empowering Family Caregivers**  
Montijo, Nydia  
Family caregivers provide 87% of care in America. You are a caregiver if you help someone with driving, cooking, cleaning, or managing finances and you are not getting paid. Caregivers are often thrust into this role when a loved one is disabled, falls ill, or experiences health issues. You may not realize there are resources and organizations that can help. This four-part class includes sessions on: 1) planning for long-term care (services and how to pay for them); 2) avoiding fraud, scams, and abuse; 3) fall prevention and other caregiver techniques, and 4) self care of the caregiver.  
4 Sessions  
Start date: 6/3/2019  
Meets: Mon 1:00 PM to 2:30 PM

**X1020 Summer Research in Aging Poster Session Presented by ASU Students**  
Schaefer, Sydney  
Undergraduate and graduate students from Arizona State University will present posters of their current research on aging in a casual meet-and-greet poster session. Class attendees will be able to question the students, give them feedback on their science and oral presentations, and hear about their projects.  
1 Session  
Start date: 7/17/2019  
Meets: Wed 1:00 PM to 2:30 PM
X1021 Widow Retreat: It's a New Day
Burns, Marie
This half-day class will focus on the mind, money, and motion aspects of being suddenly single. Each of the three speakers will address one topic: 1) rediscovering me, 2) reducing financial stress (using a checklist), and 3) taking care of me. No matter how long it has been since you lost your spouse, this session is for you.
1 Session  Start date: 6/18/2019  Meets: Tue 1:00 PM to 4:00 PM

X1022 Cards Made Fun
Pangan, Nita
This class will help you learn tools, tips, and techniques to make beautiful cards. No two classes are the same, and each class has a $5 fee for supplies.
6 Sessions  Start date: 6/17/2019  Meets: Mon 10:00 AM to 11:30 AM

X1023 What is Your "Plan B"
Poker-Yount, Elaine
In two minutes or less could you relay all of the information needed for someone to step in and care for you or your loved one? We all need a back-up plan, especially if we are alone or a caregiver for someone. Creating a checklist of legal, practical, and executional items ahead can make an emergency just a difficult situation instead of a crisis. Come learn how to do this.
1 Session  Start date: 6/18/2019  Meets: Tue 10:00 AM to 11:30 AM

X1024 10 Things Nobody Tells You When You Age
Poker-Yount, Elaine
Whether you are the one who is aging or you are caring for a spouse, sibling, or best friend, this class will enlighten you with a virtual roadmap of the key information you need to get your proverbial “ducks in a row.” It will outline the critical eldercare practices, provide crucial decision-making indicators, clarify common misconceptions, and equip you with information and resources to reduce the stress of aging and illness through awareness and sound decision-making.
1 Session  Start date: 6/6/2019  Meets: Thu 10:00 AM to 11:30 AM

X1025 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. The materials will be provided
2 Sessions  Start date: 6/25/2019  Meets: Tue,Thu 10:00 AM to 11:30 AM
**X1027 Summer Movie @ NA - A River Runs through It**
Join us for a 1992 movie that is one of our favorites. It’s the story of two sons of a stern minister, growing up in rural Montana while devoted to fly-fishing. It stars Craig Sheffer, Brad Pitt, and Tom Skeritt. It will be hosted by a member of the New Adventures Council. During a short intermission there will be time to munch on popcorn and visit with a few new friends. Remember to wear your nametag.

1 Session  
**Start date:** 6/5/2019  
**Meets:** Wed 9:00 AM to 11:30 AM

**X1028 Summer Movie @ NA - The Terminal**
This is a 2004 American comedy-drama film co-produced and directed by Steven Spielberg and starring Tom Hanks, Catherine Zeta-Jones, and Stanley Tucci. Join us for this popular film that will be hosted by a member of the New Adventures Council. During a short intermission we can visit with new friends. Remember to wear your nametag. Get ready for popcorn.

1 Session  
**Start date:** 6/12/2019  
**Meets:** Wed 9:00 AM to 11:30 AM

**X1029 Summer Movie @ NA – RBG**
This 2018 movie explores the exceptional life and career of Ruth Bader Ginsburg. It’s said that the sober judge even has a good sense of humor. Join us and decide for yourself. Hosted by a Council Member, expect a short intermission with popcorn and a short time to visit with friends.

1 Session  
**Start date:** 6/19/2019  
**Meets:** Wed 10:00 AM to 12:00 PM

**X1030 Summer Movie @ NA - Amadeus**
This 1984 award-winning film deals with the last few months of the life of Wolfgang Amaedeus, as told by Antolio Salieri, a contemporaneous composer who wishes he were as good a composer as Mozart. The class will be hosted by a Council member. Popcorn will be available.

1 Session  
**Start date:** 6/26/2019  
**Meets:** Wed 9:00 AM to 12:00 PM

**X1031 Summer Movie @ NA – Chicago**
It’s summer. Let’s meet for popcorn and a popular movie, Chicago. This 2002 musical crime-comedy-drama is based on the stage musical. It explores the themes of celebrity, scandal, and corruption in Chicago during the Jazz Age. It stars Renee Zellweger, Catherine Zeta-Jones, and Richard Gere. Is it time for popcorn?

1 Session  
**Start date:** 7/3/2019  
**Meets:** Wed 9:00 AM to 11:15 AM

**X1032 Summer Movie @ NA - A League of their Own**
Join us for this rousing story of two sisters who join the first female professional baseball league. It’s directed by the late Penny Marshall and stars Tom Hanks, Geena Davis, Lori Petty, Madonna, Rosie O’Donnell, and Ann Cusack. Plan on popcorn.

1 Session  
**Start date:** 7/11/2019  
**Meets:** Thu 9:00 AM to 11:30 AM
X1033 Summer Movie @ NA - Under the Tuscan Sun
Let’s spend a relaxing afternoon together with popcorn and this summer movie. Wouldn’t we all like to have a villa in Tuscany? This San Francisco-based literary reviewer and author impulsively buys one. Diane Lane stars.
1 Session   Start date: 7/18/2019   Meets: Thu 10:00 AM to 12:00 PM

X1034 Summer Movie @ NA - Young Frankenstein
This 1974 comedy isn’t dated; it’s classic. Let’s spend a relaxing time watching Gene Wilder play a young neurosurgeon who inherits the castle of his grandfather, the famous Dr. Victor von Frankenstein. Screenplay and direction by Mel Brooks. Besides Wilder, stars include Madeline Kahn, Peter Boyle, Marty Feldman, Teri Garr, Gene Hackman, and Michael Fox. The film will be hosted by a Council member, and popcorn might just be waiting for you.
1 Session   Start date: 7/24/2019   Meets: Wed 10:00 AM to 12:00 PM

X2001A Roundtable: On-Going New Adventures Book Club A
Haskell, William
We will be discussing one book each month in a roundtable setting. The book picked by the spring semester attendees for June is The Lilac Girls by Martha Hall Kelly. The Book Club has been meeting continuously since July 2015 and its genre tends to be non-fiction. During this period the Club has read and discussed over 29 books.
1 Session   Start date: 6/3/2019   Meets: Mon 1:00 PM to 2:30 PM

X2001B Roundtable: On-Going New Adventures Book Club B
Haskell, William
We will be discussing one book each month in a roundtable setting. The book picked by the spring semester attendees for July is The Day the World Came to Town by Jim Defede. The genre of this Book Club, which has been meeting continuously since July 2015, tends to be non-fiction.
1 Session   Start date: 7/1/2019   Meets: Mon 1:00 PM to 2:30 PM

X2002 Roundtable: Invisible Ailments
Peck, Ellen
Someone with a cane, cast, or scooter has an obvious disability. But many of us have aches, pains, and/or diagnoses that aren’t obvious by looking at us. Come discuss how we deal with this. Do we need to divulge our problems to avoid additional pain? We will be getting personal in this class and all conversations must be kept confidential.
1 Session   Start date: 7/9/2019   Meets: Tue 1:00 PM to 2:30 PM
X2005 Roundtable: Finding the Resources You Need to Stay as Independent as Possible
Poker-Yount, Elaine
This roundtable will discuss issues that people are struggling with and explain how to find resources for assistance. Participants will be able to ask questions and share information about health, aging, doctors, awkward incidents, notice of personal deficiencies, or life changes. They will also share information on exceptional products, services, and providers that have made their life better.
1 Session  Start date: 6/27/2019  Meets: Thu 1:00 PM to 2:30 PM

X2006 Roundtable: Design Second Half of Life
Gerace, Susan
Both the presentation and discussion in this roundtable will reference the book I've Decided to Live 120 Years, but reading the book is not required. The participants will reflect on and discuss the first half of their lives and then ponder the question of how they will design the second half of their lives.
1 Session  Start date: 6/19/2019  Meets: Wed 10:00 AM to 10:45 AM

X3001 Put Sparks into your Life
Leneway, Robert
Learn to use Adobe Spark in this computer lab session. Adobe Spark is a free web and mobile app that enables you to tell stories and share ideas quickly and beautifully. Spark lets you create three types of content: 1) Use Adobe Spark Page to create a story using text, images, and video. When you're done, you can present your story as a responsive web page that can be viewed in any web browser. 2) Use Adobe Spark Post to create images optimized for social media. You provide images and text and we'll help with the design and creating the right shape and size image for each social media platform. 3) Use Adobe Spark Video to create a video. Add videos from your computer or iOS camera roll, overlay text, and/or add your voice and background music to help turn your story into an amazing video to share with family, friends or the world. You can create individual Pages, Posts, and Videos or you can use the formats together.
1 Session  Start date: 6/18/2019  Meets: Tue 1:00 PM to 2:30 PM
X4001 Out to Lunch Hamburgers
Freed, Evely
This class is really a social opportunity to meet new people and try different types of food and restaurants. Hamburgers are a favorite Bar-B-Q food and now that summer is here and it’s Bar-B-Q season, we are going to a restaurant that has lots of different types of hamburgers. We will meet at the restaurant and, since everyone gets their own bill, you can select what you want from the menu. You will be contacted the week before the class and given the necessary information.
1 Session  Start date: 6/13/2019  Meets: Thu 11:30 AM to 2:30 PM

X4002 Out to Lunch - Chinese Food
Jacobsen, Carol
This class is a social opportunity to meet some new people and try different restaurants and types of food. We will be going to a different Chinese restaurant than we have visited in the past. Since everyone will receive their own bill, you can order what you like from the menu. You will be contacted the week before and given the necessary information so we will meet at the restaurant.
1 Session  Start date: 7/9/2019  Meets: Tue 11:30 AM to 2:30 PM