



New Adventures in Learning

Fall 2023 Classes

October 2 to December 14

(ZOOM classes are identified in the title)

Presenter information starts on page 19

F0301C - The Real History of Dracula

Eugene Lariviere

The first three sessions will feature a new program on Dracula from the Teaching Company taught by two folklorists. The last session will feature the 1931 Bela Lugosi movie Dracula with discussion of other Dracula movies.

4 Sessions *Start Date:* 10/10/2023 *Meets:* Tue 10.00 AM to 11.30 AM 10/10, 10/17, 10/24, 10/31

F0302C - Using FREE Online Library Resources for Education and Recreation

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 e-audiobooks, 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:* 10/23/2023 *Meets:* Mon 10.00 AM to 11.00 AM

F0303Z-NF - The Nature and Functions of Parody (ZOOM)

Alleen Nilsen -- Don Nilsen

In the New Yorker, Wolcott Gibbs wrote that parody is the hardest form of creative writing because the style of the subject must be reproduced in slightly enlarged form, while at the same time holding the interest of people who have not read the original. Further complications are posed since it must entertain while it criticizes and must be written in a style that is not the writer's own. He concluded that the only thing that would make it more difficult would be to write it in Cantonese.

1 Session *Start Date:* 10/13/2023 *Meets:* Fri 10.00 AM to 11.30 AM

F0401C - Not Your Grandmother's Quilt

Nancy Kirk

A journey from patchwork quilt to art quilt and the business behind it. Discussion on the tools, machines and costs of quilting today. What are the trends in the industry and who is today's quilter and can they make a career and living from quilting. Examples of creative artists and their work will be shown as well as a hands on trunk show during the class lecture.

1 Session *Start Date:* 10/30/2023 *Meets:* Mon 10.00 AM to 11.00 AM

F0502C - Deep Submergence Rescue Vehicles

Anthony Contrabasso

Learn about naval rescue vehicles and how they rescue crews from downed submarines.

1 Session *Start Date:* 11/7/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F0503C - Radiation Safety For the Non-Physicist and Public

John Pickering

Basic concepts - what is it? Doses large and small. Where is it and how do I protect myself from it? Concepts in risk analysis.

6 Sessions *Start Date:* 10/2/2023 *Meets:* Mon 10.00 AM to 11.00 AM 10/2, 10/9, 10/16, 10/23, 10/30, 11/6

F0504C - A Planisphere to Locate Stars and Constellations in the Nighttime Sky

Henry Silberblatt

Participants will learn about how Earth's motions inform us about the location in the nighttime sky of visible stars and constellations. We will assemble a basic planisphere from a template printed on cardstock and learn how to use it to locate stars and constellations. Participants will learn to find and recognize stars & constellations easily visible from the driveway or back yard!

1 Session *Start Date:* 11/20/2023 *Meets:* Mon 1.00 PM to 2.30 PM

F0505C - Greek Myths in the Constellations

Henry Silberblatt

The original constellations come to us from the ancient Greeks. Each of those constellations has a story, founded in myth. Your presenter will recount the story of Perseus and Andromeda, who, along with many other characters, are with us each evening in the starry sky. The story includes images of ancient and modern art which illustrate this exciting tale.

1 Session *Start Date:* 10/9/2023 *Meets:* Mon 3.00 PM to 4.30 PM

F0506C - Does Arizona Have Enough Water?

Joanna Allhands

How concerned should we be about the state's dwindling water supply? This interactive, 90-minute session will offer an overview of where our water comes from, what's threatening those supplies and what you and others can do to prepare for a hotter, drier future. Water policy is complex, but the goal of this class is to break down the basics into understandable bits – and perhaps dispel a few myths along the way.

1 Session *Start Date:* 10/26/2023 *Meets:* Thu 10.00 AM to 11.30 AM

F0507C - Residential Water Treatment Info You Thought You Knew

Jerry Bishop

Be an educated consumer and know how to ask the right questions when planning the water treatment system for your home or business. Let an expert with 50 years plus in the field, give you some guidelines for making educated decisions when making such a major investment. Bring written questions to submit and he will spend time answering them to the best of his ability using factual information.

1 Session *Start Date:* 10/2/2023 *Meets:* Mon 9.00 AM to 10.00 AM

F0508Z-NF - Greatest Geological Wonders of the World (ZOOM)

Michael Wyession

Join us on a wild, colorful and fascinating ride to Iguazu Falls, Cave of Crystals, Ha Long Bay, our own Bryce Canyon, Antarctica, Rock of Gibraltar and many more. In this session we will discuss the second 12 of the 36 lectures in the video series in 6-sessions this semester. Come and enjoy the geological wonders of his tour. This Great Course series is presented by Michael Wyession, PhD., Professor at Washington University in St Louis.

6 Sessions *Start Date:* 10/6/2023 *Meets:* Fri 1.00 PM to 3.00 PM 10/6, 10/13, 10/20, 10/27, 11/3, 11/10

F0601C - Trending Scams

Joan Campbell

Not again... It seems like there is no end to the evolving and changing trends that we are dealing with during everyday – fraudulent phone calls, text messages and emails. With AI technology, scammers are advancing their techniques and finding new ways to scare, intimidate or entice to send us our money or download malware. This class has been offered at New Beginnings several times in the last few years, and this updated curriculum will cover new trends.

1 Session *Start Date:* 11/28/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F0602C - AI Artificial Intelligence

Robert Truman

What is AI and how can I use it today? We will examine how Google and Microsoft are incorporating ChatGPT and demonstrate some of the recent tools available related to AI.

1 Session *Start Date:* 12/5/2023 *Meets:* Tue 9.00 AM to 10.30 AM

F0603Z-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 and demonstrate some of the recent tools available related to AI.

1 Session *Start Date:* 11/7/2023 *Meets:* Tue 10.00 AM to 11.30 AM

F0604C - Doc-u-cussion: Killer Robots

Robert Truman

Join us. We will be watching the documentary "Unknown: Killer Robots" followed by a discussion. The film explores all the benefits and potential dangers artificial intelligence can have in society. It focuses on the idea of using AI in military applications.

1 Session *Start Date:* 12/11/2023 *Meets:* Mon 10.00 AM to 11.30 AM

F0605C - Basic Computers Workshop

Robert Truman

Got questions about your desktop, laptop or software? Ask Me is an open forum workshop. Rob Truman and Jeff Ingersoll will help you with answers to your questions. You are invited to bring your laptop.

3 Sessions *Start Date:* 10/26/2023 *Meets:* Tue, Wed, Thu 9.00 AM to 10.00 AM 10/26, 11/22, 12/12

F0606C - Basic Smartphones Workshop

Jeff Ingersoll

Do you have questions about your Android, iPhone or other mobile devices? This will be an open forum workshop. Rob Truman and Jeff Ingersoll will help you with answers to your questions. You are invited to bring your smartphone or tablet.

3 Sessions *Start Date:* 10/26/2023 *Meets:* Tue, Wed, Thu 10.00 AM to 11.30 AM 10/26, 11/22, 12/12

F0607Z-NA - Waymo 101 - Your Guide to Autonomous Vehicles (ZOOM)

Whitney Steele

Waymo is an autonomous driving technology company with a mission to make it safe and easy for people and things to get where they're going. Waymo believes this technology has the potential to save lives, increase independence and improve mobility access. Waymo One, the world's first fully autonomous public ride-hailing service now serve more than 225 sq miles of the Valley. Learn everything you need to know about fully autonomous driving in this presentation.

1 Session *Start Date:* 10/16/2023 *Meets:* Mon 10.00 AM to 11.00 AM

F0901C - Animal Abuse Investigations

Heather Krimm -- Thomas Rinehart

This presentation is provided by the Maricopa County Attorney's Office. The Maricopa County Attorney is committed to protecting vulnerable animals; this course will review the investigative process and prosecution of animal abuse cases. You will also learn the steps you can take and how to report these crimes.

1 Session *Start Date:* 10/12/2023 *Meets:* Thu 9.00 AM to 10.00 AM

F1001C - Quilting For Beginners

Brigitte Pitrat

Cutting, sewing and quilting a little table runner or lap quilt. Students will need to bring their own sewing machine, scissors, an iron, a cutting mat, a rotary cutter, a ruler, and fabric. Other materials needed will be communicated at our first meeting.

6 Sessions *Start Date:* 10/17/2023 *Meets:* Tue 1.00 PM to 2.30 PM 10/17, 10/24, 10/31, 11/7, 11/14, 11/21

F1101C - Hawaii: The Gem of the Pacific

Anthony Contrabasso

The beautiful island of Hawaii has many wonderful sites. The Hawaiian people enjoy showing off their beautiful home and telling the history of it from colony to statehood.

1 Session *Start Date:* 11/28/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F1102Z-NF - Cuba Revealed: Our Trip to Cuba in 2016 (ZOOM)

Gary Kleeman

Never have we been to a place so close yet so foreign. Cuba is a step back in time while simultaneously wanting to move forward. This travelog will be a discussion with pictures of this trip.

1 Session *Start Date:* 11/29/2023 *Meets:* Wed 1.30 PM to 3.00 PM

F1201Z-NA - Accidental Humor (ZOOM)

Alleen Nilsen -- Don Nilsen

Sigmund Freud said that slips of the tongue often are evidence of people's subconscious desires, as when the President of the Lower House of Parliament opened a meeting by saying: "Gentlemen, I take notice that a full quorum of members is present and herewith declare the meeting closed." We will discuss the accidental humor of Yogi Berra, Archie Bunker, Samuel Goldwin, William A. Spooner, and others. We will also discuss visual examples of accidental humor.

1 Session *Start Date:* 10/11/2023 *Meets:* Wed 10.00 AM to 11.30 AM

F1202C - The Death & Future of Newspapers

William Gates

Throughout most of the 20th Century print newspapers were the primary source of news for most Americans. But today they are dying or limping along with severely reduced staffs or predatory corporate ownerships, draining their assets. This two-part course will explore the death of print newspapers and what, if anything, will replace them as critical sources of reliable, factual information.

2 Sessions *Start Date:* 12/4/2023 *Meets:* Mon 1.00 PM to 2.30 PM 12/4, 12/11

F1203C - Sprechen Sie Deutsch?

Eugene Lariviere

This is an ongoing series on learning the German language. We are using German All-in-One for Dummies. Some knowledge of German is required to participate.

11 Sessions *Start Date:* 10/4/2023 *Meets:* Wed 1.00 PM to 2.30 PM 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/21, 11/29, 12/6, 12/13

F1204C - Introduction to the Italian language

Eugene Lariviere

This is a continuation of a basic Italian course using the book "Italian Made Simple" by Cristina Mazzoni. The class will also offer topics related to Italian culture, geography and history.

10 Sessions *Start Date:* 10/5/2023 *Meets:* Thu 1.00 PM to 2.30 PM 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

F1205C - Conversational Spanish - Term III

Kyle Messner

This class is a continuation of the Conversational Spanish class that started last Fall 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.

11 Sessions *Start Date:* 10/4/2023 *Meets:* Wed 10.00 AM to 11.30 AM 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13

F1301C - Celebrating the Moon Festival with Friends From Macau & China

Kyle Messner

Happy Mid-Autumn Festival! This year the Chinese Mid-Autumn Festival, also known as the Full Moon Festival, falls on September 29. Carol and Mark Bi will join with the presenter, to share the stories of the Moon Festival and describe how the festival is celebrated in Macau, China and the US. We will sample traditional mooncakes and write simple holiday greetings in Chinese. Carol & Mark will be happy to answer your questions about this wonderful holiday.

1 Session *Start Date:* 10/4/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1303C - Election Results: It's All in the Math

Roberta Reed

It is impossible to separate a political decision from the rules that were used to make that decision. The outcome is influenced by the rules themselves. In the US most of our political decisions are determined by either a majority or plurality of votes, although some elections use variations of a rank choice system and others require a supermajority. In this class we will look at various rules of voting to choose a winner and consider the impact different types of voting systems have.

1 Session *Start Date:* 11/15/2023 *Meets:* Wed 10.00 AM to 11.30 AM

F1401C - Stopping Stroke, Heart Attacks, and High Blood Pressure

James Bogash

Blood pressure doesn't go up, cognition doesn't fade, and stroke and heart attacks rarely happen when blood vessels are healthy. But there are a hundred things you can do to improve blood vessel health. Find out what you need to do for optimal blood vessel health.

1 Session *Start Date:* 10/11/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1402C - Stopping Stroke, Heart Attacks, and High Blood Pressure

James Bogash

Blood pressure doesn't go up, cognition doesn't fade, and stroke and heart attacks rarely happen when blood vessels are healthy. But there are a hundred things you can do to improve blood vessel health. Find out what you need to do for optimal blood vessel health.

1 Session *Start Date:* 10/19/2023 *Meets:* Thu 10.00 AM to 11.30 AM

F1403C - Vascular Disease -What Is It, Do I Have It, What Can I Do About It?

James DeVinck

An overview of the history, evolution, diagnosis, and treatment of the most prevalent vascular disorders. (Aorta, carotid, peripheral vascular)

1 Session *Start Date:* 11/8/2023 *Meets:* Wed 10.00 AM to 11.30 AM

F1404C - The London Cholera Epidemic of 1854 and the Birth of Modern Epidemiology

Eugene Lariviere

We will learn the story of how a doctor (John Snow) and an Anglican priest (Henry Whitehead) found the source of a fatal epidemic and brought it to an end by removing the handle of the pump delivering contaminated water. Their door-to-door investigation set the pattern of later successful epidemiological investigations with health consequences across the world.

1 Session *Start Date:* 11/20/2023 *Meets:* Mon 10.00 AM to 11.30 AM

F1405C - 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. al. in your gut) affect our physical and mental health. Do products from the biome "cause" obesity, arthritis, depression, dementia, and the list goes on and on? 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 *Start Date:* 12/6/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1406C - Choose How You Age

Ryan Booher -- Matt Essex

Loss of independence, strength and function are NOT inevitable with aging... nor are falls and chronic disease! Despite what you may have heard, family history and genetics rarely play a significant role. The truth is you can choose how you age. This class will provide the latest and greatest research-based information that will erode false paradigms that may be holding you back and empower you to make the most informed choices possible about your health.

3 Sessions *Start Date:* 10/17/2023 *Meets:* Tue 1.00 PM to 2.30 PM 10/17, 10/24, 10/31

F1407Z - Longevity: Super-Agers and Ageism

Calvenea Malloy

Presentation and discussion on Super-Agers and Geropsychology perspectives in 2023. Let's discuss the issues that older adults confront and the societal concerns of the U.S. aging populations. Presenter will share self-care habits to move toward more positive healthier lifestyles and enhance cognitive abilities.

1 Session *Start Date:* 10/18/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1408C - The New You - A Class for Women 60 and Over

Billie Jordan

This class is primarily designed for women who are 60 and over and learning to cope with life and perhaps a loss. Are you wise and/or are you searching for new coping techniques in this fast-paced world? If you need help dealing with loneliness, finances, nutrition, activity, safety, and more, this is the class for you. Come share your wisdom and learn new ways to become the New You. Encouraged Interactive class environment with specific new ways to cope.

1 Session *Start Date:* 11/27/2023 *Meets:* Mon 3.00 PM to 4.30 PM

F1409C - Doc-u-cussion: The Cannabis Question

Robert Truman

We will be watching the documentary "The Cannabis Question", followed by a discussion. NOVA investigates the story of cannabis from the criminalization to the latest medical understanding of the plant. What risks does cannabis pose to the developing brain? How much do we know about its potential medical benefits? As cannabis becomes socially accepted, scientists are exploring its long-term health consequences.

1 Session *Start Date:* 11/13/2023 *Meets:* Mon 10.00 AM to 11.30 AM

F1410C - Oh My Aching - Everything!!!

Deepti Katyal

Everybody experiences aches and pains at some point in life. As we age, aches seem to increase. Many times, correcting muscle imbalances, posture and faulty movement patterns will alleviate the pain. During this session, correct posture while reading, driving, texting, word processing and other movement patterns will be demonstrated. Corrective exercises will also be demonstrated and practiced by the group. The exercises can be completed while sitting, standing or lying down.

1 Session *Start Date:* 11/16/2023 *Meets:* Thu 3.00 PM to 4.30 PM

F1411C - Suggestion for Fall Prevention/Avoiding Most Common Medical 911 Emergencies.

Betty Earp

Suggestions include but are not limited to how to avoid common 911 medical emergencies. Falls are a common 911 emergency call in the Sun Lakes area. The presenter will offer suggestions and tips to assist in avoiding falls. Other medical emergencies will also be discussed. Possible guest speaker(s) from the Arizona Fire Medical Authority/ Fire Core

1 Session *Start Date:* 10/4/2023 *Meets:* Wed 10.00 AM to 11.30 AM

F1412C - Just B-R-E-A-T-H-E

Joan Marlow

Yes, it's great that our body is wired so that breathing is automatic; it's great that it's one thing we don't need to think about. But what would happen if we did think about it and 'consciously' breathed...ummmm?

Relaxation, improved circulation, lowered blood pressure, better sleep and more.

This class will explore the act (and art) of breathing and the effect of stress on breath, which impacts your health and well-being. Learn how to use your breath to de-stress, relax & heal.

1 Session *Start Date:* 11/6/2023 *Meets:* Mon 10.00 AM to 11.00 AM

F1413C - Meditation in Today's World

Joyce Ellenbecker

This class is a continuation from last year, although it is not a prerequisite. Each class stands alone. During our time together you are invited to experience a guided meditation and engage in a short discussion. Meditation quiets the mind and allows us to experience relaxation, sharpen awareness, and the body coming into a natural state of well-being. Meditations transcend all belief systems and can be incorporated in all.

4 Sessions *Start Date:* 11/1/2023 *Meets:* Wed 10.00 AM to 11.30 AM 11/1, 11/8, 11/15, 11/22

F1414Z-NA - The Power of Advocacy (ZOOM)

Joan Marlow

Join Joan to understand the role of advocacy in today's healthcare environment. Joan will share the story of a 2022 hospital experience that included mistakes, missteps, miscommunication and a nurse saying 'yes' to her walking out of the hospital while not having sight in her left eye. That hospital experience changed Joan's life. Now as a Board-Certified Patient Advocate, Joan's message is, "Nobody should navigate the healthcare system alone."

1 Session *Start Date:* 10/18/2023 *Meets:* Wed 10.00 AM to 11.00 AM

F1415C - The Power of Advocacy

Joan Marlow

Join Joan to understand the role of advocacy in today's healthcare environment. Joan will share the story of a 2022 hospital experience that included mistakes, missteps, miscommunication and a nurse saying 'yes' to her walking out of the hospital while not having sight in her left eye. This hospital experience changed Joan's life. Now as a Board-Certified Patient Advocate, Joan's message is, "Nobody should navigate the healthcare system alone."

1 Session *Start Date:* 11/14/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F1416C - Life Lessons 101

Joan Marlow

Join Joan as we take a look at five tools to simplify the way we think, act and move through life to de-stress and clear the way for balance, health, and a positive sense of well-being. And be ready to have some fun along the way.

1 Session *Start Date:* 12/5/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F1417C - Movement Matters...TaiChiEZ

Joan Marlow

Your body is meant to move so let's have fun with a class that combines movement, massage, meditation and breath all in one, decrease stress, promote relaxation, improve balance, posture, focus and blood pressure. No previous experience required.

1 Session *Start Date:* 11/13/2023 *Meets:* Mon 10.00 AM to 11.00 AM

F1418C - Normal Aging vs. Not-Normal Aging

Elaine Poker-Yount

We all forget things occasionally, 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 is not!

1 Session *Start Date:* 11/1/2023 *Meets:* Tue 1.00 PM to 2.30 PM

F1419Z-NA - Normal Aging vs. Not-Normal Aging (ZOOM)

Elaine Poker-Yount

We all forget things sometimes, 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 is not!

1 Session *Start Date:* 10/31/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1420C - Dementia - "Now What?"

Elaine Poker-Yount

If you're someone supporting a loved one who's found themselves in the situation of being diagnosed, followed by the familiar "Adios! We'll see you in six months or next year" scenario, we can help. Learn 20 facts about this journey that nobody sits down and tells you. Becoming aware of what to expect and understanding why certain changes are happening, and how they affect everyday life, will be incredibly transformative to your role as a care partner.

1 Session *Start Date:* 10/9/2023 *Meets:* Mon 1.00 PM to 2.30 PM

F1421Z-NA - Dementia - "Now What?" (ZOOM)

Elaine Poker-Yount

If you're someone supporting a loved one who's found themselves in the situation of being diagnosed, followed by the familiar "Adios! We'll see you in six months or next year" scenario, we can help. Learn 20 facts about this journey that nobody sits down and tells you. Becoming aware of what to expect and understanding why certain changes are happening, and how they affect everyday life, will be incredibly transformative to your role as a care partner.

1 Session *Start Date:* 10/25/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1422C - The Keys to Moving Forward

Elaine Poker-Yount

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. 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.

Resources and brainstorming will be an active part of this class.

1 Session *Start Date:* 12/11/2023 *Meets:* Mon 1.00 PM to 2.30 PM

F1424Z-NF - China: Cantonese Cuisine (ZOOM)

Jennifer Wong

Learn about Cantonese cuisine as well as the basic ingredients which are used to prepare Chinese dishes and how to make a few Cantonese dishes.

1 Session *Start Date:* 11/7/2023 *Meets:* Tue 12.00 PM to 1.30 PM

F1425Z-NF - Eye Health for Seniors (ZOOM)

Jenny La

What are common eye conditions as we age? This lecture will discuss the symptoms, associated testing and what we can do to catch and treat some of the most common eye conditions including glaucoma, cataract, dry eye and macular degeneration. We will also discuss other conditions which may affect the eyes, including changes from diabetes, high blood pressure or stroke.

1 Session *Start Date:* 11/4/2023 *Meets:* 10.00 AM to 11.30 AM

F1426Z-NF - Masa - A Food Staple (ZOOM)

Suzanne Brown

Masa, the dough from which tortillas, tamales, tostadas, sopes, and pupusas are made, transcends centuries, cultures, and the 'right' recipe. This class will discuss the history, origins, and uses of this food staple for many people and describe the wide range of recipes and uses of the food. Techniques for making tortillas and tamales will be shared as a preliminary to the Never Have I Ever Made Tortillas and Tamales class on Nov. 17. Participation in the Nov 17 class is not required for attending this general class.

1 Session *Start Date:* 11/9/2023 *Meets:* Thu 9.30 AM to 11.00 AM

F1427Z-NF - China: Cantonese Dim Sum (ZOOM)

Jennifer Wong

Learn about the different types of dim sum as well as how to make a few simple dim sum dishes.

1 Session *Start Date:* 10/24/2023 *Meets:* Tue 12.00 PM to 1.30 PM

F1501C - Buddhism For Beginners 2023 Audiobook

Robert Truman

In this class we will listen to the audio book: Buddhism For Beginners by Sam Siv followed by a discussion. This is a three-part class Learn the ancient spiritual teachings that can bring greater awareness and enlightenment into your life. Join us in this informative video where we will take a closer look at Buddhist traditions, values, and history, as well as ways to practice mindfulness in everyday life.

This book is available from YouTube at: <https://youtu.be/o8clTtGtNVI>

3 Sessions *Start Date:* 10/17/2023 *Meets:* Tue, Wed, Thu 10.00 AM to 11.30 AM 10/17, 10/18, 10/19

F1502Z-NA - Buddhism For Beginners 2023 Audiobook (ZOOM)

Robert Truman

In this class we will listen to the audio book: Buddhism For Beginners by Sam Siv followed by a discussion. This is a three-part class.

Learn the ancient spiritual teachings that can bring greater awareness and enlightenment into your life. Join us in this informative video where we will take a closer look at Buddhist traditions, values, and history, as well as ways to practice mindfulness in everyday life.

This book is available from YouTube at: <https://youtu.be/o8clTtGtNVI>

3 Sessions *Start Date:* 11/14/2023 *Meets:* Tue, Wed, Thu 10.00 AM to 11.30 AM 11/14, 11/15, 11/16

F1701Z - New Adventures On-going Book Club A (ZOOM)

William Haskell

We will be discussing the book Under the Skin by Linda Villarosa. Gene Lariviere will be the discussion leader. The U.S. spends more on health care than any other country. The health outcomes of Black Americans are on par with poorer nations. Why? Since July 2015 the Club has discussed over 58 books, primarily non-fiction..

1 Session *Start Date:* 10/2/2023 *Meets:* Mon 1.00 PM to 2.30 PM

F1702C - New Adventure On-Going Book Club D

William Haskell

We will be discussing the book Under the Skin by Linda Villarosa. Gene Lariviere will be the discussion leader. The U.S. spends more on health care than any other country. The health outcomes of Black Americans are on par with poorer nations. Why? Since July 2015 the Club has discussed over 58 books, primarily non-fiction.

This class is an in-person version of Book Club A.

1 Session *Start Date:* 10/3/2023 *Meets:* Tue 1.00 PM to 2.30 PM

F1703Z - New Adventures On-going Book Club B (ZOOM)

William Haskell

We will be discussing the book The Chancellor: The Remarkable Odyssey of Angela Merkel by Kati Marton. Virginia Allen will be the discussion leader. This book describes the definitive account of the extraordinary rise and political brilliance of the most powerful and elusive woman in the world. Since July 2015 the Club has discussed over 58 books, primarily non-fiction.

1 Session *Start Date:* 11/6/2023 *Meets:* Mon 1.00 PM to 2.30 PM

F1704C - New Adventures On-going Book Club E

William Haskell

We will be discussing the book *The Chancellor: The Remarkable Odyssey of Angela Merkel* by Kati Marton. Virginia Allen will be the discussion leader. This book describes the definitive account of the extraordinary rise and political brilliance of the most powerful and elusive woman in the world. Since July 2015 the Club has discussed over 58 books, primarily non-fiction. This class is an in-person version of Book Club B.

1 Session *Start Date: 11/7/2023 Meets: Tue 1.00 PM to 2.30 PM*

F1705Z - New Adventure On-Going Book Club C (ZOOM)

William Haskell

We will be discussing the book *Dopesick: Dealers, Doctors, and the Drug Company That Addicted America*, by Beth Macy. Bill Haskell will be the discussion leader. In this masterful work, Beth Macy takes us to the epicenter of America's decades-long struggle with opioid addiction. Since July 2015 the Club has discussed over 58 books, primarily non-fiction.

1 Session *Start Date: 12/4/2023 Meets: Mon 1.00 PM to 2.30 PM*

F1706C - New Adventure On-Going Book Club F

William Haskell

We will be discussing the book *Dopesick: Dealers, Doctors, and the Drug Company That Addicted America*, by Beth Macy. Bill Haskell will be the discussion leader. In this masterful work, Beth Macy takes us to the epicenter of America's decades-long struggle with opioid addiction. Since July 2015 the Club has discussed over 58 books, primarily non-fiction. This class is an in-person version of Book Club C.

1 Session *Start Date: 12/5/2023 Meets: Tue 1.00 PM to 2.30 PM*

F1708C - Scams and Your Security

Richard Lewin

A roundtable discussion about scams and how to avoid becoming a victim will be discussed. There are new scams hatched regularly, many of them aimed at seniors. This Roundtable also addresses security for your homes.

1 Session *Start Date: 12/5/2023 Meets: Tue 10.00 AM to 11.30 AM*

F1709C - Where Are We Eating Tonight?

Richard Lewin

This will be a roundtable where we will discuss restaurants and what we like or dislike about them. If you enjoy dining out, whether occasionally or often, you may enjoy this discussion group. Bring your dining suggestions.

1 Session *Start Date: 11/6/2023 Meets: Mon 9.00 AM to 10.00 AM*

F1710C - Psychology of Relationships: So, You Had Coffee. What's Next?

Wendy McClendon

This class is an in-person interactive group discussion about relationships. It will briefly cover topics such as animal behavior, law of attraction, types of relationships, meet & greet, and knowing your values and boundaries.

5 Sessions *Start Date: 10/2/2023 Meets: Mon 1.00 PM to 2.00 PM 10/2, 10/9, 10/16, 10/23, 10/30*

F1711Z-NA - Potholes and Perspective (ZOOM)

Monica Heywood

"I often bring a guest to share their "Story". Everyone has a story. Let's learn from life's "potholes" by recognizing what can be gained through changing our "perspective." This is a guided, but interactive discussion group on life lessons. Have you ever hit a pothole in life that changed your perspective? How did you realign? Sharing the lessons that we have learned and the perspective gained, helps us and others navigate life's challenges today. Come and listen or come and share.

5 Sessions *Start Date:* 10/6/2023 *Meets:* Fri 3.00 PM to 4.30 PM 10/6, 10/13, 10/20, 10/27, 11/3

F1712C - Potholes and Perspective

Monica Heywood

"I often bring a guest to share their "Story". Everyone has a story. Let's learn from life's potholes by recognizing what can be gained through changing our "perspective." This is a guided, but interactive discussion group on life lessons. Have you ever hit a pothole in life that changed your perspective? How did you realign? Sharing the lessons we have learned and the perspective gained helps us and others navigate life's challenges today. Come and listen or come and share.

4 Sessions *Start Date:* 10/19/2023 *Meets:* Thu 9.00 AM to 10.30 AM 10/19, 10/26, 11/2, 11/9

F1801C - New Adventures Lunch Bunch

Virginia Allen

Do lunch at the popular Oasis Bay Sushi + Seafood Buffet with other members of New Adventures.

2100 S. Gilbert Rd., Ste 1, Chandler, AZ (Crossroads: SWC Germann & Gilbert Roads)

\$15 - \$30

1 Session *Start Date:* 10/17/2023 *Meets:* Tue 11.30 AM to 1.00 PM

F1802C - New Adventures Lunch Bunch

Virginia Allen

Do lunch at the popular La Casa Blanca Restaurant with other members of New Adventures.

24605 S. McQueen Rd., Chandler, AZ 85249

\$15 - \$20

1 Session *Start Date:* 11/21/2023 *Meets:* Tue 11.30 AM to 1.00 PM

F1803C - Introduction to Bocce

Michael Buscaglia

This field trip to Sisk Park in Sun Lakes will introduce students to the game of Bocce. Bocce is the ideal game for Seniors. It is sociable, low impact, and great fun! Students should wear comfortable clothing and shoes.

Sisk Park is located at 11110 East Drive - corner of S. Flame Tree Drive & East Drive

no costs

1 Session *Start Date:* 10/26/2023 *Meets:* Thu 10.00 AM to 11.30 AM

F1804C - Tour of the Chandler Museum

Carole Rockland

The Chandler Museum is a hidden gem. We will be treated to a docent-led tour of the main building as well as the historic McCullough-Price House. Meet in the lobby at 300 S. Chandler Village Drive, just across from the Chandler Fashion Mall at 10:15 a.m. for our 10:30 tour. No cost.

Optional lunch afterwards at one of the nearby restaurants.

1 Session *Start Date:* 10/25/2023 *Meets:* Wed 10.00 AM to 12.00 PM

F1901C - Finding Unbiased Financial Advice

Scott Sandell

It is difficult to know who to trust in the "financial advising" world today. We will explore how advisors make money, what license designations mean and much more. This class provides the essential knowledge necessary to be confident that you are dealing with the right professional. 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:* 10/18/2023 *Meets:* Wed 10.00 AM to 11.30 AM

F1902C - Understanding Required Minimum Distributions

Scott Sandell

As you approach 70 years old, the tax time bomb called your IRA begins to tick a bit louder. When you are required to withdraw money from your savings, your investing behavior must change, and taxes must be properly managed. We will discuss all these considerations. 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:* 11/16/2023 *Meets:* Thu 10.00 AM to 11.30 AM

F1903C - Financial Planning for Volatile Markets

Scott Sandell

9/11, 2008, 2020 are all recent financial crises that make retirement unpredictable and often difficult to navigate. A sound financial plan allows you to navigate these crises without altering your enjoyable retirement plans. 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:* 12/12/2023 *Meets:* Tue 10.00 AM to 11.30 AM

F1904C - Remodeling to Maximize Your Home Investment

Dave Messner

Most people want to maximize their profit when selling their home. Choosing where to invest their money to achieve this can be tricky. In this class you will learn five of the top improvements that will give the highest return on investment. The class will be presented in an interactive format where we will look at actual homes before the remodel and students will propose what changes they think are best. Then we will look at what the sellers actually chose to do.

1 Session *Start Date:* 11/13/2023 *Meets:* Mon 10.00 AM to 11.00 AM

F1905C - Introduction to Estate Planning

Heather L Parker

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

1 Session *Start Date:* 11/9/2023 *Meets:* Thu 10.00 AM to 11.30 AM

F1906C - The Money Game of 20 Questions

Marie Burns

This is the "Yes/No" game played in a different fashion. It's tailored to you and it makes you think about the financial aspect of your life. Leave with a score and a plan of action with some tools that may help. Are you on track or missing anything? Come find out!

1 Session *Start Date:* 10/10/2023 *Meets:* Tue 9.00 AM to 10.00 AM

F1907C - How to Maintain a Healthy Estate Plan

Becky Cholewka

This presentation outlines specific tips to ensure your estate plan is effective if you have recently moved here or are a winter visitor, if you've had a life changing event, if your Arizona documents were created prior to 2009, and if you've created your documents online or through a do-it-yourself kit.

1 Session *Start Date:* 10/17/2023 *Meets:* Tue 9.00 AM to 10.00 AM

F1908C - How to Avoid Probate in AZ

Becky Cholewka

Learn the average length and cost of probate, what's involved, why people end up in probate and ways to avoid going to probate court.

1 Session *Start Date:* 11/28/2023 *Meets:* Tue 9.00 AM to 10.00 AM

F1909Z - Fact and Fiction of a Reverse Mortgage (ZOOM)

Monica Heywood

This is an informational class that will offer clarification of some of the myths of the reverse mortgage and how they started. We will look at the pros and cons of reverse options, share resources and answer questions. This is an informational session, so bring your questions, and we will check your assumptions.

1 Session *Start Date:* 10/5/2023 *Meets:* Thu 3.00 PM to 4.30 PM

F1910C - Facts and Fiction of a Reverse Mortgage

Monica Heywood

This is an informational class that will offer clarification of some of the myths of the reverse mortgage and how they started. We will look at the pros and cons of reverse options, share resources and answer questions. This is an informational session, so bring your questions, and we will check your assumptions.

1 Session *Start Date:* 10/18/2023 *Meets:* Wed 1.00 PM to 2.30 PM

F1911Z - Reverse Mortgage: A Deeper Dive (ZOOM)

Monica Heywood

This class is for those who have looked into Reverse Mortgage and want to dive a little deeper on understanding the principal limit, line of credit, payout options and the process for closing the loan at end of life. This class is an opportunity to ask more questions around your personal scenario. Every question is worth asking.

1 Session *Start Date:* 10/19/2023 *Meets:* Thu 1.00 PM to 2.00 PM

F1913Z-NF - Finding Unbiased Financial Advice (ZOOM)

Scott Sandell

It is difficult to know who to trust in the financial advising world today. How do advisors make money, what license designations mean and more. Brought to you by the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE), a sales-free non-profit educational group.

1 Session *Start Date:* 10/25/2023 *Meets:* Wed 3.00 PM to 5.00 PM

F1914Z-NF - Understanding Required Minimum Distributions (ZOOM)

Scott Sandell

As you approach 70 years old, the tax time bomb called your IRA begins to tick a bit louder. When you are required to withdraw money from your savings, your investing behavior must change, and taxes must be properly managed. We will discuss all these considerations. Brought to you by the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE), a sales-free non-profit educational group.

1 Session *Start Date:* 11/15/2023 *Meets:* Wed 3.00 PM to 5.00 PM

F1915Z-NF - Financial Planning for Volatile Markets (ZOOM)

Scott Sandell

A sound financial plan allows you to navigate financial crises without threatening retirement plans. Sound financial planning requires an understanding of your own situation while linking your priorities to your investment choices and strategies. Brought to you by the Phoenix Chapter of the Foundation for Personal Financial Education (FPFE), a sales-free non-profit educational group.

1 Session *Start Date:* 12/13/2023 *Meets:* Wed 3.00 PM to 5.00 PM

F2301C - Ships and Planes

Anthony Contrabasso

The history of old and modern cruise ships and planes from the past to the present.

1 Session *Start Date:* 10/10/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F2302C - Titanic

Anthony Contrabasso

The story of the beautiful Titanic that sank on its maiden voyage.

1 Session *Start Date:* 10/17/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F2303C - Panama Canal

Anthony Contrabasso

The building of the Panama Canal which was started by the French who gave up, and finished by the Americans.

1 Session *Start Date:* 10/31/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F2304C - Moments in Time

Anthony Contrabasso

A brief history of the inventions which made the modern naval battleship the most powerful warship on the seas and brought victory to the U.S. Navy

1 Session *Start Date:* 11/14/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F2305C - Columbus: The Man Who Didn't Discover America.

Anthony Contrabasso

What did he find in the New World? Colonies of people who showed him what they ate and how they fished and hunted. They also showed him how they farmed and the many different foods they planted and enjoyed. He brought this information with him back to Spain and they were thrilled.

1 Session *Start Date:* 11/21/2023 *Meets:* Tue 10.00 AM to 11.00 AM

F2306C - What is Juneteenth and Why Should We Care About It?

Eugene Lariviere

Juneteenth is our newest national holiday. It commemorates the end of slavery but to the Black community it represents a lot more. This class will look at the history of slavery in the U.S., the years that followed the official end of slavery and the status of the Black community in our day.

1 Session *Start Date:* 12/4/2023 *Meets:* Mon 10.00 AM to 11.30 AM

F2307Z-NF - Arizona Museum Appreciation (ZOOM)

Calvenea Malloy

We will review the Arizona Museums and discuss the changing trends in our local museums, exhibitions and tour a selective Arizona Museum. Museums educate, inspire, connect us to our present, past, and future; while connecting us to our current political, science, and societal issues. Let's explore our local museums and their exhibitions.

3 Sessions *Start Date:* 10/2/2023 *Meets:* Mon, Tue, Wed 1.30 PM to 3.00 PM 9/27, 9/28, 9/30

F2308Z-NF - The Medieval Legacy - Part 1 (ZOOM)

Carol Symes

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 medieval inheritance continues to affect the globe so pervasively. This term, the first 18 lectures will be presented in a 9-week course. Part 2 will be presented in Spring 2024. A Great Course presentation.

9 Sessions *Start Date:* 10/2/2023 *Meets:* Mon 5.00 PM to 6.30 PM 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27

F2309C - 20 Worst People of the Twentieth Century

Richard Metz

An explanation of who are the twenty worst people of the last century, the criterion used to select them and what they did to make the list.

2 Sessions *Start Date:* 10/16/2023 *Meets:* Mon 1.00 PM to 2.30 PM 10/16, 10/23

F2701C - Pearl Harbor

Anthony Contrabasso

A story of tragedy to triumph. This class will cover the surprise attack on the U.S. Navy on Sunday, December 7, 1941. The sneak attack was the start of the United States' entrance into World War II. After four and a half years of bloodshed and the dropping of two atomic bombs, Japan finally submitted to an unconditional surrender.

1 Session *Start Date:* 12/7/2023 *Meets:* Thu 10.00 AM to 11.00 AM

F2702C - B-25 "Mitchell" Bomber: An Iconic WWII bomber

James Evans

From the "Doolittle Raid" in early 1942 to the end of WWII, the B-25 medium bomber played many key roles during the war. It remains the only aircraft in USAAC/USAAF/USAF history to be named after an individual (BGen William Mitchell). We will survey the aircraft and the history of the example still being flown at Airbase Arizona of the CAF.

1 Session *Start Date:* 10/12/2023 *Meets:* Thu 1.00 PM to 2.30 PM

F2703C - Douglas DC-3 / C-47: WWII Workhorse

James Evans

About 10,000 Douglas DC-3/C-47 aircraft were built before and during WWII. Many continue to fly worldwide to the present day. Gen. Eisenhower described the C-47 as one of the four weapons that won WWII. We will also tell the story of Old Number 30 still flying and on display at Airbase Arizona.

1 Session *Start Date:* 10/19/2023 *Meets:* Thu 1.00 PM to 2.30 PM

F2704C - B-29s NOT named "Enola Gay"

James Evans

The largest single program during the Second World War was NOT the development of the atomic bomb, but was the aircraft which, among many other tasks, delivered the only atomic bombs ever used in actual combat. The Boeing B-29 Superfortress was a very advanced and very sophisticated aircraft and had many "teething problems" early in its development.

1 Session *Start Date:* 10/26/2023 *Meets:* Thu 1.00 PM to 2.30 PM

F2705Z - World War II: Battlefield Europe, Part 4 (ZOOM)

William Haskell

This is the fourth of four class offerings utilizing the Great Courses Program of 24 lectures. This is the final class of six lectures. The presenter will be discussing various aspects of the war. In addition, the class will also include supporting relevant videos. This class will cover the fourth six-lecture-series and the completion of the 24 lectures.

3 Sessions *Start Date:* 11/13/2023 *Meets:* Mon, Wed, Fri 1.00 PM to 2.30 PM 11/13, 11/15, 11/17

F2706Z-NA - Boneyard: Why It Works and How It Works (ZOOM)

James Evans

We will survey the history and use of the famous Boneyard at Davis-Monthan AFB near Tucson AZ. Tours are no longer being given at the Boneyard (post Covid). This is a way to see what happens and how it is done at the Boneyard.

1 Session *Start Date:* 10/9/2023 *Meets:* Mon 1.00 PM to 2.30 PM

F3001Z - Museum Appreciation in Arizona

Calvenea Malloy

The presenter will review the Arizona museums and discuss the changing trends in our local museums and exhibitions and tour a selective Arizona museum. Museums educate, inspire, and connect us to our present, past, and future, while also connecting us to our current political, scientific, and societal issues. Let's explore our local museums and their exhibitions.

1 Session *Start Date:* 10/10/2023 *Meets:* Tue 1.00 PM to 2.30 PM

F3002C - What is Senior Living all About?

Traci Jacobsen

There are so many choices available for many of us and it is simply overwhelming! Senior living encompasses a range of housing and lifestyle options. Join us to learn more about options in your area and what a retirement community is all about. We are blessed to have amazing residential communities designed with amenities for older adults which offer numerous opportunities often not found at home such as physical, educational, social, wellness, cultural, and spiritual opportunities provided.

1 Session *Start Date:* 10/5/2023 *Meets:* Thu 9.00 AM to 10.00 AM

--- Instructors ---

Allen, Virginia

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

Allhands, Joanna

Joanna Allhands oversees online opinion content for The Arizona Republic. She also writes opinions about water and education policy. Allhands is an Indiana native, a boy mom and a cold-weather wimp who lives in the East Valley. She has been with The Republic since 2004.

Bishop, Jerry

Jerry Bishop has worked in the area of water treatment, manufacturing of residential and commercial water systems, sales and installation. Has been an AZ since 1968. He has EPA certificates, certified as a Master Water Specialist Level 5 and Installer by the WQA. Level 5 includes Reverse osmosis, ultrafiltration disinfection, and DI.

Bogash, James

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

Booher, Ryan

Ryan Booher and his associates are with Vitality SarcoHealth (Research, Advocacy, Clinics) and are experts in lifestyle medicine, strength and function, and healthy aging.

Ryan Booher has served as vice president of Vitality SarcoHealth for over a decade. He is a passionate leader, brand ambassador and motivational speaker—wholly devoted to the company's redemptive mission: To redefine aging and what you think you know about aging.

Brown, Suzanne

Suzanne is a retired physical therapy educator with a passion for cooking.

Burns, Marie

Marie Burns is a Certified Financial Planner who has been assisting people financially for almost 20 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.

Campbell, Joan

Joan Campbell is the Community Affairs Coordinator with the Maricopa County Attorney's Office. Joan has previously led classes on topics such as identity theft, travel safety, trending scams and home security. She has a strong background working in crime prevention and is diligent in researching crime trends and evolving scams to ensure her presentations are relevant and timely. Joan has worked for the Maricopa County Attorney's Office for nine years.

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.

DeVinck, James

Vascular and Thoracic Surgeon. Trained at Hennepin County General Hospital branch of University of Minnesota. Practiced at CentraCare in St. Cloud, MN. Retired on Jan. 1, 1999. Sun Lakes Resident since 2001. Longtime NAIL member and contributor.

Earp, Betty

Betty Earp was an RN for 46 years and taught fundamentals in nursing for the Maricopa Community Colleges for 30 years prior to her retirement.

Ellenbecker, Joyce

Joyce Ellenbecker has been working with energy fields and meditation since the mid 1970s. She is a Reiki III and Attunement Practitioner and teacher. She co-authored the book *Meditation to Live by: Attuning to the Power of Love*.

Essex, Matt

Matt D. Essex, MS, CCN: Matt's been teaching at the college level for over 20 years. He was the research director and lecturer at ASU for 4 years, an adjunct professor at Maricopa Community Colleges/CGCC for 7 years, and an adjunct professor in the graduate school of healthcare administration at University of Phoenix for 7 years. He is a major expert in the field of aging.

Evans, James

Col Jim Evans, CAF Airbase Arizona, is a retired U.S. Air Force Boeing KC-135 pilot with 20 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.

Gates, William

Bill is a retired newspaper editor and a past Director and Vice President of the New York State Society of Newspaper Editors. He is a past president of New Adventures.

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.

Heywood, Monica

Monica was born and raised in Washington State, married an Arizona boy and has resided here since. She thrives by learning from others and being outdoors. She has a B.S. in Public health, has served in the healthcare industry for years and now enjoys the team and clients she serves as a loan officer, educator and coach.

Ingersoll, Jeff

Jeff Ingersoll, FCC, General Class license with radar endorsement. I spent 20 years learning at a company that developed leading edge equipment for Security and Telecommunications. I have designed and troubleshoot microwave paths. I traveled the world training customers on how the microwave equipment functioned and how the environment affected the performance of the devices. I have spent time building and troubleshooting high end Analog to Digital/Digital to Analog converters for the recording and move industry. Spent the end of my working years in the Aerospace industry troubleshooting, testing, and "returning to service" generator control unit, landing gear control units, braking systems, and proximity sensing units.

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 8 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.

Katyal, Deepti

Deepti Katyal trained as a physical therapist in India. She was the Head of Department in a multi-specialty hospital before emigrating to the US. Presently she is a licensed massage therapist and owner of Be-Well Bodyworks Therapy.

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 2019 and 2017

Kleeman, Gary

Gary Kleemann is a retired ASU administrator and faculty member. In retirement, Gary has served on several community boards, and traveled the world with his wife Vina.

Krimm, Heather

Detective Krimm is with the Maricopa County Attorney's Office Investigations Bureau. Detective Krimm has worked in law enforcement for almost 17 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.

La, Jenny

Dr. Jenny La received her Doctor of Optometry at the UC Berkeley School of Optometry. She completed a residency in ocular disease and low vision at the Tucson VA. She currently practices in the Mesa and Chandler areas.

Lariviere, Eugene

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

Lewin, Richard

Richard has been involved in both the manufacture and sales of security systems. He was the owner of a commercial security company in the metropolitan Philadelphia area prior to his retirement in 2012. He has previously run Roundtables on scams and security at CGCC.

He also is a presenter of a Where to Eat roundtable due to having eaten at numerous restaurants.

Malloy, Calvenea

Calvenea Malloy, M.Ed. Retired Educator @ Maricopa Community Colleges, Senior Advocate/Super-Ager Coach, participating in Chandler Civic Programs and Chandler Museum Foundation Board. Participant in the Chandler Museum Foundation Board and Chandler Civic programs.

Marlow, Joan

Joan's a life-long learner and a forever teacher. Her corporate career encompassed: teacher, corporate trainer, HR manager mentor. As a life wellness coach, educator, Reiki Master and Board Certified Patient Advocate in her business Peaceful Easy Healing, she lives her passion and purpose of helping individuals create and live their best lives by offering the tools and voice to make their best choices. She offers tips, techniques, tools support to make your best choices

McClendon, Wendy

McClendon, Wendy PhD, manager, motivator, avid volunteer, business consultant, published author, director, and former community outreach TV host is successful at helping and putting together people, in and out of the business world. Her education and background are in management and psychology. Her passion is people, processes, how they intertwine, and making the most complex as simple as pie.

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 24 yrs. 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 40 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.

Metz, Richard

I have a BS in ED. from Ohio State Univ. and a MAS from Johns Hopkins Univ. I worked in the US Higher Education administration for 45 years with 25 of them as a CFO. I am an amateur historian who reads and studies many historical areas all the time. I have taught courses in several different locales throughout my career in higher ed. I have lived in 10 different states and traveled throughout the 50 USA as well as to 57 different foreign countries. I have been retired here for 10 years.

Nilsen, Alleen

Alleen Nilsen is a Professor Emerita at Arizona State University. In 2000 she, along with her husband Don, published the Encyclopedia of 20th Century American Humor. In 2018 they published both a paperback and hardbound edition of The Language of Humor with Cambridge University Press.

Nilsen, Don

Don Nilsen is a Professor Emeritus at Arizona State University. In 2000, he along with his wife Allene, published the Encyclopedia of 20th Century American Humor. In 2018 they published both a paperback and hardbound edition of The Language of Humor with Cambridge University Press.

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 17 years and the Arizona Bar Association over 10 years.

Pickering, John

Health Physicist with MS in Radiological Health Physics and MA Education. More than 40 experience in Radiation Safety to include teaching at a university and authoring textbooks on the subject of Radiation Safety.

Pitrat, Brigitte

I am originally from Germany and live in Sun Lakes. I love to quilt and have been quilting for more than 30 years. I like to share my joy/love of quilting. I taught some quilting classes when we lived in Washington DC in a sewing store.

Poker-Yount, Elaine

Elaine Poker-Yount, CDP, is Director of Care Management for Visiting Angels East Valley. A specialist on aging and dementia, she empowers families and caregivers to proactively navigate changes in health and independence, and teaches practical dementia skills through classes and annual conferences offering resources and tools for daily living. She chairs the Sun Lakes Memory Café, held locally every Monday, and authors a monthly column in the Arizona Republic entitled Successful Aging.

Reed, Roberta

Bobbie Reed has a PhD in chemistry and spent most of her career as a biomedical researcher and clinical chemist at a teaching hospital in upstate New York. She was part of numerous national and international efforts to improve medical testing and the communication of information to patients.

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 Doc

Rockland, Carole

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

Sandell, Scott

Scott Sandell, MBA, is president of the Phoenix Chapter of the Foundation for Personal Financial Education, a 20-year-old nationwide nonprofit speakers' bureau dedicated to providing financial education without bias or the burden of sales.

Silberblatt, Henry

After 10 years with Mesa Public Schools, Henry Silberblatt retired as a middle school science teacher. His favorite unit to teach each year was the introduction to astronomy. Learning about the constellations and the structure of the universe, our galaxy and our solar system are always his favorite topics.

Steele, Whitney

Whitney Steele is a Public Affairs Specialist with Waymo - the world's first autonomous ride-hailing service.

Symes, Carol

A Great Course Lecturer, class facilitated by NFLL Member Suzanne Brown

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.

Wong, Jennifer

Jennifer Wong has embraced the culture of her husband, Sam, and shares her knowledge and enthusiasm for all things with our lifelong learners.

Wysession, Michael

A Great Course Lecturer, an established leader in seismology and geophysical education, he has received three Science and Engineering Fellowships, awards for seismology research and geoscience teaching. Course is facilitated by NFLL member Archi Millhollen.