New Adventures in Learning
Spring 2019 Classes  February 4 to April 26

S1001  My Excellent Adventure in Mexico's Copper Canyon and Beyond
Culver, Jean
This class offers a travelogue of an 8-day tour by bus, boat, train, and foot crossing Mexico’s northern border to the Sea of Cortez, traveling through Copper Canyon and across the Continental Divide, and visiting prehistoric cultures and more.
1 Session  Start date: 4/1/2019  Meets: Mon  10.00 AM to 11.30 AM

S1002  Tax Efficiency in Retirement
Sandell, Scott
This class is a necessity for everyone. In this day of low interest rates and volatile markets it has become extremely important to become tax efficient in retirement in order 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: 2/5/2019  Meets: Tue  1.00 PM to 2.30 PM

S1003  Understanding Annuities
Sandell, Scott
This class will explore the different types of annuities available and their primary uses as well as uncovering what is behind some of the lofty promises. This is not a sales event and will not cover specific products but all questions that are asked will be answered.
1 Session  Start date: 3/5/2019  Meets: Tue  1.00 PM to 2.30 PM

S1004  Finding Unbiased Financial Advice
Sandell, Scott
It is difficult to know who to trust in the “financial advising” world these days. With topics ranging from how financial advisors make their money to what their licenses mean, this class will give you the essential knowledge needed to find the advice you need.
1 Session  Start date: 4/2/2019  Meets: Tue  1.00 PM to 2.30 PM
S1005  Aviation in World War II on the 74th Anniversary of the End of the Greatest Conflict in Human History
Evans, James
This class will discuss five World War II aviation topics: 1) the history of the Boeing B-17 Flying Fortress, 2) the DeHavilland Mosquito, the “wooden wonder” of the Royal Air Force, 3) Pearl Harbor with guest speaker Dave Verret, 4) Operation Chastise, the Dambuster Raid of May 1943, and 5) B-24 “hot stuff” and Lt. Gen. Frank M. Andrews, USAF.
5 Sessions  Start date: 3/21/2019  Meets: Thur  1.00 PM to 2.30 PM
Meets 3/21, 3/28, 4/4, 4/11, 4/18

S1006  Air Museums in Arizona, Including the Titan Missile Museum & an Aircraft that Recently Moved from Airbase Arizona to Pima Air Museum
Evans, James
This class will cover some of the many air museums in our state including the Airbase Arizona Museum in Mesa and the Pima Air Museum and Titan II Missile Museum in Tucson. Specific topics are 1) history and aircraft of the Commemorative Air Force, Airbase Arizona, 2) English Electric and USAF B-57 Canberra, 3) Pima Air and Space Museum aircraft in Tucson and elsewhere, 4) the boneyard and how the 309th AMARG keeps the US Air Force and others flying, and 5) Titan II.
5 Sessions  Start date: 3/19/2019  Meets: Tue  1.00 PM to 2.30 PM
Meets 3/19, 3/26, 4/2, 4/9, 4/16

S1007  Heroes of the Holocaust
Brounstein, Marty
This class will explore the least known aspect of Holocaust publications and education: resistance and rescue. Despite insurmountable odds, there were Jews who fought against Nazi Germany and even rescued Jews from the Nazis. There were also non-Jews who risked their lives to save Jews from certain death. This course explores both Jewish and non-Jewish heroes beyond the well-known Oskar Schindler and Raoul Wallenberg. It will also explore the values and qualities of character that many of these individuals shared, which teach lessons for our lives today.
5 Sessions  Start date: 2/5/2019  Meets: Tue  1.00 PM to 2.30 AM
Meets 2/5, 2/12, 2/19, 2/26, 3/5

S1008  Tips on Fall Prevention and Avoiding Most Common Medical 911 Emergencies
Earp, Betty
In this class we will discuss how to avoid common 911 medical emergencies. Since falls are a common 911 emergency in the Sun Lakes area, tips will be presented to assist in avoiding falls, but other types of medical emergencies will also be discussed. There may be a guest speaker(s) from the Arizona Fire and Medical Authority/Fire Core.
1 Session  Start date: 2/6/2019  Meets: Wed  10.00 AM to 11.30 AM
S1009  Tips on Medication Safety
Earp, Betty
This class will offer suggestions to assist with medication safety practices. There may also be a
guest speaker(s) from the Arizona Fire and Medical Authority/Fire Core.
1 Session  Start date: 2/27/2019  Meets: Wed 10.00 AM to 11.30 AM

S1010  Card Making
Gielniak, Judy
Come join us for a Spring fling card making class. We will be using rubber and photopolymer
stamps, cardstock, ink, and various embellishments for just the right touch. Envelopes are
provided. Bring $5 to cover costs. (Class size limited to 20)
1 Session  Start date: 4/8/2019  Meets: Mon 10.00 AM to 11.30 AM

S1011  Social Security News, Latest Services and Benefit Overview
Burns, Jack
In this class you will be provided with the latest news and services from Social Security, a basic
overview of retirement benefits, and future benefits for those already receiving retirement
benefits.
1 Session  Start date: 3/26/2019  Meets: Tue  3.00 PM to 4.30 PM

S1012  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 for
AARP members, $20 for non-members. Pay at class by check or cash. Some auto insurance
companies give a premium discount for three years, so ask your agent.
1 Session  Start date: 2/15/2019  Meets: Fri 12.30 PM to 4.30 PM

S1013  What supplements / Vitamins Do I Really Need?
Bogash, James
Did you know that the wrong type of vitamin E could be harmful or that you might not be
absorbing ANY of the vitamin D you are taking? Come and sort through the reality and hype of
supplementation.
1 Session  Start date: 3/27/2019  Meets: Wed 1.00 PM to 2.30 PM

S1014  Happenings at Sea and Part 2 Modern Panama Canal Operations
Contrabasso, Anthony
This is the class for you if you are interested in all things nautical. The first topic addressed will
be the birth and death of the greatest ships ever built. The second topic will be a pictorial
explanation of the construction of the new Panama Canal lock system that was built to
accommodate the newest giant ships.
1 Session  Start date: 2/6/2019  Meets: Wed 10.00 AM to 11.30 AM
S1015  Mother Nature at Her Worst
Contrabasso, Anthony
A pictorial explanation of the various geological and atmospheric weather conditions from
hurricanes to cyclones and tropical storms to volcanoes will be presented in this class.
1 Session  Start date: 3/5/2019  Meets: Tue  10.00 AM to 11.30 AM

S1016  Ancestral Puebloan
Finter, Lou-ellen
This class will be an introduction to the life of the prehistoric people in the Southwest. It will
highlight their history, creative approaches to living with the land, trade, art work, and sites of
habitation.
1 Session  Start date: 3/18/2019  Meets: Mon  11.00 AM to 12.30 PM

S1017  Ekphrasis: A Poet's Dance with Art
Nudelman, Merle
Ekphrastic poems are written in response to works of art and engage with the subject piece.
Ekphrasis dates back to Homer's description of Achilles' shield in the Iliad. This class will discuss
the process of crafting ekphrastic poems, and the presenter will read some of her ekphrastic
poetry. Class members will also have the opportunity to experience this creative process
directly by writing their own ekphrastic poems and sharing them with the group.
1 Session  Start date: 3/18/2019  Meets: Mon  1.00 PM to 2.30 PM

S1018  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. This class will cover six areas: 1) documents like
wills, trusts, and powers of attorney, 2) taxes and utilizing tax advantages wherever 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: 2/19/2019  Meets: Tue  10.00 AM to 2.30 PM

S1019  Car Care Clinic - Taking Care of Your Car in the Southwest
Miller, Montgomery
How often do you really need an oil change? In this informational clinic you will learn how
proper maintenance, tips, and techniques can help you keep your car going for miles in the hot,
dusty, Arizona climate. We’ll 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: 4/2/2019  Meets: Tue  3.00 PM to 4.30 PM
S1020  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: 2/13/2019  Meets: Wed 12.30 PM to 2.30 PM
Meets 2/13, 2/20

S1021  Our Broken Immigration System
Lariviere, Eugene
Attorney Steve Yale-Loehr, a professor of Immigration Law at Cornell Law School, lectured on this topic at Dartmouth College in August of 2018. At our first session, class members will watch the DVD of that presentation and take notes so they are prepared the following day to describe their reactions to the lecture and pose questions to the group concerning immigration laws.
2 Sessions  Start date: 4/8/2019  Meets: Mon. Tue 1.00 PM to 2.30 PM
Meets 4/8, 4/9

S1022  Unequal Health Opportunities in America Unequal Outcomes?
Lariviere, Eugene
Susan Dentzer is president of the Network for Excellence in Health Innovation, a nonpartisan research and policy organization. She spoke at Dartmouth College in August of 2018. At our first session, we will watch the DVD of that presentation. Students should take notes so that the next day they will be prepared to describe their reactions to the lecture and pose questions concerning healthcare access issues in America.
2 Sessions  Start date: 4/4/2019  Meets: Thur, Fri 10.00 AM to 11.30 AM
Meets 4/4, 4/5

S1023  And the Walls Came Tumblin' Down: 1989 and the Year that Changed the World
Lariviere, Eugene
1989 was a year of dramatic changes. It has now been 30 years since the fall of the Berlin Wall in East Germany. Apartheid began to crumble in South Africa. The Chinese protests peaked with a confrontation in Tiananmen Square. Hungary made a "hole" in the Iron Curtain. Communist governments collapsed in Poland, Hungary, Czechoslovakia, and Bulgaria and the year ended with a bloody coup in Romania. How did this all happen in what seemed so little time? This class will look at the factors that led to this "domino effect."
6 Sessions  Start date: 2/7/2019  Meets: Thur 10.00 AM to 12.00 AM
Meets 2/7, 2/14, 2/21, 2/28, 3/7, 3/28
S1024 Parli Italiano?
Lariviere, Eugene -- Heisler, Vincenza
This is a continuation of a course on learning Italian using the book 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.
9 Sessions  Start date: 2/7/2019  Meets: Thur  3.00 PM to 4.30 PM
Meets 2/7, 2/14, 2/21, 2/28, 3/7, 3/21, 3/28, 4/4, 4/11

S1025 Cutting the Cord - Watching TV Legally Without Cable
Truman, Robert
Discover your options when it comes to living without a cable bill each month. This class will explain how to use your internet connection for all of your viewing needs including cable, local, premium, music, and sports channels.
1 Session  Start date: 4/11/2019  Meets: Thur  10.00 AM to 12.00 PM

S1026 What supplements / Vitamins Do I Really Need?
Bogash, James
Did you know that the wrong type of vitamin E could be harmful or that you might not be absorbing ANY of the vitamin D you are taking? Come and sort through the reality and hype of supplementation.
1 Session  Start date: 4/4/2019  Meets: Thur  10.00 AM to 11.30 AM

S1027 Classics of American Literature III
Lopp, Phyllis
Class members will spend 30 minutes watching a DVD from The Teaching Company’s Brown University lectures and 30 minutes discussing the featured authors, the literature of that era, and future influences. The authors this time are Frost, Hemingway, Faulkner, and Fitzgerald. There is nothing to buy, nothing to read or prepare at home, and no prerequisites.
4 Sessions  Start date: 2/7/2019  Meets: Thur  3.00 PM to 4.30 PM
Meets 2/7, 2/14, 2/21, 2/28

S1028 Mythbusters - Test Your AZ Estate Planning IQ
Cholewka, Becky
This presentation separates fact from 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: 2/13/2019  Meets: Wed  10.00 AM to 11.30 AM
S1029  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 the presenter’s personal story of the impact her father’s legacy had on her at the age of 19.
1 Session  Start date: 2/20/2019  Meets: Wed 10.00 AM to 11.30 AM

S1030  New to the Desert? Now What!
O’Meara, Ilene
Coming to Arizona from somewhere else with different climates, plants, insect pests, and soils can make it difficult to figure out just how to manage your own landscape. This class will simplify those topics so you can relax and enjoy your Arizona home.
3 Sessions  Start date: 2/7/2019  Meets: Thur 10.00 AM to 11.30 AM
Meets 2/7, 2/14, 2/21

S1031  Understanding How to Enjoy a Healthy Retirement
Braun, Thomas
This class will be an updated N2E+ for Life presentation with the latest health information. It will help you understand how to manage good nutrition, nutritional supplements, exercise, and living a stress-free retirement. The second session will focus on pharmacy in your kitchen. Let food be your medicine or medicine will be your food.
2 Sessions  Start date: 2/4/2019  Meets: Mon 1.00 PM to 2.30 PM
Meets 2/4, 2/11

S1032  The Evolution of Aging
Richardson, Daniel
Darwin thought that aging evolved so that elders could pass survival information and wisdom along to younger generations. But for modern humans that theory doesn’t gel with the fact that no one under the age of 30 ever listened to anyone over 60. This presentation will examine how aging might have evolved and how the proposed mechanisms of such evolution might impact the quantity and quality of life today.
1 Session  Start date: 4/12/2019  Meets: Fri 10.00 AM to 11.30 AM

S1033  A path to Natural Wellness with Essential Oils
Gaudisio, JoAnne
Discover the diverse ways essential oils can help you attain a more natural approach to taking care of yourself and your family. Essential oils provide health-conscious individuals with a safe and natural alternative and are used for a wide range of emotional and physical applications. In this class we will look at the 10 basic oils and their healthy benefits and learn what essential oils are and how they can be used in your daily life. We will also make an oil blend that you take home with you.
1 Session  Start date: 2/11/2019  Meets: Mon 10.00 AM to 11.30 AM
S1034  Genetic Genealogy
Steele, Denny
This class will introduce genetic genealogy, explain the available DNA tests, provide examples of using DNA test results, and describe the interaction between DNA testing software and family tree software.
2 Sessions  Start date: 2/27/2019  Meets: Wed  1.00 PM to 2.30 PM
Meets 2/27, 3/6

S1035  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 for AARP members, $20 for non-members. Pay at class by check or cash. Some auto insurance companies give a premium discount for three years, so ask your agent.
1 Session  Start date: 3/29/2019  Meets: Fri  12.30 PM to 4.30 PM

S1036  Making Sense of Our Economy and Financial Markets
Varas, George
In this class we will attempt to make sense of our ever-changing system and its relationship with our economy and financial markets. 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: 4/4/2019  Meets: Thur  3.00 PM to 4.30 PM

S1037  The American Mind, Part 5
Haskell, William
This class presents the next six lectures in the series of 36 Great Courses lectures on the American Mind. It is strongly suggested that you have taken the four previous classes (American Mind Parts 1 through 4) if you are requesting this class. This group of six lectures, which are presented by Professor Allan C. Guelzo of Gettysburg College, will explore socialism, populism, progressives, the war leading to the new south versus the new Negro, and the presidency of FDR. Part 6 will be presented later this spring.
3 Sessions  Start date: 4/1/2019  Meets: Mon, Wed, Fri  3.00 PM to 4.30 PM
Meets 4/1, 4/3, 4/5
S1038 The American Mind, Part 6
Haskell, William
This is the sixth and last part in a series of 36 Great Courses lectures on the American Mind. Part 5 was presented earlier this semester. It is strongly suggested that you have taken all previous parts if you are requesting this class. This final group of six lectures, presented by Professor Allan C. Guelzo of Gettysburg College, explores science under suspicion, mass culture and mass consumption, integration and separation, the rebellion of the privileged, and the Neo-conservative movement.
3 Sessions  Start date: 4/8/2019  Meets: Mon, Wed, Fri  3.00 PM to 4.30 PM
Meets 4/8, 4/10, 4/12

S1039 Science, Money and Research Ethics
Reed, Roberta
Starting with the story of Henrietta Lacks, a poor Southern tobacco farmer whose cancer cells (taken without her knowledge) have become one of the most important tools in medicine, we will explore some basic ethical issues in medical research.
2 Sessions  Start date: 3/22/2019  Meets: Fri  3.00 PM to 4.30 PM
Meets 3/22, 3/29

S1040 Intel Community Update
Levin, Renee
Come to this class if you want to learn the latest news from Intel Corporation, Sun Lakes’ neighbor to the north on Dobson Road.
1 Session  Start date: 2/26/2019  Meets: Tue  10.00 AM to 11.30 AM

S1041 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: 2/8/2019  Meets: Fri  1.00 PM to 2.30 PM
Meets 2/8, 2/15, 2/22

S1042 Don't Ask if Your Ideas Are Crazy ...
Michaels, Shirley
Don’t ask if your ideas are crazy – ask if they are crazy enough! Let's explore the process of taking an idea, crazy or otherwise, from concept to completion.
3 Sessions  Start date: 3/19/2019  Meets: Tue  10.00 AM to 11.30 AM
Meets 3/19, 3/26, 4/2
**S1043 Introduction to Estate Planning**  
Parker, Heather L  
Come and learn the basics of estate planning. What is a will, a trust, and powers of attorney, and why are health care directives important for anyone over 18?  
1 Session  
*Start date: 3/25/2019  Meet: Mon 10.00 AM to 11.30 AM*

**S1044 How Your Financial Advisor Gets Paid**  
Tingom, Shanna  
Investing and working with a financial professional can be confusing and intimidating, and the financial industry has done a tremendous job of making it far more complicated than it needs to be. From stocks and bonds to mutual funds and annuities, we’ll pull back the curtain and demystify the types of investments, how your advisor gets paid if you buy them, what being a fiduciary actually means, and the different ways you can work with, and pay, your financial professional.  
1 Session  
*Start date: 4/4/2019  Meet: Thur 1.00 PM to 2.30 PM*

**S1045 Retirement Investment Strategies**  
Tingom, Shanna  
You’ve spent a lifetime accumulating money for your retirement. Now you have to make decisions about how to generate a steady income stream, and the rules are different when you retire. You may need to adjust your asset allocation and consider different investment choices. You will need to make decisions on the best methods to withdraw funds from your savings, investments, and retirement plans. You will also want to protect your income and assets from unforeseen events.  
1 Session  
*Start date: 3/28/2019  Meet: Thur 1.00 PM to 2.30 PM*

**S1046 Defining Moments: sharing Stories of Your Life's Significant Lessons**  
Bayer, Jackie  
In the first session, participants will learn the art of telling a compelling story and then collectively decide on the focus for subsequent classes. Each of the following five sessions will address an agreed upon universal theme such as identity, purpose, love, loss, or aging. Participants will share a story each week from their lives that illustrates what they learned about the selected theme. (Class limit 15)  
6 Sessions  
*Start date: 3/19/2019  Meet: Tue 10.00 AM to 12.00 PM*  
Meets 3/19, 3/26, 4/2, 4/9, 4/16, 4/23

**S1047 Sights to See on the Navajo and Hopi Reservations**  
Newville, Van  
This class will offer an overview by a native Arizonan of the sights to see on the Navajo and Hopi Reservations in northeastern Arizona.  
1 Session  
*Start date: 2/11/2019  Meet: Mon 10.00 AM to 11.30 AM*
S1048  Sightseeing in the Valley of the Sun
Newville, Van
This class will provide insights and experiences regarding the sights to see within the Maricopa County area.
1 Session   Start date: 2/25/2019   Meets: Mon 10.00 AM to 11.30 AM

S1049  Sightseeing in Northern and Eastern Arizona
Newville, Van
Join this class if you’d like an overview of the many sights to see in the northern and eastern parts of Arizona.
1 Session   Start date: 3/4/2019   Meets: Mon 10.00 AM to 11.30 AM

S1050  Parody
Nilsen, Don -- Nilsen, Alleen
In this PowerPoint presentation, we will discuss political parodies, business parodies, literary parodies, musical and song parodies, literature and folklore parodies, parodies of art, and parodies of social issues. We will also have extended discussions of the parodies in the poems of Edgar Alan Poe and Lewis Carroll.
1 Session   Start date: 3/29/2019   Meets: Fri 1.00 PM to 2.30 PM

S1051  Early TV Comedy
MCcOach, William
In this class we’ll watch episodes of The Honeymooners, The Phil Silvers Show/Bilko, The Bob Cummings Show, Ozzie and Harriet, F Troop, Milton Berle, Burns and Allen, and Jack Benny plus indulge in some TV trivia. No deep thinking here but lots of fun sharing memories and making observations.
3 Sessions   Start date: 2/8/2019   Meets: Fri 10.00 AM to 12.00 PM
Meets 2/8, 2/15, 2/22

S1052  Meditation in Today's World
Ellenbecker, Joyce
This class is a continuation from last fall but the fall class is not a prerequisite. 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, sharpen awareness, and permit the body to come into a natural state of well-being. Meditation transcends all belief systems and can be incorporated into all.
4 Sessions   Start date: 2/13/2019   Meets: Wed 10.00 AM to 11.30 AM
Meets 2/13, 2/20, 2/27, 3/06
S1053  10 Things Nobody Tells You When You Age  
Poker-Yount, Elaine  
Whether you are the one aging or you are caring for another person, this class will provide a virtual roadmap of key information needed to get your proverbial “ducks in a row.” It will outline critical eldercare practices, provide crucial decision-making indicators, clarify common misconceptions, and present information and resources to reduce the stress of aging and illness through awareness and sound decision-making.  
1 Session  Start date: 3/20/2019  Meets: Wed 12.30 PM to 2.30 PM

S1054  How to Advocate for Your Own Healthcare - at the Doctor's Office, the Hospital, and the Rehab Center  
Poker-Yount, Elaine  
As our healthcare system continues to change, it has never been more important to become an advocate for yourself or your loved ones who cannot advocate for themselves. This class will outline critical need-to-know information, pertinent questions to ask healthcare providers, and specific rights you may not realize you have to help you ensure the best experiences while navigating the healthcare system.  
1 Session  Start date: 3/27/2019  Meets: Wed 12.30 PM to 2.30 PM

S1055  What is Your "Plan B?"

Poker-Yount, Elaine  
In two minutes or less could you relay all the information needed for someone else to step in and care for you or your loved one? We all NEED a back-up plan, especially if we are a caregiver for someone else or we live alone. Creating a checklist ahead of legal, practical, and to-do items can make an emergency only a difficult situation versus a crisis. Learning how to walk through the difficult conversations needed to create your PLAN B is a very valuable endeavor. While uncomfortable to consider, this preparation will make all the difference in successfully handling an emergency situation.  
1 Session  Start date: 4/3/2019  Meets: Wed 12.30 PM to 2.30 PM

S1056  Tools for Living with Dementia - Understanding the Physiology of what's Happening to the Brain  
Poker-Yount, Elaine  
For obvious reasons, we can get scared when we hear the medical terms mild cognitive impairment, dementia, or Alzheimer’s. And, often, no one sits down with us to outline what these words really mean for our day-to-day life or living with someone with this diagnosis. Learning the basic physiology of what is happening in the brain relating to these words will help you understand your reality and transform your journey. You will also understand options and choices available for more successful and positive daily interactions.  
1 Session  Start date: 4/10/2019  Meets: Wed 12.30 PM to 2.30 PM
S1058  **Empowering Family Caregivers**
Montijo, Nydia
Family caregivers provide 87% of care in America and are often thrust into this role when a loved one is disabled, falls ill, or experiences health issues related to aging. This can occur without the caregiver realizing there are resources and organizations that can help. This four-part class will include sessions on 1) planning for long-term care services and how to pay for them, 2) avoiding fraud, scams, and abuse; 3) falls, prevention, and other caregiver techniques, and 4) care of the caregiver.
4 Sessions  **Start date: 3/28/2019**  **Meets:** Thurs  3.00 PM to 4.30 PM  
Meets 3/28, 4/5, 4/11, 4/18

S2001a **Roundtable: The Award Winning Writers Book Club - Session 1 of 3**
Hammond, Catherine
This group discusses a book each month by an author who has won or been a runner-up for a literary prize. The February book is Pachinko by Min Jin Lee (Finalist, National Book Award 2017). In March the book is Educated: A Memoir by Tara Westover (New York Times &PBS Book Club 2018). In April the group will read Manhattan Beach (Pulitzer Prize winning author). This semester’s theme is strong women.
Book Group  **Start date: 2/11/2019**  **Meets:** Mon  1.00 PM to 2.30 PM  
Meets 2/11, 3/18, 4/15

S2001b **Roundtable: The Award Winning Writers Book Club - Session 2 of 3**
Hammond, Catherine
This is the second meeting of the class described in S2001a. Please sign up for all three sessions of this book group.
Book Group  **Start date: 3/18/2019**  **Meets:** Mon  1.00 PM to 2.30 PM

S2001c **Roundtable: The Award-Winning Writers Book Club - Session 3 of 3**
Hammond, Catherine
This is the third meeting of the class described in S2001a. Please sign up for all three sessions of this book group.
Book Group  **Start date: 4/15/2019**  **Meets:** Mon  1.00 PM to 2.30 PM

S2002 **Roundtable: Easy Crockpot Recipes**
Peck, Ellen
This class is for people who have had success with fairly easy crockpot dishes. If you can keep your crockpot meal to a recipe with fewer than five ingredients and/or is healthy, so much the better. Please bring 25 copies of your favorite crockpot recipe to share with the rest of the class.
1 Session  **Start date: 2/12/2019**  **Meets:** Tue  1.00 PM to 2.30 PM
S2003a  Roundtable: Ongoing New Adventures Book Club Session 1 of 3
Haskell, William
We will be discussing one book a month in a roundtable setting. The February book is “The Water is Wide: A Memoir by Pat Conroy.” At our February meeting the group will pick the books to read for March and April. This Book Club has been meeting continuously since July 2015 and members have read over 27 books during this period. Our genre tends to be non-fiction but is not limited solely to this genre.
Book Group  Start date: 2/4/2019  Meets: Mon 1.00 PM to 2.30 PM
Meets 2/4, 3/4, 4/1

S2003b  Roundtable: Ongoing New Adventures Book Club Session 2 of 3
Haskell, William
This is the second meeting of the class described in S2003a. Please sign up for all three sessions of this book group.
Book Group  Start date: 3/4/2019  Meets: Mon 1.00 PM to 2.30 PM

S2003c  Roundtable: Ongoing New Adventures Book Club Session 3 of 3
Haskell, William
This is the third meeting of the class described in S2003a. Please sign up for all three sessions of this book group.
Book Group  Start date: 4/1/2019  Meets: Mon 1.00 PM to 2.30 PM

S2004  Roundtable: Let's Talk About Creativity
Hammond, Catherine
What is creativity? In this discussion roundtable we will talk about both individual creativity and collaborative creativity. Creativity can help all of us discover new ways of seeing. We will base our conversation on personal experiences, our thoughts on the topic, and any relevant articles or books we have read individually.
1 Session  Start date: 2/26/2019  Meets: Tue 1.00 PM to 2.30 PM

S2005  Roundtable: Good Bye Stress and Hello Happiness
Parrault, Saretta
Learn a unique process that will expedite decision making, reduce anxiety, and help reduce the stress associated with our changing times. You'll be introduced to the universal principles taught by New Thought philosopher Arnold Patent. He appeared on Oprah shows, wrote two books, and presented seminars throughout the U.S. We’ll also discuss the Eleven Step Decision Making Process. Then we’ll talk about our results and how this process can be a positive force in our lives. Finally, we’ll learn to lighten up and laugh at some everyday things since laughter is a great stress reducer.
1 Session  Start date: 3/20/2019  Meets: Wed 10.00 AM to 11.30 AM
S2006 Roundtable: Move from Loneliness and Cloudy Days into the Sunshine
Parrault, Saretta
This roundtable will help you uncover a treasure chest of tips to take you out of loneliness no matter your age or past experiences. We will learn the dangers of loneliness and talk about ways to get back in the swing of things “safely.” We'll then provide classroom exercises and discuss how they can work for you. You'll also be sent home with some additional exercises to keep you going.
Next, we'll recognize your successes and help you move through your challenges. Finally, we'll invite suggestions from classmates and learn additional strategies for living a life filled with meaningful endeavors in our sunshine state.
1 Session  Start date: 3/27/2019  Meets: Wed 10.00 AM to 11.30 AM

S2007 Roundtable: Financial Wellness for Women
Burns, Marie
This roundtable will start with a survey and some common myths about financial matters. Then the topics to be discussed in the remaining time will be determined by the group. In the past we have talked about required minimum distributions, annuities, education options for grandchildren, charitable gifting, long term care concerns, working with a financial advisor, and life insurance. This roundtable will be all about answering your questions.
3 Sessions  Start date: 4/3/2019  Meets: Wed 1.00 PM to 2.30 PM
Meets 4/3, 4/10, 4/17

S2008 Roundtable: The Before and After Checklist for Your Finances
Burns, Marie
This class reviews a checklist for getting your financial house in order now to assure that your wishes are followed and to help make the process easier, less stressful, and often less costly for surviving family/friends after you are gone. It also includes a checklist of items for the survivor(s) to complete after the loss of a loved one.
3 Sessions  Start date: 4/3/2019  Meets: Wed 3.00 PM to 4.30 PM
Meets 4/3, 4/10, 4/17

S2009 Roundtable: Scams, scams, and More Scams
Lewin, Richard
This roundtable discussion will highlight the latest scams and discuss how you can avoid becoming a victim. Appropriate security measures for your home will also be covered.
1 Session  Start date: 3/25/2019  Meets: Mon 1.00 PM to 2.30 PM
S2010  Roundtable: Finding the Resources You Need to Stay as Independent as Possible
Poker-Yount, Elaine
In this roundtable we will discuss the issues you are struggling with and how to find the resources you need for assistance in living as independently as possible. You will be able to ask questions and share information about doctors, awkward incidents, personal deficiencies, and struggles as well as discuss exceptional products, services, and providers who have helped to make life better.
2 Sessions  Start date: 4/17/2019  Meets: Wed 12.30 PM to 2.30 PM
Meets 4/17, 4/24

S4001  Out to Lunch - Bar B Q
Freed, Evelynn -- Jacobsen, Carol
Join us as we begin to taste some of the various types of Bar-B-Q available in and around Chandler restaurants. You will be able to order what you want from the menu and, in addition to eating good food, you’ll be able to visit with the other attendees and meet new people who also enjoy eating out. We will meet at the restaurant and everyone will receive their own check. You will be contacted the week before the lunch and given all the necessary information. Space is limited so be sure to register early.
Off-site field trips  Start date: 4/10/2019  Meets: Wed 11.30 AM to 2.00 PM

S4002  Out to Lunch - Irish Food
Freed, Evelynn -- Jacobsen, Carol
Since it’s March and close to St. Patrick’s Day, we will be going to an Irish pub. The restaurant has a varied menu, including lots of salads, sandwiches, flat breads, and burgers, so everyone will find something they like. And, if you want to experience an Irish meal, what better time than around St. Patrick’s Day? Everyone will receive their own check, so you can order what you want. You will be contacted the week before and given the necessary information so we can meet at the restaurant. Space is limited, so register early.
Off-site field trips  Start date: 3/14/2019  Meets: Thurs 11.30 PM to 2.00 PM