




www.riselearning.org

Facebook: Rise Learning for Life

Fall Term 2018

October 1—November 30

LOOK for classes with a  they are new for this term. We hope you enjoy them.

If you have questions please call
Becky at 480.377.4262 or
Cathy at 480.377.4296
rebecca.schroeder@riosalado.edu or
catherine.sheredy@riosalado.edu

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Registration for Fall classes begins

Friday, September 21, at 9 a.m.

(or anytime after September 21st)

(You must be a current member in order to register.)

You can register for classes, as well as check out the latest class information and updates on our website.

<http://www.riselearning.org>

If you need help registering, come to RISE on September 21st between 9 a.m. and 11 a.m., mail in the registration form, OR give us a call.

TO REGISTER FOR CLASSES ONLINE

Reminder: Your dues must be **CURRENT** in order to register.

Dues expire on June 30th every year.

(We do not send out reminders)

- Select “Sign In”
- Enter your Username and Password. Username is your first and last name with no spaces, all lower case. Password is the word **password**.
- Click on the green “Register for Classes” button.
- Enter the Class Number under “Course Finder” or enter a “Keyword,” then select the blue search logo. If Class Number or Keyword is unknown, select “View all our courses” for a complete list.
- Select desired Class by clicking directly on the class name.
- Click the green “Click Me to Register for this Class” button.
- A green message will appear that says “Successfully registered” at the top of the page.
- If registering for more classes, select “Register For Another Class” button.
- If you find you cannot attend a class, you can cancel your registration by:
 - ◇ Log in to www.riselearning.org, click on the “My Classes” button, click on the little arrow in the upper left corner of the class you wish to unregister, and click on the red “unregister” button.

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RISE BADGES

Your RISE badge is your admission ticket to RISE classes. We ask that you **wear it at all times when you are in the building**. We will be providing gentle reminders if you arrive without yours. If you forget your badge please see the Registration Volunteers, Becky, or Cathy, who will give you a temporary badge for the day.

You will notice that there is a sticker on the badge signifying that you are a current member of RISE. This lets us know that you are entitled to all the benefits that your RISE membership provides.

If you lose your badge -- Your first badge replacement will be free of charge, HOWEVER, the next replacements will cost you \$5.00 (cash only) each.

If you sign up for a new badge because yours was lost or damaged, you may pick it up at the registration table when you come to class.

If you have renewed your membership and have an existing badge, please pick up your current year sticker at the registration table on your next trip to RISE.

Remember – wear your badge and get to know your fellow RISE members.



RISE *Governing Council Application*

We are seeking members to serve on the RISE Governing Council. The Council is a policy making group for RISE. If you would like to be considered for election, please return the application, including a brief bio of yourself. The Nominating Committee will review the applications in late January. Elections will be held at the RISE Annual Meeting on Friday, February 22, 2019.

To be eligible to run as a candidate for the Governing Council, an individual must be a member of RISE 3 months prior to the annual meeting.

RISE Governing Council Member Responsibilities

The Nominee must have a desire to work with people and promote RISE. After election by the general membership at the Annual meeting, or appointment as an alternate, the new Governing Council member has the following responsibilities:

To have current membership status.

To attend regular Governing Council meetings and other meetings and functions throughout the year.

To be aware of Parliamentary Procedure, be informed on the issues, and initiate and vote on motions.

To serve on committees and participate fully.

To have the ability to use contemporary communications.

Submit your answers to the following questions, as well as your personal information, in the body of an email and send to Gordon Rosier, President, fifisdads@msn.com, by January 11th. (Or hand deliver a hard copy on separate sheet of paper to the RISE office.)

Why do you wish to serve on the Governing Council?

What qualities and background experience would you bring to the council?

Provide a brief bio including your education, career and leadership experiences.

Name _____ Date _____

Address _____ Phone _____

Email address _____

Monday Classes

Current Events (SS) #101

RISE Facilitator

Monday, 10 a.m. – 12 p.m., October 1, 8, 15, 22, 29, November 5, 26 Limit 30

Discuss and debate current events and topics in the news. Participants are encouraged to bring a topic to discuss to be voted on by the group. If you enjoy lively debate, this is the group for you. Each week a different member will facilitate the class – be ready to volunteer.

Beneficiary Blunders (F) #102

Pam Prine and Kimberle Dyer

Monday, 10 a.m. – 12 p.m., October 1

Join us as we answer your questions, examine a beneficiary audit, and discuss key information to help you avoid dangerous designations.

Lesser Known Tourist Destinations (NS) #103

Dr. Jeff Reed

Monday, 10 a.m. – 12 p.m., October 1

This travelogue includes unique and "off the beaten path" destinations in Arizona.

Non-Fiction Book Club (BC) #901

John Hjelm

The Non-Fiction Book club meets the first (1st) Monday of each month at 1 p.m. Fall selections are:

October 1st – "American Lion, Andrew Jackson in the White House," by Jon Meacham

November 5th – "Black Tudors, The Untold Story," by Miranda Kaufman

December 3rd – "In the Enemy's House, Secret Saga of the FBI Agent and the Code Breaker Who Caught the Russian Spies," by Howard Blum



Are You Hot?! (HW) #104

Naomi Malter Brand

Monday, 1 – 3 p.m., October 1

Digital Medical Infrared Thermal Imaging is an ideal way to detect physiological indicators of inflammation long before disease is detectable by other methods. Learn about this state-of-the-art FDA cleared technology which used regularly can monitor how your lifestyle is affecting your quality of life.



When Your Emotions Speak, Your Body Listens (HW) #105

Anna Mancilla

Monday, 1 – 3 p.m., October 1

We will discuss the importance of positive talk and the way negative words and emotions impact our health in a negative way. We will also talk about ways to start creating positive change.

African American History and Religion: A Racial Dialogue (SS) #106

Ervin Cutwright

Monday, 1 – 3 p.m., October 1

Ervin Cutwright will give a presentation on how religion and faith played a role in the African American journey throughout American History.

How to Buy A Car (F) #107

Michael Willand

Monday, 10 a.m. – 12 p.m. October 8

Learn how to purchase your next vehicle while avoiding costly mistakes common to consumers. We will review how to buy a vehicle; how to buy a pre-owned vehicle; financing; extended warranties; trade-ins; dealing with the business office; and using car buying services as an alternative to the dealer experience.



Lymph in Motion #108
Monday, 10 a.m.-12 p.m., October 8

Janice Winscot

The lymphatic system has been called the “information highway of the immune system,” paving the way to maintaining life. Lymph vessels can become clogged with protein deposits leading to sluggish flow (congestion) and impaired function. The causes of lymphatic congestion range from injuries and surgery, inactivity, poor diet, emotional/stress states, environmental toxins, hormone imbalance, and normal aging processes. Join Janice as she discusses the treatment that stimulates the lymphatic system, resulting in a healthier immune system.

Introduction to the “Master Noticer” Program (HW) #109
Monday, 1 - 3 p.m., October 8

Sandra Hickman

Do you want to increase conscious awareness, initiate self-healing, and attract a better way of BEING? If so, this is the class for you. Learn to become better at noticing, noticing both yourself and others, to realize how your beliefs and memorized behaviors predict your actions, and begin to rewire your thinking to manifest the changes you need. The session will include instructions along with Advanced Language Techniques to encourage you to shift your thinking and become more aware.

East Meets West—The Role of the Connective Tissue (HW) #110
Monday, 1 – 3 p.m., October 8

Maria Mandarino

Science has recently “discovered” a new organ called the interstitium. Learn about this “new” organ which is the location where acupuncture meridians are found. Learn how connective tissue, the myofascial web, photons, and acupuncture meridians converge in the interstitium to create vibrant health.



Self-Acceptance (HW) #111
Monday, 1 – 3 p.m., October 8

Anna Mancilla

This class builds up from the last one. In this class, we will continue to talk about self-love and how to be kind and compassionate towards yourself. You will learn how to disempower your inner critic to start creating positive changes in life. If time allows a mini-meditation will be shared.

Understanding Taxation of Retirement Accounts (F) #112
Monday, 1 – 3 p.m., October 8

Jeffrey Burg & David Dobrusin

Hear from a CPA and an Investment Professional about all types of retirement accounts and how contributions and distributions affect your tax bill. You will also learn the most tax efficient way to structure distributions from your retirement accounts and how to setup your beneficiaries to limit the tax liability of your heirs.



Introduction to CBD (HW) #113
Monday, 10 a.m. – 12 p.m., October 15

Lanae Enriquez

Got pain? Learn the benefits of CBD and how it can help you. CBD is one of the world’s healing cannabinoids. Get educated about the benefits and use of CBD. Bring wellness, balance, and focus.

Is There Dust on Your Trust? (F) #114
Monday, 10 a.m. – 12 p.m., October 15

Pam Prine and Kimberle Dryer

Join us for an enlightening discussion where we address common issues and mistakes we see our clients make by not keeping their estate planning documents updated.

Ageless Wisdom Study Group (RS) #115

Dr. Diana Warren

Monday, 1 - 3 p.m., October 15, 29,

Ageless Wisdom is a spiritual philosophy passed down through the ages. It offers practical guidance on how we can develop as souls and live a spiritual life. This group focuses on one book at a time, reading and discussing the material.



Casablanca (A) #116

Dr. Diane Cheney

Monday, 1 – 3 p.m., October 15

This fun, interactive presentation will discuss the story, the music, the stars, the famous lines, and the unusual making of Casablanca which have made it the "best motion picture of all time."



Stress and Energy Profiles: Are your minerals in balance? (HW) #117

Naomi Malter Brand

Monday, 1 – 3 p.m., October 15

Most people aren't aware of the vital role proper mineral balance plays in their overall health and well-being. Various methods of testing will be presented. This eye-opening class explains a lot about where common symptoms stem from: mineral deficiencies and imbalances.

Alzheimer's Disease – Know the 10 Signs: Early Detection Matters & The Basics: Memory Loss, Dementia, and Alzheimer's Disease (HW) #118

Martha Burrue!

Monday, 1 – 3 p.m., October 15

Learn the facts and warning signs of Alzheimer's disease and the need for early detection, information about drug therapy, clinical studies, and planning for the future. The program also provides information on causes, risk factors, stages of the disease, treatment, and much more.



Who Were the Gnostics and What did their Gospels Teach? (RS) #119

Clare Goldsberry

Monday, 10 a.m. – 12 p.m., October 22 & November 5

October 22: Part 1 -- Nag Hammadi Library and The Gospel of Thomas: 50+ texts found in 1945 in a cave in the desert near Nag Hammadi, Egypt, are known as the Nag Hammadi Library. The Gospel of Thomas is the most well-known of these "lost Gospels." and is "the clearest guide we have to the vision of the world's supreme mystical revolutionary, the teacher known as Jesus."

November 5: Part 2 – The Gospel of Mary Magdalene presents Jesus as the Teacher and the teaching he transmits contains the knowledge necessary for the reintegration of human beings with themselves and with their Source and Principle . . ." **The Gospel of Judas** is a Gnostic gospel found in the 1970s in Middle Egypt. It shows a different picture than the canonical Gospels do in that Judas was only doing what Jesus asked him to do – to help him get out of this world so he could return to the Source.



Meditation Hour (HW) #120

Anna Mancilla

Monday, 10 – 11 a.m. (One hour), October 22

Scientists now agree that meditation reduces stress, helps improve concentration, encourages a healthy lifestyle, increases self-awareness, increases self-acceptance, increases happiness, and much more. People who practice meditation see these results and enjoy the practice. Anna will share a guided meditation in this one hour where you can relax the mind and the body. You may bring a yoga mat, pillow, and/or water to enjoy this meditation more comfortably. We may take a few minutes at the end of this meditation to share experiences or ask questions or to simply take our time coming back from this relaxation.



Advanced Awareness: Create Self-Healing Through Serving Others (HW) #121

Sandra Hickman

Monday, 1 - 3 p.m., October 22

In this class, Sandra will share the latest research about creating and manifesting prayerful healing intention for yourself and others. You will learn about experiments conducted internationally to create peace and healing through positive group intention. You will have the opportunity to experience self-healing through service to others in a group demonstration of positive healing intention.



Cosmetic Acupuncture: The Mei Zen Acupuncture Procedure for Face Lift, Neck Lift, and Tummy Tuck (HW) #122

Maria Mandarino

Monday, 1 - 3 p.m., October 22

Oprah is talking about it. Jennifer Aniston and Kim Kardashian are doing it. Learn about the Mei Zen Acupuncture Procedure, the holistic alternative to invasive procedures. The Mei Zen abdominal procedure is also a weight loss protocol, and also treats fibromyalgia pain and other metabolic imbalances. Learn what the face and skin tell us about the state of our internal health. This class will also cover lifestyle changes that support health and a more youthful and natural look.



Heavy Metal Toxicity: Where does it come from and what can we do about it? (HW) #123

Naomi Malter Brand

Monday, 1 – 3 p.m., October 22, & 29

Lead, Mercury, Aluminum, Cadmium and Copper are just some of the toxins people are exposed to in greater quantities these days. Where does this exposure come from? Can we limit our exposure? How do we detect our exposure? What are the symptoms of toxic exposure? Can we detox from this exposure? The answers may astound you and even disturb you. They will definitely make you think. Class materials include clips from the docu-series *Vaccines Revealed* and associated documentaries.

Faiths of the World (RS) #124

John Hartnedy

Monday & Tuesday, 1 – 3 p.m., October 22 & October 23

The primary goal of this course is to reveal the similarities of belief systems throughout the world. This course will cover the history and core beliefs of religions and faith philosophies of the world. People of all faiths, philosophies, and beliefs are welcome!



The Future of Needing Care: How to get it, how to pay for it, and how to plan for it (F) #125

Marcus Moran

Monday, 10 a.m. – 12 p.m., October 29

While most people fear the “what if”, very few actually plan for it. This course will answer questions about Long Term Care using basic educational tools to determine how your situation can best be protected. Remember, not everyone needs additional insurance, sometimes you just need to allocate what you already have. You will be empowered to make decisions.



Physical Movement for Cognitive Functioning (HW) #126

Dr. Kay Wallach

Monday, 10 a.m. - 12 p.m., October 29

This class includes specific tools (including simple physical positions and movements that do not require strength) for developing, expanding, and refining cognitive functioning for all ages. Use these tools for yourself; introduce them to your children and your grandchildren. You can actually prevent many of the “brain aging” difficulties.

Introduction to Acupuncture and Oriental Medicine (HW) #127

Dr. Cynthia Poppe

Monday, 1 – 3 p.m., October 29

Learn the theories and concepts, including its beginnings and the history of Acupuncture. Learn how diet and nutrition play a vital role, how to be your own doctor and take control of your health with simple, basic dietary changes that will help eliminate the need for some commonly prescribed medications. Learn the mechanism behind a needling technique that activates the body's own healing response and helps relieve pain instantly. Learn what to expect from a treatment, how many treatments are recommended, and what other issues Acupuncture can help with.



Meditation Hour (HW) #128

Anna Mancilla

Monday, 1 – 2 p.m., October 29 (One Hour)

Scientists agree that meditation reduces stress, helps improve concentration, encourages a healthy lifestyle, increases self-awareness, increases self-acceptance, increases happiness, and much more. Share a guided meditation to relax the mind and the body. You may bring a yoga mat, pillow, and/or water to enjoy this meditation more comfortably.



Understanding Market Corrections (F) #129

Pam Prine and Kimberle Dyer

Monday, 10 a.m. – 12 p.m., November 5

This course will help you understand market corrections. It's normal to worry about market corrections. We'd rather you let us worry for you. We'll share tips on how to stay on your 'best financial behavior' during volatile times.



Is it Sciatica or Piriformis? Can Acupuncture and Myofascial Release Help? (HW) #130

Maria Mandarinio

Monday, 1 - 3 p.m., November 5

Do you have hip or leg pain? Have you been told it's sciatica? Come learn about the difference between true Sciatica and Piriformis Syndrome, two conditions that affect the sciatic nerve, but are treated in different ways with acupuncture and the John Barnes Approach to Myofascial Release.



Over There! Sheet Music and WWI (A) #131

Jan Hochstatter

Monday, 1 – 3 p.m., November 5

"There were more songs written about WWI than any other historical event---except Christmas---maybe," says historian Richard Rubin. As we commemorate the 100th anniversary of Armistice Day, let's listen to songs meant to inspire patriotism, boost morale, promise victory, and keep Americans singing 'til it was over--Over There.

Guiding You Through the Fog of Medicare (F) #132

Brian Keep

Monday, 1 – 3 p.m., November 5

The purpose of this class is to educate people on the specifics of Medicare and how it works. It will walk students through, step by step, how Medicare works and what options are available. Attendees will be able to make educated decisions once they have attended this class.



Are You Hot?! (HW) #133

Naomi Malter Brand

Monday, 1 – 3 p.m., November 5

Digital Medical Infrared Thermal Imaging is an ideal way to detect physiological indicators of inflammation long before disease is detectable by other methods. Learn about this state-of-the-art FDA cleared technology which used regularly can monitor how your lifestyle is affecting your quality of life.



Heavy Metal Toxicity: Where does it come from and what can we do about it? (HW) #134 Naomi

Malter Brand

Monday & Tuesday, 10 a.m. – 12 p.m., November 26 & 27

Lead, Mercury, Aluminum, Cadmium and Copper are just some of the toxins more and more people are being exposed to in greater quantities these days. Where does this exposure come from? Can we limit our exposure? How do we detect our exposure? What are the symptoms of toxic exposure? Can we detox from this exposure?



The Simplicity of Life – Set Up; Event; Debrief (HW) #135

Dr. Kay Wallach

Monday, 10 a.m. – 12 p.m., November 26

Success in life depends largely on how we are set up, what events and experiences we have, and how each of these events is debriefed with us and for us. How were you set up for school and learning, for finding a job, for falling in love, growing old for health? Dr. Wallach has been fortunate to have many set ups and debriefs sprinkled among her experiences as an educator. Does it matter? You bet it does. Come find out how you can set yourself up for better health, a more joyous life, better relationships and just plain fun!



Fight Dementia with Acupuncture, Chinese Medicine, and Craniosacral Therapy (HW) #136 Maria

Mandarino

Monday, 1 - 3 p.m., November 26

Learn the theories and concepts, including its beginnings and the history of Acupuncture. Learn how diet and nutrition play a vital role, how to be your own doctor and take control of your health with simple, basic dietary changes that will help eliminate the need for some commonly prescribed medications. Learn the mechanism behind a needling technique that activates the body's own healing response and helps relieve pain instantly. Learn what to expect from a treatment, how many treatments are recommended, and what other issues Acupuncture can help with.



Water: Past, Present and Future (SS) #137

Hal Lind

Monday, 1 – 3 p.m., November 26

This talk looks at water from the time it arrived during the formation of the earth to the prospects for adequate water far into the future. We are currently between ice ages. Sea levels have fallen 400 feet and then risen again, as they are doing today. The “Water Cycle” supplies a never ending source of fresh, clean water. Will it be enough? The present situation, focusing on Arizona, is discussed, and future sources for a growing population are identified.



iPhone Basics (T) #138

Larry Fowler

Monday & Tuesday 1 – 2:30 p.m., November 26 & 27 (Limited to 15)

So, you bought the new iPhone but haven't quite mastered more than making a few calls and a little bit of texting? In this class you will learn the other amazing things your new phone can do for you. Basic settings, email, creating and updating contacts, camera and photos, and time permitting, downloading apps, music and games will be covered. Bring your own iPhone to class. **This class is not for those who have Android phones.**

Tuesday Classes

Spiritual Growth and the Edgar Cayce Concepts (RS) #142

Rose & Bob Ferro

Tuesday, 10 a.m. - 12 p.m., October 2, 9, 16, 23, 30; November 6, 13, 27

Join us as we research the principles in the Edgar Cayce readings that provide us with the meaningful answers for an harmonious existence and discover your purpose in life. Facilitated by students of the Edgar Cayce principles for over 50 years.



Fibromyalgia, a Holistic Approach (HW) #143

Dr. Scott Timko

Tuesday, 10 a.m. - 12 p.m., October 2

If everywhere you touch - it hurts - this class is for you. We will discuss specialized and often overlooked lab tests you must have performed to correctly address the underlying cause of your symptoms. Dr. Timko will also reveal the immune system's intimate connection to these symptoms.

Word Processing (T) #144

Steven Kahn

Tuesday & Thursday, 10 - 11:30 a.m., October 2 & 4

Learn the basics, no experience or typing skills needed. You'll learn to spell check, how to fix mistakes, undo changes, make paragraphs, bold, italics and underlining. Learn how to color text, copying and pasting, shortcut keys, saving your work, and more. It's fun and useful!



Make Beautiful Greeting Cards with Janet and Stampin' Up! (A) #145

Janet Maley

Tuesdays and Thursdays, 10 a.m. - 12 p.m., October 2, 18; November 6, & 29

Tuesday, October 2nd – Greeting Card Making 101: Learn the basics of card stock, inks, and glues. Participants will receive information on card making and will make a basic thank you card, and envelope. There is a \$6 supply fee.

Thursday, October 18th – Greeting Card Making 102: (Prerequisite Greeting Card Making 101.) Participants will learn to use die framelits and thinlets, multiple stamping and coloring. They will make two cards (birthday and Halloween, including envelopes). There is a \$10 supply fee.

Tuesday, November 6th – Celebrate Fall: Participants will make two fall cards and envelopes using color, various die framelits, and distressing. There is a \$12 supply fee.

Thursday, November 29th – Celebrate Christmas: Participants will make two Christmas cards with envelopes using color, various die framelits, and distressing. They will also learn how to use an envelope maker. **There is a \$12 supply fee.**

Plan for Care (F) #146

Nydia Montijo

Tuesday, 1 - 3 p.m., October 2

Medicare does not pay for long-term care. In this session, you will learn about options for paying for the healthcare needs of yourself and your loved ones.

Train Your Brain (HW) #147

Keli Price

Tuesday, 1 - 3 p.m., October 2

Learn techniques to strengthen your ability to learn and remember. These techniques are scientifically proven to keep the brain working well. Practice daily activities that can keep your brain pathways firing and strong; we will focus on strengthening short and long term memory, and problem solving. Leave class with a toolbox of techniques to strengthen your thinking skills.

Tax Efficient Investing (F) #148

Jeffrey Burg and David Dobrusin

Tuesday, 1 – 3 p.m., October 2

This class covers the taxation of different types of investments and the most efficient way to structure a portfolio from a tax perspective. You will learn how to better structure your portfolio to strike a balance between investment returns and tax liability, or to keep your financial advisor accountable.



Coping with Grief During the Holidays and Hospice and Palliative Care (HW) #149

Hospice

Representative

Tuesday, 1 – 3 p.m., October 2

The holidays are often difficult for grieving families. Be gentle with yourself—and develop strategies for moving through a challenging season. Hospice is about living, not dying. Learn how hospice supports patients and families in their homes; when hospice is appropriate and how Medicare and insurance companies cover the cost of care.



Care and Maintenance of Your Human Energy Body (HW) #150

Beth Cornell

Tuesday, 1 – 3 p.m., October 2 (Limit 20)

Learn ways to assess and access your energy body. Acquire knowledge to keep yourself happy and healthy including ways to clear and cleanse, ground, and protect. Become aware of subtle energies in order to better utilize them and reap the health benefits associated with energetic balance. There will be time for practicing the energetic techniques during class. **(Limited to 20)**

Guiding You Through the Fog of Medicare (F) #151

Brian Keep

Tuesday, 10 a.m. - 12 p.m., October 9

The goal of this class is to educate those who are preparing to enter Medicare, or those who are currently enrolled in Medicare. It will walk students through, step by step, how Medicare works and what options are available. Attendees will be able make educated decisions after attending this class.

Medicare Comparison (Advantage Plans vs. Medicare

Supplement Plans) (F) #152

Marcus Moran

Tuesday, 10 a.m. - 12 p.m., October 9

This class will explore general Medicare concepts, and how to choose the right Medicare plan for you. After this class, your decision in the fall will be easy!

Hooked on Books (BC) #902

Ruth Dibene

Tuesday, 1 - 3 p.m., October 9, 23; November 13, November 27

Meets on the 2nd and 4th Tuesday afternoons at 1 p.m., September through May. The group reads fiction and non-fiction. New members are always welcome.

Selections for fall are:

September 11th – “Loaded,” by Roxanne Dunbar Ortiz

September 25th – “The Woman’s hour,” by Elaine Weiss

October 9th – “We Were the Lucky Ones,” by Georgia Hunter

October 23rd – “A Gentleman in Moscow,” by Amar Towles

November 13th – “Little Fires Everywhere,” by Celeste Ng

November 27th – “The Flight Attendant,” by Chris Bohjalian

December 11th – Holiday Party

Living Through Forgiving (RS) #153

Robert Corbin

Tuesday, 1 - 3 p.m., October 9, 16

Rob's story is an inspiration to all on how life's blessings can come into our lives when we least expect it, even in the worst of adversity and challenges. He will help everyone attending understand the power of forgiveness and how doing so opens the path to a more fulfilled life. Learn to use these gifts to cope with those with whom you may have conflict

Estate Organization (F) #154

Pam Prine and Kimberle Dyer

Tuesday, 1 - 3 p.m., October 9

An organized estate is more than signed documents filed away. Is it possible you have "organized confusion"?

Learn how to overcome the common responses to estate organization.

So, we have a Trust, now what?

Life Insurance – I think it's still "in force," but I don't remember what kind of policy it actually is.

I have my alpha child as a signer on my checking account and on the deed to my house – all is well.

I received an annuitization notice in the mail. What does that really mean?

Why should I know my 'net worth' and review my account registrations?

Let's Grow Our Own Moringa (HW) #155

Kelly Price

Tuesday, 1 - 3 p.m., October 9

While nursing with Mercy Ships in Togo, West Africa, Kelly learned about a remarkable plant, *Moringa oleifera*. It is gaining in popularity in the US and can be found on the shelves in health food stores. Come learn about this remarkable plant which we can grow right here in the Valley. Learn its health benefits, how to grow it, how to prepare it, and how to eat it.



Caregiver Techniques: Fall Prevention (HW) #156

Nydia Montijo

Tuesday, 10 a.m. - 12 p.m., October 16

Our expert will teach you practical approaches for providing hands-on care. Learn how to make your home safer using adaptive aids, medical equipment and accessibility modifications.



Fifty Years After Apollo 8 - The First Journey to the Moon (NS) #157

Gary Loeb

Tuesday, 10 a.m. - 12 p.m., October 16

This lecture will present the story behind the flight; why Apollo 8 occurred, who the astronauts were, how the crew and our country's resources accomplished the difficult mission, the problems encountered during the trip, and how the flights successes were celebrated.

Drones 101: Yesterday, Today and the Future! (T) #158

John Mullen

Tuesday, 1 - 3 p.m., October 16

Learn the history of the UAV (unmanned aerial vehicle), that began in 1916, and the growing role drones will play in our future. A handout will be included covering the FAA requirements of drone registration. See a "hands on" demonstration in the classroom of a hobby drone using GPS to control its flight, and on-board cameras. There will also be a brief outdoor flight to show the ability of today's drone.

The Top Technologies of the Twentieth Century (T) #159

Hal Lind

Tuesday, 1 - 3 p.m., October 16

This talk counts down the top technologies that occurred during the last century, discussing how they came to be, and ending with the development that still has the most effect on our daily lives. This is a walk down memory lane.



The Spiritual Path (RS) #160
Tuesday, 1 – 2:30 p.m. (1.5 hours), October 16

Dr. Diana Warren

All religions and spiritual traditions speak of a spiritual path that humans experience. What is the spiritual path? Why do we need to know about it? Am I on it now? These and other questions will be answered as we look at examples of the path and talk about its importance to each and every human.

Care of the Caregiver (HW) #161

Nydia Montijo

Tuesday, 10 a.m. - 12 p.m., October 23

Each year, 61.6 million Americans provide care to a loved one. These family caregivers are providing an honorable service which can cause an incredible amount of stress. In this session, you will receive tips for stress relief, recognizing and addressing caregiver burnout, and creating a support system!

Energy Medicine (HW) #162

Dr. Diana Warren

Tuesday, 10 a.m. – 12 p.m., October 23

Energy Medicine has existed for centuries and used by millions of people. Learn about your energy body including the chakras, types of energy healing, and techniques used. Suggested reading: Vibrational Medicine by Richard Gerber, M.D.

“FUN”ding Your Personal Pension(F) #164

Pam Prine and Kimberle Dyer

Tuesday, 1 – 3 p.m., October 23

Join us for an educational and entertaining discussion as we take a NEW look at Annuities.

Social Security, Medicare Taxes and You (F) #165

Jeffrey Burg and David Dobrusin

Tuesday, 1 – 3 p.m., October 23

This informative class will cover the basics of both Social Security and Medicare and reveal strategies for maximizing your benefits and coverages and minimizing your taxes on these benefits.



Let’s Talk Hollywood and the Movies (A) #166
Tuesday, 10 a.m. - 12 p.m., October 30

Richard Gira

Your questions will be addressed, and more interesting information will be provided and highlighted with film clips for your enjoyment.

Theosophy, the Ageless Wisdom (RS) #167

Dr. Diana Warren

Tuesday, 10 a.m. – 12 p.m., October 30

Theosophy, a Divine Wisdom, or state of consciousness in which we go beyond our mind to attain enlightenment. Learn about the founders, writings and messages of Theosophy that encourage us to explore and learn about the Ancient/Ageless Wisdom found in religion, philosophy, and science.



Understanding Required Minimum Distributions (F) #168
Tuesday, 1 - 3 p.m., October 30

Scott Sandell

As you approach 70 years old, the tax time bomb called your IRA begins to tick a bit louder. When you are required to withdraw money from your savings, your investing behavior must change, and taxes must be properly managed. We will discuss all these considerations.



Estate Planning: Create the Plan That is Best for You (F) #169

Ted Meyer

Tuesday, 1 – 3 p.m., October 30

This class is for anyone who needs to make sure their current estate plan is still the best direction for them. This class is ideal for anyone with a trust or a will or anyone thinking about getting one. This course is a comprehensive look at all of the tools available to help you create the estate plan that is best for you.

Add Thermography to Your Annual Self-Care Checklist (HW) #170

Kerry Press

Tuesday, 1 - 3 p.m., October 30

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

Tax Efficient Investing (F) #171

Jeffrey Burg and David Dobrusin

Tuesday, 1 – 3 p.m., October 30

This class will cover the taxation of different types of investments and the most efficient way to structure a portfolio from a tax perspective. You will learn how to strike a delicate balance between investment returns and tax liability.

Getting a Grip on Stress (HW) #172

Scott Timko

Tuesday, 10 a.m. - 12 p.m., November 6

Stress is the number one cause of disease and sickness in the world. During this presentation you will learn a 5-Step Plan to make stress work for you, instead of against you. Reducing the effects of stress on your health may be the most important step you ever take in regaining and maintain a healthy lifestyle.



The Science of Fire Investigation (SS) #173

Dick Ciesla

Tuesday, 1 – 3 p.m., November 6

A fire investigator looks at the fire remains and obtains information to reconstruct the sequence of events leading up to the fire. The means to identify the origin and cause of a fire and properly conduct a fire scene investigation are emphasized.

Interactive Senior Workshop (HW) #174

Sylvia Butler, MBA, Jennifer Goodrow, Laurie Fox, CSA

Tuesday, 1 – 3 p.m., November 6

This interactive group discussion will answer all your questions regarding options for care for yourself and/or loved ones as you age; exploring all disciplines of the care continuum. This discussion will alleviate your anxiety for future needs regarding hospice care, assisted living, memory care, in-home services both medical and non-medical, including cost and who will pay for these services.

Understanding Medical Marijuana (HW) #175

Kathy Inman

Tuesday, 1 – 3 p.m., November 6

Learn the history, uses, and medical applications of a substance that has long been misunderstood- marijuana. Understand how people are improving their health by using this as a natural alternative to prescription drugs. We will discuss how to legally obtain and use medical marijuana, the laws, and more.

Train Your Brain (HW) #176

Keli Price

Tuesday, 1 – 3 p.m., November 6

Learn techniques to strengthen your ability to learn and remember. We will practice activities that can keep our brain pathways firing and strong; we will focus on how to strengthen short term memory, long term memory, and problem solving. Leave with techniques to strengthen your thinking skills.



Western Europe: Paris, London, Stockholm, Vienna,

Mark & Waynette Brown

Amsterdam and Other Destinations (SS) #177

Tuesday, 10 a.m. - 12 p.m., November 13

While we'll explore the popular destinations associated with this region, we will go off the beaten path to the great market towns in France, beach-hopping on the island of Corsica, visit with Vincent Van Gogh in Arles, France and take the Chunnel from Paris to London.

History of the American Convention – An American Tradition (SS) #178

Mike Kapic

Tuesday, 10 a.m. – 12 p.m., November 13

This course will scan many notable conventions from 1620 through 2017. We will delve into the pros and cons of the convention process. We will look at the Constitution's Article V and the established precedent of the two methods of amending the Constitution: Congress and a Convention of States.

Drones 101: Yesterday, Today and the Future! (T) #179

John Mullen

Tuesday, 1 – 3 p.m., November 13

Learn the history of the UAV (unmanned aerial vehicle), that began in 1916, and the growing role drones will play in our future. A handout will be included covering the FAA requirements of drone registration. See a "hands on" demonstration in the classroom of a hobby drone using GPS to control its flight, and on-board cameras. There will also be a brief outdoor flight to show the ability of today's drone.

Memory Training (HW) #180

Laurie Fox

Tuesday, 1 – 2:30 p.m. (90 mins), November 13

This is an interactive class for people who want to enhance and keep their memory strong. There will be tips and tricks given for improving memory as well as a handout for notes to take away for continued practice at home. If you want to improve your memory, this is the class for you.



Stress and Energy Profiles: Are your minerals in balance? (HW) #181

Naomi Malter Brand

Tuesday, 1 – 3 p.m., November 13

Most people aren't aware of the vital role proper mineral balance plays in our overall health and well-being. Learn various methods of testing. Join us for an eye-opening class that could explain where common symptoms stem from: mineral deficiencies and imbalances.



Aspects of Energy Medicine (HW) #182

Harold Sexson

Tuesday, 10 a.m. - 12 p.m., November 27

Energy medicine is not a new technology but has been with many cultures for thousands of years. This talk will touch upon several aspects of these and new technology used throughout the world today. Particularly used in countries where the government is part of the medical system and is trying to keep cost low.

Computers – The Very Basics (T) #183

Steven Kahn

Tuesday & Thursday, 10 - 11:30 a.m., November 27 & 29

Learn basic usage. Non-technical and for the absolute beginner. Also learn about saving your work, using a printer plus much more. If you've been afraid before you won't be anymore! Slow-paced, non-intimidating and lots of fun!

Understanding Medical Marijuana (HW) #184

Kathy Inman

Tuesday, 1 – 3 p.m., November 27

Learn the history, uses, and medical applications of marijuana. Understand how people are improving their health by using this as a natural alternative to prescription drugs. We will discuss how to legally obtain and use medical marijuana, the current laws, and much more.



Investing for Income (F) #185

Jeffrey Burg and David Dobrusin

Tuesday, 1 – 3 p.m., November 27

In this class you will learn about different strategies to generate much needed retirement income and the advantages and disadvantages of each. The class will cover government and municipal bonds, corporate bonds, dividend yielding stocks, preferred stock, closed-end funds, covered-call strategies, Limited Partnerships, Real Estate Investment Trusts (REITs), Unit Investment Trusts (UITs), annuities and more. Show up ready to learn how to take control of your investment income through retirement.

Wednesday Classes

Tai Chi Essentials--Beginner (HW) #190

Charlie Gill

Wednesday, 10 – 11 a.m., October 3, 10, 17, 24, 31; November 7, 14, 28 (Limit 20)

Tai Chi Essentials provide many benefits which can be learned in a short period of time. It uses 5 basic postures and can improve balance, flexibility and digestion. Additional benefits are: stress relief, integrated movement, improved awareness, correct breathing and a strengthened immune system. A student handbook will be provided. Wear comfortable clothing and shoes.

Qigong (HW) #191

Charlie Gill

Wednesday, 11 a.m. – 12 p.m., October 3, 10, 17, 24, 31; November 7, 14, 28 (Limit 20)

This class will present an overview of the practice of Qigong. Qigong exercises will vary from simple movements to complex systems. All are easy to do and will bring great health benefits if practiced on a regular basis. We will explore 5 Qigong exercises: Swallow the Bitter Pill, Embrace Wind Caress Moon, San Qi Jin, 9 Temple exercises, and Eight Pieces of Brocade.

Arizona Law (F) #192

Robert Jeckel

Wednesday, 10:00 a.m. – 12:00 p.m., October 3, 10, 17, 24, 31; November 7, 14, 28

This eight-session course on Law, Wills, Trusts, Estates and Disability will provide you with in-depth information about the subjects which most affect your life and your estate as a retiree. Learn the law through stories and examples. The class is fun, informative and interesting.

Medicare 101: Basics to Advanced (F) #193

Marcus Moran

Wednesday, 10:00 a.m. – 12:00 p.m. October 3

This class is for those with Medicare questions and fears. This class will make those fears go away, once you understand a few simple basics in order to control your health coverage. Having this healthcare piece of your retirement puzzle solved will help other planning decisions fall into place.

Great Decisions 2018-- U.S. Foreign Policy (SS) #194

Dr. Bonnie Saunders

Wednesday, 1:30 – 3:30 p.m., October 3, 10, 17, 24, 31; November 7, 14, 28

This class, a repeat of the Spring 2018 class, is based on an article which will be available at the first class for \$20. Topics include Russia's Foreign Policy, The Media and Foreign Policy, America's Defense Strategy, South Africa: In the Shadow of Mandela, and Global Health: Preventing Pandemic.



Using Food as Medicine (HW) #195

Lena Fernandez

Wednesday, 1:00 – 3:00 p.m., October 3

Learn six Basic Principles of Using Food as Medicine for Well Being and Longevity. Dr. Fernandez's mission is to educate her community on how to effectively read labels and make healthier food choices to prevent diseases and take charge of their health.



Creating Sustainable Retirement Income (F) #196

Scott Sandell

Wednesday, 1:00 - 3:00 p.m., October 3

From dividend portfolios to annuities this class will dissect what it takes to create sustainable income and review all investments and techniques commonly used. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Introduction to CBD (HW) #197

Lenae Enriquez

Wednesday, 1:00 – 3:00 p.m., October 3

Got pain? Learn the benefits of CBD and how it can help you. CBD is one of the world’s healing cannabinoids. Get educated about the benefits and use of CBD. Bring wellness, balance and focus.



American Realist Painters (A) #198

Allen Reamer

Wednesday, 10:00 a.m. - 12:00 p.m., October 10, 17, 24, 31

America has a long tradition of ‘realistic’ painting. In this course we will cover, time permitting, these great American Realistic painters: Thomas Eakins, Winslow Homer, Edward Hopper and Georgia O’Keeffe. We will discover how each painter depicted reality in a different way.



Rocky Coast Seascapes with Watercolor (A) #199

Allen Reamer

Wednesday, 1:00 - 3:00 p.m., October 10, 17, 24, 31

A step-by-step approach to painting seascapes, rocks and land, using techniques and procedures you will learn in class. In addition, we will cover concepts, terms and watercolor tools. You may use watercolor, ink and watercolor and/or gouache. A supply list will be emailed to enrollees.

Supplies

- Plastic sheet to cover your table
- Non-breakable [plastic] container for water
- #2H or #4H pencil
- Vinyl eraser
- 140lb or heavier watercolor paper [your choice of size]
- Soft paper towels
- A set of watercolors (a pan set of watercolors or individual tubes of watercolor and/or gouache)
- Medium round pointed watercolor brush
- Medium filbert watercolor brush
- Natural sponge
- Mr. Clean eraser
- Masking fluid OR rubber cement
- Optional: Mop brush or round short handle make-up brush
- Optional: Water spritzer to keep your paper damp
- Optional: Thin line permanent ink pen if you are using pen and ink



Understanding Your Options in Senior Living (F) #200

Karla Averill

Wednesday, 1:00 – 3:00 p.m., October 10

This presentation will focus on senior living communities and what to look for in independent, assisted living, and memory care communities. When is the right time to move, what are the questions to ask when you tour, what is the cost and how to ensure you are getting what you paid for.

Fun with Math: Notable Numbers (SS) #201

Janet Teegarden

(for folks who never thought they would use math and fun in the same sentence!)

Wednesday, 1 – 3 p.m., October 10

In this session we will also play with less known notable numbers such as amicable numbers, perfect numbers, Fibonnaci numbers, narcissistic numbers, Kaprekar's number, and happy numbers. Come find out if you have a happy number name! Paper, pencil, and a calculator will be very useful.



Advanced Loom Knitting (A) #202
Wednesday, 1:00 – 3:00 p.m., October 17

Reggie Knight

The “Loomers” will be looming again in this class. This class is for individuals who have taken previous looming classes. We will have fun learning new stitches, and how to join yarn when changing colors. We will make bags for carrying water bottles. The technique can be used for other bags. Materials required: Loom kit with four looms, hook, needle, Scissors, tape measure, 1 skein solid color cotton yarn, instructor will provide contrasting color yarn.



Do’s and Oh My God Don’ts of Solar Energy Installation (F) #203
Wednesday, 1:00 – 3:00 p.m., October 17

Michael Shepp

This informational seminar gives information on what you must know before allowing a solar energy salesperson into your home. Current program allows you to pay zero out of pocket with no interest or payments for 12 months, on purchase only. Absolutely no selling takes place.

The Motown Band - That Unique Sound Like No Other! (A) #204
Wednesday, 1 – 3 p.m., October 24

Dr. Diana Warren

Join us for a sight and sound feast in a movie to meet the musicians and hear the history of the Motown Band that created the Motown sound. You'll meet a few of the remaining band members and hear about others through their memories. Best of all you will hear the sound of a Band like no other!

Memory Training (HW) #205
Wednesday, 1:00 – 2:30 p.m. (90 mins), October 24

Laurie Fox

The Memory Training Class is an interactive class for people who want to enhance and keep their memory strong. There will be tips and tricks given for improving memory as well as a handout for notes to take away for continued practice at home. If you want to improve your memory, this is the class for you.



Paying for Long-Term Care: Obstacles and Opportunities (F) #206
Wednesday, 1 – 3 p.m., October 31

Pam Prine and Kimberle Dyer

You’ve worked hard to build your retirement assets. Yet, what will happen when you need home health care, assisted living or skilled nursing? Join us for a discussion on the obstacles and new opportunities to consider for long-term care.

Fun with Math: Math Art II (A) #207
(For folks who never thought they would use “fun” and “math” in the same sentence!)
Wednesday, 1 – 3 p.m., October 31

Janet Teegarden

Mathematical shapes and numbers can be turned into colorful, interesting, even creative designs. Join us as we create patterns and designs based on addition and multiplication tables in modular mathematics (clock arithmetic). Bringing your own scissors and crayons, colored pencils, or markers would be helpful.



Gustav Klimt and the Woman in Gold (A) #208
Wednesday, 10:00 a.m. - 12:00 p.m., November 7

Allen Reamer

Austrian artist Gustav Klimt is best known for his golden period and his paintings of women. His work is very rarely shown, especially his drawings, due to its graphic nature. We’ll cover his life and his work, discussing some of his art in depth, beginning with his birth and continuing until we run out of time.



***The Annuity Question Made Simple: How to Prepare Your Finances
In Retirement Years (F) #209***

Marcus Moran

Wednesday, 1:00 – 3:00 p.m., November 7

This class will explore concepts about Annuities and deciding if they are right for you. After this class you will have a clear understanding of how Annuities work and whether or not they're right for your portfolio! Also, feel free to come with questions about current Annuities you have.



How to Know Your Spirit (RS) #210

Dr. Diana Warren

Wednesday, 1 – 3 p.m., November 7

Do you know your Spiritual Self? In this workshop you will learn the truth about yourself, your relationship with Spirit and why you are in this world. We will use the book, Absolute Knowledge That Liberates Consciousness as our guide. This book is a tool to use for anyone wanting to live a spiritual life.

Understanding Taxation of Retirement Accounts (F) #211

Jeffrey Burg and David Dobrusin

Wednesday, 1 – 3 p.m., November 7

Learn about the ins and outs of all types of retirement accounts and how contributions and distributions will affect your tax bill. You will also learn the most tax efficient way to structure distributions from your retirement accounts and how to setup your beneficiaries to limit the tax liability of your heirs.



Annuities: The Devil is in the Details (F) #212

Pam Prine and Kimberle Dyer

Wednesday, 10 a.m. – 12 p.m., November 14

As financial advisors, we see the aftermath of the 'unintended consequences' of those who 'don't know what they don't know'. Join us as we discuss how to avoid common pitfalls.



Are You Where Your Body Is? (HW) #213

Shirley Mahood

Wednesday, 1:00 - 3:00 p.m., November 14

Our minds are often not where we are; they are either in the past or the future, and we are missing out on life in the present moment by worrying over what might be going to happen or regretting what has already happened. Join this discussion of how we can learn to appreciate life in the moment.



New Views of the Moon: Rediscovering our Nearest Neighbor

Dr. David Williams

Mars: From Mariner to Curiosity and Beyond (NS) #214

Wednesday, 1:00 - 3:00 p.m., November 14

Join Professor David Williams of ASU's School of Earth and Space Exploration for a look at current efforts to return to the Moon! He'll also discuss in detail Mars geology, the evidence for organic materials and the search for life, and the role Mars will play in the human future.



Preventing Alzheimer's Disease (HW) #215

Dr. Diane Cheney

Wednesday, 1 – 3 p.m., November 14

Yes, 63 percent of this is inherited, but 37 percent is things that we can control. Find out the nine enjoyable life changes that can help prevent it. There will be fascinating discussions of our lives and odds for the disease.

You Want the Future? You Can't Handle the Future! (T) #216

Dr. Braden Allenby

Wednesday, 10:00 a.m. - 12:00 p.m., November 28

Today we are experiencing rapid – and accelerating – evolution in at least five foundational technologies: nanotechnology, biotechnology, information and communication technology, robotics, and applied cognitive science. The result is change in ways never before possible.

Today's World of Safe Investing (F) #217

Scott Sandell

Wednesday, 1:00 - 3:00 p.m., November 28

We will explore ALL investments commonly referred to as “safe” while contemplating their future in this complex market. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Should I Pay Off My Mortgage Under the Trump Tax Reform? (F) #218 Pam Prine and Kimberle Dyer

Wednesday, 1 – 3 p.m., November 28

Do I have enough guaranteed income to pay a mortgage? If I need long-term care, can I still afford my mortgage payment? “SALT” is a new buzz word – does it impact Real Estate? Join us for an informative presentation that includes insight on these and other questions.

Social Security, Medicare Taxes and You (F) #219

Jeffrey Burg and David Dobrusin

Wednesday, 1 – 3 p.m., November 28

This informative class will reveal strategies for maximizing your benefits and coverages and minimizing your taxes on these benefits.

Thursday Classes



Release Emotional Pain from Childhood (RS) #222

Claudia LeBaron Islas

Thursday, 10 a.m. – 12 p.m., October 4, 11, 18, 25; November 1

In this class series, you'll learn about emotions, emotional healing options, and emotional management. You'll also learn how Mental Science, the Law of Attraction and Spirituality are all closely tied to your emotions, and how they can help you improve your quality of life.



Basic CPR (HW) #223

Joe Seoane

Thursday, 10 a.m. - 12 p.m., October 4

Most Americans {70 percent} Feel helpless to act during a cardiac emergency because they don't know how to administer CPR or they are afraid of hurting the victim. They may be someone special to you. If you see a teen or adult collapse, you can perform hands-on CPR with just two easy steps: 1) Call 911; 2) begin compressions. Join us in learning hands-on CPR. This class will teach you the skills needed to help someone in a cardiac emergency. Be part of an ongoing American Heart Association campaign to raise awareness about this wonderful lifesaving method.



Presentation Basics (SS) #224

Denice Machado

Thursday, 10 a.m. – 12 p.m., October 4

Are you nervous about talking in front of a group of people? If so, then this class was designed with you in mind. You will learn the secrets of being a good presenter and also how to organize your ideas so that you can present them with confidence and ease.

What the Health? (HW) #225

Anita Pinalto

Thursday, 1 - 3 p.m., October 4

This award winning, 2017 documentary is changing how Americans think about their health. Are you sick and tired of being sick and tired? If "yes", then you must see this film. It addresses some of our most dreaded diseases and makes suggestions on how to prevent and/or potentially reverse them.



Christianity: An Evolving Faith (RS) #226

Rev. James R. D. Yeaw

Thursday, 1 – 3 p.m., October 4, 11, 18; November 1, 8

As we look at the history of Christianity beginning with Jesus, then the letters of the Apostle Paul, we will see how, over the centuries, Jesus' teachings developed into the orthodox teachings of the mainstream church as well as the divergent doctrines taught by splinter groups branded as "heretics."

Add Thermography to Your Annual Self-Care Checklist (HW) #227

Kerry Press

Thursday, 1 - 3 p.m., October 4

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

Gandhi, King, Mandela, Malala, and Nonviolence in our Modern World (RS) #228

John Hartnedy

Thursday & Friday, 1 – 3 p.m., October 4 & 5

This two-part, four-hour course will walk through the history of Nonviolence and its practical application in the modern world. The three goals of this course are:

- Discover the commonalities of the philosophy of Nonviolence across generations, across cultures, across countries, across religious faith.
- Discover the practical application of Nonviolence in the modern world, in our country, and in our own personal lives.
- Provide an individual with the tools to discern if the philosophy of Nonviolence is for your life.

NOTE: While this course is presented in two-parts, each part stands alone. Individuals are welcome to attend one part or both parts.

Saudi Oil and Politics (SS) #229

Hugh Renfro

Thursday, 10 a.m. - 12 p.m., October 11

Mr. Renfro will show his 30-minute black-and-white film that explains how Saudi Arabia became a player in world oil. The film will be followed by a 30-minute talk with time for group interaction.

Change Your Diet, Change Your Life (HW) #230

Dr. Scott Timko

Thursday, 10 a.m. – 12 p.m., October 11

By carefully choosing the foods and drinks that we put into our bodies, we can create a well-balanced system that will be strong enough to stay healthy and fight off infections and disease. Knowing what is healthy, and what isn't, is not easy. This talk will cut through to the core "ingredients" of a healthy diet.

Avoid Scams, Fraud, & Abuse (F) #232

Nydia Montijo

Thursday, 1 – 3 p.m., October 11

Adults over 65 are much more likely to have lost money on a scam than people in their 40's, according to research from the Stanford Center on Longevity and the Financial Industry Regulatory Authority's Investor Education Foundation. Learn how to prevent this from happening to your loved ones.

Dealing with Conflict (SS) #233

Dr. David Gershaw

Thursday, 1 – 3 p.m., October 11

In this presentation on how to deal with conflicts and problems ... or "Can we agree to disagree?" Dr. Gershaw discusses and demonstrates some effective methods for conflict resolution and problem solving. Handouts are included.

Acupuncture: The Magic and the Mystery of it All (HW) #234

Patricia Martin

Thursday, 1 – 3 p.m., October 11

Come for the discussion, stories, and downright delights of Asian medicine. This course will diminish the MYSTERY of how acupuncture works and will describe how Patricia diagnoses and treats the most complex and unusual presentations of ailments. Acupuncture is so much more than being a "fix-your-back doctor."



Investing for Income (F) #236

Thursday, 1 – 3 p.m., October 11

Jeffrey Burg and David Dobrusin

In this class you will learn about different strategies to generate much needed retirement income and the advantages and disadvantages of each. The class will cover government and municipal bonds, corporate bonds, dividend yielding stocks, preferred stock, closed-end funds, covered-call strategies, Limited Partnerships, Real Estate Investment Trusts (REITs), Unit Investment Trusts (UITs), annuities and more. Show up ready to learn how to take control of your investment income through retirement.



I Want to Meditate but Can't – Help! (RS) #237

Thursday, 10 a.m. – 12 p.m., October 18

Marilyn Poscic

Meditation has been proven to relieve anxiety, stress, depression, build the immune system and to help one sleep. Learn how to quiet that busy brain. Marilyn will also guide you into implementing a strong protection field using angels and how to ground yourself to stay centered, focused and true to yourself.



Add Thermography to Your Annual Self-Care Checklist (HW) #235

Thursday, 1 - 3 p.m., October 18

Kerry Press

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

**All About Part D Medicare Plans: From Understanding
How to Shop Plans to Choosing the Best Plan for You (F) #238**

Thursday, 1 – 3 p.m., October 18

Marcus Moran

This interactive class shows step-by-step instructions on how to navigate Medicare Drug Plans, a great opportunity to increase your understanding and create some much-needed savings. I recommend attending one of the earlier Medicare classes (October 2 or 9) with this one to maximize your gains.

Reverse Mortgages – Separating Fact from Fiction (F) #239

Thursday, 1 – 3 p.m., October 18

Rex Duffin

What are Reverse Mortgage options and how can they benefit you? When does it NOT make sense? If you or your loved ones are 62 or better, this class is for you. For many seniors, their home is their largest asset. Learn how a Reverse Mortgage can be used to tap into that asset to provide immediate cash, an income stream, a line of credit, or a combination of both. Learn how the tax-free proceeds can be used as part of a comprehensive plan to provide financial security for seniors. We will be exploring the four myths about Reverse Mortgages and answer questions such as: How are Reverse Mortgages different from standard home equity loans? Why are they so popular recently? How your heirs will obtain an inheritance will also be discussed. Whether you are considering a Reverse Mortgage for yourself or a family member, this class will provide the in-depth information you should know. Questions will be welcomed!



Serenity Now (HW) #240

Thursday, 10 a.m. – 12 p.m., October 25

Denice Machado

What would your life be like if you were living with unconditional love? Is it even possible? We will explore these questions along with an outline of how to begin achieving serenity. Topics include: Attitude, Affirmations, Visualization, Choice & Consequence, How to become the best that you can be.

End-of-Life Readiness Workshop (F) #241

Charlotte Fox

Thursday, 10 a.m. - 1 p.m. ** NOTE class time (3 hours), October 25

Don't let death catch you and your loved ones unprepared. Charlotte's workbook is an all-in-one-place to map out wishes, list legal and financial affairs, pet provisions, and ease the way for survivors. It contains forms and checklists that spell out what needs to be taken care of before and after a death.



How to Upload to You Tube (T) #242

John Schroeder

Thursday, 1 – 3 p.m., October 25

This presentation will cover what equipment and software is needed. It is also a "how to" regarding opening a YouTube account, posting your videos, reading the statistics that come in after people watch your presentations, and what to expect when folks start commenting on your presentations.



Living Afloat (SS) #243

Eleanor Gobrecht

Thursday, 1 – 3 p.m., October 25; November 1

Ever dream of leaving it all behind to cruise to Tahiti on your own yacht? Eleanor and her partner did just that on their 30-ft sloop-rigged sailboat. Join her for a sense of living afloat on the Pacific Ocean, glimpsing the highlights of this amazing adventure covering 21,000 miles. Learn the lessons they learned.



Exotic Acupuncture Protocols for Everyone (HW) #244

Patricia Martin

Thursday, 1 – 3 p.m., October 25

We'll discuss some of the exotic protocols used in Patricia's choice of Acupuncture methods, the Five Element style. She is trained in 50+ techniques and often uses the Eight Extraordinary Vessels, Opening the Four Gates, or a Fire/Earth treatment. Acupuncture – it is so magical! Please come, listen, learn and enjoy!

Angels Simplified (RS) #245

Marilyn Poscic

Thursday, 10 a.m. – 12 p.m., November 1

Learn how to connect and communicate with Angels, the hierarchy of the Spiritual Realm, names of different Angels, the "job," colors associated with each Angel, and how They can protect.

The Voice of Tolerance (SS) #246

Paul Noble

Thursday, 10 a.m. - 12 p.m., November 1

Oskar Knoblauch, a Holocaust survivor, shares his story with us. Bringing a reality to what many have only read about. Oskar couples this message with his message of respect and tolerance for us and future generations. This is a MUST-SEE session.

Isn't That Frustrating? (SS) #247

David Gershaw

Thursday, 1 – 3 p.m., November 1

Discuss causes of frustration, factors that increase or decrease feelings of frustration, along with effective and ineffective ways people respond to frustration.



Tax Planning: Explore the New Tax Law (F) #248

Ted Meyer

Thursday, 1 – 3 p.m., November 1

This class is perfect for anyone who needs to make sure they understand the new tax law. We will explore the new tax law and help you optimize your current taxation for the coming year.



**Eastern Europe: Budapest, Warsaw, Dubrovnik, Auschwitz,
Bay of Kotor and other destinations (SS) #249**
Thursday, 10 a.m. – 12 p.m., November 8

Mark and Waynette Brown

Join us as we explore treasures and hidden gems from Estonia to the north and Croatia in the south. The journey takes us to several former Eastern Bloc countries and we see where little remains of the old Soviet influence.



I Have Angels, Now What? (RS) #250
Thursday, 10 a.m. – 12 p.m., November 8

Marilyn Poscic

Prerequisite class: Angels Simplified (to have a basic knowledge of Angels). If you want a deeper connection with Angels, this is the class for you! Learn to communicate as well as understand the guidance and messages you receive from Angels.

Introduction to Self-Hypnosis (HW) #251

Skip Albright

Thursday, 10 a.m.-12 p.m. and 1 – 3 p.m., **Please note time (4 hours), November 8

Learn as this Certified Hypnotherapist dispels falsehoods and demonstrates the power of hypnosis. Prepare to be relaxed! Grasp an understanding of hypnosis and your subconscious mind. Learn everything you need to conduct self-hypnosis to make life-improving changes.

Faiths of the World (RS) #252

John Hartnedy

Thursday & Friday, 1 – 3 p.m., November 8 & 9

The primary goal of this course is to reveal the similarities of belief systems throughout the world. What they have in common is far greater than their differences. Overall, this course will cover the beliefs systems of almost 6 billion of the 7 billion people in the world. All faiths and beliefs are welcome!



Ahh! Seasonal Treatments! (HW) #253
Thursday, 1 – 3 p.m., November 8

Patricia Martin

Five Element Acupuncture treatments, provided at the times of each solstice and equinox, every year, are the ones that truly treat the whole body, harmonizing all the paired organs. Join this class to comprehend the enormously powerful energy of the Water Element, preparing you for the new year.



Structure Equals Function (HW) #254
Thursday, 10 a.m. – 12 p.m., November 15

Dr. Scott Timko

In this class, we will learn how alterations in the body's structure can create alterations in its function, thereby causing sickness, pain and disease. Don't continue chasing and treating your symptoms without looking to the cause. Finding and correcting the cause of your problem is the road to true health!

How to Buy a Car (F) #255

Michael Willand

Thursday, 10 a.m. – 12 p.m., November 15

Learn how to purchase your next vehicle while avoiding costly mistakes common to consumers. We will review how to buy a vehicle; how to buy a pre-owned vehicle; financing; extended warranties; trade-ins; dealing with the business office; and using car buying services as an alternative to the dealer experience.

Numerology Just for Fun! (RS) #256

Denice Machado

Thursday, 10 a.m. – 12 p.m., November 15

Numerology is based on the belief that the name you were given at birth, and the day/month/year you were born influence who you are and what will happen during the course of your lifetime. In this class you will learn how to determine the numbers that influence your life and their meanings. Handouts will be provided.



Trauma Release (HW) #257

Sandra Hickman

Thursday, 1 - 3 p.m., November 15

Would you like to keep the memory but release the traumatic hold it has on your body and behavior? Would you like tips on letting go of patterns that prevent happiness, weight loss, abundance, and health? Learn to reprogram your Body Mind so the meaning you give experiences serves you now!



Do's and Oh My God Don'ts of Solar Energy Installation (F) #258

Michael Shepp

Thursday, 1 – 3 p.m., November 15

This presentation gives information about what you must know before you ever allow a solar energy salesperson into your home. Topics include: Savings versus expense, Tax Credits, American made versus Asian, Knowing the right questions to ask, How not to become another victim. No selling takes place.

Basic Loom Knitting (A) #259

Reggie Knight

Thursday, 1 – 3 p.m., November 15

Learn “knit” caps or beanies on a round loom. This technique is simple and quick. Materials required: Loom kit (prefer Quick-Knit by Looms and Threads, contains hook and needle), 2 skeins of acrylic yarn, medium weight, #4 (# on band), Scissors, Tape Measure. You will make a child’s cap in class.

Last Minute Medicare Changes (F) #260

Marcus Moran

Thursday, 1 – 3 p.m., November 15

Explore the four parts of Medicare and make sure you are getting the best plan for the best price. This class is for those looking to review/choose Medicare Part D options for 2019. This class will allow those who have already decided to confirm their choice is the correct one or re-adjust as necessary.

Healing with Angels and Essential Oils (HW) #261

Marilyn Poscic

Thursday, 10 a.m. – 12 p.m., November 29

Many countries and cultures use essential oil and other plant-based medicine as their main source of healthcare. Learn their benefits. Marilyn will enlighten you on how to use, Angels, Sun, Moon, Stars, breathing techniques, even colors, to not only heal your physical body, but heal you mentally and spiritually.



Create the Life You Always Wanted (RS) #262

Claudia LeBaron Islas

Thursday, 10 a.m. – 12 p.m., November 29

Learn how thoughts originate, how to monitor them, and how to change them. You’ll also learn how Mental Science, along with the Law of Attraction, can help you create anything you truly desire. With the power to guide your thoughts and emotions, you will then be actively creating the life you always wanted.

Guilt as a Teacher (HW) #263

Shirley Mahood

Thursday, 1 - 3 p.m., November 29

Guilt is often a hidden emotion that shows itself in other guises, perfectionism, fear of what other people will think, and often depression, or the inability to find joy. We learn guilt. This class discusses ways we can learn to let go of our guilt.



Movie: Hidden Figures (A) #264

RISE Facilitator

Thursday, 1 – 3 p.m., November 29

In the US race against Russia to put a man in space, NASA found untapped talent in a group of African-American female mathematicians. This movie details the true-life stories of three of these women, who crossed all gender, race, and professional lines. Their brilliance firmly cemented them in U.S. history as true American heroines.

Friday Classes



Autumnal Equinox Acupuncture (HW) #270

Friday, 10 a.m. – 12 p.m., October 5

Patricia Martin

Seasonal treatments are for assisting the “High Ministers” of each of the organs in your body to communicate with one another throughout each year. We’ll examine the best (and worst) foods for the season, along with the emotions, colors and voice to keep you in the best health possible.



What about toxoplasmosis? (HW) #271

Friday, 10 a.m. - 12 p.m., October 5

Viola Sanderlin

Toxoplasmosis is an infectious parasite perpetuated in cats and is found in a diversity of warm-blooded animals worldwide, including humans. In this class, Viola Sanderlin will teach what is known about this parasite and answer your questions regarding infection, transmission, and lifecycle of this strange creature.

History of Sahuaro Ranch (SS) #272

Friday, 10 a.m. – 12 p.m., October 4

Renee Aguilar

Enjoy a multi-media presentation on the history of the Historic Sahuaro Ranch, one of the Valley’s oldest and most magnificently preserved ranches located in Glendale, AZ. This presentation covers the history of the families that owned the Ranch and kept it operating from 1886 to 1977.



Who Am I Really? (RS) #273

Friday, 10 a.m. – 12 p.m., October 5, October 19; November 16

Kay Wallach

Who Am I Really? Kay’s personal story as an educator will expand your understanding of all you are. The tough stuff finds its place in this presentation. Trauma (abuse, suicide, depression, PTSD) all have another side to consider. How can we support loved ones who are experiencing deep depression? How can you listen more effectively? A question/answer session will be available at the end of the presentation each of the three days.

Living Free from Pain of Migraines, Headaches and Other

Chronic Pain: Natural Approaches to Dealing with Root Causes (HW) #274

Friday, 10 a.m. – 12 p.m., October 12

Dr. Timothy Gerhart

Too many people suffer from headaches and other chronic pain. Learn about Therapeutic Lifestyle changes that are research-based and can help sufferers begin to enjoy a pain-free life along with new energy. Learn natural approaches to address the root causes of pain and inflammation.



Spiritual Awakening (RS) #275

Friday, 10 a.m. – 12 p.m., October 19

Dave Newman

Please join us as we explore Spiritual Awakenings including: Physical, Mental, & Emotional Signs/Symptoms, False Signs of Spiritual Awakening, Dark Night of the Soul, Stages of Spiritual Awakening, Sudden or Accumulative Trauma, Is Suffering Necessary for a Spiritual Awakening?



Mind Flow Meditation (HW) #276

Friday, 10 a.m. – 12 p.m., October 19 (Limit 20)

Beth Cornell

This class explores the use of sound with meditative practice. Each class will provide an interactive time to practice using sound instruments (hands on). Have you ever wanted to make a crystal singing bowl sing? Do you wonder why people use metal bells and bowls in meditation practice? Includes: 30-40 minutes guided meditation with sound instruments (bells, bowls, gong) and a guided meditation.

Better Blood Flow (HW) #277

Janice Winscot

Friday, 10 a.m. – 12 p.m., October 19

Janice will talk about the medical device she uses daily: BEMER. By means of a weak, pulsating, multidimensional signal configuration of generated electromagnetic fields, BEMER stimulates rhythmic contractions of the smaller blood vessels. It increases oxygen, helps remove toxins, and strengthens the immune system.

The Physician in You (HW) #278

Dr. Greg McWhorter

Friday, 10 a.m. - 12 p.m., October 26

Learn to embrace the body's innate intelligence and the power of self-healing. This class provides self-help techniques for the diagnosis and healing of our emotional, structural, nutritional, and environmental causes of Disease. Join the class, become a "Wellness Warrior," and take control of your health!

Dogs and Cats--Our Extended Family (SS) #279

Carol Treska & Audra Colson

Friday, 1—3 p.m., October 26

of Chance Shelter

Join Carol and Audra to learn what you can do to help make your pets' lives better. They will discuss recognizing signs of illness, basic CPR, and how you can help by becoming a foster home in our Neighbors Helping Neighbors program. If you have a pet, you will benefit from this class.



Take Your Breast Health into Your Own Hands (HW) #280

Patricia Martin

Friday, 10 a.m. – 12 p.m., November 2

Men can get breast cancer, and men have the first awareness of their partner's change in breast tissue. Learn the importance of acupuncture, shower checks, and thermography annually. Learn self-massage based on acupuncture points, and why root canals and bedroom TVs are a threat to your breast health.

Afraid to Go Out in the Cold? (NS) #281

Dr. Jeff Reed

Friday, 10 a.m. – 12 p.m., November 2

This travelogue is about what can be seen and done in Arizona in the Winter. This is a lovely state for travel, and we have all five of the temperate zones within our borders. Come and learn about what Arizona has to offer every winter.



Mind Flow Meditation (HW) #282

Beth Cornell

Friday, 10 a.m. – 12 p.m., November 2 (Limit 20)

This class explores the use of sound with meditative practice. Each class will provide an interactive time to practice using sound instruments (hands on). Have you ever wanted to make a crystal singing bowl sing? Do you wonder why people use metal bells and bowls in meditation practice? Includes: 30-40 minutes guided meditation with sound instruments (bells, bowls, gong) and a guided meditation.



Healthy Cooking with Shel (HW) #283

Shel Fanelli

Friday, 10 a.m. – 12 p.m., November 2

Come enjoy healthy food prepared by Shel, a Transformational Wellness Coach. We will spend the morning discussing food preparation, healthy choices, how to choose the right oils for cooking and how to make no-fuss nutritious meals. Afterwards, we will sample the food and have a discussion around conscious eating.

Add Thermography to Your Annual Self-Care Checklist (HW) #284

Kerry Press

Friday, 1 - 3 p.m., November 2

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.



Peak Brain Performance for Hi-Level Focus, Memory and Concentration for a Lifetime (HW) #285

Dr. Timothy Gerhart

Friday, 10 a.m. - 12 p.m., November 9

Dr. Gerhart uses research-based slides to show how our brain works as it supports our memory, alertness, and focus. Our brain can be influenced by the foods we eat, our environment, our physical activity, and even long forgotten head injuries. Learn about new tests and treatments that support a healthy brain.

Let's Grow Our Own Moringa (HW) #286

Keli Price

Friday, 1 - 3 p.m., November 9

While nursing with Mercy Ships in Togo, West Africa, Kelly learned about a remarkable plant, *Moringa oleifera*. It is gaining in popularity in the US and can be found on the shelves in health food stores. Come learn about this remarkable plant which we can grow right here in the Valley. Learn its health benefits, how to grow it, how to prepare it, and how to eat it.

Add Thermography to Your Annual Self-Care Checklist (HW) #287

Kerry Press

Friday, 1 - 3 p.m., November 9

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.



Beer of the Middle Ages and Modern Times (SS) #288

Dr. Stephen Davis

Friday, 10 a.m. - 12 p.m., November 16

In this fascinating course, Dr. Davis will discuss beer in the monasteries, the conflict between the Christian and Pagan traditions, beer making and other spirits. This is an interactive course. Dr. Davis will invite feedback from participants. This class will work with maps and will be a lot of fun!



Introduction to Physical Geography and Climate (SS) #289

Dr. Stephen Davis

Friday, 1 - 3 p.m., November 16

This interactive class will cover the major climates and weather systems of the Earth, including the ocean currents, cold and warm fronts, and all the major weather systems. Dr. Davis will invite feedback from participants. This class will work with maps and, as in all his other classes, will be a lot of fun!

Staying Healthy in an Unhealthy World (HW) #290

Betsy Timmerman

Friday, 1 – 3 p.m., November 16

The basics to a healthy life are clear - eating clean, breathing clean, drinking clean, exercising daily, sleeping well, dealing with stress in a healthy way, eating organic when possible, and bridging the ever- widening nutrition gap with superior supplementation. Unfortunately, even those of us eating "perfectly" are not getting what we need from our foods today. In this class Betsy will show you "gadgets" that will help you stay healthy.

Add Thermography to Your Annual Self-Care Checklist (HW) #291

Kerry Press

Friday, 1 - 3 p.m., November 16

We all have the same fear when it comes to our health. It seems like we sit and wait for whatever it is we are going to be diagnosed with...and all too often that diagnosis is devastating. OR - how many stories have we heard where the doctor was treating one thing and the patient suffered from something entirely different? You know, being totally misdiagnosed! Thermal imaging can help us detect cancer up to 10 years before it is developed. Those who add thermography to their annual self-care checklist will acquire an advantage to a longer, healthier life.

Gandhi, King, Mandela, Malala, and Nonviolence in our Modern World (RS) #292

John Hartnedy

Friday, 1 – 3 p.m., November 16 & Monday, 1 – 3 p.m., November 26

This two-part, four-hour course will walk through the history of Nonviolence and its practical application in the modern world. The three goals of this course are:

- Discover the commonalities of the philosophy of Nonviolence across generations, across cultures, across countries, across religious faith.
- Discover the practical application of Nonviolence in the modern world, in our country, and in our own personal lives.
- Provide an individual with the tools to discern if the philosophy of Nonviolence is for your life.

NOTE: While this course is presented in two-parts, each part stands alone. Individuals are welcome to attend one part or both parts.



Community Event – West Valley Wind Ensemble presents Saguaro Saxes (A) #293

Friday, 1:30 p.m., November 30

The Saguaro Saxes are part of the West Valley Wind Ensemble (WVWE). They provide music in smaller venues for audiences who request a personal and more casual performance. As a Saxophone Ensemble, they bring a unique sound, demonstrating the versatility of instruments in the Saxophone family.

COMMUNITY EVENT

This event is free and open to the public.

Bring your friends and enjoy the afternoon.

RISE members – please register.

Guests - email/call Cathy to reserve your seat.

catherine.sheredy@riosalado.edu 480.377.4296

A community event is a class that we have opened up to community members who do not belong to RISE. We encourage community participation in these presentations. As a RISE member you can pre-register for these events as you would for any other RISE class, but feel free to bring a friend or a neighbor as well! Please call Cathy Sheredy to pre-register your guest(s).

***The Saguaro Saxes (A) #
Friday, 1:30 p.m., November 30***

Wendy Lucas

The Saguaro Saxes are part of the West Valley Wind Ensemble. They provide music in smaller venues for audiences who request a personal and more casual performance. As a Saxophone Ensemble, they bring a unique sound to our programs demonstrating the beauty and the versatility of instruments in the Saxophone family. Bring your friends and neighbors and enjoy a performance you won't soon forget!





Non-fiction Book Club #901

John Hjelm, Facilitator
Meets the first Monday afternoon
each month at 1 p.m. October through May.

Selections for fall are:

October 1st – “American Lion, Andrew Jackson in the White House,” by Jon Meacham

November 5th – “Black Tudors, The Untold Story,” by Miranda Kaufman

December 3rd – “In the Enemy’s House, Secret Saga of the FBI Agent and the Code Breaker Who Caught the Russian Spies,” by Howard Blum

Hooked on Books #902

Ruth Dibene, Facilitator
Meets on the 2nd and 4th Tuesday afternoons at 1 p.m., September through May.
The group reads fiction and non-fiction. New members are always welcome.

Selections for fall are:

September 11th – “Loaded,” by Roxanne Dunbar Ortiz

September 25th – “The Woman’s hour,” by Elaine Weiss

October 9th – “We Were the Lucky Ones,” by Georgia Hunter

October 23rd – “A Gentleman in Moscow,” by Amar Towles

November 13th – “Little Fires Everywhere,” by Celeste Ng

November 27th – “The Flight Attendant,” by Chris Bohjalian

December 11th – Holiday Party

ALL BOOK CLUBS MEET AS STATED ABOVE.
EXCEPT WHEN THE RIO SALADO CAMPUS IS CLOSED
OR RISE IS ON BREAK



RISE Learning for Life, is pleased to offer **Universal Class**, a unique and powerful online learning and continuing education service.

RISE members join over 300,000 students around the world who have benefited from Universal Class' unique instructional technologies. With real instructors guiding the learning, engaging video-based lessons, a collaborative learning environment, (graded lesson tests and certificates of achievement, if needed) and Continuing Education Units available for selected courses, students enjoy an engaging and measurable learning experience that helps them satisfy their curiosity and/or master their goals.

With a growing catalog of over 500 courses, Universal Class offers **RISE** members a unique online educational experience. Universal Class offers courses in Exercise and Fitness, Entrepreneurship, Arts and Music, Home and Garden Care, Cooking, Computers and Technology, Health and Medicine, Homeschooling, Job Assistance, Law and Legal, Parenting and Family, Pet and Animal Care...plus 100's and 100's more.

UNIVERSAL CLASS REGISTRATION INSTRUCTIONS

- ◆ Go to riselearning.org and log in to your account.
- ◆ Click the UNIVERSAL CLASS tab.
- ◆ Click on the "Click here to register" link.
- ◆ You will be directed to the Universal Class registration website.
- ◆ You will be prompted to "Enter your Library Card Number."
****NOTE** your library card number is your 4 digit RISE member number!**
- ◆ Click the green "GO" button.
- ◆ Step 1. Choose Username and Password- You will create a username and password. This is what you will use to log into the Universal Class website.
- ◆ Step 2. Enter Email Address- You will need a valid email address to access Universal Class.
- ◆ Step 3. Enter Member Information- You will be prompted to enter your personal information.
- ◆ Final Steps- Agree to the Terms of Service and click "Continue."

You are now registered for Universal Class and may begin selecting courses!

***Before selecting your courses you will need to verify your email.**

NEW MEMBERS—How to Join RISE

**It's Easy. And only \$65 per year (July 1—June 30)
Join March-June and your membership is good through June 2019!**

We're glad to see that you are interested in joining RISE! To do so, please come into the Rio Salado Lifelong Learning Center located at 12535 W. Smokey Drive (next to the Windmill Inn). The front desk staff will be happy to set up your membership, give you an Annual Guide, a membership card, and give you a chance to see the Rio Salado campus where our classes are held. We like the personal touch, and your coming in to join gives us a chance to meet you!

To join by mail, complete the application on the next page and mail your check and application to the address above. No checks will be accepted without an application. You can pick up your Annual Guide and membership card when you come into RISE.

Membership year runs July 1st through June 30th for only \$65 per year. After you pay your dues there are no charges for classes. Rise adheres to the Rio Salado "No Refunds" policy. We look forward to meeting you! Dues can be paid by check, cash, credit or debit card. (Exact change please, if you bring cash.) You can also join over the phone with a credit or debit card. If you join March-June, you get the extra months free!

It's time to RENEW your Membership!

(Current Members only)

RISE IS GROWING AND EXPANDING! We are offering more Friday classes, extended summer sessions and Universal Class. Universal Class is free to all members and offers 500+ additional classes you can take online on a schedule that suits you. The Council has surveyed numerous lifelong learning programs in Arizona and has found that RISE easily remains the *premiere* program in the Valley of the Sun, offering more classes, more sessions and more special events than any other. We are proud to be the least costly and most comprehensive program of our type. Dues are only \$65.00 per year and the Membership year runs from July 1 through June 30. As always, once you are a member there are no additional charges for classes.

Please renew your membership before June 30, 2019.

TELEPHONE NUMBERS TO REMEMBER:

Rio Salado Front Desk 480-377-4251

Becky Schroeder, Coordinator, 480-377-4262

Cathy Sheredy, Assistant, 480-377-4296



_____ New Member
 _____ Renewal: (Member # _____)
 (Member # _____)

Office Use Only

Check # _____ Amount \$ _____ Check Date _____
 Credit Card Name _____ Amount \$ _____
 Cash Amount \$ _____ Date Payment Received _____
 Initials _____

RISE Learning for Life
Rio Salado College Lifelong Learning Center
12535 W. Smokey Drive, Surprise, AZ 85378
480-377-4251

NEW MEMBER APPLICATION/RENEWAL APPLICATION (\$65 per year per member)

Membership from 07/01/____ to 06/30/____

Dues of \$65 are payable by July 1 each year. Members must be paid in full to participate in classes and activities.

CHECKS PAYABLE TO: RISE LEARNING *RISE adheres to the Rio Salado **no** refund policy.*

Name: (first) _____ (middle init.) _____ (last) _____
 Birth Date: ____ / ____ / ____

Name: (first) _____ (middle init.) _____ (last) _____
 Birth Date: ____ / ____ / ____

(Please use complete legal name. No nicknames.)

Address _____ City _____ State _____ Zip _____

Phone: _____ **Cell :** _____

E-Mail: _____

Update your profile online or contact RISE if any of your information changes.

RISE adheres to the Rio Salado no refund policy.

CHARTER MEMBER RENEWAL(S)
(Membership number 2000 and lower \$35.00)

REGULAR MEMBER RENEWAL(S)
(Membership number 2001 and higher \$65.00)

Renewal Membership: Stop Here **New Membership: Complete Form**
Year round resident? Yes No **From** _____ **To** _____ (months)
If No, Second Address

Are you in the U.S. on a Visa? Yes No **If so, what type?** _____

How did you hear about RISE? _____

NEW MEMBERSHIP # _____
 # _____

Office use only

Data entered by: _____ Pymt entered by: _____
 Made copy of chk: _____ Checked by: _____

Be Our Guest!

Please use this Guest Pass to try a class at RISE.

MEMBERS— We encourage you to use as many guest passes as you like to invite your friends, family, neighbors to come and enjoy a class at RISE! If you need more passes, please see the RISE staff.

Guests may come to one class or attend one session of a multi-session course and try us out. We think you will love RISE and want to become a member.

Each individual guest may use only one Guest Pass per year (July 1-June 30)

The RISE Guest Pass does *not* guarantee you a seat. Some of our more popular classes may be full and, due to fire code capacities, we will be unable to seat you. As always, paid RISE members are seated first.

Please call RISE at 480.377.4296 or 480.377.4262 with any questions.



Please fill out the RISE Guest Pass before your arrival to expedite your entry into class.

Guest Pass

Present to RISE staff upon arrival.

NAME _____

ADDRESS _____

May attend one class/one session of a series if open seats are available. One pass per guest per year.

(Class number, name and date)

May we contact you? ___ Yes ___ No

Phone: _____

Approved by RISE _____

Rio Salado College Surprise

Authorized by: *RISE Governing Council*

12535 W. Smokey Drive

Surprise AZ 85378

(480) 377-4296

Revised 7/18

RISE DISCLAIMER

Welcome to RISE. We hope you enjoy the classes we have provided for you this term. We try to cover a variety of topics and include different perspectives. RISE/Rio Salado College neither endorses nor opposes the information presented in classrooms. We provide it as a purely educational experience allowing you, the member, to determine the value of the content. Any views or opinions expressed are solely those of the presenter and do not necessarily represent those of RISE Learning for Life. This information is not intended or implied to be a substitute for professional financial, legal, medical, or mental health advice. Content is merely information — NOT ADVICE.



CROWD RELEASE

By attending classes and entering the classrooms of Rio Salado/RISE you are consenting to be interviewed, photographed or recorded by audio and/or video. You are also permitting the release of any of the above for publication or reproduction for webcasts, promotional purposes or advertising on websites, social media or any other purposes. You waive any claims for payment or royalties in connection to use of same. You have been fully informed of your consent, waiver of liability and release before entering the event.

CODE OF CONDUCT

RISE adheres to the established Rio Salado Code of Conduct as well as local, state, and federal laws. RISE specifically prohibits the disruption of classes or RISE activities, abusive treatment of others, theft or dishonesty, and the failure to comply with RISE policies. Membership, presenter status, or leadership positions may be revoked by the Governing Council for breaking the Code of Conduct, dereliction of duty, breaking protocols or violating Presenter Guidelines. Depending on the severity of the situation, a three step process should progress from a documented verbal warning, to a written warning, to the final step of removal from the membership or position by the Council. Extreme disruption may result in immediate removal by onsite security.

**Thanks to our RISE Presenters who
volunteer their time in support of lifelong learning.
We appreciate their efforts!**

Renee Aguilar is the Museum and Education Specialist at the Historic Sahuaro Ranch in Glendale, AZ. With over 13 years working in Arizona museums, she has a passion for preserving Arizona's cultural and historical resources, while providing meaningful opportunities for the public to engage with history to connect the past to their lives today. She received her M.A. in Museum Studies from the University of Newcastle Upon Tyne and her B.A. in Anthropology from Arizona State University.

Skip Albright MA, CHt., is a Surprise, Arizona-based Certified Hypnotherapist certified by the National Guild of Hypnotists. He received his training in hypnosis and hypnotherapy from the Knightsbridge Institute in Portland Oregon. He has also received specialized training in areas such as Emergency Hypnosis, Post-Traumatic Stress Disorder, Self-Hypnosis, and Pain Management to name a few. He is also a member of the Arizona Society for Professional Hypnosis. He earned a Master of Arts Degree in Management from Webster University and a Bachelor of Sciences Degree in Human Services from Thomas Edison State College. Skip is a retired Special Agent from the Air Force Office of Special Investigations where he conducted criminal, fraud and counterintelligence investigations worldwide. He was also an instructor and course manager at the Special Investigations Academy in Washington D.C. Skip has a private Hypnotherapy practice in Surprise, Arizona, [Skipnotherapy LLC](http://SkipnotherapyLLC.com), and focuses on assisting clients in making life-improving changes for a variety of psychological and physiological issues including but not limited to pain management, weight reduction, smoking cessation, anxiety, depression, fears and phobias, self-confidence, sports improvement, etc. Skip can be reached through his website, www.skipnotherapy.com, on Facebook, or by email at Skipnotherapy@gmail.com.

Dr. Braden R. Allenby is currently Lincoln Professor of Engineering and Ethics, and Professor of Civil, Environmental and Sustainable Engineering, and of Law, at Arizona State University. He is the founding director of the Center for Earth Systems Engineering and Management, and the founding chair of the Consortium for Emerging Technologies, Military Operations, and National Security, at ASU. He is also an AAAS Fellow, a Batten Fellow in Residence at the University of Virginia's Darden Graduate School of Business Administration, and a Fellow of the Royal Society for the Arts, Manufactures & Commerce. He was the U.S. Naval Academy Stockdale Fellow in 2009-2010, a Templeton Fellow in 2008-2010, and the J. Herbert Hollowman Fellow at the National Academy of Engineering in 1991-1992. His areas of expertise include industrial ecology, sustainable engineering, earth systems engineering and management, and emerging technologies. His latest books are *Industrial Ecology and Sustainable Engineering* (co-authored with Tom Graedel, 2010), *The Theory and Practice of Sustainable Engineering* (Pearson/Prentice-Hall, 2011), and *The Techno-Human Condition* (with Dan Sarewitz, 2011).

Karla M. Averill, M.A., ALM is the Executive Director for MorningStar of Glendale and has been operating senior living communities for the past 8 years. Karla's past work experience includes behavioral health, hospice, the Area Agency on Aging, the Department of Health Services and the Governor's Office. Ms. Averill earned her Bachelor's Degree in Social Work from Northern Michigan University and her Master's Degree in Clinical and Humanistic Psychology from the Michigan School of Professional Psychology. Karla is active in her church and is a Board Member with the Assisted Living Federation of Arizona (ALFA).

Naomi Malter Brand, B.A. is a Certified Thermographic Technician and Professional Member of the Professional Academy of Clinical Thermology (PACT) and Breast Thermography International (BTI). She is an active practitioner with the Malter Institute where they focus on the Mind Body connection for better health, utilizing Hair Tissue Mineral Analysis (HTMA), Thermography and Life Coaching to help clients understand underlying causes for health issues. Naomi presents holistic preventative health education for her clients and the communities she works in throughout Arizona.

Mark Brown earned a BA in United States history from the University of Wisconsin-Superior and received his MA from Old Dominion University. Upon graduation, Mark worked for the city of Trenton, NJ, in formation of that city's participation in the United States Bicentennial celebration, and later pursued a career in journalism. While working as a sports editor, Mark received Honorable Mention by the Associated Press Society of Ohio for his commentary. Currently, he is writing a scholarly account of the American decision to participate in the 1936 Olympics and awarded a research grant in this area from Herbert Hoover Presidential Library.

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

Jeffrey H. Burg, CRPS®, **CRPC®** is a Chartered Retirement Plans SpecialistSM and a Chartered Retirement Planning CounselorSM. He has over 20 years of financial services industry experience serving as a Vice President for AIG, Transamerica and Wachovia Bank prior to joining DB Financial Partners. Jeff also serves as the Chairman of the Public Safety Personnel Retirement System Local Board for the City of Scottsdale and was named as one of the Valley's 40 under 40 by the Phoenix Business Journal. Jeff attended Arizona State University in Tempe, Arizona and received both of his designations from the College for Financial Planning in Denver, Colorado.

Martha B. Burruel received her Master's in Elementary Education in 2005 from the University of Phoenix. Her experience spans over 25 years working in the health education arena. She has been with the Alzheimer's Association for over 6 years as the Community Resource Manager where she manages education programs and supports groups and trains/works closely with volunteers.

Heather Chapple is the Community Liaison for Hospice of the Valley.

Dr. Diane Holloway Cheney, Ph.D. is a retired nurse/psychologist, current board member of two local fire districts of Sun City West, and board member of ONN (Our Neighbor Network) and wrote 20+ books. She attended London School of Economics, Sorbonne (Paris), Texas Woman's University and University of California (for extra training in forensic psychology). Diane was an instructor at Southwestern Medical School Dallas, TX; Director of Psychiatric Hospital in Waxahachie, Texas; City of Dallas Drug "Czar" Coordinator; developer of first Assessment Center for high ranking uniformed officers of Dallas Police Dept., management consultant for 17 national companies and two U.S. governmental organizations consulting with city governments dealing with major drug problems and consulting with police officials in Calgary, Canada. She is a member of the American Psychological Association, Arizona Psychological Association, International Association of Police Chiefs, International Association of Fire Chiefs, American Nursing Association, and American Academy of Sleep Medicine. Some books: *The Mind of Oswald, Dallas and the Jack Ruby Trial, Analyzing Leaders, Presidents and Terrorists, American History in Song, and Authors' Famous Recipes and Reflections on Food.*

Richard Ciesla is a 33-year veteran of the Massachusetts Fire Service. He served on the Southbridge, Ma Fire Department for 33 years as a career firefighter and retired as Chief of the Department in 2012. He holds a bachelor's degree in fire science. Richard is a nationally certified Fire Officer IV, credentialed as a Fire Chief by the Commonwealth of Massachusetts and a graduate of the UMass Donahue Institute's Chief Fire Officer Management Training Program. Mr. Ciesla's structural fire and explosion investigative experience for various types of occupancies has given him an in-depth knowledge of building construction, fire behavior, and post investigation techniques for analyzing fire cause and origin. His full-time experience in the fire service, building construction and hazardous material field spans more than thirty years. Mr. Ciesla has over 35 years' experience in the Fire Service & Fire Investigation Profession with extensive experience, specialized knowledge, and achievement in areas of Fire Investigation and Fire Management.

Audra Colson's purpose is to help animals and people in and around her community. Her journey is Chance Shelter.

Robert Corbin is President of Safety First Financial and insurance solutions and specializes in fixed annuities for seniors to help his clients achieve safety of principal and competitive rates of return. Robert has personally sold over 200 million dollars in fixed annuities and is recognized as an authority on the subject. Robert has been seen on CBS and heard on various radio programs. In addition, he has authored various newspaper articles on the subject of annuities for focusing on the use of annuities to help for additional income and multiple tax benefits. Robert was given the high honor of becoming the featured advisor for a national publication "Senior Market Advisor" seen all over the country.

Beth Cornell has been meditating for over 30 years. Beth owned Arizona Energy Wellness LLC, during which she facilitated meditation classes, wrote for several publications and offered private sessions at her office in Surprise, AZ. With a love for sharing the benefits of meditation and offering a steady grasp of foundational principals, Beth can skillfully impart with simplicity and understanding to students of all levels of practice. Since closing her business, she has turned her attention toward non-profit endeavors. She lives with her husband and one cat and enjoys traveling as much as possible.

Ervin Cutwright is a former coach, collegiate and professional athlete, and active community member. He serves on the boards of the Arizona Community Foundation, the West Valley Foundation, the Southwest Prostate Cancer Foundation, the Glendale Community college President's Circle (serving the last four presidents) to assess the need for improved college retention and attainment and to chart a course for improvement, and the Arizona African American Advisory board of Faith Based Leaders. He is also an emeritus member of Northwest Black History Committee. Cutwright previously served as a member of Theater Works, West Valley Fine Arts Commission, Youngtown Public Schools and other local boards and commissions. In 2008, a student scholarship was named in his honor at Glendale Community college and the University of Phoenix. Cutwright was also awarded the Dr. Martin Luther King Jr. "Living the Dream" Award, the NAACP "Community Awareness Award," and numerous other community awards for serving his local community. He currently works for the city of Surprise in the Human Services and Community Development Department and previously held private, state, local and non-profit leadership positions for more than two decades. Ervin and wife Nicki consider themselves "lifelong learners" and are the parents of five children that are college graduates.

Dr. Stephen P. Davis is a full-time Lecturer in the College of Integrative Sciences and Arts at ASU, where he co-teaches a "Cultural and Chemical History of Beer" course together with Matthew Rodgers, who is a (craft beer) home-brewer among his other claims to fame. Dr. Davis is a coach in ASU's "Academic Bowl" tournaments, and he is also involved in Omicron Delta Kappa (the service and leadership honors society), mentoring programs, honors projects, and study abroad programs. He holds a Ph.D. in Anthropology from the University of Illinois at Chicago, as well an M.A. degree in Anthropology and an M.A. in Urban and Environmental Geography.

David J. Dobrusin, CPA, CFP® is a Certified Public Accountant and Certified Financial Planner™. Prior to DB Financial Partners, he spent time with the investment firms of RBC Wealth Management and American Express Financial Advisors. In addition, he spent many years with the public accounting firm of Rothstein Kass & Co. which was acquired by KPMG in 2014. As a CPA and CFP®, David delivers a practical combination of financial and tax planning. David attended the University of Southern California in Los Angeles. He graduated with a degree in Business Administration with an emphasis in Finance as well as a second degree in Accounting.

Rex Duffin, CRMP, Certified Reverse Mortgage Professional entered the mortgage industry in 1978 and has been a VP with Sun American Mortgage Company since 1984. With a background in FHA underwriting training, construction lending and Reverse Mortgages, Rex has abundant knowledge as a mortgage advisor. Rex has been well received at Rise Learning.

Kimberle M Dyer and Pamela B Prine are co-owners of Keystone Capital Management Group, LLC, in Glendale, Arizona. Keystone is an investment and retirement planning firm committed to 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. It is important to help people understand the unique challenges that exist relative to investments and retirement income planning in the volatile times ahead.

Lanae Enriquez is the Founder of Blu Bliss Botanicals and Co-Founder of the CBD Sister's, a positioning brand for cannabinoid education and cannabis products. Their clients are from every walk of life and what makes them unique as an up and coming brand, they do not specifically only serve the audience that holds "Medical Patient Cards" that limits them on who they are able to help if they were to only focus on that demographic of resident. One motto they live by is that "If it is not safe enough for my child then I do not make it available to the community." They put time into researching what makes these product lines superior and do not carry the superstore mentality with their business practices. Blu Bliss Botanicals has become an official partner location of many reputable retail cannabis products. Acquiring these partnerships have been not only important to us but the clients they serve within our community. After dedicating the last several years to research into cannabinoids and the benefits, and understanding the biology of plant genetics, it was important that the information be shared correctly within the community, Before devoting time into Blu Bliss Botanicals, Lanae Enriquez was successfully a former private investigator here in the state of Arizona, and formerly worked in the security industry with a focus in loss prevention and security protocols for one of the largest medical marijuana dispensaries in Arizona.

Shel Fanelli is a dynamic educator with a passion for the wellness of the planet and those who live in it. She has a desire to guide others to their best, fully expressed, life using her skills and training in nutrition, spiritual counseling, meditation, homeopathy and yoga. Shel is also a transformational coach and is the founder of Shel's May Coach, LLC-transformational wellness coaching, retreats, guided meditation and yoga instructor.

Dr. Lena Fernandez is a Board Certified, Licensed Naturopathic Doctor in the state of Arizona. She is the CEO and founder of a thriving clinic, Moringa Natural Health Center located in Sun City, Arizona. In addition to completing postgraduate studies in general family medicine, Dr. Fernandez has advanced training in Anti-Aging Medicine, Bio-identical Hormones, and Natural Regenerative Medicine such as Platelet Rich Plasma and Stem Cell Therapy to eliminate pain and enhance longevity. Furthermore, Dr. Fernandez's passion is to inspire, empower, and transform lives with natural solutions. For this reason, she trains and educates people globally on how to regain health and stay well from within. Her personal life journey began in Europe-Kosovo, where she was born and grew up on her family organic farm.

Robert Ferro is the Arizona Coordinator for the Association for Research and Enlightenment (A.R.E.) a non-profit international organization dedicated to researching holistic modalities for personal growth. Bob holds an MBA in business management with a minor in personnel psychology and personality types. As a member of A.R.E. since 1965, he held various leadership positions and duties within the organization. Presently his duties include being the liaison between the Headquarters in Virginia Beach, VA and the Arizona A.R.E. Community. He is entrusted to spearhead programs, workshops, retreats, and community functions on behalf of the A.R.E. Over the years, Bob participated, and led, various research projects including: dreams, meditation, leadership development, group dynamics and the art of balanced living, primarily by implementing the volumes of information found in the psychic work of Edgar Cayce.

Rose Ferro has an extensive background in the field of health care, ministry and transpersonal psychology. She initiated a career in nursing at the International Missionary Training Hospital in Ireland and pursued Theological Studies in the Boston area. Rose holds certificates in Women's Studies and Health and Wellness, awarded by ASU's Center for Lifelong Learning. She is also a graduate of Rio Salado Community College Chemical Dependency Counseling Program. Presently, Rose is a member of the A.R.E. community core team, responsible for presenting programs and conducting Spirituality Groups, and she has been a RISE presenter for the past 8 years.

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. Larry has over 20 undergraduate and graduate hours covering Shakespeare and his work, including a summer of study at the Bread Loaf School of English at Middlebury College. He has seen or read all of Shakespeare's plays.

Charlotte Fox is a 70-year old widow who faced many challenges when her husband died unexpectedly. The pain of loss and not knowing what to do is overwhelming. While in counseling, she witnessed the financial and emotional mess that lack of planning created among many of her new friends and decided something had to be done to protect the survivors. She recruited several professionals and compiled a workbook that would prevent the problems most are faced with upon the death of a loved one. She believes that planning for your death and having everything lined up for your survivors is the best gift you can give to your family. Charlotte invites you to hold her hand as she helps you navigate through this maze.

Laurie Fox has been in the non-medical field since 1999 in Maricopa County. She is a Certified Senior Advisor (CSA); trained as a *memory care trainer* for Banner Alzheimer's Institute as well as a facilitator for many of Duet's (local 501 C-3) caregiver support groups. She also serves on the Board of Directors of Sierra Winds in Peoria, is on the management team of the West Valley Professionals' Roundtable and in addition is a facilitator of a large, women only, networking group in Sun City. Laurie enjoys working at Homewatch Caregivers assessing cases and helping families find solutions for their loved ones. She always says, "it's personal" as she was the POA for over seven years for her mother who had Alzheimer's Disease. Laurie resides in Peoria, Arizona.

Dr. Timothy Gerhart, D.C., D.A.B.C.I., Dipl Ac., is the Founder and Director of Renovare Wellness by Design and Renovare Brain Peak Performance, located in nearby Peoria, Arizona. He has over 30 years of experience in teaching physicians and patients how to put together the puzzle of why they suffer with chronic disease. He uses colorful slides and stories to teach how to deal with the root causes of most chronic diseases, so patients can enjoy high level energy, vitality, and wellness. Dr. Gerhart is the author of two books: "7 Secrets to Wellness" and "Change Your Brain; Transform Your Life".

Dr. David Gershaw is a retired professor of psychology from Arizona Western College in Yuma, where he taught for almost 40 years. He still does online tutoring and gives talks to classes and various organizations. He is also a returning presenter for RISE.

Charles Gill is the Director and Senior Instructor at the Southwest Center for Taoist Studies. He is a 40+ year practitioner and over 30 years teaching experience in Tai Chi and Qigong. Mr. Gill began his studies in Tucson Arizona. After 10 years of study he moved to Phoenix, Arizona where, with his teacher's permission, opened the Southwest Center for Taoist Studies. Mr. Gill has studied with several masters here in the United States and has studied in China. He teaches Tai Chi both as a martial art and a healing exercise. He is currently focused on the healing aspects of Medical Qigong and has developed a system for improving bone density and is currently working on a Chinese Healing Exercise program for Parkinson's Disease.

Richard Gira is a retired architect and educator, and a native of Indianapolis, Indiana. He received an A.A.S. and B.S. from Purdue University and a M.S. from Indiana University. He has addressed many church, social and business groups throughout the Sun Cities area on such topics as: Hollywood and the Movies, Hollywood Goes to War, Women in the Armed Forces, the Economy, Growing Old, The Failure of Our Public Schools, the Redistribution of Wealth, the B-29 Bomber, America Discovers Columbus, and Our Crazy English Language. He was previously Chairman of the Friends of the R.H. Johnson Library Film Committee for thirteen years, which produced the Thursday Night Movies at the Stardust Theater in Sun City West.

Eleanor Gobrecht entered Heidelberg College as a musician and slipped into drama, with her BA, MA, and Ph.D., focusing on Theater, Speech, American literature, and ESL. She taught at the University of Arizona and several California universities. Unwilling to give up on a 10-year sailing adventure in the South Pacific, she surrendered her tenured professorship. She taught English in Tokyo universities. She was an RV traveler and Work-Kamper in West Coast RVs. Throughout her life she was a choir singer and brass player and retired from Mesa City and in 2016.

Clare Goldsberry is a journalist and author by profession, and a life-long student of religious and spiritual traditions that include studies in Judaism including Kabbalah and Hebrew classes; Christianity (including beginning a Masters in Divinity); Gnosticism, and the Eastern spiritual and philosophical traditions of both Hinduism and Buddhism. She is also engaged with the many esoteric traditions of the Ageless Wisdom including the Hermetic writings, and the Theosophical writings of Mdm. H.P. Blavatsky. Clare is eclectic in her own practice and development of her personal theosophy, believing that all paths are connected to the One, however she is a practicing Buddhist of more than 20 years. Her teaching style is light and engaging, even humorous as she encourages students to find their own Personal Truth.

John Hartnedy received a Master of Theological Studies degree from the Franciscan School of Theology in 1997. The Franciscan School of Theology is a member school of the Graduate Theological Union in Berkeley, California. His Master's thesis on Non-violence was approved in 1996. Mr. Hartnedy taught at Bourgade Catholic High school in Phoenix from 1994-2001. Courses taught include: Christology, Gospels, Church History, World Religions, Ethics, and Social Justice. He also taught Economics, World History, Government, and Social Sciences. From 2001-2004, Mr. Hartnedy worked at a non-profit providing housing for low income individuals. From 2005-2010, he operated a SuperShuttle franchise.

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. By using a variety of methods including Advanced Language Techniques, hypnosis, neuro-linguistic programming, and energy therapies combined with curiosity, intuition and practicality, she helps people bridge the gap between what they know and what they think they know. As owner of the Healing Intention Community, a healing arts clinic in Sun City, she creates space for people to accelerate healing and reinvent themselves. Her teaching style is provocative, funny and empowering. Sandra holds a variety of professional healing arts certifications and is currently a candidate for her PhD and Doctorate in Natural Medicine. She is researching Digital Homeopathy, the delivery of medicine through sound, for her dissertation and is excited about sharing this new technology with the world. Sandra, a Sun City resident, is a speaker at RISE Rio Salado Community college, PORA and other local community organizations.

Jan Hochstatter and her husband, Tom, are from Oregon. With degrees from Portland State University in hand, they moved to Eugene where they both started teaching. He spent 30 plus years with School District 4J. Jan taught for a while, but then retired to be a full time Mom. They moved to Sun City West in December 1991 where Jan expected to read a lot and travel. It didn't work out that way. In September of 1992 Jan began her long association with the Westernaires Chorus, first serving as the accompanist, a position she held for 13 years. In September 2005 she accepted the position of director and for 10 years had a wonderful time planning and directing the concerts. She retired from that position in April 2015. Jan began collecting sheet music many years ago because she just loved it. She remembers all those sheets in the piano bench that were far more interesting to her than the actual piano lesson she was supposed to be practicing. Now, however, sheet music is one of those things that is rapidly fading from popularity. While there are still those of us who remember, Jan wants to share a little bit of the HISTORY from all the really old sheets, a whole lot of NOSTALGIA from the sheets of the 30's, 40's, 50's and from the movies that she saw and remembers (and she hope you do too). Together let's take a trip down memory lane with sheet music as our guide.

Kathy Inman is the Executive Director of MomForce AZ, a nonprofit organization for cannabis education, harm prevention, and whole health solutions. She has been running pro-cannabis (marijuana) organizations in Arizona since 2008 and has been delivering her research to officials and citizens across our state through public education, meetings, and seminars.

Robert Jeckel is a native of New Jersey and a practicing attorney in Sun City. He is a frequent speaker and college lecturer throughout the Phoenix area and is a returning presenter for RISE. We value his experience, expertise and willingness to enrich our program with his knowledge.

Steven Kahn has been teaching computer classes to beginners and seniors for over 18 years. He makes classes easy and fun with extreme patience. Steve speaks in plain, easy to understand, non-technical language and loves what he does - it shows during the classes!

Michael Kapic is retired business executive with a bachelor's degree from Auburn University. He has been studying and researching history and economics for many years. 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.

Brian Keep has been in the insurance industry since 1986. He started his career at Allstate on Long Island New York, and held many positions ranging from Operations Manager to Territorial Manager. Subsequently, Mr. Keep held positions with agencies and companies from 2000 to 2011 involved with Health, Life, Medicare, and many other insurance products. In 2011 Mr. Keep started an agency dedicated to Medicare, Health, and Life with his wife and other family members. The Agency's mission is to provide educational consultation for people currently in Medicare and those preparing to enter Medicare. With this mission as their main focus they now have 2,500 clients they call family.

Reggie Knight is a returning presenter at RISE. She is a favorite instructor for knitting and loom knitting.

Claudia LeBaron Islas is a Writer, an Emotional Healer, and a Spiritual Teacher, who believes that the key to a truly meaningful and fulfilling life is to learn to deliberately choose the thoughts and emotions we want in our lives. She also believes that it's never too late to start healing and improving ourselves. Claudia has an Industrial Engineering degree from Arizona State University, certifications in Energy and Emotional Healing, and a certification as an Intuitive Coach. She has integrated her bachelor's degree and certifications with the spiritual knowledge she has learned, and continues to learn, from her enlightened Spiritual Teachers to pass it on to those who are ready to hear.

Currently, she's helping men and women to release their emotional blocks and emotional hurts they've been carrying in their bodies since childhood. She also teaches them to be aware of their emotions, so they know how to process them, release them, and manage them. Claudia loves it when people find their own personal truth, feel empowered, and take back the control of their lives. You can learn more about Claudia in her website www.claudialebaron.com.

Hal Lind has lived in Sun City West for 28 years. He has served on many Boards including: PORA (President), SCW Governing Board (Vice President), Sun Cities Historical Society, Engineering Club (President), Sun Health and Rotary (President). He started as a design engineer and retired from Hughes Aircraft as a Chief Scientist of its Communications Division.

He was a member of the GM SunRaycer team that built a solar powered car that raced across Australia (and won). Hal holds degrees from the University of Illinois and USC, has lectured at UCLA and Cal Tech and has five patents. He currently hosts and shows the Thursday Night Movies at the Stardust Theatre.

Gary A. Loeb recently retired after a 39-year career as an electric power generation engineer and is now a docent with the Arizona Challenger Space Center, where he is assisting with development of the Center's new facility, soon to be built in the metropolitan Phoenix area. Gary is originally from the east coast and has a BS in Chemical Engineering from Worcester (MA) Polytechnic Institute.

Denice Machado is currently retired, having moved with her husband to Arizona from Seattle three years ago. Prior to her retirement, Denice was a motivational speaker, coach, and trainer for Weight Watchers, and also helped run her husband's insurance agency. She currently is enjoying presenting and attending classes here at RISE.

Shirley Mahood is a former teacher of English, public speaking and psychology. For the past twenty-five years she has been leading workshops, teaching classes and doing retreats both here and in England. Her book "MAKING OUR LIVES WORK, STRATEGIES TO LESSEN STRESS AND BUILD SELF-ESTEEM" is the basis for her teachings. Shirley's classes are a way of teaching people to take control of their lives.

Janet Maley has not always lived in Arizona, but it is the longest she has lived in one place with 36 years (the last 34 in Sun City West). On June 1, 2012 she became an independent demonstrator for the internationally known company, "Stampin' Up!" She loves being able to show and teach others how to create beautiful cards, 3D paper projects, and stamping techniques using the wonderful supplies and tools that Stampin' Up! Has to offer. The coordination of their card stock, designer series paper, ribbon, inks, and embellishments make it very easy to become addicted to making beautiful projects.

Anna Mancilla is a Certified Clinical Hypnotherapist. She has received multiple certifications in the field of hypnosis and energy healing. She has completed courses at SWHA (South West Institute of Healing Arts), ICBCH (International Certification Board of Clinical Hypnotherapy), The Healing Arts Connection, Donna Edden – Energy Medicine, along with a few others. Anna is also a Reiki Master Teacher/Coach, Theta Healing practitioner, and EFT Coach. One of her passions is to share her knowledge with others. She has spent a large part of her adult life teaching and tutoring young children. She now finds great enjoyment in sharing her knowledge with adults on how to create positive emotional changes through the process of self-discovery and self-emotional adjustment. She believes that negative emotions and negative self-talk create energy imbalance (or illness) on the physical body. As a Regression Hypnotist, she helps her clients connect with their inner child, and teaches them how to develop and practice self-love. She teaches how to speak in a positive way to create healthy changes in the physical, mental, spiritual, and emotional bodies for a happier and fuller life. She is now serving in two locations, Sun City and Goodyear.

Maria Mandarino, LAc, DipAc (NCCAOM), LMT, MSeD is a licensed acupuncturist, massage therapist, and educator who has worked in holistic and traditional medicine for over 20 years. She is the owner of Spirit Point Acupuncture in Sun City. Maria has had advanced training in myofascial release therapy and craniosacral therapy. She is also a practitioner and instructor of AMMA Therapy®, a style of Korean bodywork that includes pressure points. In addition to her work in the healing arts, Maria is also a certified spiritual director. In her spare time, she enjoys music, reading, writing, yoga, and Qi Gong. Maria is originally from New York, has lived in Denver, and now makes her home in the West Valley.

Patricia Martin, Licensed Acupuncturist Extraordinaire, M.A., in Communication, has been deeply involved with Asian medicine since 1980, practicing Acupuncture since 1991 in Florida, Georgia and Arizona. She has been a Visiting Instructor and on faculty at four acupuncture schools, on the board of Florida and Arizona professional acupuncture associations and appointed by the governor of Arizona to the Arizona State Acupuncture Board of Medical Examiners. Patricia was commended and thanked by a sitting President of the United States for her comments to him on acupuncture. Her most recent advanced training includes Biophysics and Vector Theory in the use of acupuncture, the Development and Aging of the Brain and Master Kawaii's Diode Rings, and she participates yearly in Acupuncture volunteerism at Arizona StandDown, a 2-day annual event providing acupuncture to over 300 (mostly homeless) veterans. She has a private practice in the West Valley. Since 2006 she has been teaching at RISE and remains a member favorite.

Dr. Greg McWhorter is a chiropractic/naturopathic doctor who has been in practice for 22 years. With a psychology degree from UA, and a Doctorate of Chiropractic from Palmer College of Chiropractic, Dr. McWhorter is also a fellow of the International Academy of Clinical Acupuncture and a member of the Arizona Chiropractic Association. He has extensive post-graduate training in Acupuncture, Clinical Nutrition, Kinesiology, Homeopathic Therapy and more.

Theodore (Ted) R Meyer III, RFC®, is the president and founder of Coventry Financial Group, LLC. For over a decade, his advisory services have helped individuals of all ages to achieve retirement and financial security through sound wealth management strategies. In addition to managing money and giving investment and diversification advice, Ted offers a unique approach to Retirement Tax Strategies and distribution. His comprehensive approach surpasses traditional financial planning by accentuating the importance of securing his client's financial future. Theodore is a Registered Financial Consultant RFC, and a member of the National Association of Insurance and Financial Advisors (NAIFA). He carries a Series 65 Investment Advisory Representative license as well as his Life and Health Insurance licenses. Ted is also a member of The Society for Financial Awareness (SOFA), a 501c3 non-profit public benefit corporation. He donates time in the community conducting no-cost, no obligation financial seminar workshops to individuals, companies, and organizations. These events are designed to educate and help attendees understand and address a variety of financial topics and concerns. A native of Chicago, he and his wife Stacey have two children, Joseph and Ella. They currently reside in Scottsdale where Mr. Meyer is very active in the community. He is a member of the Knights of Columbus, Chapter 12313, the Central Arizona Estate Planning Council (CAEPC) and the Catholic Communities Foundation Professional Advisory Board.

Nydia Montijo is the Outreach Coordinator at the Foundation for Senior Living (FSL), since January 2017. She has a Masters of Public Health in Community Health Practice and almost 40 years of non-profit health and human services experience, 20 of those focused in gerontology. She has most recently had hands-on experience as a caregiver of both her parents, from 2008 until 2015, while also being the Administrator of an older-adults long-term care facility. Her presentations are in large part based on that experience, as well as her professional development.

Marcus Moran graduated from the University of Utah in 2001 with a Bachelor's Degree in Organizational Communication. Prior to becoming a licensed insurance professional in 2013, Marcus spent 7 years in the Assisted Living Business in the Sun City area. It was during this time period that Marcus gained valuable and practical experience in the inner workings of both Medicare and Long-Term Care, through helping families navigate the difficult process of enrolling their loved ones into assisted living facilities. Through his background in assisted living administration, Marcus also gained a keen awareness of the obstacles that may be present to Medicare and Long Term Care recipients. As a result, Marcus is dedicated to educating the senior community regarding their rights and options in the Medicare and Long Term Care fields, in order to effectively equip seniors with the information they need to be prepared.

John Mullen was raised in California, spent twenty years in Colorado and has lived in Surprise for the last four years. He is a retired Mortgage Banker. John spent four years in the Marine Corps where he was a helicopter and jet engine mechanic. Though he has only been exploring the RC (radio control) hobby world, and more specifically "drones" for the last twelve months, he has a wealth of knowledge and engineering experience he enjoys sharing. He spends his time now building custom drones and teaching flying lessons, from his home office in Surprise.

Dave Newman has worn many hats: gardener, pool cleaner, grocery bagger, produce lug stacker, tutor, teachers' aide, electrician, and quality control technician but never a butcher, baker, nor candlestick maker. He then found his true calling as a software developer which allowed him to become simultaneously self-employed and semi-retired at 27. He filled his semi-retired free time by volunteering at homeless shelters, libraries, rehabs, non-profit organizations, and food banks among others. Although a native Californian, he moved to AZ in 2012 to assist in caring for his disabled mother. He takes a certain amount of pride in being fashion dysfunctional, follicly-challenged, and pop-culture illiterate. In his early 30's life's mysteries such as "Who am I?" and "Why am I here?" gradually began occupying his mind eventually taking up permanent residence. Finding answers led him to philosophy in general and metaphysics in particular. Dave plans on living to 120 (minimum!) so stays fit by playing golf, weight training, and eating a healthy diet. He's known to make a mean clam chowder along with a killer cheesecake. Semi-retirement also allowed Dave to complete over 200 units of college work. Unfortunately, no school offered a Ph.D. in "having fun" so he never graduated.

Paul Noble is a Holocaust survivor and a member of the Phoenix Holocaust Survivor Association, brings his story to life as he shares his story with us. Bringing a reality to what many have only read about, Paul couples this with his message of respect and tolerance for us and future generations. We are honored to have Paul join us at RISE for what will be a moving and emotional talk.

Anita Pinalto earned her Certificate in Plant Based Nutrition after retiring from her Cruise Travel business of 22 years. She now volunteers her time to promote the many benefits of a plant-based lifestyle. Her passion is helping others live healthier lives.

Dr. Cynthia Poppe is a graduate from the Arizona School of Acupuncture and Oriental Medicine (ASAOM) in Tucson, Arizona where she completed her Master's Degree in Acupuncture (MAc) with Certification in Asian Bodywork Therapy/Tui-Na (Cert.A.B.T/Tui-Na), Clean Needle Technique Certification (CCAOM) and CPR. She is a board certified Diplomate of Acupuncture through the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM). She was a student of Dr. Yi Cao of Heilongjiang, China who specializes in Neurology and Psychology. She has completed workshops with Dr. Shi Xue Min of Tianjin, China ("9000 Needles") documentary specializing in stroke and internal diseases. She also has special certification in the Mei Zen Cosmetic Acupuncture System by Dr. Martha Lucas of Denver, CO.

Marilyn Poscic is a nationally known Angel Messenger/Medium/Teacher and Spiritual mentor. She is a returning favorite at RISE.

Kerry Press is a Certified Clinical Thermographer (CCT) and the President & Founder of Thermal Imaging Centers of America™. When Kerry was diagnosed with breast cancer in 2008, she knew nothing about thermography. At that time, she was led down the path of "fear and urgency" by her doctors and chose to have a double mastectomy with reconstruction for early stage DCIS (ductal carcinoma in situ) with no lymph involved, stage 0. She truly does believe that if she had known about thermography, she would still have her breasts today. Though she does have the platform of helping others in her clinics, her true mission is to help others by sharing her story and helping them understand all of the amazing benefits of digital infrared thermal imaging.

Keli Price has taught mathematics and science from elementary to community college level in public, private and home education venues in the USA and Zambia. She has a Chemistry degree from Colorado College and nursing license from Colorado State University. She is a lifelong learner wanting to share her passion for growing moringa in the Phoenix Valley and for inspiring people to challenge their minds/brains to continue to grow. She is the owner of her own business, IntelliBlast, which trains students and small groups/individuals to improve confidence, improve academic performance, and have more focused thinking.

Allen Wood Reamer was fortunate to be born into a long line of artists. He has also been fortunate to know what he wanted to do at a young age and be able to do it. He received a B.A. in art, and a Masters of Fine Arts degree in sculpture. His post-graduate work is in art history and education. Allen developed and taught a great variety of studio art and art history courses for thirty-two years before coming to Arizona. During this time, he was the president of the District of Columbia Art Education Association for ten years and very active for a decade with the National 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 art teacher of the year, a fellowship to China, and upon retiring, letters from a number of politicians. Since coming to Arizona in 1999, he has been able to produce art and teach art history and studio art from the moment he arrived. Allen has taught for Arizona State University for over a decade. He exhibits with the Neu Art Group in Arizona. areamerart@mindspring.com

Dr. Jeff Reed is a retired gerontologist and founder of TJ's Travel Club for Seniors. He draws on his experiences while traveling over one million miles throughout Arizona with the Travel Club he founded twenty-some years ago. Jeff prides himself on knowing about unique and out of the way destinations and experiences and enjoys sharing that information with people who like to explore this beautiful land of ours.

Hugh Renfro is retired from Chevron after a career of 31 years and is CEO of the Arabian American Oil Company (Ret.) He is considered an expert on Saudi Arabia after living and working there for decades. He travels the country speaking at Universities in Maryland, Massachusetts, and New York as well as California and Arizona. He has presented this program for the International Studies programs, the World Affairs Councils and the Navy War College.

Scott Sandell, MBA, is President of the Phoenix 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.

Viola Sanderlin is a graduate student at Arizona State University pursuing a PhD in Biological Design. Viola graduated from the University of Arizona with a degree in Ecology & Evolutionary Biology. Passionate about sharing science with others, Viola is the secretary-elect for ASU's Microbiology Graduate Student Association and has organized outreach booths at public events. In addition to outreach efforts for the general public, Viola volunteers at Eyring Prison to teach Biology to inmates.

Dr. Bonnie Saunders teaches history at Glendale Community College and joins us at RISE for classes in Foreign Policy and the Middle East. Her Ph.D. focused on U.S. policy in the Middle East and she has published a book on a CIA plot to overthrow the Syrian government in 1957. She has shared her knowledge with RISE members since 1999. She also serves on the RISE Curriculum Committee.

John Schroeder has been a student of the Edgar Cayce Readings (ECRs) since the 1960s. He has served as a Board member for the Edgar Cayce Foundation, the Association for Research and Enlightenment and Atlantic University. He also served for years as an ordained minister for the Logos Center. John has a BBA in Finance, an MBA in Marketing, is a member of American Mensa and he is the author of three published books on spiritual subjects. John retired a few years ago as the Executive Director of Unity of Phoenix and now devotes his time to writing and teaching.

Harold Sexson is a Certified Biofeedback Specialist, Aroma Therapist, Licensed Spiritual Health Coach and Diplomat of the College of Energy Medicine. He has been a Dowser for over 30 years, specializing in house dowsing for geopathic zones and health. His background in engineering and aerospace has given him a unique perspective to "energy" and its many effects on 'body energetics'. He owns Natures Oils, LLC a company which provides energized organic essential oils and custom oil blends. Contact Harold at 480-998-9055 or e-mail at naturesoils@hotmail.com. His website is: www.naturesoils.net.

Michael Shepp is a Clinically trained certified men's health counselor. Specializing in men's reproductive health. After a career with the Dupont Corporation he came out of retirement to work in his chosen field with the Men's Clinic. After a second retirement, he is working with a radio show on men's health here in the Valley. His goal is to educate seniors and improve the quality of their lives. Make no mistake, lives will also be saved by conducting these seminars. One out of four men who die of cancer die of prostate cancer. One out seven men will contract prostate cancer.

Janet Teegarden is a Professor Emeritus, having taught college mathematics for over 50 years. She most recently was a mathematics tutor here at Rio Salado, helping the GED students master mathematics. She has presented talks at 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 service, 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 has over twenty-five years of experience treating patients for a multitude of health issues. He constantly strives to improve and update his knowledge in the field of Health and Nutrition. In addition to his extensive schooling, he has taken hundreds of hours of continuing education to further his knowledge in these fields and is always ready to use his expertise to help you in matters of health and healing. Dr. Timko's lectures are designed to give you the information you need on very relevant topics in a concise, easy to understand format while still being entertaining and fun. Join him for one his talks and learn how to take charge of your health so you can add life to your years and years to your life!

Betsy Timmerman CBPM, CTLE is a Certified Therapeutic Lifestyle Educator, Fibromyalgia Educator, and Certified Myotherapist and Exercise Therapist. Betsy has earned Certificates of Achievement in Nutritional Protocols for Disease Management from the University of San Diego Medical School and at Omega Institute she earned her Certificate in Nutritional Therapy in Medical Practice. As a Therapeutic Lifestyle Educator, she helps her clients prevent and reverse disease with proper food planning, high quality supplementation and exercise. She is the owner of EastWest Pain Solutions.

Dr. Kay Wallach is a first time presenter this fall. This veteran educator has her doctorate in curriculum and education, has taught in five states and five colleges and universities as well as teaching from kindergarten through high school in those same five states. Her favorite positions have been facilitating courses for highly gifted children. She also has training in NLP, Brain Gym, Rubenfeld Synergy, Tomatis Auditory Training, Covey's Seven Habits, and Increasing Human Effectiveness Training. The courses she's teaching this fall resulted from the integration of her teaching experiences and her amazing personal life.

Dr. Diana Warren hails from Pennsylvania and Michigan. Before retiring, she worked in business and education. She has a Ph.D. in Religious Studies and an M.A in Human Development. Her experience includes university faculty positions teaching religion, ethics, psychology, and business as well as corporate training in team building, communication, and management skills. Her certifications include gerontology, Myers-Briggs, energy medicine, esoteric healing, and Reiki, among others. She is a lifelong student of the ageless wisdom/theosophy, alternative healing, and the spiritual path. Diana loves teaching, travel, dance, music and reading.

Michael Willand of Precision Fleet Services, comes to RISE with 20 years of experience in automotive management and sales.

Dr. David A. Williams is an Associate Research Professor in the School of Earth and Space Exploration at Arizona State University, Tempe, Arizona. Dr. Williams is the Director of the Ronald Greeley Center for Planetary Studies, the NASA Regional Planetary Information Facility at ASU. He is also the Director of the NASA Planetary Aeolian Laboratory, which administers wind tunnels at ASU and the Ames Research Center in California. David is currently performing research in volcanology and planetary geology, with a focus on planetary mapping, geochemical, and remote sensing studies. His research has included computer modeling of seismic wave propagation through planetary interiors, visible and near-infrared spectroscopy of the lunar surface, planetary geologic mapping of the satellites of Jupiter, the planet Mars, and the asteroid Vesta, computer modeling of the physical and geochemical evolution of lava flows in a variety of planetary environments, and petrologic study of lava samples from Mount St Helens. He was involved with NASA's *Magellan* Mission to Venus and *Galileo* Mission to Jupiter. He is a Co-Investigator on the European Space Agency's *Mars Express* orbiter mission, and he is a Science Team Member on NASA's *Dawn* Mission to asteroid Vesta and dwarf planet Ceres. He is also a Co-Investigator on NASA's newly selected *Psyche* Mission. In 2014 David was elected a Fellow of the Geological Society of America, and asteroid 10,461 DAWILLIAMS was named in his honor.

Janice Winscot started on her journey in the health and wellness field in 2000, mostly because a family member became ill and they were looking for a positive approach that western medicine didn't offer the two of them. Five years later she was introduced to the body's lymphatic system as a way to reduce inflammation, assist in better digestion, and improve both tissue detoxification and cell nourishment. Now, as a Lymphatic Enhancement Technology Certified Therapist in Sun City, she loves to inform her clients and the general public about lymphatics as well as the body in a caring and educational manner.

Rev. James R. D. Yeaw, M.S., D.D. holds a Master's Degree and a Doctorate of Divinity as well as three ordinations: Baptist, Interfaith and Unity School of Christianity, and has published more than 20 books on these and other religious subjects.

FALL 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
Oct 15		Oct 16		Oct 17		Oct 18		Oct 19	
	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.
101	Current Events	142 Spiritual Growth - Edgar Cayce	190 10 am Tai Chi Essentials 191 11 am Qigong	145 Greeting Card 102	273 Who am I Really?				
113	Intro to CBD	156 Caregiver Techniques: Fall Prevention	192 Arizona Law	222 Release Emotional Pain	275 Spiritual Awakening				
114	Is There Dust on Your Trust?	157 Fifty Years After Apollo 8	198 American Realist Painters	237 I Want to Meditate	276 Mindflow Meditation (limit 20)				
	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.				
115	Ageless Wisdom Study Group	153 Living Through Forgiving	199 Rocky Coast Seascapes Watercolor	226 Christianity					
116	Casablanca	158 Drones 101	194 1:30 p.m. - Great Decisions 2018	235 Thermography					
117	Stress & Energy	159 Top Technologies	202 Advanced Loom Knitting	238 All About Part D Medicare					
118	Alzheimer's Disease	160 The Spiritual Path (1:00 - 2:30 p.m.)	203 Do's and Oh My God Don'ts of Solar Energy	239 Reverse Mortgages					
	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26				
	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.				
101	Current Events	142 Spiritual Growth - Edgar Cayce	190 10 am Tai Chi Essentials 191 11 am Qigong	222 Release Emotional Pain	278 The Physician in You				
119	Who Were the Gnostics?	161 Care of the Caregiver	192 Arizona Law	240 Serenity Now					
120	Meditation Hour (10:00 - 11:00 a.m.)	162 Energy Medicine	198 American Realist Painters	241 End of Life Readiness am-1 pm	10 Dogs & Cats-Chance Shelter				
	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.				
121	Advanced Awareness	124 Faiths of the World	199 Rocky Coast Seascapes Watercolor	241 End of Life Readiness am-1 pm	10 Dogs & Cats-Chance Shelter				
122	Cosmetic Acupuncture	902 Book Club: Hooked on Books	194 1:30 p.m. - Great Decisions 2018	242 How to Upload to YouTube					
123	Heavy Metal Toxicity	164 "FUN"ding Your Pension	204 Motown Band	243 Living Afloat					
124	Faiths of the World	165 SS, Medicare, Taxes, & You	205 Memory Training (90 min.)	244 Exotic Acupuncture					

FALL 2018

Monday Nov 12		Tuesday Nov 13		Wednesday Nov 14		Thursday Nov 15		Friday Nov 16	
10:00-11:55 a.m.		10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	
Veterans	177 Western Europe Travelogue	178 History of the American Convention	190 10 am Tai Chi Essentials 191 11 am Qigong	192 Arizona Law	254 Structure Equals Function	255 How to Buy a Car	256 Numerology	273 Who am I Really?	288 Beer of the Middle Ages & Modern Times
Holiday			212 Annuities: Devil is in the Details						
1:00-3:00 p.m.		1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	
Veterans	179 Drones 101		194 1:30 pm - Great Decisions 2018		257 Trauma Release			289 Intro to Physical Geography, Weather, & Climate	
Day	902 Book Club: Hooked on Books		213 Are You Where Your Body Is?		258 Do's and Oh My God Don'ts of Solar Energy			290 Staying Healthy in an Unhealthy World	
Holiday	180 Memory Training (90 Mins.)		214 New Views of the Moon & Mars		259 Basic Loom Knitting			291 Thermography	
	181 Stress & Energy Profiles		215 Preventing Alzheimer's		260 Last-Minute Medicare Changes			292 Non-violence in the Modern World	
Nov 19		Nov 20	Nov 21	Nov 22	Nov 23				
10:00-11:55 a.m.		10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.			10:00-11:55 a.m.	
Thanksgiving Holiday -- Rio & RISE Closed		Thanksgiving Holiday -- Rio & RISE Closed	Thanksgiving Holiday -- Rio & RISE Closed	Thanksgiving Holiday -- Rio & RISE Closed	Thanksgiving Holiday -- Rio & RISE Closed			Thanksgiving Holiday -- Rio & RISE Closed	
Nov 26		Nov 27	Nov 28	Nov 29	Nov 30				
10:00-11:55 a.m.		10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.	10:00-11:55 a.m.			10:00-11:55 a.m.	
101 Current Events	142 Spiritual Growth - Edgar Cayce		190 10 am Tai Chi Essentials 191 11 am Qigong	145 Greeting Cards - Celebrate Christmas					
134 Heavy Metal Toxicity	134 Heavy Metal Toxicity		192 Arizona Law	261 Healing w/ Angels & Oils					
135 Simplicity of Life	182 Aspects of Energy Medicine		216 You Want the Future?	262 Create the Life you Want					
	183 Basic Computer Skills			183 Basic Computer Skills					
1:00-3:00 p.m.		1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.	1:00-3:00 p.m.			1:00-3:00 p.m.	
136 Fight Dementia w/ Acupuncture	902 Book Club: Hooked on Books		194 1:30 pm Great Decisions 2018	263 Guilt as a Teacher				293 Community Event: 1:30 pm West Valley Wind Ensemble - Saxophones	
137 Water: Past, Present, Future	184 Understanding Medical Marijuana		217 Today's World of Safe Investing	264 Movie: Hidden Figures					
138 Basic iPhone - 90 mins, Limit 15	138 Basic iPhone - 90 mins, Limit 15		218 Should I Pay Off Mortgage						
292 Non-Violence in the Modern World	185 Investing for Income		219 Social Security, Medicare, Taxes, & You						
115 Ageless Wisdom Study Group 1 p.m. on December 3rd	901 Non-Fiction Book Club on Monday, December 3rd								





