

New Adventures in Learning Fall 2025 Classes

October 6th – December 12th 2025

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Off-Site Classes: Pages 14-15
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Sun Lakes Center In-Person Classes

F0489C - Introduction to Musical Instrument Museum

William Haskell

If you haven't had the opportunity to visit Phoenix's Musical Instrument Museum, here is your chance to explore handouts and videos provided by them. I'm hoping I will have some volunteers to sit as a panel to discuss their own experiences. If there is enough interest I will arrange for a self-paid tour and luncheon following this class.

1 Session Starts 12/2/2025 Meets Tue at 3:00

F1066C - Card Making Creativity

Nita Pangan

My class is an opportunity to make cards and learn how to use the tools that make it more fun. It lets you find your creative space and share it with those around you. We make seasonal cards but versatile. It's a fun time to fellowship with others with similar interest.

3 Sessions Starts 10/9/2025 Meets Thu at 1:00 on 10/9, 11/13, 12/4

F1067C - Card making with Gratitude.

Nita Pangan

An opportunity to make cards to share expressing our gratitude to important people in our community. Such as Veterans, first responders and more.

2 Sessions Starts 11/10/2025 Meets Mon & Wed at 9:00 on 11/10, 11/12

F0469C - Street Art of Taiwan - A Travel Log

Robert Truman

Taiwan boasts a vibrant street art and public sculpture scene, with notable locations like Tainan, Kaohsiung, and Taipei offering unique artistic experiences. From graffiti villages revitalizing rural areas to impressive sculptures. Taiwan's public art is diverse and engaging. Join us as we take a photo journey around the Island.

1 Session Starts 12/4/2025 Meets Thu at 1:00

F2370C - Arizona Wild Territorial Days and it's Economic Development

Al Quihuis

This is a presentation of the wild history of Arizona. Its prospecting and mining towns, saloons, gambling, brothels, lawless gunfighting days, military forts 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 5 trails leading to Arizona.
1 Session Starts 11/4/2025 Meets Tue at 9:00

F3071C - Your Life Your Legacy

Hallie Lang

Making end-of-life arrangements is a difficult and emotional task. There are many decisions, and the expenses are often unexpected. Whether you're planning a traditional church service followed by a graveside ceremony; a simple cremation without a service; or an uplifting celebration of life with decor, catering and more, we want to help you understand funeral options. Planning your wishes gives your loved ones the time and space they need to grieve.
1 Session Starts 10/22/2025 Meets Wed at 10:00

F1172C - Arizona's National Monuments and Parks

Al Quihuis

The Preservation effort led to the passage of the Antiquities Act 1906. It was designed to protect natural, historic and scientific interest. This is a fantastic road trip to explore and discover Arizona most unusual geological formations, stunning deserts, mountains, ancient cliff dwellings, and places of historic significance.
1 Session Starts 10/27/2025 Meets Mon at 9:00

F1001C - Introduction to the Game of Bridge

Karin Hansen

Learn the basics of the game of Bridge. Class will be 'hands on' playing cards and learning the basics of play as well as basic hand evaluation and bidding.
1 Session Starts 10/13/2025 Meets Mon at 10:00

F1074C - Wrap Your Gifts Like a Pro and Dazzle Friends and Family

Paul Szablowski

This class session will give you hands on experience in wrapping gifts for your friends and family. You will master professional techniques in wrapping and decorating your gifts. Techniques include detail wrapping instruction, ribbon design and package decorating techniques.
1 Session Starts 11/20/2025 Meets Thu at 1:00

F1775C - Where Do You Want To Eat Tonight?

Richard Lewin

This will be a Roundtable discussion group that will discuss restaurants and what we like and dislike about them. If you enjoy dining out, whether occasionally or often, you should enjoy this Roundtable. Bring your dining suggestions, This Roundtable was popular in the Spring Semester and participants ask that we offer it again this fall.
1 Session Starts 11/26/2025 Meets Wed at 10:00

F1776C - Journaling Joy: A Journey into Gratitude and Thoughtfulness

Billie Jordan

In this relaxing 1-hour roundtable, explore the practice of thoughtfulness journaling through the lens of gratitude. Discover how focusing on the positive aspects of life can uplift your mood, deepen awareness, and enhance daily living. Bring your journal or start fresh with the first page we'll provide. Together, we'll reflect, write, and share in a supportive space that celebrates the power of appreciation and mindful reflection.

1 Session Starts 11/13/2025 Meets Thu at 10:00

F1777C - S1) TCMC Book Club Series: The Thursday Murder Club

Kevin Sieling

We will be discussing the book, *The Thursday Murder Club* which follows four retirees—Elizabeth, Joyce, Ibrahim, and Ron—who meet weekly to solve cold cases. When a murder strikes their quiet Kent village, the quirky sleuths race to crack the case, proving age is no match for their sharp minds. Can this unorthodox crew outsmart the killer before time runs out?

1 Session Starts 10/16/2025 Meets Thu at 9:00

F1778C - S2) TCMC Book Club Series: The Man Who Died Twice

Kevin Sieling

Discussion of "The Man Who Died Twice". Elizabeth, Joyce, Ibrahim, and Ron return for another Thursday Murder Club adventure. When Elizabeth's old colleague begs for help involving stolen diamonds, a ruthless mobster, and a deadly threat, the gang is pulled into a high-stakes hunt. With bodies piling up, can these four outwit a killer—and maybe snag the diamonds—before becoming the next victims?

1 Session Starts 10/30/2025 Meets Thu at 9:00

F1779C - S3) TCMC Book Club Series: The Bullet That Missed

Kevin Sieling

Discussion of "The Bullet That Missed". Joyce, Elizabeth, Ibrahim, and Ron dive into a tangled mystery involving two murders, a vanished reporter, and a deadly ultimatum for Elizabeth. As the group navigates TV stars, money launderers, and ex-KGB agents, they must unravel the truth, protect their friend, and outwit a killer—proving retirement is anything but quiet.

1 Session Starts 11/13/2025 Meets Thu at 9:00

F1780C - S4) TCMC Book Club Series: The Last Devil to Die

Kevin Sieling

Discussion of "The Last Devil to Die" (2024). Christmas turns deadly for the Thursday Murder Club when a smuggled package vanishes on Boxing Day, chaos erupts, bodies pile up, a loved one is lost, and a ruthless killer closes in. Racing against time and their most dangerous foes yet, the club faces a chilling question: Can they survive long enough to stop the last devil to die?

1 Session Starts 12/4/2025 Meets Thu at 9:00

F1702C - The "Questions Only" Workshop Experience

Klaas DeWaal

The Questions Only workshop is an experience where only questions are asked. Each participant will only ask questions. All others listen and learn, while no time is planned for discussion. By only listening to the answers, we often find inroads into our own possibilities. By only listening, something inside has a new or stronger voice. A connection within may give love to self and others, and we will begin to follow a thread, a rope, a path, and then a road into our tomorrow.
4 Sessions Starts 10/7/2025 Meets Tue at 1:00 on 10/7, 10/13, 10/21, 10/28

F1403C - Cool Cooking with Crock Pots

Billie Jordan

It is time to take your crock pot off the shelf and enjoy some cool cooking. Bring your favorite recipes for meals, snacks, and more to share with the class. We will make copies for everyone to take home. For an extra bonus, I will make my favorite recipe to share during class. Bring your recipes and your appetite!
1 Session Starts 10/7/2025 Meets Tue at 3:00

F3004C - The Hidden Gems of CGCC: Benefits You Didn't Know Existed

Alice Yam

In addition to having fun, meeting new people, and keeping your mind active and healthy, being a New Adventures in Learning member makes you a Chandler Gilbert Community College student. Come to this session and see all the great opportunities open to you - all kinds of discounts, college sports events and fine arts presentations. Come get your college swag, your college ID and show your school spirit! Howl Yeah!
1 Session Starts 10/8/2025 Meets Wed at 10:00

F0705C - Gentle Yoga Practice

Kate Christensen

This Yoga series of stretches and poses, can build calmness, balance, physical strength & 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 & coordination, Improved health, rid body of toxins, stretch and align the spine. Please wear comfortable clothing, easily removed shoes, a mat and blocks if you have. Arrive 10 min early for mat placement.
4 Sessions Starts 10/7/2025 Meets at 10:00 on 10/7 (T), 10/09 (Th), 10/14 (T), 10/16 (Th)

F0706C - Pilates/Yoga (PIYO)

Kate Christensen

This Pilates and Yoga series of stretches and poses can build balance, physical strength & stamina in legs and core. Working all extremities in each class with a specific area of focus such as core, hips, shoulders, arms and legs, low back. Challenge yourself with some new movements that you can practice at home. This class is a practice, not seeking perfection. Please wear comfortable clothing, a mat and blocks if you have. Arrive 10 min early for mat placement.
6 Sessions Starts 11/24/2025 Meets 10:00 on 11/24 (M), 11/25 (T), 12/1 (M), 12/3 (W), 12/8 (M), 12/10(W)

F1481C - Combating the Opioid Epidemic

Sejal Katyal

This presentation includes vital information about the opioid epidemic. The presenter, Sejal Katyal, will discuss what opioids are, who often takes them, and why people get addicted to opioids. We will also discuss the scientific process of how opioids numb pain and, most importantly, discuss what you can do to stop the opioid epidemic. This presentation was made based on scientific research and valuable insight from medical professionals including pharmacists.

1 Session Starts 11/10/2025 Meets Mon at 3:00

F1484C - Critical Conversations-Having THE Talk with Your Adult Kids

Becky Cholewka

Some children have a hard time thinking about their parents' declining health. Some want to make sure they are prepared to help their parents as they age. Starting conversations about your wishes can be difficult and stressful. This discussion focuses on how to have these honest and difficult conversations with your family to ensure your wishes are known and followed.

1 Session Starts 11/19/2025 Meets Wed at 9:00

F0985C - It's Not All About the Benjamins: Defining a Lasting Legacy

Becky Cholewka

Too often people think of legacy planning as what monies they will leave to others. This presentation encourages you to leave a legacy that is more meaningful than money. Becky shares her personal story of her Grandma Ruth- a "rockstar" at leaving her legacy. She shares legacy planning ideas and gives you simple steps you can take to get started today.

1 Session Starts 12/3/2025 Meets Wed at 9:00

F1986C - Does Your Estate Plan Need CPR?

Becky Cholewka

Estate planning is not a one-and-done project. If you want to ensure your plan works to avoid the time, expense, and emotional cost of probate court, you need to continually update your plan to maintain its effectiveness. Becky will be covering flat-lining topics including new Arizona residency, life-changing events, Arizona documents created prior to 2020, and do-it-yourself kits.

1 Session Starts 12/10/2025 Meets Wed at 9:00

F1487C - The Science of Mindfulness

Ann Sebren

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

1 Session Starts 10/29/2025 Meets Wed at 1:00

F1407C - 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 (and bones! and balance!). Is protein intake enough? What about weights? Any miracle supplements? Find out all the answers.

1 Session Starts 10/15/2025 Meets Wed at 1:00

F1408C - 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 (and bones! and balance!). Is protein intake enough? What about weights? Any miracle supplements? Find out all the answers.

1 Session Starts 10/23/2025 Meets Thu at 10:00

F0309C - Perseus and Andromeda

Henry Silberblatt

An ancient tale of perseverance, bravery, dignity, justice, revenge and death, along with divine interventions.

1 Session Starts 12/4/2025 Meets Thu at 3:00

F1111C - The Magic of Journeys

Mike Groulx

Learn how a marginally planned trip can transition into a lifetime changing journey.

3 Sessions Starts 10/29/2025 Meets Wed at 10:00 on 10/29, 11/5, 11/12

F2312C - Fountain Pens from Around the World Past & Present

Joseph Russo

Explore the world of fountain pens, their history and their evolution with examples of vintage classics from the 1900's through today. We'll explore the evolution of writing instruments through the decades. Witness the beauty and craftsmanship of those who produced these treasured writing instruments. Learn about major fountain pen manufacturers from around the world. Prepare to be captivated by a collector's journey through the art of the fountain pens.

1 Session Starts 11/3/2025 Meets Mon at 10:00

F2313C - Inkwells: Antique & Vintage Glass Bottles to Tiffany Studio

Joseph Russo

Explore the world of Inkwells, their history and their evolution with examples of vintage inkwells from the 1800's through today. We'll explore the evolution of inkwells through the decades, and witness their beauty and craftsmanship. Prepare to be captivated by a collector's journey through the evolution of Inkwells.

1 Session Starts 11/6/2025 Meets Thu at 10:00

F1714C - New Adventures On-going Book Club A

William Haskell

Bill Haskell will lead us in discussing Thunderstruck by Eric Larson. This is a story of two men -- Hawley Crippen, a very unlikely murderer, and Guglielmo Marconi, the obsessive creature of a seemingly supernatural means of communication and one of the greatest criminal chases of all times. Since July 2015 the Club has discussed over 72 books primarily non-fiction.

1 Session Starts 10/6/2025 Meets Mon at 12:30

F1715C - New Adventures On-going Book Club B**William Haskell**

Susan Lockwood Knaus will lead us in discussing No One Cares About Crazy People: My Family and the Heartbreak of Mental Illness in America by Ron Powers. This book explores the social history of mental illness in America, interwoven with the personal story of his two sons' struggles with schizophrenia. The book examines the public's fear, myths, and misconceptions surrounding mental illness. Since July 2015 the Club has discussed over 72 books primarily non-fiction..

1 Session Starts 11/3/2025 Meets Mon at 12:30

F1716C - New Adventures On-going Book Club C**William Haskell**

Gene Lariviere will lead us in discussing White Too Long by Robert Jones. Drawing on history, public opinion surveys, and personal experience, the author delivers a provocative examination of the unholy relationship between American Christianity and white supremacy, and issues an urgent call for white Christians to reckon with this legacy for the sake of themselves and the nation. Since July 2015 the Club has discussed over 72 books primarily non-fiction..

1 Session Starts 12/1/2025 Meets Mon at 12:30

F0617C - Internet Security for Seniors**Robert Truman**

Staying safe when online is getting more difficult these days. This presentation will address the topics of online scams, viruses, junk email, telemarketers, and more so that you can learn how to protect yourself and your privacy and still use the Internet.

1 Session Starts 11/13/2025 Meets Thu at 3:00

F1418C - What is Autism and the Autism Spectrum**Robert Truman**

Discussion: What is Autism? It's never easy learning that someone you love has a developmental condition like autism. Autism spectrum disorders (ASDs) are a group of developmental disabilities that can cause significant social, communication and behavioral challenges. Join us as we watch a couple of short informative films about Autism followed by a discussion led by Rob who has raised a daughter with Autism and a Son with Tourette's Syndrome.

1 Session Starts 12/1/2025 Meets Mon at 10:00

F0619C - Computer Buying Guide**Robert Truman**

Upgrading from Windows 10 to Windows 11? Getting ready to take advantage of the holiday sales? Totally confused about all of the terminology and specifications? Rob will provide some basics when it comes to picking your next machine. If you are looking for a pre-purchase buying guide, then this presentation is for you.

1 Session Starts 10/20/2025 Meets Mon at 10:00

F1965C - Retiree Tax Planning Under the New Tax Bill

Matt Benson

This two-part session is designed for retirees navigating the new federal tax legislation, "The Big Beautiful Bill." It covers how the bill impacts income, investments, and estate planning. Over two 75-minute sessions, foundational retirement tax planning principles and specific changes brought by the new law will be explored. The final session includes a hands-on "lab" where attendees can apply what they've learned using a customized worksheet.

2 Sessions Starts 12/2/2025 Meets Tue at 9:00 on 12/2, 12/9

F0422C - The Legendary Jonathan Winters

William Haskell

This class will look back at the life of Winters and will also include many video snippets from his appearances on the Johnny Carson and Dean Martin Shows, roasts, interviews and award presentations. Jonathan Winters was a comedian, actor, author, television host, and character sketch artist. Plan to attend this wonderful class honoring one of America's greatest humorist.

2 Sessions Starts 12/8/2025 Meets Mon Tues at 10:00 on 12/8, 12/9

F1923C - Introduction to Estate Planning

Heather L Parker

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

1 Session Starts 10/16/2025 Meets Thu at 3:00

F1924C - Probate and the Role of an Executor

Heather L Parker

What should you know about what probate is, how it works, and what you need to know about serving in the role as an Executor, whether it is for you, or what you are expecting someone else to do if you ask them to serve in that role for you.

1 Session Starts 11/17/2025 Meets Mon at 10:00

F2725C - Saluting Our Veterans

Darcy Bentz

Military Veterans deserve special recognition and understanding for their services to our Country. Learn how we honor them.

1 Session Starts 11/10/2025 Meets Mon at 10:00

F1426C - 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 10/6/2025 Meets Mon at 10:00

F1427C - Supportive and Hospice Care

Darcy Bentz

Learn how supportive care improves quality of life for those with a chronic illness by managing symptoms and preventing unnecessary hospitalizations. Understand the benefits of hospice care, which is covered by Medicare, and supports patients in the comfort of their own home.

1 Session Starts 10/30/2025 Meets Thu at 1:00

F2342C - Newspaper History: Front Porch to Cell Phone Delivery

Paul Sanders

Remember getting the newspaper delivered to your home every day? The latest news from around the corner and around the world. The daily and Sunday newspapers were an American family staple used by parents for the latest news and weekly grocery deals, and by the children for current events and of course the comics section. Let Paul take you on the journey of newspaper's transformation from essential daily tool to a highly targeted digital information source for both current and archival events.

1 Session Starts 10/30/2025 Meets Thu at 3:00

F1428C - 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 make the visit a mutually rewarding experience.

1 Session Starts 10/15/2025 Meets Wed at 10:00

F1043C - Learn to Play Cribbage!

Stephanie Merrill

Cribbage is a card/board game that is not difficult to learn and fun to play! Bring a cribbage board with you 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 10/14/2025 Meets Tue at 3:00 on 10/14, 10/21, 10/28, 11/4

F1429C - Normal Aging or Something More? Signs of Dementia

Darcy Bentz

What changes are normal and what could be signs of Dementia.

1 Session Starts 11/18/2025 Meets Tue at 10:00

F2744C - The A.E.F. and the Meuse-Argonne Offensive

Chris Lawrence

The U.S. Army was unprepared for the conflict when it declared war on Germany in April 1917. This study illustrates how the A.E.F. evolved from a small peacetime army of 133,000 to a force of over 4 million men by November 1918. How it prepared, trained, learned lessons, and operated both tactically and strategically. The main A.E.F. offensive (Meuse-Argonne) will be analyzed as well as the entire pivotal year of 1918.

4 Sessions Starts 10/6/2025 Meets Mon at 3:00 on 10/6, 10/13, 10/20, 10/27

F1430C - Coping with Grief During the Holidays

Darcy Bentz

The holidays are often difficult for grieving families. Be gentle with yourself-- and develop strategies for moving through a challenging season.

1 Session Starts 11/4/2025 Meets Tue at 1:00

F1431C - Understanding Grief and Mourning

Darcy Bentz

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

1 Session Starts 10/21/2025 Meets Tue at 10:00

F1445C - Get a Leg Up on Aging

Will Whitlock

Explore how lower body strength supports longevity by enhancing balance, preventing falls, enabling sustained activity, and reducing inflammation. This 60-minute session blends research, movement, and practical strategies for healthy aging.

1 Session Starts 11/5/2025 Meets Wed at 1:00

F2333C - Amazing Women : Sarah Josepha Hale

Carole Rockland

Fourth in the series of “Amazing (but little-known) Women”, Sarah Josepha Hale is remembered as the godmother of Thanksgiving, but she has also been described as “the most influential woman of the 19th century.” The class will end with a fun quiz on Thanksgiving trivia.

1 Session Starts 11/25/2025 Meets Tue at 1:00

F1246C - 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 10/8/2025 Meets Wed at 3:00 on 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 11/26,

F1934C - Strategies to Help Protect Your Retirement Plan

Stacey Bendfelt

Whether you're saving for retirement, transitioning to retirement, or already retired, understanding key financial risks is crucial. Learn to safeguard your home and assets, create lifetime income streams, plan for healthcare and long-term care costs, and navigate life changes like becoming suddenly single. Gain valuable insights and strategies for a more comfortable retirement while enhancing your retirement plan to help protect your future.

1 Session Starts 10/14/2025 Meets Tue at 10:00

F1435C - What is Senior Living All About?

Traci Jacobsen

Planning for the future can be overwhelming with so many options to consider and no crystal ball. Senior living offers tailored care, social engagement, nutrition, wellness, and enrichment—benefits often difficult to replicate at home alone. My goal is to provide you with the information needed to make informed decisions that suit your lifestyle, preferences, budget, and care needs—before the need arises.

1 Session Starts 10/16/2025 Meets Thu at 1:00

F1436C - Sweet Traditions

Tanya Nolcox

Join us in sharing your favorite and most memorable recipes! Whether they made you laugh, smile, or captured a moment worth keeping, we want to see them. Every recipe has a story, and we can't wait to hear yours. Let's relive those little moments together!
Information about where to send recipes will be sent via email a week before class.

1 Session Starts 12/3/2025 Meets Wed at 10:00

F2347C - Mata Hari Was Notorious, But Was She a Spy?

Eugene Lariviere

She was born in the Netherlands and suffered through a terrible marriage. After the divorce, she went to Paris, created a new image of herself and became the most famous dancer and stripper in Europe. She was arrested, convicted as a spy and executed. Was she really guilty or was she framed?

1 Session Starts 11/13/2025 Meets Th at 1:00

F1237C - Beginning Conversational Spanish

Kyle Messner

This class is a continuation of the Conversational Spanish class that started last Spring semester. Members who took the class 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 use the book Spanish Step By Step by Barbara Bregstein.

5 Sessions Starts 10/16/2025 Meets Thu at 10:00 on 10/16, 10/30, 11/13, 11/20, 12/4

F0448C - Creating a Canadian Style of Art

Eugene Lariviere

Most Americans know little about Canadian art. Tom Thomson and the Group of Seven are famous in Canada for creating a distinctive style of painting in the early 20th Century

1 Session Starts 10/9/2025 Meets Thu at 10:00

F2349C - 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 is the modern result of that history.

1 Session Starts 10/27/2025 Meets Mon at 1:00

F2750C - Virginia Hall: America's Top Female Spy of WWII

Eugene Lariviere

Virginia Hall was a highly educated woman from a wealthy Baltimore family. She had a leg prosthesis due to a hunting accident. She was a spy for Britain in France but had to escape over the Pyrenees when betrayed. She went back to France before D-Day and led effective sabotage attacks on the Nazi troops that contributed to Allied successes in the war.

1 Session Starts 11/18/2025 Meets Tue at 1:00

F2351C - Who We Are: Racism in America

Eugene Lariviere

The first session will be a viewing of "Who We Are: A Chronicle of Racism in America" a presentation by Jefferey Robinson, a black lawyer who grew up in Memphis in the 1960s. He graduated from Harvard and worked for the ACLU. He founded the program "Who We Are" to help Americans face up to our race issues and to try to resolve them. The second session will be a class discussion of what we learned from the film.

2 Sessions Starts 12/8/2025 Meets Mon Tues at 1:00 on 12/8, 12/9

F1338C - Global Expressions of Gratitude**Kyle Messner**

Gratitude is a universal human emotion, yet every culture expresses it in unique and beautiful ways. This class explores how different communities around the world practice gratitude—through rituals, language, food, and seasonal celebrations. Participants will gain a deeper appreciation of global perspectives and be invited to reflect on their own gratitude traditions, past and present.

1 Session Starts 11/12/2025 Meets Wed at 1:00

F2352C - 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 10/7/2025 Meets Tue at 10:00

F1939C - Stage To Sell:Secrets of Home Presentation that Attract Buyers**Dave Messner**

Buyers often decide how they feel about a home within seconds of walking through the door. This class will show you how to create a welcoming, market-ready space that appeals to today’s buyers—without spending a fortune. Through real-life examples, photos, and hands-on exercises, you’ll learn proven techniques to highlight your home’s strengths and minimize distractions.

1 Session Starts 11/19/2025 Meets Wed at 1:00

F1140C - AARP Driver Safety**Jerry Hartley**

No Tests, just learn. Review of safe driving strategies and Arizona traffic laws. Classroom Tuition Fees: \$20 for AARP Members, \$25 for non-members. Checks to “AARP” or cash. No Cards!!!! There is a completely online version at aarp.org/drive. Some auto insurance companies will give a premium discount (good for 3-years) after attendance. This curriculum is as approved for Arizona and may not be for other states. If interested, check with your insurance company to find out if, and how much!

2 Sessions Starts 10/14/2025 Meets Tue at 1:00 on 10/14, 10/21

F0853C - What Belief & Love Had To Do With It?**Klaas DeWaal**

Traveling back in time to your memories of your life on this beautiful planet is an incredible experience. We all do this, all the time. Except that now we decide to ask: what “belief” and “love” had to do with it?

2 Sessions Starts 11/5/2025 Meets Wed at 1:00 on 11/5, 11/12

F1154C - Paris, La Ville des Lumieres, City of Lights**Michael Buscaglia**

Paris is a city of endless charm where history, art, and culture blend seamlessly. You can marvel at iconic landmarks like the Eiffel Tower, explore world-class museums like the Louvre and stroll through charming neighborhoods like Montmartre. Paris offers an unforgettable ambiance, with its cafes, boutiques, and romantic river walks. Whether you're into history, fashion, or simply soaking in the city's energy, Paris offers something special for everyone.

1 Session Starts 11/17/2025 Meets Mon at 1:00

F1955C - Let's Talk Money: A Class for Retirees

Shelby Andersson

This course is designed for retirees and those approaching retirement who want to take control of their financial future with confidence. We'll cover key topics including retirement income planning, Social Security, understanding Medicare, how to avoid common financial mistakes and fraud, and ways to secure your legacy. Whether you're looking to better understand your options or simply gain peace of mind, this class offers practical tools and real-world guidance in a relaxed, supportive setting.

6 Sessions Starts 10/8/2025 Meets Wed at 9:00 on 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

F1757C - Scams and Defending Against Them-A Roundtable

Richard Lewin

This will be a Roundtable where scams and how to defend against them will be discussed, There are new scams being developed almost daily and they are getting more sophisticated, Methods to detect them and defend against them will be discussed.

1 Session Starts 10/27/2025 Meets Mon at 10:00

F1258C - Family Voices: Writers Workshop – 4 Session Course for Adults

Kevin Sieling

From Conversation to Chapter is a four-part writing workshop where adults learn to interview a loved one and transform that dialogue into a compelling memoir-style chapter. Participants build skills in interviewing, storytelling, and revision to honor meaningful life stories. Each person leaves with a powerful narrative capturing the voice and experience of someone they admire.

4 Sessions Starts 10/23/2025 Meets Thu at 9:00 on 10/23, 11/6, 11/20, 12/11

F2720C - The Legend of the Kamikaze "Divine Wind"

William Haskell

Kamikaze or "Divine Wind Special Attack Unit" aka "Body Crashing" tactics were deployed by the Empire of Japan beginning in late 1944 through the end of the war in the Pacific in August 1945. This strategy was first adopted by individual acts and eventually endorsed by the Japanese High Command through massive air attacks. This strategy, based on an ancient legend, involved suicide attacks on the U.S. Fleet by manned airplanes, but also included several other manned and unmanned methods.

2 Sessions Starts 11/24/2025 Meets Mon Tues at 3:00 on 11/24, 11/25

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Off-Site Classes

F2282T - Get Your Hands Dirty for Charity (Off-site)

Michael Ceschiat -- Katie Haar

Field trip to Chandler-Gilbert Community College Ceramic studio. Students will learn about the Ceramics program and the Service-Learning and Civic Engagement program at CGC. Presenters will discuss the importance of volunteerism and highlight the upcoming Empty Bowls event. Students will be encouraged to get their hands a little dirty and make a bowl for the upcoming event. Bowls made during class will be donated to the event and will be available for purchase. Funds raise will be donated AZCEND. Associated Cost: None Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

LOCATION: Address 2626 E Pecos Rd. Chandler 85225, class location is the Ceramics Lab, participants should park in parking lot 4 Parking is free and open to the public.

All levels

1 Session Starts 10/8/2025 Meets Wed at 9:00

F2283T - Gilbert Historical Museum Tour (Off-site)

Virginia Allen

Join other New Adventures members for a self-guided tour of the Gilbert Historical Museum using a printed map. We will meet at the Gilbert Historical Museum, 10 S. Gilbert Rd., Gilbert, AZ, on December 12, 2025, from 9:00 a.m. until 11:15 a.m. The cost is \$3 per person, payable in cash. The cross streets: SW corner of S. Gilbert Rd. + E. Elliot Rd. Associated Cost: \$3 cash. Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

1 Session Starts 12/12/2025 Meets Fri at 9:00

F1862T - Lunch Bunch October 2025 (Off-site)

Virginia Allen

Join other New Adventures members for lunch at The Parlay Kitchen & Cocktails on October 17th at 11:30 a.m. We will meet at 4850 S. Gilbert Rd., #4, Chandler, AZ 85249. Crossroads: Chandler Heights + Gilbert Rd. By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Starts 10/17/2025 Meets Fri at 11:30

F1863T - Lunch Bunch November 2025 (Off-site)

Virginia Allen

Join other New Adventures members for lunch at Blue 32 Sports Grill on November 14, 2025, at 11:30 a.m. We will meet at 4845 S. Arizona Ave., Chandler, AZ 85248. Crossroads: Arizona Avenue + Chandler Heights Rd. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Starts 11/14/2025 Meets Fri at 11:30

F1864T - Lunch Bunch December 2025 (Off-site)

Virginia Allen

Join other New Adventures members at Joe's Real BBQ for lunch on December 12, 2025, at 11:30 a.m. We will meet at 301 N. Gilbert Rd., Gilbert, AZ 85234. Crossroads: Gilbert Rd. + E. Page Ave. By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.
1 Session Starts 12/12/2025 Meets Fri at 11:30

F1856T - Going Out To a Dim Sum Lunch (Off-site)

Richard Lewin

Dim Sum are Chinese dumplings and small plates generally served at lunch. This luncheon at the Phoenix Palace will be a communal pre-ordered lunch of 5-6 different items. We will meet at the restaurant on Friday November 7th, 11:30 AM located at 2075 N. Dobson, NE corner at Warner. Since there will be only one check, payment will be cash only. Est. cost \$20-25. Associated Cost: \$20-\$25. Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.
1 Session Starts 11/7/2025 Meets Fri at 11:30

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

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

On-line Classes / Zoom

F0673Z-NA - A Brief History of AI (ZOOM)

Luo Xiaoqiang

Artificial Intelligence (AI) has advanced at an extraordinary pace in recent years. But how did we get here? What makes AI so powerful, and what are its limitations? In this course, we will explore the foundational principles behind modern AI, gaining insights into the technologies that drive its intelligence. With a deeper understanding of how AI works, students will learn how to use AI effectively and enhance everyday life. We will also examine the AI boundaries and discuss common pitfalls.

2 Sessions Starts 10/9/2025 Meets Thu at 3:00 on 10/9, 10/23

F1488Z-NA - Everything to Know About Being Hard of Hearing or Deaf (ZOOM) Christy Abrams

Christy Abrams, Hard of Hearing Specialist, and Kim Minard, Deaf Specialist from the Arizona Commission for the Deaf and the Hard of Hearing will share great insight on factors that impact people who are Hard of Hearing or Deaf. Communication access, emotional impact, assistive technology, culture sensitivity, self advocacy and beyond will be discussed, with plenty of time for Q & A.

ACDHH will provide ASL Interpreters and Communication Access Realtime Translation (CART) "captions" for this class.

1 Session Starts 10/28/2025 Meets Tue at 10:00

F2721Z-NA - The Legend of the Kamikaze "Divine Wind" (ZOOM)

William Haskell

Kamikaze or "Divine Wind Special Attack Unit" aka "Body Crashing" tactics were deployed by the Empire of Japan beginning in late 1944 through the end of the war in the Pacific in August 1945. This strategy was first adopted by individual acts and eventually endorsed by the Japanese High Command through massive air attacks. This strategy, based on an ancient legend, involved suicide attacks on the U.S. Fleet by manned airplanes, but also included several other manned and unmanned methods.

2 Sessions Starts 12/11/2025 Meets Thu Fri at 3:00 on 12/11, 12/12

F1941Z-NA - Social Security News and Updates (ZOOM)

Jack Burns

We will review the most significant changes to the Social Security Benefit Programs in 2025

1 Session Starts 10/17/2025 Meets Fri at 9:00

F0659Z-NA - Intro to Artificial Intelligence: Demystifying ChatGPT (ZOOM)

Kevin Sieling

This three-part Zoom course introduces senior citizens to the world of Artificial Intelligence through friendly, hands-on sessions. Participants will learn what AI is, explore popular chatbot tools like ChatGPT and Google Gemini, and practice crafting their own prompts to get helpful, fun, and creative responses. No prior tech experience is needed—just curiosity and a willingness to try something new!

3 Sessions Starts 11/4/2025 Meets Tue. 11/4 (10am - 11am) 11/18, 11/25 (9am-9:59am)

F2160Z-NA - Mental Wellness & Electronic Journaling: A Practical Guide (ZOOM)

Kevin Sieling

Enhancing Mental Wellness is a two-session course focused on practical strategies for emotional well-being. Participants explore neuroplasticity, practice reframing negative thoughts, and use AI-powered tools like the Rosebud app for digital journaling. Designed for all tech comfort levels, the course promotes self-reflection, gratitude, and growth in a fully secular and supportive environment.

2 Sessions Starts 12/2/2025 Meets Tue at 10:00 on 12/2, 12/9

F2390Z-NF - Great Trials of World History ONLINE (ZOOM)

Suzanne Brown

Come listen and discuss the lessons learned by a study of the great trials in history through this Great Course class. This class will occur over Fall and Spring terms. The first 6-session part this Fall will cover trials such as Socrates, Sir Thomas More, Salem Witchcraft, and the Lincoln Assassination, among others.

6 Sessions Starts 10/27/2025 Meets Mon at 3:30 on 10/27, 11/3, 11/10, 11/17, 11/24, 12/1

F1191Z-NF - Silk Road: Gansu Province (ZOOM)

Jennifer Wong

Join your host for a continuation of her Silk Road journey through Gansu Province.

1 Session Starts 10/14/2025 Meets Tue at 1:30

F1492Z-NF - Fall Prevention (ZOOM)

Jennifer Wong

One in three persons over the age of 65 will suffer a serious fall in their life. This class is designed to empower participants with skills that can significantly alter the outcome for individuals in need of assistance.

1 Session Starts 11/13/2025 Meets Thu at 1:30

F1493Z-NF - Neuropathy Concerns (ZOOM)

Jennifer Wong

Neuropathy affects nearly 40% of all Americans over the age of 65. This class will discuss the symptoms of neuropathy and what we can do to improve living with neuropathy.

1 Session Starts 10/23/2025 Meets Thu at 1:30

F1494Z-NF - Stop the Bleed (ZOOM)

Jennifer Wong

In the face of trauma-related events such as car accidents, mass shootings, or incidents involving individuals on blood thinners, mastering hemorrhage control becomes paramount. This course equips participants with the knowledge to identify various types of bleeding and provides hands-on training in effective bleeding control techniques. Developed in accordance with guidelines from the American College of Surgeons, this class ensures comprehensive and reliable instruction for emergency situations.

1 Session Starts 11/20/2025 Meets Thu at 1:30

F1495Z-NF - Stroke Facts (ZOOM)

Jennifer Wong

Delve into the critical knowledge of recognizing a stroke, comprehending its nature, and learning immediate actions to take when someone experiences a stroke.

1 Session Starts 11/6/2025 Meets Thu at 1:30

F1996Z-NF - Essential Estate Planning (ZOOM)

Scott Sandell

This is an objective look at the differences between will based plans and trust based plans. We will explore the key elements of both and try to decipher who needs which plan. 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 12/3/2025 Meets Thu at 11:00

F1997Z-NF - Understanding Annuities (ZOOM)

Scott Sandell

We will explore the different types of annuities available as well as their primary uses while uncovering what is behind some of the lofty promises. This is not a sales event and we will not be speaking on any specific products although we will answer any questions you may have. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session Starts 10/8/2025 Meets Wed at 11:00

F1998Z-NF - Understanding Required Minimum Distributions (ZOOM)

Scott Sandell

As you approach your 70's, the tax time bomb called your IRA begins to tick a bit louder. Required withdrawal from your IRA force you to change your investing behavior and pay much more attention to taxes. 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 Starts 11/12/2025 Meets Wed at 11:00

F1399Z-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. Following the class, each group, New Adventures and New Frontiers will have a separate dining group to sample Dim Sum (Separate registration needed for dining.) You may participate in the online class without any obligation to go on the dining experience."

1 Session Starts 11/5/2025 Meets Wed at 1:30

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Fall 2025 Instructors

Abrams, Christy

Christy Abrams is the Hard of Hearing Specialist with the State of Arizona Commission for the Deaf and the Hard of Hearing (ACDHH). As a person who has been navigating severe bilateral hearing loss since childhood she is passionate about presenting for consumers, employers, healthcare and public safety professionals, across Arizona. She works one-on-one with hard of hearing consumers every day, providing them with information and resources so that they may live independent and empowered lives.

Allen, Virginia

Virginia Allen has served on the New Adventures in Learning Council since 2020 as secretary and now as president-elect. She has a background in higher education with over thirty years as a university librarian.

Andersson, Shelby

I'm a Financial Advisor at Morgan Stanley working on the Andersson/Bekken Group. We help families make confident, informed financial decisions. Unfortunately, there is a lack of education around the topic of finances, I'm passionate about making finance clear and approachable, and I look forward to equipping you with practical tools to navigate retirement, investing, and legacy planning with confidence.

Bendfelt, Stacey

Stacey is a Financial Advisor with Raymond James specializing in maximizing retirement income. She assists clients in defining their ideal retirement lifestyle and creating personalized plans for financial independence. Stacey excels in optimizing distribution strategies, tax-efficient investing, and long-term care planning. Her commitment is to guide clients through their evolving financial needs, so they can enjoy a more fulfilling retirement

Benson, Matt

Matt Benson is a University of Nebraska grad and founder of Sonmore Financial. In 2016 he was awarded The Certified Financial Planner designation and in 2023 Investment News recognized him in their class of 40 under 40. A Top Financial Advisor by expertise.com, Dave Ramsey SmartVestor Pro, his insights are featured in Forbes, CNBC.

Bentz, Darcy

Darcy Bentz, Community Liaison with Hospice of the Valley will be the Facilitator and will be bring a guest speaker.

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.

Brown, Suzanne

Suzanne Brown is a frequent Zoom facilitator and presenter with NFLL. 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.

Buscaglia, Michael

Michael Buscaglia taught the International Baccalaureate and Advanced Placement French classes at Chandler High School. He also supervised a Student Exchange Program with French families from 1984-2000.

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. Michaels ceramic and steel sculptures have been shown nationally and internationally. Michael has a Bachelor' degree of Fine Arts from Columbus College of Arts and Design majoring in ceramics and sculpture.

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 three classes weekly specializing in Vinyasa Flow, Easy Yoga stretch and Essential Yoga catering to all skill levels. With success in teaching active seniors, she brings her wealth of experience to every session. Certified as a 200RYT, Kate is pursuing further certifications in yoga and Ayurveda, reflecting her dedication to holistic wellness.

DeWaal, Klaas

Klaas de Waal was a publisher in Europe and the United States for over four decades. Besides his publishing company, Klaas had a second career for over thirty years as a business and life coach. Today, he enjoys his life as a retiree from his businesses and continues to love his work as a life coach. www.coachklaas.com

His motivation and ultimate goal: to empower people with the tools to improve their lives and attain True Health, True Wealth, and True Love

Groulx, Mike

Mike Groulx 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, Adult education facilitator for the Fortune 500 companies worldwide

Haar, Katie

Katie Haar is the Service-Learning and Civic Engagement program supervisor at Chandler-Gilbert Community College. Katie has spent the last 6 years connecting students to the community via class service projects or civic engagement opportunities. Katie is a product of CGC and truly values the mission of community college being affordable and accessible to everyone. Katie has her Bachelor in Communication from ASU, her Masters in Education from NAU, and is working on her Doctorate in Education from KSU.

Hansen, Karin

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

Hartley, Jerry

Jerry has been a volunteer with AARP Driver Safety for near 40 years. Retired USAF in 1986.

Haskell, William

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

Jacobsen, Traci

I am a proud Arizona native. I have always been first and foremost about helping others and was drawn to Senior Living after seeing firsthand what can happen to a family when a loved one reaches the concluding stages of life without proper preparation. After caring for a loved one with Alzheimer's, making tons of mistakes, and burning through 1.2 million dollars in 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 is a retired RN with years of experience in several fields of nursing. She has a love of teaching and incorporated that in her professional life and in her personal life. She has facilitated classes and discussions on health and wellness issues and has been an employee advisor for corporations such as State Farm and Intel. In her retirement, she continues her quest for healthy living, knowledge and sharing information with others.

Katyal, Sejal

My name is Sejal Katyal, a sophomore at ACP High School. I do research on public health topics, and I am a member of Maricopa County' STAND program. The opioid epidemic is an alarming public health crisis and by attending this presentation, you are educating yourself about opioids and learning what you can do to stop it. Together, we can help end the stigma. This presentation has also been presented at NESAs' 2025 community health symposium and supported by research and medical professionals.

Lang, Hallie

As North America's trusted provider of funeral, cremation, and cemetery, 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 N.H. He has led many New Adventures Classes, mostly in areas of history.

Lawrence, Chris

I am currently a full-time Supply Chain Manager, Husband, Dad, and a part-time writer. I have a passion for history and have always wanted to write about it. I have my master' degree in military history and I wrote and self-published my first book, A Bitter Lesson, on the study of the American Army in the First World War. I currently write mainly on my Substack page @chrislawrence1 and research.

Lewin, Richard

Richard is the Activity Director for the Cheers Singles group in Sun Lakes where he is active in travel and dining out. His business background includes over 35 years in the security industry where he owned a commercial company. He conducted numerous training sessions on shoplifting and scams. His previous Roundtable discussions at NAIL have been well attended.

Merrill, Stephanie

I was raised in Tucson and I was a school librarian for grades K -12 for my whole life. I loved my job but was ready to retire 6 years ago. In the meantime I work for various medical schools in Phoenix as a Standardized Patient to keep my mind sharp. I like to meet people and I particularly enjoy 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 using Spanish and English in a private bilingual school. She is currently the president of New Adventures.

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.

Nolcox, Tanya

Tanya Nolcox is a state and federal compliance auditor. In her previous life she was an American Sign Language interpreter for the Deaf community in Indiana. A life in which she truly enjoyed.

Pangan, Nita

I have enjoyed eight years of Card Making as a Stampin Up demonstrator. I also enjoy kids classes and introducing new people to the fun of being creative. I offer classes every month and participate in community service. We often make cards for veterans, foster kids and nursing homes. I am a part of the Sun Lakes community and have been for nearly 10 years. I look forward to sharing my 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 over 17 years and the Arizona Bar Association over 10 years.

Quihuis, Al

Albert Monreal Quihuis is a Multi-Award-Winning Author in 3 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".

Rockland, Carole

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

Russo, Joseph

I have been collecting Fountain Pens, Inkwells, and Men's Watches for 34 years. I hold a B.S. in Accounting and an MBA in Finance. A Financial Relations Manager for major Fortune 500 corporations across numerous industries which have included Unilever, Gannett, Prudential Financial, American Hospital Products, Raybestos-Manhattan, and Data Products Telecommunications and Aerospace. Originally from Connecticut my wife and I moved to Arizona with our two children in 2004.

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.

Sanders, Paul

Paul Sanders has lived in Arizona since 1985. His career focused on newspaper distribution, logistics and subscribers to The Arizona Republic and Phoenix Business Journal. He led efforts in operations, partnerships, and the digital transformation for both publications. He helped launch daily headline text messaging, real estate publications, grew paid subscribership and led 14 annual events with a combined total 7,000 attendees. He loves sharing local newspaper industry history.

Sebren, Ann

Ann Sebren, EdD, is a Certified Mindfulness Teacher-Professional with 30 years of university teaching experience. She has been teaching mindfulness-based programs for stress regulation since 2008 and teaches university courses focused on the science and practice of stress management and mindfulness.

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

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.

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.

Whitlock, Will

Hello! My name is Will Whitlock, DPT and I am a Doctor of Physical Therapy in Chandler, AZ. I have completed training through the Titleist Performance Institute and a certified Medical Level 3 Professional through Titleist. I am an avid golfer and passionate about treating golf-specific dysfunction, injury, and golf-related pain.

Wong, Jennifer

Jennifer spent ten years living in China, where she traveled extensively and developed a deep appreciation for Chinese culture. She enjoys sharing her knowledge and also enjoys serving as a facilitator, supporting and enhancing the work of fellow presenters.

Xiaoqiang, Luo

Dr. Xiaoqiang Luo earned his Ph.D. in Electrical and Computer Engineering from Johns Hopkins University in 1999. With over 25 years of experience, he is a seasoned expert in AI, and engineering leadership. From 2015 to 2025, Dr. Luo served as the founding leader of the AI/Machine Learning team at LinkedIn's New York office, where he also held the roles of Senior Engineering Manager and NYC Site Lead for Data and ML.

Yam, Alice

Alice Yam currently serves as the Recruitment Supervisor for Chandler-Gilbert Community College. She worked in the higher education field for over 15 years and enjoys being a part of the campus and interacting with people from all walks of life. She and her team are excited to visit and talk to you about all of the fantastic things taking place at CGCC and how you can take advantage of these benefits.