



New Adventures in Learning

Spring 2026 Classes

February 2nd to April 30th

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Sun Lakes Center In-Person Classes

S0346C - The Tea Girl of Hummingbird Lane: Book Discussion & Tea **Kyle Messner**

Explore “The Tea Girl of Hummingbird Lane” by Lisa See through a guided book discussion paired with a tea tasting. We’ll delve into the novel’s themes of culture, family, and connection while sampling the tea that reflects the story’s setting. Enjoy a relaxed, engaging session that blends conversation, flavor, and insight. Perfect for readers who enjoy learning through all the senses.

1 Session Starts 3/23/2026 Meets Mon at 1:00

S0416C - Color Harmony in Interior Design **Cami Kaiser**

Discover how to bring your space to life through the power of color! In this inspiring class, you’ll learn the fundamentals of color design, how hues work together, how lighting affects perception, and how color influences mood and energy. Explore today’s top color trends, master palette creation, and gain practical tips for using color with confidence to create beautifully balanced interiors.

1 Session Starts 4/1/2026 Meets Wed at 10:00

S0437C - See it, Believe it, Create it! Your 2026 Vision Board **Joan Frank**

This one-hour presentation will introduce the purpose and power of vision boards, followed by a hands-on activity. Participants will create personal vision boards using cut-out magazine images, words, and symbols that represent their goals, values, and aspirations. The session encourages self-reflection, creativity, and goal setting. By the end, each participant will leave with a completed vision board to serve as daily motivation and a visual reminder of their goals.

1 Session Starts 3/26/2026 Meets Thu at 1:00

S0457C - Impressionists in Winter **Eugene Lariviere**

The only exhibition of the French Impressionists’ painting of winter scenes occurred in the U.S. in 1999. It was so impressive, the catalogue is still in print. We will see highlights of the exhibition, particularly the paintings by Monet, Pissarro and Sisley.

1 Session Starts 2/17/2026 Meets Tue at 10:00

S0524C - What is Heat **Daniel Richardson**

Previous presentations on the topic of global warming have dealt with the effects of heat on our bodies and how we can deal with a hot environment. What is missing in these presentations is the notion of exactly what is heat. Accordingly, this presentation will be about heat itself. What is it? How does it warm an object, including us? How is it transferred from warm to cool objects? And how does it work to warm the Earth?

1 Session Starts 3/4/2026 Meets Wed at 1:00

S0540C - Introduction to Home Hydroponics**Jody Noe**

An introductory exploration of hydroponics covering its history, a variety of home-growing techniques, and practical applications. The course includes demonstrations to help participants gain confidence and familiarity with hydroponic systems.

1 Session Starts 2/11/2026 Meets Wed at 10:00

S0625C - Is Google Feeding its AI Engine with Your Emails and Attachments?**Robert Truman**

Google has quietly enabled a Gmail setting that could allow your private emails and attachments to fuel Google's AI systems — unless you turn it off. Join us for a brief video on the latest reports, Google's response, and two Gmail settings you should disable to protect your data from AI "Smart Features." Afterwards, Rob will facilitate a discussion about the video and pose the question: Who truly owns your data?

1 Session Starts 2/9/2026 Meets Mon at 10:00

S0673C - AI use in the Everyday: Myths & Truths, Do's and Don'ts**Miguel Fernandez**

This brief introduction to AI's use in everyday tasks will overview what AI use can actually help with, what works versus what is myth, and will hold a general conversation to debunk what is marketing or hype versus AI's impact in the here & now. Examples of using AI prompts include how to ask better questions of experts (from doctors to teachers), translate topics into plain English, role-play scenarios of what could happen, how to use AI tools to detect fake AI-created images, and advanced resources.

1 Session Starts 3/5/2026 Meets Thu at 1:00

S0714C - Chair Yoga**Ann Larson**

Everyone is welcome—all levels. We will start wherever you are, and you will be surprised at how much your flexibility and strength will improve at the end of six sessions. You will have a model for an at-home practice at the end of our time together. And we will have fun doing it!!

6 Sessions Starts 2/3/2026 Meets Tue at 3:00 on 02/03, 02/10, 02/17, 02/24, 03/03, 03/10

S0766C - The 'Skinny' on Aging, Fat, and Fitness**Pamela Swan**

Think being thin means being healthy? Think again! Discover what really counts when it comes to body weight and aging well. We will explore some surprising truths about fatness and fitness, and why movement is a more powerful predictor of health than body size. You'll discover the fascinating ways that physical activity helps prevent or manage common age-related conditions. Then we'll wrap up with simple, practical steps to get you moving toward a longer, stronger, and more vibrant life.

1 Session Starts 2/26/2026 Meets Thu at 1:00

S0771C - Gentle Pilates/Yoga (PIYO) Practice**Kate Christensen**

This Pilates/Yoga (PIYO) series of stretches and poses can aid with calmness, balance, physical strength and stamina. By teaching movement with your breath, your body and mind will feel more full of life. A few benefits of yoga also include relaxation, increased balance and coordination, improved health, rid the body of toxins, stretch and align the spine. Take-home exercises will be shared. Please wear comfortable clothing and easily removable shoes, and bring a mat and blocks if you have them. Arrive early for mat placement.

4 Sessions Starts 3/23/2026 Meets Mon & Wed at 10:00 on 03/23, 03/25, 03/30, 04/1

S0951C - Empowering Others to be Your Healthcare Advocate**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 Starts 2/19/2026 Meets Thu at 9:00

S1003C - Learn to Play Cribbage (or sharpen your skills)**Stephanie Merrill, Sam Merrill**

Cribbage is a card/board game that is not difficult to learn and fun to play! Bring a cribbage board if you can. We will have only a few to loan for the class. Day one - Play of the game. Day two – Practice. Day three – Strategy. Day four - Tournament!

4 Sessions Starts 2/3/2026 Meets Tue at 1:00 on 02/03, 02/10, 02/17, 02/24

S1009C - Learn to Play Cribbage or (Practice your skills)**Stephanie Merrill, Sam Merrill**

Cribbage is a card/board game that is not difficult to learn and fun to play! Bring a cribbage board if you can. We will have only a few to loan for the class. Day one - Play of the game. Day two - Practice. Day three - Strategy. Day four - Tournament!

4 Sessions Starts 3/31/2026 Meets Tue at 1:00 on 03/31, 04/07, 04/14, 04/21

S1026C - Introduction to the Game of Bridge**Karin Hansen**

Learn how the most popular card game in the world is played. This beginning class will show you the basics of the game and provide information on classes, websites, and groups that can help you get started.

1 Session Starts 2/25/2026 Meets Wed at 10:00

S1027C - Cards: Tools, Tips, Techniques**Nita Pangan**

Introducing some of the tools Nita uses for creating beautiful cards and being creative, such as die-cutting, stamping, and embossing.

3 Sessions Starts 2/12/2026 Meets Thu at 10:00 on 02/12, 03/12, 04/09

S1047C - Make a Bowl, Make a Difference**Michael Ceschiat**

Create your own ceramic bowl for the Empty Bowls 2026 event while supporting local efforts to address food insecurity. This hands-on class lets you explore basic pottery techniques and enjoy getting your hands a little dirty for a great cause. All materials are provided, and no experience is needed. Join us on the Sun Lakes campus and craft a bowl that will make a difference.

1 Session Starts 2/25/2026 Meets Wed at 1:00

S1068C - Gift-Ready: Build Better Wine-Bottle Presentations**Paul Szablowski**

Learn practical ways to design and build standout wine-bottle packaging that actually impresses. This class covers simple, smart techniques for creating sturdy wraps, sleeves, and boxes using everyday materials. You'll focus on clean design, clear purpose, and solid craftsmanship—ending with gift-ready packaging that makes any bottle look sharp and earns real reactions from friends and family.

1 Session Starts 3/12/2026 Meets Thu at 1:00

S1111C - Africa: The Expected and the Unexpected**Carole Rockland**

Join a safari to South Africa, Zimbabwe, Zambia, and Botswana. Marvel at the beauty of the animals and learn what surprises came along the way.

1 Session Starts 3/2/2026 Meets Mon at 10:00

S1128C - The Magic of Journeys**Mike Groulx**

Learn how a marginally planned trip can transition into a life-changing journey. (As a courtesy to other participants, if you may not be able to attend both sessions, please allow another participant to register since class size is limited.)

2 Sessions Starts 3/10/2026 Meets Tue & Wed at 10:00 on 03/10, 03/11

S1201C - Timecapsules: Sharing Life Stories**Jackie Bayer**

Learn to create an engaging story from ordinary memories. Experience the power of stories to make sense of your past and connect you with others. Participants will create short narratives based on their life experiences to share with the class. (This class will meet once a week for six weeks. The class usually has a waiting list, so please don't sign up if you can't commit to attending or preparing for the class.)

6 Sessions Starts 2/4/2026 Meets Wed at 10:00 on 02/04, 02/11, 02/18, 02/25, 03/04, 03/11

S1262C - Sprechen Sie Deutsch?**Eugene Lariviere**

This is an ongoing class of German using 'The Complete Idiot's Guide to Learning German'. Some knowledge of German is needed.

10 Sessions Starts 2/4/2026 Meets Wed at 3:00 on 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/25, 4/1, 4/8, 4/15

S1278C - Say It in Spanish: Your First Steps**Kyle Messner**

Learn everyday Spanish in a friendly, supportive setting. This beginner conversational class introduces basic vocabulary, common phrases, and practical dialogue skills for real-life situations. No prior Spanish knowledge is needed. Build confidence through guided practice, simple conversations, and interactive activities designed to help you speak from day one. Attendance is not required in every class, but is strongly encouraged.

11 Sessions Starts 2/5/2026 Meets Thu at 10AM: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/26, 4/2, 4/9, 4/16, 4/23

S1315C - Beer, All You Wanted to Know But Were Afraid to Ask**Edward Lamers**

An enjoyable deep dive into the beginning of a beverage that ancient civilizations called 'liquid bread,' concluding with current times. We will delve into the history, economics, customs, and culture of this ubiquitous beverage.

1 Session Starts 3/25/2026 Meets Wed at 10:00

S1330C - Tea Rituals for Mindful Living**Evelyn Yeh**

Experience a guided tea ceremony where participants savor four distinct teas. This small, intimate session allows you to enjoy the aromas, flavors, and calming ritual of traditional tea practice. Seating is limited to preserve the peaceful, personal atmosphere of the ceremony.

1 Session Starts 3/30/2026 Meets Mon at 10:00

S1344C - Movie & TV Scenes About Aging: A Psychological Discussion**Drs. Al and Scott Silberman**

Join us for an interesting and informative discussion about how aging is portrayed in film and television. Short clips (several minutes each) will be shown, and an audience participation discussion will follow after each one. Therefore, your participation is strongly encouraged, although you are also welcome to sit and watch. Drs. Al and Scott Silberman, both Arizona-licensed psychologists, will lead our discussion.

1 Session Starts 4/21/2026 Meets Tue. at 10:00

S1361C - Who Should Decide What Goes in Our School Textbooks?**Eugene Lariviere**

We will view a 30-minute film on "The Textbook Wars" from the Teaching Company. We will then hear about the controversy over how WWII history was taught in Germany for 25 years after the war ended. The rest of the session will be a group discussion on who should decide what our children are taught.

1 Session Starts 4/13/2026 Meets Mon at 1:00

S1407C - Care for the Caregiver**Darcy Bentz**

Caring for a loved one can be both rewarding and challenging. Learn how to optimize your loved one's well-being and take care of yourself in the process.

1 Session Starts 2/17/2026 Meets Tue at 10:00

S1408C - Making the Most of Visiting Your Doctor**Darcy Bentz**

Learn how doctors organize their time with patients and how to come prepared with information and questions to ensure a mutually rewarding experience.

1 Session Starts 2/26/2026 Meets Thu at 10:00

S1412C - Sweet and Slow Desserts in Crock Pots**Billie Jordan**

Who says crock pots are just for chili? In this class, “Julia” shares her recipes for making sweet, gooey, irresistible desserts that practically cook themselves. From lava cakes to cobblers, your slow cooker is about to become your new favorite baking buddy. Prepare yourself for delicious smells and a few tasty treats.

1 Session Starts 2/3/2026 Meets Tue at 3:00

S1413C - Radiant Elderhood**Ann Larson**

Telling the authentic stories of our lives helps us witness our own radiant selves. Our stories give us the chance to appreciate the miraculous adventure of our lives. It becomes an even more powerful experience when we share those stories with others. To explore our radiant elderhood, we will focus on the possibilities of joy, transcendence, and meaning through the medium of storytelling, art, movement, and meditation. The class is designed to be participatory.

3 Sessions Starts 2/19/2026 Meets Thu at 3:00 on 02/19, 02/26, 03/05

S1432C - Dental Tourism: Exploring Mexico’s Smile Solutions**Andrea Chisolm**

Explore dental tourism in Los Algodones, Baja California, Mexico, a top destination for affordable, high-quality care. Learn about the services, and meet the experienced dentists and support staff. Discover how Mexico combines excellent dental treatment with a cost-effective, seamless experience.

1 Session Starts 2/10/2026 Meets Tue at 10:00

S1435C - Fight Muscle Loss With Aging**James Bogash**

There is NOTHING that will keep you healthy and independent like muscle mass. From balance to immunity to protecting your brain. Come find out how to best maintain or even build muscle mass, bones, and balance. Is protein intake enough? What about weights? Any miracle supplements? Find out all the answers.

1 Session Starts 4/1/2026 Meets Wed at 1:00

S1436C - Fight Muscle Loss With Aging**James Bogash**

There is NOTHING that will keep you healthy and independent like muscle mass. From balance to immunity to protecting your brain. Come find out how to best maintain or even build muscle mass, bones, and balance. Is protein intake enough? What about weights? Any miracle supplements? Find out all the answers.

1 Session Starts 4/23/2026 Meets Thu at 10:00

S1455C - The Second Brain: Do the "germs" in your gut really run your life? Eugene Lariviere

There is a lot of interest in medical research on how the human biome (the trillions of bacteria, fungi, viruses etc. in your gut) affects our physical and mental health. Do products from the biome ‘cause’ obesity, arthritis, depression, dementia? We’ll look at what we know and how scientists are exploring the connection between the biome and health, and how we might change the pattern of bacteria in our biome.

1 Session Starts 2/2/2026 Meets Mon at 10:00

S1456C - Sugar: From Slavery to Obesity**Eugene Lariviere**

Columbus brought sugar canes to the New World in 1493. Sugar production by more than six million slaves in subsequent centuries produced the ‘white gold’ that made men rich and ‘addicted’ millions of Europeans. The modern pandemic of obesity and diabetes are the modern result of that history.

1 Session Starts 2/12/2026 Meets Thu at 10:00

S1523C - Cultural and Religious Perspective at the End of Life**Stephen Gardner**

Understanding how different religions and cultures view death and dying helps us connect with others on a deeper level. This session explores end-of-life beliefs and traditions across major world faiths, offering insight into how people find comfort, meaning, and peace. Join us for a thoughtful discussion on the spiritual and cultural perspectives that shape our final journey.

1 Session Starts 2/11/2026 Meets Wed at 1:00

S1748C - New Adventures On-going Book Club A**William Haskell**

We will be discussing “Coming Up Short: A Memoir of My America” by Robert Reich. From a political economist, cabinet member, beloved professor, and bestselling author of “Saving Capitalism and The Common Good”, a deeply felt, compelling memoir of growing up in a baby-boom America that made progress in certain areas, fell short in so many important ways, and still has lots of work to do. Since July 2015, the Club has discussed over 73 books, primarily non-fiction.

1 Session Starts 2/2/2026 Meets Mon at 1:00

S1749C - New Adventures On-going Book Club B**William Haskell**

We will be discussing “Gangsters vs Nazis: How Jewish Mobsters Battled Nazis in Wartime America” by Michel Benson. The stunning true story of the rise of Nazism in America during the 1930s and 1940s—and the fearless Jewish gangsters and crime families who joined forces to fight back...with a vengeance. Benson divulges the role of Jewish mobsters in stomping out the terrifying tide of Nazi sympathizers before WWII. Since July 2015, the Club has discussed over 73 books, primarily non-fiction.

1 Session Starts 3/2/2026 Meets Mon at 1:00

S1750C - New Adventures On-going Book Club C**William Haskell**

We will be discussing “Outliers: The Story of Success” by Malcolm Gladwell. In this stunning book, Malcolm Gladwell takes us on an intellectual journey through the world of ‘outliers’--the best and the brightest, the most famous and the most successful. He asks the question: What makes high-achievers different? Since July 2015, the Club has discussed over 73 books, primarily non-fiction.

1 Session Starts 4/6/2026 Meets Mon at 1:00

S1921C - Tax-Smart Retirement**Stacey Bendfelt**

Taxes can quietly shrink your retirement income. Learn practical ways to help reduce what you owe through smart withdrawal timing, Social Security coordination, Roth conversions, and tax-deferred income strategies using annuities. Designed for individuals, couples, and business owners planning their next chapter.

1 Session Starts 2/4/2026 Meets Wed at 1:00

S1922C - Declutter Your Finances**Stacey Bendfelt**

Simplify your financial life and make your money easier to manage. Learn how to consolidate accounts, organize key documents, and streamline income planning so everything works together. Designed for individuals, couples, and business owners preparing for or already enjoying retirement.

1 Session Starts 3/3/2026 Meets Tue at 1:00

S1929C - Smart Estate Moves: Trusts, Deeds & POAs Explained**Lydia Wietsma**

Navigate the maze of estate and real estate planning with confidence! This engaging course helps seniors avoid the costly pitfalls of probate while protecting their property and legacy. Learn why keeping your Power of Attorney up to date matters, the key differences between a beneficiary deed and a trust, and the hidden risks of adding children to your title. Empower yourself with practical tools to ensure your wishes are honored—without unnecessary court delays or expenses.

1 Session Starts 2/19/2026 Meets Thu at 10:00

S1933C - Introduction to Estate Planning**Heather L Parker**

Come and learn the basics of Estate Planning - what a will, trust, powers of attorney are, and when/how they work.

1 Session Starts 3/12/2026 Meets Thu at 3:00

S1934C - Probate and the Role of an Executor**Heather L Parker**

Come and learn what it means to be an executor/personal representative, as well as the basics of how a probate case works, and the overall process of serving in this role.

1 Session Starts 4/2/2026 Meets Thu at 1:00

S1941C - Intro To Retirement Investment And Income Planning**Matt Mundy**

Information designed for people near or in retirement with a low level of knowledge when it comes to investing. We will cover retirement-specific investments and strategies. Some have been in use for generations, and others have been newly developed. Don't feel intimidated; you are welcome to come in, sit back, relax, and learn. You will be given plenty of educational material to bring home, and you will have an opportunity to have a retirement income and an assets report specific to your situation.

1 Session Starts 3/24/2026 Meets Tue at 3:00

S1942C - Market Update**Michelle Ovadia**

The most up-to-date information on the markets and how they are performing, as well as where we see them headed. We will discuss the market outlook, particular sectors in the market, equities and fixed income (bonds), identify any particularly attractive sectors, and assess whether there are any concerns regarding market performance. A few minutes at the beginning of class is allotted to reviewing good investment habits and considerations to avoid investor pitfalls.

1 Session Starts 2/18/2026 Meets Wed at 1:00

S1943C - How to Leverage the Equity in Your Home to Make Millions!**Michelle Ovadia**

Learn how the equity in your home, which is not earning you anything, can be used to generate millions in the market in the future or provide extra money to spend each month. Whether you need extra money each month now, in the future, or want to leave a bigger legacy to your family, this course can show you how leveraging home equity is an opportunity you won't want to miss. In addition, we will review the tax benefits and how this can help reduce your tax liability and save you money.

1 Session Starts 3/11/2026 Meets Wed at 1:00

S1952C - Top 7 Estate Planning Mistakes to Avoid**Becky Cholewka**

Becky Cholewka, an estate planning specialist with more than 15 years of experience, identifies the most common mistakes she sees in her office every day. Learn what to avoid to keep yourself and your family protected, save money, and reduce chaos.

1 Session Starts 3/26/2026 Meets Thu at 9:00

S1953C - Mythbusters**Becky Cholewka**

This presentation separates the FACTS from the FICTION when it comes to planning your estate. Covering 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 Starts 4/30/2026 Meets Thu at 9:00

S1974C - Confident Retirement Planning**Shelby Andersson**

This seminar will show pre-retirees or retirees why a financial plan is essential, how to build one effectively, and how to create a reliable income so you don't outlive your savings. Learn simple strategies to protect your nest egg, manage risk, and gain peace of mind as you enter this new chapter with clarity and confidence.

1 Session Starts 2/9/2026 Meets Thu at 1:00

S1980C - Foundation of Investing: Learn the Basics with Confidence

Shelby Andersson

In this 4-week series, you'll learn the core principles of investing, how to build a simple strategy, and how to make confident, informed decisions with your money. We'll break down key concepts, explore common investment options, and give you the tools to start investing with clarity and confidence.

4 Sessions Starts 3/24/2026 Meets Tue at 9:00 on 03/24, 03/31, 04/7, 04/14

S2072C - Strengthening Democracy: The Citizen's Role

Brian Porter

This engaging community course draws from Richard Haass' "The Bill of Obligations" to explore how everyday citizens can help sustain American democracy. Participants will examine ten key civic responsibilities—including being informed, engaging respectfully, and putting country over party—and reflect on how these obligations can be practiced in daily life. Through open dialogue and real-world examples, the class fosters a deeper understanding of how individual actions shape our shared future.

1 Session Starts 3/5/2026 Meets Thu at 10:00

S2120C - Doing Life with Your Adult Children

Kevin Sieling

Format: Facilitated discussion and reflection. Your parenting role changes as your children become adults—it doesn't end! Based on Jim Burns' book, this session explores finding a new balance. Learn how to stay connected without controlling and offer support without overstepping. Focus on respect, boundaries, and communication that honors their independence and maintains a strong, lasting relationship. Keep your mouth closed and the welcome mat out!

1 Session Starts 3/3/2026 Meets Tue at 10:00

S2138C - Understanding Grief and Mourning

Darcy Bentz

Grief and Mourning can be overwhelming experiences, but the more you know about what to expect, the less frightening it is.

1 Session Starts 4/8/2026 Meets Wed at 10:00

S2139C - Normal Aging or Something More? Understanding Signs of Dementia

Darcy Bentz

What changes are normal, and what could be signs of dementia? We offer support to those at all stages of dementia.

9 Sessions Starts 4/21/2026 Meets Tues at 10:00

S2145C - All I Have to Do is Dream: What Do My Dreams Mean?

Drs. Al and Scott Silberman

Drs. Al and Scott Silberman will briefly discuss the science of sleep and dreaming, leaving ample time for participants to ask about their own dreams and what they mean. Free snacks will be provided from Insomnia Cookies!

1 Session Starts 4/28/2026 Meets Tue. at 10:00

S2358C - The Great Boston Molasses Flood

Eugene Lariviere

In January 1919, a huge tank burst and sent a wave of molasses twenty feet high down a busy street, destroying structures and killing people. The legal proceedings that followed changed the laws of corporate responsibility that come down to our time.

1 Session Starts 3/4/2026 Meets Wed at 10:00

S2359C - The Arizona Trunk Murderess**Eugene Lariviere**

In October 1931, two women were murdered in Phoenix. Their cut-up bodies were discovered in trunks shipped to Los Angeles. It was a national sensation. Winnie Ruth Judd was found guilty of the murders and was condemned to execution. Her story continued until her death at age 93.

1 Session Starts 3/24/2026 Meets Tue at 1:00

S2360C - Irena Sendler**Eugene Lariviere**

Irena Sendler saved 2,500 children from the Warsaw ghetto during the Holocaust. Her incredible feats went mostly unknown for over 50 years until three teenagers from Kansas discovered her and made her world famous. This is part of a series of unknown women heroes of WWII.

1 Session Starts 4/6/2026 Meets Mon at 10:00

S2363C - Arizona Wild Territorial Days and its Economic Development**Al Quihuis**

This is a presentation of Arizona's wild history; it's prospecting and mining towns, saloons, gambling, brothels, lawless gunfire days, military, and Indian wars. It is a wonder how Arizona achieved statehood as the 48th state. The driving forces behind this were the 5C's and the five trails leading to Arizona.

1 Session Starts 2/5/2026 Meets Thu at 9:00

S2364C - Honoring Family Legacy. Journey and Stories.**Al Quihuis**

In Mexico, the revolution had begun; in Arizona, the Roosevelt Dam was completed, and it became the 48th state; and in Europe, World War I was looming. Thousands of families left Mexico for the United States. Did they leave because of the war or to seek new opportunities? This is a story of a descendant's search for his family's journey to Arizona, connecting their lost stories, discovering their contributions, and honoring their legacy.

1 Session Starts 2/23/2026 Meets Mon at 10:00

S2710C - Amazing Women: The "Hello Girls"**Carole Rockland**

Continuing the series 'Amazing (but little-known) Women', this class will focus on the 'Hello Girls.' Meet the women of the Army Signal Corps of World War I and follow their long battle for recognition.

1 Session Starts 3/9/2026 Meets Mon at 10:00

S3006C - Your Life Your Legacy**Hallie Lang**

Most of us plan for important life events, such as weddings, our children's education, and retirement. But few of us prepare for the inevitable. This fast-moving program addresses the importance of making your final arrangements in advance and the steps to take. To help you and your family, free planning tools to help record your wishes and important personal information will be available.

1 Session Starts 2/2/2026 Meets Mon at 10:00

S3054C - Found a Pet? Lost a Pet? Learn What to Do**Cher Bivona**

Learn practical steps to take if you find or lose a pet. This one-hour class covers how to safely approach found animals, use microchip and tag resources, create effective lost-pet posts, work with shelters, and mobilize your community. Participants will leave with a clear plan to act quickly and responsibly to reunite pets with their families.

1 Session Starts 4/7/2026 Meets Tue at 10:00

Off Site

S1865T - Lunch Bunch April 2026 (Off-site)

Virginia Allen

Join other New Adventures members at Cornish Pasty, 1941 W. Guadalupe Rd., Ste 101, Mesa, AZ (Crossroads: SE corner S. Dobson Rd. + W. Guadalupe Rd., Mesa) on April 10th at 11:30 A.M. until 1:00 P.M. “The Cornish Pasty originates from Cornwall (SW England) and can be traced back as far as the 1200s. At that time, pasties were baked by wives and mothers of tin miners, which was once a thriving industry in Cornwall.” We look forward to having a memorable time.

1 Session Starts 4/10/2026 Meets Fri at 11:30

S1867T - Lunch Bunch February 2026 (Off-site)

Virginia Allen

Join other New Adventures members at a luncheon at the Hangar Cafe, 1725 E. Ryan Rd., Chandler, on Friday, February 6th, 11:30 A.M. to 1:00 P.M. This luncheon follows a tour of the Chandler Municipal Airport, which is listed as a separate event. We look forward to having a memorable time.

1 Session Starts 2/6/2026 Meets Fri at 11:30

S1877T - Lunch Bunch March 2026 (Off-site)

Virginia Allen

Join other members of New Adventures for a luncheon at Baby Kay’s Cajun Kitchen, 2051 S. Dobson Rd., Ste. 18, Mesa, AZ, March 20, 2026, at 11:30 A.M. until 1:00 P.M. Crossroads: SW corner of S. Dobson Rd. + W. Baseline Rd. “Baby Kay’s has been cooking up authentic Cajun & Creole cuisine for more than 22 years.” We look forward to having a memorable luncheon.

1 Session Starts 3/20/2026 Meets Fri at 11:30

S2202T - Tour of Chandler Municipal Airport by Bus (Off-site)

Virginia Allen

Join other New Adventures members in the lobby of the Chandler Municipal Airport, 2380 S. Stinson Way, Chandler, AZ. A bus is scheduled to take us on a tour of Chandler Municipal Airport.

1 Session Starts 2/6/2026 Meets Fri at 10:00

S2270T - Tour of Wildhorse Ranch Rescue (Off-site)

Virginia Allen

Join other members of New Adventures at the Wildhorse Ranch Rescue, 11811 S. Lindsay Rd., Gilbert, AZ, Friday, March 13th at 9:00 A.M. for a tour. A waiver form will be available for signatures. Wildhorse Ranch Rescue is a nonprofit horse and cat rescue facility. They depend on volunteers and donations to save animals from abuse, neglect, slaughter, and premature death and provide a safe place for them to live for the remainder of their lives through adoption or sanctuary. We look forward to sharing a meaningful experience.

1 Session Starts 3/13/2026 Meets Fri at 9:00

S2279T - Tortillas, Queso, and Pan Dulce Field Trip (Off-site)

Kyle Messner

Visit El Rancho IGA in downtown Chandler to see tortillas made from start to finish, sample a variety of Mexican cheeses, and discover different types of pan dulce. The presentation is in English, with translators available. Enjoy a brief tour, lunch cafeteria-style, and time to shop for specialty groceries.

1 Session Starts 4/28/2026 Meets Tue at 10:30

Online Zoom

S0618Z-NA - How to Catch a Scam Before It Catches You (ZOOM)

Kevin Sieling

Kevin Sieling

Empower yourself to recognize, prevent, and report common scams! In this session, you'll learn the key red flags of fraud targeting seniors and gain practical steps to avoid becoming a victim. Discover how to verify information, how to detect fraud and scams, and how to access trusted support resources. Join us to share insights and protect yourself and your family.

1 Session Starts 2/17/2026 Meets Tue at 10:00

S0619Z-NA - AI 2.0: Advanced AI Applications (ZOOM)

Kevin Sieling

Take your AI skills further! This advanced session introduces sophisticated AI applications beyond basic chat, including image generation, conversation customization, document analysis, and AI-powered research tools. Learn to sharpen your critical thinking skills to assess AI outputs effectively. Build confidence in exploring the next generation of AI tools!

1 Session Starts 2/24/2026 Meets Tue at 10:00

S1217Z-NA - Unleash Your Story: AI Tools for Beginning Authors (ZOOM)

Kevin Sieling

The audience is beginning writers, authors, or anyone interested in using free AI to develop fiction, short stories, or memoirs. Explore how free AI chatbots and writing tools can boost your creativity and productivity! Learn to use AI to generate ideas, build outlines, create characters, and refine your work—all while keeping your authentic voice. You'll discover different AI tools, practice effective prompts, and apply ethical strategies for collaborating with your new AI writing partner.

1 Session Starts 3/24/2026 Meets Tue at 10:00

S1788Z-NF - Open to Debate (ZOOM)

Suzanne Brown

"Open to Debate" is the nation's only nonpartisan, debate-driven media organization dedicated to bringing multiple viewpoints together for a constructive, balanced, respectful exchange of ideas. "Open to Debate" is a platform for intellectually curious and open-minded people to engage with others holding opposing views on complex issues. Each month, we will view a different program and discuss the issues and concepts. To learn more about "Open to Debate", check out their website at: <https://opentodebate.org/about/>. If you see a topic you want us to discuss, let the facilitator know.

3 Sessions Starts 2/5/2026 Meets Thu at 2:00 on 2/5, 3/5, 4/2

S1931Z-NA - Social Security News and Updates for 2026 (ZOOM)

Jack Burns

Learn and discuss any news and updates to Social Security's benefit programs for 2026, and review answers to common questions people have about the benefits. A live question-and-answer session will follow the presentation.

1 Session Starts 3/27/2026 Meets Fri at 1:00

S1981Z-NF - Harnessing the Power of Roth (ZOOM)

Scott Sandell

Roth is for EVERYONE! Regardless of age, wealth, gender, etc. We will learn everything we need to know about Roth 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 Starts 2/4/2026 Meets Tue at 10:00

S1982Z-NF - Understanding Taxation in Retirement (ZOOM)**Scott Sandell**

Taxation in retirement is vastly different than your working years. Understanding the taxation that affects retirees will help you navigate as efficiently as possible. 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 Starts 2/24/2026 Meets Tue at 10:00

S1983Z-NF - Becoming Tax-Efficient In Retirement (ZOOM)**Scott Sandell**

This class is a necessity for all. In an era of rising interest rates and volatile markets, it is increasingly important to be tax-efficient in retirement to maximize your assets. We will review how current taxation works and explore the most common ways to save taxes in retirement. 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 Starts 3/10/2026 Meets Tue at 10:00

S1984Z-NF - Navigating Safe Investments in Today's Market (ZOOM)**Scott Sandell**

With interest rate changes and a need to diversify from the traditional bond portfolio, safe and stable investments are more important than ever. We will review ALL investment options available and discuss when and where to use them—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 Starts 4/14/2026 Meets Tue at 10:00

S2085Z-NF - Assessing America's National Security Threats (ZOOM)**Suzanne Brown**

The United States faces significant dangers and opportunities in the coming century. Malicious actors have harnessed new technologies such as drones, missiles, and offensive cyber weapons to threaten and, in some cases, attack America and its allies. Since the end of the Cold War, US foreign policy and national security strategy have suffered from strategic narcissism—the tendency to define complex challenges and opportunities abroad only in relation to the United States—and to underappreciate the interests, emotions, and aspirations that drive and constrain rivals, adversaries, and enemies. Former US National Security Advisor H. R. McMaster designed and delivers this 12-lecture series.

6 Sessions Starts 3/25/2026 Meets Wed at 3:30 on 3/25, 4/1, 4/8, 4/15, 4/22, 4/29

S2386Z-NF - Inventions that Changed the World (ZOOM)**Suzanne Brown**

We're surrounded by inventions. Clocks, appliances, cars, televisions, cell phones... the list goes on and on. Where did all these inventions come from? How do they work? And how do they reflect - even define - the values of our culture? Now, you can learn the remarkable stories surrounding monumental inventions - and how consequential these inventions were to history. Taught by Professor W. Bernard Carlson of the University of Virginia, who is an expert on the role of innovation in history, these 36 enlightening lectures will be presented in Spring, Summer, and Fall terms and give attendees a broad survey of material history, from the ancient pottery wheel to the Internet and social media. The course will be presented online and in person at the same time.

6 Sessions Starts 3/23/2026 Meets Mon at 3:30 on 3/23, 3/30, 4/6, 4/13, 4/20, 4/27

S2387Z-NF - Great Trials of World History (ZOOM)**Suzanne Brown**

Listen and discuss the lessons learned by a study of the great trials in history through this "Great Course" class. The 6-session part this Spring will cover trials from the 1890s, such as Oscar Wilde, through the early 1900's Leopold and Loeb, Scopes Monkey, into the mid-century with the Nuremberg trials, Chicago Eight, and ending with the trial of O.J. Simpson. Come learn with us online or in person at Red Mountain Campus.

6 Sessions Starts 2/2/2026 Meets Mon at 3:30 on 2/2, 2/9, 2/16, 2/23, 3/2, 3/9

New Adventures in Learning
Spring 2026 Classes
February 2nd to April 30th

Spring 2026 Instructors

Allen, Virginia

Virginia Allen has served New Adventures as secretary, president-elect, and is now serving as president. She served as a university library systems coordinator with the rank of assistant professor and retired from Lamar University after 30 years.

Andersson, Shelby

Shelby is a Financial Advisor at Morgan Stanley working on the Andersson/Bekken Group. They help families make confident, informed financial decisions. Unfortunately, there is a lack of education around the topic of finances. She is passionate about making finance clear and approachable, and she looks forward to providing practical tools to navigate retirement, investing, and legacy planning with confidence.

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.

Bendfelt, Stacey

Stacey Bendfelt is a Financial Advisor with Raymond James who helps individuals, couples, and business owners make sense of their finances and turn savings into reliable income. She blends practical, tax-smart strategies with clear guidance to help simplify retirement planning. Based in Arizona, Stacey teaches engaging seminars in 55+ communities focused on creating clarity, balance, and confidence for the years ahead.

Bentz, Darcy

Darcy Bentz is a community liaison with Hospice of the Valley. She will facilitate and bring guest speakers to her courses.

Bivona, Cher

Cher Bivona, founder of Weezie's Helping Hands in Sun Lakes, AZ, has spent her life devoted to animal welfare. Her passion began in the 1980s in Connecticut, volunteering in rescue work. After moving to Oregon in 1996 with her family and pets, she continued rehabilitating animals in need. Through her foundation, Cher works to reunite lost pets, support rescues, and bring compassion and second chances to animals who need them most.

Bogash, James

James Bogash, D.C., has training in physiology and functional medicine, which examines how the environment interacts with the body to produce health and disease.

Brown, Suzanne

Suzanne Brown is a frequent Zoom facilitator and presenter with New Frontiers in Lifelong Learning. Her experience presenting online and teaching others about online learning covers two decades.

Burns, Jack

Jack Burns is the Public Affairs contact for the Social Security Administration in Arizona. Jack has worked for Social Security for 22 years.

Ceschiat, Michael

Michael Ceschiat is a residential faculty member and faculty lead of the Ceramics program at Chandler-Gilbert Community College. Michael has been making, exhibiting, and teaching ceramics for over three decades. Michael's ceramic and steel sculptures have been shown nationally and internationally. Michael has a Bachelor's degree in Fine Arts from Columbus College of Arts and Design, majoring in ceramics and sculpture, and a Master's of Fine Arts in Ceramics and Sculpture from the University of New Mexico.

Chisolm, Andrea

Andrea Chisolm, with a bachelor's in CS and a master's in International Finance, became interested in investing in Los Algodones' dental sector. With 20 years of experience, she will discuss Dental Tourism, Mexico's benefits, Amazing Dental Care, and its most popular procedures and services.

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.

Christensen, Kate

Kate, affectionately known as the "ever-ready bunny", has been dedicated to various yoga practices alongside her active lifestyle. She currently leads seven classes per week, specializing in Vinyasa, Gentle Yoga, stretching, and Challenge Yoga, catering to all skill levels. With success in working with active seniors, she brings her wealth of experience to every session. Certified as a 300 RYT, Kate has recently earned certifications in Ayurveda, Breathwork, and Aqua Fitness, reflecting her dedication to wellness.

Fernandez, Miguel

Miguel Fernandez is a faculty member at Chandler-Gilbert Community College, with graduate degrees in Comparative Literature (NYU) and National Security Intelligence Studies (Notre Dame College). Fernandez has created more than 28 training sessions on AI since 2022. He is a member of the MCCCCD AI Taskforce, the IAAA, and a 2024 DFR Lab Digital Sherlock. He is a co-author of "Achieving Knowledge Advantage through OSINT." Fernandez was awarded a 2025 Horizon Grant to develop short videos on the use of AI tools.

Frank, Joan

Joan is a seasoned vision board creator with 20 years of experience transforming dreams into reality. She uses her Vision Board creation process to manifest goals. She has presented her compelling boards and methods in multiple venues. Joan served on the Speaker's Bureau Council. She has a background in the legal profession as a defense attorney secretary and a paralegal.

Gardner, Dr. Stephen

Dr. Stephen Gardner, a retired U.S. Army veteran with over 40 years of faith and community service, serves as Chaplain, Bereavement Counselor, and Veteran Community Liaison with Hospice of the Valley. A Certified Thanatologist and Speakers Bureau member, he shares expertise in end-of-life care. Dr. Gardner holds a Doctorate in Organizational Leadership and is active on veteran committees. He is married with five children and five grandchildren.

Groulx, Mike

Graduate of UC Santa Barbara 1965, Graduate school 1966, Classified 1Y by military draft, worked 1 year with General Dynamics Pomona, CA, in charge of college recruiting program, and as an Adult education facilitator for Fortune 500 companies worldwide.

Hansen, Karin

Karin Hansen holds a Master's Degree in Education from the University of Minnesota. She is a Life Master Competitive Bridge Player and a Certified Bridge Instructor with the American Contract Bridge League. She enjoys introducing new players to the game and helping them develop their skills and techniques.

Haskell, William

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

Jordan, Billie

Billie Jordan is a retired RN with years of experience in several fields of nursing. She loves teaching and has incorporated that into both her professional and personal life. She has facilitated classes and discussions on health and wellness and has served as an employee advisor for corporations such as State Farm and Intel. In her retirement, she continues her pursuit of healthy living, knowledge, and the sharing of information with others.

Kaiser, Cami

Meet Your Design Team: Award-winning designers Betsy Burgan and Susie Drake, along with top sales consultant Cami Kaiser, bring decades of design expertise, creativity, and real-world know-how. In this fun, inspiring class, they'll share insider tips on color, pattern, texture, and flow—helping you create a home that's stylish, functional, and uniquely yours. Join them for laughter, learning, and design inspiration you'll love!

Lamers, Edward

Ed, a Milwaukee native, is a graduate of Marquette University School of Dentistry. He is a retired US Army Dental Corps Colonel with a specialty in prosthodontics. After retiring from the military, he joined the faculty of the Oregon Health Sciences University. Ed is a world traveler, history buff, beer lover, and well-seasoned lecturer who brings fun and facts to this fascinating subject.

Lang, Hallie

As North America's trusted provider of funeral, cremation, and cemetery services, Dignity Memorial professionals care for thousands of families each year. "We've helped generations of customers create memorials that truly celebrate the life of their loved one. We honor the legacies of unique cultures, backgrounds, and heritages. We believe in giving back to our community. Our wide range of community programs is deeply rooted in our commitment to provide comfort."

Lariviere, Eugene

Gene is a retired pediatrician from New Hampshire. He has led numerous New Adventures classes, primarily in history.

Larson, Ann

Yoga practice has been a regular part of Anna's life for 25 years. She completed the YTT200 yoga teacher training in 2010 at Vancouver Yoga and Body Work. She has continued her studies and teaching throughout the years. In addition to her years of yoga practice, Anna was a Marriage and Family Therapist in private practice and often used breathwork, meditation, and movement to help heal her patients.

Merrill, Sam

Sam is a retired school principal. He currently teaches math at CGCC. He has enjoyed playing rugby in his free time.

Merrill, Stephanie

Stephanie was raised in Tucson, where she was a school librarian for grades K-12. She loved her job, but was ready to retire 6 years ago. She worked for various medical schools in Phoenix as a Standardized Patient to keep her mind sharp. She likes to meet people and particularly enjoys playing games of all types to make social connections.

Messner, Kyle

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in bilingual education and a MEd in Special Education. She has taught at Appalachian State University and Arizona State University for a total of 25 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 Spanish and English in a private bilingual school. She is currently the past-president of New Adventures.

Mundy, Matt

Matt Mundy, RICP, has been helping families prepare for their retirement since the 1990s. Matt graduated from Northern Illinois University in 1995 and has since expanded his retirement-planning and investment firm into one of the largest in Maricopa. As a RICP [Retirement Income Certified Planner], he specializes in retirement-specific investments and strategies. Matt is not a "Jack of All Trades". This allows him to focus his time and efforts on being the most knowledgeable in his specialty.

Noe, Jody

Jody Noe is a retired U.S. Air Force clinical laboratory officer who relocated to Chandler, Arizona, after completing her military career, eager to be closer to her children and grandchildren. During the COVID-19 lockdowns, she developed a passion for hydroponics, a hobby that has become a meaningful part of her life. Jody proudly considers herself an "advanced beginner," continually learning and experimenting as she expands her hydroponic skills.

Ovadia, Michelle

Michelle has worked in financial services since 2006. She became a financial advisor with Edward Jones in 2014, earned her Certified Financial Planner designation in 2024, and was named to Forbes' 2024 Top Women Wealth Advisors Best-in-State list for Arizona in 2025. She enjoys educating clients and helping them make informed decisions.

Pangan, Nita

Nita has enjoyed eight years of card making as a Stampin' Up demonstrator. She also enjoys kids' classes and introducing new people to the fun of being creative. She offers classes every month and participates in community service. She often makes cards for veterans, foster kids, and nursing homes. Nita is a part of the Sun Lakes community and has been for nearly ten years. She looks forward to sharing her experiences in a classroom environment here.

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 for more than 17 years and of the Arizona Bar Association for more than 10 years.

Porter, Brian

Brian Porter, a longtime follower of American politics, believes the nation's pursuit of "a more perfect union" remains unfinished. Drawing on current events, history books, and documentaries, he shares his insights to foster civic dialogue and bridge divides. He believes all humans are created equal and endowed with certain inalienable rights, that among these are Life, Liberty and the Pursuit of Happiness.

Quihuis, Al

Albert Monreal Quihuis is a Multi-Award-Winning Author in three different genres. He is an Arizona native, historian, and speaker. Albert started writing multicultural books to inspire people to learn about their history, culture and traditions. Books include "The Legacy Journal", "Journeys to Authorship", "Better Than Me" and "The Sofia and Pepe Adventure Series".

Richardson, Daniel

Daniel Richardson collectively taught human physiology for over 40 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.

Rockland, Carole

Carole Rockland is a retired music educator. She has been a participant and presenter at New Adventures since 2012.

Sandell, Scott

Owner of Secure Estate Solutions and Senior Tax Network as well as the president of the Arizona Chapter of the Foundation for Personal Financial Education (FPFE), which is a 30-year-old, nationwide, nonprofit speaker's bureau dedicated to providing financial education without bias or the burden of sales.

Sieling, Kevin

Kevin is a retired educator with decades of leadership in teaching, administration, and curriculum development. He now serves as a coach and advocate, empowering educators and families through professional development, instructional coaching, and special education support. Kevin brings warmth, precision, and passion to every endeavor.

Silberman, Scott and Al

Scott Silberman and Al Silberman are both Licensed psychologists in Arizona. Scott has been teaching at the college level for over 35 years. He also evaluates children and teenagers for mental health and legal purposes. Al was a school psychologist and also worked in private practice for over 50 years.

Swan, Pamela

Dr. Swan is an Associate Professor of Exercise Science in the College of Health Solutions at Arizona State University, where she has served for over 30 years. A Fellow of both the American College of Sports Medicine and The Obesity Society, her research examines how exercise and physical activity affect obesity and chronic lifestyle diseases, with specific expertise in resistance exercise for maintaining bone and muscle health in post-obese and older adults.

Szablowski, Paul

Retired seasoned creative marketing and advertising executive

Truman, Robert

Rob has over 40 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.

Wietsma, Lydia

Lydia is a certified senior and probate specialist. She helps families avoid the pitfalls of probate. She has 22 years of experience working with seniors' real estate issues. Lydia is the author and radio host of "Solving Life's Next Chapter".

Yeh, Evelyn

Evelyn Yeh and Arthur Tu are originally from Taiwan and bring decades of cultural knowledge and practice to their teaching. They offer classes in tai chi that emphasize balance, mindfulness, and the integration of movement and breath. In addition to their martial arts instruction, they have conducted a wide range of traditional Chinese tea ceremonies, sharing the history, philosophy, and sensory experience of tea culture. Through both tai chi and tea, Evelyn and Arthur seek to create spaces of calm, connection, and cultural appreciation for their students.