

# Sun City Lifelong Learning Club



## Lifelong Learning Course Brochure

### Spring 2017

For	Location	Date	Time
Membership Meeting	Enter Arizona Room 4 Fairway Recreation Center	Wednesday, January 11, 2017	10:30 a.m.
Registration Date and Times	Enter Arizona Room 4 <i>***You must have RCSC Card with your picture for registration</i>	Wednesday, January 11, 2017	Following General Membership meeting until 1:30 p.m.
Evening Registration	Fairway Rec. Center in Classroom # 129	Wednesday, January 11, 2017	6:30 - 7:30 p.m.
Classes Start and Locations	Classroom # 129/AZ/Music Room Fairway Recreation Center Peoria Ave. & 107th Ave.	January 30, 2017 (See brochure for times and dates)	

**2017 Club Membership Dues: \$20.00**

**Good for both Spring and Fall 2017 semesters**

**Payment Method:** *Cash or check*

After paying Club dues, members may register to attend courses and lectures at no additional charge. Some classes may require the purchase of supplies. Registration is required due to room size.

**\*\* Students are limited to signing up for 15 courses max per term. \*\***

**Registration for all classes and lectures is required.**

**Call 623-533-5756 for more information**

**MUST BE A SUN CITY RECREATION CARD HOLDER**

# Snapshot of Fall 2017 Courses

You will find complete course information on following pages

**Classes will be held in FW Classroom #129, AZ Rooms # 1 - 4, 2nd Floor Music Room##**

## **Monday Classes**

Wings Women's Class, 10:00 - 12:00 noon, Feb 13, 20, 27, Mar 6, (AZ 4)

## **Monday Lectures**

Fur Trappers of the American West, 9:00 - 11:30 a.m., Feb 6 (AZ 4)

Northern Lights: Myths and Science, 1:00 - 3:00 p.m., Mar 13 (AZ 4)

Arizona's Major Attractions, 10:00 - 12:00 noon, Mar 20 (AZ 4)

## **Tuesday Classes**

Cacti and Cacti Flowers with Ink and Watercolor, 9:00 - 10:30 a.m., Feb 7, 14, 21, 28, Mar 14, 21, 28 (AZ 4)

\*\* Michelangelo: His Life and Art, 11:00 - 12:00 noon, Feb 7, 14, 21, 28 (AZ 4)

\*\*English Cathedrals and Churches for Travelers, 11:00 - 12 noon, Mar 14, 21, 28 (AZ 4)

## **Tuesday Lectures**

Dine' (Navajo), 10:00 - 12:00 noon, Jan 31 (AZ 4)

Fraud Watch Network, 1:00 - 3:00 p.m., Jan 31 (AZ 4)

Real World Estate Planning, 6:30 - 8:30 p.m., Feb 7 (# 129)

Writing Letters People WANT to Read, 1:00 - 2:00 p.m., Feb 14, 21 (# 129)

Finding Unbiased Financial Advice, 1:00 - 3:00 p.m., Feb 28 (# 129)

Rotary Exchange Students - Conversations, 6:30 - 8:00 p.m., Mar 7, 14 (# 129)

World War II in the Air, 1:00 - 2:00 p.m., Mar 14, 21 (# 129)

## **Wednesday Classes**

News and Issues, 10:00 - 11:30 a.m., Feb 1, 8, 15, 22, Mar 1, 8, 15, 22 (AZ1)

## **Wednesday Lectures**

What Arizona Women Teachers did for Frontier Arizona and What Arizona did For Them 1:00 - 3:00 p.m., Feb 8 (AZ4)

Fall Prevention, 1:00 - 2:00 p.m., Feb 15 (AZ 4)

William Beardsley and the Canals of Arizona, 1:00 - 3:00 p.m., Feb 22 (AZ 4)

The Hopi, 1:00 - 3:00 p.m., Mar 1 (AZ 4)

One Great Big Stink and a Gaggle of Grins, 1:00 - 3:00 p.m., Mar 8 (Music Room##)

Memory Training 1 and 2, 1:00 - 3:00 p.m., Mar 15, 22 (AZ 4)

## **Thursday Classes**

Russian Update, 6:30 - 8:00 p.m., Feb 2, 9, 16, 23, Mar 2, 9 (Music Room##)

Folk Music in America, The Guys, The Gals and The Groups, 1:00 - 3:00 p.m., Feb 9, 16, Mar 2 (AZ 4)

## **Thursday Lectures**

Terrorism in the American Civil War, 1:00 - 3:00 p.m., Feb 2 (AZ 4)

End of Life Readiness Workshop, 10:00 a.m. - 3:00 p.m., Feb 23 (# 129)

Climbing Mt. Whitney for the First Time, 10:00 - 11:30 a.m., Mar 2 (# 129)  
History and Birds of the Hassayampa River Preserve, 10:00 - 12:00 noon, Mar 9 (# 129)  
Television Humor, 1:00 - 3:00 p.m., Mar 16 (# 129)  
Women We Need to Know, 6:30 - 8:00 p.m., Mar 16 (Music Room##)  
Keeping Up with the Supreme Court, 1:00 - 3:00 p.m., Mar 23 (AZ 4)

### **Friday Classes**

Low Vision Tools to Help Use your Android Tablets, 10:00 - 12:00 noon, Feb 3, 10, Mar 3, 10, 17, 24 (# 129)

### **Friday Lectures**

Managing the Difficult Behaviors of Dementia, 1:00 - 3:00 p.m., Feb 3 (# 129)  
Cuba, 90 Miles to the 1950's, 1:00 - 2:30 p.m., Feb 10 (AZ 1)  
To Everything There is a Season, 10:00 - 12:00 noon, Feb 17 (# 129)  
Botswana, The Peaceable Kingdom, 1:00 - 2:30 p.m., Feb 17 (AZ 1)  
Fundamentals of Solar Power, 9:00 - 10:30 a.m., Feb 24 (# 129)  
Economics of Solar Power, 11:00 - 12:30 p.m., Feb 24 (# 129)  
Letting Go, 1:00 - 3:00 p.m., Feb 24 (# 129)  
What is Dementia Anyway?, 1:00 - 2:30 p.m., Mar 10 (# 129)  
Harvey Girls, 1:00 - 3:00 p.m., Mar 17 (AZ 1)

***##No food or drink allowed in Music Room except store bought water bottles with lids, drinking fountain in hall.***

***\*\* These two art history lectures are all one class, and you will register for the entire series.***

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## **Field Trips for Fall of 2017**

- 1. Visit PBS Channel 8, Monday, February 6, 2017.**
- 2. Visit Pueblo Grande Archaeological Museum, Monday, March 6, 2017**

**See more information at the end of this brochure.**

# CLASSES

## Monday

### **"Wings" Women's Class**

**10:00 a.m. - 12:00 noon**

Wings is designed for women who have experienced loss to re-invent, re-purpose life, moving beyond grief whether it be loss of a loved one, health, finances, identity, friends, moving, etc. Class will consist of dynamic exploratory exercises: class participation, retrieving forgotten skills, assessing what hinders growth, needs for transition, finding support and affirmation among the group. Emphasis will focus on in depth look at the need for change, implementing risk, and developing new dreams and visions.

**Bonnie Angster** is a transition specialist with a degree from U of NE in Gerontology. Experiencing loss herself, she has become a certified grief mentor through GriefCare. She has extensive training in counseling.

**Instructor: Bonnie Angster**

**Mon., Feb 13, 20, 27, Mar 6**

## Tuesday

### **Cacti and Cacti Flowers with Ink and Watercolor**

**9:00- 10:30 a.m.**

Cactus flowers are as beautiful and varied as are cacti and the Southwest landscapes they are in. Whether you have drawn cacti, cactus flowers, southwest landscapes or not, you will be able to produce beautiful colorful ink and watercolor paintings using skills, methods and techniques that you will learn in this class. We will spend part of the course going over terms and concepts. If you wish, you will be helped one-on-one. We will aim to produce at least one work of art each week. This course is for new and experienced artists.

**Supplies:** An inexpensive set of watercolors, thin line and very thin line black waterproof pens, water container, 140 lb. or heavier watercolor paper (your choice of size), HB or #2 pencil, vinyl eraser, soft paper towels, plastic sheet to cover table, small round watercolor brush, medium round watercolor brush, medium flat watercolor brush, 3" or 4" sort polyester brush found in paint department of a hardware store.

**Allen W. Reamer** was fortunate to be born into a long line of artists. As the fifth generation and first child, he was taught drawing and painting early in life by his mother. He received a BA in art, a Masters Of Fine Arts Degree, and 60 post-graduate credits in art history and education. Allen developed and taught a great variety of studio art history courses for 32 years before coming to Arizona. During this time he was the President of the DC Art Education Association in the areas of curriculum and assessment. He has been a member or chair of a number of art related boards and has gratefully been recognized in a variety of ways including the NAEA's Washington Art Teacher of the Year, a Cafritz Fellowship and upon retiring, letters from President Clinton among others. Since coming to Arizona in 1999, he has been able to produce art and teach art history and studio art. He offers 50 art history and aesthetic courses and 42 studio courses. He is represented by The Gallery at 915 in Fredericksburg, VA and exhibits with the Neu Art Group in Arizona. He has been a LLL instructor for the past 8 years.

**Instructor: Allen Reamer**

**Tues., Feb 7, 14, 21, 28, Mar 14, 21, 28**

### **Michelangelo: His Life and Art**

**11:00- 12:00 noon**

Michelangelo was a High Renaissance artist who is still recognized as a genius, but his life was like a soap opera. He said later in life that he felt he wasted his youth. We will learn why he never wanted to paint the Sistine Chapel. In this course, after discussing the historical context in which he worked, his life and his works of art will be covered.

**Instructor: Allen Reamer**

**Tues., Feb 7, 14, 21, 28**

### **English Cathedrals and Churches for Travelers**

**11:00 - 12:00 noon**

Are you interested in English churches and cathedrals? Are you wondering what to see? Are you wondering how to see what you are looking at? This lecture aims to increase your enjoyment and knowledge of looking at English church architecture. We will discuss the Anglo-Saxon, Norman, Early English Gothic, Decorated Gothic, Perpendicular Gothic and Neoclassic church architecture. We will

**Instructor: Allen Reamer**

**Tues., Mar 14, 21, 28**

cover major English cathedrals both in and out of London, plus some early churches to give you an in depth overview of English ecclesiastical architecture.

**Allen Reamer** see above.

## Wednesday

### **News and Issues**

**10:00 - 11:30 a.m.**

**Facilitator: Gary Nadeau**

**Wed., Feb 1, 8, 15, 22, Mar 1, 8, 15, 22**

This will be a "discussion group" course focusing on current national and international news and issues. Participants will be asked to use newspapers, magazines, and websites for discussion topics and bring some to class meetings. In the class we will share viewpoints and sources about what is happening.

**Gary** is a Lifelong Learning student who has agreed to facilitate this course.

## Thursday

### **Russian Update**

**6:30 - 8:00 p.m.**

**Instructor: Ken Reed**

**Thurs., Feb 2, 9, 16, 23, Mar 2, 9**

From the abortive revolution of 1905 to the overthrow of the Romanov Dynasty and emergence of the USSR and the era of Stalinism to the openness of Gorbachev, the rise of Vladimir Putin and the uncertain future of this world power.

**Ken Reed** is a graduate of ASU (BA-Social Science) and NAU (MAE-History). He has taught history for the past 50 years. For 25 years he taught for Rio Salado College and Russian and US-Foreign Relationships at Luke Air Force Base. He has been an instructor for Lifelong Learning ASU and the Sun City Lifelong Learning club for about 14 years.

### **Folk Music in America, The Guys, The Gals, The Groups**

**1:00 - 3:00 p.m.**

**Instructor: Brian Callahan**

**Thurs., Feb 9, 16, Mar 2**

This is a 3 part course on the development of the folk music boom in the 1950s through to the present day. Each section will feature either the male, female or group singers that made the folk music era so memorable. Some of the epic hits of each singer will be examined.

**Brian Callahan** has a BA from Hamilton College, MA Univ. of Rochester, several years teaching in adult education including Lifelong Learning in Sun City and Sun City Grand. Brian is a specialist in American History, Irish History and culture and history of films. He is also serving as President of the Lifelong Learning Club.

## Friday

### **Low Vision Tools to Help Use your Android Tablets**

**10:00 a.m. - 12:00 noon**

**Instructor: Roxane Soucy**

**Fri., Feb 3, 10, Mar 3, 10, 17, 24**

Want to make your Android or tablet more user-friendly? We'll be focusing on low vision accessibility, but anyone can join to learn about Google settings, Wi-Fi, voice input & output, magnification, social media, audio books, plus many tips on free apps. Each class builds upon previous ones, so you won't want to miss any of these fun interactive sessions!

**Roxane Soucy** has been an adult educator since 2003, and is currently completing a Masters in Educational Technology. She brings over 20 years of technology experience to the classroom. She is the founder of MY Indey, LLC, a registered entity with the VA, instructing adults with vision loss on using technology as a mobile tool for independence.

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# Lectures

## Monday

### **Fur Trappers of the American West** **9:00 - 11:30 a.m.**

An introduction and brief history of the American Fur Trappers of the Far West, covering roughly the period between the Lewis and Clark Expedition 1803-1806 and the last Rocky Mountain Rendezvous of 1840. Included will be a historic view of the fur trade and the economics involved, plus a demonstration of Mountain Man equipment and skills, plus an exhibit of typical supplies used in the time period. Prominent people presented will include Lewis and Clark, Hugh Glass, Tom Fitzpatrick, Jedidiah Smith, James Ohio Pattie and William Shirley Williams.

**Roger Suttle** is a long time resident of Arizona, has a BA in Management. He is an avid researcher and particularly interested in 1800's history of fur trappers and Mountain Men. He has been a member of the "Powderhorn Clan" for 25 years and has participated in numerous National Muzzle Loading Association Winter Shoots and Rendezvous.

**Roger Suttle**  
**Mon., Feb 6**

### **The Northern Lights, Myths and Sciences** **1:00 - 3:00 p.m.**

The Northern Lights - the Aurora Borealis, is an amazing and colorful natural phenomena. Many myths have been spun about its origin, and only lately have we gained a scientific understanding of its dynamic appearance. This talk will show, through photos and videos, how our explanations for this "light show" have changed over time.

**Per Aannestad** is Professor Emeritus of Physics and Astronomy from ASU. He received his degree in Astronomy from University of Oslo, Norway and grad degree from U of C Berkeley. He worked at U of A Steward Observatory studying the far infra-red sky via balloon observations. Later he became Professor of Physics and Astronomy at ASU until retiring in 2004. His interests are in research of physics of the interstellar medium, interstellar dust, and star formation.

**Per Aannestad**  
**Mon., Mar 13**

### **Arizona's Major Attractions** **10:00 a.m. - 12:00 noon**

This class will discuss many of the major attractions to be found in the great state of Arizona. We will enjoy a slide show that features the various Native American nations, the Grand Canyon, train rides, major festivals and so much more.

**Jeff Reed**, a retired Gerontologist established TJ's Experiences, a Travel Club for seniors and Boomers in 1984. He has travelled more than one million miles over the years on escorted tours and adventures in Arizona. Jeff has presented several lectures for Lifelong Learning.

**Jeff Reed, Ph.D.**  
**Mon., Mar 20**

## Tuesday

### **Dine' (Navajo)** **10:00 a.m. - 12:00 noon**

This lecture will be a description of the People and their historical background, landscape, traditions with a touch on their beliefs and art especially rug weaving.

**Lou-Ellen Finter** is a Professor Emeritus from ASU. She has a doctorate in Education and Musicology. Her interests are Pre History of the Southwest, History of Indian Tribes, National Parks and Monuments and music. She is originally from New York.

**Lou-Ellen Finter**  
**Tue., Jan 31**

**Fraud Watch Network****1:00 – 3:00 p.m.**

Did you know that EVERY TWO SECONDS SOMEONE'S IDENTITY IS STOLEN? AARP's Fraud Watch Network class is here to help you fight back against Scams/Fraud and ID Theft. Learn how to safeguard yourself and your loved ones. You'll learn: How to outsmart the con-artists before they strike; what you need to know to help spot and avoid fraud; How to deter and detect identity theft; and Where to go for a one-stop resource for getting help.

**Linda Vitale** is a volunteer educator with AARP Arizona, providing public educational sessions on the AARP Fraud Watch Network. She writes a weekly column in the local newspaper and has authored a book about scams, fraud and identity theft issues. She has a professional background in tax preparation and is passionate about educating the public on how to protect against falling victim to identity theft.

**Linda Vitale****Tue., Jan 31****Real World Estate Planning****6:30 - 8:30 p.m.**

A practical, down to earth, review and understanding of the common estate planning documents: Wills, Trusts, Powers of Attorney (Financial, Health and Mental Health); medical records releases, DNR's. What they can or cannot do for you and when you really need them.

**Ron Cooley** is a member of the Arizona State Bar and a practicing attorney in the Sun Cities and West Valley. **Karen Cooley** is an experienced paralegal and legal document preparer.

**Ron and Karen Cooley****Tue., Feb 7****Writing Letters People WANT to Read!****1:00 - 2:00 p.m.**

Whether you use a pen and paper, a computer, or e-mail, you can write informative, interesting, fascinating, stimulating, imaginative, passionate, inspiring, or just plain fun letters that people will not only enjoy, but love to read! And it's so easy to learn...and do.

**John Stimson** is an English teacher and creative writing instructor. He is also a playwright, non-fiction author, reviewer, editor, columnist, blogger and letter-writer extraordinaire.

**John Stimson****Tue., Feb 14, 21****Finding Unbiased Financial Advice****1:00 - 3:00 p.m.**

It is difficult to know who to trust with financial advice, don't let your guard down. I will discuss what to watch out for and what to look for.

**Scott Sandell**, MBA, is President of the Arizona Chapter of the Foundation for Personal Financial Education (FPFE) which is a 20 year-old nationwide nonprofit speaker's bureau dedicated to providing financial education without bias or the burden of sales.

**Scott Sandell****Tue., Feb 28****Rotary Exchange Students - Conversations****6:30 - 8:00 p.m.**

This experience is for LLL students to hear exchange students give power point presentations on their home country, school systems, economy, family, foods and more. These students are here for a 9 month school term, living with local families, many learning to speak English. There will be 3 students each night: Countries represented are Brazil, Germany, Japan, Italy, Spain, Belgium.

**Brendan Kennedy** is the Rotary Sponsor for these exchange students. He has presented these wonderful young people several times for our LLL program.

**Brendan Kennedy****Tue., Mar 7, 14****World War II in the Air****1:00 - 2:00 p.m.**

This course will outline the development of airpower in the major powers leading up to the outbreak of war, including allocation of resources, political influences, economic factors, and the leadership factor.

Strategies and tactics will be covered, as well as training and manpower programs. The aftermath and transfers of technology will be discussed, along with the war's influences on postwar developments.

**Brian Baker** has a MA in History, 40 years of high school and college teaching experience. Active pilot and flight instructor. Aviation historian and photographer for 60 years. Active in numerous aviation

**Brian Baker****Tue., Mar 14, 21**

organizations. He has had extensive contact with veterans of World War II. Brian has been an instructor for Lifelong Learning for several years.

## Wednesday

### **What Arizona Women Teachers did for Frontier**

#### **Arizona and What Arizona Did for Them**

**1:00 - 3:00 p.m.**

I prepared a book, Dust in our Desks, in 1985 for the 100th anniversary of Arizona State University. It turned out to be a history of Public Education in our state. My biggest surprise was about the many roles that women played in the history of education.

**Alleen Nilsen** is a 3rd generation Arizona school teacher. I helped prepare Future Teachers for 35 years when I taught at ASU. I also wrote a history of Arizona schools between 1885 and 1985. My Ph.D. is from the University of Iowa.

**Alleen P. Nilsen, Ph.D.**

**Wed., Feb 8**

### **Fall Prevention**

**1:00 - 2:00 p.m.**

This lecture will present ways to prevent falls. The instructor has a multitude of experience in the fields of medicine that can lead to falling.

**Michelle Mozart** is Senior Manager of Outpatient Rehab at Banner Boswell Hospital. She has extensive experience working with patients post-surgical, stroke, Parkinson's, work, home and auto injuries.

**Michelle Mozart**

**Wed., Feb 15**

### **William Beardsley and the Canals of Arizona**

**1:00 - 3:00 p.m.**

The name "Beardsley" appears on a road, a canal, a recreation center, and there was a town by that name along Grand Ave. Wm. Beardsley hoped it would become a major farming center once he dammed the Agua Fria river and brought irrigation water to the West Valley. The obstacles he faced would have discouraged a lesser man, but his perseverance was representative of the many who sought to water the fertile Valley of the Sun for more than 1500 years.

**Ed Allen** has been active with the Del Webb Sun Cities Museum for more than 10 years. He wrote the history of Sun City West for that community's 25<sup>th</sup> anniversary. He began coming to Sun City when his parents retired here in 1975, and after retiring from a career in advertising and marketing in 1996, bought a home in Sun City West. He is an advertising executive turned amateur history sleuth. Ed has lectured for Lifelong Learning Club since 2012.

**Ed Allen**

**Wed., Feb 22**

### **The Hopi**

**1:00 - 3:00 p.m.**

This lecture on the Hopi will be about them, their crafts, pottery, jewelry, baskets, art and Katsina dolls. I will talk about the methods of making their crafts and the materials they use.

**Jerry Cowdrey** is a long time collector of Native American crafts. He has a large collection of baskets, mostly miniature, Katsina dolls, Hopi and other pottery, Navajo rugs and art. He has been a docent at the Desert Caballero Western Museum in Wickenburg for 5 years and has been a docent at the Heard Museum in Phoenix for 6 years.

**Jerry Cowdrey**

**Wed., Mar 1**

### **One Great Big Stink and a Gaggle of Grins**

**1:00 - 3:00 p.m.**

Groups of Sun City residents went to court, and now law school students everywhere debate what constitutes a public nuisance while citing the Sun City lawsuit. Following that discussion, share with the instructor some good laughs over multiple strange but funny incidents from the community's formative decades.

**Ben Roloff** holds a BS and MS in Education with 33 years of classroom experience. Roloff has lived in Sun City for 18 years and is a former President of both SCHOA and SCCOA, as well as served on five

**Ben Roloff**

**Wed., Mar 8**

RCSC Committees. He is a self-appointed Sun City history researcher. He has taught several fun courses for the LLL club.

**Memory Training 1 and 2**  
**1:00 - 3:00 p.m.**

**Laurie Fox**  
**Wed., Mar 15, 22**

The Memory Training Class is a fun interactive class for people who want to enhance and keep their memory going. There will be tips and tricks given for improving memory as well as a hand out for notes to take away for continued practice at home. If you want to improve your memory, this is the class for you. **Laurie Fox** is a Certified Senior Advisor (CSA) trained as a memory care trainer for Banner Alzheimer's Institute as well as a facilitator for an Alzheimer's/dementia support group at Grace Bible Church. She also serves on the management team of the West Valley Professional's Roundtable and a women-only networking group in Sun City.

Thursday

**Terrorism in the American Civil War**  
**1:00 – 3:00 p.m.**

**Brian Callahan**  
**Thurs., Feb 2**

A look at the development of terroristic activity in the last year of the Civil War, as both sides grew increasingly desperate to stop the slaughter on the battlefield, and especially as it became more obvious that the South would not win on the battlefield. All kinds of plots, reasonable or otherwise, were hatched to try to win the war by one brilliant stroke of terror.

**Brian Callahan** has a BA from Hamilton College, MA Univ. of Rochester, several years teaching in adult education including Lifelong Learning in Sun City and Sun City Grand. Brian is a specialist in American History, Irish History and culture and history of films. He is also serving as President of the Lifelong Learning Club.

**End of Life Readiness Workshop**  
**10:00 a.m. - 3:00 p.m. (lunch break)**

**Charlotte Fox**  
**Thurs., Feb 23**

Dying is a serious and complicated business. Learn what to have on hand, how to plan ahead and what to expect to make the transition easier for your survivors upon your death. There is a comprehensive, step-by-step workbook guide filled with checklists and worksheets to help make your death manageable for your survivors. Planned speakers include an estate-planning attorney and Hospice of the Valley representative. Please watch video on Ms. Fox' website: [www.therewasone.com](http://www.therewasone.com).

**Charlotte Fox** is a 68 year-old widowed survivor who experienced many hardships because she and her husband had no plan in place for when one died. Her experience and those of multitudes she met, led her to write a workbook to help give others an easy-to-follow guide for their estate plan and help survivors transition their live to a life without their loved one.

**Climbing Mt. Whitney For the First Time**  
**10:00 - 11:30 a.m.**

**A. J. Saferstein**  
**Thurs., Mar 2**

At 14,505 feet, Mt. Whitney is the highest peak in the lower 48 states. It has a popular, beautifully maintained summit trail attempted by people of all ages and abilities each year. See what it took to prepare for my successful first time summit in 2015. Power point, photos, video, questions?

**A.J. Saferstein**, an outdoor enthusiast, enjoys biking and hiking. He climbed Mr. Humphreys (12,633 feet) and Quandry Peak, CO (14,255 feet) in training for Mt. Whitney. He also did a recent 150 mile bike trip on the Great Allegheny Passage (GAP).

**History and Birds of the Hassayampa River Preserve**  
**10:00 a.m. - 12:00 noon**

**Dave Bradford**  
**Thurs., Mar 9**

Lecture will discuss the natural and human history of the Nature Conservancy's Hassayampa River Preserve near Wickenburg, focusing on the last 150 years. Includes slide show of trails and birds of the preserve in preparation for a separate field trip.

**Dave Bradford** is a retired forester from Oregon. He has been a volunteer docent and host at Hassayampa River Preserve for the last 13 years. He has given several lectures with LLL club in the last 8 years.

### **Television Humor**

**1:00 - 3:00 p.m.**

Using a PowerPoint, I will discuss the history of television sit-coms going back all the way to how vaudeville gave way to radio and radio gave way to television. For each decade I will discuss the "Zeitgeist" (spirit of the times) for that particular decade and how the sit-coms of that decade illustrate that Zeitgeist.

**Don Nilsen, Ph.D.** taught courses in humor in the English Department and in the Honors College at ASU. With Alleen Nilsen, I am the co-author of the Encyclopedia of 20th Century American Humor and am co-authoring a text book for Cambridge University Press entitled Humor Across the Disciplines. My Ph.D. in Linguistics is from U. of Michigan.

**Don Nilsen, Ph.D.**

**Thurs., Mar 16**

### **Women We Need to Know**

**6:30 - 8:00 p.m.**

Not Queens, First ladies nor movie stars but the crusaders, the radical movers and shakers who changed our way of life.

**Ken Reed (See above).**

**Ken Reed**

**Thurs., Mar 16**

### **Keeping up with the Supreme Court**

**1:00 - 3:00 p.m.**

A look at some of the interesting and sometimes controversial cases and decisions of the current term of the Supreme Court.

**Erl Hardy** attended Boston Univ. Law School and practiced law in Massachusetts and Maine from 1973-1995. He was a teacher (1995-2010) at Cardigan Mountain School and Northwood School, teaching Constitutional Law. Erl has been an instructor for Lifelong Learning for several years.

**Erl Hardy**

**Thurs., Mar 23**

## Friday

### **Managing the Difficult Behaviors of Dementia**

**1:00 - 3:00 p.m.**

Challenging behaviors can be associated with dementia and should be viewed as a means of communicating needs and frustrations. This course outlines some common difficult behaviors, their causes, and strategies for responding while keeping yourself and the person safe. It reviews risk factors that increase the likelihood of challenging behaviors and how to prevent them.

**Michelle Toft** earned her Master of Social Work in 1997, then in 2011 earned her Master of Education in Human Resource Development. She has nearly 10 years of experience working in elder healthcare and believes through educating and training family and community we can better serve people with dementia.

**Michelle Toft**

**Fri., Feb 3**

### **Cuba, 90 Miles to the 1950's**

**1:00 - 2:30 p.m.**

Cuba, with its cigars, coffee, and CARS...it is like being in a Hollywood set, colors General Motors never imagined! Two weeks of travel across the island shows images of people, agriculture, buildings and festivals.

**David and Diane Reesor** are both self-taught photographers and co-authors of "Predator", a book which resulted from many safaris in East Africa. They love to travel and share their images of the wonderful places they have seen. You can visit us on our website: "ReesorPhotography.com."

**David and Diane Reesor**

**Fri., Feb 10**

**To Everything There is a Season****10:00 a.m. - 12:00 noon**

In England, the time of life after youth and middle age is called the Third Age and it is considered a time of great value, a time to make the most of as we realize how short life really is. Many of us may feel left out of life as it now is, and it is true life today is very different from the life of our youth, and even our middle age. But we can shape our life our way, despite some of the difficulties that may come. Join Shirley in a discussion of the ways we can make our lives work for us during our Third Age.

**Shirley Mahood** is a former teacher of English, public speaking and psychology, and for the past over 20 years, I have been a motivational speaker, speaking on topics of self-esteem, stress and relationships. I am also the author of the book, *Making our Lives Work*, Strategies to Lesson Stress and Build Self-Esteem. Shirley has been a presenter for LLL for 8 years.

**Shirley Mahood****Fri., Feb 17****Botswana, The Peaceable Kingdom****1:00 - 2:30 p.m.**

Once a year Botswana has the largest untouched delta in the world. Flooding brings migrations of Africa's creatures, some former rivals, to drink together in the same waters. View images of the local people, colorful birds, hunting dogs feeding their pups, big cats teaching their young to tolerate the river water.

**David and Diane Reesor, see above.**

**David and Diane Reesor****Fri., Feb 17****Fundamentals of Solar Power****9:00 - 10:30 a.m.**

We will discuss the fundamentals of how solar power works and how it can power your home and provide power for the utility grid. We will also cover other off grid applications. Bring all your questions!

**A. J. Saferstein** has been in the solar industry for nine years. He has done installation, project management, and sold and designed over 300 residential and commercial solar systems. He has been an instructor at LLL the past 5 years.

**A.J. Saferstein****Fri., Feb 24****Economics and Politics of Solar Power****11:00 a.m. - 12:30 p.m.**

Explanation of how grid tied and off grid tied systems work. We will evaluate the economic viability of solar power from a return on investment reference and compare the differences between a solar purchase vs. solar leases. We'll discuss the politics between the utilities, the Corporation Commission and solar power. Bring your questions and we will see if it makes sense (or cents) for you.

**A J. Saferstein, see above.**

**A. J. Saferstein****Fri., Feb 24****Letting Go****1:00 - 3:00 p.m.**

It has been said that by letting go, we find ourselves. It is true some of us find it very hard to let go of anything, objects, people, even activities we really no longer enjoy. Perhaps many of us do know some of the basic principles around feng shui, that our environment has an impact on our well being. But even knowing that, taking the first step isn't always easy. Join Shirley in a discussion of why we resist letting go and ways we can overcome that reluctance, in the process making our lives even better.

**Shirley Mahood, see above.**

**Shirley Mahood****Fri., Feb 24****What is Dementia Anyway?****1:00 - 2:30 p.m.**

Everyone experiences memory changes with aging. Which changes are normal, and which could be signs of Dementia? Hospice offers support to those with moderate and advanced Dementia.

**Hospice of the Valley**

**Hospice of the Valley****Fri., Mar 10****Harvey Girls****1:00 - 3:00 p.m.**

The grand story of the Harvey Girls from the 1860's to the 1940's and how they helped open up the Western USA along the Santa Fe Railroad. All aboard for some interesting stories. History at its best.

**Susan Hershberger****Fri., Mar 17**

**Susan Hershberger** is a docent at a Harvey House in New Mexico. She is a Board Member for the Valencia County Historical Society. She also taught at the University of New Mexico. Susan has been a lecturer for LLL for several years and has taught several courses on New Mexico history.

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**FIELD TRIPS:** Registration will be separate from the general course registration. You will need to register for the trips on Registration day. Information is below.

Field Trip # 1: Monday, February 6, 2017. Visit PBS Channel 8 via Light Rail.

**Cost \$2.00 (\$4.00 under age 65)** for Light Rail ticket. Meet at Fairway at 8:30 a.m. and car pool to light rail. For those who would like to stop for lunch, we will go to the Spaghetti Factory after the PBS tour. There is a stop on the light rail for the restaurant. **MAXIMUM OF 40 FOR THIS TOUR.**

Field Trip # 2: Monday, March 6, 2017. Visit Pueblo Grande Archaeological Museum.

**Cost \$4.00.** We will meet at Fairway at 9:30 a.m. to car pool to the Museum. This tour takes one through a prehistoric Hohokam village site. After the tour there is an optional lunch at the nearby Stockyards Restaurant. This is a 70 year old Phoenix landmark. (Please be aware that restaurants like to limit choices and set a standard price with large groups). **MAXIMUM OF 60 FOR THIS TOUR.**

**Payment for field trips will be collected at registration.** Please be ready to sign a waiver at time of registration.