



RIO SALADO COLLEGE
A MARICOPA COMMUNITY COLLEGE

RISE Learning for Life

RISE LEARNING FOR LIFE

Fall 2024 SCHEDULE



Join RISE today!

Take Advantage of Unlimited Access to Over 150 Classes and Activities with Your Annual Membership!

Interest-based classes include:

- The Arts
- Health & Wellness
- Finance & Law
- Natural Sciences & Mathematics
- Religion & Spirituality
- Social Sciences & History
- Technology
- Travel

Classes Offered:

- Monday - Thursday
- Morning and Afternoon
- In-person and Virtual

Contact:

RISE Learning for Life @ RSC Surprise

12535 W. Smokey Drive
Surprise, AZ 85378
(480) 377-4296

riosalado.edu/community/rise



MARICOPA
COMMUNITY COLLEGES

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Welcome to RISE Learning for Life

RISE Learning for Life is a Rio Salado College non-credit, interest-based program. Classes and activities focus on interest-based lifelong learning opportunities for a wide range of individuals within the community. RISE members enjoy exchanging ideas with peers who share their knowledge, talents, and interests with others in a friendly, interactive environment. Classes are presented by RISE volunteers with expertise in diverse topics and represent the local educational, medical, cultural, civic, and business communities.

REGISTRATION AND MEMBERSHIP DUES

Annual Membership Dues are \$50. The Annual Membership Dues covers all RISE classes, except specific courses where the instructor may charge a small fee for materials. **Online Payment (Preferred):** Pay with a credit or debit card via the RISE online class registration platform. Please call cashiers office at 480-517-8330 if you have challenges with payment.

CLASS REGISTRATION

Online Registration begins on August 5, 2024, and will continue through the semester. Classes start August 19, 2024. Rio Salado RISE members who renew may pick up their badge on campus. New members, please stop by the office to pick up a new badge upon coming to the first class.

ONLINE at: www.riosalado.edu/community/rise

If you are a **NEW member** of RISE, you will need to create an account. Click the Start Here button at the top left.

If you are a **CURRENT member** and **have not logged into the system**, you will need to click *Login*, then, *Click here to reset*.

Once you have your login information, you get logged in.

1. www.riosalado.edu/community/rise
2. Click on **Member Log in**.
3. To search for classes, go under **Search Options** on the left side and select a semester.
4. Then choose Program type ANY.
5. After selecting your search options, click the **Search button**. Programs under the semester you selected should appear in the **Search Results**.
6. To view the program's detail page, click on the program Title.
7. To add a program to your Shopping Cart, click **Register**.
8. It will prompt you to Log in.
9. On the next page, select your name to register for the program.
10. Click the **Checkout button**.
11. You **MUST** click on the Terms of Use to save your class and click continue; your registration will then be complete.

CANCELATION OF A CLASS/RENEWAL

If you register for a class, please try to attend. We know life happens, and you can't always get to class. Our volunteer presenters dedicate their time and knowledge to preparing these wonderful classes. Cancel online or contact the RISE office if you cannot attend a registered class.

1. To cancel a class log into your account, **CLICK ON YOUR NAME AT THE TOP RIGHT**
2. Then choose **My Account**. The 3rd tab on the left side.
3. Scroll all the way down until you see the **Account Registration Tab** and put your cursor on it and click the mouse. Your schedule will appear.
4. Then click on the word **Drop** next to the blue Download PDF (far right).
5. Hit the **SAVE** button on the bottom left side of the screen.
6. The tool bar shows all your information - **Contact Tab** will show your name and you can download class schedule to view or print (blue tab to the right)
7. **Membership Tab** shows your membership dates. This is where you will **Renew Your Membership**. Look for the **Status Tab** and under that you will see **Active, Expired, or Renew**.
8. Hit the **Notepad Icon** to the right of the status and it will populate for you to add your payment for renewal. Please have username and password ready if you need RISE Coordinator help.

Classes may occasionally be canceled or postponed due to a presenter's illness or family emergency. We make every effort to contact the members that are signed up for classes by using our information on file, so please keep your information updated. Please check your email for class updates. **Please visit a RISE staff member for help registering or canceling a class.**

Holidays and Closures

Veteran's Day - Monday, November 11, 2024

Thanksgiving Break
Thursday, November 28 – Sunday, December 1, 2024

Winter Break
Thursday, December 12 – January 6, 2025

CLASS OPTIONS

IP (in-person) – In-person class with the instructor on site. No virtual format is offered.

H (Hybrid) - The class will be conducted in a hybrid format. Presenters will be on site, and Webex will be offered as well. To join virtually, click on the link that will be provided to you by email reminder.

V (Virtual) - The facilitator will be in a virtual format, not in person. Please follow the Webex link to join from home.

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THE ARTS



Abstract Expressionist Painters

Presenter: Allen Reamer

Date: IP - December 5, 12, 2024 **Time:** 10:00 AM

What is Abstract Expressionism? Where did it start? Why did it develop in New York? What were these artists trying to do? In this lecture, we will discover the answers to these questions and other questions. We know Jackson Pollock and Mark Rothko, but who were the other artists? What were they trying to do? We will cover both other known and well-known Abstract Expressionist painters.

Arizona Birds Medium 1 & 2

Presenter: Allen Reamer

Date: IP - November 21, 2024 **Time:** 10:00 AM and 12:30 PM

We will produce a variety of paintings and/or pastels of individual birds or birds in a natural setting. This course takes a step-by-step approach to drawing and painting birds and their background. You may use pencils, oils, acrylic, fluid acrylics, watercolor, gouache, and/or pastel. We will cover painting terms, tools, tips, and techniques. The rest of the course will be spent producing paintings and/or pastels of specific birds. **Each session is different; one does not need to attend both sessions.**

Bells, Bells, Bells

Presenter: Janet Teegarden

Date: IP - December 3, 2024 **Time:** 12:30 PM

Bells are one of the oldest percussion instruments that are still in regular use. The earliest known bells were found in China. There are 32 different types of bells. What kind of “music” is played on church tower bells in England? Why were handbells invented, and why did they come to the USA? This class will provide insights into all of these questions and much more. Handbells in the room to ring and hear.

Georgia O'Keeffe's Life and Art

Presenter: Allen Reamer

Date: IP - October 22, 2024 **Time:** 10:00 AM

In this talk, Georgia O’Keeffe’s life and art will be discussed year by year. We will see how her painting style changed, when, and where it changed. You will discover how sickness influenced her life at critical times and how specific people helped her career. We will also discuss the composition of her paintings.

How to Draw Light and Shadows with Graphite

Presenter: Allen Reamer

Date: IP - November 20, 27, 2024 **Time:** 12:30 PM

You can produce beautiful shaded drawings with graphite. There are two types of shadows. You will learn what they are, their parts, how to produce them with graphite, how light defines the surface texture of an object, and how to make these surface-defining lights. Light and shadow define an object's shape, and you will learn how to do this with charcoal. You will also learn how to use tools and techniques to produce these effects, along with the terms. We will use a variety of objects to produce these effects.

Loom Knitting-Child Hats- Part 1 & Part 2

Presenter: Reggie Knight

Date: IP - September 23, 30, 2024 **Time:** 12:30 PM

Loom Knitting is fun and easy. A project that can be completed in a few hours. If you are running out of ideas of what to give family and friends as holiday gifts, this might be the answer. Maybe you want to get back to giving gifts that are filled with a personal touch of love. There are two sessions in this class. In the first session, the basics will be discussed, and you will begin your child's hat. **Part 2:** You will complete your hat, learn a new stitch, and do other projects that may be made with the round looms.

SUPPLY LIST Part 1 & 2

Round loom kit – The Kit contains four looms, a hook, and a needle. Need Scissors and a Tape Measure.
Two (2) skeins of acrylic yarn, medium weight #4 (Look at the band around yarn for number)

Loom Knitting-Baby Blanket or Shrug- Part 1 & Part 2

Presenter: Reggie Knight

Date: IP - November 4, 18, 2024 **Time:** 12:30 PM

This form of knitting is straightforward! You only need a loom, pick, needle, yarn, and scissors. The only difference between the small blanket and the shrug is the size of the loom that is used. Also, the shrug requires a small amount of sewing. The small blanket can be used for a baby blanket in a stroller or carriage, a blankie, or a play mat, or your pet might like it as a lining for its bed – very washable. The yarn we use is soft, lightweight and washable. For these projects, the yarn we use must be BERNAT BABY BLANKET. For those who have never loom knitted, this is a great hobby that you can share with others. It is fun, easy and fast. **Part 2** - Finish these projects.

SUPPLY LIST Part 1 & 2

Knit Quick Knitting Loom Set (4 round looms, tapestry needle and hook)
1 skein Bernat Baby Blanket Yarn 10.5 oz. /300 g, scissors

Mixed Media Art Play-Collage

Presenter: Karen Mayfield

Date: IP - October 14, 2024 **Time:** 12:30 PM

Mixed media is a fun and spontaneous approach to creating your very own playful art expression. Just come to play. Think of this short time as releasing your inner child. In this workshop you'll be creating a fun composition with various papers and organic materials. If you have special paper, string, ribbon, thread, yarn, lace, ticket stubs, or a special treasure you'd like to incorporate into your piece, bring it with you. Just be prepared to come, express yourself and let your mind and creativity blossom! A free-will donation in any amount will be appreciated (but not required) for supplies.

Painting with Julie

Presenter: Julie Larsson

Date: IP - October 24, December 11, 2024 **Time:** 12:30 PM

Each attendee will be provided with all materials necessary to produce a completed painting using acrylic paint, brushes, and canvas board. The process starts with the background, moves to the front ground, and includes techniques for mixing paint colors, how to hold your brush, load your brush, and apply paint to the canvas. It is a fun and exciting experience in creativity. Studies have shown that creating art can reduce anxiety and depression and reduce stress. This is a class promoting self-care through art.

Prado Museum

Presenter: Allen Reamer

Date: IP - October 29, 2024 **Time:** 10:00 AM

The Museum del Prado contains more than 2,300 paintings plus a large number of sculptures, prints, drawings, and other works of art. It has the best collection of Spanish art. The museum's collection concentrates on paintings from the 12th century to the early 20th century. The Prado contains world-famous works of art. After a short history of Prado, we will view and discuss some of its artwork. Some of the paintings will be discussed in detail. We will continue from artist to artist.

Salvador Dali and Surrealism

Presenter: Allen Reamer

Date: IP - November 20, 27, 2024 Time: 10:00 AM

Surrealism is an art style in which fantastical visual imagery from the subconscious mind is used with no intention of making the work logically comprehensible. The Surrealists included Salvador Dali, Max Ernst, Giorgio de Chirico, Jean Arp, Man Ray, Joan Miro and Rene Magritte. Salvador Dali is probably the single best-known Surrealist artist. Discuss the history of Surrealism, its roots, and Dali's life and art.

Sully - Miracle on the Hudson

Presenter: Video 1:36

Date: IP - September 5, 2024 Time: 12:30 PM

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survived the harrowing ordeal, and Sullenberger became a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

Sunsets- All Mediums

Presenter: Allen Reamer

Date: IP - October 22, 29, 2024 Time: 12:30 PM

Southwest sunsets are beautiful. Whatever medium you choose- pencils, watercolor, or acrylic, you will be able to produce beautiful paintings of sunsets using techniques and procedures that you will learn in this class. There will be step-by-step instructions and, if you wish, one-on-one help.

Symmetry and Tessellations – Art or Mathematics?

Presenter: Janet Teegarden

Date: IP - November 7, 2024 Time: 12:30 PM

Humans are pattern seekers. This class will explore the concepts of symmetry and tessellations, concepts dating back many millennia in nature, art, architecture, and more. The class includes student participation activities and LOTS of fascinating pictures! Please bring a pencil or pen, AND crayons, colored pencils, or markers, if you have some. **Be warned:** once you're aware of it, you'll likely have an uncontrollable urge to look for symmetry in everything you see.

Temple Grandin

Presenter: Video 1:48

Date: IP - September 10, 2024 Time: 12:30 PM

Temple Grandin is an engaging portrait of an autistic young woman who became one of America's most remarkable success stories through timely mentoring and sheer force of will. The film chronicles Grandin's early beginnings as a child diagnosed with autism and her turbulent growth and development during her school years. Temple eventually transitioned into a highly functional, esteemed inventor in the cattle industry, which she revolutionized with her scientific research and designs.

The Bishop's Banquet: Music, Musical Instruments, Iconography, Sculpture, and Cuisine

Presenter: Dr. J. Richard Haefer

Date: IP - November 19, 2024 Time: 12:30 PM

The Archbishop's palace in Santiago de Compostela, Spain, has a marvelous banquet room with portals hosting carvings of people and scenes related to eating. Together with illustrations from the marvelously illuminated manuscripts of the

13th century Las Cantigas de Santa Maria, it is possible to present a conception of late medieval Spanish foods, commercial sharing of food products, musical instruments involved with banquets, and the Bishop and his entourage.

The Jungle Book

Presenter: Video 1:45

Date: IP - September 3, 2024 Time: 10:00 AM

This 1942 live-action adventure film is a loose adaptation of Rudyard Kipling's children's classic. The young actor Sabu stars as the jungle boy Mowgli. The film was nominated for a number of Academy Awards, including Best Cinematography and Best Visual Effects.

Those Were the Days: The Golden Age of Television, Part 3

Presenter: Steve Katz

**Date: IP - September 18, 25, October 2, 9, 16, 23, 30, Time: 10:00 AM
November 6, 13, 20**

Twenty-One and the quiz show scandals, anthology series like Playhouse 90 and The Twilight Zone, the birth of infomercials, westerns like Maverick, Have Gun Will Travel, Wagon Train, The Rifleman, Rawhide, Zorro, and Bonanza, sitcoms like Leave It to Beaver, The Donna Reed Show, The Real McCoys, and Dobie Gillis, variety shows like American Bandstand, and Rocky & Bullwinkle, and dramatic shows like Perry Mason, Peter Gunn, Naked City, 77 Sunset Strip, Sea Hunt. We will be playing the Name That Series.

Walt Disney

Presenter: Video 2:00

Date: IP - August 29, 2024 Time: 10:00 AM

Walt Disney was an international celebrity by the time he was 30, hailed a genius before he was 40 with honorary degrees from Harvard and Yale. He built a media and entertainment company that stands as one of the most powerful on the planet. He won more Academy Awards than anybody in history, created a cinematic art form, and invented a new kind of American vacation destination. Disney's work counts adoring fans on every continent and critics who decried its smooth façade of sentimentality.

80's for Brady

Presenter: Video 1:38

Date: IP - August 22, 2024 Time: 12:30 PM

Comedy Inspired by a true story of friendship and adventure. Four lifelong friends set out on an unforgettable journey to see their hero, Tom Brady, play in the Super Bowl 2017 and witness one of the greatest comebacks in sports history. Starring Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field.

FINANCE & LAW



Advance Directives Do It Yourself, It's Free

Presenter: Lou Annacone

Date: IP - October 10, 2024 Time: 12:30 PM

Advance Directives state your end-of-life care wishes for any age. When an emergency arises, who do you want to speak for you and manage your care and affairs, including finances? Without early attention to these questions, you and your family will be overwhelmed with collecting information and encountering inevitable family challenges in a trying time. Many people put this off again and again until it's too late.

Aging Care Planning and Local Sources of Advice and Help

Presenter: Lou Annacone

Date: IP - **October 21, December 10, 2024** **Time:** 12:30 PM

What are the risks to you and also your family from a Long Eldercare crisis? Learn about trusted sources of information that will allow you to take control of Eldercare concerns. Handouts provided.

Are Your Beneficiaries a Mess?

Presenter: Lou Annacone

Date: IP - **October 14, 2024** **Time:** 12:30 PM

When we got that Financial Product, Insurance policy, IRA, Pension, etc., we elected beneficiaries. Your Will won't cover it. Since then, things may have changed. Now is probably the time to reconsider who you want to leave what to. It's easy. You may not need legal or financial advice; just contact the Provider and decide what is needed to change or keep.

Arizona Law

Presenter: Robert Jeckel

Date: IP - **August 21, 28, September 4,11,18,25, October 2,9,16,23, 30** **Time:** 10:00 AM
November 6, 13, 20,27 December 4, 2024

This course covers Law, Wills, Trust, Estates, and Disability and will provide in-depth information about the subjects that most affect your life and your estate as a retiree. Learn the law through stories and examples. Many questions answered so many pertinent questions that Robert, as an attorney, can answer for you in this very important class. The class is fun, informative, and engaging.

Bearish Stock

Presenter: Lowell Carty

Date: V - **December 11, 2024** **Time:** 10:00 AM

A bearish stock is a stock that is declining in price. Financial news will show reports that most analysts in a survey think we're headed for a bear market in stocks, which means the analysts believe that stocks will begin an extended downtrend, with prices falling consistently for a while. Participants will benefit from a combination of tutorial presentations and active discussions. 1- hour **Virtual** segment.

Earnings, Recovery, Income

Presenter: Karen Kamenir

Date: V - **October 24, 2024** **Time:** 10:00 AM

We go into November with still more companies reporting as we listen to the talking heads. We are going to review if you own an ETF, Fund, or Stock that made you money. We are going to take a stock that suffered a bit and figure out how to make money anyway. Then, review how many methods you can use to bring in INCOME safely. 1-hour **Virtual** segment.

How Would an Advisor See It - Common Ways Advisors Manage Investments

Presenter: Craig Morningstar

Date: V - September 19, 2024 **Time:** 10:00 AM

There are many ways advisors can manage investments and outcomes. Hear from someone who has been on the inside on ways to get more from an advisor relationship. This presentation will review what to ask advisors and maybe how to get more information. For more than 20 years, Craig has been the advisor to many firms as a consultant, industry speaker, and to over 400 advisors. He worked with firms on their business models, client deliverables, financial planning, investment management solutions, technology, and compliance. 1-hour **Virtual** segment.

How Would an Advisor See It - How Advisor See Financial Planning or Don't Do It

Presenter: Craig Morningstar

Date: V - September 26, 2024 **Time:** 10:00 AM

Have you had financial advice and thought that was not the outcome you were expecting with what information you were given? In this session you will learn about advisors and how different they can be in what they offer. Some advisors do different types of planning and some do not. This presentation will explore the common planning efforts, taxes, estate, financial planning, goal planning, and what can be reasonable to expect to improve outcomes. 1-hour **Virtual** segment.

How Would an Advisor See It - Price You Pay or The Value You Get?

Presenter: Craig Morningstar

Date: V - October 31, 2024 **Time:** 10:00 AM

Advisors offer different services and can be paid in different ways. It is important to understand what you are paying and what you are and are not getting. This presentation will explore ways to get more for what you pay an advisor. 1- hour **Virtual** segment.

Importance of Tax Planning Leading Up to and in Retirement

Presenter: Urban Adams

Date: V - October 3, 2024 **Time:** 10:00 AM

You have worked hard to save for your retirement. But to know when to withdraw is just as important. This presentation will help you understand the rules and tax obligations for withdrawals and can advise you on which retirement accounts to contribute to while working, which to withdraw from, and when to retire. 1- hour **Virtual** segment.

Introduction to Medicaid Rules and Application Planning

Presenter: Lou Annacone

Date: IP - October 29, 2024 **Time:** 12:30 PM

Medicare does not pay for long-term Eldercare. Medicaid does! To avoid a crisis, understand what is involved in applying for Medicaid. It is the last resort for you and your family if you are without the resources to pay. The application process is extremely extensive and personally intrusive, involving sharing personal financial, medical, and lifestyle information. The State requires all this information to qualify you for this benefit, and it can take you weeks of digging to find the info.

Legacy Landmines

Presenter: Kim Dyer

Date: IP - September 9, 2024 **Time:** 10:00 AM

Wills, Trusts, Probate, Beneficiaries, Digital Assets. Let's ensure you have everything set up appropriately to leave a positive legacy for your loved ones. Kim will review the necessary considerations to avoid a legacy landmine!

Logging for Profits

Presenter: Jim Ek

Date: V - December 4, 2024 **Time:** 10:00 AM

Log returns are useful because you can add them over time. They are easy to compare over different time periods of different lengths because they scale linearly. You can easily convert them into simple returns and returns. 1 Hour

Virtual segment.

My IBD Portfolio, Avoid the Investing Hype

Presenter: Jim Ek

Date: V - October 10, 2024 **Time:** 10:00 AM

Investor's Business Daily's CAN SLIM investing model is a systematic approach to stock investing. If you're looking to get rich quickly, this isn't it. The acronym **CAN SLIM** stands for **C**urrent earnings per share, **A**nnual earnings growth, **N**ew product or service, **S**upply and demand, **L**eaders or laggards in the industry, **I**nstitutional sponsorship, and **M**arket direction. 30-minute **Virtual** segment.

Navigating IRA/ROTH Distributions & RMSs

Presenter: Kim Dyer

Date: IP - November 18, 2024 **Time:** 10:00 AM

This class will review the IRS regulations associated with IRA/Roth IRA/401k Distributions and Required Minimum Distributions (RMDs). We will clarify when you must begin your RMDs and discuss deadlines and penalties. The 5-year Roth rules will be discussed, along with guidelines for inheriting Spousal and Non-Spousal IRAs. Converting IRAs to ROTH IRAs will be addressed as well. We'll review the impact of the new SECURE ACT!

Never Pay Your 1st Bill

Presenter: Edward Givens

Date: IP - October 3, 2024 **Time:** 10:00 AM

Be an active participant in your own healthcare. As patients, we accept the bills we receive without questioning them, even if they seem unreasonable. By taking a more proactive approach, it is possible to save significant amounts of money on medical expenses. Every year, millions of people are overcharged and underserved. Yet, the healthcare industry makes record profits. The intricate system is designed to discourage complaints and make pushing back seem impossible. Please join us and learn the idea of not paying the 1st bill and how that can save you money.

Optimizing Social Security Benefits

Presenter: Kim Dyer

Date: IP - October 14, 2024 **Time:** 10:00 AM

You will learn how your Social Security Benefit is calculated and the importance of reviewing the data. When to file for your social security benefits. It will provide a road map for maximizing your benefits with the Social Security Administration and your overall retirement plan. Learn why it is important to establish an online account with the Social Security Administration. Get clarification on spousal benefits and how to claim them. These and many other Social Security issues will be addressed.

Protect Family Wealth Capital from Elder Care Spending Part 1 & 2

Presenter: Lou Annacone

Date: IP - November 5, 12, 2024 **Time:** 10:00 AM

Advanced Eldercare Planning includes the logic and math to protect you from the risk and the heartache of this potential nuclear event. The goal is to provide a plan to provide care and hire the experts to the extent you can afford them. Learn about Federal and State

programs available to reduce financial risk.

Reverse Mortgages Understanding Fact from Fiction

Presenter: Bill Cave

Date: IP - October 15, 2024 Time: 10:00 AM

This is an A-to-Z informational class covering the Home Equity Conversion Mortgage (FHA - HECM) in an educational, straightforward manner. Bill covers recent changes in the program that helped make the reverse mortgage loan program a smart and safe option for people 62 and older. Provides a road map on how to navigate the process and make good decisions based on individual goals such as increasing cash flow, preserving net worth and assets, etc.

So Many Ways to Pay for Eldercare from Your Current Resources

Presenter: Lou Annacone

Date: IP - December 3, 2024 Time: 10:00 AM

A non-sale looks at what you can do to pay for Eldercare. Understand how the Care System can work for you. Long Term Elder Care can be the most important planning your Family ever does. Hear about all the methods and family help available, as well as places to find local non-profit and professional help.

Will Medicaid Come to My Family Home

Presenter: Marsha Goodman

Date: IP - October 29, 2024 Time: 10:00 AM

Many people who could benefit from the Arizona Long Term Care System program to help cover the cost of long-term care for themselves or their loved ones don't get the help they need because of the common misunderstanding that this Medicaid program will take their homes. In fact, there are several strategies that someone can use to retain their home for themselves and/or their spouses and can leave it to their heirs.

HEALTH & WELLNESS



Above Ground Gardening

Presenter: Terry Yahweh

Date: IP - August 26, 2024 Time: 10:00 AM

Growing and eating your own vegetables and fruits full of colors and flavor and knowing that they are filled with wholesome nutrients with no trace of pesticides or insecticides. You will learn how to construct your own above-ground garden easily. You will also learn to keep what you once threw in the trash: banana peels, orange peels, an old salad, grass clippings, etc., and with your new knowledge, you will recognize that the discarded items were a hidden, natural, and robust treasure to feed your garden.

Acupuncturist's Tools of the Trade

Presenter: Patricia Martin

Date: IP - October 3, 2024 Time: 12:30 PM

Many out-of-the-ordinary items used by an experienced acupuncturist, not only the needles, both silver & copper, and the fire cups, which you've all seen in some movie or another, but also the Manaka hammer, seasonal crystals, Japanese diode rings, Toyo Hari silver tools, brass singing bowls, a demonstration of sparrow pecking for scar treatments and more.

Alzheimer's Education

Presenter: Edward Givens

Date: IP - November 14, 2024 Time: 10:00 AM

Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65.

Autumnal Equinox Acupuncture

Presenter: Patricia Martin

Date: IP - September 19, 2024 Time: 12:30 PM

Seasonal treatments at each of the solstices and equinoxes assist the high ministers of each of the organs in your body in communicating with one another during the various seasons throughout each year. We'll examine the best/worst foods for the season and the emotions, colors, and voices to keep you in the best health possible throughout the beginning of the flu season.

Beating the Holiday Blues

Presenter: Georgina Martinez

Date: V - December 5, 2024 Time: 10:00 AM

Studies show that not everyone is happy around the holidays. This presentation talks about normalizing feelings of sadness during the holiday season. We will discuss planning for triggers and connecting to various forms of support to help manage depression. This is a **Virtual Class**.

Bone Health Basics: Understanding Osteoporosis

Presenter: Georgina Martinez

Date: V - September 26, 2024 Time: 10:00 AM

Osteoporosis is a serious condition for women and men. It causes your bones to get weak and may cause them to break. The good news is that osteoporosis can often be prevented and treated. Please join us in our program to learn how you can prevent bone loss and possible broken bones. This is a **Virtual Class**.

Chair Yoga

Presenter: Shel Fanelli

Date: IP - October 9, 16, 23, 30, 2024 Time: 10:00 AM

A gentle all-levels practice that uses the assistance of a chair for support and balance. Yoga is beneficial for reducing pain and stress, and calming the busy mind. There is no yoga experience needed. Come and give yourself the gift of self-care.

Change Your Thoughts Change Your Life

Presenter: Cheryl Catale

Date: IP - November 12, 2024 Time: 10:00 AM

Law of Attraction is a philosophy that suggests positive thoughts and actions lead to positive outcomes, while negative thoughts and actions lead to negative outcomes. In this class, learn how to attract what you would like in your life. More money, vacations, and positive relationships...unlock the infinite possibilities you can manifest in your life. Don't believe it? Come to this class, and you will!

Control Your Cholesterol

Presenter: Georgina Martinez

Date: V - November 21, 2024 Time: 10:00 AM

High cholesterol is something that many older adults have. But having it doesn't mean you can't control it. Join us to learn what you can do to manage high cholesterol and keep it under control. Do I need medication, or can I change my diet? This is a **Virtual Class**.

Depression: Common, Disabling, Unrecognized, Treatable

Presenter: Georgina Martinez

Date: V - September 5, 2024 Time: 10:00 AM

How do you know when it's more than just the blues? How do you know when it is depression? Depression is common and happens to about 1 out of 20 adults every year. But you do not have to suffer from depression. Treatments are available to help you feel better. Spend some time with us to learn how to determine if it's more than just the blues and what you can do about it! This is a **Virtual Class**.

Effective Alternatives for Managing Pain

Presenter: Cynthia Poppe

Date: IP - November 4, 2024 Time: 12:30 PM

Acupuncture is a complete and holistic medical system that incorporates many components and modalities. Learn the mechanism behind a needling technique that activates the body's own healing and can help relieve pain instantly. Learn what to expect from a treatment and become familiar with other common modalities used with Acupuncture, such as PRP, Infrared Sauna, cupping, moxa, float therapy, low-level laser, and homeopathic injectables.

Getting a Good Night's Sleep

Presenter: Georgina Martinez

Date: V - October 17, 2024 Time: 10:00 AM

All adults need between 7 and 9 hours of good sleep each night. But sometimes, sleeplessness takes hold and could cost you precious hours of sleep. Many of us do not want to take pills for it, either. This program will teach you some good sleep habits you can do to get a good night's sleep – without medications! This is a **Virtual Class**.

Gut Health

Presenter: Shel Fanelli

Date: IP - December 3, 2024 Time: 10:00 AM

Scientifically proven theories exist on the origins of disease and gut health. Come join a lively discussion with Shel, a transformational wellness coach who is passionate about better gut health. Shel uses healing modalities such as homeopathic medicine, integrative nutrition, yoga, and herbs to guide clients and students to optimal health. Handouts, sample tea, and note-taking are recommended.

How to Exercise Your Brain

Presenter: Dr. Melvyn Friedman

Date: IP - September 4, 2024 **Time:** 10:00 AM

Hear the story about how a physician who overcame a Traumatic Brain Injury on vacation. He developed a process that brought him back from not being able to walk and talk to a productive life. He used a series of steps to alter muscle memory actions that have the potential to grow new neural connections.

How to Synchronize, Harmonize, and Optimize Your Relationship with Your Doctor

Presenter: Dr. Eric vanSonnenberg

Date: IP - October 24, 2024 **Time:** 12:30 PM

Have you ever left the doctor's office and had no idea of what just happened? The technical words and the diagnosis did not make sense, and you did not know what kind of questions to ask. Dr. vanSonnenberg, who is a practicing physician and professor at the University of Arizona College of Medicine, will help you communicate with your doctor. This presentation will look at some of the tests that your doctor may recommend (CT, MRI, PET, x-rays) so you will be better informed.

Let's Talk About Mental Illness

Presenter: Kate Mohler

Date: V - October 8, 2024 **Time:** 12:30 PM

This presentation introduces new words and concepts related to mental illness. Just as learning a new language can open you up to a new world, learning words and concepts related to mental illness opens you up to a better understanding of what mental illness really means. Participants will be better prepared to engage in future conversations about mental health and mental disorders. This is an interactive session, so bring your questions and ideas. This is a **Virtual Class**.

Mediterranean Diet

Presenter: Georgina Martinez

Date: V - August 22, 2024 **Time:** 10:00 AM

The Mediterranean Diet has been shown to have many health benefits. Join us for a discussion on which foods to eat, how following this diet can improve our health, and how it can help prevent certain medical conditions. This is a **Virtual Class**.

Mediterranean Diet & Cancer Killer

Presenter: Terry Yahweh

Date: IP - September 9, 2024 **Time:** 10:00 AM

Many of us reduce our lifespans by the overconsumption of foods that damage our bodies with chronic diseases that lead to an early demise, resulting in the death of our destiny and the entombment of our dreams. However, we have the opportunity to bring our bodies to optimal health by implementing the scientifically endorsed Mediterranean Meal Plan, which can save your life.

Memory Loss Prevention

Presenter: Cheryl Catale

Date: IP - October 15, 2024 **Time:** 10:00 AM

In this class, you will learn about lifestyle changes that we can make to control our brain health. There are many things we can do to prevent or slow the onset of Dementia. Changes in our brain take place at least 10 years before any symptoms arise; however, just like the rest of our bodies, healthy changes can be made at any age. Learn what you can do to prevent cognitive decline.

New Approaches to Arthritis & Osteoporosis

Presenter: Dr. Scott Timko

Date: IP - September 19, 2024 Time: 10:00 AM

Arthritis and Osteoporosis can ravage your bones and joints as you age. But you don't have to succumb to the effects of these horrible diseases. In this class, you will learn the symptoms and risk factors associated with these two disease processes. You will also be taught the basic causes of these debilitating diseases as well as the medical and holistic treatments associated with each.

Power Over Diabetes and Neuropathy – Prevention and Reversal Naturally

Presenter: Dr. Scott Timko

Date: IP - November 14, 2024 Time: 10:00 AM

Diabetes is one of the most underdiagnosed yet often fatal conditions. Many complications can arise from the development and progression of this disease. Connections have been made to heart disease, strokes, kidney disease, and blindness, just to name a few. The common understanding about diabetes, regardless of type, severity, or level of progression, has always been that it is irreversible. Research has disproved this and offers solutions for both the prevention and reversal of diabetes with various choices.

Should I Age in Place or Look for Other Options?

Presenter: Nydia Montijo

Date: IP - September 30, 2024 Time: 10:00 AM

Many of us are asking this question and wondering how to get started. Whether we plan to stay in our current home, move in with an adult child, move to senior housing, or look for Assisted Living, the process can be daunting. Attend this session and learn how to assess your needs, plan for those needs, look for options and shop for the right setting. Walk away with a plan on how you are going to proceed.

Supporting Inner Peace in Times of Chaos

Presenter: Shel Fanelli

Date: IP - October 16, 23, 2024 Time: 12:30 PM

How do you maintain inner peace when feeling anxious, conflicted, concerned, and confused about the chaos of our modern world? Perhaps you are looking for a safe space to express your thoughts and feelings about your spiritual self and how to maintain inner peace in the chaos. The mind/body connection with health and how to navigate the never-ending barrage of media, opposing views, and disconnection that many of us are experiencing.

Stroke Education and Prevention

Presenter: Chelle Hartman

Date: IP - October 15, 2024 Time: 12:30 PM

Stroke is the 5th leading cause of death and the number one cause of long-term disability in the United States. Nearly one-quarter of strokes occur under the age of 65, and more than doubles each decade after the age of 55. Eighty percent of all strokes are preventable. Identification and management of stroke risk factors is key in reducing a person's risk of developing stroke. Time is the brain, and every minute counts. Early recognition and prompt treatment of stroke symptoms can improve a person's recovery.

Tai Chi Essentials

Presenter: United Tai Chi

Date: IP - September 17, 2024 Time: 12:30 PM

The beauty of Tai Chi is that it can be learned and practiced by anyone at any age and can be tailored to the abilities of the student. This is especially important for seniors or people with physical challenges who would otherwise hesitate to become involved in physical movement.

The Autoimmune Matrix Combating Autoimmune Challenges Naturally

Presenter: Dr. Scott Timko

Date: IP - October 17, 2024 Time: 10:00 AM

According to the field of epigenetics, our environment, lifestyle choices, and dietary habits, all have the ability to turn on certain genes that can cause the development of autoimmune complications. There are many effective, alternative treatments. Join Dr. Timko to learn how to take control of your health by getting to the root of autoimmunity, addressing deficiencies, and becoming a more active participant in your healing process.

The Science of Preventing Alzheimer’s disease

Presenter: Dr. Mike Mallek Ahmadi

Date: IP - October 8, 2024 Time: 10:00 AM

Can scientists find a way to stop Alzheimer’s disease before it ever affects your memory and thinking? Research efforts to prevent the disease are now focused on individuals who may be at risk for Alzheimer’s but do not show any symptoms. This fascinating presentation will provide an overview of how Alzheimer’s disease is defined before symptoms appear and how it is being used to develop preventative therapies.

What About You?

Presenter: Nydia Montijo

Date: IP - December 9, 2024 Time: 10:00 AM

We have crafted this workshop specifically for caregivers. We discuss the physical and emotional toll of being a caregiver and help identify factors of self-neglect. We provide practical solutions for eliminating fatigue and avoiding it in the future. We review self-care techniques and logistical tips to make any needed change sustainable, reasonable, and doable. Allow us to provide some relief, soothe some possible guilt, and equip you to live in a sustainable way.

Your Brain & How it Works

Presenter: Dr. Bill Blaker

Date: IP - November 25, December 2, 9, 2024 Time: 10:00 AM

We each carry around the most complex object in the known universe - the human brain. We will look at principles of brain anatomy and function, imaging the living brain, and how all this explains why different types of strokes have different symptoms. Then, we will look at sensory systems and how they change with aging. We will investigate how sensory illusions work and study types of memory and ways to enhance memory. If you have a brain, and if it is curious about what it does, then bring it to class.

HISTORY & SOCIAL SCIENCES



An Event in the World That Changed My Family’s Story

Presenter: Duane Roen

Date: IP - November 18, 2024 Time: 10:00 AM

Events in the world can affect people in many ways. For example, the Irish potato famine drove many people to leave Ireland in the late 1840s. Perhaps, though, a smaller event had a major impact on our family—e.g., a fire that caused the family to quit farming or loss of crops. In this workshop, we will discuss the event that changed your trajectory.

Being a Roman Soldier

Presenter: Dr. Bill Blaker

Date: IP - October 21, 28, November 4, 18, 2024 **Time:** 10:00 AM

The Roman Empire and its influence on Western civilization would not have been possible without the Roman soldier. Historical development of the Roman army into the most successful fighting force the world had ever seen. What sorts of men joined this large volunteer army, and what equipment were the recruits given? What was it like to be in a battle, and what were the soldiers doing when they were not fighting?

Diseases That Changed History

Presenter: Dr. Bill Blaker

Date: IP - September 23, 30, October 7, 14, 2024 **Time:** 10:00 AM

The plague, smallpox, scurvy, and yellow fever no longer have widespread prevalence today. But in their heyday, they each had profound influences on human history, which far outlasted them. This course will look at the biological and medical basis of each of these diseases and then see what social, political, and economic roles each played in influencing historical developments and events.

Eliminating Poverty & Inequality by Restoring the Common Good

Presenter: Dave Newman

Date: IP - October 1, 2024 **Time:** 10:00 AM

Income inequality is a given in our capitalist free-market economy. There is no justification for the top 1% having more wealth than the middle 60% of the income distribution. History shows that such inequality not only creates political dysfunction but also undermines confidence in the economic system, leading to revolution. Explore the transformative changes other countries have already made in eradicating poverty and inequality and how we can implement the same and restore power and fairness.

Favorite Family Holidays

Presenter: Duane Roen

Date: V - December 10, 2024 **Time:** 10:00 AM

Families observe and celebrate a range of holidays for religious, secular, historical, familial, or even whimsical reasons. In this workshop, each of us will write about a favorite family holiday and how and why we celebrate it (so please bring paper, pen, or laptop). This is a **Virtual Class**.

Genealogy Research

Presenter: Gloria Parker

Date: IP - November 6, 2024 **Time:** 12:30 PM

If you are just beginning or have been doing Ancestry research, for a time, you may wish to attend this class. You will be given free internet websites you may not know about in order to find records on your ancestors. Also find out about the West Valley Genealogy Society/Library. Handouts and PowerPoint.

Gentleman Jack-The Anne Lister Diaries

Presenter: Dr. Patricia Nelson and Dr. Patricia Book

Date: V - December 5, 2024 **Time:** 12:30 PM

Anne Lister (1791-1840)—locally dubbed Gentleman Jack—was a polymath, landowner, traveler, businesswoman, prolific diarist, and undaunted lover of women. She lived with her wife, Ann Walker, at Shibden Hall in Halifax, West Yorkshire. She flouted gender norms for the time. Her 26 quarto volumes include over 5 million words written in script hand and crypt hand, covering the period 1806 until the time of her death in 1840. This is a **Virtual Class**.

History of Baseball

Presenter: Mark Brown

Date: V - September 12, 2024 Time: 10:00 AM

With baseball as uniquely American, the course traces its origin from colonial times to the present. From its popularized and esoteric beginning, through icons like Babe Ruth, Jackie Robinson, Ted Williams, and Nolan Ryan, to the modern game with significant changes. Through the centuries, baseball has captivated players and participants. The popularity and the fervor extend to the Far East, Central and South America, the Caribbean, and to great reaches globally. This is **Virtual Class**.

It's a Wonderful Life

Presenter: Duane Roen

Date: IP - December 9, 2024 Time: 10:00 AM

In the 1946 film *It's a Wonderful Life*, George Bailey (Jimmy Stewart) is so overwhelmed by problems in his life that he wishes that he had never been born. In the next section of the film, he learns what life would have been like if he had not been born, and he comes to appreciate the positive—and even lifesaving—effect he has had on the lives of family and friends. In this workshop, we will discuss how the lives of our family and friends would be different if each of us had not been born.

Middle East: History and Current Life, Challenges, & Opportunities

Presenter: Winnie Fritz

Date: IP - November 13, 2024 Time: 12:30 PM

What's Going on There? Past? Present? Future? In this presentation, Winnie will review the Middle East's geography and culture while discussing its history from 1917 until today. Learn about the treaties, agreements, wars, and their impact. Learn what is currently happening in Gaza, the West Bank, Israel, and the greater Middle East, and see if it differs from what we see in the news. What could be some possible future scenarios?

Old Ironsides

Presenter: Dr. Bill Blaker

Date: IP - August 19, 26, September 9, 16, 2024 Time: 10:00 AM

The U.S.S. Constitution, nicknamed Old Ironsides, was launched in 1797 as one of the first warships constructed for the U.S. Navy. She defeated five British warships during the War of 1812, was retired from active service in 1881, and is currently docked in Boston Harbor as the world's oldest commissioned ship afloat. This course will look at the construction, battles, and history of the Constitution to the present day.

People Who Have Helped Me to Become the Person I Am

Presenter: Duane Roen

Date: IP - October 21, 2024 Time: 10:00 AM

Many people help us become the people we are today. Family, friends, teachers, and mentors, for example, can do that through their direct interactions with us. However, many people who have never met us have also helped us become the people we are today—the public figures who consistently demonstrate qualities such as kindness, empathy, humility, and other features that we value.

Reasons That Propelled the Articulation of the I Have a Dream Speech

Presenter: Terry Yahweh

Date: IP - August 27, 2024 Time: 10:00 AM

Dr. Martin Luther King Jr.'s, *I Have a Dream* speech has been hailed by many as the greatest public discourse of the 20th century. It is not commonly known that Dr. King delivered various versions of the speech before the August 28, 1963, March on Washington for Jobs and Freedom. There were five reasons that led to the arrival of that speech on the steps of the Abraham Lincoln Memorial, which directed the purpose and profound effectiveness of that oration.

Reflections on Courage in Our Lives

Presenter: Duane Roen

Date: IP - August 19, 2024 **Time:** 10:00 AM

Duane developed this workshop immediately after seeing a Theater of War production of Norwegian playwright Henrik Ibsen's 1882 play *Enemy of the People*. In this workshop, members will reflect on thoughts about courage and experiences with courage.

Remarkable Del Webb

Presenter: Bret McKeand

Date: IP - September 19, 2024 **Time:** 10:00 AM

The story of how a high school dropout went on to build one of the nation's largest construction firms. Along the way, he owned the New York Yankees for 20 years, pioneered the casino/convention hotel in Las Vegas, and went against the expert's advice in opening the nation's first active adult community.

Story Telling: Legends of Kings

Presenter: Diana Dinshaw

Date: IP - October 7, 2024 **Time:** 12:30 PM

Listen to a certified storyteller who narrates stories to a live audience. Born and raised in Karachi, Pakistan. Diana will tell her personal stories of growing up and family interactions, as well as folktales from the sub-continent. Having been raised a Zoroastrian, she has ancestral roots in what was previously Persia, and she tells legends and myths from the "Shah Nameh" and "Bundahishn"

The Butterfly Effect on Our Lives

Presenter: Duane Roen

Date: V - September 23, 2024 **Time:** 10:00 AM

The butterfly effect is the concept that small things can have a chain of unexpected consequences. In this workshop, we will discuss how some seemingly small things have affected our lives and the lives of family and friends in ways that we would never have expected. This is a **Virtual Class**.

The Nature and Roles of Work in Our Families

Presenter: Duane Roen

Date: V - August 26, 2024 **Time:** 10:00 AM

People work to earn a living, but the nature of work varies across individuals and generations. For example, in 1900, approximately 40% of the U.S. population lived on farms. By 2016, that number had dropped to 1%. The nature of some kinds of work has also changed dramatically in the last century, especially because of emerging technologies.

The Roles of Animals in Our Lives

Presenter: Duane Roen

Date: V - October 28, 2024 **Time:** 10:00 AM

Pretty much all of us have had experiences with animals. Some of us have had pets or cared for animals on farms and ranches. Many of us are bird-watchers or have seen animals in zoos or seen animals in the wild or via the movies. We will discuss some of our experiences with animals and what we have learned from them. This is a **Virtual Class**.

The U.S. 1945-Present

Presenter: Dr. Bonnie Saunders

Date: V - September 4, 11, 18, 25, October 2, 9, 16, 23, 2024 **Time: 12:30 PM**

We will discuss some of the most important and relevant policy changes in the U.S. since the end of World War II in 1945—political, social, economic, and foreign. This is a **Virtual Class**.

There's No Place Like Home: What Does Home Mean to Me?

Presenter: Duane Roen

Date: V - November 4, 2024 **Time: 10:00 AM**

For some people, home is where they were born and reared. For some, it is where they live now. For others, it is where their ancestors lived centuries ago. Pliny the Elder said that Home is Where the Heart is. In this workshop, we will reflect on what home has meant to each of us at various points in our lives. This is a **Virtual Class**.

Time of Revolution: In Search of Shakespeare

Presenter: Video 56:10

Date: IP - August 19, 2024 **Time: 12:30 PM**

Shakespeare's program begins during the reign of Queen Elizabeth I and the start of a cultural revolution. Historical documents reveal that, contrary to popular belief, William Shakespeare was born to a wealthy family and received a privileged education as a child. But as a teenager, his world is turned upside down when his family is persecuted for their religious beliefs. At 18, Shakespeare becomes a father and a husband, and we find that a love poem to his wife would become his first known work.

Tracing Your Norwegian Roots

Presenter: Duane Roen

Date: IP - September 26, 2024 **Time: 10:00 AM**

The resources for doing Norwegian genealogy are amazing: they go back to the 1500s, are online, and are free. Duane has been tracing his Norwegian ancestry since he was a teenager ("Roen" ["Raaen"] is a Norwegian farm name) and will share resources and tips for finding information about your ancestors.

Trick or Treating's Tricky History

Presenter: Video 1:00

Date: IP - October 31, 2024 **Time: 10:00 AM**

Trick or treating--costumed kids collecting and eating way too much candy on Halloween.

But for a time, the holiday was all tricks and no treats. Halloween gained popularity in America in the early 1900s, when it was more centered on the Scottish and Irish tradition of nighttime pranking and mischief. Trick or treating has become a tradition of innocent Halloween fun.

United States Constitution for Immigrants in the Modern Era

Presenter: Pat Connell

Date: IP - October 10, 2024 **Time: 10:00 AM**

Hear about the Constitution and the Bill of Rights and what it means today and in the future from the perspective of an immigrant in today's society. Pat became a citizen in 1958 after he immigrated to America from Dublin, Ireland. Hear this engaging presentation about his love for America.

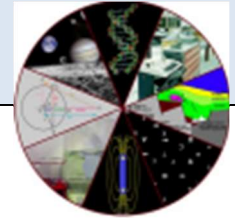
Veterinarian Medicine & Food Supply

Presenter: Dr. Michael Moore

Date: IP - September 10, 2024 **Time: 10:00 AM**

This presentation will cover the veterinarian's role in meat production from producer to consumer. Some of the new advances in beef cattle production will be highlighted. Is America the best and safest food supply in the world? Please join Dr. Moore, and you might be surprised by the answer.

NATURAL SCIENCES & MATHEMATICS



Ice on Fire

Presenter: Video 1:38

Date: IP - August 20, 2024 Time: 10:00 AM

Experts discuss the urgency for a solution to climate disruption; multiple modalities are necessary. The ice is melting, and decisive action needs to be taken. How many more tipping points can we go before we hit a tipping point from which our civilization cannot recover? It's not that there's one solution, but together, we can achieve a dry out by doing 80% of the solutions.

NASA Solar Systems & Oceans

Presenter: Dr. David Williams

Date: IP - October 15, 2024 Time: 12:30 PM

Did you know Arizona State University has been among the top ten universities conducting planetary science research in the world for over 30 years? Learn the latest about NASA's Solar System Exploration Program and ASU's role in many of its missions. In October, NASA will launch the Europa Clipper spacecraft, the latest large robotic mission to explore Jupiter's icy moon Europa and its liquid water subsurface ocean. This mission builds on the successes of NASA's Galileo mission from Dr. Williams.

Palo Verde Nuclear Generating Station

Presenter: Ken Kaminski

Date: IP - November 13, 2024 Time: 10:00 AM

How does Palo Verde generate electricity and use fuel? What is the current state of nuclear power in the world, and how does Palo Verde interact with the electric grid? The electricity grid is a complex and incredibly important system and one of the most impressive engineering feats of the modern era. The addition of renewable energy requires the grid to handle these new, intermittent power sources. Can renewables alone provide the energy we need? Find out how the grid works and why it does not.

Science Behind Alien Encounters

Presenter: Dr. Robert Farrell

Date: IP - October 7, 2024 Time: 10:00 AM

This book covers topics from cosmology and astronomy to anthropology and ancient beliefs. What is the evidence that we are being visited? What are the amazing similarities between what the Sumerians knew about our solar system six thousand years ago and what present-day astronomers know today? What did well-known and respected scientists such as Werner von Braun say about UFOs?

Science Behind Mummies of Nazca, Peru

Presenter: Dr. Robert Farrell

Date: IP - October 14, 2024 Time: 10:00 AM

Something historic is happening in Nazca, Peru. In early 2017, several “unusual” bodies and parts of bodies were examined after being given to the Inkari Institute in Cusco, Peru. This lecture will discuss the controversy about the authenticity of these bodies and present data for the audience to evaluate.

Science Behind Noah’s Flood

Presenter: Dr. Robert Farrell

Date: IP - October 21, 2024 Time: 10:00 AM

The evidence is overwhelming that there was a worldwide catastrophe known as the Deluge or simply- Noah’s Flood. The Deluge appears in The Old Testament as well as ancient stories such as the Sumerian Epic of Gilgamesh and the older Babylonian Atra-hasis epic. A presentation on what a mega-tsunami is and the relationship between ice buildup at the poles and sea level.

Science Behind Creation of the Universe

Presenter: Dr. Robert Farrell

Date: IP - October 28, 2024 Time: 10:00 AM

The history of astronomy and cosmology cites paradigm shifts that have occurred since Ptolemy. Also, various hypotheses about the origin of the universe, including the popular Big Bang theory and its weaknesses. Finally, an alternative theory that uses the same data as the Big Bang theory but does not violate the laws of physics.

RELIGION & SPIRITUALITY



All Things Are Possible

Presenter: Terry Yahweh

Date: IP - September 30, 2024 Time: 10:00 AM

Give examples of individuals in history who have overcome obstacles toward success. We will review the stalwart principles of enduring opposition and so-called failure to arrive at one's life destiny. Terry gives personal examples of three events in his life and how he overcame adversity to achieve his goals. The audience will share examples in their respective lives that led to success.

Baha’i Faith

Presenter: David Brown & Kathy Mosley

Date: IP - October 3, 2024 Time: 10:00 AM

A brief introduction to the Baha'i Faith, including videos on the history and tenets, with questions and answers to follow. Throughout history, God has sent to humanity a series of divine Educators—known as Manifestations of God—whose teachings have provided the basis for the advancement of civilization.

Energy Medicine- What is It and How Does It Work?

Presenter: Dr. Diana Warren

Date: IP - September 24, 2024 Time: 10:00 AM

Energy Medicine has existed for centuries and is used by millions of people. It is outside the view of traditional medicine and is often called alternative medicine. Learn about pioneers in energy medicine, the human energy body, including the

chakras and meridians, blockages in energy flow, types of energy medicine, and nine healing techniques used. References will be provided for your further study.

It's Never Too Late to Live a Better Life

Presenter: Claudia LaBaron

Date: IP - November 7, December 11, 2024 **Time:** 10:00 AM

Through interactive discussions and practical exercises, you'll learn about the five steps to help you explore the power of assessing your current life situation to begin improving it and identifying possible solutions to begin feeling better about your life. Developing healthy coping mechanisms for stress and challenges strengthens social connections and fosters a sense of belonging. Maybe even pursue your passions and interests and implement strategies for sustainable change.

New Moon Astrology

Presenter: Gail Ivanpour

Date: IP - October 1, 2024 **Time:** 12:30 PM

New moon astrology is an incredibly powerful life coaching modality that allows individuals to understand the basis of their fears and how to overcome them in ways that are powerfully uplifting. The information provided is based on the energy of the eclipse patterns present just before a person's birth.

Theosophical Studies: Blavatsky on Universal Ether

Presenter: Clare Goldsberry

Date: IP - September 24, 2024 **Time:** 10:00 AM

A Madam Helena Petrovna Blavatsky, founder of the Theosophical Society (1875) and promoter of the synthesis of science, religion, and philosophy as theosophy, states: Ether, Matter, Energy – the sacred trinity of primordial matter that pervades the Universe. Today that is known as Dark Matter and Dark Energy. We'll explore and compare what HPB said about Fohat and Akasha in The Secret Doctrine and what astrophysicists tell us today as they continue to reveal more about Dark Matter and Dark Energy that make up most of our Universe.

Theosophical Studies: Blavatsky and the Lost Continents

Presenter: Clare Goldsberry

Date: IP - October 22, 2024 **Time:** 10:00 AM

Was there once a continent named Atlantis and another Lemuria? Where did these continents go? We'll explore the mythology of these supposed lost continents from what HPB had to say in her writings, Plato's theory of Atlantis, and the underwater continents being found by geologists today, such as Zealandia, Nuna and others as we look at earth's shifting crust, ice ages and global warming of past eons and what science has discovered recently about these amazing underwater land masses.

Theosophical Studies: Blavatsky and Evolution of Humans and Monad

Presenter: Clare Goldsberry

Date: IP - November 19, 2024 **Time:** 10:00 AM

What is humankind composed of? HPB speaks of the monad, a term by Gottfried Wilhelm Leibnitz that HPB discusses in The Secret Doctrine. An article by Justin Erik Halldor Smith in History of Philosophy says: Leibnitz and his contemporaries conceived of the Monad not as an immaterial mode of perception but rather as a living atom. HPB states that Leibnitz sees the monad as a primary matter as it is limited in nature. A monad is, she states, strictly a spiritual entity. We will explore the science of the Monad and discuss its nature as crucial to the life of all sentient beings.

Wisdom Sages

Presenter: Dr. Diana Warren

Date: IP - September 3, 17, 2024 **Time:** 10:00 AM

The state of wisdom reached by the great sages of history is available to each of us. Being older is a benefit to reaching wisdom. Solutions to problems are within us and easy to find. You verify everything for yourself, so you cannot be misled. It follows the dicta of Know thyself; The truth shall set you free, for example. It works for the cynic, the pragmatist, the religionist, and the atheist. It works for any age or cultural background. It works for the spiritual person and the nonspiritual person alike.

TECHNOLOGY



Artificial Intelligence Technologies

Presenter: Dr. Stephen Carradini and Nicholas Proferes

Date: IP - September 16, 2024 **Time:** 10:00 AM

From ChatGPT to virtual assistants like Alexa and Siri to the self-driving cars we now see in Phoenix, artificial intelligence (AI) technologies are becoming more and more present in our daily lives. This lecture aims to help you understand the potential and its implications of AI. We will explain some of the key components that make AI possible, such as machine learning and natural language processing; discuss various types of AI and unpack some of the promises and perils of these tools.

Basic Computer

Presenter: Steve Kahn

Date: IP - September 17, 2024 **Time:** 10:00 AM

Learn basic usage, not what's inside. Non-technical and for the absolute beginner. Learn how to use a mouse, keyboard plus turning your computer on and off the right way. Also learn about saving your work, using a printer plus much more. If you've been afraid before you won't be anymore! Slow-paced, non-intimidating and lots of fun!

Consumer Scams & Identity Theft

Presenter: Ashley Caronna

Date: IP - September 12, 2024 **Time:** 10:00 AM

With technology on the rise, scammers are constantly finding new ways to steal your money or identity, from charity or romance scams to selling nonexistent items online. Hear from the Maricopa County Attorney's Office to learn about the warning signs of common fraud and scams so you can protect yourself and others.

Cutting the Cord Streaming Class

Presenter: Ed Madden

Date: IP - September 3, 2024 **Time:** 10:00 AM

The class is designed to make members aware of the new streaming technology and their choices of internet and streaming services. The class will help anyone who may be unfamiliar and/or hesitant with changing how they watch TV. The class will show how to lower entertainment costs and demonstrate how to use some of the streaming devices on the market. What do you really watch and need and does streaming really save you money?

Technology for Aging- The Revolution in Digital Health Aides

Presenter: Lou Annacone

Date: IP - November 25, 2024 **Time:** 10:00 AM

Tech-enabled services are going to be necessary to solve all aspects of the eldercare crisis.

Improvements in health and activity monitoring, as well as solutions for isolation and communication with family and friends, are being developed. The current methods of delivering health and eldercare with high costs and scarcity of workers are giving away more dependable and accurate solutions that actually cost less to deliver.

TRAVEL



Armchair Travel- Burma Country and its People

Presenter: David and Diane Reesor

Date: IP - November 26, 2024 **Time:** 10:00 AM

Burma now Myanmar is like being in a National Geographic magazine. The Hill Villages, each with a different ethnic group with their own language/dress/way of life is astounding. We met the ladies who wear neck rings, those whose faces were tattooed at a very early age. Some harvest the fabric for their clothing, dye from locally gathered sources. Now the country is under siege again from within so we are indeed fortunate to be there at a time of interregnum peace.

China the Silk Road - Xi'an

Presenter: Jennifer Wong

Date: V - October 16, 2024 **Time:** 12:30 PM

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, 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 being the most dangerous mountain to climb. This is a **Virtual Class**.

Costa Rican Escapades: Adventures in Fortuna and Tamarindo

Presenter: Dr. Ali Powell

Date: IP - September 19, 2024 **Time:** 12:30 PM

Join Dr. Ali for an exciting journey through Costa Rica, where she will share highlights from her recent adventure to Fortuna and Tamarindo. Discover the thrill of zip lining through lush rainforests, the beauty of volcanic hot springs, and the charm of vibrant beaches. From exploring the natural wonders of Arenal Volcano to relaxing on the stunning Pacific coast, this presentation will offer a glimpse into the best sights and activities these two incredible destinations have to offer.

Cruising Cambodia, Vietnam, and Hong Kong

Presenter: Dr. Michael Moore

Date: IP - October 1, 2024 **Time:** 10:00 AM

Cambodia is a Southeast Asian nation whose landscape spans low-lying plains, the Mekong Delta, mountains and Gulf of Thailand coastline. Vietnam is a Southeast Asian country known for its beaches, rivers, Buddhist pagodas and bustling cities. Hong Kong is one of the most densely populated territories in the world. Please join the Moore's as they present pictures and information on these countries.

Cruising Southwest Asia

Presenter: Dr. Michael Moore

Date: IP - September 24, 2024 **Time:** 10:00 AM

Singapore has the World's busiest port. Singapore is a city, a capital and a state all at once, making it one of only three City States in the world. Thailand is one of the safest countries in southeast Asia for travelers. Malaysia's costs for food, lodging, fuel and internal transportation are very reasonable. Indonesia has an endless list of wonderful tourist places, from beaches and volcanoes to temples and museums. Join the Moore's as they present great pictures and information on cruising Southwest Asia.

Modern Vacations – Cruising Today

Presenter: Kathi Holtz

Date: IP - October 8, November 5, 2024 Time: 12:30 PM

Cruise travel is bigger and better than ever. This course will look at what’s happening in the cruise industry, the different types of cruises available and what to take into consideration when making your travel plans. Kathi has more than 60 cruises under her belt, she’ll provide insight about cruise travel today - popular destinations, when to book, and more! 2 sessions – different cruise topics that stand alone if you only attend one session.

Traveling Through Yosemite National Park

Presenter: Waynette Brown

Date: V - September 5, 2024 Time: 10:00 AM

Come along for a spectacular journey as we explore the wonder and majesty of Yosemite National Park from the viewpoint of someone who worked directly in this magnificent landscape. We explore the Yosemite Grant Act of 1864, the first piece of legislation by any nation to set aside public lands for preservation and for the citizens’ use and creating the National Park Service. Travel to the High Sierra camps, along hiking trails within the park, and park attractions beyond the popular, and often crowded, Yosemite Valley. This is a **Virtual Class**.

Our Presenters

Special Thanks to Our RISE Presenters!

Adams, Urban—He works with clients all over the country. He specializes in providing investment management solutions and financial planning services. His experience also extends to the college planning service, helping families understand and navigate the difficult financial aid process. Urban is an Investment Advisor Representative with Dynamic Wealth Advisors.

Ahmadi, Dr. Mike Malek- Is a Senior Bioinformatics Scientist at the Banner Alzheimer’s Institute. Dr. Malek-Ahmadi earned a BS from the University of Arizona, an MS from the University of South Florida, and a PhD from the University of Westminster. He has worked in the field of Alzheimer’s disease research since 2003. He is the author of over 80 peer-reviewed journal articles in the areas of Alzheimer’s disease, mild cognitive impairment, and normal aging.

Annacone, Lou—Lou has been licensed and certified for over 30 years by many states and providers. Lou is an entertaining and engaging speaker. He has spoken at multiple venues, including all the Sun Cities Lifelong Learning venues, Local C of C, American Association of Individual Investors Chapters, Military and Service Organizations, Humana service centers, and hospitals. Lou is a decorated Air Force Officer with Vietnam service. He was the past President of AAIL and MOAA chapters.

Blaker, Dr. Bill- Is retired after a 45-year career as a research scientist and university professor. He has received teaching awards from Virginia Tech and Furman University. He has taught university courses in general science, biology, anatomy and physiology, biochemistry, neuroscience, English composition, statistics, and philosophy. Now, he teaches anything he finds interesting.

Brown, Mark- As an editor, he generated story ideas and was responsible for the daily production of sports sections, including headlines and captions, photo placement and cropping, page design, box scores, team and individual results, daily editorial assignments, budget, and planning long and short-term strategic goals. He covered the Arizona Diamondbacks for over 12 years for websites. Mark is still a sportswriter and covers the Tampa Bay Rays in Florida.

Brown, Waynette-Is a native of New Jersey, earned a BA in Spanish from the University of North Carolina at Chapel Hill. After graduation, she served in the Peace Corps in Peru in urban community development. Upon return, she established a career in the retail industry and financial field. For the last eight years, she worked seasonally for the concessionaire in Yosemite National Park. An avid hiker, Waynette has traversed most of the popular trails in Yosemite and backpacked to several High Sierra camps. She enjoys exploring other national parks and remains a passionate traveler.

Book, Dr. Patricia- Is a medical anthropologist and retired academic Vice President of Outreach and Continuing Distance Education. She is a Codebreaker for the West Yorkshire Archive Services' Anne Lister Transcription Project.

Caronna, Ashley - Is a Community Affairs Liaison with the Maricopa County Attorney's Office and has a passion for community safety and engagement. An Arizona native and ASU alumni, she has a background in community relations and program management. Prior to working for MCAO, she was an events and programs manager at the Greater Phoenix Chamber of Commerce.

Carradini, Dr. Stephen- Is an assistant professor of technical communication at Arizona State University—Polytechnic Campus. His research focuses on implementing emerging technologies such as AI in private and public sector workplaces. He is currently building a public information chatbot called Waterbot that will give Arizonans information about water management in their state.

Carty, Lowell- In 1976, Lowell purchased his first share of stock in M&M Products while participating in Junior Achievement. While working at Tremco, he started a stock club to look at penny stocks. Then into IRA matching with water utility companies and other more stable companies. Carty worked with Maricopa County, Revon, and the Arizona Department of Environmental Quality. Side hustles: security, insurance and annuities, gold prospecting, and beekeeping.

Catale, Cheryl - Currently a Law of Attraction Life Coach and Dementia Specialist. Life has brought her in many different directions. From teaching the Hearing Impaired, being a Child and Family Therapist and Massage Therapist, to working with the Senior population to Age Strong! Her focus for the past decade has been working with those with Dementia as a Memory Care Director. She is very excited to share all the beautiful things the aging population can accomplish and attain through the Law of Attraction and keeping one's brain healthy.

Cave, Bill- Is a licensed Mortgage Loan Originator & Retirement Mortgage Professional with Movement Mortgage. He received his Bachelor of Science in Health Services Administration with a minor in Gerontology from Ithaca College of New York. Bill first began doing mortgage loans in Arizona in 2001. He also has a 20+ year background in eldercare

consulting and sales management. In the eldercare industry, he is a recognized business leader for working hands-on with vulnerable seniors, caregivers, and their families to help navigate the assisted living landscape in Arizona.

Connell, Pat- Was in the Marine Corps and graduated Honor Man from Platoon 3109 as part of a Security Company for the 1st Marine Air Wing. For over 30 years with the VA, he was able to be a huge part of a residential apartment complex for Women Veterans, an all-purpose Sports Court for injured OIE/OEF Veterans and Veterans from all conflicts at the VA in Prescott and working with the Military Order of the Devil Dogs, was able to establish a Fisher House on the VA Tucson property. He was nominated for and inducted into the Arizona Veterans Hall of Fame Class of 2015.

Dinshaw, Diana-Is a Certified Storyteller, which is the oral tradition of narrating stories to a live audience. Born and raised in Karachi, Pakistan, Diana is a first-generation American. Diana tells personal stories of growing up, family interactions, and folktales from the sub-continent. Having been raised a Zoroastrian, she has ancestral roots in what was previously Persia, and she tells legends and myths from the "Shah Nameh" (Legend of the Kings), and Bundahishn" (the Creation Story). She hopes to touch people's hearts so we can see our common humanity.

Dyer, Kimberle M, and Pamela B Prine- Are co-owners of Keystone Capital Management Group, LLC, in Glendale, Arizona. Keystone is an investment and retirement planning firm committed to developing and protecting their client's assets. Combined, they have over a quarter of a century of experience. As financial advisors, they embrace the opportunity to educate, guide, and simplify the complex. It is important to help people understand the unique challenges that exist relative to investments and retirement income planning in the volatile times ahead.

Ek, Jim- Is the Secretary of the Phoenix Chapter of AAIL. He is a lifetime member of AAIL, joining in Michigan shortly after AAIL was formed. Jim has been a long-term investor who began when he was 25 and has used mutual funds and stock investing to provide for his retirement years. Today, Jim is retired and living in Mesa, AZ, with his wife, Patty. He participates in the chapter as a way to help others build a path to security as they move toward retirement.

Fanelli, Shel- Is a transformational coach specializing in homeopathy, herbal medicines, integrative nutrition, yoga, and guided meditation. Her journey began several years ago with a desire to live a better life. Early on, she went towards the life that she thought would make her happy. So why did Shel have a consistent nagging feeling that this was not it? Where was true happiness? These questions led Shel to so many amazing places physically, spiritually, and emotionally.

Farrell, Dr. Robert- Received his Bachelor of Science in mechanical engineering from Ohio State University, his MBA from Western New England College, and his Doctor of Engineering from the University of Massachusetts. He is now retired from Penn State University as Associate Professor Emeritus. He has lectured all over the country at universities, science centers, bookstores, clubs, and centers and has appeared on numerous TV and radio programs since 2004.

Friedman, Dr. Melvyn - Graduated from Des Moines University as a Doctor of Osteopathic Medicine. He was a family doctor for over 30 years when he suffered an accident in Italy while biking with a friend in 1999. Melvyn went into cardiac arrest and died while his friend did CPR. He was driven to Rome, then later to Detroit, Michigan, to the rehab institution. He had to learn to walk and talk all over again. He used his brain to create pathways - Habit-Think-Action.

Fritz, Winnie- Is a healthcare professional who began her career as a U.S. Army Nurse providing healthcare in Vietnam, Thailand, and DC. She then served in healthcare roles in the Middle East for 17 years. Winnie has been a CEO, Chief Clinical Officer, or Chief Nurse in 7 U.S. hospitals. In the Middle East, Winnie has assessed the health status of Bedouins, has led curriculum design, and served as Dean of a School of Nursing. She still maintains a home in Jordan, where she has been living for all or part of the last 51 years.

Givens, Edward - An independent and licensed health insurance agent. He assists people with health insurance for people under 65 years of age, Medicare, home care, Life insurance, and supplemental insurance. Edward will guide you through a proven process that will help protect your family's health. This system takes the tedious and complex task of

designing a family healthcare plan and turns it into an intelligent and simple solution. Edward is a United States Military Academy graduate with 15-plus years of experience in the healthcare space.

Goldsberry, Clare - A journalist and author by profession and a life-long student of religious and spiritual traditions that include studies in Judaism, including Kabbalah and Hebrew classes; Christianity; Gnosticism, and the Eastern spiritual and philosophical traditions of both Hinduism and Buddhism. She is also engaged with the many esoteric traditions of the Ageless Wisdom, including the Hermetic writings and the Theosophical writings of Mdm. H.P. Blavatsky. Clare is eclectic in the practice and development of her theosophy, believing that all paths are connected to the One.

Goodman, Marsha -Has practiced Elder Law in Arizona since 2008. She is the founder of Specific Law Firm, where her practice is focused exclusively on assisting seniors and their families to plan and apply for Arizona Long Term Care and VA benefits, as well as Special Needs and long-term care planning. She is a member of the National Academy of Elder Law Attorneys, Treasurer of the Arizona chapter and past president of both the Life Care Planning Law Firms Association and the Executive Council of the Probate and Trust section of the State Bar of Arizona.

Haefler, Dr. J. Richard - Is a Professor Emeritus at Arizona State University, where he taught for thirty-six years. He has studied North American Indian music and Gregorian Chant for more than fifty years and Mexican music, mariachi, and colonial art music for forty years. He was the founder of the ASU Mariachi Program and directed it for twenty-five years. He has been a professional mariachi for more than thirty years, recording two CDs with his group Mariachi Corazón.

Hartman, Chell- Is a Senior RN Clinical Stroke Program Manager at Banner Thunderbird Medical Center. Duke BScN SCRN. Her role as Stroke Program Manager is to promote and optimize care of patients presenting to the hospital with stroke symptoms. She provides resources and support throughout the continuum of the stroke survivor journey.

Holtz, Kathi- Is a certified travel agent and owns KMH Travel Group, a local agency. Kathi's travel focus is on river and ocean cruising, escorted land tours and friend and family group travel. With 10 years as an agent, and more than 60 cruises under her belt, she'll provide insight about cruise travel today - popular destinations, when to book, and more!

Iranpour, Gail - A former teacher who enjoys sharing knowledge in an adult environment. Gail's passion is psychology and supporting individuals as they learn more about themselves and humanity. Gail is an aspiring writer and the owner of Motivating Journeys to Within LLC, a life coaching business. Gail's background is in education and psychology, which I use through coaching clients, facilitating book studies, and teaching classes.

Jeckel, Robert -Is an attorney at law who has been serving the Sun City Community since 1974. He is a native of New Jersey and a frequent speaker and college lecturer throughout the Phoenix area. His educational presentations for the members of RISE are invaluable due to his experience, expertise, and willingness to share his knowledge.

Kamenir, Karen—She has been on the Phoenix Chapter Board of AAIL for several years and is also on the AAIL CLEC (Chapter Leaders Executive Committee) on the national level. Karen bought her first stock in her 20s. While moving from MN to TX to the East Coast and settling in AZ in 2010, she continued her learning through AAIL, IBD, and investment meetings no matter where she lived. After all, a grandmother of six has to figure out a way to make and save money!

Kaminski, Ken - Recently retired in 2020 after a 42-year Nuclear Power Plant Operation career. Originally from Detroit, Michigan, Ken joined the US Navy in 1976 and was an instructor at a unique nuclear prototype facility in upstate New York. He ended his tour as an electrician on a San Diego, California submarine. He worked at the Diablo Canyon Power Plant in San Luis Obispo, California, for 36 years as an Electrician, Electrical Engineer, Senior Reactor Operator, and finally, instructor. He has a BS in Nuclear Technology from Excelsior College.

Katz, Steve - After graduating from Harvard Law School, Steve was an entertainment lawyer in Los Angeles for 30 years, specializing in the motion picture and TV industries, first with the firm of Silverberg, Rosen, Leon, and Behr and then as

the senior founding partner of the boutique entertainment law firm of Silverberg, Katz, Thompson, and Braun. During his career, he represented writers, directors, producers, and actors: Quinn Martin, Rod Steiger, Jack Palance, Dick Clark, Cher, Donald Sutherland, and Michael Crichton.

Khan, Steve - Has been teaching computer classes to beginners and seniors for over 18 years. He makes classes easy and fun with extreme patience. Steve speaks in plain, easy-to-understand, non-technical language and loves what he does.

Knight, Reggie - B.S. M.T. (A.S.C.P.), B.A, B.S. is retired and enjoys reading and knitting. Her degrees are in Clinical Sciences, English, and Industrial Engineering. Professionally, she worked in Immunohematology for a Division of Baxter International in Florida. She was a Proposal Analyst for a civil engineering firm in California and retired from a non-profit foundation. Reggie and her husband bought a diesel pusher and, on their trips, she taught herself to needle and loom knit. She knits hats, baby blankets, and scarves, shawls with needles, and gives 95% of her items to charities.

Larsson, Julie - Is a community relations director at Ridges in Peoria. Julie has been painting since the age of 6. Julie has been leading painting groups in the Peoria area at churches, RV Resorts, and Arch Well Health since March of 2023. She has painted with about 250 individuals in the past year. Studies have shown that creating art can reduce anxiety, depression, and stress. Artistic expression has also been linked to resilience and improved reasoning and memory.

Martin, Patricia- Is a Licensed Acupuncturist and graduate of the University of Central Florida with a master's degree in communication. She has been deeply involved with Asian medicine for over 4 decades, practicing acupuncture; natural medicine in Florida, Georgia and Arizona. Patricia is experienced in over fifty different styles of acupuncture. Acupuncture is a 5,000-year-old nonsurgical and nonchemical medicine which successfully improves health. Her goal is to help patients get well and to empower them to take care of and maintain their own health.

Madden, Ed- Is a retired Network Engineer Poly One Corp. Ed is a U.S. Army Veteran, married to Ester and lives in Sun City West. Ed serves the community as a member of the SCW Posse and SCW Pride.

Martinez, Georgina - Is a Digital Health Promotion Representative with Independence at Home. Independence at Home is a SCAN Community Service that provides educational and social classes at no cost to older adults and caregivers. Georgina has 4 years of experience working with older adults and providing community health classes. She is passionate about health education and inspiring health independence for all. She welcomes everyone to have an open mind and enthusiasm when it comes to learning.

Mayfield, Karen- Since she was a child, Karen has been fascinated with art -- images, textures, line and color -- which led to her obtaining a BA in Art and Art History. Over the past 25 years she has taught both children and adults in California, Alaska and here in Arizona, all the while demonstrating basic art principles, theory, techniques and mediums. Even though she primarily creates both abstract and realistic compositions in oil and acrylic, she typically returns to what she calls "art play" as a therapeutic and calming source of inspiration and comfort for her own creative expression.

McKeand, Bret - A retired journalist and current Sun Cities Area Historical Society President. As a reporter, editor, and publisher, Bret spent his entire journalism career with Independent Newspapers in Arizona. He retired in 2020 as president of the company's Arizona operations. He is president of the Sun Cities Area Historical Society Board of Trustees, which owns and operates the Del Webb Sun Cities Museum. In 2010, he authored a book on the history of Sun City to benefit the society and the Del Webb Sun Cities Museum.

Montigo, Nydia- Has been addressing health and human services for 40+ years- half of which has specifically focused on older adult issues. She has a master's degree in Public Health with an emphasis in Community Health Practice; her educational and personal experience as a caregiver makes her an ideal candidate to facilitate these educational

experiences. She is passionate about caregiver issues after having provided caregiving to her parents for over 7 years. She is excited to share lessons learned and teaching self-advocacy.

Moore, Dr. Michael - A native of Kansas and is a retired food animal veterinarian. He practiced in southern Nebraska for 28 years before entering the veterinary biological industry, which is involved with manufacturing and selling vaccines. Dr. Moore has been involved with numerous professional organizations. Michael and his wife Judy love to travel.

Morningstar, Craig - Became interested in investing at the age of 14. Craig started his career in the financial services industry as a 401k educator then moved into financial planning, broker, and institutional trader. He founded and operated several firms of significant size and complexities and recently retired from the industry. For more than 20 years Craig has been the advisor to many firms as a consultant, industry speaker and over 400 advisors. He worked with firms on their business models, client deliverables, financial planning, investment management solutions, and technology.

Nelson, Dr. Patricia - Is a retired professor and academic dean of education, Christa McAuliffe National Fellow, and a Codebreaker for the West Yorkshire Archive Services' Anne Lister Transcription Project.

Newman, David - Has worn many hats: gardener, pool cleaner, grocery bagger, tomato lug stacker, tutor, teachers' aide, electrician, and quality control technician, but never a butcher, baker, or candlestick maker. He then found his true calling as a software developer, allowing him to become simultaneously self-employed and semi-retired at 27. He filled his semi-retired free time by volunteering at homeless shelters, libraries, rehabs, non-profit organizations, and food banks. Although a native Californian, he moved to AZ in 2012 to assist in caring for his disabled mother.

Parker, Gloria - Was born and raised in Michigan and obtained a bachelor's degree from Oakland University, in Rochester, MI in Sociology and an Associate of Arts degree from Edmonds Community College in Edmonds, WA for Legal Assistant. From 1975-1979, she served in the United States Marine Corps, stationed in San Diego, as Military Police. She started as a Records Clerk and then a Court Clerk in the County Clerk's Office. She then moved onto the Criminal Felony Unit of the Prosecuting Attorney's Office where she retired as a Paralegal.

Poppe, Cynthia - Is a graduate from the Arizona School of Acupuncture and Oriental Medicine (ASAOM) in Tucson, Arizona where she completed her Master's Degree in Acupuncture (MAC). She was a student of Dr. Yi Cao of Heilongjiang, China who specializes in Neurology and Psychology. She also has special certification in the Mei Zen Cosmetic Acupuncture System by Dr. Martha Lucas of Denver, CO.

Powell, Dr. Ali - Is the Chief Academic Officer of Evergreen Education group which leads the Digital Learning Collaborative which is a membership organization that works to illuminate key issues in digital learning. She is the former Senior Learning Strategist for Bloom Board where she assisted states and districts in re-thinking professional development and licensing. She is the former Vice President for New Learning Models of the International Association. She completed her doctorate from Pepperdine University in Educational Technology and Leadership.

Proferes, Nicholas - Is an Associate Professor at Arizona State University's School of Social and Behavioral Sciences. His research focuses on users' understandings and beliefs about social media, societal discourse about technology, and issues of power and ethics in the digital landscape.

Reamer, Allen - Has produced art and taught studio art and art history for most of his life. He was fortunate to come from generations of artists. His undergraduate, graduate, and post-graduate education was in studio art and art history. Allen has taught high school to graduate-level classes. He has been recognized by various organizations for his teaching and artwork. He has been active in local and national art organizations, including representing D.C. art educators at the national level for a decade.

Reesor, David & Diane – David became interested in photography when his parents gave him a Brownie Hawkeye camera for his 8th birthday... his obliging parents allowed him to make a dark room in the family bathroom. David has gone beyond the Hawkeye camera and, with his digital knowledge, can put together a show that is very creative and instructive. You will not be bored! Diane came to the world of Photography after she met David. Her interests include the people, flora, architectural details, and abstract aspects.

Roen, Duane - Has been tracing his roots since his teenage years, building a database with more than 32,000 ancestors. He and his wife, Maureen Roen, have also recorded their family history since 1978 by writing more than 19,000 daily journal entries on their children and other family members. Combining his professional and personal interests, Duane worked with colleagues to establish courses on writing and recording family history at Arizona State University. He is the founding coordinator of the Project for Writing and Recording Family History at the ASU College of Integrative Sciences and Arts.

Saunders, Dr. Bonnie - Teaches history at Glendale Community College and joins us at RISE for Foreign Policy and the Middle East classes. Her Ph.D. focused on U.S. policy in the Middle East, and she published a book on a CIA plot to overthrow the Syrian government in 1957.

Teegarden, Janet- Is a Professor Emerita, World Traveler, and Master Presenter. She taught college mathematics for over 50 years and has presented talks at numerous local, state, national, and international conferences. She has also taught a variety of classes at RISE (Fun with Math, Travel Talks, Bells, and more), all of which were very well received. She has received a number of awards for excellence in teaching.

Timko, Dr. Scott—He has over 20 years of experience helping thousands of patients regain optimal health. In addition to his Doctor of Chiropractic degree, he has taken hundreds of hours of continuing education to further his knowledge in Chiropractic, Rehabilitation, and Clinical Nutrition.

United Tai Chi-There is evidence that Tai Chi may also increase brain volume and protect us from memory problems. Finally, senior citizens who regularly practice Tai Chi demonstrate better coordination, flexibility, strength, endurance and a significantly reduced risk of falls. Instructors are improving lives and will be here for a presentation on the essentials.

vanSonnenberg, Dr. Eric MD -Is a graduate of the University of Cincinnati College of Medicine. He went on to do a surgical internship and residency in Internal Medicine before his radiology residency at the Massachusetts General Hospital, Harvard Medical School. He is board-certified in both Internal Medicine and Radiology. He is currently a Professor at UCSD, UCLA, University of Arizona, University of Texas, and Harvard Medical School. He has authored over 300 original articles, 3 books, 50 book chapters, 170 poster exhibits, and grants in Interventional Radiology.

Warren, Dr. Diana - A teacher, writer, and spiritual explorer. Before retiring, she worked in home health, elder care, human resources, and finance. As a university faculty she taught religion, ethics, psychology, and esoteric teachings on healing, consciousness, and the spiritual path. Diana is a lifelong student of the arts and sciences, both traditional and non-traditional. Her credentials include an M.A. and Ph.D. She is trained in healing techniques, including Reiki, energy medicine, therapeutic touch, and Native American and Inka medicine.

Williams, Dr. David- Is a Research Professor in the School of Earth and Space Exploration at Arizona State University. Dr. Williams is the Director of the Ronald Greeley Center for Planetary Studies, a NASA-supported planetary data center at ASU. He is also the Director of the NASA Planetary Aeolian Laboratory, which administers wind tunnels at the Ames Research Center in California. David is currently conducting research in volcanology and planetary geology, with a focus

on planetary mapping and geochemical and remote sensing studies. He was involved with NASA's Mission to Venus, Galileo's Mission to Jupiter, and Dawn's Mission to asteroid Vesta, and dwarf planet Ceres.

Wong, Jennifer- Is a Guyanese native who spent her childhood in Guyana when it was a largely undeveloped British colony formerly known as British Guiana. Jennifer has lived for 10 years in China. During that time, she traveled around China and visited several places along the Silk Road.

Yahweh, Terry - Is an honorably retired detective from the Phoenix Police Department after twenty-five years of public service. He served as a patrol officer and domestic violence and robbery investigations detective. He investigated armed robberies, carjackings, home invasions, extortions, kidnappings, bank robberies, felony shopliftings, human trafficking, a few homicide investigations, and other criminal investigations. He was a board member of the Phoenix Police Union and the longest-serving president of the Arizona Black Law Enforcement Employees (ABLE), a police and community association. He has a B.A. in Spanish linguistics from Arizona State University.

Fall Schedule At-A-Glance

Monday Aug 19		Tuesday Aug 20		Wednesday Aug 21		Thursday Aug 22	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Old Ironsides Dr. Bill Blaker	IP	Ice on Fire HBO / DVD 1:38	IP	Arizona Law Robert Jeckel	V Zoom	Mediterranean Diet Georgina Martinez
IP	Reflections on Courage in Our Lives Duane Roen						
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
IP	Time of Revolution: In Search of Shakespeare PBS / DVD 56:10					IP	80 for Brady CD 98 mins
Monday Aug 26		Tuesday Aug 27		Wednesday Aug 28		Thursday Aug 29	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Old Ironsides Dr. Bill Blaker	IP	I Have a Dream Speech Terry Yahweh	IP	Arizona Law Robert Jeckel	IP	Walt Disney PBS /DVD 2:00
IP	Above Ground Gardening Terry Yahweh						
V Zoom	The Nature & Roles of Work in Our Families Duane Roen						

Monday Sep 2		Tuesday Sep 3		Wednesday Sep 4		Thursday Sep 5	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
	RIO SALADO / RISE CLOSED	IP	The Jungle Book DVD 1:45	IP	Arizona Law Robert Jeckel	V Zoom	Depression Georgina Martinez
	LABOR DAY	IP	Wisdom Sages Dr. Diana Warren	IP	How to Exercise Your Brain Dr. Melyn Friedman	V WebE	Yosemite National Park Mark & Waynette Brown
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
				V Zoo	U.S. 1945 - Present Dr. Bonnie Saunders	IP	Sully - Tom Hanks CD 96 mins.
Monday Sep 9		Tuesday Sep 10		Wednesday Sep 11		Thursday Sep 12	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Legacy Landmines Klm Dyer - Keystone Group	IP	Veterinarian Medicine & Food Supply Dr. Michael Moore	IP	Arizona Law Robert Jeckel	IP	Consumer Scams & Identity Theft Ashley Caronna
IP	Old Ironsides Dr. Bill Blaker					V WebE	History of Baseball Mark Brown
IP	The Mediterranean Diet & Cancer Killer Terry Yahweh						
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
		IP	Temple Grandin	V	U.S. 1945 - Present		

Monday Sep 16		Tuesday Sep 17		Wednesday Sep 18		Thursday Sep 19	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Old Ironsides Dr. Bill Blaker	IP	Basic Computer Steve Kahn	IP	Those Were the Days Part 3 Steve Katz	IP	New Approaches to Arthritis & Osteoporosis Dr. Scott
IP	Artificial Intelligence Dr. Stephen Carradini	IP	Wisdom Sages Dr. Diana Warren	IP	Arizona Law Robert Jeckel	IP	Remarkable Del Webb Bret McKeand
X						V Zoom	Common Ways Advisors Manage Investments Craig Morningstar

Monday		Tuesday		Wednesday		Thursday	
Sep 30		Oct 1		Oct 2		Oct 3	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Diseases That Changed History Dr. Bill Blaker	IP	Traveling in Vietnam & Cambodia Dr. Michael Moore	IP	Those Were the Days Part 3 Steve Katz	IP	Baha'i Faith David Brown & Kathy Mosley
IP	Should I Age in Place or Look for Other Options Nydia Montijo	IP	Eliminating Poverty & Inequality for the Common Good Dave Newman	IP	Arizona Law Robert Jeckel	IP	Never Pay the First Bill Edward Givens
IP	All Things Are Possible for Those Who Believe Terry Yahweh					V Zoom	Importance of Tax Planning Urban Adams
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
IP	Loom Knitting - Child Caps Part 2 Reggie Knight	IP	New Moon Astrology Gail Iranpour	V Zoom	The U.S. 1945 - Present Bonnie Saunders	IP	Acupuncture Tools of the Trade Patricia Martin
Monday		Tuesday		Wednesday		Thursday	
Oct 7		Oct 8		Oct 9		Oct 10	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Science Behind Alien Encounters Dr. Bob Farrell	IP	Science Prevention of Alzheimers Dr. Mike Ahmadi	IP	Those Were the Days Part 3 Steve Katz	IP	U.S. Constitution in the Modern Era Pat Connell
IP	Diseases That Changed History Dr. Bill Blaker			IP	Arizona Law Robert Jeckel	V Zoom	IBD Portfolio Jim Ek
Monday		Tuesday		Wednesday		Thursday	
Oct 14		Oct 15		Oct 16		Oct 17	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Science Behind Mummies of Nazca, Peru Dr. Bob Farrell	IP	Reverse Mortgages Bill Cave	IP	Those Were the Days Part 3 Steve Katz	IP	Autoimmune Matrix Dr. Scott Timko
IP	Optimizing Social Security Benefits Kim Dyer - Keystone Group	IP	Memory Loss Prevention Cheryl Catale	IP	Arizona Law Robert Jeckel	V Zoom	Getting a Good Nights Sleep Georgina Martinez
IP	Diseases That Changed History Dr. Bill Blaker			IP	Chair Yoga Shel Fanelli		
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	

Monday Oct 28		Tuesday Oct 29		Wednesday Oct 30		Thursday Oct 31	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Science Behind Creation of Universe Dr. Bob Farrell	IP	Prado Allen Reamer	IP	Those Were the Days Part 3 Steve Katz	V Zoom	Price You Pay or Value you Get Craig Morningstar
IP	Being a Roman Soldier Dr. Bill Blaker	IP	Will Medicaid Come for Your Family Home Marsha Goodman	IP	Arizona Law Robert Jeckel	IP DVD	Trick or Treating's Tricky History (History Shorts) DVD 1:01
IP	The Roles of Animals in Our Lives Duane Roen			IP	Chair Yoga Shel Fanelli		
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
		IP	Sunsets - All Mediums Allen Reamer				
		IP	Introduction to Medicaid Rules Lou Annacone				
Monday Nov 4		Tuesday Nov 5		Wednesday Nov 6		Thursday Nov 7	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Being a Roman Soldier Dr. Bill Blaker	IP	Protect Family Wealth Part 1 Lou Annacone	IP	Those Were the Days Part 3 Steve Katz	IP	It's Never Too Late to Live a Better Life Claudia LeBaron
V	Theres No Place Like Home			IP	Arizona Law		
Monday Nov 11		Tuesday Nov 12		Wednesday Nov 13		Thursday Nov 14	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
	RIO SALADO / RISE	IP	Protect Family Wealth Part 2 Lou Annacone	IP	Those Were the Days Part 3 Steve Katz	IP	Power Over Diabetes & Neuropathy Dr. Scott Timko
	CLOSED	IP	Change Your Thoughts / Change Your Life Cheryl Catale	IP	Arizona Law Robert Jeckel	IP	Alzheimers Education Edward Givens
	VETERANS DAY			IP	Palo Verde Nuclear Generating Station Ken Kaminski		
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
				IP	Middle East History and Current Life Challenges & Opportunities		

Monday		Tuesday		Wednesday		Thursday	
Nov 25		Nov 26		Nov 27		Nov 28	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Your Brain & How it Works Dr. Bill Blaker	IP	Armchair Travel David & Diane Reesor	IP	Arizona Law Robert Jeckel		RIO SALADO / RISE CLOSED
IP	Technology For Aging Lou Annacone			IP	Dali & Surrealism Allen Reamer		THANKSGIVING HOLIDAY
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
				IP	How to Draw Shadows Allen Reamer		
Monday		Tuesday		Wednesday		Thursday	
Dec 2		Dec 3		Dec 4		Dec 5	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	Your Brain & How it Works Dr. Bill Blaker	IP	Many Ways to Pay for Eldercare Lou Annacone	IP	Arizona Law Robert Jeckel	V Zoom	Beating the Holiday Blues Georgina Martinez
		IP	Gut Health Shel Fanelli	V Zoom	Logging for Profits Jim Ek	IP	Abstract Expression Painters Allen Reamer
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
		IP	Bells, Bells, Bells Janet Teegarden			V Webe	Gentleman Jack Dr. Pat Book

Monday		Tuesday		Wednesday		Thursday	
Dec 9		Dec 10		Dec 11		Dec 12	
10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.		10:00 - 12:00 p.m.	
IP	What About You Nydia Montijo	V Zoom	Favorite Family Holidays Duane Roen	IP	It's Never Too Late to Live a Better Life Claudia LeBaron	IP	Abstract Expression Painters Allen Reamer
IP	Your Brain & How it Works Bill Blaker			V Zoom	Bearish Stocks Lowell Carty		
IP	It's A Wonderful Life Duane Roen						
12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.		12:30 - 2:30 p.m.	
		IP	Aging Care Planning Lou Annacone	IP	Painting with Julie Julie Larrson		

