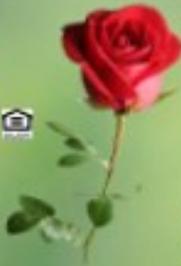


**PORA
ADULT
LEARNING**

**Fall
2018
Class
Catalog**



September, October, November, December
poraadultlearning.org 623-242-6864



Ellen Rose Plotkin, REALTOR®

CBR, SRES (Senior Real Estate Specialist)

"Where TLC & Experience Matter"

(480) 252-0092

PRICED RIGHTSELLS FAST!!!

- **Living in your home too long?**
- **Are you looking to downsize?**
- **Do you need more space?**
- **IS IT JUST TIME FOR A CHANGE?**

**If you answered "YES" to any of these questions
Please Call Me At (480) 252-0092**



**You know who I am if you shop at:
SAFEWAY & BASHAS'
I'm one of the Hand Sanitizer Girls
(480) 252-0092**



RANKING
The Best of Arizona Realtors
ARIZONA

Great American



TITLE AGENCY, INC.
(623) 455-3683 • www.azgat.com

Surprise Branch

If you have a brokerage relationship with another agency, this is not intended as a solicitation.

Fall 2018 PORA Adult Learning Catalog

Offering Classes in 9 Different Categories

Art & Music
Finance & Business & Law
Health & Wellness
History, Language & Current Events
Home & Garden

Learn It! Do It!
Technology
Travel & Photography
Writing & Literature

PORA Adult Learning (PAL) presents its brand new Fall 2018 Catalog! We are finishing a strong summer session and look forward to seeing you in our fall classes. We have been reviewing your comments and have added some interesting new courses along with many of your favorite classes in the current lineup.

Three Easy Ways to Register

- Online: www.poraadultlearning.org
- Call 623-242-6864
- At PORA: 13815 Camino Del Sol
Sun City West, AZ 85375

Office hours: 9:00 AM – 3:00 PM Monday—Friday

Special FREE Classes *

- ◆ **Consumer Scams/Identity Theft** (Finance & Business Section)
- ◆ **Life Care Planning** (Finance & Business Section)
- ◆ **Valley Fever** (Health & Wellness Section)

*** Seating is limited so you must register for free classes**

Payment and Refund Policy

Payment is due at the time of registration.

We accept cash, checks, or credit cards (Visa, MasterCard, or Discover)

You must be a PORA member to attend classes.

PORA membership is open to anyone (not just Sun City West residents) for \$10/individual or \$20 household annually.

PORA Adult Learning has a No Refund policy.

If a class is cancelled prior to the first session, all monies will be credited to your account for future classes. Refunds will be granted only for extenuating circumstances. No credit or refund will be granted after the start of a class.

Cover Photo by: Tona Carruthers 2018

Table of Contents

CATEGORIES

ART & MUSIC	6
FINANCE & BUSINESS & LAW.....	8
HEALTH & WELLNESS.....	9
HISTORY, LANGUAGE, & CURRENT EVENTS..	14
HOME & GARDEN	15
LEARN IT! DO IT!	16
TECHNOLOGY	19
TRAVEL & PHOTOGRAPHY	20
WRITING & LITERATURE	20

CLASSES

A

AARP Smart Driver Course.....	16
ABC's of Medicare – How to Navigate	9
Actions that Need to be Taken when Death Occurs	8
Advanced Awareness: Create Self-Healing Through Serving Others	10
Adventures in India.....	20
Adventures in Romania	20
All About Acupuncture.....	10
Android Phone Basics.....	19
Artists of the American West.....	6

B

Basic Gentle Korean Style Tai Chi.....	10
Becoming a Dementia Friend.....	10
Beginner to Intermediate Yoga	10
Beginning Drawing I	6
Beginning Drawing II	6
Beginning Tap Dance.....	16
Blood Sugar Blues.....	10
Bridge-Improving Your Game	16
Bridge-Take Out Doubles and Negative Doubles	16
Buying or Keeping a Car Year-Round in Arizona	16

C

Cardmaking 101-Basic Beginning Class.....	17
Chair Qigong	10
Change Your Diet, Change Your Life.....	10
Chess? Yes!	17
Communicating with People with Dementia.....	11
Consumer Scams/Identity Theft (FREE)	8
Container Gardening for your Home and Yard	15
Current Hearing Aid Technologies	11

D

Digital Homeopathy: Creating Natural Healing Through Sound.....	11
DNA and Your Family Tree	17
Documenting Your Personal, Legal, & Estate Records	8

E

Energy Medicine -What is it? How does it Work?	11
Explore Australia & New Zealand	20

F

Family & Friends CPR Course.....	11
Frank Lloyd Wright: His Life and Houses	6

G

Genealogy for Beginners	17
Genealogy on the Internet	17
Golf Cart Care & Feeding	18

H

Harmonica.....	6
Healing from the Inside Out	11
How to Prevent or Dilute Alzheimer's in Your Life.....	11
How to Sell on eBay	18

I

Income Investing.....	8
Interior Design for Seniors	15
Intro to Guitar – First Three Strings	7
Intro to Guitar – Three More Strings	7
Introduction to Facebook	19
Introduction to the “Master Noticer” Program	11
iPad – Basics	19
iPhone – The Basics	19
IRAs and Trust.....	8
I've Decided to Live 120 Years—Book Club.....	20

K

Keys to Happiness.....	11
------------------------	----

L

Landscaping Tips for End of Summer and Fall	15
Last Minute Christmas Card-Advanced Class.....	18
Learn to Play Native American Flute	7
Learning Personal Defense for Seniors.....	18
Life Care Planning (FREE)	8
Living Well with Anxiety	11

M

Medicare Informational Workshop.....	12
Memory and Aging – What's Normal & What's Not.....	12
Monet: His Life and Art	7
Music and Apps for the Apple iPad and iPhone	19

N

Narcissists – What's Behind Their Charm?	12
--	----

O

Obituaries to Die For.....	18
Oil and Acrylic Painting- Wednesday	7
Oil and Acrylic Painting- Friday.....	7

P

Paint and Gogh.....	7
Paint and Gogh Wine Glasses	7
Pet First Aid & CPR	12
Photos with the Apple iPad & iPhone	19
Prescription Drugs 101	12

Q

Table of Contents continued

Q & A with an Estate Planning Attorney 8

R

Roofing Issues? Get Your Questions Answered 15

S

Saving America: History..... 14

Selecting and Using a Handgun for Self Defense and/or Target Shooting 18

Sharing "The Way of St. James" – The Camino de Santiago de Compostela..... 20

Sleep Problems and What Sleep is All About..... 13

Small Boat Cruising..... 20

Social Security Benefit Planning, the Latest Updates and Services..... 9

Social Security Strategies 9

Solar Energy: The Questions and Answers 15

Stock Valuation 9

T

Tae Kwon Do Self Defense Class for Adults 18

Taking the Mystery Out of Medicare 13

The ABCs of Successful Acting as a Successor Trustee 9

The Day Pres. Kennedy Died in Dallas by Parkland Hospital Employee: Dr. Chaney 14

The Love Life of Presidents Kennedy, Reagan,

and Trump..... 14

The Motown Sound..... 7

The New Reverse Mortgage..... 9

The Seven Keys to Purposeful Trusts 9

The Unquiet Shade of The Little Big Horn..... 14

The Vietnam War..... 14

Thyromania – Proper Diagnosis & Alternate Treatment..... 13

Trauma Release 14

Travel the World by Train 20

Travel: Alaska 20

V

Valley Fever (FREE)..... 14

Vincent Van Gogh..... 8

Volunteer Seminar 18

W

Watercolor Basics 8

Watercolor II..... 8

Weathering Market Volatility 9

What Health Care Documents do you Need in Arizona..... 9

What's Going on with our Fire Department 15

Whole Body Cleansing and Detoxification..... 14

Wills, Trusts, And Estates..... 9



"The Value of Honesty is Priceless"™



Gary Ferguson, Owner/President

Katie Ferguson, Daughter/Vice President

\$250 off

New A/C System

Must mention coupon at time of scheduling. Some restrictions apply. Expires 12/31/2018

(623) 214-2366
10240 W. Bell Rd., Suite E
Sun City, AZ 85351

Licensed • Bonded • Insured
 AC ROC 241763 - AC ROC 219613 - PL ROC 258771 - PL ROC 249350

Art & Music

Artists of the American West

This class will begin by discussing the roots of Western Art. You will discover that this style had roots in the Eastern United States and combined elements of European art. You will discuss specific Western artists and their work. You will talk about the aesthetic aspects, the compositional aspects, the drawing, the subjects, and the color schemes of their work. 1 session

WHEN: Monday, 12/10, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Allen Reamer

Beginning Drawing I

This course is designed for the absolute beginner in drawing. One who has never drawn before, has had minimal exposure to lessons, or who has been drawing but is interested in improving their ability will all benefit from the exercises. (5 sessions)

WHEN: Wednesdays, 09/12-10/10, 9:00AM-10:30AM

FEE: \$25.00 INSTRUCTOR: George Palovich

Beginning Drawing II

Continuing with similar exercises in Drawing 1. Drawing from still life objects and rendering the effect of light along with direction in composition techniques is also included in this class. How to manipulate three-dimensional space on the flat surface is discussed along with some very basic information on perspective. One session is devoted to the drawing of drapery; another to creating and depicting textures. (5 sessions)

WHEN: Wednesdays, 10/17-11/14, 9:00AM-10:30AM

FEE: \$25.00 INSTRUCTOR: George Palovich

Frank Lloyd Wright: His Life and Houses

Frank Lloyd Wright is probably the best known American architect. We will examine his life and architecture. Wright designed houses in primarily three architectural styles. We will discuss these styles and many of the houses he designed. His Arizona buildings will be discussed in the Arizona Architecture course. (1 session)

WHEN: Monday, 12/03/18, 9:00AM – 10:30AM

FEE: \$10.00 INSTRUCTOR: Allen Reamer

Harmonica

Learn the basics of playing a 10-hole diatonic harmonica (harp) with the opportunity to advance to Blues, Christian, Country and Jazz. The first part of each lesson will be the basics for all (you can never get enough basics) and then focus on more advanced material for the last part, inviting beginners to stay and participate if interested. Larry recommends a Hohner Special 20 Key of C. (5 sessions)

WHEN: Friday, 11/09-12/14, 1:00PM-2:30PM

FEE: \$20.00 INSTRUCTOR: Larry Regen

Intro to Guitar-First Three Strings

If you are a guitar doodler, this four-week, 1 hour per week course should fit your needs. This course will enable students to read/play simple chords and melodies in the first position. Students will need a Mel Bay's Modern Guitar Method Grade 1 book--MB93200. (4 sessions)

WHEN: Tuesdays, 09/11-10/02, 9:15AM-10:15AM

FEE: \$20.00 INSTRUCTOR: Brad Griffin

Intro to Guitar - Three More Strings

This class is a follow-up from Intro to Guitar - First Three Strings. In this class you will add the last three strings ("D", "A", & "E") to your repertoire. You will cover the material on pages 14 through 21 of Mel Bay Modern Guitar Method Grade 1 book MB93200. (4 sessions)

WHEN: Tuesdays, 10/09-10/30, 9:15AM-10:15AM

FEE: \$20.00 INSTRUCTOR: Brad Griffin



We're by your side so your loved one can stay at home.

- Companionship Care
- Personal Care
- Meals & Nutrition
- Transportation
- Household Duties
- Respite Care
- Hospice Care
- Support Services

We are always hiring big hearted Caregivers- call now!

Call for a free, no-obligation appointment

623.223.9215

Home Instead
SENIOR CARE®

To us, it's personal.

HomeInstead.com/813

15003 W. Bell Rd., Suite 125
Surprise, AZ 85374

Each Home Instead Senior Care® franchise office is independently owned and operated. © 2017 Home Instead, Inc.

Art & Music

Learn to Play Native American Flute

Playing the Native American flute is an opening into deeper expression of self because the soul connection is undeniable. Laura Lee Perkins, MS, will be your flute instructor and flute-maker, Ken Green, will provide you with 6-hole flute in the key of G. no musical background is required. (3 sessions)

WHEN: Thursdays, 11/29-12/13, 11:00AM-12:30PM
FEE: \$20.00 INSTRUCTOR: Ms. Laura Perkins

Monet: His Life and Art

Monet was one of the greatest French Impressionists. He developed a new style of expressing the beauty. Monet continued producing paintings in this style all his life. In this talk we will cover his unconventional life and paintings in detail. (1 session)

WHEN: Monday, 11/19, 9:00AM-10:30AM
FEE: \$10 INSTRUCTOR: Allen Reamer

Oil and Acrylic Painting: Wednesday

This class is for anyone who loves art. If you can write, you can paint with instructor Elaine Katz. She will provide individual attention to each student; whether a beginner or experienced. Be sure to print or pick up the list of materials to purchase for the class.

WHEN: Wednesdays, 9/12-10/31, 12:30PM-3:30PM
(8 Sessions). **FEE: \$25.00**

WHEN: Wednesdays, 11/07-12/19, 12:30PM – 3:30PM
(7 Sessions) **FEE: \$25.00 INSTRUCTOR: Elaine Katz**

Oil and Acrylic Painting: Friday

This class is for anyone who loves art. If you can write, you can paint. Individual attention to each student; whether a beginner or experienced. Be sure to print or pick up the list of materials to purchase for class - Oil and/or Acrylic Paint Supply List. Each **Class Fee \$25**

WHEN: Fridays, 9/14-10/26, 9AM-12PM (7 Sessions)

WHEN: Fridays, 11/2-12/21, 9AM-12PM (8 Sessions)

INSTRUCTOR: Elaine Katz

Paint and Gogh

Paint and Gogh! This is a guided, acrylic painting "party". The class art work will be finished within 2-2 1/2 hours, depending on the level of difficulty. The easels, paints, brushes, 16" x 20" canvas and aprons will be furnished. **Total cost is \$35--\$10** when you register and \$25 for materials the day of the class. (1 session)

WHEN: Monday, 09/17, 9:30AM-12:00PM

WHEN: Monday, 10/15, 9:30AM-12:00PM

WHEN: Monday, 11/15, 9:30AM-12:00PM

WHEN: Monday, 12/10, 9:30AM-12:00PM

INSTRUCTOR: Sunny Hall

Paint and Gogh Wine Glasses

Have fun creating decorative wine glasses. Get ideas for various sizes and uses. All supplies are furnished. You will each decorate two wine glasses, etching cream,

paints, brushes, stencils and embellishments. Total cost is \$35--\$10 when you register and \$25 materials the day of the class. (1 session)

WHEN: Monday, 10/22, 11:00AM-1:00PM

WHEN: Monday, 11/19, 11:00AM-1:00PM

INSTRUCTOR: Sunny Hall

The Motown Sound

Motown music was a unique sound. Join us for a sight & sound feast through a movie where we meet the musicians and history of the men that made Motown sound.

WHEN: Wednesday, 11/14 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Diana Warren



HEATING • COOLING INDOOR AIR QUALITY

John & Robin McCombs
Veteran Owned & Operated

10% Discount
On Any Repair

(Not valid with other offers or promotions,
one coupon per person.)

602-789-3000

info@azperfectcomfort.com

www.azperfectcomfort.com

▶ GREAT REBATES OR SPECIAL FINANCING

▶ FREE ESTIMATES ON NEW SYSTEMS

Additional \$100 OFF a new system with this ad

▶ PERFECT COMFORT CLUB MAINTENANCE PLAN

Starting at \$15/month



azperfectcomfort
HEATING • COOLING • IAQ



It's Hard To Stop A Trane.®

Subject to credit approval. See dealer for details.

ROC#300933 Bonded & Insured

Art & Music

Vincent Van Gogh

Vincent van Gogh was a Post-Impressionist painter who had a turbulent life, house paintings were appreciated after his death. In this course, we will discuss his life and look at his works of art in detail from his birth to death.

WHEN: Monday, 11/26, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Allen Reamer

Watercolor Basic

This class is designed for the beginner. It will focus on getting comfortable with watercolor painting techniques and enjoying the process of painting. You will learn the basics of materials, tools, techniques, color and composition. It will be a fun atmosphere and everyone will leave with the skills to create beautiful paintings. (6 sessions)

WHEN: Tuesdays, 11/06-12/11, 9:00AM-11:00AM

FEE: \$25.00 INSTRUCTOR: Victoria Jessing

Watercolor II

After learning the basics, it's time to build on what we've learned. This class will focus on getting comfortable with watercolor painting techniques & the process. You will learn the basics of materials, tools, techniques, color & composition. A fun atmosphere & everyone will leave with the skills to create beautiful paintings. (6 sessions)

WHEN: Thursdays, 11/01-12/13, 9:00AM-11:00AM

FEE: \$25.00 INSTRUCTOR: Victoria Jessing

Finance & Business & Law

Actions that Need to be Taken when Death Occurs

It is never easy when a loved one dies. While grieving is taking place, those that you have left behind will have to make a lot of important decisions. We will discuss steps to be as prepared as possible for when death does occur. We will talk about ways to become organized so when death does occur, those you have left behind will have an easier time taking care of your affairs. There are time sensitive issues to be taken care of when death occurs.

WHEN: Friday, 11/16, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: David Eastman

Consumer Scams/Identity Theft (FREE)

Predators are always looking for new and innovative ways to steal. Whether it's a fraudulent loan scheme, a dishonest repair shop, or newest threats on Internet, you need to know how to protect yourself. The best defense is a good offense, someone who is trying to perpetrate a scam will not get far when a consumer like you is well informed.

WHEN: Thursday, 9/20, 9:00AM-10:30AM FEE: Free

WHEN: Thursday, 11/29, 1:00PM-2:30PM FEE: Free

INSTRUCTOR: Betty Delano

Documenting Your Personal, Legal, & Estate Records

Through a series of "locate me" documents, which we will create, we will identify, organize, and document your personal, legal, and Estate records. The course objective is

to assist you in providing to your family and/or to your Executor the answers to the following questions: Where are my personal, legal, and estate records located? What and where are my assets? What are my liabilities (monthly obligations)? What is my personal story? Who are my beneficiaries? Who should be contacted? (1 session)

WHEN: Wednesday, 12/5, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Louis Sather

Income Investing

Generating income in today's historically low interest rate world can be difficult. You will learn about different strategies to generate much needed retirement income and advantages & disadvantages of each. We will cover government, municipal, corporate bonds, dividend yielding stocks, preferred stock, closed-end funds, covered-call strategies, Limited Partnerships, Real Estate Investment Trusts (REITs), Unit Investment Trusts (UITs), annuities and more. Learn how to take control of your investment income through retirement. Each class **Fee \$10.**

WHEN: Tuesday, 9/18, 11:00AM-12:30PM

WHEN: Tuesday, 10/16, 9:00AM-10:30AM

WHEN: Tuesday, 11/20, 11:00AM-12:30PM

WHEN: Tuesday, 12/11, 9:00AM-10:30AM

INSTRUCTOR: Jeffrey Burg

IRAs and Trusts

Is your IRA going to be a large part of someone's inheritance? Have you worried about how they will spend it? Do you want to protect them from lawsuits, divorce or other calamities? Learn why naming your revocable trust as the beneficiary is a mistake and why you should use an IRA beneficiary trust to carry out your intentions.

WHEN: Thursday, 12/6, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Tim Holt, JD

Life Care Planning (FREE)

This presentation talks about all the legal forms that someone should have in order to prepare for any life changing events that may take place unexpectedly. We also provide the public with Life Care Planning Packets free of charge. These packets include the Medical and Mental Powers of Attorney and Advance Health Directives. (1 session)

WHEN: Thursday, 10/25, 9:00AM-10:30AM FEE: FREE

WHEN: Thursday, 12/27, 1:00PM-2:30PM FEE: FREE

INSTRUCTOR: Betty Delano

Q & A with an Estate Planning Attorney

Ask all your estate planning questions to one of the partners at Arizona's largest estate planning law firm. We will discuss: living trusts, if you have moved from another state what documents you need in Arizona, wills, powers of attorney, long term care, law changes that may affect your estate plan, retirement account with your estate plan.

WHEN: Thursday, 9/27, 9:00AM-10:30AM FEE: \$10.00

WHEN: Friday, 12/7, 11:00AM-12:30PM FEE: \$10.00

INSTRUCTOR: David Eastman, JD

Finance & Business & Law

Social Security Benefit Planning, the Latest Updates and Services

This class will discuss benefit filing options, tools and resources available to help decide when to file for benefits, social security benefits for your family members, Medicare Part A and B filing requirements and options. A Q&A session is planned to follow the course as well. (1 session)

WHEN: Monday, 10/1, 9:00AM-10:30AM
FEE: \$10.00 INSTRUCTOR: Jack Burns

Social Security Strategies

Decisions surrounding Social Security have become increasingly complex. This informative class will cover the basics of Social Security and reveal strategies for maximizing your benefits. You may be able to improve your benefits even if you already have collected Social Security but are still under 70 years of age. Social Security claiming strategies, how to coordinate benefits with your spouse, with other sources of retirement income, how to minimize taxes on Social Security, and special considerations for widows and divorcees. (1 session). **Each class fee \$10**

WHEN: Tuesday, 9/18, 9:00AM-10:30AM
WHEN: Tuesday, 10/16, 11:00AM-12:30PM
WHEN: Tuesday, 11/20, 9:00AM-10:30AM
WHEN: Tuesday, 12/11, 11:00AM-12:30PM
INSTRUCTOR: Jeffrey Burg

Stock Valuation

Learn how to find companies with high internal rates of return. Valuation measures more than just the current price of a stock and looks closer at how the company turns capital into profits. Return on capital is useful when calculating the returns generated by the business operation itself, not the current state of market prices. (1 session). **Each class fee \$10**

WHEN: Thursday, 9/20, 11:00AM-12:30PM
WHEN: Thursday, 10/18, 11:00AM-12:30PM
WHEN: Thursday, 11/15, 11:00AM-12:30PM
WHEN: Thursday, 12/13, 11:00AM-12:30PM
INSTRUCTOR: Chris Henderson

The ABCs of Successfully Acting as a Successor Trustee

If you have named your children, relatives or friends to be in charge as Successor Trustee of your Living Trust when you pass away, they probably have NO idea what to do. Everyone with a Trust (and your successor Trustee) should come and learn to avoid the common pitfalls.

WHEN: Thursday, 10/4, 11:00AM-12:30PM
FEE: \$10.00 INSTRUCTOR: Tim Holt, JD

The New Reverse Mortgage

This class will cover the New Reverse Mortgage and other financing options available to residents. Changes will be reviewed that made the reverse mortgage available again. This will provide a road map for anyone considering any financing options and how to navigate the process and

make the right decisions on their financial future. (1 session). **Each class fee \$10**

WHEN: Wednesday, 9/12, 1:00PM-2:30PM
WHEN: Wednesday, 10/10, 1:00PM-2:30PM
WHEN: Wednesday, 11/14, 1:00PM-2:30PM
WHEN: Wednesday, 12/12, 1:00PM-2:30PM
INSTRUCTOR: Lynette Jorden

The Seven Keys to Purposeful Trusts

Join us for this thought-provoking discussion. This is about YOUR family. It is the means by which you convey to your family, not just your accumulated wealth, but your knowledge, principles and core values--those things which are most important to you. Your Trust should be an act of love, faith and hope. The focus of purposeful planning is to convey the important things and to strengthen the families of our clients. (1 session)

WHEN: Thursday, 11/01, 11:00AM-12:30PM
FEE: \$10.00 INSTRUCTOR: Tim Holt, JD

Weathering Market Volatility

How do seasoned financial professionals manage risk in their portfolios? Come learn about techniques, strategies and tactics that can help mitigate risk and grow your assets within your accounts. (1 session)

WHEN: Thursday, 11/1, 11:00AM-12:30PM
FEE: \$10.00 INSTRUCTOR: Harry Calivas

What Health Care Documents are Needed in Arizona?

Come learn what documents you should have in place to avoid the courts taking control of your medical decisions. We will discuss Living Wills, health care Powers of Attorney, mental health care Powers of Attorney, and HIPAA forms. Its is critical that you have these legal documents in place so that a Living Probate is not initiated should you become too incapacitated to make your own medical decisions. (1 session)

WHEN: Friday, 10/26, 9:00AM-10:30AM
FEE: \$10.00 INSTRUCTOR: David Eastman, JD

Wills, Trusts, and Estates

This class will cover techniques for avoiding probate, reducing estate taxes and ensuring your estate is distributed according to your wishes. We will also be discussing the differences between Wills and Living Trusts and which one may be appropriate for you. (1 session). **Each class fee \$10**

WHEN: Tuesday, 10/23, 11:00AM-12:30PM
WHEN: Thursday, 11/15, 9:00AM-10:30PM
WHEN: Tuesday, 12/11, 9:00AM-10:30PM
INSTRUCTOR: Cason Leavitt, JD

Health & Wellness

ABC's of Medicare - How to Navigate

Marie will discuss your 2018 costs at a glance, Part A and Part B (Hospital and Medical Insurance), Modified adjusted gross income, late enrollment penalty, Preventative services covered by Medicare, Part D (Drug Coverage),

Health & Wellness

ABC's of Medicare - How to Navigate continued

Medicare supplements and advantage plans and enrollment periods. (1 session) **Each class \$10**

WHEN: Tuesday, 9/18, 9:00AM-10:30AM

WHEN: Tuesday, 9/25, 9:00AM-10:30AM

WHEN: Wednesday, 10/10, 9:00AM-10:30AM

WHEN: Thursday, 10/18, 9:00AM-10:30AM

WHEN: Thursday, 10/25, 9:00AM-10:30AM

WHEN: Thursday, 11/1, 9:00AM-10:30AM

WHEN: Wednesday, 11/14, 9:00AM-10:30AM

WHEN: Wednesday, 11/21, 9:00AM-10:30AM

WHEN: Thursday, 11/29, 9:00AM-10:30AM

WHEN: Wednesday, 12/5, 9:00AM-10:30AM

WHEN: Wednesday, 12/12, 9:00AM-10:30AM

INSTRUCTOR: Marie Wells

Advanced Awareness: Create Self-Healing Through Serving Others

Self-awareness is an "inside job" which requires your ability to notice and witness how you are being. But did you know that you can attract towards you the very healing you seek by focusing on others? This 'outside job' allows you to contribute to the healing of others while also improving areas of your own life – all the while doing this WITHOUT over-analysis, planning, or investment in self-help tools. In this class, Sandra will share with you the latest research about creating and manifesting prayerful healing intention for yourself and others. You will have the opportunity to create self-healing through service to others in a group demonstration of positive healing intention.

WHEN: Tuesday, 10/23, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Sandra Hickman

All about Acupuncture

The history of acupuncture and the theory of how and why it works will be explained. A demonstration of needling and the opportunity for students to experience what an acupuncture needle feels like (OSHA compliant). Students will be able to ask questions as time permits. (1 session)

Each class \$10

WHEN: Monday, 9/10, 1:00PM-2:30PM FEE: \$10.00

WHEN: Monday, 11/05, 1:00PM-2:30PM FEE: \$10.00

INSTRUCTOR: Julie Rae, I. Ac.

Basic Gentle Korean Style Tai Chi

Tai Chi incorporates slow, deliberate movements, meditation and breathing exercises to help your circulation, balance, and alignment while restoring energy. (6 sessions)

WHEN: Mondays, 10/1-11/5, 11:30AM-12:30PM

FEE: \$25.00 INSTRUCTOR: Christine Risner

Becoming a Dementia Friend

Dementia Friend is a global movement developed by the Alzheimer's Society in the United Kingdom and is now underway in the United States. The goal is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can

make a difference in the lives of people living with the disease. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend today. (1 session)

WHEN: Tuesday, 11/20, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Michelle Toft

Beginner to Intermediate Yoga

This is a Hatha Yoga class designed for beginners and students with previous yoga experience looking to further develop their practice. Focus will be placed on foundational poses with proper alignment, breathing, and use of some yoga props. Inversion and backbend poses may be introduced. Appropriate modifications will be provided as necessary. Students will also be introduced to the ancient language of Sanskrit. (6 sessions)

WHEN: Mondays, 10/1-11/5, 1:00PM-2:30PM

FEE: \$25.00 INSTRUCTOR: Jill Ellis

Blood Sugar Blues

Although hypoglycemia, diabetes and hyperglycemia are all blood sugar disorders, they also affect fat and protein metabolism as well, often leading to a variety of other conditions detrimental to our health. Technology has allowed for much better diagnosis and treatment of these diseases. The key to slowing down the Blood Sugar Epidemic does not lie in better diagnosis and treatment, but with better strategies to prevent these problems in the first place. (1 session)

WHEN: Thursday, 10/11, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Dr. Scott Timko

Chair Qigong

A powerful qigong exercise developed to benefit those who cannot stand for an extended period of time. The exercises are specifically designed to restore youthful vigor, energy and overall well-being. Studies have shown that practicing qigong increases the level of neurotransmitters in the blood. Deficiency of these elements can lead to Parkinson's disease, Alzheimer's, chronic depression and insomnia.

WHEN: Thursdays, 9/27-10/25, 9:00AM-10:30AM

FEE: \$20.00 (4 sessions)

WHEN: Thursdays, 11/1-12/13, 9:00AM-10:30AM

FEE: \$25.00 (6 sessions) INSTRUCTOR: Charles Gill

Change Your Diet, Change Your Life

By carefully choosing the foods and drinks that we put into our bodies, we can create a well-balanced system that will be strong enough to stay healthy and fight off infections and disease. But with all of the hype surrounding different diets, food combining, eating for your blood type and pH, it's easy to get confused. Don't miss this one! It could change your life! (1 session)

WHEN: Thursday, 12/13, 9:00AM-11:00AM

FEE: \$10.00 INSTRUCTOR: Dr. Scott Timko

Health & Wellness

Communicating with People with Dementia

Both long- and short- term memory, are important for effective communication. With all types of dementia, memory impairment occurs during the disease progression, making communication difficult. Learn ways to improve communication with people who have dementia through verbal and non-verbal techniques and how these techniques change as dementia progresses. (1 session)

WHEN: 11/14, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Cheryl Catale

Current Hearing Aid Technologies

The class will focus on current hearing aid technology in the marketplace. You will learn about Bluetooth technology and how the new hearing aids communicate with your phone or tablet. You will also learn about what to look for and how to purchase hearing aids. (1 session)

WHEN: Thursday, 11/15, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Douglas Zavos

Digital Homeopathy: Creating Natural Healing Through Sound

Homeopathy, the largest growing medical system in the world, is based on opposite principles to standard Western approaches. Through sound, emotional root causes for issues can surface causing the body to heal whatever has presented itself as not resourceful to you. Further, when delivered with hypnotic suggestions, the subconscious system draws from the vast field of Homeopathic knowledge to heal you. CDs with sample digital sound remedies for relaxation available for \$10 from instructor.

WHEN: Thursday, 10/11, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Sandra Hickman

Energy Medicine - What is it? How does it work?

Energy Medicine has existed for centuries and it has helped millions of people. It is generally not used by Western medical doctors. Learn how the human body is an energy body, types of energy medicine, and tools used by energy medicine practitioners. You may be surprised to know that you have experienced energy medicine.

WHEN: Thursday, 11/08, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Diana Warren

Family & Friends CPR Course

The Family & Friends CPR course teaches the lifesaving skills of adult hands-only CPR, child CPR with breaths, adult and child AED use, infant CPR, & relief of choking. Skills are taught in a dynamic group environment by using the American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. This is for people who want to learn CPR but don't need a course completion card. You will walk away feeling confident you can do your best to help someone when the need arises. (1 session) **Each class \$10**

WHEN: Thursday, 10/18, 9:00AM-10:30AM

WHEN: Tuesday, 11/6, 11:00AM-12:30PM

INSTRUCTOR: Paul Raymond

Healing From the Inside Out

Finally, today much of the medical community is coming to realize that indeed "we are what we think". This means that our thoughts are a major influence on our physical bodies. Doctors treat symptoms, and that is important, but why the symptom should be our question. We are not saying that environment and genes don't have a role to play, because they do, but we can often be guilty of self-defeating talk that is not only unhelpful, but also may be damaging to our bodies. (1 session)

WHEN: Thursday, 12/13, 1:00PM-3:00PM

FEE: \$10.00 INSTRUCTOR: Shirley Mahood

How to Prevent or Dilute Alzheimer's in Your Life

We can control nine things which make up 36% of the risk of Alzheimer. Self-tests, activities that can help us prevent Alzheimer, and things we can do to help ourselves if we have symptoms. (1 session)

WHEN: Tuesday, 10/16 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Diane Cheney

Introduction to the "Master Noticer" Program

Awareness is the common denominator for healing change. Being able to witness and observe yourself being 'YOU' is a mandatory skill. The way you respond to experiences in your life is based upon programs, beliefs and meaning that you gave similar events in your life. Do you want to increase conscious awareness, initiate more self-healing, attract towards you a better way of BEING? If you are interested in becoming more aware of yourself AND want to learn simple easy steps to follow, this is the class for you. (1 session)

WHEN: Thursday, 10/18, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Sandra Hickam

Keys to Happiness

Mark Twain is quoted as saying, "People are just about as happy as they make up their minds to be." Well, many might argue, saying, "If you had my circumstances, you would not be happy." And it is true that sometimes life can be hard, even very hard, but it is also true that there are several thought processes that we need to look at, to see if we are contributing to our own unhappiness. If you would like to find more joy in your life, come to this class and join the discussion with Shirley Mahood, author and international speaker. (1 session)

WHEN: Monday, 11/5, 1:00PM- 3:00PM

FEE: \$10.00 INSTRUCTOR: Shirley Mahood

Living Well With Anxiety

Life is full of stressors and many suffer silently from anxiety. Learn different kinds of anxiety, what causes negative stress, how to positively cope with it. Simple questionnaires can reveal your type of anxiety and level of stress. Learn through lecture, handouts, written exercises and discussion, the practice of various coping techniques including progressive relaxation, diaphragmatic breathing, journaling and exercise to identify and relearn negative thinking. (4 sessions) **Each class \$20**

WHEN: Mondays, 9/10-10/1, 1:00PM-2:30PM

WHEN: Mondays, 10/8-10/29, 1:00PM-2:30PM

INSTRUCTOR: Irene Nathanson

Health & Wellness

Medicare Informational Workshop

We will discuss how Medicare works and what to expect. Learn the elements of Medicare Parts A and B, Advantage plans (Part C), Prescription Drug plans (Part D), and Medicare Supplements (Medigap). Learn to verify if your doctor participates, how to calculate your prescription costs on plans, compare Medicare Advantage plans and more. (1 session) **Each class \$10**

WHEN: Monday, 9/17, 11:00AM-12:30PM

WHEN: Monday, 10/1, 11:00AM-12:30PM

WHEN: Monday, 10/29, 9:00AM-10:30AM

WHEN: Monday, 11/5, 11:00AM-12:30PM

WHEN: Monday, 11/19, 11:00AM-12:30PM

INSTRUCTOR: Orlando Cruz

Memory and Aging - What's Normal and What's Not

Although the brain changes with normal aging, dementia and the memory impairment associated with the disease is not a normal part of the aging process. This course will help differentiate between normal memory loss and memory loss caused by a disease and list ways to prevent memory loss. (1 session)

WHEN: Friday, 9/28, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Michelle Toft

Narcissists -- What's Behind Their Charm?

This class will review the characteristics of a narcissist including how to recognize a narcissist, traits of a narcissist, living with a narcissist, and how to keep your cool when a narcissist is around. (1 session)

WHEN: Wednesday, 12/12, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Diana Warren

Pet First Aid & CPR

You will learn the basics in caring for cats & dogs through a variety of topics - from understanding & checking your pet's vital signs, to preventative care for cats & dogs, to caring for the most critical emergency situations - including breathing & cardiac emergencies, wounds, & bleeding. This class includes a course e-book; participants will also receive a certificate. Leave your pets at home. After class, pet decals can be purchased through the instructor for \$1 that goes on home windows alerting rescue workers of pets inside in case of emergency.

Each class \$10

WHEN: Tuesday, 9/18, 11:00AM-12:30PM

WHEN: Tuesday, 10/30, 9:00AM-10:30AM

WHEN: Tuesday, 11/20, 9:00AM-10:30AM

WHEN: Tuesday, 12/11, 11:00AM-12:30PM

INSTRUCTOR: Paula Raymond

Prescription Drugs 101

Medicare prescription drug plans "Part D" coverage is a critical component of anyone on a Medicare Advantage Prescription Drug Plan "MAPD", or a Standalone Prescription Drug Plan "PDP". Understanding how to review

Have Questions About Medicare?



Visit our local service center at

13950 W. Meeker Blvd., Sun City West AZ

New location after September 1, 2018

Visit our local service center at Ancona Professional Plaza,

13985 W. Grand Ave., Ste. 200, Surprise, AZ



Call your local representative Adrienne McClellan at

602-427-9097



Advantage

An Independent Licensee of the Blue Cross and Blue Shield Association

Blue Cross Blue Shield of Arizona Advantage (HMO) is an HMO plan with a Medicare contract. Enrollment in Blue Cross Blue Shield of Arizona Advantage depends on contract renewal.

Health & Wellness

Prescription Drug 101 continued

your prescriptions using the Medicare.gov website may save you hundreds or even thousands of dollars. Every year plans change. Learn and save. (1 session)

Each class \$10

WHEN: Monday, 10/15, 9:00AM-10:30AM

WHEN: Monday, 11/5, 9:00AM-10:30AM

WHEN: Monday 11/19, 9:00AM-10:30AM

INSTRUCTOR: Orlando Cruz

Sleep Problems and What Sleep is All About

History of sleep throughout time and how sleep problems impact our lives. Tests to determine your sleep problems. Ideas and suggestions to sleep better. (1 session)

WHEN: Tuesday, 9/18, 11:00AM-12:30pm

Fee: \$10.00 INSTRUCTOR: Dr. Diane Cheney

Taking the Mystery Out of Medicare

The goal of this class is to educate those who are preparing to enter Medicare or those who are currently in Medicare. Many people do not understand all the nuances and options they have available to them when first entering Medicare or while in it. Some of the questions to be answered are: When do I take Part B? What if I am still working? What is the difference between a Supplement and a Medicare Advantage policy? What does AEP, Open

Enrollment, Guarantee Issue mean? I was means tested? The class will address these questions and many more. (1 Session) **Each class \$10**

WHEN: Wednesday, 10/17, 1:00PM-2:30PM

WHEN: Thursday, 11/8, 11:00AM-12:30PM

INSTRUCTOR: Brian Keep

Thyromania - Proper Diagnosis & Alternate Treatment

Thyromania is a term I use to describe the madness surrounding the treatment of thyroid disorders. There are many people who have thyroid symptoms but are told their blood work is normal or who are being treated with thyroid medication but still have symptoms. These symptoms range from fatigue, weight gain, headaches, loss of hair, cold sensitivity, dry or scaly skin to ringing in the ears, hormone imbalances and many more. We will discuss specialized and often overlooked lab tests you must have performed to correctly diagnose your condition. I will also reveal the immune systems intimate connection to these symptoms. So, if you have been diagnosed with a thyroid condition, an autoimmune disease, then this class is for you. (1 session)

WHEN: Thursday, 11/8, 9:00AM-11:00AM

FEE: \$10.00 INSTRUCTOR: Dr. Scott Timko

Trauma Release

Memory is stored at the cellular level in your body. It is popular these days to refer to this as the Body Mind. You initially react to situations in your life by realizing an

RENCO Roofing

ARIZONA'S PREMIER ROOFING CONTRACTOR

**Free
Consultations**

- SHINGLE ROOFS
- TILE ROOFS
- FOAM ROOFS
- REPAIR/REPLACE

**We Also Offer
Seamless Guttering!**

5" OR 6" IN 31 COLORS



Don't Wait For Leaks!

Call NOW to schedule
a FREE Consultation to
ensure your roof will
protect your home.



**RANKING
ARIZONA**

Family Owned & Operated

**FINANCING TO
FIT YOUR NEEDS**

We Cover It All!

RESIDENTIAL • COMMERCIAL

ROC #s 195475 & 196424

602.867.9386

rencoroofing.com

Health & Wellness

Trauma Release Continued

experience 'physically' then processing it 'mentally'. Emotions are biochemical cocktails attached to the experience you are having. Sometimes we find these reactions are 'over' reactions. Sometimes we find reactions feel 'out of control', just happening without us wanting them. Would you like to learn how this process happens, or keep the memory but release the traumatic hold it has on your body and behavior? You will leave with some tips & tools for working through memories so the biochemical cocktails surface are more resourceful for you. (1 session)

WHEN: Thursday, 11/1, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Sandra Hickman

Valley Fever (FREE)

Valley Fever has been at an epidemic level for some years in Arizona. Hear what Valley Fever is all about including the myths and misinformation. The class will cover the history, types and forms of Valley Fever, what the fungus looks like, where it grows and where it is found. The class will also provide information on Federal laws on the fungal spore, signs and symptoms of Valley Fever, risk and infection information, research and more. (1 session)

WHEN: Friday, 10/26, 12:30PM-2:30PM

FEE: FREE INSTRUCTOR: Pat White

Whole Body Cleansing and Detoxification

Toxins are taking their toll on your health! Never before in human history has any group of people been exposed to more chemicals than those of us currently living in Western civilization. If not, then there can be serious health implications. Learn the symptoms of a toxic body and how to avoid or limit your exposure as well as detoxification programs that will help rid yourself of these poisons.

WHEN: Thursday, 9/13, 9:00AM-11:00AM

FEE: \$10.00 INSTRUCTOR: Dr. Scott Timko

History, Language & Current Events

Saving America: History

America has a long and storied tradition of solving its problems through a forgotten, yet much maligned tool. Beginning three centuries ago, colonials found a way of addressing issues that legislators, large or small, could not. They met in what was called a "congress" or "convention". Conventions were used to resolve a diversity of issues including resolving wars, currencies, foreign trade boycotts, reforming political structure, and even water allocation and distribution. This course will scan the many notable conventions of this American tradition from 1620 through 2017. We'll discuss the source of the 105 years of abuses to the Constitution and amendment proposals that might repair it. (1 session)

WHEN: Monday, 09/17, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Mike Kapic

The Day Pres. Kennedy Died in Dallas by Parkland Hospital Employee: Dr. Cheney

The assassination of President John F. Kennedy took place over 53 years ago, but many of us still remember where they were when they heard about it. Find out the timeline of what happened in that short space of time after Kennedy was shot at noon on 11/22/63. Two days later his assassin, Lee Harvey Oswald, was assassinated by Jack Ruby, and two years later Jack Ruby died of cancer - all at Parkland hospital where Dr. Cheney was working as a nurse. You will hear what really happened. (1 session)

WHEN: Wednesday, 11/7, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Diane Cheney

The Love Life of Presidents Kennedy, Reagan, and Trump

The story of wives, girlfriends, odd behaviors, strange habits, and the incredible role of love in the lives of these presidents. (1 session)

WHEN: Thursday, 10/4, 9:00AM-10:30AM

FEE: \$10 INSTRUCTOR: Dr. Diane Cheney

The Unquiet Shades of the Little Big Horn

The American film industry has produced more than 50 films and even a TV series with the exploits of Custer as a focal point. If you grew up watching the Westerns of the 50's and 60's, it is likely you have been exposed to copious amounts of misinformation regarding the Little Big Horn battle at Greasy Grass in late June of 1876. This presentation will clarify what occurred while demonstrating how each generation uses history to create its own narrative. Scenes from "They Died with Their Boots On" (1941), "Little Big Man" (1969) and "Son of the Morning Star" (1989) will be shown. (1 session)

WHEN: Monday, 10/29, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: John Lemma

The Vietnam War

Driven by domestic politics and the Cold War, the Vietnam War helped define an entire era in American History. This class will explore the causes, conduct, and results of the Vietnam War -from the colonization of Indochina by the French through the rushed American withdrawal in 1975. We will address the lessons learned and not learned by our leaders as evidenced by our current struggles in the Middle East. (1 session)

WHEN: Monday, 12/03, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: John Lemma

History, Language & Current Events

What's Going on with our Fire Department

The story of the changes in the Sun City West Fire District, up to the present time as Arizona Fire and Medical Authority. Learn about changes in the fire service over the years. Invited fire district guests will add information to Dr. Cheney, the fire board director who presents.

WHEN: Wednesday, 10/31, 9:00AM-10:30AM

FEE: \$10 INSTRUCTOR: Dr. Diane Cheney

Home & Garden

Container Gardening for your home and yard

Brighten your home and yard with decorative and colorful containers filled with many types of succulents, cacti, flowers and more. Learn which plants are suitable for containers as well as the best soils and types of containers to use. Discuss which plants work best in our Arizona weather. (1 session)

WHEN: Thursday, 11/08, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Keven Pauling

Interior Design for Seniors

The goal for this class is to teach people over the age of 50 how to make important functional and aesthetic design choices in their own home. Interior design isn't just about looking good. Learn how to tap into the design resources at minimal cost. Learn the basics of color, light, texture, form, function, and furniture placement in your own home. Learn how to prioritize your design needs for yourself. As we age our brains change just like

our bodies. Make the best choices you can for living in your own environment. (1 session) **Class Fee \$10**

WHEN: Tuesday, 10/02, 11:00AM-12:30PM

WHEN: Wednesday, 12/05, 11:00AM-12:30PM

INSTRUCTOR: Lynne McCarthy

Landscaping Tips for End of Summer and Fall

You will learn tips and tricks to keep your landscape healthy during the last part of our very warm Arizona summers. Plus, learn what to do to plan now for fall.

WHEN: Thursday, 09/20, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Keven Pauling

Roofing Issues? Get Your Questions Answered

A vital part of our home is the roof. Learn how to keep it in good shape, when to repair, when to replace, and what's covered by insurance. This presentation will include - tiled, asphalt shingles, flat, and more. Bring your questions to share with others. Class Fee \$10

WHEN: Friday, 08/10, 1:00PM-2:30PM

WHEN: Friday, 10/26, 11:00AM-12:30PM

INSTRUCTOR: Sam Eid

Solar Energy: The Questions and Answers

What you must know about solar before you ever invite a solar salesman into your home. It's near impossible to sort the good from the bad. This educational seminar will do just that. Learn how solar works, how much money will you really save. **Class Fee \$10**

WHEN: Tuesday, 08/14, 1:00PM-3:00PM

WHEN: Tuesday, 9/18, 1:00PM-3:00PM

WHEN: Tuesday, 10/16, 1:00PM-3:00PM

WHEN: Tuesday, 11/13, 1:00PM-3:00PM

WHEN: Tuesday, 12/11, 1:00PM-3:00PM

INSTRUCTOR: Michael Shepp

623-465-0952

Potter Landscaping

MIKE POTTER
LANDSCAPING / HARDSCAPING
M & J GENERAL CONTRACTING

**One Source -
for all your
Homes Needs!**

**Irrigation/Low Voltage Lighting Install & Repairs
Masonry, Pavers, Concrete, Etc.**

www.mikescreativescapes.com

ROC 150017, 203168, Bonded & Insured

Learn It Do It

AARP Smart Driver Course

This four-hour class satisfies both the initial Driver Safety Program and refresher course requirements. Participants will learn driver safety techniques, road signs, vehicle options and ways to keep safe on the road. At the conclusion, you may be eligible for a reduction on your auto insurance premium (check with your insurance company). Additional materials fee of \$15 for AARP members; \$20 for non-members, paid by check directly to the instructor during class. **WHEN: Thursday, 9/13, 9:00AM-1:00PM Fee \$5**

WHEN: Tuesday, 10/23, 9:00AM-1:00PM Fee \$5

WHEN: Monday, 12/17, 9:00AM – 1:00PM Fee \$5

INSTRUCTOR: Larry Anderson

Beginning Tap Dance

An intro workshop for fun exercise and rhythmic dance. Taught to different styles of Jazz, Swing, Dixieland, Ragtime and Contemporary Music. Her techniques include taps, toes, digs, shuffles, flaps, time steps, and shim, slam, shimmy. (4 Sessions) class fee \$20

WHEN: Friday, 09/07- 09/28, 9:00AM-10:30AM

WHEN: Friday, 10/05 -10/26 9:00AM-10:30AM

WHEN: Friday, 11/02 – 11/30, 9:00AM-10:30AM

WHEN: Friday, 12/07 – 12/28, 9:00AM-10:30AM

INSTRUCTOR: Traci Mann

Bridge-Improving Your Game

This class is for people who have been playing bridge a while and would like to improve their game. First, we will review the basics of Standard American bidding with 5-card majors. We will cover basic conventions: Stayman, Blackwood, Gerber, Unusual No-Trump, Jump Raises, and transfer bids; also, best strategies for declarer and defender play, including opening leads. Questions are encouraged. (1 session)

WHEN: Tuesday, 10/30, 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: Mitchell Weisberg

Bridge-Take Out Doubles and Negative Doubles

This class is for people who have been playing bridge awhile and would like to improve their game. We will discuss the art of the Takeout Double and the Negative Double. You will learn how to handle them and respond. We will have examples and all questions will be answered. (1 session)

WHEN: Tuesday, 11/06, 11:00AM – 12:30PM

FEE: \$10.00 INSTRUCTOR: Mitchell Weisberg

Buying or Keeping a Car Year-Round in Arizona

A review of all the things you need to consider if you are a winter visitor from the US or Canada and you're thinking about purchasing a car that you would keep at your



YOURSON CONTRACTING LLC

*Your Lifestyle Contractor
for over 22 years*



Kitchens • Bathrooms • Flooring • Roofing • Additions • Aging In Place

*Luxury Home Design,
With Your Lifestyle In Mind*
623. 582. 4477

Visit Our Design Studio
11203 W. Nevada Ave
Youngtown, AZ 85363

Find Us Online
YoursonContracting.com

  
Licensed, Bonded and Insured ROC #223524

Learn It Do It

Buying or Keeping a Car Year-Round in Arizona continued

Arizona home year-round. This is not a car maintenance class! Expert information about car color, sales and registration taxes, emissions and safety testing, and special insurance programs that save when you're not in Arizona! If you're thinking about buying a car to keep here in Arizona. This class will prepare you for almost anything.

WHEN: Tuesday, 12/04, 11:00AM-12:30PM
FEE: \$10.00 INSTRUCTOR: Clark Sanchez

Cardmaking 101 – Basic Beginning Class

If you are interested in card making and want to learn more about it, this is the class for you! Time will be spent familiarizing students with the types of stamps, inks, and paper most commonly used in this craft. The instructor will provide a "Basic Toolkit" list and review each of the items. Students will practice inking stamps and producing a clear image. Basic terms and techniques (creating a background and inking a stamp with 2 different colors) will be demonstrated while completing 2 cards. (1 session)

WHEN: Tuesday, 10/30, 12:30PM-3:00PM
FEE: \$10.00 INSTRUCTOR: Char Stiehl

Chess? Yes!

Is chess on your bucket list? This class is for beginners. You will learn the basic moves of each piece, the relative

strength of each piece, board patterns, check, checkmate, stalemate, castling, end passant, plus some basic tactics strategy. If you have a chess set, please bring it to class. Chess? Yes! (3 sessions) Class Fee \$15

WHEN: Thursdays, 10/04-10/18, 1:30PM-3:00PM
WHEN: Thursdays, 11/08-11/29, 1:30PM-3:00PM
INSTRUCTOR: Jerry Nicholson

DNA and Your Family Tree

Learn what your DNA is and how it can help you in your genealogical research. Topics will include the types of DNA tests, what test results can tell you, and how to use them in your research. Bring your questions about this latest method of genealogical searching. (1 session)

WHEN: Thursday, 10/04, 9:00AM-11:00AM FEE: \$10
WHEN: Monday, 11/19, 9:00AM-11:00AM
FEE: \$10. INSTRUCTOR: Susan Smith

Genealogy for Beginners

Get started researching your family history. Where do you start? This class will cover the basics of organizing your research. There will be ample opportunities for questions!

WHEN: Tuesday, 9/11, 9:00AM-11:00AM Fee: \$10
WHEN: Monday, 10/22, 9:00AM-11:00AM FEE: \$10
INSTRUCTOR: Susan Smith

Genealogy on the Internet

This entertaining and educational program will expose the beginning or intermediate family tree climber to several web sites and demonstrate how to use them. It is

LET US HELP YOU CHOOSE A PLAN THAT'S RIGHT FOR YOU



Marie E. Wells
Wells Insurance Group
AZ Licensed
Medicare Products Consultant/Broker
20 Years Experience

MEDICARE
Supplements • Advantage • RX D Plans
CALL TODAY
TO SETUP AN APPOINTMENT
AVAILABLE FOR GROUP PRESENTATIONS

602-810-9200 • Special needs call TTY 711
wellsaz@mac.com

Learn It Do It

Genealogy on the Internet continued

recommended that beginners attend "Genealogy for Beginners" prior to this class. (1 session) **Fee: \$10**

WHEN: Monday, 09/24, 9:00AM-11:00AM

WHEN: Tuesday, 11/06, 9:00AM-11:00AM

INSTRUCTOR: Susan Smith

Golf Cart Care & Feeding

Learn the day-to-day golf car maintenance from a professional. We won't be dismantling an engine, but we will cover the manufacturer-suggested maintenance procedures to be done by the owner to keep your car up and running through the Arizona heat. From proper tire pressure to summer storage procedures, we'll cover all the basics so you are comfortable and confident caring for your vehicle. (1 session)

WHEN: Friday, 10/19, 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: David French

How to Sell on eBay

This class will cover everything you need to know to start selling on eBay. Learn how to setup your PayPal account, add pictures to your listing, select a minimum bid, mailing options, and much more. Q&A. (1 session)

WHEN: Tuesday, 12/04, 9:00AM-10:30AM

FEE: \$10.00 INSTRUCTOR: Mitchell Weisberg

Last Minute Christmas Card-Advanced Class

This class is designed for students who have completed the Cardmaking 101 Class or have previous card making experience. Students will make 3 Christmas cards. Class instruction may include various techniques and tools such as 2-Step Stamping, Dry or Heat Embossing, use of the Big Shot Die Cutting machine and Wafer-Thin Dies, and other cardmaking tools and techniques. (1 session)

WHEN: Tuesday, 11/13, 12:30PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Char Stiehl

Learning Personal Defense for Seniors

Statistically, attacks on seniors occur infrequently. However, if you are one of those who have been a victim, statistics are irrelevant. Similarly, with the goal of helping her protect herself, he studied and developed a simple personal defense program for seniors. In this program, you will benefit from his advanced education in psychology and 41 years of law enforcement experience in dealing with criminals. The focus will be on situational awareness and simple methods to keep you safe. **Class Fee: \$10**

WHEN: Tuesday, 09/25, 9:30AM-12:30PM

WHEN: Tuesday, 11/27, 9:30AM-12:30PM

INSTRUCTOR: Dale Tunnell

Obituaries to Die For

An obituary should not feel morbid, after all you are NOT writing about your death, but rather the highlights of your life. What do I value? How have I lived my life? How do I want to be remembered? Write a warm, thoughtful and succinct obituary full of life. Week 1 – Writing an obituary Worth Reading; Week 2 – Prompting a Deeper Life Review; Week 3 – Drafting and Revising; Week 4 – An Obituary Worth Sharing. Class supplies – pen and paper. (4 sessions)

WHEN: Tuesdays, 10/02-10/23, 9:00AM-10:30AM

FEE: \$20.00 INSTRUCTOR: Sandra Forsey

Selecting and Using a Handgun for Self-Defense and/or Target Shooting

In this class, we have a "hands-on" examination of many popular models and styles of handguns, both revolvers and semi-automatics, to help you make informed decisions on what might be best for YOU if you are thinking of making a handgun purchase. We will review basic safety issues. Using some of the models you have examined, we will load them with laser cartridges. This is a non-firing (i.e. no bullet) 100% safe round of ammunition that "shoots" a laser pulse at electronic targets. Since you are "shooting" real handguns, the experience is the same as would be at live-fire range, except there is no noise or recoil to distract you from learning. (1 session) **Fee \$10**

WHEN: Wednesday, 09/19, 9:00AM-11:00AM

WHEN: Friday, 10/12 and 11/16, 12:30PM-2:30PM

WHEN: Friday, 11/16, 12:30PM-2:30PM

INSTRUCTOR: Paul Horvick

Tae Kwon Do Self Defense Class for Adults

This is an adult self-defense class incorporating various simple techniques of Tae Kwon Do to disarm and/or defend against an attacker. There will be one or two techniques taught at each class along with discussions on various scenarios. We will engage in some stretching and core exercises that can be done in class and at home, simple wrist locks, arm bars, kicks, stomps, punches, blocks and having a lot of fun doing it. (6 sessions)

WHEN: Wednesdays, 09/12-10/31, 1:00PM-2:30PM

FEE: \$25.00 INSTRUCTOR: Patrick McGannon

Volunteer Seminar

You're Retired...Now what? Putting more life in Life 2.0 by finding your passion and enriching your life through volunteer opportunities. The class will guide you through ways to discover and identify your talents and passions and put them to good use by helping others. Whether you have an hour, a month, or a day a week, you can share your expertise in our community and beyond. You'll learn how to use Volunteer/Match.org to help you identify volunteer opportunities in the Sun City West vicinity. **Fee \$10**

WHEN: Wednesday, 11/14, 1:00PM-2:30PM

INSTRUCTOR: Anne Brown

Technology

Android Phone Basics

You know it's not an iPhone, but the letters making up the name of your new phone are fairly meaningless. That's OK! A smartphone or android is easy to work with once you understand the basics. We will cover basic settings, email, creating and updating contacts, camera and photos, and time permitting, downloading apps, music and games. (1 session) **Class Fee \$10**
WHEN: THURSDAY, 9/27, 11:00AM-12:30PM
WHEN: Thursday, 10/25, 11:00AM-12:30PM
WHEN: Thursday, 11/29, 11:00AM-12:30PM
WHEN: Thursday, 12/20, 11:00AM-12:30PM
INSTRUCTOR: Virginia Ellwanger

Introduction to Facebook

Are all the new pictures of the grandkids on Facebook? Has the club started posting all of their activities there? This class will walk you through setting up a Facebook account, finding your friends and family, securing your account for a safe and comfortable experience, and help you start getting your own pictures and messages out to your network. (1 session) **Class Fee \$10**
WHEN: Thursday, 9/13, 11:00AM-12:30PM
WHEN: Thursday, 10/11, 11:00AM-12:30PM
WHEN: Thursday, 11/8, 11:00AM-12:30PM
WHEN: Thursday, 12/6, 11:00AM-12:30PM
INSTRUCTOR: Virginia Ellwanger

iPad – Basics

This class will offer a step-by-step introduction to the basic use of the Apple iPad. Learn to access and send email, connect to the Internet, download music and apps, set up your iPad for personal use and maximum efficiency, and find and use more advanced application instructions. The goal of the class is to provide a simple intuitive approach to the use of your Apple iPad. Participants must bring their own iPad to class. No more than two people can share one device. (2 sessions) **each session \$15**

WHEN: Wednesdays, 11/21-11/28, 11:00AM-12:30PM

WHEN: Wednesdays, 12/5-12/12, 11:00AM-12:30PM

INSTRUCTOR: Larry Fowler

iPhone - The Basics

So, you bought the new iPhone but haven't quite mastered more than making a few calls and a little bit of texting? In this class will you learn the other amazing things your new phone can do for you. We will cover basic settings, email, creating and updating contacts, camera and photos, and time permitting, downloading apps, music and games. Participants should bring their own iPhone to class. No more than two people can share one device. (2 sessions) **each session \$15**
WHEN: Tuesdays, 11/13-11/20, 11:00AM-12:30PM

WHEN: Mondays, 12/3-12/10, 11:00AM-12:30PM

INSTRUCTOR: Larry Fowler

Music and Apps for the Apple iPad and iPhone

This class will cover the downloading of music and apps with the iPad and iPhone. Topics will include the acquiring of free music and apps, as well as those that involve a cost. Also covered will be tricks on finding the music you want, previewing the music before you pay for it and use of an iTunes account or card to pay. Some of the more popular games will be discussed and what the word "free" really means when you download a game or app. (1 session) **Class Fee \$10**

WHEN: Wednesday, 11/14, 11:00AM-12:30PM

WHEN: Monday, 12/17, 11:00AM-12:30PM

INSTRUCTOR: Larry Fowler

Photos with the Apple iPad & iPhone

This class will instruct individuals who have basic knowledge of the Apple iPad and iPhone in the use of the photo capabilities of the device. Topics covered will be: taking and saving photos, viewing photos, creating slideshows, sharing and editing photos, and creating albums. (1 session) **Class Fee \$10**

WHEN: Thursday, 11/15, 11:00AM-12:30PM

WHEN: Monday, 11/26, 11:00AM-12:30PM

WHEN: Wednesday, 12/19, 11:00AM-12:30PM

INSTRUCTOR: Larry Fowler

NEAR SCW **LISTED WITH PORA**

PC REPAIR

IN-HOME SERVICE

**FRUSTRATED?
SLOW LAPTOP/DESKTOP?**

**NO INTERNET? PC ISSUES?
VIRUSES? CAN'T PRINT?**

623 FREE QUOTES

486-4404

**CARING
COMPUTER
SERVICES,
LLC
SINCE 1996**

Travel & Photography

Adventures in India

This class includes a description of Dr. McEnnan's many trips to various parts of India. She will focus on her experiences in and around the city of Bangalore (Bengaluru) working in five separate schools for the past six years. She has been privileged to spend time with some of these children and helped them further their academic growth. Pictures are an integral part of the presentation and a Q&A period is included.

WHEN: Thursday, 10/25, 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Stacey McEnnan

Adventures in Romania

Romania is a beautiful and highly interesting country in eastern Europe. It has a fascinating history as well. Come share information about wonderful travel destinations which will include personal experiences during the communist era under Nicolae Ceausescu. (1 session)

WHEN: Thursday, 11/15, 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: Dr. Stacey McEnnan

Explore Australia & New Zealand

Want diversity? Get yourself Down Under. The pristine beaches, sprawling deserts, enormous forests, snow-capped mountains and coral reefs teeming with aquatic life show off nature at its very best, multicultural cities are packed with folks with stories to share. Prepare to have the limits of your imagination expanded.

WHEN: Tuesday, 10/9, 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: Glenn Stark

Sharing "The Way of St. James" - The Camino de Santiago de Compostela

What a fun class this is! The topic material is fascinating for new folks and a nostalgic joy for veteran "Pilgrims." It sounds familiar because it has been popularized in recent movies such as "The Way" with Martin Sheen, as well as biographical books. We have narrated power-point slides, and discussion time. Imagine taking a month to backpack across 500 miles of northern Spain along the same route used by the Knights Templar!

WHEN: Wednesday, 11/7, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Bill Persson

Small Boat Cruising

Learn about small ships that range from mega yachts & sailing vessels of less than 5,000 tons to ships of about 25,000 tons. These ships may carry as few as 22 passengers or as many as 350 and tend to be more up-scale. Intriguing itineraries are more often the focus of the voyage and often include some ports of call that are inaccessible to larger ships. (1 session)

WHEN: Tuesday, 11/6, 1:00PM-2:30PM

FEE: \$10.00 INSTRUCTOR: Glenn Stark

Travel the World by Train

Are you interested in traveling to new destinations

around the world or locally? Have you tried to find that perfect location that will allow you to have an unforgettable vacation? Are you finding the information is overwhelming? Then why not let a professional travel agent help guide you through the process. We will look at what are the best trips that you can take by train. (1 session)

WHEN: Thursday, 12/6, 11:00AM-12:30PM

FEE: \$10.00 INSTRUCTOR: Glenn Stark

Travel: Alaska

Are you interested in traveling to new destinations around the world or locally? Have you tried to find that perfect location that will allow you to have an unforgettable vacation? Are you finding the information is overwhelming? Then why not let a professional travel agent help guide you through the process. We will look at Alaska and some of the best methods to travel and explore. (1 session)

WHEN: Tuesday, 9/11, 11:00AM -12:30PM

FEE: \$10.00 INSTRUCTOR: Glenn Stark

Writing & Literature

I've Decided to Live to 120 Years - Book Club

The book I would like to facilitate in a discussion with is entitled I've Decided to Live 120 Years by Ilchi Lee. Mr. Lee has combine ancient wisdom & current needs to help seniors age well. This book has received reviews from leaders in the fields of medicine, spirituality, and mental health. Dr. Christine Northrup author of Woman's Bodies, Women's Wisdom wrote, "This magnificent book ignites the true spirit of what it means to live fully.." (8 sessions) **FEE: \$25.00**

WHEN: Friday, 10/5-11/30, 11:00AM-12:30PM

INSTRUCTOR: Marti Bay

Meet Our Instructors

Larry Anderson is a certified AARP Smart Driver instructor, and combines his professional and teaching experience with a sense of humor to offer his students a rewarding classroom experience. During his 30 years in the court system, Larry has worn several hats, including an educator and a Training and Development Director.

Marti Bay is a coach, mentor, and teacher. Currently, Marti is teaching Tai Chi and Yoga outreach programs in senior retirement and assisted living homes. Her healing trainings have included Massage Therapy, Polarity Therapy, Reiki, and Tai Chi and Yoga. She is a certified life coach and a Life Mastery Consultant. Marti's mind and heart are devoted to helping others heal their bodies, minds and souls.

Anne Keckeley Brown has a background in healthcare Administration with an MS in Healthcare Administration. She has taught Healthcare administration and Healthcare Financial Management at the graduate level. Anne is now the Volunteer Coordinator for Volunteer Match in SCW under the auspices of Sun City West Foundation.

Meet Our Instructors

Jeff Burg is a Partner at DB Financial Partners focusing on a variety of practice areas including individual retirement planning, investment management and cash-flow planning. He attended Arizona State University and holds a Chartered Retirement Planning Counselor designation from the College for Financial Planning.

Jack Burns is the Public Affairs Specialist for Social Security in Arizona. He provides education and information on Social Security benefits and services to the communities of Arizona. He has worked for Social Security for over 13 years, as well as training, mentoring and supervising staff at Social Security.

Harry Calivas has an extensive and diversified business background with more than 35 years of business experience. He holds the designations of Certified Financial Planner, Certified Investment Management Analyst and Accredited Domestic Partnership.

Cheryl Catale joined the Silverado family as Director of Resident and Family Services in December of 2015. She comes to us with a background in teaching the hearing impaired and serving as a therapist for children with emotional disorders.

Dr. Diane Cheney was a nurse at the time of the assassination of President Kennedy and later became a psychologist. She was appointed Drug Czar of Dallas by the Mayor. The author of 10 books and co-author of 9 more, she has served on the Sun City West Rec Center Governing Board.

Orlando Cruz is a healthcare and retirement planning specialist where he combines his passion for helping, advising and guiding people with important decisions in their life. For over 40 years, Mr. Cruz has been involved in America's top corporations: AT&T, Schering Plough, Humana, Metlife, Cambridge Technology Partners and others involving Business Intelligence, Financial Services, Real Estate Brokerage, Consulting, and the Healthcare Industry.

Betty Delano retired last year from serving almost 30 years with the Maricopa County Superior Court system, working for two different Superior Court Judges. Prior to that, she was in banking for 15 years. Betty has been the senior Outreach Coordinator for the Office of the Arizona Attorney General.

David Eastman studied at BYU and earned a degree in Psychology. He finished his legal education at Arizona State University College of Law and earned his Juris Doctorate degree. He practices in all areas regarding estate planning but focuses especially on the areas of Estate Administration and Probate. David worked as a co-writer on the Arizona Estate and Probate Planning Handbook.

Sam Eid has been in the construction business for over 10 years and specializes in roofing and restoration. He is the Sr Project Manager for ProWest Roofing & Restoration. Sam loves to help homeowners. He does roof inspections, estimates and finds solutions to roofing problems by working with the owner's insurance company.

Jill Ellis is a certified Hatha Yoga instructor registered with the National Yoga Alliance. She received her Occupational Certification in Yoga Instruction at Scottsdale Community College and is currently a student in SCC's Yoga Therapy program.

Virginia Ellwanger retired after a 40-year career in technology. She began her career learning how to program COBOL on punch cards. Her final position was Chief Information Officer for the Oregon Department of Transportation. She has an MBA and a BS in mathematics.

Sandra Forsey helps get end-of-life and funeral planning conversations started with a light touch on a serious subject. Sandra is licensed in the funeral industry. She is a Cemetery and Advance Planning Consultant at Camino Del Sol Funeral Home in Sun City West.

Larry Fowler has a diverse background as an educational consultant, college instructor, and administrative dean in the disciplines of speech, radio & TV, communications, & public relations. He is a self-proclaimed "Tech Guru" and loves figuring out how all things work.

David French has been in the golf car industry as a professional, not just a hobby, for over 20 years. He has worked in all capacities in the golf car industry including Service Manager and brings with him a plethora of **accurate** information to share with you.

Charles Gill is the director/senior instructor at Southwest Center for Taoist Studies. Mr. Gill has studied throughout the US and in China. He is a Certified Tai Chi and Qigong instructor through the Southwest Center for Taoist Studies, the Tucson Tai Chi Association and the American Tai Chi and Qigong Association.

Brad Griffin, BS, MSC, is a retired Fortune 500 computer scientist and professional guitarist-bassist. His musical experiences he has taught guitar for over 40 years. His vast experience playing in all venues, he is able to teach both classical and plectrum method.

Sunny Hall is a retired art teacher and taught art for a total of 28 years. She started "Paint and Gogh" to satisfy her passion for teaching. She says, "I love what I do," and it shows in her fun classes where everyone paints a picture in one session.

Chris Henderson, AAMS is VP of Investments at Wedbush Securities. He has helped investors protect their wealth for over 15 years using trend-following strategies. Chris is a firm believer that wealth accumulation starts and ends with wealth preservation.



DISTINCTIVE INDEPENDENT LIVING



Now let the fun begin. There's never a dull moment at The Park!

After a day of adventures, spend your evenings relaxing with a night swim in the saltwater pool, a dip in the Jacuzzi, or invite your friends for a glass of wine at the Victory Bistro & Wine Bar. Gather 'round the firepit at sunset for a community BBQ or enjoy your private patio for entertaining. You'll be spoiled for choice.

Month-to-Month Rental - Now Taking Deposits!
(480) 416-3605

The Park

at SURPRISE

KOELSCH *Signature* COMMUNITY

14630 W. Parkwood Dr. | Surprise, WA 85374 | theparkatsurprise.com



Meet Our Instructors

Sandra Hickman, MA, CCHT is a Master Neuro-Linguistic Hypnotherapist who is passionate about shining the light on something new and seeing what's familiar from new perspectives. Sandra creates space for people to accelerate healing and reinvent themselves. Her teaching style is provocative, funny and empowering.

J.D. Holt received his law degree from College of Law at the University of Utah. 28 years of experience in civil litigation, he limits his practice to estate planning and asset protection planning. He is a Certified Financial Planner™ Practitioner and founder and Registered Principal of The Holt Capital Management Group, L.L.C.

Paul Horvick is a permanent resident of Sun City West. He is a retired attorney and longtime NRA Training Counselor and Pistol Instructor.

Victoria Jessing has been using and teaching about essential oils for over 4 years. She is a silver ranked leader with Doterra International and is certified in the Aromatouch Technique. She graduated from Northern Arizona University with a BFA in illustration and works for Villafane Studios in Carefree, AZ.

Lynette Jorden is a Loan Originator with VIP Mortgage, Inc. She specializes in the Reverse Mortgage in helping homeowners achieve their ownership goals. Lynette is an accredited instructor with the AZ Dept of Real Estate, offering continuing education classes to the Real Estate Community.

Michael Kapic is retired business executive and is a student of history and economics. He is the author of three yet to be published novels and published the non-fiction book "Conventions That Made America: A Brief History of Consensus Building". He has presented to civic groups and appeared on radio and television.

Elaine Katz started her career in painting over 15 years ago, after taking several classes and joining the SCW Art Club. She discovered her love of painting and enjoys of teaching art. She specializes in Oil and Acrylics.

Brian Keep has been in the insurance Industry since 1986. He was recruited to develop the first online homeowners company and was one of the initial founders. His company now represents Progressive, GM, Prudential, and several large insurance companies. He has been involved with Life, Medicare, and other insurance products.

Cason Leavitt is the Trust Director at LL Estate Planning, LLC, which is a local law firm dedicated to educating and assisting individuals in their Estate Planning needs. Education is very important when it comes to estate planning. He serves his community through volunteer work.

John Lemma has a Master's in History and over 40

years teaching experience. He was an Advanced Placement History teacher in the USA, Europe and Asia. John is recognized by Stanford University for "Excellence in Student Preparation" and is also a winner of the "Most Inspirational Teacher".

Shirley Mahood, is an author and an international speaker. She has been a teacher of English and public speaking in the United States and England. She has been presenting classes, retreats, and workshops based on her book, "Making Our Lives Work: Strategies to Lessen Stress and Build Self-Esteem".

Traci Mann has choreographed Broadway musicals and produced "Tap Extravaganza" for twenty-seven years. She has worked in theaters in NYC as a dancer, choreographer, and producer. Traci is proud to pass on the master steps and styles of the masters she worked with: Buster Brown, Lon Chaney, Gregory Hines, Chuck Green, Carnell Lyons, Peg Leg Bates, and many more.

Lynne M. McCarthy, NCIDQ, ASID, is a nationally certified interior designer, consultant, instructor, writer and published author. She has over 30 years' experience in the residential and commercial sectors of interior design. Her career in interior design has afforded her the opportunity to work for nationally known architects and engineering firms as well as fortune 500 companies.

Dr. Stacey McEnnan has had the privilege of traveling the world and spent time in India on several occasions working with children from the slums of Bangalore. Her university degrees are in Dance Criticism, Dance Ethnology, Education and Anthropology. She runs her own independent study program for gifted students.

Patrick McGannon has studied Karate under Mr. Ed Parker, Kenpo Karate, in Pasadena, CA for several years, competed in tournaments in the Los Angeles area before joining the Marine Corps. He obtained a B.S. in Rec. Management after the Marine Corps. He acquired 1st degree Black Belt in 2016 & continues to train on a regular basis and teaching adults the art of self-defense.

Irene Nathanson brings over 20 years of experience as a social worker and has worked with individual groups with personal and life challenges which include depression, anxiety, grief, trauma, and adjustment issues. She received her Master's from Aurora University in Illinois and has worked in hospital, agency, and private practice.

Jerry Nicholson is a retired programmer. He is part of the Posse, plays racquetball and is interested in robotics. He enjoys teaching beginners to learn Chess and is the author of the book "Chess? Yes!"

George Palovich began his drawing at an early age. He has taught at venues such as the San Antonio Art Institute and Akron Art Institute. He teaches adult art classes at various resorts and recreation centers. He serves at the West Valley Art Museum, where he has been the Curator for fifteen years.

Meet Our Instructors

Keven Pauling started Keven's Landscape when he was fifteen. He worked at Tip Top Nursery after school, and his customers kept asking him to plant everything he was recommending, but the nursery didn't offer installation. That began his passion for creating beautiful, Arizona landscapes as a starting point for his business.

Laura Lee Perkins, MS is a writer, counselor, educator and professional musician who exhibits a passion for life. She has been awarded 5 Artist-in-Residencies, 11 grants and has authored 7 books plus 150+ published articles. Perkins' Native American flute playing is featured on 10 professional CDs and 3 audio books.

Bill Persson's passions are "Sharing The Camino" and hiking the Grand Canyon. He's trekked part of "The Camino" and has scheduled all 500 miles for the near future. A Pittsburgh native, A 30-year Arizona resident, Bill's hiked the Grand Canyon over 50 times. His style features fun, fitness and family.

Julie Rae L. Ac. is a nationally certified (NCCAOM), state licensed (Arizona and Colorado) acupuncturist and a Chinese herbalist. She is trained in Oriental Nutrition and is a certified Reiki Master, who has studied and worked with essential oils over for 20 years.

Paula Raymond is an American Heart Assoc. Certified Instructor. She is certified to teach BLS for Healthcare Professionals, Heartsavers Courses (First-Air, CPR, and AED) & Family & Friends course. She strives to educate others in saving lives by teaching CPR, AED & First Aid Classes by offering a short, informative, fun, hands on and TO-THE-POINT course.

Allen Reamer was fortunate to be born into a long line of artists. He taught studio art & art history courses for 32 years. He is a faculty associate with Arizona ASU and continues to produce art & teach art history & studio art. Allen has a BA in Art & an MFA in Sculpture.

Larry Regen is a full-time musician and harmonica teacher with years of stage, teaching, and studio experience. He has been teaching harmonica at PORA for over five years.

Christine Risner works with the Glendale Body and Brain Center and has been there for 11 years. She has been teaching daily for the past 7 years. It is her passion and gives her much joy to share this with others.

Clark Sanchez is a resident of Arizona over 43 years. He is the owner of an automobile related business over 35 years. Co-owner of Advanced learning Training Center, Past President of Canadian Club of the West Valley, he has vast knowledge of automobiles.

Louis Sather is not a lawyer nor does he make any claim to be an expert in the probate process. He provides the information based on his personal experiences as general information on issues commonly encountered in the probate process.

Michael Shepp spent the final leg of a long career working with men and women. Treating various conditions; such as low testosterone, erectile dysfunction and all the causes of such ailments. He educates people about medical conditions. His lectures and seminars on the given topics are fun, exciting and informative.

Susan Smith is a Library Paraprofessional at the Northwest Regional Library in Surprise. She has been pursuing her own elusive ancestors for over thirty years and enjoys helping others in their search.

Glen Stark is co-owner with his wife Carla of a Cruise Planners franchise. He is a full-service travel agent. After high school, he decided he wanted to see more of the world. Glenn and Carla, have many memories of places and people they have met and love to share with others.

Char Stiehl has been a paper crafter for over 15 years. Her love affair with paper crafting began in California where she took scrapbooking classes from a co-worker. Since 2010, she has been a Stampin' Up demonstrator, teaching card making to anyone who will sit down with her and learn her passion.



Hardacker
extends a heartfelt
Thank You!
to our
**Military
and
Veterans**

**HARDACKER
ROOFING**

We Do:

- Complete Re-Roof
- Tile & Shingle
- Repairs

No Job Too Small

 **602.358.8458**
Lic #209598

Meet Our Instructors

Dr. Scott Timko, D.C. has a doctorate degree in Chiropractic. With over 20 years of experience treating patients & constantly strives to improve & update his knowledge in the field with a particular interest in the study of Rehabilitation and Nutrition. Dr. Timko's lectures are concise, easy to understand, and entertaining.

Michelle Toft is Director of Memory Care Programs at Cypress Home Care Solutions in Phoenix. She has a Masters in Social Work and Education in Human Resource Development. Her expertise enables her to support families and their loved ones facing Dementia and offers them support they need along this journey.

Dr. Dale Tunnell is an international authority voice & language analysis, an author, keynote speaker, and subject matter expert in the examination of conversational hostility. As a certified Defender instructor, he provides personal defense training to a wide array of clients including men, women, young adults.

Dr. Diana Warren is a professional with 30 years in teaching, small business owner, manager in human services, finance and training organizations. She has experience with diverse populations, public speaking, group

facilitation, one-on-one coaching, and personal counseling. Her credentials include an M.A. and a Ph.D.

Mitchell Weisberg is a TV historian with an extensive video collection of early TV shows. He has spent his professional career as a computer software designer for the US Navy. Mitchell also teaches How to Sell on eBay. He has been successful selling on eBay since 1999 when he relocated from Virginia to SCW. He enjoys teaching others to use eBay effectively and is also a Gold Life Master in Bridge.

Marie Wells is an AZ licensed Medicare Products Consultant/Broker. She has 20 years of experience. She has been employed for 12 years in Sun City and Sun City West. She is a former co-owner of a pharmacy with her husband for 15 years.

Pat White has been infected with Valley Fever, and is a strong advocate for public awareness. Both her mother and sister are victims of Valley Fever and were misdiagnosed. Pat has been lecturing at clubs and organizations since 2006. She moderates a victim's support group.

Dr. Douglas Zavos received his Doctorate degree in Audiology from Arizona School of Health Science in Audiology. He has over 12 years of experience in audiology and hearing aids in Sun City, Surprise, and Sun City West. In 2010, he opened Zavos Hearing and Audiology in Surprise.

Kitchens - Baths - Additions - Remodels

623-546-8681



- Licensed, Bonded & Insured
- Estimates Are Always FREE
- Over 30 Years Experience
- Complete Design Services
- Family Owned & Operated
- Complete Insurance Work



*On Time
On Budget
For Your Peace of Mind
Your Contractor of Integrity!*

TruBuildersAZ.com



\$249

Design
Services Retainer
1st Interior Room

\$99 Each Additional Room

(Retail Value \$500 Per Room)

*Excludes structural/architectural
modifications. Retainer must be
signed by 2/28/19.



TWD

TODD WHITTAKER DRYWALL, INC.

**DESIGN.
BUILD.
REMODEL.**

Visit Our
*Design
Showroom*

101 Freeway & Grand Ave in Peoria

623.544.1211

www.TWDAZ.com

RANKED #1 FULL-SERVICE REMODELER IN AZ 2016 - 2018 BY REMODELING MAGAZINE

For Kitchen & Bath Remodels, Full Home Renovations, Custom Media Walls, Garage & Room Additions, Repairs & More!
Employs Nationally Recognized Universal Design Certified Professionals Specializing in Aging-In-Place Remodeling.

Bonded. Insured. Trusted. Since 1996.

ROC #271236





YOU'RE LOCAL SOLAR PROFESSIONAL

Discover all your solar options with a trusted professional.

Dante Shur is a local resident that has enabled hundreds of families to enjoy the benefits of solar.



Call Dante at **623.261.4200**
or email danteshur@shurfiresolar.com



ROC # 244531 / 115055

Call Us For Quick, Honest, Reliable Service.



FREE ESTIMATES
on New Units

Up to
\$2000 OFF
on select units

Maintenance | Service | Installation

RESCUE ONE AIR

HEATING  COOLING

Rescuing Comfort and Peace of Mind

www.Rescueoneair.com

602-2-RESCUE
(602-273-7283)

Valleywide Service

SENIOR AND MILITARY DISCOUNTS AVAILABLE

LICENSED - INSURED - BONDED - ROC#304137



SPECIAL FINANCING AVAILABLE
0% for 60 MONTHS OAC Only



FREE

A/C OR HEATER
SERVICE CALL

(Trip Charge & Diagnostic Fee
Waived With Any Repair)

\$29.99

THE MOST COMPLETE A/C
OR HEATER TUNE UP
SPECIAL Regularly \$89.95

FREE

DRAIN LINE FLUSH
Regularly \$99.
With \$29.95 TUNE UP

FREE

\$100 GIFT CARD
With Any Repair