



# ADULT LEARNING

**SPRING  
2019  
Class  
Catalog**



**January, February, March, April**



# Table of Contents

## CATEGORIES

### ART & MUSIC

Card Making – Valentines / Anniversary / Birthday Advanced Class .....	
Drawing Animals.....	
Drawing Faces.....	
Drawing the Human Figure Without a Model .....	
Learn to Play Native American Flute- Intermediate .....	
Georgia O’Keefe and American Modernism .....	
Harmonica .....	
Intro to Guitar – First Three Strings .....	
Motown.....	
Oil and Acrylic Painting-Friday.....	
Oil and Acrylic Painting-Wednesday.....	
Paul Gauguin: His Life and His Art .....	
Picasso: His Life, His Women, His Art.....	
Rembrandt: His Life and His Art .....	
The National Gallery of Art: Its History and Its Art .....	
Watercolor Basics.....	
Watercolor II .....	

### FINANCE & BUSINESS & LAW

Annuities – The Devil is in the Details .....	
Basics of Estate Planning .....	
Charitable Giving Under the New Trump Tax Law .....	
Consumer Scams/Identity Theft (FREE) .....	
Documenting Your Personal, Legal, and Estate Records.....	
Finances for 50+ (presented by AARP) .....	
Financial Workshop - Foundations of Investing .....	
Funding Your Trust.....	
How Women, Widows, and Couples Can Increase Income & Reduce Taxes .....	
Life Care Planning (FREE) .....	
Living Trusts & Wills - The Straight Talk.....	
Project Funding and Opportunity for Creative .....	
Q & A with an Estate Planning Attorney .....	
Secrets of the Roth & Multi-Generational IRA's.....	
Secure Your Financial Future: Lessons from Warren Buffett .....	
Taxes in Retirement .....	
The Fraud Watch Network (presented by AARP) .....	
The Truth About Real Estate Investing.....	
What Happens When You Die? Steps to Take When Death Occurs.....	

## HEALTH & WELLNESS

3 Minutes a Day for 30 days Can Change Your Life.....	
ABC's of Medicare - How to Navigate.....	
Alzheimer's Friendly Community .....	
Becoming a Dementia Friend .....	
Blessing Your Body .....	
Chair Qigong .....	
Chair Yoga.....	
Chakra Clearing & Charging.....	
Challenging Behaviors Occur with Dementia .....	
Current Hearing Aid Technologies.....	
Easy Pace Beginner Yoga.....	
Energy Medicine - What is it? How does it work? .....	
Healing Digestive Disorders - Naturally .....	
Healing Release .....	
Healthy Choices for Your Hair & Body: What You Should Know .....	
Home Safe Home .....	
How to Protect Yourself Against Medicare/Medical Fraud and Identity Theft .....	
Introduction to Buddhist Psychology, Meditation and Mindfulness: Solutions to Anger and Stress .....	
Kuk Sool Won Marital Arts for Healthy Joints & Balance .....	
Living Well With Anxiety .....	
Medicare Informational Workshop .....	
Memory and Aging – What's Normal and What's Not.....	
Narcissists – What's Behind Their Charm? .....	
New Approaches to Arthritis and Osteoporosis .....	
Options for Staying Independent at Home.....	
Qigong I.....	
Releasing Blocks .....	
Tai Chi Essentials.....	
Ways to Love Your Brain.....	
What You Need to Know BEFORE Enrolling in Medicare .....	
Why Am I Always Tired? .....	
Your Body as a Barometer .....	

## HISTORY, LANGUAGE, & CURRENT EVENTS

A New Sun Rising in The West.....	
American History - Then and Now.....	
American Revolution .....	
America's History of the Convention.....	
Del Webb - American Success Story.....	
Del Webb: A Man to Know.....	
French for Beginners .....	
Germany in the Abyss .....	
The 1920's.....	
The Boswell Connection .....	
The History of Baseball .....	
The History of the Automobile .....	

## HISTORY, LANGUAGE, & CURRENT EVENTS cont'd.

What Non-Muslims Need to Know About Islam Ideology .....  
Wm Beardsley and the Canals of Arizona .....

## HOME & GARDEN

Hiring Properly Licensed Contractors (FREE) .....  
Roofing Issues? Get Your Questions Answered.....  
Solar Energy: The Questions and Answers.....

## LEARN IT! DO IT!

AARP Smart Driver Course .....  
Bridge – No Trump and New Minor Forcing .....  
Buying or Keeping a Car Year-Round in Arizona .....  
Cutting the Cord - Fire Your Cable Company .....  
Dealing With Grief and How to React to Those Grieving .....  
DNA and Your Family Tree .....  
Finding Paid or Unpaid Seasonal Work in State and National Parks.....  
Genealogy for Beginners .....  
Genealogy on the Internet .....  
How to Sell on eBay .....  
Living Simply: Who Wants Your Stuff? .....  
Make it & Take it Diffuser Aromatherapy Bracelets .....  
Selecting and Using a Handgun for Self-Defense and/or Target Shooting.....  
Tae Kwon Do Self-Defense Class for Adults .....  
Taking Care of Your Car in Arizona.....

## SCIENCE AND RELIGION

Climate of Arizona, Past, Present and Future.....  
Fun with Math: Number Stories of Long Ago.....  
Funeral Planning - Embalming, Cremation, Donating Body to Science? .....  
Water: Past, Present and Future .....

## TECHNOLOGY

Customizing Your iPad and iPhone .....  
How to Use Social Media .....  
iPad – Basics.....  
iPhone – The Basics.....  
Music and Apps for the Apple iPad and iPhone .....  
Organizing Your iPhone Photos .....  
Photography Using your iPhone .....  
Security for Your iPad and iPhone.....  
The Top Technologies of the Twentieth Century .....  
What to Consider before Buying that Smart Phone or Tablet.....

## TRAVEL & PHOTOGRAPHY

Escorted Travel in Europe .....
Inspirational Travel .....
Luxury Travel.....
Sharing “The Way of St. James” – The Camino de Santiago de Compostela .....

## WRITING & LITERATURE

How to Self-Publish Your Own Book .....
I’ve Decided to Live 120 Years – Book Club .....
Journal This! Write your Way into a Life That Works.....
Journaling for Caregivers .....
Poetry: Words from the Soul .....
The Heart and Art of Writing.....
William Butler Yeats: Irish Poet, Playwright, Nobel Laureate .....
Writing your Autobiography: Introduction .....
Writing Your Autobiography: Chapter Two .....

# **ART & MUSIC**

## **Card Making - Valentines / Anniversary / Birthday Advanced Class**

Designed for students who have completed the Cardmaking 101 Class or have previous experience. You will make 2 cards (Either a Valentine, Anniversary, or B'day) and 1 (treat box).

**WHEN: Tuesday, 1/29, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Char Stiehl**

## **Drawing Animals**

This class explores the challenges of drawing animals, starting with cats and dogs and expanding to other animals. Full three-dimensional models are supplied in the latter half of the course.

**When: Wednesdays, 2/13 - 3/13 (5 sessions), 9:00 am – 10:30 am, FEE: \$25**

**INSTRUCTOR: George Palovich**

## **Drawing Faces**

This course increases a student's awareness of facial proportions and ability to draw its features. Working with photos, drawing from 3D busts, a human skull, and a live human head.

**WHEN: Wednesdays, 1/9 - 2/6 (5 sessions), 9:00 am – 10:30 am, FEE: \$25**

**INSTRUCTOR: George Palovich**

## **Drawing the Human Figure Without a Model**

This human figure class is like the drawing animals' class in that photo references are used in the beginning to learn how to measure the proportions of the human body.

**WHEN: Wednesdays, 3/20 - 4/17 (5 sessions), 9:00 am– 10:30 am, FEE: \$25**

**INSTRUCTOR: George Palovich**

## **Learn to Play Native American Flute- Intermediate**

Playing the Native American flute is an opening into a deeper expression of self because the soul connection is undeniable.

**WHEN: Thursdays, 1/10 – 2/21 (7 sessions), 1:00 pm – 3:00 pm, FEE: \$30**

**INSTRUCTOR: Laura Lee Perkins, MS**

## **Georgia O'Keefe and American Modernism \*\*\*NEW\*\*\***

An overview of the life of Georgia O'Keefe. We'll look at the primary characteristics of American Modernism and elements of O'Keefe's work which places her as an American modernist.

**WHEN: Thursday, 1/31, 11:00 am - 12:30 pm, FEE: \$15**

**INSTRUCTOR: Nancy Stevens**

### **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.

**WHEN: Fridays, 1/11 - 2/8 (5 Sessions), 1:00 pm – 2:30 pm, FEE: \$25**

**WHEN: Fridays, 2/22 - 3/22 (5 Sessions), 1:00 pm – 2:30 pm, FEE: \$25**

**INSTRUCTOR: Larry Regen**

### **Intro to Guitar - First Three Strings**

If you are a guitar doodler, this course should fit your needs. This course will enable students to read/play simple chords and melodies in the first position.

**WHEN: Tuesdays, 2/5 - 3/12 (6 sessions), 9:15 am - 10:15 am, FEE: \$30**

**INSTRUCTOR: Brad Griffin**

### **Motown**

There is nothing quite like Motown music. Enjoy its musicians, singers and groups with this quick look at the music that opened the door to a group of Americans with a unique style.

**WHEN: Wednesday, 2/13, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Diana Warren, PhD**

### **Oil and Acrylic Painting: Friday**

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.

**WHEN: Fridays, 1/11 - 3/1 (8 sessions), 9:00 am – 12:30 pm, FEE: \$30**

**WHEN: Fridays, 3/8 - 4/26 (8 sessions), 9:00 am – 12:30 pm, FEE: \$30**

**INSTRUCTOR: Elaine Katz**

### **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.

**WHEN: Wednesdays, 1/9 - 2/27 (8 Sessions), 12:30 – 3:30 pm, FEE: \$30**

**WHEN: Wednesdays, 3/6 - 4/24 (8 Sessions), 12:30 – 3:30 pm, FEE: \$30**

**INSTRUCTOR: Elaine Katz**

### **Paul Gauguin: His Life and His Art \*\*\*NEW\*\*\***

The life of this Post-Impressionist painter was as unconventional as his art work. We will examine his life and his paintings in detail.

**WHEN: Monday, 3/18, 9:00 am- 10:30 am, Fee: \$15**

**INSTRUCTOR: Allen Reamer**

### **Picasso: His Life, His Women, His Art \*\*\*NEW\*\*\***

Picasso was viewed as producing 'wild' or 'odd' paintings. We will discover he painted in cycles. We will also look at the eight leading women in this life.

**WHEN: Monday, 3/11, 9:00 am – 10:30 am, Fee: \$15**

**INSTRUCTOR: Allen Reamer**

**Rembrandt, His Life and His Art \*\*\*NEW\*\*\***

Rembrandt painted during the Golden Age of Dutch art. His life had major high and low points. His life and his art will be discussed in detail.

**WHEN: Monday, 3/4, 9:00 am – 10:30 am, Fee: \$15**

**INSTRUCTOR: Allen Reamer**

**The National Gallery of Art: Its History and Its Art \*\*\*NEW\*\*\***

The talk will cover a brief history of the museum. The works of art given to the National Gallery by major collectors, and a look at the permanent collections of the museum.

**WHEN: Monday, 3/25, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Allen Reamer**

**Watercolor Basics**

This class is designed for the beginner. It will focus on getting comfortable with watercolor techniques and enjoying the process of painting.

**WHEN: Tuesdays, 1/8 - 2/12 (6 sessions), 9:00 am – 11:00 am, FEE: \$30**

**WHEN: Tuesdays 2/26 - 4/2 (6 sessions), 9:00 am – 11:00 am, FEE: \$30**

**INSTRUCTOR: Victoria Jessing**

**Watercolor II**

After learning the basics of watercolor, it's time to build on what we've learned. Everyone will leave with the skills to create beautiful paintings.

**WHEN: Thursdays, 1/10 - 2/14 (6 sessions), 9:00 am – 11:00 am, FEE: \$30**

**WHEN: Thursdays 2/28 - 4/4 (6 sessions), 9:00 am – 11:00 am, FEE: \$30**

**INSTRUCTOR: Victoria Jessing**

**FINANCE & BUSINESS & LAW**

**Annuities – The Devil is in the Details \*\*\*NEW\*\*\***

What is the difference between a Living Benefit and Annuitization? What if you can protect your principle from market loss? What are the real fees you are paying?

**WHEN: Friday, 3/22, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTORS: Kim Dyer & Pam Prine**

**Basics of Estate Planning**

We will focus on how to avoid the unnecessary expense, delay, and publicity of probate and how to ensure that everything you worked hard for goes to who, when, and how you want.

**WHEN: Friday, 2/15, 9:00 am - 10:30 am, FEE: \$15**

**INSTRUCTOR: David Eastman, JD**

**Charitable Giving Under the New Trump Tax Law 8 \*\*NEW\*\*\***

This class will review the changes to charitable giving under the new Trump Tax Law. Is there still the saving incentive for charitable giving? Join us as we discuss options for these benefits.

**WHEN: Wednesday, 2/13, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTORS: Kim Dyer & Pam Prine**

### **Consumer Scams/Identity Theft (FREE)**

Whether it's a fraudulent loan scheme, a dishonest repair shop, or the newest threats on the Internet, you need to know how to protect yourself. The best defense is a good offense.

**WHEN: Tuesday, 1/29, 9:00 am – 10:30 am, FEE: FREE**

**INSTRUCTOR: Betty Delano**

### **Documenting Your Personal, Legal, and Estate Records**

Through "locate me" documents, we will identify, organize, and document your personal, legal, and Estate records. The objective is to assist you in providing your executor with your documents.

**WHEN: Tuesday, 3/12, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Louis Sather**

### **Finances for 50+ (presented by AARP)**

Struggling to make ends meet? This presentation addresses budgeting, managing credit and debt, saving and protecting assets, and also offers financial tools and resources.

**WHEN: Monday, 1/14, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Linda Vitale**

### **Financial Workshop – Foundations of Investing**

This workshop will help you understand investing concepts at a level that suits your needs. The entire workshop is customized to discuss financial topics in a classroom setting.

**WHEN: Thursdays, 2/14 - 2/21 (2 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**WHEN: Thursdays, 3/14 - 3/21 (2 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**INSTRUCTOR: Jerry Look**

### **Funding Your Trust**

The number one reason why trusts fail is due to assets not being transferred into the trust. We will talk about how to fund your trust with your assets.

**WHEN: Friday, 3/8, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: David Eastman**

### **How Women, Widows, and Couples Can Increase Income & Reduce Taxes**

This session will create a larger retirement income you can't out-live, decrease your financial worries and stock market losses. We will discuss your financial concerns and questions.

**WHEN: Thursday, 1/24, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Harold Wong, PhD**

### **Life Care Planning (FREE)**

This presentation goes over legal forms that someone should have in order to prepare for any life changing events. We also provide the public with Life Care Planning Packets free of charge.

**WHEN: Tuesday, 2/26, 9:00 am – 10:30 am, FEE: FREE**

**INSTRUCTOR: Betty Delano**

### **Living Trusts & Wills: The Straight Talk**

We will provide a comparison of Wills vs Living Trusts that has helped thousands of people from all income levels and circumstances have peace of mind knowing how to protect themselves.

**WHEN: Monday, 2/4, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Bob Mariner**

### **Project Funding and Opportunity for Creative People \*\*\*NEW\*\*\***

If you are a writer, an artist, or a creative individual in any media, grants, crowdfunding awards and fully funded residencies are available. We will simplify the application process, qualifications necessary for funding, and help you move forward.

**WHEN: Monday, 2/25, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Laura Lee Perkins, MS**

### **Q & A with an Estate Planning Attorney**

We will discuss topics such as Living Trusts. If you just moved to Arizona from another state what estate planning documents do you need in Arizona?

**WHEN: Friday, 4/12, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: David Eastman, JD**

### **Secrets of the Roth & Multi-Generational IRA's**

This session will cover: \$0 tax for life, multiply your income 2-10 times for kids, grandkids, protect assets for 3 generations, and reduce investment.

**WHEN: Tuesday, 2/5, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Harold Wong, PhD**

### **Secure Your Financial Future: Lessons from Warren Buffet \*\*\*NEW\*\*\***

Participants will learn about Warren Buffett's "Rule of 100", how to avoid the next stock market crash, and how to triple CD returns.

**WHEN: Wednesday, 2/20, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Harold Wong, PhD**

### **Taxes in Retirement**

How will the new Tax Cuts and Jobs Act of 2017 affect you? This workshop is designed to help you understand the potential impact of this new legislation on your retirement income streams.

**WHEN: Thursday, 1/10, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: David Hutmacher**

### **The Fraud Watch Network (presented by AARP) \*\*\*NEW\*\*\***

Scams now days are too many, and the tactics used by Con Artists too diverse. This presentation reviews the most common scams, tactics used by Con Artists, and offers a prevention strategy.

**WHEN: Tuesday, 1/8, 11:00 am – 12:30 pm, FEE: \$15**

**WHEN: Tuesday, 1/22, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Linda Vitale**

### **The Truth About Real Estate Investing \*\*\*NEW\*\*\***

In this class, we will investigate what real estate can do for your portfolio and your long-term income benefits. Don't miss where the good, the bad, and the ugly will be exposed about this asset.

**WHEN: Tuesday, 3/5 - 3/19, 1:00 pm – 2:30 pm, FEE: \$20**

**INSTRUCTOR: Victoria Love**

### **What Happens When You Die? Steps to Take When Death Occurs**

We'll review of the responsibilities your loved ones will have administering your estate. We will also go over what you can do to make life easier for your loved ones after you pass away.

**WHEN: Friday, 1/11, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: David Eastman**

## **HEALTH & WELLNESS**

### **3 Minutes a Day for 30 Days Can Change Your Life \*\*\*NEW\*\*\***

Spiritual growth doesn't require you to become a hermit or to change your life completely. However, it does require commitment to a simple daily practice of just 3 minutes each day.

**WHEN: Fridays, 3/8 – 4/5 (2 sessions), 9:00 am - 10:30 am, FEE: \$20**

**INSTRUCTOR: Laura Lee Perkins**

### **ABC's of Medicare - How to Navigate**

Come discuss the 2018 costs, Part A and Part B (Hospital/Medical Insurance), modified adjusted gross income, late enrollment penalties, and much more.

**WHEN: Friday, 2/26, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Marie Wells**

### **Alzheimer's Friendly Community \*\*\*NEW\*\*\***

Learn how you, your business, and/or your community organization can better understand Alzheimer's and how to effectively and compassionately interact with those that have this condition.

**WHEN: Tuesday, 1/15, 11:00 am – 12:30 pm, FEE: \$15**

**WHEN: Thursday, 3/28, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Julie Huebner**

### **Becoming a Dementia Friend**

Dementia Friend is a global movement that is now underway in the United States. The goal of this group is to help communities understand five key messages about dementia.

**WHEN: Tuesday, 1/8, 1:00 pm – 2:30 pm, FEE: \$15**

**WHEN: Tuesday, 3/15, 9:00 am - 10:30 am, FEE: \$15**

**INSTRUCTOR: Michelle Toft**

### **Blessing Your Body \*\*\*NEW\*\*\***

When was the last time you blessed yourself? Certainly, others can be a blessing to us and we can be a blessing to others. How about being a blessing to yourself?

**WHEN: Monday, 4/1, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Sandra Hickman**

### **Chair Qigong**

A powerful Qigong exercise developed to benefit those who cannot stand for an extended period. The exercises are specifically designed to restore youthful vigor, energy and overall well-being.

**WHEN: Wednesdays, 1/9- 2/27 (8 sessions), 2:15 pm – 3:15 pm, FEE: \$30**

**INSTRUCTOR: Charles Gill**

### **Chair Yoga \*\*\*NEW\*\*\***

Chair Yoga encompasses using a chair and doing gentle stretching, working on balance, and using core strengthening methods while learning to breath and practice meditation.

**WHEN: Tuesdays, 2/19 - 4/9 (8 sessions), 11:00 am – 12:30PM, FEE: \$30**

**INSTRUCTOR: Matthew Gashwytewa**

### **Chakra Clearing & Charging \*\*\*NEW\*\*\***

Literally translated from the ancient language of India (Hindi) Chakra means "A wheel of Spinning Energy". You have them all over your body which operate like whirling, vortex-like powerhouses of energy.

**WHEN: Monday, 2/4, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Sandra Hopper**

### **Challenging Behaviors Occur with Dementia \*\*\*NEW\*\*\***

Behaviors found in dementia are a form of communication. Generally, the person has an unmet need, is fearful or frustrated, and unable to express their feelings. Learn how to help.

**WHEN: Wednesday, 3/13, 9 :00 am – 10:30 am, FEE: \$15**

**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.

**WHEN: Thursday, 2/7, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Dr. Douglas Zavos**

### **Easy Pace Beginner Yoga \*\*\*NEW\*\*\***

This is a Hatha Yoga class for anyone, new or returning, looking for a gentle pace.

**WHEN: Mondays, 2/25 – 4/15 (8 sessions), 10:00 am - 11:30 am, FEE: \$30**

**INSTRUCTOR: Jill Ellis**

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

Energy Medicine has existed for centuries and it has helped millions of people. Learn about types of energy medicine and tools used by energy medicine practitioners.

**WHEN: Tuesday, 1/15, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Diana Warren, PhD**

### **Healing Digestive Disorders – Naturally**

Without proper digestion and absorption of nutrients, your body can never reach optimal levels of health. Learn what you can do to help your body.

**WHEN: Tuesday, 2/12, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Dr. Scott Timko**

### **Healing Release \*\*\*NEW\*\*\***

In this guided meditation by Sandra Hickman, MA, CCHT, you will visualize the healing you desire and begin the process of activating your full healing.

**WHEN: Monday, 3/11, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Sandra Hickman**

### **Healthy Choices for Your Hair & Body: What You Should Know! \*\*\*NEW\*\*\***

Looking and feeling your best does not have to be so confusing nor hazardous to your health. Learn to make educated and informed choices for your health and beauty products and why.

**WHEN: Monday, 1/28, 1:00 pm – 2:30 pm, FEE: \$15**

**WHEN: Monday, 3/4, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Brenda Lyons**

### **Home Safe Home \*\*\*NEW\*\*\***

Learn how to identify potential dangers in your home and what you can do about them.

**WHEN: Wednesday, 2/20, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Julie Huebner**

### **How to Protect Yourself Against Medicare/Medical Fraud and Identity Theft**

**\*\*\*NEW\*\*\*** Learn ways to protect yourself from identity theft and what you can do to prevent yourself from being victimized.

**WHEN: Wednesday, 2/27, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: John Rada**

### **Introduction to Buddhist Psychology, Meditation and Mindfulness: Solutions to Anger and Stress \*\*\*NEW\*\*\***

This course will involve a practical introduction to Buddhist psychology and meditation. Buddhism and meditation have been practiced for over 2500 years.

**WHEN: Fridays, 1/11 - 2/8 (5 sessions), 11:00 am – 12:30 pm, FEE: \$25**

**INSTRUCTOR: Kelsang Tabkay**

### **Kuk Sool Won Marital Arts for Healthy Joints & Balance \*\*\*NEW\*\*\***

This is an introductory course in traditional Korean Martial Arts. It encompasses self-defense, mindfulness, falling principles and joint manipulations.

**WHEN: Tuesdays, 1/8 - 2/26 (8 sessions), 11:00 am – 12:30 pm, FEE: \$30**

**INSTRUCTOR: Terry Heaps**

### **Living Well With Anxiety**

Learn about the different kinds of anxiety, what causes negative stress, and how to positively cope with it. Simple questionnaires can reveal your type of anxiety and your level of stress.

**WHEN: Tuesdays, 1/15 – 1/29 (3 sessions), 1:00 pm – 2:30 pm, FEE: \$20**

**INSTRUCTOR: Irene Nathanson**

### **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).

**WHEN: Monday, 2/11, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Orlando Cruz**

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

This course will help differentiate between normal memory loss and memory loss caused by a disease. Learn ways to prevent memory loss.

**WHEN: Tuesday, 2/5, 1:00 pm – 2:30 pm, FEE: \$15**

**WHEN: Friday, 4/12, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Michelle Toft**

### **Narcissists -- What's Behind Their Charm?**

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.

**WHEN: Tuesday, 3/19, 1:00 pm - 3:00 pm, FEE: \$15**

**INSTRUCTOR: Diana Warren, PhD**

### **New Approaches to Arthritis and Osteoporosis**

Arthritis and Osteoporosis can ravage your bones and joints as you age. You don't have to succumb to the effects of these horrible diseases. Learn what you can do.

**WHEN: Tuesday, 3/19, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Dr. Scott Timko**

### **Options for Staying Independent at Home**

Learn how to determine when home care may be able to help your loved one stay home as long as possible and gain some tips for having conversations about aging in place at home.

**WHEN: Thursday, 4/18, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Julie Huebner**

### **Qigong 1**

Qigong (Chi Gung) are exercises done in coordination with our breath. The exercises in this class will range from mild to medium in difficulty.

**WHEN: Wednesdays, 3/6 - 4/24 (8 sessions), 2:15 pm – 3:15 pm, FEE: \$30**

**INSTRUCTOR: Charles Gill**

### **Releasing Blocks \*\*\*NEW\*\*\***

Memory is stored at the cellular level in your body. Sometimes traumatic memories 'take hold of us'. We may not be aware of how this is holding us back, yet at some level we feel "blocked".

**WHEN: Monday, 3/25, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Sandra Hickman**

### **Tai Chi Essentials**

This exercise routine contains 5 postures of the 36 posture Yang Style Tai Chi form. Postures are easy to learn and repeated several times to help the student remember them.

**WHEN: Wednesdays, 1/9 - 2/27 (8 sessions), 1:00 pm – 2:00 pm, FEE: \$30**

**INSTRUCTOR: Charles Gill**

### **Ways to Love Your Brain**

Brain health is important at any age. Discover ways to maintain healthy memory, identify signs of potential dementia, and walk away with helpful ideas to love your brain!

**WHEN: Friday, 3/15, 11:00 am – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Michelle Toft**

### **What You Need to Know BEFORE Enrolling in Medicare**

Learn what you need to know before enrolling in Medicare. Learn how to navigate Medicare's review Medigap, Medicare Advantage, and standalone Part "D" drug plans.

**WHEN: Wednesday, 1/30, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: John Rada**

### **Why Am I Always Tired?**

If you are always tired or experience periods of fatigue, there may be underlying condition. Learn why the body becomes fatigued and several conditions that cause chronic tiredness.

**WHEN: Tuesday, 1/15, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Dr. Scott Timko**

### **Your Body as a Barometer \*\*\*NEW\*\*\***

We all know what a barometer is, it measures barometric pressure in the atmosphere. Well, our bodies work like barometers, alerting us to the pressure we may be putting on different parts.

**WHEN: Thursday, 2/28, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Shirley Mahood**

# **HISTORY, LANGUAGE & CURRENT EVENTS**

## **A New Sun Rising in the West \*\*\*NEW\*\*\***

As Sun City was filling up, the Webb Corp. began buying land to the west. John Meeker envisioned an active retirement community that would be home to 70-75,000 active adults.

**WHEN: Monday, 1/28, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Ed Allen**

## **American History – Then and Now \*\*\*NEW\*\*\***

This class will address modern interpretations of the civil rights movement and American foreign policy during the 1950's, topics that were not in American textbooks a generation ago.

**WHEN: Thursday, 1/24, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: John Lemma**

## **American Revolution \*\*\*NEW\*\*\***

How did Americans transition from contented and loyal British subjects to violent rebels in 12 short years? We will explore the causes, conduct, and results of the American Revolution.

**WHEN: Wednesday, 2/20, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: John Lemma**

## **America's History of the Convention**

Conventions were used to resolve a diversity of issues including, wars, currencies, foreign trade boycotts, reforming political structure, water allocation and distribution from 1620 through 2017.

**WHEN: Monday, 1/14, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Mike Kapic**

## **Del Webb: American Success Story \*\*\*NEW\*\*\***

Many recognize Del Webb as the founder of Sun City and one-time owner of the New York Yankees, but few realize that Webb built one of the largest construction companies in America.

**WHEN: Monday, 2/11, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Ed Allen**

## **Del Webb: A Man to Know \*\*\*NEW\*\*\***

Don Middleton is one of the few people who knew Del Webb through work and personally. If you have ever had questions about Del Webb, here is where you can get them answered.

**WHEN: Thursday, 3/14, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Donald Middleton**

### **French for Beginners**

This class is intended for those who have not studied French previously (or not for several decades). Students will be introduced to French pronunciation, basic vocabulary, and grammar.

**WHEN: Tuesdays, 2/5 - 3/12 (6 sessions), 1:00 pm – 2:30 pm, FEE: \$30**

**INSTRUCTOR: Kay Young**

### **Germany in the Abyss \*\*\*NEW\*\*\***

This presentation deals with the conditions faced by the German people in the last year of WWII and the first-year of peace. We will examine the actions of both Allied and Axis leaders that made a terrible situation even worse.

**WHEN: Thursday, 2/28, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Bradley Tolliver**

### **The 1920's \*\*\*NEW\*\*\***

We will explore the disillusionment, isolationist policies, racism, immigration restrictions, protectionist tariffs, and the conflict between urban and rural values that characterized that formative era.

**WHEN: Monday, 2/11, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: John Lemma**

### **The Boswell Connection \*\*\*NEW\*\*\***

Few realize that Jim Boswell II, "America's largest farmer," owned the land on which Sun City and a portion of Sun City West were built. Meet the man who avoided the limelight.

**WHEN: Thursday, 3/14, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Ed Allen**

### **The History of Baseball \*\*\*NEW\*\*\***

Strike! Home run! Come hear about the history of baseball from a semi-pro and minor league retired player.

**WHEN: Tuesday, 1/22, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Herb Clark**

### **The History of the Automobile \*\*\*NEW\*\*\***

Take a trip down memory lane and learn about the history of automobiles. Join Herb who has had a life-long love of cars and history surrounding automobiles.

**WHEN: Monday, 2/11, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Herb Clark**

### **What Non-Muslims Need to Know About Islam Ideology**

Participants will gain an understanding of the ideological nature of Islam to be able to make sense of much of what is going on in the world today.

**WHEN: Tuesdays, 2/12 - 3/5 (4 sessions), 1:00 pm – 3:00 pm, FEE: \$25**

**INSTRUCTOR: Carl Goldberg, PhD**

**Wm Beardsley and the Canals of Arizona \*\*\*NEW\*\*\***

The Beardsley name appears on a street, a rec center, a canal, and a sign along the railroad where the town of Beardsley once was located. Learn what were the obstacles he faced.

**WHEN: Thursday, 3/28, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Ed Allen**

## **HOME & GARDEN**

**Hiring Properly Licensed Contractors**

The Arizona Registrar of Contractors monitors and investigates unlawful activity to promote quality construction by Arizona contractors. Learn what you need to know before hiring a contractor.

**WHEN: Tuesday, 2/5, 9:00 am – 10:30 am, FEE: FREE**

**INSTRUCTOR: Jeff Wills**

**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. Presentation is on all types of roofs.

**WHEN: Friday, 2/8, 1:00 pm – 2:30 pm, FEE: \$15**

**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. The Arizona landscape is littered with residential solar companies. It's near impossible to sort the good from the bad.

**WHEN: Thursday, 1/17, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Michael Shepp**

## **LEARN IT DO IT**

**AARP Smart Driving Course**

This four-hour class satisfies both the initial AARP Smart Driver Course and refresher course requirements. At the conclusion, you may be eligible for a reduction on your auto insurance premium (check with your insurance company).

**WHEN: Thursday, 1/10, 9:00 am – 1:00 pm, FEE: \$5**

**WHEN: Thursday, 2/21, 9:00 am – 1:00 pm, FEE: \$5**

**INSTRUCTOR: Larry Anderson**

**Bridge – No Trump and New Minor Forcing \*\*\*NEW\*\*\***

This class covers 2 conventions that are instrumental in 2 over 1 bridge systems but can be easily incorporated into Standard American. This class is intended for advanced players who want to move to the next level.

**WHEN: Monday, 3/18, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Mitchell Weisberg**

### **Buying or Keeping a Car Year-Round in Arizona**

This class is a review of everything a winter visitor from the U.S. or Canada needs to be aware of if they are thinking about buying an Arizona car that they would leave in Arizona all year.

**WHEN: Wednesday, 2/6, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Clark Sanchez**

### **Cutting the Cord- Fire Your Cable Company**

Tired of paying the high cost of Cable TV? What about having your rates going up every year? If so, this is the course for you!

**WHEN: Friday, 2/8, 11:00 am – 12:30 pm, FEE: \$15**

**WHEN: Friday, 3/8, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Edward Madden**

### **Dealing With Grief and How to React to Those Grieving**

How to deal with grief and how to react to those who are grieving. Understanding of the grieving process, symptoms of grief, building resilience and finding joy.

**WHEN: Thursday, 4/2, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Sandra Forsey**

### **DNA and Your Family Tree**

Learn what and where your DNA is and how it can help in your genealogical research. What types of DNA tests are available? Review the various testing companies to help you choose one and what kinds of results you can expect.

**WHEN: Wednesday, 2/6, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Monday, 3/18, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Susan Smith**

### **Finding Paid or Unpaid Seasonal Work in State and National Parks \*\*\*NEW\*\*\***

Find work or volunteer opportunities in summer tourism locations. Learn the tools to apply for work, major hiring companies, internet sites, resume updating and housing information.

**WHEN: Tuesday, 1/15, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Connie Struempf**

### **Genealogy for Beginners**

Who's your great granddaddy? Where do you start finding out about him? Learn how to start climbing your family tree in this very rewarding hobby and pass your story down the generations.

**WHEN: Monday, 1/9, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Tuesday, 2/19, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Wednesday, 4/3, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Susan Smith**

### **Genealogy on the Internet**

Learn how to navigate around the better-known genealogy websites and receive a 12-page handout of lesser known sites to help in your search. The beginner's class is recommended before taking this class.

**WHEN: Wednesday, 1/23, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Monday, 3/4, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Wednesday, 4/17, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Susan Smith**

### **How to Sell on eBay \*\*\*NEW\*\*\***

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. Bring your questions.

**WHEN: Monday 2/4, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Mitchell Weisberg**

### **Living Simply: Who Wants Your Stuff? \*\*\*NEW\*\*\***

This four-week workshop is an opportunity to search for a simpler life bursting with fulfillment and purpose while re-evaluating what is of value.

**WHEN: Mondays, 3/4 – 3/25 (4 sessions), 11:00 am – 12:30 pm, FEE: \$25**

**INSTRUCTOR: Linda Chamley Johnson**

### **Make it & Take it Diffuser Aromatherapy Bracelets \*\*\*NEW\*\*\***

Learn to make Diffuser Aromatherapy Bracelets! Choose a pattern from Balance, Calm, Peace, Clarity, or Courage. Select a stone and essential oil for a healthy bracelet.

**WHEN: Monday, 3/11, 1:00 pm – 3:00 pm, FEE: \$15**

**INSTRUCTOR: Jeannette Vaupel, RN, BS, LMT**

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

We have a "hands-on" examination of popular models and styles of handguns, both revolvers and semi-automatics, to help you make informed decisions on what might be best for YOU.

**WHEN: Wednesday, 1/16, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Wednesday, 2/13, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Wednesday, 3/13, 9:00 am – 11:00 am, FEE: \$15**

**WHEN: Wednesday, 4/17, 9:00 am – 11:00 am, FEE: \$15**

**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. You will be using wrist locks, arm bars, kicks, stomps, punches, to disarm or defend against an attacker.

**WHEN: Wednesdays, 1/9 – 2/13 (6 sessions), 11:00 am – 12:30 pm, FEE: \$30**

**WHEN: Wednesdays, 2/27 – 4/3 (6 sessions), 11:00 am – 12:30 pm, FEE: \$30**

**INSTRUCTOR: Patrick McGannon**

### **Taking Care of Your Car in Arizona**

Arizona Car Care 101 - Vital information on extending the life of your vehicle with proper maintenance, tips, and techniques. Learn what's best for your car in this Arizona valley weather.

**WHEN: Monday, 1/28, 1:00 pm – 2:30 pm, FEE: \$15**

**WHEN: Monday, 3/4, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Michael Anderson**

## **SCIENCE & RELIGION**

### **Climate of Arizona, Past, Present and Future \*\*\*NEW\*\*\***

Arizona's climate-why are we so hot and dry? What does drought mean in a desert climate? How has our climate changed in the past 125 years and how might it change in the future?

**WHEN: Monday, 2/25, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Nancy Selover**

### **Fun with Math: Number Stories of Long Ago \*\*\*NEW\*\*\***

We learned about Roman Numerals in grade school and are familiar with the number system we use today worldwide. What other civilizations used numbers and what did they use?

**WHEN: Monday, 1/28, 11:00 am – 1:00 pm, FEE: \$15**

**INSTRUCTOR: Janet Teegarden**

### **Funeral Planning - Embalming, Cremation, Donating Body to Science?**

Funeral Planning for those who don't plan to die. Regardless of medical advancements we still have a 100% mortality rate. What you need to know before you go.

**WHEN: Thursday, 1/24, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Sandra Forsey**

### **Water: Past, Present and Future \*\*\*NEW\*\*\***

We all appreciate that water is necessary for life to exist. A look at how water shaped our planet and how it effects our life today and focus on Arizona.

**WHEN: Thursday, 3/14, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Hal Lin**

## **TECHNOLOGY**

### **Customizing Your iPad and iPhone**

In this class, we will show you how to customize a ton of features in your device. We will spend most of this class in the Settings app exploring and empowering you to do more.

**WHEN: Friday, 3/22, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Felix Sanchez**

### **How to Use Social Media**

This class will show you how to stay safely connected online with the ones you love whether friends and family are down the street or across the country. We will discuss Facebook in detail.

**WHEN: Thursday, 2/28, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Felix Sanchez**

### **iPad Basics**

This class offers a step-by-step introduction to the use of the Apple iPad. Learn about email, Internet, downloading apps, maximizing efficiency, and advanced options.

**WHEN: Wednesdays, 2/20 - 2/27 (2 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**WHEN: Wednesdays, 4/3 - 4/10 (2 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**INSTRUCTOR: Larry Fowler**

### **iPhone – The Basics**

We will cover basic settings, email, creating and updating contacts, camera and photos, and time permitting, downloading apps, music and games. Bring your own iPhone to class.

**WHEN: Mondays, 2/4 - 2/11 (2 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**WHEN: Wednesdays, 3/20 - 3/27 (2 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**INSTRUCTOR: Larry Fowler**

### **Music and Apps for the Apple iPad & iPhone**

This class will cover the downloading of music and apps, finding the music you want, previewing the music before you pay for it, and use of an iTunes account or card to pay with the iPad and iPhone.

**WHEN: Monday, 1/28, 11:00 am – 12:30 pm, FEE: \$15**

**WHEN: Monday, 3/4, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Larry Fowler**

### **Organizing Your iPhone Photos**

You took great pictures and now it's time to organize, backup and share these amazing pictures using the photo app to its fullest and utilizing backup photo apps like Google photos.

**WHEN: Friday, 2/15, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Felix Sanchez**

### **Photography Using Your iPhone**

Explore how to take amazing pictures. We will walk around taking pictures of plants, people and building structures. We will use built-in photo editing tools to make the pictures your own.

**WHEN: Thursday, 1/31, 9:00 am – 10:30 am, FEE: \$15**

**INSTRUCTOR: Felix Sanchez**

### **Security for Your iPad and iPhone**

We will cover security and privacy of your information. We will discuss banking on your Apple devices, security and protection of your data, the safety of the iCloud.

**WHEN: Monday, 1/14, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Felix Sanchez**

### **The Top Technologies of the Twentieth Century**

Technological innovation has been improving life standards since the dawn of civilization. However, change used to be occasional and gradual.

**WHEN: Monday, 2/11, 9:00 am – 11:00 am, FEE: \$15**

**INSTRUCTOR: Hal Lind**

### **What to Consider Before Buying that Smart Phone or Tablet**

What questions should you ask, how much to pay, what size do you need, any special features you may need, what server you might use, where to buy and is there a difference where you buy.

**WHEN: Wednesday, 1/30, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Larry Fowler**

## **TRAVEL & PHOTOGRAPHY**

### **Escorted Travel in Europe**

We will focus on escorted travel tours in Europe and the best ways to travel throughout Europe. Learn how to plan your trip from getting there and what to see once you are there.

**WHEN: Thursday, 4/18, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Glenn Stark**

### **Inspirational Travel**

We will talk about inspirational and “Faith Based Travel” that is of interest both from a faith issue and for those interested in culture and history.

**WHEN: Wednesday, 3/13, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Glenn Stark**

### **Luxury Travel**

We will talk about Luxury Resort, Ocean and River Cruises and once in a life time destinations and tours. Glenn will give you tips and ideas on how to save money traveling in luxury style!

**WHEN: Thursday, 2/14, 11:00 am – 12:30 pm, FEE: \$15**

**INSTRUCTOR: Glenn Stark**

### **Sharing “The Way of St. James” The Camino de Santiago de Compostela**

Imagine taking a month or so to backpack across 500 miles of northern Spain along the same route used by the Knights Templar! What a fun class this is!

**WHEN: Thursday, 4/4, 1:00 pm – 2:30 pm, FEE: \$15**

**INSTRUCTOR: Bill Persson**

## **WRITING & LITERATURE**

### **How to Self-Publish Your Own Book \*\*\*NEW\*\*\***

Do you have a book, or the beginning of a book written? Learn what to do to assemble your downloadable software book template and get your book printed and sent to your home.

**WHEN: Wednesdays, 1/23 - 1/30 (2 sessions), 1:00 pm – 2:30 pm, Fee: \$20**

**WHEN: Fridays, 4/5 - 4/12 (2 sessions), 1:00 pm – 2:30 pm, Fee: \$20**

**Instructor: Tom Struve**

### **I've Decided to Live to 120 Years – Book Club \*\*\*NEW\*\*\***

A combination of ancient wisdom and current needs to help seniors age well is the subject of this book. Women's wisdom wrote, "this magnificent book ignites the true spirit of what it means to live fully".

**WHEN: Fridays, 2/1 – 3/22 (8 sessions), 11:00 am – 12:30 pm, FEE: \$30**

**INSTRUCTOR: Marti Bay**

### **Journal This! Write Your Way into a Life That Works \*\*\*NEW\*\*\***

Ready for some fresh inspiration? Studies show that journaling about what truly interests and intrigues us allows doors of creativity and opportunity to swing open.

**WHEN: Tuesdays, 2/5 - 2/26 (4 sessions), 9:00 am – 10:30 am, Fee: \$25**

**Instructor: Claire Rabe**

### **Journaling for Caregivers \*\*\*NEW\*\*\***

Studies show that journaling decreases anxiety, improves immune function and even realigns brain activity to a more positive state. Nourish body, mind, and soul through journaling.

**WHEN: Tuesdays, 1/8 - 1/29 (4 sessions), 9:00 am – 10:30 am, Fee: \$25**

**Instructor: Claire Rabe**

### **Poetry: Words from the Soul \*\*\*NEW\*\*\***

Poetry writing is not a format or style. It is a feeling that begins in the heart and ends on the paper. Together we will find ways to evoke inspiration from pictures, emotions, and past experiences.

**WHEN: Fridays, 1/11 - 2/1 (4 sessions), 1:00 pm– 3:00 pm, Fee: \$25**

**Instructor: Linda Chamley Johnson**

### **The Heart and Art of Writing \*\*\*NEW\*\*\***

Writing is finding the words that are in our thoughts and translating them with clarity and focus. Telling our story or sharing our ideas is an art form we can create together as workshop members.

**WHEN: Fridays, 2/22 - 3/29 (6 sessions), 1:00 pm – 3:00 pm, Fee: \$30**

**Instructor: Linda Chamley Johnson**

**William Butler Yeats: Irish Poet, Playwright, Nobel Laureate**

As we commemorate the 100th anniversary of the 1916 East Rising in Ireland, we examine the life, times, and work of one of the main contributors to the re-awakening of the Irish nation.

**WHEN: Fridays, 2/15 - 3/1 (3 sessions), 11:00 am – 12:30 pm, FEE: \$20**

**INSTRUCTOR: Bob Nugent**

**Writing your Autobiography: Introduction**

This course is designed to help people get started with the writing of their life story. The instructor will introduce a systematic method of organizing your life story.

**WHEN: Tuesdays, 1/15 - 2/19 (6 sessions), 11:00 am – 12:30 pm, FEE: \$30**

**Instructor: Dave Poling**

**Writing your Autobiography: Chapter Two**

This course assumes that you have completed a good bit of work on the story, but now need some help in organizing that work and getting focused on writing the story.

**WHEN: Tuesdays, 2/26 - 4/2 (6 sessions), 11:00 am – 12:30 pm, FEE: \$30**

**Instructor: Dave Poling**

## **INSTRUCTOR BIOGRAPHIES**

**Ed Allen's** career in advertising and sales promotion led him to become active in the Sun City West Visitors Center and with the Sun Cities Area Historical Society. He assisted in the task of writing the history of Sun City West which led to the book "Sun City West Silver Celebration" for the 25th anniversary activities. Ed also played an active role in converting Sun City's first model home into today's Del Webb Sun Cities Museum.

**Larry Anderson** During his 30 years in the court system, Larry wore several hats including Education, Training and Development Director. He serves as a volunteer for the AARP Smart Driver program and is a certified instructor in Arizona. Larry has also taught several other classes for PORA. He combines his professional knowledge and sense of humor to offer his students a rewarding classroom experience.

**Michael Anderson** is a Store Supervisor with Sun Devil Auto and holds 21-years' experience in the automotive industry. In addition to his 10-years in management, Michael is a M.A.S.T certified tire expert who graduated from the Bruce Halle Jr. School of Automotive Management. He is also CPR Certified and a Boy Scouts of America leader.

**Marti Bay** is a coach, mentor, and teacher. She recently spoke to two thousand people about her experience of fulfilling her life by reaching out to senior homes and teaching Tai Chi. She believes it is okay to study and learn a lot but until we share with others what we have discovered we cannot have the experience of feeling fully alive. Her motto as a senior herself is "to live my life all my life."

**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. Before moving to AZ, Cheryl had a Massage Therapy and Life Coaching business in her home state of Illinois.

**Linda Chamley Johnson** has been in education for 40+ years. As an educator she taught all grades, ending her career at university level. She celebrated a *Distinguished Teaching Award* for 2010 while teaching education, technology integration and writing courses. She began her blog in 2012 and she continues to write while enjoying a simpler lifestyle here in AZ.

**Herb Clark** played baseball until he retired at the age of 67. He played semi-pro and minor league baseball. Baseball is his love in Sports. He has a life-long love of cars and their history. Herb founded the Automotive Restoration Club of Sun City West,

**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 after serving almost 30 years with the Maricopa County Superior Court system, where she worked 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, JD** studied at Brigham Young University and earned a degree in Psychology. He then attended California Western School of Law and finished his legal education at Arizona State University College of Law where he focused on Estate Planning 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.

**Sam Eid** has been in the construction business for over 10 years and specializes in roofing and restoration. He is the Senior Project Manager for Pro West Roofing & Restoration. Sam loves his job and he loves to help homeowners. He does roof inspections, estimates and helps find 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. She has a dedicated Iyengar yoga practice under the guidance and instruction of Carlyn Sikes and was recently elected President of the Iyengar Yoga Association of the Southwest (IYASW).

**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 and considered an excellent source when it comes to helping a person give the type of good bye that they desire from their friends and loved ones. 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 and television, communications, and public relations. He earned a BS degree in Speech and English, and an MS in Communication. He is a self-proclaimed "Tech Guru" and loves tinkering and figuring out how all things work.

**Matthew Gashwytewa** has been practicing and teaching yoga the last two years. He is an instructor at the Body and Brain Yoga and Tai Chi Studio in Glendale. Mathew is very passionate about healing himself and others, through body movements and meditation. His positive attitude helps to really make classes fun and energetic and truly strives to guide those to their full potential.

**Charles Gill** is the director/senior instructor at Southwest Center for Taoist Studies. He has over 30 years teaching experience. 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.

**Carl Goldberg, PhD** received his PhD in history from the University of Michigan. After 9/11 he began to study Islam and has made many public speaking and radio appearances in Arizona and Nevada. He has taught at the Phoenix Bureau of Jewish Education and maintains an email discussion list for public awareness on the nature of Islam.

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

**Terry Heaps** is Master Terry Heaps has been training and teaching the art of Kuk Sool Won for over 30 years. She holds a 6th degree black belt master and is the 2nd highest ranking woman in the USA, CPR Certified and a Licensed Acupuncturist.

**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. She helps people bridge the gap between what they know and what they think they know. Sandra creates space for people to accelerate healing and reinvent themselves. Her teaching style is provocative, funny and empowering.

**Sandra Hopper** is a Certified Transformational Life Coach who enjoys working with individuals or groups empowering them to see a life worth living. She is a Life Mastery Consultant, Ordained Unity Minister, and retired Hospice Nurse after 45 years. Her education is from ACE Coaching Academy; Life Mastery Institute; Unity Institute; and Good Samaritan Hospital School of Nursing.

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

**Brian Huebner** is the owner of the local Home Instead Senior Care in Surprise. Prior to owning Home Instead, he worked in the financial services industry for many years.

**Julie Huebner** is the owner of the local Home Instead Senior Care in Surprise. Prior to owning Home Instead, she worked in the healthcare field for 20 years.

**David Hutmacher** has been helping people to protect their assets and invest wisely for many years. As an investment Advisor Representative, he has a fiduciary responsibility to his clients. That along with his considerable experience, knowledge and expertise allows him to assist people with all aspects of their financial plans. Over the years, he has been awarded all the major professional designations associated with profession

**Vicki Jessing** is a classically trained artist with a Bachelor of Fine Arts degree in illustration from Northern Arizona University. She is skilled in most art mediums and loves teaching others how to tap into their own creativity. She currently works for Villafane Studios in Carefree, AZ and resides in Surprise with her husband and two teenage daughters.

**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. He and his wife, Joanne, reside in Sun City West, Arizona.

**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 teaching art. She specializes in Oil and Acrylics. She retired to Sun City West in 1998 and is very active.

**John Lemma** has a master's degree in History and has 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" and the "Byrne Innovative Teacher" awards.

**Hal Lind** has taught at UCLA and Cal Tech and was an Inventor of 5 patents in circuits and systems. Hal holds a BSEE degree from the University of Illinois and a MSEE degree from the University of Southern California. He has also worked as a consultant for GM-Chevy Racing Team-track communications.

**Jerry Look** is a graduate of the University of Arizona. He is also certified by the College of Financial Planning. Jerry has been security licensed for 32 years and has 30 years with Edward Jones.

**Victoria Love** Over her career she has personally invested in residential, multifamily and commercial property. Her work included management of commercial rentals, settlement of estates as well as the disposition of distressed property. In addition, she has invested in and sold securities, multi-lender loans, and shares of a real estate investment trust (REIT).

**Brenda Lyons** is an owner/operator of her own hair boutique for the past 40 years. While working with chemicals for hair and body, she developed many health & skin issues. After working with a Naturopathic Doctor for years, she educated herself and is a certified health coach. She is very passionate about helping others to make changes in their lives for living a healthier life.

**Edward Madden** is a retired network engineer from Poly One Corp for the past 20 years and retired military.

**Shirley Mahood** 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. Her audiences have included community groups, professional associations, colleges, and universities.

**Bob Mariner** is an Estate Planner and Certified Instructor with Generation Living Trusts, a provider of personalized estate planning services whose legal group has produced over 29,000 Trusts since 1990. Using the time-proven approach developed by company founder John Mainer, Bob teaches this important and sometimes scary topic in as enjoyable, unpretentious manner that has already helped thousands of people throughout Arizona.

**Patrick McGannon** has studied Karate under Mr. Ed Parker, Kenpo Karate, in Pasadena, CA for several years, competed in tournaments in the Long Beach and Los Angeles area before joining the Marine Corps. He obtained a B.S. in Recreation Management and studied Tae Kwon Do under the auspices of Grand Master Cho. He acquired his 1st degree Black Belt in 2016 and continues to train and teach adults in the art of self-defense.

**Donald Middleton** is a retired attorney and was born in Virginia. He moved to AZ in 1963. He worked for Del Webb Corporation 18 years, and for other corporations until 1997. Don retired and moved to Sun City West.

**Irene Nathanson** brings over 20 years of experience as a social worker and has worked with individuals and groups with personal and life challenges which include depression, anxiety, grief, trauma, and adjustment issues. She received her Masters degree from Aurora University in Illinois and has worked in hospital, agency, and private practice settings. She and her husband retired and moved to Arizona where she hopes to continue spreading well practices.

**Bob Nugent** has a BA in Philosophy from Maryknoll College. He spent 17 years in the Philippines in community organization and leadership development projects and 18 years as a labor law investigator for the Arizona State Labor Department. He has studied Robert Frost's life and poetry for many years. Bob has made trips to Ireland engaging in his passion for studying Irish history, literature and W.B Yeats.

**George Palovich** began his drawing at an early age copying pictures from his favorite comic books. 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.

**Kim Dyer & Pam Prine** are co-owners of Keystone Capital Management Group, LLC, in Glendale, Arizona. Keystone is a wealth preservation firm committed to the growth and protection of 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 and unique challenges to investments and retirement income planning.

**Laura Lee Perkins, MS** is a writer, counselor, educator and professional musician who exhibits a passion for life. Her career has included teaching music at all educational levels. 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 CD's, 3 audio books and she was in the top 5 NAMMY Awards. Laura Lee is widely known for her engaging teaching style.

**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, Bill has a BS degree in Education from Penn State. A 30-year Arizona resident, Bill's hiked the Grand Canyon over 50 times. His style features fun, fitness and family.

**Dave Poling** has been teaching in adult education programs for over nine years. He completed and published his own autobiography and recently published his first political novel. Thirty-four of his past students have successfully published their autobiographies. Dave is currently a member of the PORA Board of Directors and oversees PORA Adult Learning. He has a BS in American History and an MA in Secondary Education from Northwestern University.

**Claire Rabe** is an Author and Journalist She has written for the Arizona Republic, Phoenix Magazine, North Central News, The Arcadia News, and many other print and online publications. She is the author of a book on autoimmune health and a popular Arizona restaurant guide. Her newest eBook 'Journaling for Caregivers,' is available for free at amazon.com.

**John Rada** is the owner of Rada & Associates in Sun City West. John holds the Retirement Income Certified Professional\* designation at the American College of Financial Planning. He provides retirement planning services for pre- & post retirees. John assists his clients through their transition into and throughout their retirement lifetime. He identifies risks and creates plans and strategies to mitigate them.

**Allen Reamer** was fortunate to be born into a long line of artists. He taught a variety of studio art and art history courses for over 32 years before moving to Arizona. He is a faculty associate with Arizona State University and continues to produce art and teach art history and studio art. Allen has a BA in Art and 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.

**Clark Sanchez** is a resident of Arizona for over 43 years. He is the owner of an automobile related business for over 35 years. As a member of Arizona Real Estate Educators Association, co-owner of Advanced Learning Training Center, past President of Canadian Club of the West Valley, he has vast knowledge of automobiles.

**Felix Sanchez** was an Apple Manager for the past 10 years. If you ever visited the Apple Store at Arrowhead Mall there's a good chance, he was there. During his tenure with Apple he was responsible for putting together the training classes for the Arrowhead location. He managed and inspired over 100 employees. He wants to hopefully inspire each PORA member who attends a class!

**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.

**Dr. Nancy Selover** has been the state Climatologist for Arizona since 2007 and has been in Arizona since 1973. Her research interests include urban heat island, evaporation and hazard mitigation.

**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. Michael is also an energetic solar advocate and presents a positive approach for those considering moving to solar. 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.

**Glenn Stark** is co-owner, along with his wife Carla, of a Cruise Planners franchise. He is a full-service travel agent. They love to travel and are not ready to retire. Upon graduation from 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.

**Nancy Stevens** has a master's degree and Bachelor of Science Degree both from the University of Southern Mississippi. Nancy worked as a Docent at the Georgia O'Keeffe Museum in Santa Fe, NM from 2011-2015. She completed a six-month training by museum staff which required giving three oral presentations on O'Keeffe or Modernism and directing two tours of the gallery. Upon completion, she was awarded the title of Docent.

**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.

**Connie Struempf** has worked in the tourism industry at Denali National Park in Anchorage, Alaska for over three years. She worked in the Alaska oil, gas and utility industries for over 20 years. Connie loves to travel and has worked in customer service related positions for over 30 years. She holds a degree in Art History and Business Administration and held SHRM-CP and PHR certifications.

**Tom Struve** is excited to share about his recent entry-level book writing and self-publishing journey. In a span of only 8 months, Tom has over seven hundred copies of his first book in print and is offered in fifty locations across America. He will share what he has learned about formatting, self-publishing, and marketing his book including the ins-and-outs of building a dynamic website for your book.

**Kelsang Tabkay** is an American Buddhist monk and the Resident Teacher at Kadampa Meditation Center Phoenix. He previously practiced and taught meditation and Buddhism in South Carolina for 10 years. He has been a student

of contemporary Buddhist master and scholar Geshe Kelsang Gyatso for many years. Tabkay presents Buddhism and meditation in an accessible and clear way and has dedicated himself to bringing peace into the hearts of others.

**Janet Teeguarden** is a Professor Emeritus, having taught college mathematics for over 50 years. She most recently was a mathematics tutor at Rio Salado College, helping the GED students master mathematics. She has presented talks to numerous local, state, national, and international conferences, all of which were very well received. She has also received a number of awards for excellence in teaching and outstanding services, including her most prestigious, Teaching Excellence Award from the American Mathematical Association of Two-Year Colleges in 2011. She loves sharing the FUN side of mathematics with those who don't think they ever liked math.

**Dr. Scott Timko**, D.C. has a doctorate degree in Chiropractic. He has over 20 years of experience treating patients and constantly strives to improve and update his knowledge in the field of Chiropractic with an 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 Master's in Social Work and a Master's in Education in Human Resource Development. Her expertise enables her to support families and their loved ones facing Dementia and offers them the support and education they need along this journey.

**Bradley Tolliver** is a graduate of the University of Montana with a degree in German and History. He has taught at the elementary, middle school, high school and university levels.

**Jeannette Vaupel, RN, BS, LMT** analyzes medications for nutrients they deplete, offers genetic and hormone testing, and conducts private consultations to offer recommendations for all who want to enhance their health. With her focus on essential oils, she creates products using medical grade oils for enhancing immune function as well as giving relief from pain, headaches, anxiety, depression, sore muscles, etc.

**Linda Vitale** owner of Linda's Tax Services, has been a tax professional for over 18 years, specializing in taxes for retirees. She writes a weekly tax column for "Your West Valley" newspaper and teaches a class on Tax Identity Theft. She is also an AARP volunteer educator, facilitating their popular Fraud Watch Network class.

**Diana Warren, PhD** 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. She taught graduate and undergraduate courses in religion, ethics, management, psychology, human resources and diversity. 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, most of which are not available commercially. He has attended the annual Williamsburg Film Festival in Virginia for the past 18 years, serving as the official photographer and conducting one-on-one interviews with old TV stars including Dale Robertson, William Schallert, Lee Meriwether, Joseph Campanella, Betsy Palmer, Robert Fuller and Beverly Garland to name a few. Mitchell has been a TV history buff for as long as he can remember and 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 items 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.

**Jeff Wills** the Arizona Registrar of Contractors monitors and investigates unlawful contractor activity to promote quality construction by Arizona contractors. They work closely with the Maricopa Sheriff's Office to protect the health, safety, and welfare of the public.

**Harold Wong, PhD** writes the column on money for The AZ Republic, and his column is distributed to 1,600 newspapers across the U.S. He has a PhD in Economics (UC Berkeley) and passed the CPA exam in 1979. He has educated thousands of CPAs, attorneys, realtors and investors on creative financial, tax, and advanced IRA strategies.

**Kay Young** has a BS in French and Social Studies from the University of Kansas. She also holds an MA degree in Church History and Theology from the Graduate Theological Union and Church Divinity School of the Pacific, Berkeley, CA. Kay has taught French and World Religion in high schools and colleges in both California and Arizona, most recently at Agua Fria HS and Estrella Mountain Community College, in Avondale, AZ.

**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.

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# Spring 2019 PORA Adult Learning Catalog

## Offering Classes in Many Different Categories

Art & Music, Finance & Business & Law,  
Health & Wellness, History & Language & Current Events,  
Home & Garden, Science & Religion,  
Technology, Travel & Technology, Writing & Literature

PORA Adult Learning (PAL) presents its brand-new Spring 2019 Catalog! We look forward to seeing you in our spring classes. We have added interesting new courses along with many favorite classes. Some free classes are available, but you must register as seating is limited.

### Three Easy Ways to Register

Online: [www.poraadultlearning.org](http://www.poraadultlearning.org), Call PAL at 623-242-6864,

At PORA: 13815 Camino Del Sol, Sun City West. Office hours: 9 am – 3 pm Monday—Friday

### 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 Cancel Class Policy.** A class credit will be extended for one year from the date of issue. Classes with registration of four or less students may be cancelled up to the day before the class offering. Students will be notified via phone of the cancellation and a credit (valid for one year) will be extended.

**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. Credit will be only good for one year. No credit or refund will be granted after the start of a class. Refunds may be granted only for extenuating circumstances.