



# New Adventures in Learning

Spring 2025 Classes

February 3<sup>rd</sup> to May 2<sup>nd</sup>

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[NewAdventures.info](http://NewAdventures.info)

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## Sun Lakes Center In-Person Classes

### **S0412C - The Roots of Rock and Roll**

**Murray Siegel**

Listen to the early rock and roll songs and learn about the singers, groups, and deejays of the first 10 years of R and R. How did Alan Freed get started? What does "rock and roll" mean? How did Myrtle Arinsberg knock Elvis off the #1 spot on the charts in 1956?

1 Session Starts 3/19/2025 Meets Wed at 10:15

### **S0432C - Impressionists in Winter: The American Style**

**Eugene Lariviere**

Impressionists in Winter of the French Painters was presented in the Fall term. Impressionist styles began much later in America and continued for many years when the European artists had moved on to new approaches. We will look at several Americans who painted winter scenes and compare them with the works of French artists.

1 Session Starts 2/10/2025 Meets Mon at 1:00

### **S0463C - Make your own Native American Style Flute**

**Stephen Follett**

The class members will make their own simple Native American-style flute and be given resources to tune and play their flute at home. Materials and tools will be provided. The flutes can be completed in one class.

1 Session Starts 4/1/2025 Meets Tue at 3:00

### **S0546C - Water Wisdom: Dive into the Depths of Treatment with a Pro!**

**Jerry Bishop**

Get ready to put on your detective hat and channel your inner water wizard! When you're gearing up to tackle the wild world of water treatment for your home or business, you need to be an educated consumer! Lucky for you, we've got an expert with over 50 years of experience. That's right—this guy has seen more water systems than a fish in a pond! Bring your burning questions—he'll dive in and tackle them with facts and wisdom. Because who says learning about water can't be a splashin' good time?

1 Session Starts 2/19/2025 Meets Wed at 10:15

## **S0618C - Internet Security for Seniors**

**Robert Truman**

Staying safe when online is getting more difficult these days. This presentation will address the topics of online scams, viruses, junk email, telemarketers, and more so that you can learn how to protect yourself and your privacy and still use the Internet. Along with addressing various password concepts and software for password management, there will be a discussion of recent AI threats.

1 Session Starts 3/17/2025 Meets Mon at 10:15

## **S0648C - Using FREE Online Library Resources**

**Maggie Cortes**

In this session, you will learn about the many free online resources offered by Maricopa County Library District. With your library card and Internet access, you can download eBooks and eAudiobooks, read e-magazines, stream a movie or some music, learn a language, take an online course, research products, find instructions to repair your car, find your next good read, and more.

1 Session Starts 3/4/2025 Meets Tue at 9:00

## **S0660C - Google Meet - An Introduction**

**Robert Truman**

Google Meet is a free, secure video conferencing service that allows anyone, with or without a Google account to join virtual meetings using audio, video, chat, and screen sharing. Join us for this introduction and demonstration of using Google Meet.

1 Session Starts 2/6/2025 Meets Thu at 10:15

## **S0725C - 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.

4 Sessions Starts 4/1/2025 Meets Tue, Thu at 9:00 on 4/1, 4/3, 4/8, 4/10

## **S0726C - Yoga with Pilates Stretching and Balancing**

**Kate Christensen**

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

4 Sessions Starts 4/1/2025 Meets Tue, Thu at 10:15 on 4/1, 4/3, 4/8, 4/10

## **S0752C - Chair Yoga and Structural Movement**

**Ann Larson**

Ann 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. All levels of fitness and experience are welcome.

7 sessions Starts 2/4/2025 Meets Tue at 3:00 on 2/4, 2/11, 2/18, 2/25, 3/18, 3/25, 4/1

## **S0914C - Understanding the 1st and 2nd Amendments**

**Murray Siegel**

Many Americans believe they are protected by the 1st and 2nd Amendments to the U.S. Constitution, but do not know what these amendments say.

1 Session Starts 4/2/2025 Meets Wed at 10:15

## **S1047C - Card Making is Fun**

**Nita Pangan**

I enjoy sharing the fun of making our own cards to share with others. You have the opportunity to find or use your creativity while developing friendships and having fun. There is always laughter.

2 Sessions Starts 2/12/2025 Meets Wed at 10:15 on 2/12, 2/26

## **S1051C - Introduction to the Game of Bridge**

**Karin Hansen**

Learn about the most popular game in the world! A game that can be fun and challenging and provides lifelong learning and social opportunities. This short class will introduce the basic concepts of how the game is played and provide resources for further learning.

1 Session Starts 3/3/2025 Meets Mon at 10:15

## **S1140C - AARP Driver Safety**

**Jerry Hartley**

This four-hour course stresses thinking about driving while you are driving. Yes, aging makes safe driving more difficult. We discuss using your strengths to limit your weaknesses. Tuition is \$20 for AARP Members, \$25 if not. Pay at the second session by cash or check. Check with your insurance company to see if a premium discount is available. Bring driver's license and AARP membership card.

2 Sessions Starts 2/11/2025 Meets Tue at 1:00 on 2/11, 2/18

## **S1169C - 180 Days at Sea - A Lifetime of Experiences**

**David Zapatka**

Ever wonder what it would be like to go on a 180-day cruise? Dianne and David will share their 180 days of adventure through stories, pictures, and videos. This presentation includes the story of a daring rescue of 68 Senegalese refugees.

1 Session Starts 3/6/2025 Meets Thu at 10:15

## **S1211C - Timecapsules: Gather and Share Your Life Stories**

**Jackie Bayer**

"There are no ordinary lives." As we age, we realize that our greatest legacy lies in the stories we leave behind. Learn how to create an engaging story about a life experience and then share it in class. Discover the power of story to inspire and connect us. (This six-week class typically has a waiting list. Please do not sign up if you can't attend or prep for all classes.)

6 Sessions Starts 2/13/2025 Meets Thu at 10:15 on 2/13, 2/20, 2/27, 3/6, 3/20, 3/27

## **S1229C - I Am From - An Exploration of Identity**

**Kyle Messner**

This two-session class is for non-writers and writers alike. It is an opportunity to self-identify the unique elements that have influenced who we are. A simple writing method using a free verse template will be utilized to help participants create a personal reflection. During the first class, we will examine several writings crafted using this method and start creating our own. The second class will be an opportunity to share and edit our work.

2 Sessions Starts 2/13/2025 Meets at 1:00 on 2/13, 2/20

## **S1231C - Sprechen Sie Deutsch?**

**Eugene Lariviere**

This is an ongoing class on studying German. We are using "The Complete Idiot's Guide to Learning German," the Fourth Edition. Some knowledge of German is essential.

10 Sessions Starts 2/5/2025 Meets Wed at 3:00 on 2/5, 2/12, 2/19, 2/26, 3/5, 3/19, 3/26, 4/2, 4/9, 4/1

## **S1242C - Beginning Conversational Spanish**

**Kyle Messner**

Join us for a lively beginning Conversational Spanish class where you'll unlock the secrets of this vibrant language. Through games, songs, and fun activities, you'll dive into everyday phrases and get comfy with pronunciation. Imagine ordering tacos like a pro! With our friendly instructors and playful atmosphere, you'll be speaking Spanish in no time. So, grab your maracas, and let's embark on this exciting linguistic journey together—¡vamos!

6 Sessions Starts 2/5/2025 Meets Wed at 1:00 on 2/5, 2/19, 3/5, 3/19, 4/2, 4/16

## **S1401C - Autism - What is it Like Living with Autism**

**Robert Truman**

What is Autism? It's never easy learning that someone you love has a neurological developmental disability like autism. Autism spectrum disorders (ASDs) are a group of developmental disabilities that can cause significant social, communication, and behavioral challenges. Join us as we discuss autism and watch a couple of short informative films that try to let you experience what it is like living with autism.

1 Session Starts 2/4/2025 Meets Tue at 10:15

## **S1438C - Vitamins--Lifesaving or Expensive Urine?**

**James Bogash**

Did you know the wrong form of vitamin E is bad for you? A two-minute Internet search will convince you that buying this supplement X will extend your life and protect your heart. Another two minutes will convince you that this same supplement will, at best, make expensive urine while at worst it could kill you. How do you tell the truth from marketing? Come sort through the confusion. S1438C is a repeat of S1439C. **Choose only one.**

1 Session Starts 4/10/2025 Meets Thu at 10:15

## **S1439C - Vitamins--Lifesaving or Expensive Urine?**

**James Bogash**

Did you know the wrong form of vitamin E is bad for you? A two-minute Internet search will convince you that buying this supplement X will extend your life and protect your heart. Another two minutes will convince you that this same supplement will, at best, make expensive urine while at worst it could kill you. How do you tell the truth from marketing? Come sort through the confusion. S1439C is a repeat of S1438C. **Choose only one.**

1 Session Starts 2/26/2025 Meets Wed at 1:00

### **S1441C - Paws & Claws: Unleashing the Magic of Certified Pet Therapy!**

**Lori Mercer**

Join us for a pawsitively delightful adventure into the world of Certified Pet Therapy! Meet our furry friends and learn the fun differences between service dogs, therapy dogs, and companion dogs. Watch these incredible pups in action as they spread joy and healing in healthcare settings. Get ready for wagging tails, heartwarming stories, and the chance to see how these canine heroes bring smiles to those in need. Don't miss out on this tail-wagging experience!

1 Session Starts 2/25/2025 Meets Tue at 1:00

### **S1453C - What is Senior Living?**

**Traci Jacobsen**

Senior living represents a comprehensive array of offerings. I invite you to join us for an informative session that will illuminate the diverse options. Senior living provides countless opportunities for engagement, social interaction, nutrition, wellness, and enrichment—elements that are often challenging to replicate in a traditional home setting. My goal is to equip you with the knowledge necessary to make informed decisions.

1 Session Starts 3/17/2025 Meets Mon at 1:00

### **S1461C - Choose How You Age!**

**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 class will provide the latest and greatest research-based information that will erode false paradigms that may be holding you back, and empower you to make the most informed choices possible about your health. S1461C is a repeat of S1462C. Choose only one.

4 Sessions Starts 2/4/2025 Meets Tue at 1:00 on 2/4, 2/11, 2/18, 2/25

### **S1462C - Choose How You Age!**

**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 class will provide the latest and greatest research-based information that will erode false paradigms that may be holding you back, and empower you to make the most informed choices possible about your health. S1462C is a repeat of S1461C. Choose only one.

3 Sessions Starts 4/3/2025 Meets Thu at 1:00 on 4/3, 4/10, 4/17

### **S1550C - Buddhism: The No-Religion Religion**

**Robert Truman**

Buddhism is a religion to about 300 million people around the world, but to many, Buddhism goes beyond religion and is more of a philosophy or 'way of life'. Join us as we examine the principles of traditional Buddhism along with Zen Buddhism followed by a secular discussion.

1 Session Starts 3/25/2025 Meets Tue at 10:15

### **S1720C - New Adventures On-going Book Club A**

**William Haskell**

Susan Lockwood Knaus will lead us in discussing “Undaunted: How Women Changed American Journalism” by Brooke Kroeger. “Undaunted” is a history of the American women who surmounted every impediment put in their way to do journalism's most valued work. Kroeger examines the lives of the best-remembered and long-forgotten women journalists. Since July 2015, the Club has discussed over 67 books, primarily non-fiction.

1 Session Starts 2/3/2025 Meets Mon at 12:30

### **S1721C - New Adventures On-going Book Club B**

**William Haskell**

Virginia Allen will lead us in discussing “Prequel: An American Fight Against Fascism” by Rachel Maddow. Maddow traces the fight to preserve American democracy back to World War II when a handful of public servants and citizens thwarted far-right plotters trying to steer our nation toward an alliance with the Nazis. Since July 2015, the Club has discussed over 67 books, primarily non-fiction.

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

### **S1722C - New Adventures On-going Book Club C**

**William Haskell**

Dean Paxson will lead us in discussing “Entangled Life: How Fungi Make Our Worlds, Change Our Minds & Shape Our Futures” by Merlin Sheldrake. When we think of fungi, think of mushrooms. But Sheldrake indicates mushrooms are only fruiting bodies, analogous to apples on an underground tree. Since July 2015, the Club has discussed over 67 books, primarily non-fiction.

1 Session Starts 4/7/2025 Meets Mon at 12:30

### **S1902C - Retirement Specific Investments & Strategies**

**Matt Mundy**

This class targets information most useful for those who are near retiring or already in retirement. This class is designed for beginners who have limited experience and knowledge. The class will be delivered in a lecture format so you can just sit back, relax, and learn. You will be provided with lots of different types of retirement-specific investments and strategies. Everyone will receive lots of relevant no-cost reading material to bring home after the class.

1 Session Starts 3/31/2025 Meets Mon at 3:00

### **S1903C - Retirement Income Planning and Strategies**

**Matt Mundy**

This class targets information most useful for those who are near retiring or already in retirement. This class is designed for beginners who have limited experience and knowledge. The class will be delivered in a lecture format so you can just sit back, relax, and learn. You will be provided with lots of different types of income-producing investments and strategies. Everyone will receive lots of relevant no-cost reading material to bring home after the class.

1 Session Starts 3/25/2025 Meets Tue at 3:00

### **S1906C - Introduction to Estate Planning**

**Heather L Parker**

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

1 Session Starts 3/4/2025 Meets Tue at 10:15

### **S1916C - Strategies to Maximize Your Retirement Income**

**Stacey Bendfelt**

Join Stacey Bendfelt for an enlightening presentation on maximizing your retirement income. This session will cover essential strategies to help you maximize your income in retirement: including when to take Social Security to get the most out of your benefits; insights into 401(k)s and IRAs; tax-efficient investing options; creating reliable income with annuities; and planning for future healthcare needs.

1 Session Starts 2/25/2025 Meets Tue at 10:15

### **S1956C - Your License Isn't the Only Thing to Update if New to AZ**

**Becky Cholewka**

If you're a snowbird or someone who has permanently relocated to Arizona, this presentation covers the most asked questions by those who have already done estate planning in another state. We'll cover which estate planning documents are specific to the state of Arizona, as well as other ways to keep your loved ones out of probate.

1 Session Starts 2/5/2025 Meets Wed at 9:00

### **S1957C – Mythbusters**

**Becky Cholewka**

This presentation separates the FACTS from the FICTION when it comes to planning your estate. Covering our most asked legal questions, this class will put all the well-meaning advice you've received from your friends, neighbors, hairdresser, Internet, and even your financial planner to the test.

1 Session Starts 2/12/2025 Meets Wed at 9:00

### **S1958C - Family Feud-When Bad Things Happen to Good People**

**Becky Cholewka**

This class is a collection of real-life stories of people who weren't prepared, and practical steps you can take today to ensure your family can avoid the same heartaches.

1 Session Starts 2/19/2025 Meets Wed at 9:00

### **S1964C - Probate and Guardianship: What you need to know.**

**Stephen Follett**

Students will learn the basics of probate and guardianship. The goal of the class is to help students understand why their estate planning is necessary and to help them understand the process should they need to enter the court system.

1 Session Starts 4/8/2025 Meets Tue at 3:00

### **S1965C - Avoid Pitfalls: Tips for Estate Planning**

**Stephen Follett**

The students will understand common pitfalls of probate and guardianship and learn different estate planning tips that will apply to most common situations. Many less common situations will also be covered. Students will understand differences between a power of attorney, will, and trust, among other estate planning tools.  
1 Session Starts 4/15/2025 Meets Tue at 3:00

### **S2313C - Zero Year Presidents**

**Murray Siegel**

Every U.S. president elected from 1840 to 1960 in a year ending in zero, died in office. The vice presidents who took over in the 1800s were never elected president but those vice presidents who took over in the 1900s all were successful running for president.  
1 Session Starts 3/5/2025 Meets Wed at 10:15

### **S2330C - Amazing Women: Annie Londonderry and Nellie Bly**

**Carole Rockland**

In the late 1800s, when most women were wearing long skirts and tending the home fires, these two amazing (but little-known) women were traveling the world. One went by bicycle while the other attempted to break the fictional record of Phileas Fogg by circling the world in 80 days.  
1 Session Starts 2/24/2025 Meets Mon at 10:15

### **S2333C - Harry Truman and the Year 1945**

**Eugene Lariviere**

Harry Truman was a junior senator from Missouri and the Vice President-elect on January 1, 1945. By the end of the year, he was the President who had dealt with monumental issues and had made some of the toughest (and most controversial) decisions of the twentieth century. He had been given no preparation. We will look at how he made those decisions and the people he turned to for advice and guidance.  
1 Session Starts 4/8/2025 Meets Tue at 10:15

### **S2335C - Unsung Women Heroes of WWII: Irena Sendler (Poland)**

**Eugene Lariviere**

Irena Sendler was a social worker in the Warsaw Health Department. She and her colleagues rescued 2500 Jewish children from the Warsaw ghetto. All of the children survived the war but most of their parents did not. A tale of incredible courage. Irena survived the war and we will see a brief film of her in her old age. This year marks the 80th anniversary of the first atomic bomb explosion. How did this come about? Who made it happen? What were the Nazis doing and how did the Allies try to block their efforts? Were the Japanese trying to make a bomb? What was the Soviet Union doing to find out what the Allies were doing? We'll look at all this and more.  
1 Session Starts 2/18/2025 Meets Tue at 10:15

### **S2336C - Women Heroes of WWII: Irene Gut and Stefania Podgorska**

**Eugene Lariviere**

These very young Christian women separately helped hide Jewish families in Poland during the war. All of the Jews survived but these women paid a price. Heartwarming and heart-wrenching events will be related.  
1 Session Starts 3/18/2025 Meets Tue at 10:15



**S2337C - Barbed Wire Baseball****Eugene Lariviere**

Baseball has been played in Japan since the 1870s and was popular with Japanese people in the U.S. In 1942, over 110,000 Japanese were rounded up and placed in internment camps. One of these camps was in Gila River, Arizona. Kenichi Zenimura ("Zemi") who had played semi-pro baseball was in Gila River. He created a baseball field with grass and 32 teams at all levels and both sexes competed. His All-Star team played the AZ high school champs in a dramatic game in 1945. Oh man! What a game!!

1 Session Starts 3/6/2025 Meets Thu at 1:00

**S2367C - The History of the Sexual Assault Movement Through My Eyes Susan Lockwood Knaus**

This presentation will cover some history of society's views about sexual violence and how that changed in the 1980's through the #MeToo movement. This will be based on the presenter's education, training, and personal experiences of working with victims, community groups, and the courts for almost 40 years.

1 Session Starts 4/9/2025 Meets Wed at 1:00

**S2368C - America's Founding Fathers****James Evans**

We will review Dr Allen C. Guelzo's class on "America's Founding Fathers," presented by the Smithsonian. Professor Guelzo was formerly a professor at Gettysburg College in PA. He is now at Princeton University in N.J. Professor Guelzo is a fascinating lecturer and gives a lot of back-stories on the U.S. Constitutional Convention.

5 Sessions Starts 3/18/2025 Meets Tue at 1:00 on 3/18, 3/25, 4/1, 4/8, 4/15

**S2734C - The Manhattan Project****Eugene Lariviere**

This year marks the 80th anniversary of the first atomic bomb explosion. How did this come about? Who made it happen? What were the Nazis doing and how did the Allies try to block their efforts? Were the Japanese trying to make a bomb? What was the Soviet Union doing to find out what the Allies were doing? We'll look at all this and more.

2 Sessions Starts 3/24/2025 Meets Mon, Wed at 10:15 on 3/24, 3/26

**S3054C - 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, and your college ID and show your school spirit! Howl Yeah!

1 Session Starts 2/4/2025 Meets Tue at 9:00



**New Adventures in Learning  
Spring 2025 Classes  
February 3<sup>rd</sup> to May 2<sup>nd</sup>**

**Off-Site Classes**

**S1828T - Tortillas, Queso, and Pan Dulce Field Trip**

**Kyle Messner**

See corn tortillas made from start to finish and sample Mexican cheeses at El Rancho IGA in downtown Chandler. The presentation will be in English to make your visit enjoyable. After a brief tour, we will order lunch cafeteria-style and enjoy ourselves. You will be able to shop for specialty groceries or take food to go. It is suggested that you take the class "Tortillas, Queso, and Pan Dulce" beforehand but it is not required. We will meet at the store. Associated Cost: Lunches range from \$5 - 15. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Starts 4/1/2025 Meets Tue at 10:30

**S1843T - Lunch Bunch February 2025**

**Virginia Allen**

Join other New Adventures' members at a luncheon on Friday, February 21st at 11:30 a.m. at Stone & Vine Urban Italian, 1035 W. Queen Creek Rd., Ste 103, Chandler, AZ. Associated Cost: \$20 - \$30. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Starts 2/21/2025 Meets Fri at 11:30

**S1844T - Lunch Bunch March 2025**

**Virginia Allen**

Join other New Adventures' members at a luncheon on Thursday, March 13th at 11:30 a.m. at Pitta Souvli Mediterranean Grill, 1940 S. Alma School Rd., Chandler, AZ. Associated 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 3/13/2025 Meets Fri at 11:30

**S1845T - Lunch Bunch April 2025**

**Virginia Allen**

Join other members of New Adventures for a luncheon Friday, April 18th, at 11:30 a.m. at Thirsty Lion, 3077 W. Frye Rd., Chandler, AZ. (Near Chandler Fashion Center). Associated Cost: \$20 - \$30. Note: By registering for this event, you acknowledge that your contact information will be shared with the event coordinator.

1 Session Starts 4/18/2025 Meets Fri at 11:30



# New Adventures in Learning

## Spring 2025 Classes

### February 3<sup>rd</sup> to May 2nd

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

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

-NA - class presented by New Adventures in Learning

## On-line Classes / Zoom

### **S0379Z-NF - China: The Butterfly Lovers**

**Jennifer Wong**

Come and be enchanted by the famous tale of the Butterfly Lovers which has long been the inspiration for a musical concerto as well as many theatrical performances.

1 Session Starts 3/4/2025 Meets Tue at 1:30

### **S0559Z-NA - Adapting to a Warmer World**

**Daniel Richardson**

Rising global temperatures affect us all. Even moderate physical adaptation to heat exposure will lessen your chance of being harmed by this particular climate action. After reviewing previous lectures on temperature regulation, this presentation will describe the biological mechanisms of heat adaptation followed by procedures that you can use to bring about such adaptation yourself. Note: This lecture was originally scheduled for spring of 2024, but was canceled.

1 Session Starts 4/15/2025 Meets Tue at 1:00

### **S0575Z-NF - World Heritage Sites**

**Suzanne Brown**

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. This is a "Great Course" presentation, presented by: Justin M. Jacobs PhD, Assoc. Prof. History, American University

5 Sessions Starts 2/3/2025 Meets Mon at 3:30 on 2/3, 2/17, 2/24, 3/3, 3/17

### **S0583Z-NF - Zoom Classes, An Introduction**

**Suzanne Brown**

Think our online courses look good but you aren't confident in your Zoom abilities? Come join this class and learn the basics and some of the tricks of Zoom. Beginners, novices, and intermediates welcomed! If you feel you are an expert, come and help join in helping others!

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

**S0584Z-NF - Plate Tectonics****Randi Martinsen**

Plate Tectonics controls the landscape of the Earth. The Earth's crust is divided into plates and these plates are constantly moving. Plates consist of continental crust and oceanic crust. Continental crust is less dense than oceanic crust. In places, continental plates are being split apart, (Red Sea & Africa) and in others, they are crashing together (Indian Plate and Eurasia). Pulling apart plates creates oceans, crashing together of plates creates mountains. In some places, new oceanic crust is being created, and in some places, it is being destroyed as it sinks below continental plates.

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

**S0585Z-NF - Plate Tectonics and the Origin of Life  
Martinsen****Randi**

Plate tectonics is responsible for the topography of the Earth. It makes mountains and ocean basins. Erosion of mountains brings nutrients into the oceans. The presence of nutrients helped develop cellular life and evolve cellular life into varieties of multicellular life that developed into various ocean life forms. Changing conditions on the Earth promoted further evolution and evolution eventually onto land, and further evolution to intelligent life was required to adapt to changing conditions on land.

1 Session Starts 3/4/2025 Meets Tue at 10:00

**S0619Z-NA - Internet Security for Seniors****Robert Truman**

Staying safe when online is getting more difficult these days. This presentation will address the topics of online scams, viruses, junk email, telemarketers, and more so that you can learn how to protect yourself and your privacy and still use the Internet. Along with addressing various password concepts and software for password management, there will be a discussion of recent AI threats.

1 Session Starts 3/27/2025 Meets Wed at 1:00

**S0678Z-NF - Social Media Apps - A brief introduction****Cindy Schrantz**

We will look at Snap (Snapchat), IG or Insta (Instagram), Tik Tok, X (formerly Twitter), BlueSky, and Mastodon. Learn what they look like, who uses them and what's on them. If there's time, we'll also look at any apps you have questions about. A teenager will be joining us to give her view of what she and her friends use.

1 Session Starts 3/5/2025 Meets Wed at 1:00

**S1180Z-NF - My Trip to Israel in 2016****Ron Applebaum**

Explore thousands of years of history while watching Ron Applebaum's video of Israel, taken in 2016, during his 13th trip to the Holy Land. You'll see ancient sites such as Jerusalem, Jaffa, and Acra as well as modern cities such as Tel Aviv. Note: This is not a political video.

1 Session Starts 2/12/2025 Meets Wed at 1:30

### **S1327Z-NA - Tortillas, Queso and Pan Dulce!**

**Kyle Messner**

You've heard of chips and salsa—now it's time to explore tortillas and cheese! In this class, you'll learn how tortillas are made, delve into the rich world of Mexican cheeses, and discover various types of pan dulce (sweet bread). This course can be taken on its own or paired with the Tortillas, Queso & Pan Dulce Field Trip later in the semester where you'll see tortillas being made, taste a variety of cheeses, and enjoy a delicious lunch. Knowledge of Spanish is not necessary.

1 Session Starts 3/4/2025 Meets Tue at 1:00

### **S1417Z-NA - Autism - What is it Like Living with Autism**

**Robert Truman**

What is Autism? It's never easy learning that someone you love has a neurological developmental disability like autism. Autism spectrum disorders (ASDs) are a group of developmental disabilities that can cause significant social, communication, and behavioral challenges. Join us as we discuss autism and watch a couple of short informative films that try to let you experience what it is like living with autism.

1 Session Starts 4/7/2025 Meets Mon at 10:15

### **S1549Z-NA - Buddhism: The No-Religion Religion**

**Robert Truman**

Buddhism is a religion to about 300 million people around the world, but to many, Buddhism goes beyond religion and is more of a philosophy or 'way of life'. Join us as we examine the principles of traditional Buddhism along with Zen Buddhism followed by a secular discussion.

1 Session Starts 2/3/2025 Meets Mon at 10:15

### **S1577Z-NF - Role of Religious Diversity for Environmental Justice**

**Vasu Bandhu**

The various religions collaborating together to protect the environment, through respect, understanding and education, in the religious diversity, to be an important ally of partnership with other sectors of society. Religious diversity has an important role in society as promoters of values and principles for peace and justice.

1 Session Starts 2/27/2025 Meets Thu at 1:00

### **S1915Z-NA - Taxes & Retirement**

**Matt Benson**

Are you ready to take control of your tax situation? This session will cover essential topics such as tax-efficient investing, retirement planning, and charitable contributions, all designed to help you make the most of your hard-earned money. Matthew Benson, a renowned financial expert featured in Bloomberg, Forbes, MarketWatch, USA Today, and CNBC, will share his insights and practical tips to help you navigate the complexities of financial planning.

1 Session Starts 2/10/2025 Meets Mon at 10:15

### **S1955Z-NA - Social Security News and Updates**

**Jack Burns**

This class will review some of the changes and news related to Social Security in 2025. We will also address any "pre-retirement" questions that those community members who have yet to collect Social Security may have.

1 Session Starts 3/28/2025 Meets Fri at 1:00

## **S1970Z-NF - Navigating Taxation in Retirement**

**Scott Sandell**

Taxation in retirement is vastly different from your working years. Understanding the taxation that affects retirees will help you navigate as efficiently as possible. 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 2/25/2025 Meets Tue at 11:00

## **S1971Z-NF - Harnessing the Power of Roth**

**Scott Sandell**

Roth is for EVERYONE! Regardless of age, wealth, gender, etc. We will learn everything we need to know about Roth to take advantage of this special tax status. 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 2/4/2025 Meets Tue at 11:00

## **S1972Z-NF - Preparing for Retirement: Essential Strategies**

**Scott Sandell**

If you are within 10 years of retirement or in the early stages of retirement, this is for you. We will discover what is changing, why it is changing, and how to position yourself to succeed 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 4/29/2025 Meets Tue at 11:00

## **S1973Z-NF - Tax-Efficient Retirement Planning**

**Scott Sandell**

It has become extremely important to become tax efficient in retirement in order to maximize what you have. We will review the most common ways to save taxes in retirement and discover how planning helps you maximize your efficiency. 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 Starts 3/12/2025 Meets Wed at 11:00

## **S1974Z-NF S1974Z-NF - Navigating Safe Investments in Today's Market** **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 Starts 4/9/2025 Meets Wed at 11:00

## **S2376Z-NF - History of India**

**Suzanne Brown**

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 lectures 13-24 in this "Great Courses", presented by: Michael H. Fisher Ph.D.

6 Sessions Starts 3/24/2025 Meets Mon at 3:30 on 3/24, 3/31, 4/7, 4/14, 4/21, 4/28

**S2381Z-NF - The History of Terrorism and US Counterterrorism since 1945** **Cindy Schrantz**

From the creation of the CIA to the "War on Terror" learn about the evolution of US Counterterrorism policies. This presentation is not a video but the material and background were provided by the Council on Foreign Relations and last updated in 2023. The instructor is not an expert but found the research interesting enough to share.

1 Session Starts 2/20/2025 Meets Thu at 10:00

**S2382Z-NF - 20th Century Titans** **Cindy Schrantz**

Watch an interview with Michael Mandelbaum, author of "Titans of the Twentieth Century." Hear why he chose the eight individuals and whether or not any of today's world leaders could be considered "titans." Class discussion follows. Mandelbaum is the Christian A. Herter professor emeritus of American Foreign Policy at the Johns Hopkins School of Advanced International Studies and the author of 17 previous books. You do not need to have read the book.

1 Session Starts 3/17/2025 Meets Mon at 10:00

**S2707Z-NA - B-58 "Hustler" Bomber: The only Mach 2 Nuclear Bomber** **James Evans**

Although the Convair B-58 "Hustler" bomber had a relatively short operational career and never "fired a shot in anger," it remains a uniquely capable aircraft in U.S. Air Force history. Based upon "B-28 Blunder: How the US Abandoned its Best Strategic Bomber" and the experiences of a pilot and a navigator friend of mine who both flew the B-58.

1 Session Starts 2/4/2025 Meets Tue at 1:00

**S2708Z-NA - Convair B-36 "Peacemaker": Gargantuan Bomber** **James Evans**

The Convair B-36, called the "Peacemaker," was the largest bomber ever flown. For about a dozen years, this aircraft with "six turning and four burning" had a 10,000-mile unrefueled range and could carry a MASSIVE BOMB LOAD. As a San Diego kid for many years, this huge aircraft was a personal favorite, although I never actually flew one or flew on one. We will talk about its fascinating characteristics and history.

1 Session Starts 2/12/2025 Meets Wed at 1:00

**S2709Z-NA - Nieuport 28: "America's First Fighter of WW I"** **James Evans**

Although built by the French, the Nieuport 28 was the first fighter plane flown by Americans in World War I. We will tell the story of this historic aircraft and describe an aircraft on exhibit at the Airbase Arizona, Commemorative Air Force at Falcon Field, in Mesa, AZ.

1 Session Starts 2/26/2025 Meets Wed at 1:00

**S2710Z-NA - B-29s NOT Named "Enola Gay"** **James Evans**

Over 4,000 B-29s were built during World War II, only one of them was "Enola Gay." We will survey the histories of some of the other B-29s during the Greatest War in World History.

1 Session Starts 3/19/2025 Meets Wed at 1:00

**S2723Z-NA - Pearl Harbor and Aftermath Salvage****William Haskell**

This two-part class is based on the “Great Courses” series titled “World War II: The Pacific Theater.” The class will open with a brief examination of the attack on December 7, 1941. The remainder of the class will explore the resulting clean-up and salvage operations to return the Pacific Fleet to active duty. The class will consist of a video lecture, related photos and videos, and commentary. **DISCLAIMER: CONTENTS CONTAIN DISTURBING IMAGES AND COMMENTARY.**

2 Sessions Starts 3/27/2025 Meets Thu, Fri at 10:15 on 3/27, 3/28

**S2724Z-NA - Operation Galvanic: 11/ 20 - 24, 1943****William Haskell**

This two-part class utilizes the “Great Courses” series on “World War II, Pacific Theater.” It consists of multimedia material. After Guadalcanal was captured, the next major battle was titled Operation Galvanic. Its objective was the capture of Tarawa and Makin Atolls. The battle of Tarawa was extremely costly to the Marines with over 9,900 casualties in two + days of extremely heavy fighting. **DISCLAIMER: CONTAINS DISTURBING VIDEO AND COMMENTARY.**

2 Sessions Starts 4/16/2025 Meets Wed, Thu at 3:00 on 4/16, 4/17





# New Adventures in Learning Spring 2025 Classes February 3<sup>rd</sup> to May 2<sup>nd</sup>

## Spring 2025 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.

### **Applebaum, Ron**

Ron is an accomplished photographer and videographer. He has produced videos on Israel, Jordan, Egypt, Morocco, Turkey, and Cuba for a tour broker.

### **Bandhu, Vasu**

Maha Shuru Vasu Bandhu serves as the Faith Community Coordinator for the Arizona Faith Network, assisting in the development, coordination and implementation of interfaith programmes. He assists in efforts to protect the environment through interfaith collaboration. He has been a volunteer in the interfaith movement since he was 18 years old, collaborating with Religions for Peace, the United Religions Initiative (URI), and the Parliament of the World's Religions, among other interfaith organisations. He is 27 years old; his studies are in Political Science and Social Projects from UnADM. He is Mexican and has immigrated to the United States to live with his husband, creating an interfaith family, since his husband's practice is Islam, while his practice is Buddhism.

### **Bayer, Jackie**

Jackie is a retired counselor, teacher, and author. She believes that everyone has a story to tell and that those stories create community, especially as we age.

### **Bendfelt, Stacey**

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

### **Benson, Matt**

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

### **Bishop, Jerry**

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

**Bogash, James**

James Bogash, D.C., has training in physiology and functional medicine, which examines 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 Brown is a frequent Zoom facilitator and presenter with NFLL. Her experience presenting online and teaching others about online learning covers two decades.

**Burns, Jack**

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

**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.

**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 in Library and Information Science.

**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.

**Follett, Stephen**

Stephen Follett participated in Boy Scouts as a boy and then served in Boy Scouts for over 20 years, which led him to a love of the Native American style flute. He loves to make flutes and play them. Professionally, as an attorney, Stephen has been helping clients with wills, trusts, probate, guardianship and conservatorship for more than 16 years. He has seen the worst. His goal is to educate and encourage as many people as he can to establish a plan for their future care and end of life.

**Hansen, Karin**

Karin Hansen holds a master's degree in education from the University of Minnesota. She is a Life Master Competitive Bridge Player as well as a certified bridge instructor from the American Contract Bridge League. She enjoys introducing new players to the game and helping them develop their skills and techniques.

**Hartley, Jerry**

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

**Haskell, William**

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

**Jacobsen, Traci**

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

**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. Alongside her years of yoga Anna was a Marriage and Family Therapist in private practice and often used breath work, meditation and movement to help heal her patients.

**Lockwood Knaus, Susan**

Susan Lockwood Knaus began her work in the field of sexual violence in 1980 as a volunteer and by 1986 was working as coordinator of sexual assault services and providing the first sexual abuse treatment to survivors of adult and child sexual abuse. Providing therapy to over 500 victims and supervising over 3000 cases, she has watched and participated in the evolution of this movement over the last 30+ years, seeing changes in victim services, police investigations, and criminal prosecutions.

**Martinsen, Randi**

Ms. Randi Martinsen is a certified petroleum geologist with 50 years of experience (domestic and international) working in industry, consulting, and teaching. She holds a B.S. in Earth and Space Science from Stony Brook University, N.Y., and an M.S. in Geology from Northern Arizona University, Flagstaff. She started her career with Cities Service Company, Denver, CO., and subsequently, became a consultant. She joined the Department of Geology and Geophysics at the University of Wyoming in 1981 as a lecturer. She taught a variety of geology courses and undertook geologic research. She was the first woman sworn in as an expert witness before the Wyoming Oil and Gas Commission and the second to be elected President of the American Association of Petroleum Geologists. She retired from the University of Wyoming in 2015 and currently consults part-time. She moved to Colorado in 2017 and currently lives in Frisco, CO. She loves to travel, especially to exotic places, and spend time with her children and grandchildren.

**Mercer, Lori**

I have been with Common Spirit 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 Ph.D. 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**

Matt Mundy, RICP has been helping families prepare for their retirement since the 1990s. Matt graduated from Northern Illinois University in 1995 and has since grown his Retirement Planning and Investment Firm to one of the largest in Maricopa. As a RICP [Retirement Income Certified Planner], he specializes in Retirement Specific Investments and Strategies. Matt is not a Jack of All Trades. This allows him to focus his time and efforts on being the most knowledgeable in his specialty.

**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 for over 17 years and the Arizona Bar Association for over 10 years.

**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.

**Rockland, Carole**

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

**Sandell, Scott**

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

**Schrantz, Cindy**

Cindy was in leadership in the sales/marketing area at State Farm Insurance for 35 years. Since retiring she spends a lot of time with family, has taught STEM classes to junior high and high school students, been a substitute teacher, and taught with Junior Achievement. Currently she spends time on the tennis court, in her garden, reading, volunteering, and being president of NFLL.

**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".

**Truman, Robert**

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

**Wong, Jennifer**

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

**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.

**Zapatka, David**

Dianne Zimmerman and David Zapatka travel the world teaching bridge on cruise ships. David has been teaching classes at New Adventures in Learning since 2008.