



# New Adventures in Learning

## Spring 2023 Classes

### January 30 to April 27

*(ZOOM classes are identified in the title)*

*Presenter information starts on page 14*

#### **S0101C - Presidential Air Travel**

*James Evans*

Today air travel is an essential part of presidential leadership, yet it is a relatively modern phenomenon. We will survey the history of presidential air travel from its beginnings to the future.

1 Session Start Date: 2/1/2023 On Wed 1.00 PM to 2.30 PM

#### **S0102C - Mary Tyler Moore and COVID - 19**

*James Evans*

We will review one of the iconic television comedy shows of the modern era through the lens of the modern COVID-19 pandemic.

1 Session Start Date: 2/15/2023 On Wed 1.00 PM to 2.30 PM

#### **S0103C - Cactus 1549: The miracle on the Hudson**

*James Evans*

We will talk about the "Miracle on the Hudson" the flight of US Airways Flight 1549.

1 Session Start Date: 2/22/2023 On Wed 1.00 PM to 2.30 PM

#### **S0104C - The Arizona Trunk Murderess**

*Eugene Lariviere*

On the night of October 16, 1931, two women were murdered in Phoenix. Two days later their friend Winnie Ruth Judd took a train to Los Angeles. She had two trunks with her which on arrival had a strong odor and "fluids" exuding from them. Cut up body parts were found in them. Judd was arrested, tried for murder, found guilty and sentenced to death. But the story does not end there ... far from it.

1 Session Start Date: 3/6/2023 On Mon 10.00 AM to 11.30 AM

## **S0201Z - World War II: Battlefield Europe, Part 2 (ZOOM)**

*William Haskell*

This is the second of four class offerings utilizing the Great Courses Program of 24 lectures. The remaining classes will follow in 2023. The presenter will be discussing various aspects of the war. In addition, the class will also include supporting relevant videos. This class will cover the second six lectures.

3 Sessions Start Date: 3/20/2023 On Mon, Wed, Fri 1.00 PM to 2.30 PM Meets 3/20, 3/22, 3/24

## **S0202C - Nieuport 28- America's First Fighter Plane**

*James Evans*

We will survey the history of America's first fighter plane, the French-built Nieuport 28, of World War I.

1 Session Start Date: 2/8/2023 On Wed 1.00 PM to 2.30 PM

## **S0203C - Consolidated B-36 Bomber: 10,000 miles with 10,000 pounds**

*James Evans*

We will survey the history of the largest American bomber, proposed in 1941 at the beginning of WW II, which came into service during the Cold War. We will compare the B-36 with the modern Mirya and other large aircraft.

1 Session Start Date: 3/1/2023 On Wed 1.00 PM to 2.30 PM

## **S0204C - Convair B-58 - the Speedy and Powerful "Hustler"**

*James Evans*

We will survey the history of the Convair B-58, an extremely fast and powerful Strategic Air Command bomber during the Cold War.

1 Session Start Date: 3/8/2023 On Wed 1.00 PM to 2.30 PM

## **S0205C - De Havilland DH-98 Mosquito: The "Wooden Wonder">**

*James Evans*

We will survey the history of the development, utilization and post-WW 2 uses of the De Havilland DH-98, called the "Mosquito". This aircraft was born in controversy, but became the fastest combat aircraft for most of World War II and is still wowing spectators at Airshows today.

1 Session Start Date: 4/25/2023 On Tue 1.00 PM to 2.30 PM

## **S0401Z - Let's Relive the Folk Music of the 60s (ZOOM)**

*William Haskell*

Join us as we journey back to the 1960s and the era of folk music. . Sit back and enjoy classic videos of many folk singers of this era. The class will be based on various YouTube video recordings. So pretend its Saturday night and you are sitting down in front of your television listening to your favorite folk singer.

2 Sessions Start Date: 2/27/2023 On Mon, Tue 1.00 PM to 2.30 PM Meets 2/27, 2/28

### **S0501C - Risky Business**

*Roberta Reed*

Risk is an easily misunderstood concept. We hear about deaths from a vaccine and we avoid getting it. We hear about treating cancer by taking a particular vitamin or eating a certain food and we willingly try it expecting a benefit. Why? How do we assess the risk or benefit of an action? In this class we will examine risk perception and identify some ways to become savvier consumers of risk information.

1 Session Start Date: 3/22/2023 On Wed 10.00 AM to 11.30 AM

### **S0502C - Regulation of Body Temperature: an Update**

*Daniel Richardson*

In light of record heat, drought, and in some locations bitter cold, all associated with climate change, an update of a previous lecture on the regulation of body temperature is called for. Accordingly, this lecture will review the basics of how the body gains and loses heat including what happens to us when we experience the extremes of both heat and cold stress as well as how to treat these emergency conditions if and when they occur.

1 Session Start Date: 4/17/2023 On Mon 10.00 AM to 11.30 AM

### **S0601C - Gmail - Start to Finish**

*Robert Truman*

Gmail has a built-in spam filtering system and provides 15GB of free storage. Learn about the variety of time-saving features, letting you automate some emailing tasks, integrate your calendar and contacts, and customize your dashboard to suit your own needs.

1 Session Start Date: 2/27/2023 On Mon 10.00 AM to 11.30 AM

### **S0602Z - Internet Security for Seniors (ZOOM)**

*Robert Truman*

To Click or Not To Click... 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 Start Date: 3/20/2023 On Mon 10.00 AM to 11.30 AM

### **S0603C - Movies, Music and Books, Oh, My! Free Online Entertainment at Your Library**

*Jenn Lopez*

In this session you will learn about the variety of free online resources offered by Maricopa County Library District. With your library card, you can download e-books, e-audiobooks, stream a movie or some music, or attend a virtual program right from your comfort of your couch! Library staff will show you how to access these resources from a computer. Please bring your Maricopa County library card with you to the session. Don't have a library card? Visit the Ed Robson Library to get yours!

1 Session Start Date: 3/21/2023 On Tue 3.00 PM to 4.30 PM

## **S0604Z - Top 10 (Secret) Things to do with your Maricopa County Library Card (ZOOM)**

*Jenn Lopez*

You already know that the Maricopa County Library District offers a huge selection of books and movies housed in our 18 library branches. However, there are things our libraries offer that you might not know about – and they are all free to library card holders. We are excited to share some of these “secrets” with you, and tell you how you can take advantage of these services. From Chromebooks to culture passes, there is something for everyone!

1 Session Start Date: 3/28/2023 On Tue 10.00 AM to 11.30 AM

## **S0701C - Brain Education**

*Susan Gerace*

Come to your BrainEducation class with a bright smile! Brain Education is a training for opportunities for overall general wellbeing. During our one meeting, we will cover a variety of information and movements that individuals can continue at home. Follow Doctors orders, your body, and your own good sense. We want no injuries related to class. In class we'll begin understanding why we do these actions. I'll bring a variety of books of related principles, to give to each person, as they leave class.

1 Session Start Date: 1/31/2023 On Tue 10.00 AM to 11.30 AM

## **S0901C - Intro to Estate Planning**

*Heather L Parker*

Come and learn the basics of Estate Planning - what is a will, a trust, powers of attorney, and why are health care directives important for anyone over 18?

1 Session Start Date: 2/13/2023 On Mon 10.00 AM to 11.30 AM

## **S0902C - Defining Your Legacy By What You Leave Behind**

*Becky Cholewka*

This presentation highlights the importance of preserving photos, traditions, recipes and keepsakes as well as the simple steps you can take today to get started. It focuses on how to make the process easier for those you love, how to ensure you have documents that work, and Becky's personal story of the impact that her father's legacy had on her at only 19.

1 Session Start Date: 4/4/2023 On Tue 1.00 PM to 2.30 PM

## **S0903C - Empowering Others to Be Your Healthcare Advocate in a Crisis**

*Becky Cholewka*

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

1 Session Start Date: 4/11/2023 On Tue 1.00 PM to 2.30 PM

## **S1101C - Happenings at Sea**

*Anthony Contrabasso*

Based on several cruises to the Hawaiian islands the presenter describes his experiences to include visits to both the USS Arizona and the USS Missouri. His experiences describe both the joy and sorrow of events that can happen while at sea.

1 Session Start Date: 4/6/2023 On Thu 10.00 AM to 11.30 AM

## **S1102Z - A Fun Sing-Along about Cities, States, and Countries You Have Lived In or Visited (ZOOM)**

*Alleen Nilsen -- Don Nilsen*

A Fun Sing-Along about the Cities, States, and Countries that you've lived in or visited: We'll sing songs about Arizona, Australia, Austria, California, Carolina, China, Connecticut, Florida, France, Georgia, Germany, Chicago, Indiana, Ireland, Israel, Jamaica, Japan, Kansas, Kentucky, Louisiana, Maryland, Michigan, Missouri, Nevada, New Jersey, New Mexico, New York, North Dakota, Oklahoma, Oz, Scotland, Spain, Tennessee, Texas, Virginia, West Virginia, and Wisconsin.

2 Sessions Start Date: 4/3/2023 On Mon 10.00 AM to 11.30 AM Meets 4/3, 4/10

## **S1103C - Pacific wonderland**

*Anthony Contrabasso*

Based on an underwater dive off of the coast of Oahu, the presenter describes in detail the sea life that live around and beneath the waters of the beautiful islands.

1 Session Start Date: 2/9/2023 On Thu 10.00 AM to 11.30 AM

## **S1201C - The Gift of Age**

*David Zapatka*

David Zapatka presents friend and fellow verbivore, Dr. Richard Lederer, author of more than 50 books about language, history, and humor including his best-selling *Anguished English*. He is a founding co-host of "A Way With Words," broadcast on National Public Radio. Dr. Lederer's syndicated column, "Lederer on Language," appears in newspapers and magazines throughout the United States. He has been named International Punster of the Year and Toastmasters International's Golden Gavel winner.

1 Session Start Date: 3/30/2023 On Thu 10.00 AM to 11.30 AM

## **S1202C - Basic Conversational Spanish**

*Kyle Messner*

This is a continuation of the Fall 2022 class. Emphasis is on speaking Spanish. Class will be taught using multiple methods involving interaction, music, games, etc. Basic grammar, reading and writing will be taught as supports to the further development of oral skills. Everyone is welcome. Those who have taken Spanish classes and struggled, and those who may have forgotten what they learned should feel comfortable in this class.

12 Sessions Start Date: 2/1/2023 On Wed 10.00 AM to 11.30 AM Meets 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/22, 3/29 4/5, 4/12, 4/19, 4/26

## **S1203C - My Journey To Publication**

*Violetta Armour*

Violetta will share her writing journey with you from the many years of rejections to becoming an award-winning author. If you are an aspiring writer, whether for publication or simply self-fulfillment you will be inspired and encouraged to create your own writing path.

1 Session Start Date: 2/15/2023 On Wed 1.00 PM to 2.30 PM

## **S1204C - Italian Language, History, Culture and Food**

*Eugene Lariviere*

Using the book "Read & Think Italian" we will study the language by exploring areas of Italian history, people, geography, culture, art and traditions. We will have time in each class to develop our skills in speaking Italian.

12 Sessions Start Date: 2/2/2023 On Thu 3.00 PM to 4.30 PM Meets 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27

## **S1205C - Sprechen Sie Deutsch?**

*Eugene Lariviere*

This is a class in basic German. Co-teacher Werner Gertz is a native speaker and will help lead the class. We will be using the book "German All-In-One for Dummies"

12 Sessions Start Date: 2/1/2023 On Wed 3.00 PM to 4.30 PM Meets 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26

## **S1206C - Basic Italian**

*Michael Buscaglia*

Basic Italian will instruct students how to read, write, understand and speak Italian. We will use the book, "Italian Made Simple" by Cristina Mazzone. This course is for Beginners.

1 Session Start Date: 2/2/2023 On Thu 1.00 PM to 2.30 PM Meets 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27

## **S1207C - Where I'm From Poem**

*Kyle Messner*

This 2 session class is for non-poets and poets alike. It is an opportunity to create an autobiographical poem using a template designed by poet George Ella Lyon. It is a very simple method used by native and non-native English speakers to successfully write a beautiful personal poem. During the first class we will examine several poems written using this method and start creating our own. The second class will be an opportunity to share and edit our poems.

2 Sessions Start Date: 2/21/2023 On Tue 1.00 PM to 2.30 PM Meets 2/21, 2/28

## **S1301C - The Good Citizen**

*William Gates*

"Assault on Democracy" has been a common and sometimes heated discussion theme since the Jan 6, 2021, attack on the U.S. Capitol by persons claiming to be patriots and good citizens. This class will discuss the concept of "good citizenship" and how it has changed over the years in the United States.

1 Session Start Date: 3/29/2023 On Wed 1.00 PM to 2.30 PM

## **S1401C - Living to 100; How to take your mind and body with you**

*James Bogash*

Who wants to live to 100 if your body and mind fall apart at 75? Come learn how to protect your knees, brain, muscles and bones so that your quality of life is as awesome as it can be.

1 Session Start Date: 4/12/2023 On Wed 1.00 PM to 2.30 PM

### **S1402C - Living to 100; How to take your mind and body with you**

*James Bogash*

Who wants to live to 100 if your body and mind fall apart at 75? Come learn how to protect your knees, brain, muscles and bones so that your quality of life is as awesome as it can be.

1 Session Start Date: 4/27/2023 On Thu 10.00 AM to 11.30 AM

### **S1403Z - The Mike File: A Story of Grief and Hope (ZOOM)**

*Stephen Trimble*

This presentation is based on the presenter's book about his brother, Mike, who struggled with paranoid schizophrenia. It is a moving story of how Mike's heartrending life mirrors the history of our treatment of mental illness in Colorado and in America in general. You will also learn about the author's vision for an alternative version of mental health care for the mentally ill and disabled; one that would have given the author a lifelong relationship with his brother. The book won the 2022 Human Relations Mental Health Awareness Book of the Year Award (Human Relations Indie Book Awards).

1 Session Start Date: 4/3/2023 On Mon 3.00 PM to 4.30 PM

### **S1404C - Becoming More Socially Comfortable with People Living with Dementia**

*Elaine Poker-Yount*

People living with dementia (PLWD) struggle with the loss of their social circle. Friends and family don't know what to do or how to do it so they slowly back away, not by choice, but by fear of saying or doing the wrong things. Join us to learn ideas and better understanding of what you can do to help if you're the friend or the family. Spouses will get suggestions and Ideas too, and they will be so grateful for your sense of understanding!

1 Session Start Date: 2/7/2023 On Tue 1.00 PM to 2.30 PM

### **S1405C - How to Advocate for Your Own Healthcare**

*Elaine Poker-Yount*

As our healthcare system continues to evolve, it has never been more important to become an advocate for yourself as well as for your loved ones who may no longer be able to advocate for themselves. This class will outline specific suggestions and items to note, including critical need-to-know information, pertinent questions to ask and specific rights you may not realize you have to help ensure the best experiences while navigating your own health care.

1 Session Start Date: 3/28/2023 On Tue 1.00 PM to 2.30 PM

### **S1406C - What is your "Plan B?"**

*Elaine Poker-Yount*

Could you quickly relay all information needed for someone else to step in and care for your loved one if you were being taken to the hospital in an ambulance? Could you identify everything that would be needed to care for you after a serious incident? We ALL NEED a back-up plan, especially if we are alone, or a caregiver. Creating a checklist of legal, practical and executional items to have prepared can make an emergency a difficult situation vs. a crisis! Join us to learn how to create YOUR PLAN B.

1 Session Start Date: 3/7/2023 On Tue 1.00 PM to 2.30 PM

### **S1407C - Wine and Health: Fact vs. Fiction**

*Eugene Lariviere*

Wine has been considered a healthy beverage for millennia but recent reports have challenged that. Does wine really prevent some illnesses? Does wine cause cancer? Do the health effects of wine differ from other forms of alcohol?

3 Sessions Start Date: 2/14/2023 On Tue 10.00 AM to 11.30 AM Meets 2/14, 2/21, 2/28

### **S1408C - Suggestions: On Fall Prevention/Avoiding Most Common Medical 911 Emergencies.**

*Betty Earp*

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

1 Session Start Date: 2/7/2023 On Tue 10.00 AM to 11.30 AM

### **S1409C - Mindful practices— Chair yoga, breath work and meditation**

*Ann Larson*

Our physical health is directly related to our mental health. In this class we will learn and practice yoga , meditation and pranayama (breath work) techniques to support our overall well being.

5 Sessions Start Date: 2/2/2023 On Thu 10.00 AM to 11.30 AM Meets 2/2, 2/9, 2/16, 2/23, 3/2

### **S1410C - The Divided Mind: Understanding Dissociative Identity Disorder**

*Susan Lockwood Knaus*

Movies and television depict this diagnosis, formerly known as Multiple Personality, as belonging to murderers and other psychotic criminals, but in this class you will discover the truth about the amazing and transformative ways our brains adapt in the face of trauma. Learn how a divided mind helps abused or neglected children cope, survive, and live successful lives despite the challenges of Dissociative Identity Disorder.

1 Session Start Date: 3/21/2023 On Tue 1.00 PM to 2.30 PM

### **S1411Z - Arizona Caregiver Coalition: Powerful Tools for Caregivers (ZOOM)**

*Calvenea Malloy*

Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. Research shows this class helps Caregivers improve their lives. Class participants will receive caregiver resources from the Arizona Caregiving Coalition

2 Sessions Start Date: 3/7/2023 On Tue, Thu 10.00 AM to 11.30 AM Meets 3/7, 3/9



## **S1501C - Meditation in Today's World**

*Joyce Ellenbecker*

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

4 Sessions Start Date: 4/6/2023 On Thu 10.00 AM to 11.30 AM Meets 4/6, 4/13, 4/20, 4/27

## **S1601C - Movie of the Week: Operation Dumbo Drop**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

To keep the loyalty of a village during the Vietnam war, a U.S. Army officer and his unit struggle to deliver it a live elephant.

IMDB.com: <https://www.imdb.com/title/tt0114048> Movie title is subject to change without notice.

1 Session Start Date: 1/30/2023 On Mon 1.00 PM to 3.00 PM

## **S1602C - Movie of the Week: Welcome to Mooseport**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

A US president who has retired after two terms in office returns to his hometown of Mooseport, Maine and decides to run for Mayor against another local candidate.

IMDB.com: <https://www.imdb.com/title/tt0361925> Movie title is subject to change without notice

1 Session Start Date: 2/6/2023 On Mon 1.00 PM to 3.00 PM

## **S1603C - Movie of the Week: Phenomenon**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

An ordinary man sees a bright light descend from the sky, and discovers he now has super-intelligence and telekinesis.

IMDB.com: <https://www.imdb.com/title/tt0117333> Movie title is subject to change without notice.

1 Session Start Date: 2/13/2023 On Mon 1.00 PM to 3.00 PM

## **S1604C - Movie of the Week: Going in Style**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

IMDB.com: <https://www.imdb.com/title/tt2568862> Movie title is subject to change without notice.

1 Session Start Date: 2/27/2023 On Mon 1.00 PM to 3.00 PM

### **S1605C - Movie of the Week: I.Q.**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

A mechanic romances the mathematician niece of physicist Albert Einstein, with help from him and his friends.

IMDB.com: <https://www.imdb.com/title/tt0110099> Movie title is subject to change without notice.

1 Session Start Date: 3/6/2023 On Mon 1.00 PM to 3.00 PM

### **S1606C - Movie of the Week: Last of the Dogmen**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

A Montana bounty hunter and an anthropologist discover a tribe of Native Americans living in a settlement isolated from the rest of the world.

IMDB.com: <https://www.imdb.com/title/tt0113617> Movie title is subject to change without notice.

1 Session Start Date: 3/20/2023 On Mon 1.00 PM to 3.00 PM

### **S1607C - Movie of the Week: Michael**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

Two tabloid reporters checking out a report of the Archangel Michael living with an old woman find that it's true. But that's not the only surprise.

IMDB.com: <https://www.imdb.com/title/tt0117038> Movie title is subject to change without notice.

1 Session Start Date: 3/27/2023 On Mon 1.00 PM to 3.00 PM

### **S1608C - Movie of the Week: Mr. Church**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

"Mr. Church" tells the story of a unique friendship that develops when a little girl and her dying mother retain the services of a talented cook - Henry Joseph Church. What begins as a six month arrangement instead spans into fifteen years and creates a family bond that lasts forever.

IMDB.com: <https://www.imdb.com/title/tt4196848> Movie title is subject to change without notice.

1 Session Start Date: 4/3/2023 On Mon 1.00 PM to 3.00 PM

### **S1609C - Movie of the Week: Sully**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

IMDB.com: <https://www.imdb.com/title/tt3263904> Movie title is subject to change without notice.

1 Session Start Date: 4/10/2023 On Mon 1.00 PM to 3.00 PM

### **S1610C - Movie of the Week: The Birdcage**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

A gay cabaret owner and his drag queen companion agree to put up a false straight front so that their son can introduce them to his fiancée's right-wing moralistic parents.

IMDB.com: <https://www.imdb.com/title/tt0115685> Movie title is subject to change without notice.

1 Session Start Date: 4/17/2023 On Mon 1.00 PM to 3.00 PM

### **S1611C - Movie of the Week: Undercover Grandpa**

*Robert Truman*

Join us for the New Adventures Movie of the Week.

Jake and Wendall are two high school friends trying to get Jake a date with Angie. She agrees to a date for an upcoming party but Jake's parents insist Jake stay home for a dinner with Grandpa Lou. Jake is going to miss his first date with the girl of his dreams and no less has to hear crazy Grandpa's dubious war stories again. Grandpa is paranoid and sees the enemy around every corner. Angie gets kidnapped by a Russian General Komencho. Unknown to Jake, Grandpa is a retired intelligence officer. He is unable to get any help from government officials. Grandpa Lou gets his grandson's trust and they decide to rescue Angie on their own.

Movie title is subject to change without notice

1 Session Start Date: 4/24/2023 On Mon 1.00 PM to 3.00 PM

### **S1701Z - Roundtable: On-Going New Adventures Book Club A (ZOOM)**

*William Haskell*

We will be discussing the book *Destiny Republic* by Candice Millard. Bill Haskell will be the discussion leader. In this historical non-fiction book the author presents a tale of madness, medicine, and the murder of President James A. Garfield. Since July 2015 the Club has discussed over 53 books primarily non-fiction.

1 Session Start Date: 2/6/2023 On Mon 1.00 PM to 2.30 PM

### **S1702Z - New Adventures On-Going Book Club B (ZOOM)**

*William Haskell*

For the month of March we will be discussing the book *There is Nothing For You Here: Opportunity in the Twenty-First Century* by Fiona Hill. Gene LaRiviere will be the discussion leader. The author, a celebrated foreign policy expert and key impeachment witness reveals how declining opportunity has set America on the grim path of modern Russia. Since July 2015 the Club has discussed over 53 mostly non-fiction books.

1 Session Start Date: 3/6/2023 On Mon 1.00 PM to 2.30 PM

### **S1703C - Tiny Houses - A Huge Trend Explained in Simple Terms**

*Robert Truman*

Film Discussion: You might have heard about the tiny-house movement. After all, it's invading all corners of the U.S. If nothing else, you may have hit upon one of HGTV's three—count 'em, three—ongoing tiny-home series. Join us for some film and discussion on the subject.

1 Session Start Date: 3/27/2023 On Mon 10.00 AM to 11.30 AM

### **S1704Z - Declutter to De-stress You! (ZOOM)**

*Calvenea Malloy*

Declutter your life and surroundings, let's learn where to start and how to manage your space, organize your treasures, donate or recycle your junk to feel more empowered, freedom, centered, and stress free. Presenter will provide helpful tips to assist you in decluttering your environment.

1 Session Start Date: 1/30/2023 On Mon 10.00 AM to 11.30 AM

### **S1705C - Psychology: Human Behavior - Love**

*Wendy McClendon*

An interactive discussion about relationships. We will define love and infatuation. How and where we find it. We will determine as a group what is a good and bad relationship, and why.

2 Sessions Start Date: 4/18/2023 On Tue 10.00 AM to 11.30 AM Meets 4/18, 4/25

### **S1706Z - Decluttering Tips For Family Caregivers (ZOOM)**

*Calvenea Malloy*

Family Caregivers have an enormous responsibility to care for their love ones including Decluttering their personal space in their homes. Let's discuss tips to help you and your loved ones to organize, simplify, and reduce items for safe and security in their homes. Reducing anxiety and keeping them safe.

1 Session Start Date: 4/26/2023 On Wed 10.00 AM to 11.30 AM

### **S1707Z - New Adventure On-Going Book Club C (ZOOM)**

*William Haskell*

We will be discussing the book *The Doctors Blackwell* by Janice Nimura.. Mary Yasuda will be the discussion leader. The world recoiled at the notion of a woman doctor, yet Elizabeth Blackwell persisted?in 1849, she became the first woman in America to receive an MD. Her achievement made her an icon. She and her sister founded the first hospital staffed entirely by women, in New York City. Since July 2015 the Club has discussed over 53 books.

1 Session Start Date: 4/3/2023 On Mon 1.00 PM to 2.30 PM

### **S1708C - Potholes and Perspectives**

*Monica Heywood*

Learn from Life's "potholes" by recognizing what can be gained through changing your "perspective." This is a guided, but interactive discussion group on your life lessons. Have you ever hit a pothole in life that changed your perspective? How did you realign? Sharing the lessons we have learned and the perspective gained helps us and others navigate life's challenges today. Come and listen or come and share.

4 Sessions Start Date: 2/6/2023 On Mon 3.00 PM to 4.00 PM Meets 2/6, 2/13, 2/27, 3/6

### **S1901C - Today's World Of Safe Investing**

*Scott Sandell*

With rising interest rates, and the current level of market volatility, where do people turn to protect their wealth while still earning something? We will explore ALL investments commonly referred to as "safe" while contemplating their future in this complex market. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session Start Date: 1/31/2023 On Tue 10.00 AM to 11.30 AM

### **S1902C - Tax Efficiency in Retirement**

*Scott Sandell*

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

1 Session Start Date: 2/14/2023 On Tue 10.00 AM to 11.30 AM

### **S1903C - Understanding Annuities**

*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 Start Date: 3/21/2023 On Tue 10.00 AM to 11.30 AM

### **S1904C - Positioning Yourself to Thrive in Retirement**

*Scott Sandell*

With volatile markets and rising interest rates, financially navigating retirement can be tricky. We will discover what is changing, why it is changing and how to position yourself for success in retirement. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session Start Date: 4/11/2023 On Tue 10.00 AM to 11.30 AM

### **S1908C - What's a Girl to Do? Planning Considerations for Singles**

*Marie Burns*

Being single forces you to think differently about the "what ifs" in life (What if I end up in the hospital? What if I die unexpectedly? What if I need care?) since there is no default spouse to rely on. Financially speaking, let's discuss everything from doing nothing to best practices to beneficiary designations and even "the stuff".

1 Session Start Date: 3/23/2023 On Thu 10.00 AM to 11.30 AM

### **S1909C - Facts and Fiction of a Reverse Mortgage**

*Monica Heywood*

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

1 Session Start Date: 2/16/2023 On Thu 10.00 AM to 11.30 AM

### **S1910Z - Facts and Fiction of a Reverse Mortgage (ZOOM)**

*Monica Heywood*

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

1 Session Start Date: 3/3/2023 On Fri 1.00 PM to 2.30 PM

### **S3001C - Tips and Tools for Decluttering, Organizing and Downsizing**

*Kim Kubsch*

Learn tips and tools for decluttering, downsizing and organizing what's left. Why start small with just a cupboard or dresser, not a full room? How to follow a "One IN, One OUT" Policy. Why horizontal is hidden and vertical is visible and has better access? Why store it where you USE it? Why we don't buy bins and containers until the very end of the process. What planning is needed to make a move and how to create a timeline?

1 Session Start Date: 2/6/2023 On Mon 10.00 AM to 11.30 AM

### **S3002Z - Does AZ have enough water?**

*Joanna Allhands*

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

1 Session Start Date: 3/3/2023 On Fri 10.00 AM to 11.30 AM

### ***Presenter Information***

*Allhands, Joanna*

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

*Armour, Violetta*

Violetta is a former English teacher, Univ of Phoenix adjunct instructor and former bookstore owner who began her publishing career at age 75. She is the author of five books, including women's fiction and mysteries. She's also published in several Chicken Soup for the Soul books. She lives in Sun Lakes and writes book reviews for the Splash.

*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.

*Burns, Marie*

Marie Burns is a Certified Financial Planner who has been assisting people financially for almost 20 years. She is an educator at heart and loves to help people learn.

*Buscaglia, Michael*

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

*Cholewka, Becky*

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

*Contrabasso, Anthony*

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

*Earp, Betty*

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

*Ellenbecker, Joyce*

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

*Evans, James*

Col Jim Evans, CAF Airbase Arizona, is a retired U.S. Air Force Boeing KC-135 pilot with 20 years of experience as a pilot/instructor pilot and Tanker Task Force (TTF) operations officer. Over 4,000 hours flying time from 1969-1989. Life member of the Tempe Historical Society, the Order of Daedalians and the Air Force Association. Former Museum Director and Docent Program Manager at the Airbase Arizona Museum. Long-time student of airpower and military history.

*Gates, William*

Bill Gates is a retired newspaper editor. At one point late in his career he was founding editor of a monthly newspaper devoted to Route 66.

*Gerace, Susan*

Susan Gerace is 74 and has taught many classes in the community including brain education for successful aging, meditation, and energy.

*Haskell, William*

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

*Heywood, Monica*

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

*Kubsch, Kim*

Kim is owner of Joyful DOWNSIZING and is a Certified Organizational Specialist. Her clients praise her expertise in decluttering, downsizing, and dealing with the challenges of "letting go. In addition to downsizing services, her book, "Getting Your Life Together Organizer; Make it Easy to Wrap Up Your Well-lived Life" helps reduce stress and organize life and after-life. Kim has been a resident of Sun Lakes for 14 years and serves on the Board of Directors for Neighbors Who Care.

*Lariviere, Eugene*

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

*Larson, Ann*

Anna has been practicing yoga for over 20 years. She is a CYT200 ( Certified Yoga Teacher 200 hours). A highlight of her yoga practice has been studying in an ashram in Rishikesh India. Anna enjoys sharing her love of yoga with people new to the practice of yoga as well as experienced yogi.



*Lockwood Knaus, Susan*

Susan Lockwood Knaus' first career was as a history teacher who then spent the next 32 years as a human service professional, primarily providing mental health treatment.

*Lopez, Jenn*

Jenn Lopez is the manager of the Ed Robson Library, part of the Maricopa County Library District. She has worked as a public and school librarian since 2005. She previously worked as a middle school teacher for 10 years. She holds a B.A. in English and education, an MBA in e-business, and a Master of Fine Arts in library and information science.

*Malloy, Calvenea*

Calvenea Malloy, M.Ed. Senior Advocate Educator.

*McClendon, Wendy*

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

*Messner, Kyle*

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in Bilingual Education. She has taught at Appalachian State University and Arizona State University for a total of 24 yrs. Kyle is a linguist who speaks and has taught multiple languages. She has studied in Germany, France and England. She lived in Colombia where she taught using Spanish and English in a private bilingual school.

*Newville, Van*

Van Newville is a second generation Arizona native with over 50 years of experience exploring Arizona via automobiles, horse, canoe, backpack, and hiking.

*Nilsen, Alleen*

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

*Nilsen, Don*

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

*Parker, Heather L*

Heather Parker graduated from the University of Wisconsin in business finance and received her Juris Doctorate from The John Marshall Law School in Chicago. She has been a member of the Illinois State Bar Association over 17 years and the Arizona Bar Association over 10 years.

*Poker-Yount, Elaine*

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

*Reed, Roberta*

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

*Richardson, Daniel*

Daniel Richardson collectively taught human physiology for over 40 years at the Universities of Arizona, California, and Kentucky. Several of the latter years were spent as bio-science director for the Kentucky Doctoral Program in Gerontology.

*Sandell, Scott*

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

*Trimble, Stephen*

As writer, editor, and photographer, Stephen Trimble has published 25 award-winning books during 45 years of paying attention to the landscapes and peoples of the Desert West. He's received The Sierra Club's Ansel Adams Award for photography and conservation and a Doctor of Humane Letters from his alma mater, Colorado College. Trimble speaks and writes as a conservation advocate and has taught writing at the University of Utah.

*Truman, Robert*

Robert Truman is a retired U.S. Navy Chief Electronics Technician who holds a B.S. degree in information technology and an M.A. degree in adult education. He has 30 plus years of experience in computer software and hardware support along with extensive experience with web design and cord-cutting techniques.

*Zapatka, David*

Sun Lakes Splash columnist, David Zapatka, who writes the Word of the Month and Relishing Pickleball columns, presents Dr. Richard Lederer.