



New Adventures in Learning

Spring 2024 Classes

February 5th to April 18th

Presenter information starts on pg. 13

'New Adventures in Learning' and 'New Frontiers in Life-long Learning' are collaborating to share some online classes. The collaborated classes are indicated using a '-NA' or '-NF' extension to the class ID.

-NF - class presented by New Frontiers in Life-long Learning
-NA - class presented by New Adventures in Learning

S0457C - How a Humble Quilt Transcends Into Artistic Expression

Nancy Kirk

Have you ever considered a quilt to be a piece of art? Come discover how the humble quilt went from patchwork to artwork. Visit the trailblazers who pushed the envelope of quilting basics and learn about the modern trends in quilting and fiber arts of today. Design samples from the creative artists of Arizona will be showcased as well as a hands-on display. No experience required, only a curious nature and a love of art.

1 Session *Start Date: 2/21/2024 Meets: Wed 1.00 PM to 2.30 PM*

S0521C - Adapting to a Warmer World

Daniel Richardson

Rising global temperature is the climate change that will most affect the population of central Arizona. Even moderate physical adaptation to heat exposure will lessen your chance of being harmed by this particular climate action. After reviewing and expanding on previous lectures of temperature regulation, this presentation will describe the biological mechanisms of heat adaptation followed by procedures that you can use to bring about such adaptation yourself.

1 Session *Start Date: 4/3/2024 Meets: Wed 10.00 AM to 11.30 AM*

S0529C - Introduction to Deepwater Drilling in the Gulf of Mexico

William Haskell

This course will examine the science behind the exploration, development and production of oil and natural gas in the offshore waters of the Gulf of Mexico. The class will cover many of the activities that take place from discovery through production operations. In addition, the presenter, an I/T manager of an E&P company based in New Orleans will share some of his personal experiences of visiting a producing platform.

2 Sessions *Start Date: 4/9/2024 Meets: Tue 10.00 AM to 11.30 AM On: 4/9, 4/16*

S0534C - Explorers and their machines

Anthony Contrabasso

The explorers who made oceanography and their machines possible.

1 Session *Start Date: 3/5/2024 Meets: Tue 1.00 PM to 2.30 PM*

S0540Z-NA - Adapting to a Warmer World (ZOOM)

Daniel Richardson

Rising global temperature is the climate change that will most affect the population of central Arizona. Even moderate physical adaptation to heat exposure will lessen your chance of being harmed by this particular climate action. After reviewing and expanding on previous lectures of temperature regulation, this presentation will describe the biological mechanisms of heat adaptation followed by procedures that you can use to bring about such adaptation yourself.

1 Session *Start Date: 2/13/2024 Meets: Tue 10.00 AM to 11.30 AM*

S0571Z-NF - Geographical Wonders of the World (ZOOM)

Presenter NFLL

This is a Great Courses video series presented by Professor Michael Wysessions. He takes us on an exciting tour to study unique features of our planet. This semester will cover Columbia Glacier, Rock of Gibraltar, Yellowstone, Iceland, The Dead Sea and others. We invite you to come along for the ride to see and hear about fascinating places right on our very own trusty little planet.

6 Sessions *Start Date: 2/9/2024 Meets: Fri 1.00 PM to 3.00 PM On: 2/9, 2/16, 2/23, 3/1, 3/8, 3/15*

S0608Z-NA - Internet Search - Tips, Tricks & AI (ZOOM)

Robert Truman

Searching the internet is more than just entering in some keywords and then hoping that you find what you're looking for. It is a skill and like most skills there are tricks and tips to help ensure you get the best possible results. This class will also discuss the recent entrance of Artificial Intelligence (AI) into the search arena. Join us as we go down the rabbit hole of searching the Internet.

1 Session *Start Date: 2/23/2024 Meets: Fri 9.00 AM to 10.30 AM*

S0609C - Internet Search - Tips, Tricks & AI

Robert Truman

Searching the internet is more than just entering in some keywords and then hoping that you find what you're looking for. It is a skill and like most skills there are tricks and tips to help ensure you get the best possible results. This class will also discuss the recent entrance of Artificial Intelligence (AI) into the search arena. Join us as we go down the rabbit hole of searching the internet.

1 Session *Start Date: 3/26/2024 Meets: Tue 10.00 AM to 11.30 AM*

S0617Z-NA - AI Artificial Intelligence (ZOOM)

Robert Truman

What is AI and how can I use it today? We will examine how Google and Microsoft are incorporating ChatGPT with their own applications (Bard AI and Bing Chat). We will compare the three different offerings, and demonstrate some of the capabilities of each.

1 Session *Start Date: 3/30/2024 Meets: Sat 10.00 AM to 11.30 AM*

S0620C - Using FREE Online Library Resources

Maggie Cortes

In this session, you will learn about the many free online resources offered by Maricopa County Library District. With your library card and internet access, you can download eBooks and eAudiobooks, read e-magazines, stream a movie or some music, learn a language, take an online course, research products, find instructions to repair your car, find your next good read, and more.

1 Session *Start Date: 4/15/2024 Meets: Mon 1.00 PM to 2.00 PM*

S0710C - Chair Yoga

Ann Larson

To stay healthy the body needs to move. Chair yoga offers a way for everyone to do this no matter your fitness level. We will start slow and easy, building our flexibility and strength. It's much more fun to join with others on your journey to better fitness. Your body, mind and spirit will thank you for taking care of yourself this way. Come join me in practice. We will celebrate our successes with a dance chair yoga class. I recommend that you each come to class with two yoga blocks and a strap. Yoga blocks should be 9"x6"x4". Straps are usually 6-8'. Easy to buy on Amazon and cost about \$16 for the set. Props help us modify poses so they can be accessible to everyone no matter what level of experience or body limitations.

8 Sessions *Start Date: 2/15/2024 Meets: Thu 9.00 AM to 10.00 AM On: 2/15, 2/22, 2/29, 3/7, 3/28, 4/4, 4/11, 4/18*

S0711C - Chair Yoga and More

Ann Larson

Movement is the key to staying healthy. If you don't use it you lose it!! Our body, mind, and spirit thrives when we incorporate regular exercise into our daily routine. Joining with others makes it more fun. We will start with chair yoga and build on our flexibility and strength to incorporate standing wall yoga poses and possibly floor work. Participants functionality and interests will dictate how much we challenge ourselves. I recommend that you each come to class with two yoga blocks and a strap. Yoga blocks should be 9"x6"x4". Straps are usually 6-8'. Easy to buy on Amazon and cost about \$16 for the set. Props help us modify poses so they can be accessible to everyone no matter what level of experience or body limitations.

8 Sessions *Start Date: 2/6/2024 Meets: Tue 3.00 PM to 4.00 PM On: 2/6, 2/13, 2/20, 2/27, 3/5, 3/26, 4/2, 4/9*

S0904C - Animal Cruelty 101

Heather Krimm -- Thomas Rinehart

Learn about animal cruelty investigations and prosecution

1 Session *Start Date: 2/7/2024 Meets: Wed 10.00 AM to 11.30 AM*

S0959C - Executor Preparedness

Marie Burns

Are you named as Executor/Personal Representative in someone's will? Or do you want to make estate settling as easy as possible for who you have named in that capacity in your documents? Then this class is for you. Discuss the role, share stories, and leave with a four page Executor Checklist.

1 Session *Start Date: 2/6/2024 Meets: Tue 10.00 AM to 11.30 AM*

S0960C - Mythbusters

Becky Cholewka

This presentation separates the FACTS from the FICTION when it comes to planning your estate. Covering our 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: 2/6/2024 Meets: Tue 9.00 AM to 10.30 AM*

S0961C - Empowering Others to Be Your Healthcare Advocate in a Crisis

Becky Cholewka

Learn which healthcare documents are specific to the state of Arizona and the crucial questions to ask yourself when choosing your powers of attorney.

1 Session *Start Date: 3/12/2024 Meets: Tue 9.00 AM to 10.00 AM*

S1058C - Exploring the Diamonds: Major League Ballparks

Michael Buscaglia

An in-depth exploration of MLB Ballparks. Each Ballpark is a unique blend of architecture, history, and local culture. This course aims to delve into these aspects providing a holistic understanding of what makes each one special.

1 Session *Start Date: 3/4/2024 Meets: Mon 1.00 PM to 2.30 PM*

S1065C - How To Play Hand & Foot

Susan Lockwood Knaus

Learn how to play the card game Hand & Foot. There are many modifications of this game across the country but once you get the basics you should be able to play it anywhere with a little direction. Maybe you'll even meet some people to start playing it with! You will be given a copy of the rules of the game so you can easily play at home or maybe join one of the Hand & Foot groups in Sun Lakes.

2 Sessions *Start Date: 3/27/2024 Meets: Wed 1.00 PM to 2.30 PM On: 3/27, 4/3*

S1179Z-NF - Ireland and Northern Ireland: Great Tours (ZOOM)

Presenter NFLL

The Great Tours: Ireland and Northern Ireland gives you the chance to traverse this amazing land with a leading scholar in the field of Irish history, culture, and literature. Taught by Professor Marc Conner, president of Skidmore College and a scholar of modern Irish literature, these captivating lessons give you a sweeping tour of the Emerald Isle, from the Guinness Brewery in Dublin to the ancient ruins of Newgrange to the battle-scarred village of Derry in Northern Ireland. This session will cover the first 12, half-hour lessons of this course over six weeks. A Great Course presentation for all of our arm-chair travelers.

6 Sessions *Start Date: 3/21/2024 Meets: Thu 10.00 AM to 11.30 AM On: 3/21, 3/28, 4/4, 4/11, 4/18, 4/25*

S1205C - Life Stories: Discovering and Sharing Extraordinary Moments

Jackie Bayer

Please note that this class meets for six consecutive weeks, once a week, for two hours. The author, C. S. Lewis said, "There are no ordinary people." In this class, we will discover and share the stories that made each of our lives memorable. We will agree on themes in the first class on which to build stories for each subsequent class. Join us in discovering how we are unique yet similar.

6 Sessions *Start Date: 3/4/2024 Meets: Mon 10.00 AM to 11.30 AM On: 3/4, 3/11, 3/25, 4/1, 4/8, 4/15*

S1212C - I Am From - An Exploration of Identity

Kyle Messner

This 2-session class is for non-writers and writers alike. It is an opportunity to self-identify the unique elements that have influenced who we are. A simple writing method using a free verse template will be utilized to help participants create a personal reflection. During the first class we will examine several writings crafted using this method and start creating our own. The second class will be an opportunity to share and edit our work.

2 Sessions *Start Date: 4/2/2024 Meets: Tue 1.00 PM to 2.30 PM Meets 4/2, 4/9*

S1215C - Conversational Spanish 4

Kyle Messner

This class is a continuation of the Conversational Spanish class that started Fall 2022 semester. Members who took the class last year or who have had at least several years of high school or college level Spanish will be the most comfortable in the class. Beginners who have patience will be accepted. This class is very inclusive and interactive. This year there will be a focus on grammar to build up conversational skills. We will also focus on Colombian and Mexican culture, music and games.

10 Sessions *Start Date:* 2/8/2024 *Meets:* Thu 10.00 AM to 11.30 AM *On:* 2/8, 2/15, 2/22, 2/29, 3/7, 3/14, 3/28, 4/4, 4/11, 4/18

S1250C - Introduction to the Italian Language

Eugene Lariviere

This on-going program to speaking basic Italian will use the book "Italian Made Simple" by Cristina Mazzoni.

10 Sessions *Start Date:* 2/7/2024 *Meets:* Wed 1.00 PM to 2.30 PM *On:* 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/27, 4/3, 4/10, 4/17

S1251C - Sprechen Sie Deutsch

Eugene Lariviere

This is an on-going series on learning the German language. Some knowledge of German is required to participate. The spring series will focus on ordering food in German restaurants, bakeries and cafés.

10 Sessions *Start Date:* 2/8/2024 *Meets:* Thu 3.00 PM to 4.30 PM *On:* 2/8, 2/15, 2/22, 2/29, 3/7, 3/14, 3/28, 4/4, 4/11, 4/18

S1316C - Meet My Friend from Sierra Leone

Kyle Messner

The presenter will introduce and interview Mohamed Koroma. He will share about his birth country of Sierra Leone and present an overview of the coastal country and talk about the different cultures, traditions and religions in Sierra Leone. Questions from the class will be encouraged and welcomed.

1 Session *Start Date:* 2/26/2024 *Meets:* Mon 10.00 AM to 11.30 AM

S1345C - Gong Xi Fa Cai or Gung Hay Fat Choy? Happy New Year!

Kyle Messner

Gong Xi Fa Cai or Gung Hay Fat Choy? Come and find out the difference and enjoy yourself learning about the history and customs of this major holiday celebrated by approximately 20% of the world's population. Mark and Carol are back and excited to share with you the sights and sounds of the holiday and even some of the traditional flavors. If time permits we can share a song and perhaps a craft.

1 Session *Start Date:* 2/13/2024 *Meets:* Tue 1.00 PM to 2.30 PM

S1366Z-NF - Afghanistan Update In Person & Online (ZOOM)

Presenter NFLL

What is happening in Afghanistan today? The Taliban are still trying to impose their Wahabi will on a fiercely independent population comprised of five major ethnic groups with differing religious ideas. The massive earthquake on 7 October killed nearly 2,500 people in western Afghanistan. International aid to the victims that would normally flow after such a huge tragedy might be facing significant obstacles.

1 Session *Start Date:* 4/4/2024 *Meets:* Thu 2.00 PM to 3.30 PM

S1367Z-NF - Medieval Legacy Part 2 ONLINE (ZOOM)

Presenter NFLL

From tools to clothes to the very identities and outlooks that organize the world, the medieval legacy saturates society, shaping the collective consciousness and influencing daily experiences. This lecture series explores why and how the medieval inheritance continues to affect the globe so pervasively. This term, the second 20 lectures will be presented in a 10-week course. A Great Course presentation.

10 Sessions *Start Date:* 2/6/2024 *Meets:* Tue 5.00 PM to 6.30 PM *On:* 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/26, 4/2, 4/9, 4/16

S1414Z-NA - Longevity: Superagers and Healthy Aging (ZOOM)

Calvenea Malloy

LEARN how social and economic factors impact longevity. Understand how stress, nutrition, exercise and creativity impacts aging. Review and discuss the current therapies that can support a healthier life as you age. Explore the Blue Zone areas in the world where people live the longest and what we can learn from them. Discuss creating harmony in your home to age gracefully.

2 Sessions *Start Date: 2/9/2024 Meets: Fri 9.00 AM to 11.30 AM On: 2/9, 3/8*

S1418C - Learn to Meditate!

Cheryl Wolf

The benefits of meditation are plentiful and the cost is free! You can meditate anywhere and it is something everyone can learn to do. While there are many different kinds of meditation practices, this introductory class will offer guided meditations and brief teachings to help you learn and experience the rewards for yourself!

3 Sessions *Start Date: 2/14/2024 Meets: Wed 9.00 AM to 10.00 AM On: 2/14, 2/21, 2/28*

S1422C - Staying Well in a Sickcare Society

Thomas Braun

My avocation in life is to teach seniors how to live a healthier lifestyle, when the economy runs on fast food, processed food and personal lifestyle decisions that are detrimental to good health. The presentation explains what pitfalls to avoid in nutrition. How to boost nutritional base. The value of exercise and meditation for mind-body harmony.

1 Session *Start Date: 2/6/2024 Meets: Tue 1.00 PM to 2.30 PM*

S1423C - Book Review "Seven Innocents"

Thomas Braun

My Hunt for the Tylenol Murderer. A Presentation of my investigation of the Tylenol Murders in Chicago in 1983 and my personal involvement from a business point of view. Challenges the FBI concept that James Lewis, the Extortionist was the never convicted Tylenol murderer. Presents the concept that it was a revenge plot to destroy McNeil the makers of Tylenol.

Students can email a request to Thomas Braun by 2/10 to receive a copy of the manuscript for class participation. Critiquing and challenging the concept is acceptable. My email address is tbran10@hotmail.com Thank you!

Tom Braun

1 Session *Start Date: 2/20/2024 Meets: Tue 1.00 PM to 2.30 PM*

S1424C - What is Senior Living All About?

Traci Jacobsen

Senior living is a broad concept that encompasses a wide-range of housing, support, care and lifestyle options. There are so many choices available, and it is simply overwhelming if you do not have a basic understanding of the numerous variations. Join us to learn more about options in the area and gather to better understand what a senior living community is all about. Know your plan before you need it!

1 Session *Start Date: 2/8/2024 Meets: Thu 10.00 AM to 11.30 AM*

S1425C - The New You

Billie Jordan

The New You class is designed primarily for women over 60 who have lost their spouse or important other. This class goes in depth on how to move forward with a life that no longer has the one you loved. We'll

discuss healthy boundaries, moving your body around (MYBA) and many other topics that will guide you through the process of building your new life.

1 Session *Start Date:* 3/12/2024 *Meets:* Tue 1.00 PM to 2.30 PM

S1438C - The Science of Mindfulness

Ann Sebren

Mindfulness is everywhere these days but what is it and why might it be beneficial for us? Come and learn what current science tells us about mindfulness and how it works. We will explore how mindfulness may change the brain, change our stress habits, and change our hearts.

1 Session *Start Date:* 4/2/2024 *Meets:* Tue 10.00 AM to 11.30 AM

S1452C - Medical Diagnoses in Works of Art

Eugene Lariviere

Many works of art contain illustrations of diseases, some obvious but some that would mostly be noted by a person with a medical background. The course presenter has a medical background and will try to answer questions like "What did Mona Lisa die of ... and how do we know?"

1 Session *Start Date:* 2/12/2024 *Meets:* Mon 1.00 PM to 2.30 PM

S1456C - Dr. John Snow and the 1854 London Cholera Outbreak

Eugene Lariviere

Cholera suddenly broke out in the Soho area of London and over 600 died in a short period of time. Dr. John Snow and Anglican priest Henry Whitehead knocked on doors and asked the families affected where they got their water. The Broad Street Pump seemed to be the source and the handle was removed. The spread stopped. Their methodology set the pattern for future successful epidemiological investigations across the world.

1 Session *Start Date:* 4/15/2024 *Meets:* Mon 1.00 PM to 2.30 PM

S1468Z-NF - Normal Aging vs. Not-Normal Aging (ZOOM)

Presenter NFLL

We all forget things once in a while, or struggle to find the right words. And yes, we all lose our keys occasionally. When we do these things, we tend to get a little panicky sometimes, especially if Alzheimer's or some other form of Dementia runs in the family. Is this normal, or are we getting close to that dreaded 'mild cognitive impairment' diagnosis? Join in to learn the difference between what is normal as we age, and what isn't! This is an interactive class.

1 Session *Start Date:* 3/19/2024 *Meets:* Tue 1.30 PM to 3.00 PM

S1469Z-NF - TOOLS FOR LIVING WITH DEMENTIA: Communication, Conversation and Tackling Everyday Tasks (ZOOM)

Presenter NFLL

With a little insight as to how someone with dementia might see or understand normal daily activities, a few little tweaks to our approach can provide both progress and completion for a variety of daily struggles, including dressing and bathing. Adjustment to the way WE communicate can and will make all the difference to someone who is unable to adapt the way they respond. Adjusting our caregiving style can help with a more positive daily environment, better 'success' when trying to accomplish tasks and an overall enriched quality of life. This is an interactive class.

1 Session *Start Date:* 4/9/2024 *Meets:* Tue 1.30 PM to 3.00 PM

S1470Z-NF - The Keys to Moving Forward (ZOOM)

Presenter NFLL

What do we do when we're stuck? We're aging and we're aware. We're not prepared. We KNOW we have to take things in our own hands, but we're frozen. Locked. Immobile. We're not sure of everything needed and if we're able to make all those decisions on our own. This class outlines the critical items to consider. A gentle walk through some of the roadblocks that may be impeding your ability to move forward may help you outline your next steps. Identifying the critical items you need to consider as well as the identifying of an accountability partner to work with you, is also a smart way to help you move forward. Resources and brainstorming will be an active part of this. This is an interactive class.

1 Session *Start Date: 2/6/2024 Meets: Tue 1.30 PM to 3.00 PM*

S1726C - New Adventures On-going Book Club A

William Haskell

We will be discussing the book Poverty By America by Mathew Desmond. Gene Lariviere will be the discussion leader. The Pulitzer Prize winning author of Evicted reimagines the debate on poverty, making a “provocative and compelling” argument about why it persists in America: because the rest of us benefit from it. Since July 2015 the Club has discussed over 61 books primarily non-fiction.

1 Session *Start Date: 2/5/2024 Meets: Mon 1.00 PM to 2.30 PM*

S1727C - New Adventures On-going Book Club B

William Haskell

We will be discussing the book The Wager by David Grann. Mary Yasuda will be the discussion leader. From the author of Killers of the Flower Moon, a page-turning story of shipwreck, survival, and savagery, culminating in a court martial that reveals a shocking truth. Since July 2015 the Club has discussed over 61 books primarily non-fiction..

1 Session *Start Date: 3/4/2024 Meets: Mon 1.00 PM to 2.30 PM*

S1728C - New Adventures On-going Book Club C

William Haskell

We will be discussing the book River Of The Gods by Candice Millard. Bill Haskell will be the discussion leader. The harrowing story of one of the great feats of exploration of all time and its complicated legacy—from the New York Times bestselling author of The River of Doubt and Destiny of the Republic. Since July 2015 the Club has discussed over 61 books primarily non-fiction.

1 Session *Start Date: 4/1/2024 Meets: Mon 1.00 PM to 2.30 PM*

S1743C - Where are we Eating Tonight. Part Two

Richard Lewin

This is a continuation of the fall semester Roundtable that focused mostly on ethnic restaurants. This session we will discuss more general restaurants including BBQ, American, Mexican, and favorite chain eating places. If you enjoy dining out and want to expand your choices, you should find this discussion group interesting. Bring a list of some of your favorite places.

1 Session *Start Date: 2/20/2024 Meets: Tue 10.00 AM to 11.30 AM*

S1744C - Scams, They're Using Artificial Intelligence

Richard Lewin

A Roundtable discussion of scams and how AI is being used to make it harder to detect some of the new scams and how many of the old scams are new again. New scams are being hatched regularly.

1 Session *Start Date: 3/11/2024 Meets: Mon 1.00 PM to 2.30 PM*

S1862T - Lunch Bunch 1

Virginia Allen

Do lunch at the popular Green Corner Restaurant with other members of New Adventures Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator. Location: Green Corner Restaurant, 1065 W. Queen Creek Road, Chandler, AZ 85248

1 Session *Start Date: 2/6/2024 Meets: Tue 11.30 AM to 1.00 PM*

S1863T - Lunch Bunch 2

Virginia Allen

Do lunch at the popular Pitta Souvli Mediterranean Grill with other members of New Adventures. Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator. Location: Pitta Souvli Mediterranean Grill, 1940 S. Alma School Rd., #5, Chandler, AZ 85286

1 Session *Start Date: 3/5/2024 Meets: Tue 11.30 AM to 1.00 PM*

S1864T - Lunch Bunch 3

Virginia Allen

Do lunch at the popular Pho Chandler with other members of New Adventures. Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator. Location - Pho Chandler, 4055 S. Arizona Ave., #8, Chandler, AZ 85248

1 Session *Start Date: 4/3/2024 Meets: Wed 11.30 AM to 1.00 PM*

S1906Z-NA - Social Security News and Updates (ZOOM)

Jack Burns

We will review retirement benefit options for those that have not yet collected their benefits and provide news and updates along with benefits that can come up after retirement. A presentation will be followed by a question and answer session.

1 Session *Start Date: 4/17/2024 Meets: Wed 9.00 AM to 10.00 AM*

S1939C - Making Your Home More Marketable

Dave Messner

Learn the ins and outs of prepping a house for maximum investment. Choosing where to invest money to achieve this can be tricky. In this class you will learn the top improvements that give the highest return on investment. We will look at actual homes before remodel and students will propose what changes they think are best. Then we will look at what the sellers actually chose to do. Be ready for a lively discussion! Bring any questions you may have.

1 Session *Start Date: 3/5/2024 Meets: Tue 10.00 AM to 11.30 AM*

S1946C - Introduction to Estate Planning

Heather L Parker

Come and learn the basics of Estate Planning - what is a will, a trust, powers of attorney, medical directives, and why it is so important to have them kept current.

1 Session *Start Date: 2/22/2024 Meets: Thu 1.00 PM to 2.30 PM*

S1973Z-NF - Understanding Annuities (ZOOM)

Presenter NFLL

We will explore the different types of annuities available as well as their primary uses while uncovering what is behind some of the lofty promises. This is not a sales event and we will not be speaking on any specific products although we will answer any questions you may have. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.
1 Session *Start Date:* 2/6/2024 *Meets:* Tue 11.00 AM to 1.00 PM

S1974Z-NF - Tax Efficiency in Retirement (ZOOM)

Presenter NFLL

This class is a necessity for all. In this day of rising interest rates and volatile markets, it has become extremely important to become tax efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. I promise this is not a dry boring tax class. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session *Start Date:* 2/22/2024 *Meets:* Thu 11.00 AM to 1.00 PM

S1975Z-NF - Using ROTH! Properly

Presenter NFLL

Roth is for EVERYONE! Regardless of age, wealth, gender, etc. We will learn everything you need to know about Roth in order to take advantage of this special tax status. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session *Start Date:* 3/5/2024 *Meets:* Tue 11.00 AM to 1.00 PM

S1976Z-NF - Today's World Of Safe Investing (ZOOM)

Presenter NFLL

With rising 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. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session *Start Date:* 3/28/2024 *Meets:* Thu 11.00 AM to 1.00 PM

S1977Z-NF - Producing Income in Retirement (ZOOM)

Presenter NFLL

From dividend portfolios to annuities this class will dissect what it takes to create sustainable income and review all investments and techniques commonly used. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session *Start Date:* 4/18/2024 *Meets:* Thu 11.00 AM to 1.00 PM

S2107C - Doc-U-Cussion - Live to 100: Secrets of the Blue Zones

Robert Truman

Join us as we watch this four- part docu-series based on author Dan Buettner's best selling books on living to 100 and beyond. Dan travels around the world to investigate the diet and lifestyles of those living the longest lives. After each part there will be an open discussion.

4 Sessions *Start Date:* 2/26/2024 *Meets:* Mon 1.00 PM to 2.30 PM *On:* 2/26, 2/27, 2/28, 2/29

S2178Z-NF - Banned Books, Burned Books: Forbidden Literary Works (ZOOM)

Presenter NFLL

With recent events and movements to ban books in libraries and schools, this course will give us something to think about. This course will cover the first half (12 lessons) from this Great Course, presented by Maureen

Corrigan, PH.D, Georgetown University. In addition we will review some of the more recent books to be banned.

6 Sessions *Start Date:* 2/8/2024 *Meets:* Thu 10.00 AM to 11.30 AM On: 2/8, 2/15, 2/22, 2/29, 3/7, 3/14

S2313C - Who/What is the DAR

Jean Culver

This class is an introduction to the National Society of the Daughters of the American Revolution. What is it? Who are they? What do they do? Founded in 1890 by four patriotic women, today's Daughters strive to promote education, patriotism and preservation of history. Join the conversation as we explain what it's all about.

1 Session *Start Date:* 2/5/2024 *Meets:* Mon 10.00 AM to 11.30 AM

S2353C - Unsung Women Heroes of WWII -- Belgium

Eugene Lariviere

In the countries occupied by the Nazis resistance, groups formed. History has tended to feature the men who did heroic things, especially if they actually fought in battles. This series will focus on women heroes. This session will focus on Belgian women.

1 Session *Start Date:* 3/25/2024 *Meets:* Mon 1.00 PM to 2.30 PM

S2354C - Unsung Women Heroes of WWII -- Holland

Eugene Lariviere

In the countries occupied by the Nazis, resistance groups formed. History has tended to feature the men who did heroic things, especially if they actually fought in battles. This series will focus on women heroes. This session will focus on Dutch women.

1 Session *Start Date:* 4/1/2024 *Meets:* Mon 1.00 PM to 2.30 PM

S2355C - The Great Arizona Orphan Abduction

Eugene Lariviere

In 1904, New York nuns brought forty Irish orphans to Arizona, to be placed with "Spanish" Catholic families. The families were actually Mexican and the local Anglos were incensed to see "white" children placed with "non-white" families. The children were taken away at gun point and the nuns and local priest threatened with lynching. The case was later heard in the territorial court in Phoenix, which ruled against the nuns. They appealed to the U.S. Supreme Court.

1 Session *Start Date:* 4/8/2024 *Meets:* Mon 1.00 PM to 2.30 PM

S2701Z-NA - English Electric Canberra / Martin B-57 (ZOOM)

James Evans

The English Electric Canberra first flew in 1949. It continued to serve in the RAF for fifty years and in its Martin B-57 variant, continues to serve with NASA until the present time -- a sixty year lifespan. This aircraft has unique characteristics which make it an excellent platform for scientific observations even today. We will survey the history of this fascinating aircraft.

1 Session *Start Date:* 2/7/2024 *Meets:* Wed 1.00 PM to 2.30 PM

S2702Z-NA - OPERATION CHASTISE: The "Dam Buster" Raid (ZOOM)

James Evans

In the spring of 1943, the outcome of World War II was very much in doubt. The Soviet Union had been attacked by Germany and was questioning whether Great Britain had any role in the European War. A single

raid, audacious in concept and very challenging to actually pull off, changed all of this. We will describe the scientific genius and amazing airmen who planned and carried out this historic raid.

1 Session *Start Date:* 3/12/2024 *Meets:* Tue 1.00 PM to 2.30 PM

S2736C - Submarine N-1

Anthony Contrabasso

America's spy submarine and her exploits for America

1 Session *Start Date:* 3/27/2024 *Meets:* Wed 10.00 AM to 11.30 AM

S2741Z-NA - B-24 Liberators, "Hot Stuff", Lt Gen Andrews (ZOOM)

James Evans

The first heavy bomber to complete a "tour" in WW II in Europe was NOT "Memphis Belle." We will tell the real story and why so many people don't know about it. With tie-in to current history in Iceland.

1 Session *Start Date:* 3/6/2024 *Meets:* Wed 1.00 PM to 2.30 PM

S2742Z-NA - Victory Loan Flying Circus of 1919. (ZOOM)

James Evans

World War I (the Great War) was TREMENDOUSLY EXPENSIVE both in lives and in resources. In 1919 the Victory Loan Flying Circus was an attempt to deal with the extremely high costs of the recently-completed Great War. Carl Spatz was part of the western state portion of this effort.

1 Session *Start Date:* 3/27/2024 *Meets:* Wed 1.00 PM to 2.30 PM

S2747Z-NA - Republic F-105 Thunderchief: the iconic fighter bomber (ZOOM)

James Evans

The Republic F-105 Thunderchief was a highly-capable Cold War Era fighter-bomber, designed for one mission, but forced into a quite different mission during the Vietnam War. We will discuss this great aircraft and how it was misused and ultimately withdrawn from service.

1 Session *Start Date:* 3/26/2024 *Meets:* Tue 1.00 PM to 2.30 PM

S2748Z-NA - McDonnell/Douglas F-4 Phantom II: the iconic fighter-bomber (ZOOM)

James Evans

Over 5,000 F-4 Phantom II fighters were produced. They were used by the United States Air Force as well as the Navy / Marines and many other allied services. We will survey the development and use of this great fighter.

1 Session *Start Date:* 4/10/2024 *Meets:* Wed 1.00 PM to 2.30 PM

S2749Z-NA - Boeing KC-135 Stratotanker: Many Roles, Essential Services. (ZOOM)

James Evans

The Boeing KC-135 Stratotanker has already served the US Air Force for more than sixty years. It continues to serve many roles and in many ways and will probably continue to do so for years to come.

1 Session *Start Date:* 4/17/2024 *Meets:* Wed 1.00 PM to 2.30 PM

----- Instructors -----

Allen, Virginia

Virginia Allen is a retired university librarian from Texas currently serving as president-elect of New Adventures in Learning.

Bayer, Jackie

Jackie is a retired counselor, teacher and author. She believes that everyone has a story to tell and that those stories create community especially as we age

Braun, Thomas

Thomas Braun has a BS in pharmacy at the University of Illinois in 1957, an MBA from Loyola in Chicago in 1970. His avocation is writing and expressing his views of the U.S. healthcare system. He wrote for Suddenly Senior under the title "Confessions of a Drug Pusher". Thomas produced a video on the value of vitamin D called "Hello Sunshine". He also has a video called "N2E+ for Life". It explains maintaining good health and long life that requires knowing the value of nutrition, nutrients and exercise with mind-body harmony. He has published a book called "Seven Innocents" Tylenol Murder Mystery.

Burns, Jack

Jack Burns has worked with Social Security for sixteen years directly assisting those filing for benefits and supervising and training staff in local Arizona Social Security offices.

Burns, Marie

Marie Burns is a Certified Financial Planner who has been assisting people financially for over twenty years. She is an educator at heart and loves to help people learn.

Buscaglia, Michael

Michael Buscaglia taught the International Baccalaureate and advanced placement French program at Chandler High School along with serving as a baseball and soccer coach. He received his B.A and M.A. from Binghamton University in New York.

Cholewka, Becky

Becky Cholewka is the founding attorney of Cholewka Law- an estate planning, probate, and trust administration law firm in Gilbert. She is passionate about community education and being an advocate and a voice for clients and their families.

Contrabasso, Anthony

Tony Contrabasso has presented many and varied New Adventures classes including the history of World War II, oceanography, and the building of the Panama Canal.

Cortes, Maggie

Maggie has a Bachelor's degree in Psychology, a Master of Science in Rehabilitation Counseling, and a Master of Science in Library and Information Science. She had worked in different settings, from counseling and education to remote learning and library sciences. In the last seven years, Maggie has worked in library settings; she is the Branch Manager for Ed Robson Library Branch.

Culver, Jean

Jean Culver is a past student and presenter of New Adventures. She has been a winter resident of Sun Lakes since 1997. Her interests include genealogy and history. She is a member of Daughters of the American Revolution and the Mayflower Society

Evans, James

Col. Jim Evans, CAF Airbase Arizona, is a retired U.S. Air Force Boeing KC-135 pilot with twenty years of experience as a pilot/instructor pilot and Tanker Task Force (TTF) operations officer. Over 4,000 hours flying time from 1969-1989. Life member of the Tempe Historical Society, the Order of Daedalians and the Air Force Association. Former Museum Director and Docent Program Manager at the Airbase Arizona Museum. Long-time student of airpower and military history.

Haskell, William

Bill Haskell has presented many New Adventures courses on interesting and diverse subjects ranging from science to history, including many in "The Great Courses" series.

Jacobsen, Traci

I am a proud Arizona native. I have always been first and foremost about helping others and was drawn to senior living after seeing firsthand what can happen to a family when a loved one reaches the concluding stages of life without proper preparation. After caring for a loved one with Alzheimer's, making tons of mistakes, and burning through 1.2 million dollars in eight years; I have realized there is a much better way. It is essential to know your options before you need them and plan.

Jordan, Billie

Billie Jordan, RN, has facilitated classes and discussions on health and wellness for most of her nursing career. Now retired, she continues her quest for healthy and happy living. Join her for humor and easy conversation with professional guidance.

Kirk, Nancy

I am a fiber artist who enjoys combining techniques and fibers into one piece of artwork. Most of my pieces reflect the natural environment that surrounds me. I enjoy teaching and sharing my experiences and techniques with others.

Bachelor Degree in Biology Whittier College, 1976. I have exhibited fiber art work at the SAQA Diversity in the Desert Herberger Theater, August 2022, Agave Quilters Guild Show, Sun Lakes, AZ in 2019 and 2017.

Krimm, Heather

Detective Krimm is with the Maricopa County Attorney's Office Investigations Bureau. Detective Krimm has worked in law enforcement for almost seventeen years and specializes in investigating animal cruelty. She worked for the Raleigh Police Department in North Carolina and the Phoenix Police Department. She trains law enforcement officers and prosecutors on animal abuse investigations.

Lariviere, Eugene

Gene is a retired pediatrician from NewHampshire. He has led many New Adventures Classes, mostly in areas of history.

Larson, Ann

Anna has been practicing yoga for over twenty years. She is a CYT200 (Certified Yoga Teacher 200 hours). A highlight of her yoga practice has been studying in an ashram in Rishikesh, India. Anna enjoys sharing her love of yoga with people new to the practice of yoga as well as experienced yogi.

Lewin, Richard

Richard owned an electronic security company prior to his retirement. Since retiring he has become the activity director for the Cheers Singles Group where he has traveled and dined out often. He is also active with several other organizations where he has been dining out. He has also kept current on scams and runs a roundtable on scams and security

Lockwood Knaus, Susan

This will be presented by one of the New Adventures members of the Governing Council.

Malloy, Calvenea

Calvenea Malloy, M.Ed. retired educator at Maricopa Community Colleges, Senior Advocate/Super-Ager Coach, participating in Chandler Civic Programs and Chandler Museum Foundation Board.

Messner, Kyle

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in Bilingual Education. She has taught at Appalachian State University and Arizona State University for a total of years. Kyle is a linguist who speaks and has taught multiple languages. She has studied in Germany, France and England. She lived in Colombia where she taught using Spanish and English in a private bilingual school.

Messner, Dave

Dave Messner has worked in real estate for nearly forty years as both a broker and salesman. Over the years he has sold over 2,500 homes and was named Realtor of the Year in 1994 by the Scottsdale Board of Realtors. In 1997 he opened a RE/MAX franchise and today it is the #1 producing RE/MAX offices in the world. After selling it in 2010, he presently works with Realty ONE Group. He assists clients with remodeling to maximize their profit when selling their homes.

NFL, Presenter

Collaboration with New Frontiers and New Adventures.

Parker, Heather L

Heather Parker graduated from the University of Wisconsin in business finance and received her juris doctorate from The John Marshall Law School in Chicago. She has been a member of the Illinois State Bar Association over seventeen years and the Arizona Bar Association over ten years.

Richardson, Daniel

Daniel Richardson collectively taught human physiology for over forty years at the Universities of Arizona, California, and Kentucky. Several of the latter years were spent as bio-science director for the Kentucky Doctoral Program in Gerontology.

Rinehart, Thomas

Thomas Rinehart is a Deputy County Attorney for the Maricopa County Attorney's Office where he is the animal cruelty prosecutor in addition to handling his other felony cases. He has attended trainings in animal cruelty investigations and basic equine investigations. Before becoming a prosecutor, Mr. Rinehart served eight years in the United States Marine Corp as a Chemical, Biological, Radiological, and Nuclear Defense Specialist in addition to other secondary duties. Mr. Rinehart graduated from Arizona State University with his bachelor of arts and juris doctor.

Sebren, Ann

Ann Sebren, EdD, is a Certified Mindfulness Teacher-Professional with thirty years of university teaching experience. She has been teaching mindfulness-based programs for stress regulation since 2008 and teaches university courses focused on the science and practice of stress management and mindfulness

Truman, Robert

Rob has over forty years of experience in information technology and Internet-related fields. He is a retired U.S. Navy Chief Electronics Technician and has worked as a technical support professional for Microsoft. Rob holds a Master of Arts degree in Adult Education (MAEd) and a Bachelor of Science degree in Information Technology (BSIT). He designed and maintains a website/blog called Geezer Tek which focuses on helping the local senior community with their technology needs.

Wolf, Cheryl

Cheryl Wolf is an intuitive, subtle energy practitioner, a Doctor of RoHun Transpersonal Psychology, and a Reiki Master/Teacher. She has a Master's degree in Clinical Psychology and is a published author in international spiritual and healing online magazines. With advanced training in integral healing modalities and metaphysical studies, she has led many workshops and retreats. With decades of experience, she has come to discover that the path of healing is a journey that covers a lifetime.