

NEW ADVENTURES CURRICULUM FALL 2026

F0320C - Tea Pairing & Book Review with Author Lisa See

Kyle Messner

Join us for a two-session exploration of Lisa See's historical novel, "Daughters of the Sun and Moon". Set in 1870s Los Angeles, we follow three Chinese women navigating hardship amid the 1871 Chinese Massacre. In session one, we will unpack themes of survival alongside a curated tea pairing designed to mirror the characters' emotional journeys. For our final session, NYT bestselling author Lisa See will join us live via Zoom for an exclusive.

2 Sessions Start date: 10/14/2026 Meets: Wed 1.00 PM to 2.30 PM

F0471C - American Impressionists Paintings of Winter

Eugene Lariviere

Are you dreaming of a white Christmas? American Impressionists produced many wonderful winter scenes in the period of 1890-1930. Come see them and get in the mood for the winters you remember from your youth... and you don't need to bring the snow shovel.

1 Session Start date: 12/10/2026 Meets: Thurs 1.00 PM to 2.30 PM

F0501C - The Environmental Footprint of a Simple Bite

Carol Fortino

Every meal tells a story. In this interactive course, trace your favorite lunch from plate to farm, uncovering its hidden footprint on our air, water, and wildlife. Through lively group discussions, we'll map the real environmental and financial costs behind everyday food choices. Perfect for curious minds eager to digest the global impact of a simple bite!

1 Session Start date: 11/17/2026 Meets: Tue 1.00 PM to 2.30 PM

F0502C - Chandler's Water: The Dragonfly Pond Game

Carol Fortino

Explore how city planning works in this fun, hands-on workshop! Chandler is full of water retention ponds, but how do we choose where they go? Using a local "Dragonfly Pond" simulation, you will team up to balance housing, business, and nature. See the real-time ripple effects of your choices on the environment, then share your plan in a friendly mock community meeting. No science background needed—just your curiosity! Retired water specialist Sam Kao will be there to help and share insights.

1 Session Start date: 12/9/2026 Meets: Wed 10.00 AM to 11.30 AM

F0503C - Birding in Your Backyards and Neighborhoods

Margaret Dyekman

Discover the fascinating world of birds right outside your door! In Session One, enjoy a lively introduction to the birds commonly found in local backyards and neighborhoods, learning how to identify and appreciate their unique behaviors and songs. Session Two takes flight with an exploration of raptors, waterfowl, waders, and migratory birds. You'll also learn how to use the popular eBird and Merlin apps to make bird watching more interactive, informative, and rewarding wherever you go.

2 Sessions Start date: 10/26/2026 Meets: Mon 1.00 PM to 2.30 PM

F0592L - Victory by The Numbers: Fantasy Sports for All

Todd Daniels

The course tracks fantasy from its roots to modern DFS and dynasty leagues. Students learn and improve sport-specific strategies: NFL volume, NBA "stocks" and MLB's analytical marathon. Beyond stats, the curriculum focuses on league options and "The Commish" toolkit—using handicaps to keep all skill levels involved and the season engaging for all.

2 Sessions Start date: 10/12/2026 Meets: Mon 3.00 PM to 4.30 PM

F0595C - Richard Feynman - Cargo Cult Science

Robert Truman

Richard Feynman coined the phrase 'Cargo Cult Science' in his 1974 Caltech commencement address to criticize how generations of students are taught to memorize rather than understand. In this class, we will watch a 20-minute summary video of his address and explore how it relates to Artificial Intelligence today. A group discussion will follow.

1 Session Start date: 10/5/2026 Meets: Mon 1.00 PM to 2.30 PM

F0618Z-NA - Mastering Spreadsheets: Organize Your Life (ZOOM)

Laura Clark

Demystify spreadsheets in this hands-on, 2-session course tailored for seniors. Learn what a spreadsheet is, how it works, and why it's a game-changer for your daily life. Discover how to easily track medical records, manage purchases, and build simple budgets. Why care? Because it replaces messy paperwork with digital clarity and control. Gain practical skills in a supportive, step-by-step environment—bring your device and let's get tracking!

2 Sessions Start date: 11/30/2026 Meets: Mon, Tue 10.00 AM to 12.00 PM

F0630C - Keeping Your Privacy and Identity Safe in the AI Age

Miguel Fernandez

The 'AI Everywhere' age means it is easier than ever for data brokers, amoral companies and criminals to digitally connect data to profile YOU --by/for your preferences, habits, politics, fears, and identity-- to sell your info or target you via ads, scams, junk texts/email, hacking, unfair pricing, and even insurance denials. This session will teach how to safeguard your privacy, identity, reduce your digital footprint, use AI safely, and other ways to not become data for someone else's purposes.

1 Session Start date: 10/8/2026 Meets: Thurs 1.00 PM to 2.30 PM

F0635C - Internet Security for Seniors

Robert Truman

Staying safe when online is getting more difficult these days, especially with the introduction of AI into the equation. 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 Start date: 11/16/2026 Meets: Mon 10.00 AM to 11.30 AM

F0637Z-NA - Internet Security for Seniors (ZOOM)

Robert Truman

Staying safe when online is getting more difficult these days, especially with the introduction of AI into the equation. 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 Start date: 10/30/2026 Meets: Fri 10.00 AM to 11.30 AM

F06B5Z-NF - Gmail and Google Applications (ZOOM)

Presenter NFLL

Gmail and Google applications provide a free, safe, and integrated suite of software to handle our email, calendars, spreadsheets, forms, documents, and much more. Join this series of classes to better learn how to use Gmail, Google slides, Google sheets, Google Forms, and Google documents. Bring your own computer to class to work on your machine. No campus computers will be used. Repeated from Spring by popular demand.

5 Sessions Start date: 11/2/2026 Meets: Mon 1.00 PM to 2.30 PM

F0710C - Safe Hiking in the Arizona Desert

Henry Silberblatt

The presentation includes a discussion of basic desert safety rules and the essential items necessary for an enjoyable and safe desert experience on the many trails available around our metro area. The presenter will use PowerPoint slides and display actual hiking clothing and equipment.

1 Session Start date: 10/15/2026 Meets: Thurs 3.00 PM to 4.00 PM

F0757C - Gentle Yoga Practice

Kate Christensen

This Yoga series of stretches and poses can build calmness, balance, physical strength and stamina. By learning movement with your breath, your body and mind will feel fuller of life. A few benefits of Yoga also include: relaxation, increased balance and 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 and arrive 10 minutes early for mat placement.

6 Sessions Start date: 10/20/2026 Meets: Tue, Thurs 10.00 AM to 11.00 AM

F0758C - Functional Movement for Healthy Mobility

Ann Larson

We can build strength and mobility at any age. In this class through chair yoga and safe standing mobility exercises, we will develop a daily practice you can do at home to ensure your functional mobility for everyday tasks. And we will have fun doing it. Please bring a yoga block and strap. These items can be purchased on Amazon, Target or Marshalls for about \$10.

3 Sessions Start date: 11/3/2026 Meets: Tue 1.00 PM to 2.00 PM

F0912C - Solving Life's Next Chapter: Senior Planning

Lydia Wietsma

This educational class helps Arizona seniors and their families prepare for the future with less stress and more clarity. Learn about senior transitions, avoiding probate in Arizona, and the differences between a Beneficiary Deed and a Trust, including the pros and cons of each. Lydia will also discuss downsizing, aging in place, senior housing concerns, planning basics, and common mistakes families make when a loved one becomes ill or passes away.

1 Session Start date: 10/22/2026 Meets: Thurs 10.00 AM to 11.00 AM

F0942C - Wills, Trusts, and Directives: Do You Have What You Need?

Heather L Parker

If you have ever wondered about the difference between a will and a trust, or who should establish a medical directive and power of attorney, you are not alone. This educational class provides a general overview to answer the big questions: How do these documents typically work? When do they take effect? Most importantly, who needs them? Join us to untangle the complexities of estate planning concepts in a supportive, informational environment, and gain the confidence to secure your future.

1 Session Start date: 11/12/2026 Meets: Thurs 3.00 PM to 4.30 PM

F0943C - The Personal Representative/Executor Roadmap: Navigating Probate and Trusts

Heather L Parker

If you have been asked to serve as a Personal Representative or a Trustee—or if you are deciding who to name for your own estate—this class is for you. This course offers general guidance to help you discover how and when the probate process is triggered, look closely at the real-world responsibilities of an executor, and learn the basic essentials of managing a trust. Step into your role with a clear educational roadmap and total peace of mind.

1 Session Start date: 10/22/2026 Meets: Thurs 3.00 PM to 4.30 PM

F0999C - 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 Start date: 10/15/2026 Meets: Thurs 9.00 AM to 9.59 AM

F09A0C - It's Not All About the Benjamins: Defining a Lasting Legacy

Becky Cholewka

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

1 Session Start date: 12/1/2026 Meets: Tue 9.00 AM to 9.59 AM

F09A1C - 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 Start date: 10/29/2026 Meets: Thurs 9.00 AM to 9.59 AM**F09B1Z-NF - Essential Estate Planning (ZOOM)****Presenter NFLL**

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 Start date: 12/8/2026 Meets: Tue 10.00 AM to 11.30 AM**F1005C - Kings Corner: Easy to Learn, Fun to Play****Kim Foy**

Learn how to play Kings Corner, a card game similar to solitaire designed for 2–4 players. Players will learn the rules, play in groups of four, practice scoring, and enjoy a fun, social gaming experience.

1 Session Start date: 10/14/2026 Meets: Wed 10.00 AM to 11.00 AM**F1006C - Introduction to the Game of Bridge****Karin Hansen**

An introduction to the card game of Bridge. Topics will include hand evaluation, basic bidding, card play and defense.

1 Session Start date: 10/12/2026 Meets: Mon 10.00 AM to 11.30 AM

F1009C - Tools and Techniques for Creative Card Making.**Nita Pangan**

Learn to make your own one-of-a-kind cards! Using provided tools alongside your own unique creativity, this class offers a fun, welcoming community space for everyone. Men and women of all skill levels are welcome. Just bring a sense of humor, a little patience, and a readiness to learn—we are all figuring it out together!

3 Sessions Start date: 10/15/2026 Meets: Thurs 10.00 AM to 11.30 AM**F1032C - Beginning Cribbage****Sam Merrill**

Cribbage is a fun and easy-to-learn card and board game! Join us for a three-day course covering game basics on Day One, hands-on practice on Day Two, and winning strategies on Day Three. Please bring your own cribbage board if you have one, as we will only have a few loaners available for the class. Whether you are a complete beginner or looking to sharpen your skills, come enjoy the game with us!

3 Sessions Start date: 10/6/2026 Meets: Tue 10.00 AM to 11.00 AM**F1060C - Hanukkah Holiday Cardmaking****Nita Pangan**

Embark on a creative journey celebrating Jewish traditions! This hands-on workshop invites participants to learn and create beautiful handmade Hanukkah cards for friends and family. Whether you are an experienced crafter or a complete beginner, join in to explore holiday-themed designs, share in the festive spirit, and craft meaningful cards for the season.

1 Session Start date: 11/17/2026 Meets: Tue 10.00 AM to 11.30 AM**F1081C - Make a Fall Wreath****Nita Pangan**

Enjoy the opportunity to make your own wreath and design it just the way you like - perfect for your home or as a thoughtful gift for a neighbor! All supplies are provided for your convenience. There is a \$20 supply fee per person. Enjoy the opportunity to make your own person, and a sample will be available in the office next week. No two wreaths are ever the same, so you can make yours truly unique.

1 Session Start date: 10/8/2026 Meets: Thurs 10.00 AM to 11.30 AM

F1093C - Make a Bowl, Make a Difference**Michael Ceschiati**

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

1 Session Start date: 12/2/2026 Meets: Wed 1.00 PM to 2.30 PM**F1104C - 107 Days at Sea: The Journey That Changed Everything****Jill Chalsty**

At 63, Jill Chalsty boarded a ship alone, grieving her husband's death and battling cancer. What began as a voyage around the world became far more. In this lecture, Jill shares the story behind her memoir "Packets of Hope" inviting participants to travel with her through the ports she visited, the people she met, and the reflections that transformed personal adversity into strength and global impact. Her memoir is available for free at www.packetsofhope.com

1 Session Start date: 11/12/2026 Meets: Thurs 10.00 AM to 11.30 AM**F1162C - Tour de France****Michael Buscaglia**

From the lavender fields of Provence to the sandy beaches of Normandy, France blends natural beauty with history. The rugged coastline of Bretagne invites exploration while the Loire Valley enchants with fairy-tale castles. Grenoble offers stunning vistas of the French Alps. This presentation will explore the traditions, artistry and natural wonders of La Belle France captivating travelers and dreamers alike.

1 Session Start date: 11/18/2026 Meets: Wed 1.00 PM to 2.30 PM**F1184L - Travel Hacking - Acquire and Maximize Points for Travel****Todd Daniels**

Travel hacking is a practical, step-by-step masterclass designed for adults ready to explore the world in comfort without paying premium prices. Whether you want to cross long-bucket-list destinations off your map, visit family across the country, or simply add a dose of luxury to your annual vacations, this workshop will teach you how to make travel loyalty programs work for you.

1 Session Start date: 10/26/2026 Meets: Mon 3.00 PM to 4.30 PM

F1238C - Global Traditions 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 Start date: 11/19/2026 Meets: Thurs 1.00 PM to 2.30 PM**F1239C - Master Spanish in Action!****Kyle Messner**

Boost your conversational confidence in this immersive 4-session course designed to bridge grammar with real-world practice! In Sessions 1 and 2, review present and future tenses while building essential restaurant vocabulary. Next, test your skills during Session 3 with an exciting field trip to a local restaurant. Finally, Session 4 recaps the experience and solidifies your learning with the past tense—the perfect way to take your Spanish out of the classroom!

4 Sessions Start date: 11/2/2026 Meets: Mon 10.00 AM to 11.30 AM**F1252C - The Anatomy of a Novel.****Arthur Norby**

Learn how to develop a plot, create and solve problems. Have fun while becoming successful as a writer.

3 Sessions Start date: 12/2/2026 Meets: Wed 10.00 AM to 11.00 AM**F1264C - Sprechen Sie Deutsch****Eugene Lariviere**

We will be using short stories from "Café in Berlin" by André Klein. This is an on-going course and some knowledge of German would be helpful.

10 Sessions Start date: 10/6/2026 Meets: Tue 3.00 PM to 4.30 PM

F1289C - The Legacy Journal, The Map to Your Life and Heritage**Al Quihuis**

This presentation will help stir memories to inspire you to document your history so it is not forgotten. We will discuss the contents in this self-help guide and we will answer your questions if you are planning to write your family journey. At the end, you will have an opportunity to share why it is important and how you are creating your legacy.

1 Session Start date: 12/8/2026 Meets: Tue 9.00 AM to 9.59 AM

F1385C - Welcome the World: Impacting Lives through Soft Diplomacy**Todd Daniels**

Discover how hosting an exchange student or opening your home to international guests enriches your household, broadens your perspective, and builds lifelong cross-cultural friendships. Meet exchange students from other countries and ask them questions and learn about their culture.

1 Session Start date: 12/14/2026 Meets: Mon 3.00 PM to 4.30 PM

F1394C - The Boy I Left in Baghdad: A Journey of Survival & Healing**Naseer Haddad**

Join author Naseer Haddad for a moving 90-minute presentation exploring his personal journey from Iraq to the United States. Naseer will share the pivotal experiences that shaped his life, his path toward personal healing, and the deep inspiration behind his new novel “The Boy I Left in Baghdad”. Discover how resilience, memory, and hope intersect in the face of profound conflict and displacement. Includes an interactive audience Q&A.

1 Session Start date: 12/14/2026 Meets: Mon 10.00 AM to 11.30 AM

F13A2C - Tea Rituals for Mindful Living**Evelyn Yeh**

Immersion in the art and serenity of traditional tea practice. In this intimate, guided ceremony, you will savor four distinct, curated teas while exploring their unique aromas, nuanced flavors, and rich history. Designed to foster a calm, peaceful atmosphere, seating is strictly limited to ensure a personal and restorative experience.

1 Session Start date: 12/8/2026 Meets: Tue 10.00 AM to 11.30 AM

F1416C - Easy Breakfast Recipes for the Young at Heart

Billie Jordan

Rise and thrive! Learn why a healthy breakfast is important. Discover the essentials of a balanced morning meal, and enjoy simple tips and tasty recipes to help you start your day right.

1 Session Start date: 11/19/2026 Meets: Thurs 10.00 AM to 11.00 AM

F1422C - 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 that will make the visit a mutually rewarding experience.

1 Session Start date: 10/7/2026 Meets: Wed 10.00 AM to 11.00 AM

F1423C - Dementia Moments

Darcy Bentz

A simulation experience to better understand dementia related brain changes may impact those living with dementia. Identify measures to optimize the environment of a person living with dementia. Learn how to improve communication and engagement with a person living with dementia. Discuss how to enhance day to day needs and care.

1 Session Start date: 10/12/2026 Meets: Mon 10.00 AM to 11.00 AM

F1424C - Normal Aging or Something More. Understanding Signs of Dementia

Darcy Bentz

Distinguish normal memory changes from those occurring in dementia. Understand the progression of dementia. Know when it is time to get help.

1 Session Start date: 10/21/2026 Meets: Wed 10.00 AM to 11.00 AM

F1425C - Avoiding Conflict Using Skills from IMPROV

Darcy Bentz

Learn the importance of not arguing with the person who has dementia. Think on your feet and respond quickly when communicating with a person who has dementia, and learn the "Yes, And" communication technique.

1 Session Start date: 10/20/2026 Meets: Tue 10.00 AM to 11.00 AM

F1433C - Strengthening Your Cognitive Health

Sejal Katyal

Changes in cognitive health are a natural part of aging, but staying proactive can prevent mild cognitive impairment and dementia. In this course, you will discover why cognitive aging occurs and learn actionable steps to protect your memory using official tips from the Alzheimer's Association. Take charge of your future and improve your brain health—register for this class now!

1 Session Start date: 11/10/2026 Meets: Tue 3.00 PM to 4.00 PM

F1434C - Proven Health Benefits of CBD and THC

Robert Truman

Learn about different forms of cannabis and how CBD and THC can be utilized to treat specific symptoms and can help with issues such as sleep, anxiety, Alzheimer's, and Parkinson's disease, along with other neurological diagnoses. Following the video, there will be a discussion.

1 Session Start date: 10/14/2026 Meets: Wed 10.00 AM to 11.30 AM

F1436Z-NA - Proven Health Benefits of CBD and THC (ZOOM)

Robert Truman

Learn about different forms of cannabis and how CBD and THC can be utilized to treat specific symptoms and can help with such issues as sleep, anxiety, Alzheimer's and Parkinson's disease along with other neurological diagnosis. Following the video there will be a discussion.

1 Session Start date: 10/23/2026 Meets: Fri 10.00 AM to 11.30 AM

F1449C - Staying Independent Longer

Heather Harvey

This highly interactive course teaches participants practical skills to remain safe, confident, and independent at home. Drawing on nearly 30 years of professional occupational therapy insights and thousands of home visits, this course helps participants recognize everyday hazards, bust common safety myths, explore adaptive equipment, and learn simple strategies to protect independence before a crisis occurs.

1 Session Start date: 10/27/2026 Meets: Tue 10.00 AM to 11.30 AM

F1465C - The Prevention of Alzheimer's**Eugene Lariviere**

Persons living in the United States have a higher incidence of Alzheimer's than many other countries. When people from the low-risk countries come to the U.S. their incidence tends to rise. Something about our American culture and diet is causing this. We will look at what we can do to reduce our risk.

1 Session Start date: 10/7/2026 Meets: Wed 1.00 PM to 2.30 PM

F1466C - Sugar from Slavery to Obesity**Eugene Lariviere**

Sugar, called "white gold", was the prime cause of slavery in the New World. In our day, the evidence that sugar is a main cause of obesity, heart attacks, strokes and more, is mounting with every new research.

1 Session Start date: 10/29/2026 Meets: Thurs 1.00 PM to 2.30 PM

F1467C - Is Olive Oil Good for You? How Do I Pick the Right One?**Eugene Lariviere**

Olive oil has been considered good for your health for thousands of years. Large scientific research in the past century has strongly supported that belief. But picking an olive oil with the right properties can be confusing. We will review the evidence and do a taste test in the class to learn how to pick a good olive oil for your health.

1 Session Start date: 11/12/2026 Meets: Thurs 1.00 PM to 2.30 PM

F1476C - Femininity Reframed: A Historical Perspective of Femininity**Keoki Mulloy**

Femininity Reframed, an interactive journey exploring how advertisements viewed women from the 1950s to the 2020s. We'll reflect on the shift from mid-century domestic perfection to modern authenticity, and discuss how the spectrum of femininity has expanded to gracefully embrace diverse LGBTQ+, trans, and non-binary identities today.

1 Session Start date: 11/4/2026 Meets: Wed 1.00 PM to 2.30 PM

F1480C - Preparing for Tomorrow, Today**Mona McDonald**

If a first responder arrives at your home and you are unable to speak for yourself, would you receive the necessary medical care according to your wishes without delay? Would your loved ones be promptly informed about your transfer to the hospital? In this course, you will gain three powerful tools to empower yourself and ensure that you're prepared for a medical emergency, whether at home, in your vehicle, or while out in the world.

1 Session Start date: 10/15/2026 Meets: Thurs 1.00 PM to 2.30 PM**F1482C - Diabetes 101...What Your Doctor Didn't Tell You****James Bogash**

Every human is prone to diabetes. This gets worse with age. Every diabetic, if they don't make the right choices, will get worse, with worsening sugar control and more meds. Find out critical info that you likely have never heard before.

1 Session Start date: 10/28/2026 Meets: Wed 1.00 PM to 2.30 PM**F1483C - Diabetes 101...What Your Doctor Didn't Tell You****James Bogash**

Every human is prone to diabetes. This gets worse with age. Every diabetic, if they don't make the right choices, will get worse, with worsening sugar control and more meds. Find out critical info that you likely have never heard before.

1 Session Start date: 12/3/2026 Meets: Thurs 10.00 AM to 11.30 AM**F1490C - Beyond the Shot: The Surprising Superpowers of Vaccines****Jody Noe**

Vaccines may do far more than prevent infection, especially as we age. This class explores the unexpected ways vaccines may support healthier aging. Far beyond preventing flu, shingles, or pneumonia, new research suggests vaccines may support healthier aging by reducing inflammation, protecting the heart and brain, lowering the risk of severe illness, and helping preserve independence. Designed for the curious, it offers an engaging look at resilience and vitality, with time for discussion.

1 Session Start date: 10/28/2026 Meets: Wed 10.00 AM to 11.00 AM

F1496C - Heart-Healthy Nutrition: Fueling Longevity**Abigail Murillo**

Discover the powerful connection between what you eat and how your heart functions in this engaging session. Designed specifically for lifelong learners, this class cuts through the noise of trendy diets to deliver practical, evidence-based nutrition strategies. We will explore the best foods for managing cholesterol, reducing blood pressure, and boosting daily energy. Leave with actionable meal tips and simple ingredient swaps to protect your cardiovascular health and vibrant lifestyle.

1 Session Start date: 10/29/2026 Meets: Thurs 10.00 AM to 11.00 AM**F1498C - Aging Well at Home: 10 Things You Need to Know****Erica O'Herron**

Aging isn't the problem — not planning for it is. Join a veteran caregiver and case manager for a lively look at the top 10 things every family should know about aging safely and happily at home — from home safety to smart technology to knowing when to bring in help. And yes, we will talk about caring for the caregiver too. No experience needed, just curiosity about living well!

1 Session Start date: 11/18/2026 Meets: Wed 10.00 AM to 11.30 AM**F14A5C - Los Algodones: A Gateway to Affordable Medical & Dental Care****Andrea Chisolm**

Explore medical and dental care opportunities in Los Algodones, Baja California, a leading destination for affordable, high-quality health care. Learn about available services and see how Mexico offers excellent treatment in a cost-effective, seamless experience.

1 Session Start date: 11/5/2026 Meets: Thurs 10.00 AM to 11.30 AM**F1754C - Book Club A: "Caste: The Origins of Our Discontents"****William Haskell**

Uncover the invisible structure that shapes modern American society. In this powerful book discussion, we explore Isabel Wilkerson's landmark work examining the unspoken caste system and hidden hierarchy that silently govern our lives, politics, and culture. Join Gene Lariviere for a compelling, eye-opening conversation on how history's division continues to influence our world today.

1 Session Start date: 10/5/2026 Meets: Mon 1.00 PM to 2.30 PM

F1755C - Book Club B: “Lincoln at Gettysburg”**William Haskell**

In just 272 words, Abraham Lincoln redefined the American idea and reshaped how we view our founding documents. Join discussion leader Brian Porter for a compelling dive into Garry Wills’ 1993 Pulitzer Prize-winning masterpiece “Lincoln at Gettysburg: The Words That Remade America” as we explore the immense power, historical impact, and lasting legacy of one of the most influential speeches in American history.

1 Session Start date: 11/2/2026 Meets: Mon 1.00 PM to 2.30 PM**F1756C - Book Club C: “Paper Girl”****William Haskell**

This 2025 non-fiction book “Paper Girl” by American author Beth Macy blends memoir with journalism, and follows Macy, who grew up poor in Urbana, Ohio, as she returns to her hometown. She attempts to discover how and why she has become politically divided from family and former friends who remained there. She uses Urbana as a microcosm for the challenges facing rural areas in America, and how those challenges have contributed to political polarization throughout the nation. The discussion will be led by Susan Lockwood-Knauss.

1 Session Start date: 12/7/2026 Meets: Mon 1.00 PM to 2.30 PM**F17A7Z-NF - Monday Morning Conversations via WebEx (ZOOM)****Presenter NFLL**

Discussion of local, state, national, and international issues, or whatever the group wants to discuss. If you register late, please contact the facilitator.

11 Sessions Start date: 10/5/2026 Meets: Mon 8.30 AM to 10.00 AM**F1861T - Brunch at Black Bear Diner - Chandler (Off-site)****Virginia Allen**

Join other members of New Adventures for a brunch at Black Bear Diner, 2805 S. Alma School Rd., Chandler. We will meet at 9:30 A.M., Wednesday, October 7th. We look forward to having a memorable time. Associated Cost: \$10 - \$20. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Start date: 10/7/2026 Meets: Wed 9.30 AM to 11.30 AM

F1877T - Lunch Bunch December at RigaTony's Authentic Italian (Off-site)**Virginia Allen**

Join other New Adventures members for lunch at RigaTony's Authentic Italian at 11:30 A.M. on December 11, 2026. We will meet at 1850 E. Warner Rd., Tempe, AZ. The crossroads are NE corner of E. Warner Rd. and S. McClintock Dr. Associated Cost: \$20 - \$35. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Start date: 12/11/2026 Meets: Fri 11.30 AM to 1.00 PM**F1878T - Lunch Bunch November - Thirsty Lion (Off-site)****Virginia Allen**

Join other New Adventures members for lunch at the Thirsty Lion at 11:30 A.M. on Friday, November 13th. We will meet at 3077 W. Frye Rd., Chandler, AZ. The crossroads are S. Price Rd. and W. Frye Rd. We look forward to a memorable time. Associated Cost: \$20 - \$35. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Start date: 11/13/2026 Meets: Fri 11.30 AM to 1.00 PM**F1919C - Investing for Fun****Barbara Gonzalez**

Learn the basics of investing using "fun money" you can afford to set aside. This workshop covers how to open a brokerage account with platforms such as E*TRADE or Robinhood, understand stocks and Exchange-Traded Funds (ETFs), and learn common investing terms such as ticker symbols, stock splits, and IPOs. Participants will review financial news and company data to identify potential investments and discuss when it may be appropriate to sell.

1 Session Start date: 11/16/2026 Meets: Mon 1.00 PM to 2.00 PM**F1950C - Banking with Confidence****Jacqueline Arcuri**

This engaging presentation covers the foundational concepts of banking, including essential terms, the role of the FDIC and insuring deposits, the intricacies of Payable on Death (POD) accounts, and the benefits of Trusts. Participants will also explore annual percentage yields (APY) and discover key safety measures to protect their financial assets. Join us to build your banking knowledge and enhance your financial literacy.

1 Session Start date: 11/3/2026 Meets: Tue 10.00 AM to 11.30 AM

F19A4C - Social Security Update

Jack Burns

We will discuss the latest news and changes to the Social Security programs and take group and individual questions.

1 Session Start date: 11/19/2026 Meets: Thurs 3.00 PM to 4.30 PM

F19A9Z-NF - Understanding Annuities (ZOOM)

Presenter NFLL

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

1 Session Start date: 10/13/2026 Meets: Tue 10.00 AM to 11.30 AM

F19B0Z-NF - Understanding Required Minimum Distributions (ZOOM)

Presenter NFLL

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 Start date: 11/10/2026 Meets: Tue 10.00 AM to 11.30 AM

F2041C - The Bill of Obligations: A Deeper Dive

Brian Porter

Last spring semester, the class reviewed the book "The Bill of Obligations" by Richard Haass. This upcoming course will focus more closely on the Ten Obligations and how citizens can engage with them to better understand what it means to be an American citizen. It is not necessary to have read the book or to have attended the previous class. Participants will start with a quick review before discussing each obligation in depth alongside actionable steps toward becoming a more engaged citizen.

1 Session Start date: 10/6/2026 Meets: Tue 10.00 AM to 11.30 AM

F2114C - Inside the Criminal Mind**Scott Silberman**

A psychological discussion on various types of crime and the criminals who engage in these types of behaviors. Forensic Psychology is a relatively new field of study that allows us a look inside the criminal mind.

1 Session Start date: 11/10/2026 Meets: Tue 10.00 AM to 11.30 AM

F2115C - Relationship Satisfaction: What's Love Got To Do With It?**Scott Silberman**

Psychological research allows us to predict how love impacts marriage and other relationships. The secrets of staying together will be discussed. Although not an exact science, more knowledge is better than less!

1 Session Start date: 12/1/2026 Meets: Tue 10.00 AM to 11.30 AM

F2117C - Seven Traits of Emotional Fitness**Barbara Huff**

Ready to elevate your personal growth? Discover practical strategies to build seven core traits of emotional strength and unlock your full potential. Gauge your current emotional fitness using a quick self-survey. Learn daily “emotional push-ups” to actively train and strengthen specific areas of your life.

1 Session Start date: 12/1/2026 Meets: Tue 1.00 PM to 2.30 PM

F2121C - Aging Wisely: Exploring Senior Living**Traci Jacobsen**

What happens when your home becomes too much? Senior living encompasses a wide range of housing options, support services, healthcare resources, and lifestyle opportunities designed to meet the evolving needs of older adults. Join us for an informative session that will illuminate the diverse options available. Equip yourself with the knowledge necessary to make informed decisions for your future.

1 Session Start date: 10/15/2026 Meets: Thurs 10.00 AM to 11.30 AM

F2129C - Creating and Living Your Best Life**Melanie Palmer**

Ready to transform your aspirations into reality? In this interactive workshop, participants will engage in dynamic group discussions and actively design a personal graphic that serves as a powerful visual representation of your goals. By learning to shift your perspective and focus on what is entirely within your control, you will discover practical ways to navigate life's challenges, embrace new adventures, and build a clear roadmap to living your best life. Throughout the session, the presenter will share firsthand insights from her own transformative journey, offering a real-world blueprint for success.

1 Session Start date: 10/13/2026 Meets: Tue 10.00 AM to 12.00 PM**F2140C - Adventures in Aging: Finding Romance and Love after 65****Arthur Norby**

In a perfect world, you would fall in love one time and live happily ever after. In reality, you may find yourself alone and wondering how to start again. We will discuss how to navigate these new connections later in life and address the expectations and obligations that arise in this new world. We will discuss how and where to begin your search for a new partner in our new electronic world. Dealing with health, finances, and politics requires us to look at new relationships through an entirely different lens, and we will share our thoughts on who and why Romance After 65 will be a new and exciting adventure.

1 Session Start date: 11/18/2026 Meets: Wed 1.00 PM to 2.30 PM**F2148C - Age is Just a Number; Celebrate Your Life to the Fullest.****Josephine Buttery**

Join us for an engaging and uplifting discussion about living life with purpose, joy, and connection. Together, we will explore meaningful ways to stay active, keep learning, build friendships, and discover new interests in this season of life. Through conversation, shared experiences, and practical ideas, you'll be encouraged to celebrate your strengths, find fresh inspiration, and leave with new ideas for living each day to the fullest.

1 Session Start date: 12/2/2026 Meets: Wed 9.00 AM to 9.59 AM

F2172C - My Life, My Way - What Nobody Tells You About Senior Living

Deidre Guadagno

Choosing the right senior living option can feel overwhelming, but planning ahead makes all the difference. This informative class explores the different types of senior living communities, how to determine the best fit, and the various ways to pay for long-term care, including private pay, long-term care insurance, veterans'; benefits, and Medicaid. Gain practical knowledge to make confident, informed decisions for yourself or a loved one.

1 Session Start date: 11/9/2026 Meets: Mon 1.00 PM to 2.30 PM

F2174C - Maximizing Independence As We Age

Sandy Dyk

We will navigate the different areas of aging that impact independence and learn how we can maintain our voice in the community, advocate for ourselves and others, and make sure we know how to utilize resources around us.

1 Session Start date: 11/24/2026 Meets: Tue 1.00 PM to 2.30 PM

F2175C - The 'Skinny' on Fatness, Fitness & Aging

Pamela Swan

We have been told that losing weight is the key to healthy aging—but the science tells a different story. Learn why fitness is a stronger predictor of health than body weight, how exercise improves common age-related conditions even without weight loss, and why preserving strength may be the secret to living longer and maintaining independence. You will leave with practical, evidence-based strategies to age well through movement.

1 Session Start date: 10/8/2026 Meets: Thurs 10.00 AM to 11.30 AM

F2179C - Ancient Social Media

Klaas DeWaal

From the earliest cave paintings, clay tablets, and coins to today's social media, communication has always shaped human existence. Tracing the thread from the dawn of civilization, when the first leadership was established, to the present, when communication is the core foundation for exerting control. Information has always shaped the world's population, and this class takes you through our human story of communication and belief systems that have shaped who we are today.

1 Session Start date: 10/7/2026 Meets: Wed 1.00 PM to 3.00 PM

F2197C - The Secret to your Best Life: Shift your Mindset, Change your Perspective.**Ela Cabral**

Explore an easy introduction to Dr. David R. Hawkins' "Map of Consciousness" and discover how our emotions and perspectives can influence the way we experience life. We'll explore the different levels of emotion—from fear and anger to courage, acceptance, love, and peace—and learn simple ways to shift our mindset, create more positive experiences, and move toward the life we want to create at any age. This uplifting class is designed to inspire greater awareness, possibilities, and well-being at any stage of life.

1 Session Start date: 10/21/2026 Meets: Wed 10.00 AM to 11.30 AM**F2244T - Field Trip: Chandler Vision Art Gallery (Off-site)****Ronda Schnoor**

Join a docent-led tour at Vision Art Gallery for "The Collectionists" exhibit by Arizona artists Heidi Dauphin and Laura Spalding Best. This senior-friendly exhibit turns nostalgia into beautiful contemporary art. View stunning landscapes painted on vintage tin cans and intricate sculptures crafted exclusively from thrifted cabinets packed with antique silver spoons, tokens, and childhood trinkets. It's an amazing, thought-provoking trip down memory lane exploring how we collect the passage of time! Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator. Meet at 10 East Chicago St., Chandler, AZ 85225 (on the 1st floor of City Hall) Associated Cost: 0

1 Session Start date: 10/16/2026 Meets: Fri 10.30 AM to 12.30 PM**F2245T - Field Trip: Chandler Airport Tour - Group A (Off-site)****Ronda Schnoor**

Explore Chandler Municipal Airport on this 1-hour tour! You will enjoy a comfortable briefing on the history and infrastructure. Next, peek inside real operations to see how a busy general aviation hub runs safely. Enjoy a guided view of the bustling airfield via private shuttle bus, watching private jets and flight school planes take off, then stop at the helicopter facility to learn about local rotary-wing operations. Minimal walking required. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator. Arrive at least 10 minutes early and meet in the terminal lobby at 2380 S. Stinson Way, Chandler, AZ 85286 Associated Cost: 0 Please only register for one tour- Group A or Group B.

1 Session Start date: 10/23/2026 Meets: Fri 10.00 AM to 12.00 PM

F2246T - Field Trip: Chandler Airport Tour - Group B (Off-site)**Ronda Schnoor**

Explore Chandler Municipal Airport on this 1-hour tour! You will enjoy a comfortable briefing on the history and infrastructure. Next, peek inside real operations to see how a busy general aviation hub runs safely. Enjoy a guided view of the bustling airfield via private shuttle bus, watching private jets and flight school planes take off, then stop at the helicopter facility to learn about local rotary-wing operations. Minimal walking required. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator. Arrive at least 10 minutes early and meet in the terminal lobby at 2380 S. Stinson Way, Chandler, AZ 85286 Associated Cost: 0. Please only register for one tour- Group A or Group B.

1 Session Start date: 10/23/2026 Meets: Fri 11.30 AM to 1.30 PM

F2247T - Field Trip: Chandler Nature Center and Native Plant Oasis (Off-site)**Ronda Schnoor**

Explore the desert's wonders on this expert-led nature tour! Indoors, your group will get up close with native wildlife at the "Meet the Creature" exhibits, featuring a Sonoran gopher snake, desert blonde tarantula, and desert tortoises, before stepping into a metallic Mineral Cave. Outdoors, a guided stroll through the Native Plant Oasis to discover stunning Sonoran flora and the unique wetlands water reclamation system. A perfect, memorable day out! Associated Cost: 0 Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

Meet at 4050 E. Chandler Heights Rd Chandler, Az 85249 Associated Cost: 0

1 Session Start date: 11/6/2026 Meets: Fri 10.30 AM to 12.30 PM

F2251T - Field Trip: SanTan Brewery and Distillery Tour w/ Tasting (Off-site)**Ronda Schnoor**

Go behind the scenes at Arizona's largest combined brewing and distilling facility! This immersive 75-minute tour through a 35,000-square-foot warehouse features 10 distinct stops to see the science of craft beer and spirits. Explore massive brewhouse kettles, packaging lines, and the aromatic whiskey barrel-aging room. Best of all, enjoy interactive tastings of active spirits and flagship products right on the production floor! Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

Meet at SanTan Gardens, 495 E. Warner Rd, Suite 101, Chandler, AZ 85225. Associated Cost: \$10

1 Session Start date: 12/4/2026 Meets: Fri 1.00 PM to 3.00 PM

F2363C - The Impact of War on the Map of Europe 1914-1949.

Chris Lawrence

This three-part series examines how two global conflicts reshaped the borders and political landscape of Europe. We will first explore the complex origins and pivotal events that plunged the continent into World War I. Next, we analyze the interwar tensions and catalysts that led to a second global war just two decades later. Finally, through interactive discussion and map analysis, we will trace the dramatic territorial shifts that fundamentally redrew the map of Europe across both World Wars.

3 Sessions Start date: 10/5/2026 Meets: Mon 1.00 PM to 2.00 PM

F2368C - George C. Marshall

Eugene Lariviere

President Harry Truman said George Marshall was “the greatest American of our generation”. He is widely regarded as the man who led the U.S. to victory in WWII. He served as a very effective Secretary of State and as the Secretary of Defense. We will review the life and career of this very distinguished American.

1 Session Start date: 11/17/2026 Meets: Tue 10.00 AM to 11.30 AM

F2369C - The Marshall Plan

Eugene Lariviere

Europe was still in poor shape in 1948. The United States created the most generous and successful aid program in history. We will look at how that happened, what other things it precipitated and how its effects still last in our day.

1 Session Start date: 11/24/2026 Meets: Tue 10.00 AM to 11.30 AM

F2370C - Nancy Wake, an Unsung Woman Hero of WWII

Eugene Lariviere

Born in New Zealand, she grew up in Australia and married a Frenchman. She helped downed pilots escape France and carried out spy tactics in Vichy France. The Gestapo called her "The White Mouse". She escaped to Britain, got training for militia fighting and parachuted back into France. After D-Day she led 7,000 resistance fighters and was a key to preventing the Germans from sending reinforcements. She was the most decorated British operative of the war.

1 Session Start date: 12/7/2026 Meets: Mon 10.00 AM to 11.30 AM

F2387C - Arizona Wild Territorial Days and its Economic Development

Al Quihuis

This presentation is 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 5 C's and the 5 trails leading to Arizona.

1 Session Start date: 10/13/2026 Meets: Tue 9.00 AM to 9.59 AM

F23A3C - History of the Supreme Court Part 1:

Susan Lockwood Knaus

This is one of the Great Courses and will cover the Supreme Court from the Constitutional Convention to WWI. It will look at the history of the Supreme Court with a focus on landmark cases and will encounter dozens of people from the justices to ordinary Americans whose cases wound up in front of the court.

6 Sessions Start date: 10/12/2026 Meets: Mon, Tue, Wed, Thurs 1.00 PM to 2.30 PM

F23A6Z-NF - Textile Techniques Through Time and Cultures (ZOOM)

Presenter NFLL

These four sessions offer a visual review of the cultural history behind five textile techniques: embroidery/quilting, weaving, resist dyeing/printing, and knit/crochet/non-woven, concluding with a presentation of the instructor's own work incorporating these methods. Each presentation features visual samples of these techniques across various global cultures and time periods, culminating in their contemporary applications by artists renowned for working with these techniques and materialities.

4 Sessions Start date: 10/9/2026 Meets: Fri 10.15 AM to 11.45 AM

F23B3Z-NF - How Railways Transformed the World (ZOOM)

Presenter NFLL

This six-session course features "How Railways Transformed the World" from The Great Courses. Episode 1, The Idea of Railways, explores the revolutionary history and impact of railways as a remarkably efficient mode of transport. Episode 2, Britain's Railway Pioneers, covers early steam technology and the first locomotives. Each 30-minute video is followed by a session.

6 Sessions Start date: 10/13/2026 Meets: Tue 1.00 PM to 2.30 PM

F23B4Z-NF - Inventions that Changed the World (ZOOM)

Presenter NFLL

We're surrounded by inventions—clocks, cars, cell phones, and more—that define our culture. Discover the remarkable stories and historical impact of these monumental creations in this course taught by Dr. W. Bernard Carlson of the University of Virginia, an expert on innovation from the ancient pottery wheel to social media. Available both online and in-person.

3 Sessions Start date: 10/5/2026 Meets: Mon 3.00 PM to 4.30 PM

F2753Z-NA - Presidential Air Travel from Teddy Roosevelt to Donald Trump (ZOOM)

James Evans

We will survey the history of Presidential Air Travel from Teddy Roosevelt to Donald J. Trump. From a Wright biplane to the latest Boeing 747-8I interim Air Force One. We will talk about the aircraft used and the presidents they served.

1 Session Start date: 10/6/2026 Meets: Tue 1.00 PM to 2.30 PM

F3011C - Do's, Don'ts & Inspiration

Cami Kaiser

What makes a room feel polished, inviting, and effortlessly stylish? Sometimes it's knowing what to do—and what not to do! Join us for a fun seminar filled with design secrets, decorating pitfalls, and inspiring room transformations. Discover how color, furniture placement, lighting, texture, and accessories work together to create spaces you love coming home to. Gather fresh ideas, practical tips, and inspiration for your next design project.

1 Session Start date: 10/27/2026 Meets: Tue 1.00 PM to 2.30 PM

F3026C - Saluting Our Veterans

Darcy Bentz

Military veterans deserve special recognition and understanding for their service to our country. Learn how we honor them.

1 Session Start date: 11/9/2026 Meets: Mon 10.00 AM to 11.00 AM

F3027C - Coping with Grief During the Holidays

Darcy Bentz

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

1 Session Start date: 11/18/2026 Meets: Wed 10.00 AM to 11.00 AM

F3031C - Introduction to Family History

Debra Nelson

This class demonstrates how to use several research websites to support family tree discovery. Instructors can assist participants in signing up for a free FamilySearch account, if desired, and highlight its many features. FamilySearch is the world's largest collection of family history and genealogy resources.

1 Session Start date: 12/8/2026 Meets: Tue 1.00 PM to 2.00 PM

F3059C - Purpose & Passion: The Power of Volunteering

Robin Wilson

Want to add more joy, connection, and purpose to your week? This class reveals the life-changing benefits of volunteering. Discover how giving back keeps your mind and body active, introduces you to amazing people, and delivers a profound sense of fulfillment. Learn how to align your unique passions with community needs and kickstart a vibrant new chapter of your life. Don't miss it!

1 Session Start date: 10/28/2026 Meets: Wed 10.00 AM to 11.30 AM

F3073C - Understanding Car Repairs Before You Agree

Patrick Foy

Designed for non-experts, this presentation translates automotive jargon into everyday language. A veteran technician walks through the major systems—engine, cooling, suspension, and electrical—using visuals and real parts to illustrate key concepts. Attendees gain practical knowledge that builds confidence, reduces anxiety about repairs, and encourages smarter vehicle ownership.

1 Session Start date: 10/21/2026 Meets: Wed 9.00 AM to 9.59 AM

F3086C - Emergency Preparedness at Home

Mona McDonald

Aging safely at home is key to maintaining independence, purpose, and peace of mind. In this practical course, you will learn simple strategies to prepare for emergencies, reduce risks at home, and confidently plan for the future. Gain valuable tools and resources to help you remain safe, independent, and ready for life's unexpected challenges.

1 Session Start date: 11/5/2026 Meets: Thurs 1.00 PM to 2.30 PM

F3088C - Arizona's National Monuments and Parks**Al Quihuis**

The preservation effort led to the passage of the Antiquities Act of 1906. It was designed to protect areas of natural, historic, and scientific interest. This is a fantastic virtual road trip to explore and discover Arizona's most unusual geological formations, stunning deserts, mountains, ancient cliff dwellings, and places of historic significance.

1 Session Start date: 11/23/2026 Meets: Mon 9.00 AM to 9.59 AM

F3091C - From Clutter to Calm**Calvenea Malloy**

Let us enjoy calm, peace, relaxation, and live healthier lifestyles in our homes. Decluttering is essential for maintaining a cleaner and organized personal space. Studies indicate excessive levels of household clutter can increase social isolation, fall risk, stress, depression, health risks, loneliness, and subsequently prevent older adults from living independently. Decluttering strategies will be discussed to help enhance your life.

1 Session Start date: 10/27/2026 Meets: Tue 10.00 AM to 11.30 AM

F30B2Z-NF - Interview with W. Bernard Carlson (ZOOM)**Presenter NFLL**

Dr. Carlson is the presenter of the Great Course on Great Inventions of the World that we have been listening to and discussing in the past 3 terms. Dr. Carlson has agreed to give us an in-person talk on recent developments in the world since he completed the lectures in 2013. This will be online as scheduled. You do not have to have done the previous classes to join this presentation.

1 Session Start date: 10/26/2026 Meets: Mon 10.00 AM to 11.30 AM

PRESENTERS

Virginia Allen

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

Jacqueline Arcuri

Jacqueline Arcuri has been a banking industry professional for 38 years, originally in Long Island, NY. For the past 14 years, Jacqueline has been in Sun Lakes, where she is currently an AVP/Branch Leader with Flagstar Bank. She enjoys sharing her knowledge of financial literacy with students of all ages.

Darcy Bentz

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

James Bogash

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.

Jack Burns

Jack has worked for the Social Security Administration (SSA) for 24 years. He is the Public Affairs Lead in Arizona and Southern California for SSA, and regularly provides workshops and seminars for organizations to help people understand SSA's benefit programs.

Michael Buscaglia

Michael Buscaglia taught the International Baccalaureate and Advanced Placement French program at Chandler High School. He supervised the Student Exchange program to France from 1984 through 2000.

Josephine BATTERY

Josephine BATTERY holds a doctorate in Adult Education and has dedicated her career to education and community service. She taught at Sunnyslope High School and Maricopa Community Colleges, where she worked with the Six Dimensions program for seniors.

Following her career in education, she became the owner of a real estate business, combining her passion for helping people with entrepreneurial leadership.

Ela Cabral

Ela Cabral is a lifelong educator with a passion for lifelong learning and personal growth. Drawing on a background in education and teaching, she leads engaging classes that explore psychology, philosophy, spirituality, and human potential. Through thoughtful discussion and practical insights, participants are encouraged to deepen their sense of purpose, expand their perspectives, and continue the journey of learning at every stage of life. She believes retirement is not an ending, but an opportunity to continue to expand their knowledge, explore new concepts, and enjoy new experiences.

Michael Ceschiat

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

Jill Chalsty

Jill Chalsty, founder of Overcoming Obstacles, has empowered over 180 million young people worldwide through life skills education. Her journey of loss and cancer inspired "Packets of Hope" illuminating the power of love and service.

Andrea Chisolm

Andrea Chisolm holds a bachelor's degree in computer science and a master's degree in international finance. With two decades of professional experience, Andrea has become an advocate for dental tourism. She frequently shares insights on the advantages of choosing Mexico as a dental destination, highlights the offerings of Amazing Dental Care, and provides valuable information about the most sought-after dental procedures and services available in the region.

Becky Cholewka

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.

Kate Christensen

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

Laura Clark

Laura Clark holds an MBA from ASU’s W. P. Carey School of Business and a BBA in Management Computer Systems from the University of Wisconsin-Whitewater. Generative AI Foundations certified. With over 20 years of experience in information technology and higher education, she has taught extensively across multiple institutions, including the Maricopa County Community College District and ASU. Laura specializes in teaching computer usage, applications, web development, and programming, bringing deep industry expertise to the classroom.

Todd Daniels

Todd is a retired teacher and coach. He currently helps out volunteering when he can and coordinating and supervising exchange students. He has enjoyed playing fantasy sports in his free time.

Klaas DeWaal

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

Margaret Dyekman

Margaret Dyekman is the President of Desert Rivers Audubon Society’s Board of Directors. Desert Rivers Audubon’s mission is to educate and inspire our community to protect and preserve birds, wildlife and their habitats. Margaret is the author of Backyard Birding in Northern Arizona. She is a member of Arizona Field Ornithologists, Northern Arizona Audubon, Arizona Country Club, and Pinewood Country Club.

Sandy Dyk

Sandy has been in the senior care industry for over 35 years and has a passion for supporting and educating others when it comes to navigating the world of senior care needs. Whether it's senior living, hospice, mobile physician, home care, home health.... you name it, Sandy has navigated that area. So many times, people just don't know what they don't know and Sandy is here to help guide families in whatever direction is needed for their particular situation.

James Evans

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 of 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. He is a long-time student of airpower and military history.

Miguel Fernandez

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

Carol Fortino

Carol Fortino is a retired professor from the University of Northern Colorado. She earned a B.A. from UC Berkeley, M.A. from Adams State University in Colorado and Ph.D. in Brisbane, Australia. She also taught in the Philippines and Latvia. Her areas of interest are environmental science and teacher preparation, and writing poetry and novels. She presents locally, nationally and internationally.

Kim Foy

Kim Foy enjoys crafts, games, and a variety of relaxing activities. Creative and easygoing, Kim loves spending time exploring hobbies, having fun, and unwinding through enjoyable pastimes.

Patrick Foy

Patrick Foy is the Owner/Technician of Foys Auto Repair LLC. He has been a mechanic for 20 years.

Barbara Gonzalez

Barbara Gonzalez is Accounting Faculty and the Chair for Business Computing Studies at Chandler-Gilbert Community College. She has been teaching accounting for more than 20 years. Before going into education, she worked for various Certified Public Accounting firms for 10 years.

Deidre Guadagno

Deidre is a Senior Care Coordinator and Placement Specialist with All About You Placement and Resources. After guiding her own parents through the senior living journey, she understands the emotional and practical challenges families face. She is passionate about helping older adults explore their options, understand ways to pay for senior living, and find personalized solutions because she believes every senior deserves a plan tailored to their unique needs—not a one-size-fits-all approach.

Naseer Haddad

Naseer Haddad is an Iraqi-American writer, storyteller, and entrepreneur whose life was shaped by war, immigration, and healing. After growing up in Baghdad during the Iraq War, he immigrated to the U.S. carrying hope and trauma. Through writing, he explores displacement, identity, and resilience. His debut novel, “The Boy I Left in Baghdad” follows an immigrant confronting painful memories. Beyond writing, Naseer uses storytelling, family traditions, and public speaking to connect communities.

Karin Hansen

Karin Hansen holds a Master’s 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.

Heather Harvey

Heather Harvey, OTR/L, is an occupational therapist with nearly 30 years of experience helping older adults regain, maintain, and protect their independence. She is the founder of Celebrations Across the Miles and has completed thousands of home visits, giving her a practical understanding of the everyday changes that help people remain safe, confident, and independent in the homes they love.

William Haskell

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.

Barbara Huff

Barbara Huff is a psychological scientist who is interested in understanding how people become their best selves across their lifespan. She earned a PhD in psychology from Arizona State University in 2008. She has taught undergraduate and graduate-level courses at ASU and NAU. Currently, she teaches as adjunct faculty at Chandler Gilbert Community College.

Traci Jacobsen

Traci Jacobsen is a proud Arizona native. She has 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 final stages of life without proper preparation. After caring for a loved one with Alzheimer's, making many mistakes, and burning through 1.2 million dollars in 8 years, she realized there is a much better way. It is essential to know your options before you need them and to plan.

Billie Jordan

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 and 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.

Cami Kaiser

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

Sejal Katyal

Sejal Katyal is a rising junior at ACP High School. She is passionate about helping the community take better care of their health. She has presented at CGCC with a presentation on combating the opioid epidemic, and she would like to continue giving back to the community by informing others about other health topics. By signing up for her classes, you will learn more about current health issues affecting Americans and how you can take action today.

Eugene Lariviere

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

Ann Larson

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

Chris Lawrence

Chris Lawrence is an "amateur" historian and part-time history writer. He has a Bachelor's degree in History and Political Science from Northern Illinois University and a Master's Degree in Military History from the American Military University. He authored a book called "A Bitter Lesson" about the American Army in the First World War. Originally from Chicago, Chris has been a Gilbert AZ resident for the last 4 years, and loves to share his knowledge with people who love to learn.

Susan Lockwood Knaus

Susan Lockwood Knaus taught US History to junior high students and always spent part of that time teaching the US Constitution. She felt it was important for all citizens to have a knowledge of what it says and the decisions that were made by our Founding Fathers when forming this document.

Calvenea Malloy

Calvenea Malloy, Retired Educator and Senior Advocate and Coach.

Mona McDonald

Mona McDonald helps individuals and families navigate life's transitions with confidence and purpose. With a diverse background in business, education, and social services, she supports emergency preparedness, protecting wishes, preserving life stories and creating a meaningful legacy for generations to come. An Arizona native, Mona enjoys travel, outdoor activities, and is the creator and Vice President of Pursue Life.

Sam Merrill

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

Kyle Messner

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in Bilingual Education and a MEd in Special Education. She has taught at Appalachian State University and Arizona State University for a total of 25 years. Kyle is a linguist who speaks and has taught multiple languages. She has studied in Germany, France and England. She lived in Colombia where she taught Spanish and English in a private bilingual school. She is currently the Past President of New Adventures.

Keoki Mulloy

Keoki is a long-time adjunct with Chandler-Gilbert Community College. He teaches women's and gender studies. He also is the co-advisor of the college's LGBTQ student club, One Voice, a safe space for students to meet and live authentically, even if it's for one hour a week. He is a champion for women's rights as well as the rights of LGBTQ individuals, especially non-binary and transgender individuals.

Abigail Murillo

Abigail Murillo graduated from Baylor University with a degree in nutrition and completed her dietetic internship at Abilene Christian University. She has unique experience working with individuals and families of all ages. She uses a non-diet approach to help others prevent or treat disease.

Debra Nelson

Brent and Debbie Nelson are retired and specialize in teaching beginning family history classes. They have taught in public libraries and universities, and demonstrate the use of several websites that connect community members to their deceased ancestors. Come enjoy discovering your roots and building a family tree – it's fun and easy.

Jody Noe

Jody Noe is a retired Air Force clinical laboratory officer who brings warmth, experience, and real-world insight to the classroom. She led the Air Force's clinical reference and public health laboratory, directing 95 personnel and global disease surveillance efforts. Her approachable style helps lifelong learners connect science, health, and service in meaningful ways.

Arthur Norby

Arthur Norby is a career artist and author, age 88. His art is held in national collections, and he has taught numerous art workshops. He has self-published ten works of fiction and two autobiographies. He also has public speaking experience.

Erica O'Herron

Erica has spent her career meeting people where they are—from case managing in public housing to advocating for individuals with mental health challenges, dementia, and Parkinson's. A Certified Dementia Practitioner and Dementia Friend Champion, she has trained caregivers in state-required skills. Today, as Community Liaison for The Next Chapter Senior Care Solutions, she's a tireless advocate helping families navigate aging with confidence and dignity.

Melanie Palmer

Melanie Palmer completed a Bachelor Degree in Science, and a Master's Degree in Education. After teaching special and regular education, and building a math and science space lab for a total of 25 years, she was inspired to write. She's written four books and is a motivational speaker. Her most recent appearance was as the keynote speaker for the State of Arizona's AmeriCorps Senior Volunteer Program at Neely Education Center. She has been teaching classes at Rio Salado College's RISE program.

Nita Pangan

Nita Pangan has enjoyed eight years of card making as a Stampin Up demonstrator. She also enjoys kids' classes and introducing new people to the fun of being creative. She offers classes every month and participates in community service. She often makes cards for veterans, foster kids, and nursing homes. She is part of the Sun Lakes community and has been for nearly 10 years. She looks forward to sharing her experiences in a classroom environment.

Heather L Parker

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.

Brian Porter

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

Al Quihuis

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

Carole Rockland

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

Ronda Schnoor

Ronda is a Phoenix native, Air Force veteran, and retired FAA Air Traffic Controller (30-year career). She really enjoys planning and organizing trips and activities. She loves being outdoors in the fresh air observing all of nature and her favorite pastimes include anything involving time on or in the water and attending as many performing arts shows as she can cram into one weekend.

Henry Silberblatt

Henry Silberblatt has resided in Sun Lakes for over 25 years. He and his lovely wife have logged many miles hiking together in the deserts and mountains of Arizona, California and Utah. Since 2018 Henry and his spouse have hiked with the Sun Lakes Hiking Club for 6 months of each year and they presently are hike leaders with the club.

Scott Silberman

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

Pamela Swan

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

Robert Truman

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.

Lydia Wietsma

Lydia Wietsma is the co-owner of Next Home Power Realty, host of the radio show Solving Life's Next Chapter, and author of the book "Solving Life's Next Chapter". She is also a Certified Probate Senior Real Estate Specialist (CPRES, SRES). With over 20 years of experience, Lydia educates families, seniors, and professionals on probate, downsizing, aging in place, estate planning basics, and senior housing options throughout Arizona and other states.

Robin Wilson

Robin Wilson's volunteer management career grew from a lifetime of personal volunteering. She turned her passion into a profession at the Phoenix Zoo as a Volunteer Coordinator and Zoo Teen Supervisor, later serving as the Events Volunteer Manager at Southwest Wildlife Conservation Center. Now as the Volunteer Manager at Neighbors Who Care, Robin brings a unique, first-hand perspective to her leadership. She is dedicated to helping others discover the immense joy and fulfillment of service.

Evelyn Yeh

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

