



New Adventures in Learning

Fall 2024 Classes

October 7th to December 13th

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Presenter information starts on pg. 17

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

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

F0302C - Was Shakespeare a Fraud?

Steven Weitzenkorn

Could a bi-racial woman have written many of Shakespeare's plays? Meet Emilia Bassano Lanier. There is more circumstantial evidence pointing to her than Shakespeare, yet she is relatively unknown. She's an overlooked woman buried in the sweep of history. This class will also touch on the larger Shakespeare authorship mystery. Old assumptions will be challenged. You may end up doubting what you assumed was true.

1 Session *Starts:* 11/18/2024 Mon at 1 PM

F0325C - The Real History of Dracula

Eugene Lariviere

The first session will review Bram Stoker's 1897 book "Dracula" with a discussion of how it was viewed upon publication. The second session will look at "vampires" on our own day. In the last session, on Halloween, we will watch the classic 1931 movie "Dracula" with Bela Lugosi.

3 Sessions *Starts:* 10/17/2024 Thu at 10:15 on 10/17, 10/24, 10/31

This course has a scheduling conflict(s), please schedule with care.

F0429C - Impressionists in Winter "Effets de Neige"

Eugene Lariviere

In 1999 I went to an exhibition of winter paintings done in the late 1800s by the Impressionists. I was awed by many of the paintings. For the 25th anniversary, I want to show some of the art and discuss how "plein air" winter paintings became possible in that period. It is still the only large exhibition ever done on this topic.

1 Session *Starts:* 12/2/2024 Mon at 1:00

This course has a scheduling conflict(s), please schedule with care.

F0508C - The Magic of Numbers

Murray Siegel

There are many numerical phenomena and sequences which seem to be magical, yet are simple mathematics. Even if you disliked your math classes in school, you will understand and be amazed by subtractive black holes, the magic multiplier, and triangular numbers. Learn why casting out nines works and see patterns in various number sequences.

1 Session *Starts:* 10/30/2024 Wed at 10:15

This course has a scheduling conflict(s), please schedule with care.

F0512C - Become a Rocket Scientist!

Carl Pignoli

This presentation will give you: 1) a better understanding of rockets and how they work, 2) a brief history of rockets and how they are used, and 3) an understanding of how to design a rocket through the Engineering Process

1 Session *Starts:* 10/14/2024 Mon at 10:15

F0523Z-NA - Black Holes Explained - Part A (ZOOM)

William Haskell

This class will be based on a Great Courses lecture series, dated 2009, by the same title. The 12 lectures by Professor Alex Filippenko will be broken into two parts with each part consisting of six lectures supplemented with more recent content from other sourced videos. Part B will be presented in the spring 2025 semester. Black holes are regions of space in which gravity is so strong that nothing, not even light can escape.

3 Sessions *Starts:* 12/9/2024 Mon, W, F at 10:15 on 12/9, 12/11, 12/13

This course has a scheduling conflict(s), please schedule with care.

F0604C - Movies, Music and Books! Oh My!

Maggie Cortes

In this session, you will learn about the many free online resources offered by Maricopa County District, all at your fingertips. With your library card and internet access, you have access to our e-library. You can download e-books and audiobooks, read a magazine, stream a movie or a TV series, listen to music, learn a language, take an online course, research products, find instructions to repair a car, find your next hobby, and find your next read.

1 Session *Starts:* 10/22/2024 Tue at 9:00

F0627C - Don't Panic! Be Safe and Secure Online

Frank Bertola

This class will cover information, tips, best practices, and case studies about staying safe and secure online. Specifically, we'll discuss how to protect yourself, your information, and your data, as well as how to look for red flags with malware, ransomware, phishing, and scams. The emphasis is on using common sense. The slides come from the Center for Cyber Safety & Education, the charitable foundation of ISC2, the world's leading non-profit member organization for cybersecurity professionals.

1 Session *Starts:* 10/29/2024 Tue at 10:15

This course has a scheduling conflict(s), please schedule with care.

F0689Z-NF - Internet Security for Seniors (ZOOM)

Robert Truman

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

1 Session *Starts:* 11/21/2024 Thu at 10:00

This course has a scheduling conflict(s), please schedule with care.

F0690Z-NF - Gmail--Start to Finish (ZOOM)

Robert Truman

Google and Gmail are currently one of if not the number one email provider today. It comes with a wide range of built-in tools such as; spam filtering, labels, filters, and provides 15GB of free storage. Learn about the variety of time-saving features that let you automate many of your emailing tasks. See how to integrate your calendar and contacts, and customize your dashboard to suit your own needs.

1 Session *Starts:* 10/15/2024 Tue at 10:00

This course has a scheduling conflict(s), please schedule with care.

F0717C - Strength and Stability with Yoga #1

Kate Christensen

Easy stretch and flow through standing, seated, and in supine positions. Working to build strength and stability. Working on specific balance positions to assist in daily life while toning core muscles along with others. Bring a mat and any blocks or props if you have them, some will be available.

6 Sessions *Starts:* 10/14/2024 Mon, Tue, Wed at 10:15 on 10/14, 10/15, 10/16, 10/21, 10/22, 10/23

This course has a scheduling conflict(s), please schedule with care.

F0718C - Yoga with Pilates Stretching and Balancing #2

Kate Christensen

Achieving balance and strength with props (provided). Practicing using our bodies to build confidence in our steps, bending, getting down and up, and.. breathwork to complement our movements.

6 Sessions *Starts:* 12/2/2024 Mon, Tue, Wed at 10:15 on 12/2, 12/3, 12/4, 12/9, 12/10, 12/11

This course has a scheduling conflict(s), please schedule with care.

F0741C - Chair Yoga

Ann Larson

Anna believes movement and balance work keeps us healthy and is an important key to healthy aging. No matter where you are in your journey you can build flexibility, mobility, and strength through movement. Chair yoga is a perfect way to safely practice yoga and gain the benefit and confidence in body and mind. Poses may be done while sitting or standing using the chair or wall for support.

6 Sessions *Starts:* 11/5/2024 Tue at 3:00 on 11/5, 11/12, 11/19, 11/26, 12/3, 12/10

F0762C - Golf-Specific Mobility and Injury Prevention

Will Whitlock

This class will educate and inform golfers on the importance of golf-specific mobility required to play golf. This class will also inform the common golfer on common swing faults and deficits and their relation to golf-specific injury and prevention of injury.

1 Session *Starts:* 12/4/2024 Wed at 1:00

F0906C - Investigating Animal Crimes

Heather Krimm

Learn about animal cruelty investigations and prosecutions.

1 Session *Starts:* 11/18/2024 Mon at 10:15

This course has a scheduling conflict(s), please schedule with care.

F0970C - Not All About the Benjamins: Defining Your Lasting Legacy

Becky Cholewka

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

1 Session *Starts:* 11/5/2024 Tue at 9:00

F0971C - Critical Conversation-Having "THE" Talk with Your Adult Kids

Becky Cholewka

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

1 Session *Starts:* 11/19/2024 Tue at 9:00

F1015C - Introduction to the Game of Bridge

Karin Hansen

Participants will learn the basics of the game of Bridge. Topics covered will include the bidding auction, the play of the hand, and some defensive techniques.

1 Session *Starts:* 10/21/2024 Mon at 10:15

This course has a scheduling conflict(s), please schedule with care.

F1019C - Taking "Recycle and Reuse" to a New Level

Paul Szablowski

This program will show you how to take recycling and reuse to an entirely new level. Using basic retail shopping bags you will learn how to create unique one-of-a-kind pieces of art ready for a second life.

1 Session *Starts:* 10/28/2024 Mon at 10:15

F1033C - Cardmaking for Fun

Nita Pangan

I provide all the supplies necessary to complete two cards in class. They may represent the season we are in or be personalized by the maker. We may want a special birthday card or anniversary card or many other occasions. Beautiful birthday cards, lovely fall holiday cards, and more. You also get to learn how to properly use glue, glue tapes, and other supplies. I offer fun and fellowship as we craft together. My classes are very informal and I always hope you bring a smile.

2 Sessions *Starts:* 10/7/2024 Mon, Wed at 10:15 on 10/7, 11/13

This course has a scheduling conflict(s), please schedule with care.

F1037T - Welcome to the Exciting World of Bocce Ball (Off-site)

Michael Buscaglia

Bocce Ball is a classic outdoor game that combines skill, strategy, and friendly competition. Ideal for Seniors, you will enhance your skills and have fun with this enjoyable pastime. Anticipated cost: none. Participants will receive an email with Directions to Sisk Park in Sun Lakes.

Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

1 Session *Starts:* 10/22/2024 Tue at 10:00

This course has a scheduling conflict(s), please schedule with care.

F1055C - Laughter Through Theater Games

Howard Hummel

Play fun, easy non-threatening theater games to improve self-confidence and increase laughter in your life. Discover your inner child and the lost skill of pretending in a safe environment.

4 Sessions *Starts:* 10/23/2024 Wed at 10:15 on 10/23, 10/30, 11/6, 11/13

This course has a scheduling conflict(s), please schedule with care.

F1116C - AARP Driver Safety Smart Driver. 4 hours total

Jerry Hartley

When you take the AARP Smart Driver™ course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

Tuition per person is \$20 for AARP members, \$25 if not, payable at class by cash or check (no cards). Bring Driver's License. This class does not cure any ticket violation. Completion certificate may give a discounted insurance premium for 3 years, check with your insurance company for details.

2 Sessions *Starts:* 10/22/2024 Tue at 1:00 on 10/22, 10/29

F1138C - America by Bicycle

Carole Rockland

When Carole and Ed Rockland retired from teaching, they flew to Oregon and cycled 4600 miles back to their home in Pennsylvania. Carole will share their view of America as seen from the seat of a bicycle and the feeling of achievement in reaching a goal that sometimes seems impossible.

1 Session *Starts:* 10/28/2024 Mon at 1:00

F1175Z-NF - Wonders of the National Park: A Geology of North America (ZOOM)

Ford Cochran

In this comprehensive Great Course, you'll visit and learn about every designated national park in the United States. You'll also explore national monuments, national seashores and lakeshores, national rivers, national marine sanctuaries, national historical trails, state parks, Canadian and Mexican parks, and even the remote, icebound island of Greenland—a breakaway slice of the North American continent.

***This class starts before our fall semester begins but New Adventures members can still register and attend whatever classes are still occurring during the rest of the fall semester.

2 Sessions *Starts:* 10/11/2024 Fri at 1:30 on 10/11, 10/18

F1177Z-NF - World Heritage Sites: The World's Great Places (ZOOM)

Justin Jacobs

UNESCO World Heritage Sites comprise a breathtaking panorama of our world's greatest treasures, both natural and man-made, now encompassing sites in 167 countries. To be familiar with even a sampling of these sites is to appreciate and understand the masterworks of human endeavor down through history, as well as our world's most extraordinary natural wonders. Join with fellow lifelong learners to see 12 of these sites this term and a second set of 12 in the Spring Term. This is a Great Course presentation.

***This class starts before our fall semester begins but New Adventures members can still register and attend whatever classes are still occurring during the rest of the fall semester.

3 Sessions *Starts:* 10/7/2024 Mon at 3:30 on 10/7, 10/14, 10/21

F1178Z-NF - China: The Silk Road - Xi'an (ZOOM)

Presenter NFLL

Join your host on a trip along the Silk Road. In this segment, we will explore Xi'an, the beginning of the Silk Road. We will visit the City Wall, the historical Wild Goose Pagodas, Famen Temple Pagoda, the Terra Cotta Warriors, the Hua Qing Hot Springs as well as Mt. Huashan, one of the five most famous mountains in China, which is known as the most dangerous mountain to climb.

1 Session *Starts:* 10/16/2024 Wed at 12:30

F1224C - Sprechen Sie Deutsch

Eugene Lariviere

This is an ongoing class on studying German. This term we will be using "The Complete Idiot's Guide to Learning German", Fourth Edition (used copies are easy to find). Some knowledge of German is essential.

10 Sessions *Starts:* 10/9/2024 W at 3:00 - 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4 & 11

This course has a scheduling conflict(s), please schedule with care.

F1240C - Learn to Have Fun Doing Public Speaking

Robert Russo

We will allow you to discuss your views on issues, and practice speaking by making two speeches.

4 Sessions *Starts:* 11/5/2024 Tue at 1:00 on 11/5, 11/12, 11/19, 11/26

This course has a scheduling conflict(s), please schedule with care.

F1244C - Spanish Refresher Class

Kyle Messner

This is a refresher class for participants of past NAIL Spanish classes. We will review grammar and vocabulary, learn some new content, and of course, as always, have some fun! We are an established group but will welcome others who would like to join us.

3 Sessions *Starts:* 10/23/2024 Wed at 1:00 on 10/23, 11/20, 12/11

This course has a scheduling conflict(s), please schedule with care.

F1248C - Beginning Conversational Spanish

Lily Whitson

¡Hola, amigos! The emphasis in this class will be on speaking Spanish. We will start at the very beginning, learning the alphabet, and the sounds they make, learning vocabulary, and pronunciations. Anyone is welcome to join us. Beginners, those who have taken Spanish classes and who have struggled, and those who may have forgotten what they learned should feel comfortable in this class.

9 Sessions *Starts:* 10/10/2024 Th at 10:15 on 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5 & 12

This course has a scheduling conflict(s), please schedule with care.

F1254C - Introduction to American Sign Language

Tanya Nolcox

American Sign Language is a language that offers a great workout for your brain, enriches your creative thinking, and is a great introduction to a whole new culture. This class is designed to give you the basic skills and knowledge of ASL, conveyed through fingerspelling, facial expressions, and body language. No prior experience is necessary. Prepare to be Expressive!!!

8 Sessions *Starts:* 10/15/2024 Tue at 10:15 on 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

This course has a scheduling conflict(s), please schedule with care.

F1286Z-NF - American Slang and Jargon (ZOOM)

Don Nilsen

Slang is constantly changing, and so is jargon. This is because both slang and jargon are used to determine which people can use it properly, and which people can't. Slang is the colloquial language of the common people; jargon is the scientific language of professionals, but they are both used to determine who is in and who is out of particular groups. For frustration we say, I hate when that happens, I'm having a bad hair day, or What was I thinking? When something is repetitious, we say, Blah blah blah, Same old, same old, or Yadda yadda yadda. To express criticism or doubt, we say Duh!, Yea, Right, Don't go there, and Puh! leez! And to end a conversation, we might say, Been there. Done that, Chill out! or The bottom line.

1 Session *Starts:* 10/24/2024 Thu at 9:00

This course has a scheduling conflict(s), please schedule with care.

F1343C - Día de Los Muertos (aka Day of the Dead)

Kyle Messner

Some people think of Día de los Muertos as Mexican Halloween but they could not be more wrong. Whereas Halloween is a dark night of terror and mischief, Day of the Dead festivities unfold over two days in an explosion of color and life-affirming joy. The rituals are rife with symbolic meaning. We will look at the customs, rituals, and foods of this holiday. The more you understand about this feast for the senses, the more you will appreciate it.

1 Session *Starts:* 10/30/2024 Wed at 1:00

F1409C - Living and Coping with Chronic Pain

Billie Jordan

Sessions with the latest information on chronic pain, management, and treatment. The lessons include the latest medical information, the psychological implications, and pain control methods. Learn the strategies and techniques to help you control the pain instead of it controlling you.

2 Sessions *Starts:* 10/22/2024 Tue at 3:00 on 10/22, 10/29

F1410C - Protecting Your Brain from Alzheimers and Cognitive Decline

James Bogash

While the research is desperately trying to find a "cure" for Alzheimer's, the research continues to pile up and suggests that AD and cognitive decline are a result of our lifestyle choices, nutrient exposure and chemical exposure. Come learn the latest research on how to protect your brain and ensure your brain outlives your body.

1 Session *Starts:* 11/20/2024 Wed at 1 PM

F1413C - Introduction to Meditation

Cheryl Wolf

Meditation is a practice that involves focusing the mind and eliminating distractions to achieve a state of clarity, relaxation, and well-being. You will learn techniques like mindfulness, deep breathing, and guided visualization. Also, you will discover resources and learn about the many benefits and common struggles involved in establishing your practice. Each class is experiential and includes a brief teaching and meditation practice. Join in to learn or deepen your meditation journey!

3 Sessions *Starts:* 10/24/2024 Thu at 9:00 on 10/24, 10/31, 11/7

This course has a scheduling conflict(s), please schedule with care.

F1431C - The Second Brain: Do the "germs" in your gut run your life?

Eugene Lariviere

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

1 Session *Starts:* 11/25/2024 Mon at 10:15

F1434C - Stem Cell Therapy for Bone on Bone Pain

Trevor Ferguson

Come learn from Dr Ferguson about how Stem Cell Therapy can help regenerate arthritic joints. Dr Ferguson has been a pioneer in stem cell therapy in the state of Arizona. Get all the facts in regards to stem cell therapy and find out if it would be a good fit for you.

1 Session *Starts:* 11/14/2024 Thu at 1:00

F1436C - What is Senior Living All About?

Traci Jacobsen

Senior living is a broad concept that encompasses a wide range of housing, support, care, and lifestyle options. There are so many choices available, and it is simply overwhelming if you do not have a basic understanding of the variations. Join us to learn more about options in the area and gather to better understand what a senior living community is all about. Do you have a plan in place?

1 Session *Starts:* 12/3/2024 Tue at 10:15

This course has a scheduling conflict(s), please schedule with care.

F1445C - Suggestions: Fall Prevention Common Medical 911 Emergencies.

Betty Earp

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

1 Session *Starts:* 11/12/2024 Tue at 10:15

This course has a scheduling conflict(s), please schedule with care.

F1465C - Choose How You Age - College series.

Ryan Booher

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

3 Sessions *Starts:* 10/24/2024 Thu at 1:00 on 10/24, 10/31, 11/7

F1467C - PAWS for Patients:Unleashing Canine Kindness

Lori Mercer

Explore the world of Certified Pet Therapy with insights into the distinctions between service dogs, therapy dogs, and companion dogs. Discover what it takes to certify a dog, including insurance, annual health tests, and re-evaluations. Discover firsthand how these specially trained dogs make a difference in healthcare settings, offering companionship and therapeutic support to those in need.

1 Session *Starts:* 11/21/2024 Thu at 1 PM

This course has a scheduling conflict(s), please schedule with care.

F1473C - Planning for Care

Stacey Bendfelt

Plan to live your best life by planning for quality care and independence. About one out of every four 65-year-olds will live past age 90. Are you prepared to pay for in-home care, assisted living, and nursing home care? Health insurance, whether provided by a company or Medicare, does not pay for long-term care. In this class, you will learn why you need a long-term care plan, how to create a plan for long-term care, how to pay for long-term care, and what home care options are available.

***This class is also offered Online- F1474Z-NA

1 Session *Starts:* 10/10/2024 Thu at 1:00

F1474Z-NA - Planning for Care (ZOOM)

Stacey Bendfelt

Plan to live your best life by planning for quality care and independence. About one out of every four 65-year-olds will live past age 90. Are you prepared to pay for in-home care, assisted living, and nursing home care? Health insurance, whether provided by a company or Medicare, does not pay for long-term care. In this class, you will learn why you need a long-term care plan, how to create a plan for long-term care, how to pay for long-term care, and what home care options are available.

*** This class is also offered In-Person- F1473C

1 Session *Starts:* 10/7/2024 Mon at 10:15 **This course has a scheduling conflict(s)**

F1480Z-NF - Giving up Driving , Alternative Transportation (ZOOM)

Suzanne Brown

A major loss of independence is giving up driving as we age. This online program will discuss the warning signs of impaired driving, options for getting places without driving, and how to find resources for driver evaluation.

1 Session *Starts:* 11/7/2024 Thu at 10:00

This course has a scheduling conflict(s), please schedule with care.

F1485Z-NF - The Macula and Common Pathologies (ZOOM)

Jenny La

What is the macula and what are some common conditions that can affect it? This lecture will discuss what the macula is, why this structure is important in allowing us to see and read as well as some common macular pathologies. Conditions discussed will include macular degeneration, epiretinal membranes, macular holes, and macular edema from diabetes and cataract surgery.

1 Session *Starts:* 10/26/2024 Sat at 10:00

F1546C - The Continuing Legacy of the Spanish Inquisition

Steven Weitzenkorn

The Inquisition spanned 356 years (1478-1834), spreading into four continents. Beyond Holy Tribunals and burnings-at-the-stake, the Edict of Expulsion scattered people all over the world. Millions lost their cherished heritage after converting from Judaism under duress to Catholicism. Some practiced their old religion secretly, but the attachment of subsequent generations weakened and vanished. Most descendants know nothing of their true family heritage. But vestiges remain. Answers may await.

1 Session *Starts:* 11/7/2024 Thu at 10:15

This course has a scheduling conflict(s), please schedule with care.

F1720C - New Adventures On-going Book Club A

William Haskell

We will be discussing the fiction book "The Great Alone" by Kristin Hannah. Virginia Allen will be the discussion leader. Ernt Allbright, a former POW, comes home from the Vietnam War a changed and volatile man. When he loses yet another job, he makes an impulsive decision: he will move his family north, to Alaska, where they will live off the grid in America's last true frontier. Since July 2015 the Club has discussed over 66 books primarily non-fiction.

1 Session *Starts:* 10/7/2024 Mon at 12:30

F1721C - New Adventures On-going Book Club B

William Haskell

We will be discussing the book "All the Light We Cannot See" by Anthony Doerr. Karen Kummerfeldt will be the discussion leader. The novel is set during World War II. It revolves around the characters Marie-Laure LeBlanc, a blind French girl who takes refuge in her great-uncle's house in Saint-Malo after Paris is invaded by Nazi Germany, and Werner Pfennig, a bright German boy. Since July 2015 the Club has discussed over 66 books primarily non-fiction.

1 Session *Starts:* 11/4/2024 Mon at 12:30

This course has a scheduling conflict(s), please schedule with care.

F1722C - New Adventures On-going Book Club C

William Haskell

We will be discussing the book "Fever in the Heartland" by Timothy Egan. Susan Lockwood Knaus will be the discussion leader. Egan gives us a riveting saga of how a predatory con man became one of the most powerful people in 1920s America, Grand Dragon of the Ku Klux Klan, with a plan to rule the country—and how a grisly murder of a woman brought him down. Compelling and chillingly resonant with our own time. Since July 2015 the Club has discussed over 66 books primarily non-fiction.

1 Session *Starts: 12/2/2024 Mon at 12:30*

F1787Z-NF - Monday Morning Conversations via WebEx (ZOOM)

Allan Zisner

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

***This class starts before our fall semester begins but New Adventures members can still register and attend whatever classes are still occurring during the rest of the fall semester.

10 Sessions *Starts: 10/7/2024 M at 8:30 on 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2 & 9*

F1849T - Thanksgiving Dinner - Coopers Hawk Winery & Restaurant (Off-site)

Virginia Allen

Join other New Adventures members at Coopers Hawk Winery & Restaurant, 3225 W. Chandler Blvd., Chandler to enjoy Thanksgiving dinner. Meet November 28th at 11:30 a.m. to 1:00 p.m. Anticipated cost: \$25 - \$50

Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

1 Session *Starts: 11/28/2024 Thu at 11:30*

F1850T - Lunch Bunch November 2024 (Off-site)

Virginia Allen

Join other members of New Adventures at RigaTony's Authentic Italian on November 15, 2024, from 11:30 a.m. to 1:00 p.m. Meet at 1850 E. Warner Rd., Tempe, AZ. Anticipated cost: \$20 - \$50.

Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

1 Session *Starts: 11/15/2024 Fri at 11:30*

F1851T - Lunch Bunch December 2024 (Off-site)

Virginia Allen

Join other New Adventures members for lunch at Famous Dave's Bar-B-Que, on December 13th at 11:30 p.m. Meet at 3250 W. Frye Rd., Chandler, AZ (near Chandler Fashion Center). This is a fun restaurant with excellent and large portions served country-style. Anticipated cost: \$15 - \$30.

Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

1 Session *Starts: 12/13/2024 Fri at 11:30*

F1852T - Lunch Bunch October 2024 (Off-site)

Virginia Allen

Join New Adventures members for lunch at Chen's Chinese Bistro on Thursday, October 17th, from 11:30 a.m. to 1:00 p.m. at 990 E. Riggs Rd., Ste 9, Chandler, AZ. The restaurant has a nice atmosphere and excellent food. Anticipated Cost: \$15 - \$25.

Note: By registering for this event you acknowledge that your contact information will be shared with the event coordinator.

1 Session *Starts:* 10/17/2024 Thu at 11:30

This course has a scheduling conflict(s), please schedule with care.

F1901C - Introduction to Estate Planning

Heather L Parker

Come and learn the basics of Estate Planning - what is a will, a trust, powers of attorney, medical directives - how and when do they work?

1 Session *Starts:* 11/5/2024 Tue at 10:15

This course has a scheduling conflict(s), please schedule with care.

F1911C - Retirement Specific Strategies and Investments

Matt Mundy

This class is designed for people near or in retirement who have no or low investment experience and knowledge. We will review several retirement stats, investments, and strategies.

1 Session *Starts:* 10/28/2024 Mon at 3:00

This course has a scheduling conflict(s), please schedule with care.

F1914Z-NA - Social Security Benefits: What You Need to Know (ZOOM)

Jack Burns

We will cover an overview of the benefits available to those nearing retirement and answer questions from those already receiving benefits.

1 Session *Starts:* 10/11/2024 Fri at 3:00

F1932Z-NA - Year-End Tax Planning: AZ Tax Credits, RMD, QCD, Conversions (ZOOM)

Matt Benson

In this class, we will discuss tax planning opportunities that exist for retirees that have a year-end deadline. This will include required minimum distributions, qualified charitable distributions, and Roth conversions. Semi-related we will talk about the unique opportunities for Arizona taxpayers where they can redirect dollars to charitable organizations and receive a dollar-for-dollar tax credit.

1 Session *Starts:* 11/18/2024 Mon at 10:15

This course has a scheduling conflict(s), please schedule with care.

F1969C - Top 7 Estate Planning Mistakes to Avoid

Becky Cholewka

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

1 Session *Starts:* 10/23/2024 Wed at 9:00

F1979Z-NF - Because Every Body Dies: Your Funeral Rights and Options (ZOOM)

Diana Repp

The death of a loved one is never easy. Arranging affordable, dignified, meaningful care for someone who has died shouldn't add to the difficulties. This session is designed to help you make well-informed economic decisions about what you must purchase and what is optional when arranging for burial, cremation, or other after-death care.

1 Session Starts: 10/16/2024 Wed at 2:00

This course has a scheduling conflict(s), please schedule with care.

F1982Z-NF - Understanding Required Minimum Distributions (ZOOM)

Scott Sandell

As you approach your 70's, the tax time bomb called your IRA begins to tick a bit louder. Required withdrawal from your IRA forces you to change your investing behavior and pay much more attention to taxes. We will discuss all these considerations. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

1 Session Starts: 11/5/2024 Tue at 11:00

This course has a scheduling conflict(s), please schedule with care.

F1984Z-NF - Positioning Yourself to Thrive in Retirement (ZOOM)

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 Starts: 12/3/2024 Tue at 11:00

This course has a scheduling conflict(s), please schedule with care.

F2005C - Understanding Political Polls

Murray Siegel

This is an election year and we are inundated with news about political polls. Terms such as "too close to call" and "within the margin of error" are tossed about. Now learn what they mean and review the history of political polls in America. Why are so many polls wrong?

1 Session Starts: 10/16/2024 Wed at 10:15

This course has a scheduling conflict(s), please schedule with care.

F2307C - Christians and Jews in the first Century A.D.

Murray Siegel

In the first century, Christianity was a branch of Judaism. Recent research has shed light on how the two groups lived together and why they separated. This is not a class in religion, it is a review of history.

1 Session Starts: 10/23/2024 Wed at 10:15

This course has a scheduling conflict(s), please schedule with care.

F2326C - Tokyo Rose: American Traitor or a Victim?

Eugene Lariviere

Iva Toguri was born in Los Angeles on the Fourth of July to Japanese parents. In July 1941 she sailed to Japan to help an ailing relative. The breakout of war left her stranded in Tokyo. In late 1943 she was forced to be a disc jockey on an English language program aimed at American GIs. In 1949 she became the first woman convicted of treason in the U.S. but the story does not end there.

1 Session *Starts:* 10/8/2024 Tue at 10:15

F2328C - And the Walls Came Tumbling Down

Eugene Lariviere

It is the 35th anniversary of the collapse of Communism in East Europe. The most iconic event was the sudden opening of the Berlin Wall the night of November 9th but the dramatic events of 1989 made it a year to remember. We will look at the sudden changes from Poland in the spring to the violent end in Romania in December.

2 Sessions *Starts:* 11/4/2024 Mon, Wed at 1:00 on 11/4, 11/6

This course has a scheduling conflict(s), please schedule with care.

F2330C - The Great Papago Park POW Escape

Eugene Lariviere

It is the 80th anniversary of the escape of 25 German POWs on Christmas Eve from the camp in Phoenix. They had dug a 178-foot tunnel over the previous three months. It led to the biggest manhunt in Arizona up to that point. Some almost made it to Mexico and the last one was not captured for over a month.

1 Session *Starts:* 12/12/2024 Thu at 1:00

F2339C - Amazing (but little-known) Women: Grandma Emma Gatewood

Carole Rockland

Grandma Emma Gatewood is often referred to as “the woman who saved the Appalachian Trail.” This class will include a history of the Appalachian Trail and the achievements of this amazing woman.

1 Session *Starts:* 11/4/2024 Mon at 10:15

This course has a scheduling conflict(s), please schedule with care.

F2342C - Unsung Women Heroes of WWII: France

Eugene Lariviere

Marie-Madeleine Fourcade ran the largest Ally espionage ring in France in conjunction with British intelligence. Called Alliance by the Allies but Noah's Ark by the Gestapo. Her 3,000 agents delivered critical information for D-Day. Jeannie Rousseau, one of her agents, got detailed information about the V-1 and V-2 rockets and where they were being made.

1 Session *Starts:* 11/26/2024 Tue at 10:15

F2347C - Inglorious Truths about The Lewis and Clark Expedition

Steven Weitzenkorn

In 1803, the US bought 15 million acres from France in the Louisiana Purchase, doubling the nation's size. We knew little about the vast land except stories about native tribes, rivers, plains, and mountains, hence, the Corps of Discovery, led by Lewis and Clark. The 28-month expedition had successes and downsides, including terrible conditions, hardships, setbacks, wicked punishments, exploitation, unrewarded breakthroughs by the least honored member, and broken promises. Learn the reality.

1 Session *Starts:* 10/10/2024 Thu at 10:15 **This course has a scheduling conflict(s)**

F2368C - Fountain Pens from Around the World Past & Present.

Joseph Russo

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

1 Session *Starts:* 12/5/2024 Thu at 10:15

This course has a scheduling conflict(s), please schedule with care.

F2376Z-NF - A History of India (ZOOM)

Michael Fisher

Over the past 5,000 years, the cultures and people of the Indian subcontinent have developed in fascinating and complex ways. Today, India, Pakistan, and Bangladesh comprise one of the most dynamic and increasingly significant parts of humanity. South Asians currently total 20 percent of the world's population. Join us for this 36-session Great Course, presented over this Fall, Spring, and Summer Terms.

5 Sessions *Starts:* 10/28/2024 Mon at 3:30 on 10/28, 11/4, 11/11, 11/18, 12/2

This course has a scheduling conflict(s), please schedule with care.

F2703Z-NA - B-17G "Sentimental Journey": Famous WW II bomber (ZOOM)

James Evans

We will describe the history and development of the Boeing B-17 Flying Fortress bomber of WW II and of our own (Airbase Arizona) "Sentimental Journey", which recently completed her 37th year on tour with the Commemorative Air Force.

1 Session *Starts:* 10/15/2024 Tue at 1:00

F2753C - USS AZ Foundation Honoring the Past Forging the Future

Nicole LaSlavic

"The USS AZ Legacy Foundation Honoring the Past Forging the Future" is a course exploring the USS Arizona Legacy Foundation, the Pearl Harbor attack, and the valor of the USS Arizona (BB-39) crew. Learn about the Foundation's efforts to preserve naval history through education and outreach. Discover the new Virginia Class submarine, USS Arizona (SSN-803), and how the Foundation supports its crew. This course ensures the heroic legacy of the past continues into the future.

1 Session *Starts:* 11/6/2024 Wed at 10:15

This course has a scheduling conflict(s), please schedule with care.

F2756Z-NA - History of the "Cold War" 1947-1992 - Strategic Air Command (ZOOM)

James Evans

We will survey the history of the "Cold War" of 1947-1992 between the USA and the USSR, concentrating on the American Strategic Air Command. SAC guaranteed "Peace through Strength" against the Soviet Union for many years until it was disestablished in 1992.

1 Session *Starts:* 10/8/2024 Tue at 1:00

F2757Z-NA - De Havilland Mosquito; The Wooden Wonder of WW II (ZOOM)

James Evans

The De Havilland Mosquito was a twin-engine, two-man bomber aircraft of World War II. It was the fastest aircraft in the world until the North American P-51 "Mustang" was introduced. It was also the most successful bomber aircraft of any nation during WW II.

1 Session *Starts:* 11/6/2024 Wed at 1:00

This course has a scheduling conflict(s), please schedule with care.

F2758Z-NA - America's Founding Fathers (ZOOM)

James Evans

Experience the Battle for America through the Eyes of the Founders with Professor Allen C Guelzo, formerly of Gettysburg College now at Princeton University. Stories of the creation of the U.S. Constitution.

6 Sessions *Starts:* 11/5/2024 Tue at 1:00 on 11/5, 11/12, 11/19, 11/26, 12/3, 12/10

This course has a scheduling conflict(s), please schedule with care.

F2759Z-NA - English Electric Canberra/B-57 (ZOOM)

James Evans

The English Electric Canberra, one of the first Jet Bombers of the Jet Age, would be developed into the Martin B-57 Canberra Bomber in the U.S. Air Force. This aircraft continues to serve with the National Aeronautics and Space Administration to this very day studying solar eclipses and other phenomena. A truly great plane.

1 Session *Starts:* 11/13/2024 Wed at 1:00

F2760Z-NA - The "Boneyard" : 309th AMARG in Tucson AZ (ZOOM)

James Evans

In the wake of the COVID-19 debacle, the USAF stopped offering the tours formerly given of its operation at the 309th Aerospace Maintenance and Regeneration Group, the so-called "Boneyard" at Davis-Monthan AFB near Tucson. Since the tour is no longer available, we hope to share what useful work is accomplished by that unique facility and why it is still necessary today.

1 Session *Starts:* 11/20/2024 Wed at 1:00

This course has a scheduling conflict(s), please schedule with care.

F2763Z-NA - Titan II: The Few and the Powerful (ZOOM)

James Evans

For many years the TITAN II missiles, although small in number, provided a majority of the nuclear "throw weight" of the Strategic Air Command (SAC) nuclear arsenal.

1 Session *Starts:* 11/27/2024 Wed at 1:00

F3035C - CGCC Hoop of Learning: Developing Indigenous Scholars

Lambert Yazzie

Attendees will learn about Chandler-Gilbert Community College's Early College Program - Hoop of Learning. Lambert and Carriann will share the Hoop Program's structure, the student life cycle, retention data (class completion), and student success workshops that have shown to be effective in surpassing the program goal of 90% of successful course completion.

1 Session *Starts:* 10/9/2024 Wed at 10:15

F3061C - The Hidden Gems of CGCC: Benefits You Didn't Know Existed

Alice Yam

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

1 Session *Starts:* 10/8/2024 Tue at 9:00

----- Instructors -----

Allen, Virginia

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

Belack, Jo Ann

I come from a large Italian restaurant family and have grown up with great food, chefs as family members and cooking & baking has been an obsession of mine forever. Two years ago I moved to AZ from the Gulf Coast of Florida (Sarasota/Bradenton) where I lived for 51 years. I was a professional artist/potter with my own wholesale business making everything on the wheel. Also, a resortwear boutique owner for 22 years at the marina in Sarasota. Then a jewelry sales rep. Now, I'm sharing experiences!

Bendfelt, Stacey

As a financial advisor, Stacey Bendfelt has created an engaging process for you to define your ideal retirement lifestyle. Part of that process addresses long-term care, to empower you to make your own choices for care while you still can. Kimberly Akers is co-owner of Amada Senior Care. Amada supports seniors by providing caring aides to assist with daily living. Kimberly helps you, and your loved ones, stay safe and independent in your own home, or transition to senior living communities.

Benson, Matt

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

Bertola, Frank

Frank has worked at Intel for over 20 years and is currently part of Information Security. He holds multiple security certifications including the Certified Information Systems Security Professional (CISSP). He is a strong security and privacy advocate, many times to the annoyance of his coworkers and family. He has delivered online safety lessons at his kids' school as well as New Adventures in Learning.

Bogash, James

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

Booher, Ryan

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

Brown, Suzanne

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

Burns, Jack

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

Buscaglia, Michael

Michael Buscaglia taught the International Baccalaureate and advanced placement French 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.

Christensen, Kate

Kate, affectionately known as the "ever-ready bunny," has been dedicated to various yoga practices alongside her active lifestyle. She currently leads three classes weekly specializing in Vinyasa Flow, Easy Yoga stretch and Essential Yoga catering to all skill levels. With success in teaching active seniors, she brings her wealth of experience to every session. Certified as a 200RYT, Kate is pursuing further certifications in yoga and Ayurveda, reflecting her dedication to holistic wellness.

Cochran, Ford

Ford Cochran is Director of Programming for National Geographic Expeditions and an educator in the earth sciences.

Cortes, Maggie

Maggie Cortes is the Manager of the Ed Robson Library, part of the Maricopa Library District. She has worked in the education field for more than 20 years. She holds a B.A in Psychology, a Master of Science in Counseling and Education and a Master of Science on Library and Information Science.

Earp, Betty

Betty Earp was an RN for 46 years and taught fundamentals in nursing for the Maricopa Community Colleges for 27 years prior to her retirement.

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.

Ferguson, Trevor

Dr. Ferguson is the owner/founder of TheStemCellPro.com He has owned multiple medical clinics in the Valley since 2007. He loves to provide his patients with valuable information to help them learn about available health care options that allow patients to avoid medications and unnecessary surgeries utilizing stem cell therapy.

Fisher, Michael

Dr. Michael H. Fisher is the Robert S. Danforth Professor of History at Oberlin College, where he offers a range of courses on the history of South Asia, the environmental history of the Indian subcontinent, Pakistan, Mahatma Gandhi, and early travel narratives about India. Since 1978, he has taught Indian history at the college and university levels and to scholarly and general audiences on three continents.

Hansen, Karin

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

Hartley, Jerry

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

Haskell, William

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

Hummel, Howard

Howard received his Master's in Theater Arts Education from the University of Miami and taught and performed in Miami, Seattle, Oregon, and Los Angeles. Howard taught high school theater in Oregon and acted and directed at numerous community theater companies. Howard was one of the founders of the ImproVables, a senior improvisational company performing in the Sun Lakes area, and The Half Baked Hams performing in Oregon.

Jacobs, Justin

Justin M. Jacobs is an Associate Professor of History at American University. At American University, he teaches courses on Chinese and Japanese history, the history of archaeology, the Silk Road, voyages of exploration, and global history.

Jacobsen, Traci

I am a proud Arizona native. I have always been first and foremost about helping others and was drawn to Senior Living after seeing firsthand what can happen to a family when a loved one reaches the concluding stages of life without proper preparation. After caring for a loved one with Alzheimer's, making tons of mistakes, and burning through 1.2 million dollars in 8 years; I have realized there is a much better way. It is essential to know your options before you need them and plan.

Jordan, Billie

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

Krimm, Heather

Detective Krimm is with the Maricopa County Attorney's Office Investigations Bureau. Detective Krimm has worked in law enforcement for almost 17 years and specializes in investigating Animal Cruelty. She worked for the Raleigh Police Department in North Carolina and the Phoenix Police Department. She trains law enforcement officers and prosecutors on animal abuse investigations.

La, Jenny

Dr. Jenny La is an optometrist at Barnet Dulaney Perkins Eye Center. She is originally from California but moved to Arizona with her family before starting high school. Dr. La received her Bachelor of Science from Arizona State University before going on to earn her Doctor of Optometry at the UC Berkeley School of Optometry. She then completed her residency in ocular disease and low vision at the Tucson VA. Dr. La is a passionate and dedicated eye care provider. She is committed to providing her patients with the highest quality care and service. In addition to her clinical work, Dr. La is actively involved in the Arizona Optometric Association. She is also a member of the American Optometric Association.

Lariviere, Eugene

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

Larson, Ann

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. Along side 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.

LaSlavic, Nicole

Nicole LaSlavic is President & CEO of the USS AZ Legacy Foundation, supporting the future USS AZ (SSN 803) submarine and honoring the USS AZ (BB 39). With a background in executive leadership, Nicole oversees strategic direction and operations. She has held roles such as Exec Director of the Arizona Solar Energy Industry Association and VP of Gov Affairs for the Arizona Association of REALTORS®. An alumna of Northern Arizona University, she lives in Phoenix with her husband and four children.

Mercer, Lori

I have been with CommonSpirit Health for 30 years currently as the Volunteer Supervisor. I am honored to serve those who serve others and I am thrilled to be working with our PAWs therapy team who provide comfort and healing. When not at work I enjoy spending time with family, reading and a good detective show or two! Rick Ellis has been a Volunteer with CSH for over 7 years. He also certifies our pups through Pet Partners. He and Toby love to share joy with patients and families.

Messner, Kyle

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

Mundy, Matt

Since the 90s, Matt Mundy has been helping Americans plan and protect their retirements. Matt is a Retirement Income Certified Planner who focuses on retirement-specific strategies and investments.

NFL, Presenter

Collaboration with New Frontiers and New Adventures.

Nilsen, Don

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

Nolcox, Tanya

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

Pangan, Nita

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

Parker, Heather L

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

Pignoli, Carl

Carl Pignoli, retired Rocket Scientist. Graduate Engineer from UCLA, USC, and University of Redlands. Registered Professional Engineer with over 35 years in Rocket propulsion at Aerojet, Lockheed Propulsion and Pratt & Whitney for Army, Navy, Air Force, NASA and BMD Programs. Efforts on: Launch Vehicles; ICBM's; Missiles; and Research Programs.

Repp, Diana

Diana Repp, PhD

Rockland, Carole

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

Russo, Robert

After owning my own business for over 30 years and did these programs for 20 years in the high schools around the valley. I offer the simplified Toastmaster version of public speaking. Come, have fun, and build up your confidence.

Russo, Joseph

After owning my own business for over 30 years, I offer the simplified Toastmaster version of public speaking. Come, have fun, and build up your confidence.

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.

Siegel, Murray

Murray is a retired mathematics teacher and USAF Vietnam War veteran with a passionate interest in math, data, history and politics. He writes for a number of periodicals including the San Tan Sun News.

Szablowski, Paul

Szablowski is currently an independent consultant, thought leader and creative entrepreneur. He is a frequent speaker and author regarding marketing, brand, consumer insights, and social science. He received a Bachelors Degree in Business Administration from Southern Illinois University. Recently, Szablowski has advanced the cause of "Recycle and Reuse" by transforming basic retail shopping bags into unique one-of-a-kind pieces of art ready for a second life.

Truman, Robert

Rob has over 40 years of experience in Information Technology and Internet-related fields. He is a retired U.S. Navy Chief Electronics Technician and has worked as a Technical Support professional for Microsoft. Rob holds a Master of Arts degree in Adult Education (MAEd) and a Bachelor of Science degree in Information Technology (BSIT). He designed and maintains a website/blog called Geezer Tek which focuses on helping the local senior community with their technology needs.

Weitzenkorn, Steven

Steve Weitzenkorn writes historical fiction that challenges assumptions and provides new insights into events in prior centuries. His writing journey began while concluding his career as an organizational behavior consultant. His two published novels are Shakespeare's Conspirator and The Edict. Three novels are in the pipeline: Emilia's Promise (the prequel), Emilia's Shakespeare (the sequel) and Legacy of Secrets. Two nonfiction books include: The Catalyst Effect and Find-Fulfill-Flourish.

Whitlock, Will

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

Whitson, Lily

An Arizona native, Spanish was her first language. She is a storyteller, and uses her whole body to tell a story. Lily has experienced many things in her life (singing in a Doo-wop band, living in Indonesia, performing on stage, nursing, sign language), and has a lot to share. She has an AA in Library Technology.

Wolf, Cheryl

Cheryl Wolf is an intuitive, subtle energy practitioner, a Doctor of RoHun Transpersonal Psychology, and a Reiki Master/Teacher. She has a Master's degree in Clinical Psychology and is a published author in international spiritual and healing online magazines. With advanced training in integral healing modalities and metaphysical studies, she has led many workshops and retreats. With decades of experience, she has come to discover that the path of healing is a journey that covers a lifetime.

Yam, Alice

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

Yazzie, Lambert

Lambert Yazzie has been employed by Maricopa Community Colleges since 2009, involved with student success programs like the Hoop of Learning (Hoop), Achieving A College Education, Dual Enrollment, Concurrent Enrollment and High School College Advisors.

Carriann Dehiya has been a Program Advisor since 2008 with the CGCC Early College Programs and now serves as the Program Coordinator for ACE and Hoop of Learning Programs.

Zisner, Allan