LOOK for classes with **NEW** in the title. 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 20, at 9 a.m.
(or any time after September 20th)
You can register for classes, as well as check out the latest
class information and updates on our website.
riselearning.org
If you need help registering, come to RISE on September 20th between
9 a.m. and 11 a.m., mail in the registration form, OR give us a call.
Your dues must be CURRENT in order to register.
Dues expire on June 30th every year.
(We do not send out reminders)
TO REGISTER FOR CLASSES ONLINE
Follow these steps:

• 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.

Front Desk 480-377-4250
Becky Schroeder, RISE Coordinator, 480-377-4262
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RISE BADGES

Your RISE badge is your admission ticket to classes. We ask that you **WEAR IT AT ALL TIMES WHEN YOU ARE IN THE BUILDING**. If you forget your badge please see one of 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 Terms for 2019-2020

Fall 2019............................... September 30 — November 22
Winter 2020......................... January 6 — February 28
Spring 2020............................. March 16 — May 8
Summer 2020......................... June 1 — July 23
(no classes on Fridays during the summer)

Holidays and Closures

November 11, 2019....................... Veterans Day
November 25-29, 2019................. Thanksgiving
(No classes the week of Thanksgiving)
December 23-January 3, 2020........ Winter Break
January 20, 2020.......................... Martin Luther King Day
February 17, 2020........................ Presidents’ Day
March 9-13, 2020........................ Spring Break
(No classes during Spring Break)
May 25, 2020............................. Memorial Day
July 2-3, 2020............................. Independence Day Holiday
September 7, 2020..................... Labor Day

Registration for classes begins:
Fall – Friday, September 20, 2019
Winter – Friday, December 20, 2019
Spring – Friday, March 6, 2020
Summer – Friday, May 22, 2020
From Your Coordinator:

- The RISE Governing Council voted to eliminate the guest pass, as it wasn’t accomplishing what it was meant to do.
- Please do not walk into classrooms that do not have RISE classes in them. It is disruptive to those classes.
- Remember to check your name off on the attendance sheet by each classroom. If you didn’t register for the class, just add your name so we can have an accurate headcount.
- If you register for a class, please try to show up. We know life happens, and you can’t always get to class. **If a class has a limit**, please cancel if you can’t make it so someone else can take your place. Otherwise, it is **not** necessary to cancel a class.
- Please wear your badge where we can see it while you are on campus. This is your “ticket” into RISE classes.
- Class suggestions are really appreciated. It is helpful to also have a name and contact information of someone who can present it.
- **Membership renewals are always due on or after July 1st every year.** We don’t send out reminders because it is too costly. After July 1st if you haven’t renewed, you won’t be able to register for classes until you do. You can renew your dues over the phone with a credit/debit card, in person with a check, credit/debit card, or cash in the exact amount.
- We enjoy seeing you when you come to class and appreciate your feedback about the classes you attend!

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**Watch RISE Classes**

See selected RISE presentations on cable Channel 11, the City of Surprise’s cable network.

Beginning with the fall semester 2019-2020, RISE classes can be viewed on channel 11 or on the City’s web site. To find the RISE classes on the internet, go to, [https://surprisetv.surpriseaz.gov/rise](https://surprisetv.surpriseaz.gov/rise).

In the future, the city plans a direct link to RISE classes from their web site.
Monday Classes

Current Events (SS) #101
Monday, 10 a.m. – 12 p.m., September 30; October 7, 14, 21, 28; November 4, 18
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.

RISE Facilitator
Limit 30

Emergency Preparedness - Disaster Preparedness (HW) #102
Monday, 10 a.m. – 12 p.m., September 30
Join Maria to discover what you can do to protect yourself, family, or neighborhood from an event that will cause you to redefine preparedness. In the recent past, the United States has seen what has happened to California, our neighbor state, with the fires that have destroyed forests, towns, businesses, homes and people’s lives. Hurricanes have done damage to Texas which wasn’t supposed to happen. Puerto Rico is still and will for a long time continue the recovery of their country. Could you be stranded in the desert or on I17 for a period of time and if so, do you have enough supplies in your car to keep you safe? If you came upon an accident do you have a first aid kit in your car that may save somebody’s life? Join Maria as she looks at ways to be aware, prepare, and practice for an event we hope will never occur.

A Little-Known American History (SS) #103
Monday, 10 a.m. – 12 p.m., September 30
This course will scan the many notable conventions of this American tradition 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.

Ageless Wisdom Study Group (RS) #104
Monday, 1 - 2:30 p.m., September 30; October 14, 28; November 18
The Ageless Wisdom is a worldview and spiritual philosophy passed down through the ages from the Egyptians, Hindus, Buddhists, Greeks, and other cultures. It offers practical guidance on how we develop as souls and live a spiritual life. This Study Group focuses on one book, from the Theosophical tradition, reading and studying its contents and discussing what it means in our lives.

What’s a Burial Trust? (F) #105
Monday, 1 – 3 p.m., September 30
Over the years, Marcus has been asked by people to educate them on Life Insurance. This class will explore options that can eliminate life insurance premiums, help protect you from Long-Term Care Spend-Down issues and still have sufficient funds set aside for final expense coverage. The Burial Trust is often over-looked in many portfolio’s but has recently seen renewed popularity due to the advantages it can provide. This class will provide answers on how to properly plan for final expenses, based on your situation and your wishes.

Dr. Diana Warren
Marcus Moran
The Mind-Gut Connection: A Holistic Approach to Prevent and Reverse Cognitive Decline by Identifying and Treating the Root Cause (HW) #106 Dr. Lena Fernandez

Monday, 1 – 3 p.m., September 30

Western medicine has failed to appreciate the complexity of how the brain, gut, and, more recently, the microorganisms that live inside us communicate with one another. During this class, you'll discover:

- The power of the mind-gut connection to take charge of your health, combat aging and prevent most common neurological diseases like Parkinson's and Alzheimer's.
- The five brain foods you should be eating daily to keep your brain-gut communication clear and balanced to boost your memory, increase the immune system and maximize nutrient absorption.
- How to create a happier mindset and reduce brain fog, fatigue, moodiness, anxiety, and depression.

When Relatives Visit—A Travelogue of all the interesting places in the area to take your guests when they visit this winter (SS) #107 Dr. Jeff Reed

Monday, 10 a.m. – 12 p.m., October 7

Where can you take your relatives—or friends—when they come for a visit? In this class, Arizona travel expert Jeff Reed will cover the many attractions in Maricopa County, Phoenix, and Tucson where you can impress and enthral them with the interesting variety of the State of Arizona. Dr. Jeff Reed, a retired gerontologist and founder of TJ's Travel Club for Seniors, has covered more than a million miles in the twenty-some years of the Club's existence.

Avoiding Fraud, Scams, and Abuse (F) #108 Nydia Montijo

Monday, 10 a.m. – 12 p.m., October 7

Adults over 65 are 35 times more likely to have lost money on a financial 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. In this session, you will learn how to prevent this from happening to your loved ones.

Non-Fiction Book Club (BC) #901 John Hjelm

Monday, 1 – 3 p.m., October 7; November 4

The Non-Fiction Book Club meets on the first Monday of each month at 1:00 p.m. Check the RISE bulletin board for book titles.

NEW Educational Seminar on Home Solar Energy (F) #110 Michael Shepp

Monday, 1 – 3 p.m., October 7

Arizona is going solar but who do you trust and what do you believe? Learn everything you must know before you ever invite a solar salesman into your home. Knowledge is power. Which are the best solar panels and why? Warranties how long and on what? Energy reductions and ways to cut your SRP bill by 20% without going solar. Don't become a victim of fly-by-night solar installers. If you have ever considered going solar you must attend this event. The purpose of this seminar is strictly educational. No selling of any kind.

NEW Heart Health (HW) #111 Shel Fanelli

Monday, 1 – 3 p.m., October 7

Did you know your spice cabinet may contain some of the most valuable heart medicines? Whether you are dealing with heart health issues or you are seeking more knowledge on maintaining heart health, this class is sure to expand your knowledge on better health through self-care. The class will cover heart health through homeopathic medicine, herbals, yoga and integrative nutrition. There will be some handouts and tea samples. Note-taking is recommended.
This enjoyable class is new to RISE members but has been taught throughout Arizona for decades. It provides a practical, easy-to-understand comparison of Wills vs Living Trusts from an estate planner perspective that has helped over 30,000 Arizonans from all income levels and circumstances have peace of mind knowing how to protect themselves from the perils of probate. The approach is different, enjoyable, easy-to-understand and unpretentious. Learn about joint tenancy/community property, conservatorship/guardianship; how to pay \(50-70\) percent less for expert estate planning documents, and more. Even schedule a free, no-obligation review of any Will or Living Trust to ensure all your existing documents are in order.

Medicare 101 covers the basics on Medicare and important things to know for people currently on Medicare or approaching age 65. Understanding Medicare can be quite intimidating, so this presentation gives you a true understanding of how the system works and more confidence in selecting the best plans for your respective situation.

(This will be part 2 of a 2-part series) Important note, you can attend either class or both the course is designed educate you regardless of where you start. Medicare has some interesting decisions that are both in the works and already decided, so let’s take a deeper look at how these things can actually affect you. I will provide a great Medicare cheat-sheet for those looking to evaluate current plans and how to get an early jump on the Medicare season. This class is usually a great learning experience for all those attending and will make those fears in the back of your mind 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 make other planning decisions fall into place.

Looking for simple ways to detox naturally for more energy, better digestion, younger skin and weight loss? You’re in the right spot. In this workshop you’ll discover:

- What is a detox?
- Why you might need to detox.
- The two main principles of detoxification and how to do it.
- 7 delicious food swaps you can make today to start detoxifying.
- How to reduce your exposure to toxins and nourish your natural detoxification process with delicious (and nutritious) foods.

Come and discover many of the “out of the way” points of interest throughout our great State. Dr. Reed traveled extensively in Arizona and the Southwest and experienced the abandoned mining camps, scenic settings, unique destinations, ghost towns and untouched pristine regions of our state. He will also be offering a city tour after the class to students who are interested in learning about some of the “off the beaten path attractions in our city.”
Planning for Long-Term Care and How to Pay for It (F) #117
Nydia Montijo
Monday, 10 a.m. – 12 p.m., October 21
Thirty-three percent of Americans age 40 and over have not prepared financially for their future healthcare needs. Many people expect Medicare to cover these costs, but 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.

Fun with Math: Math Art I (A) #118
Janet Teeguarden
(For folks who never thought they would use “fun” and “math” in the same sentence!)
Monday, 1 – 3 p.m., October 21
Mathematical shapes and numbers can be turned into colorful, interesting, even creative mathematical designs (math-art). Come join us as we create tangram art (from just 7 geometric shapes), tessellation art (you get to be creative here), magic square art, and even make a flexagon to take home to play with. Bringing your own scissors and crayons, colored pencils, or markers would be helpful. Keep your eyes open for upcoming terms when Math Art II and Math Art III will be offered for more math fun!

New! Gut Health and Disease (HW) #119
Shel Fanelli
Monday, 1 – 3 p.m., October 21
Yes, there are scientifically proven theories on the origins of disease and gut health. Come join a lively discussion with Shel, a transformational wellness coach, who is passionate about better gut health. Shel uses healing modalities such as homeopathic medicine, integrative nutrition, yoga and herbals to guide clients and students to optimal health. There will be some handouts and a sample tea. Note-taking is recommended.

Protect Your Home! (F) #120
Michael Shepp
Monday, 1 – 3 p.m., October 21
The laws are changing regarding your home. Your HVAC unit is in danger. Is your attic insulation an R-49 value? Is your ductwork sealed or leaking like the Titanic? Do you have ceiling fans and recessed lighting? Major dollar losses. Is your thermostat the latest and best smart thermostat? Again, money lost! Are all your light bulbs LED? That’s a huge financial loss throughout the home. Cut energy consumption by 20 percent plus make the home 100 percent energy efficient and save $$$$$.

New! Medicare 101 (F) #121
Jamin Armstead
Monday, 10 a.m. – 12 p.m., October 28
Medicare 101 covers the basics on Medicare and important things to know for people currently on Medicare or approaching age 65. Understanding Medicare can be quite intimidating, so this presentation gives you a true understanding of how the system works and more confidence in selecting the best plans for your respective situation.

Falls Prevention (HW) #122
Nydia Montijo
Monday, 10 a.m. – 12 p.m., October 28
You will learn practical approaches for providing hands-on care. Learn how to make your home safer using adaptive aids, medical equipment, and accessibility modifications.
Staying Healthy in an Unhealthy World Part 2 (HW) #109

Betsy Timmerman

Monday, 1 – 3 p.m., October 28

The basics to a healthy life are clear - eating whole foods, breathing clean air, drinking clean water, dealing with stress in a positive way, avoiding electromagnetic fields, and bridging the ever-widening gap in nutrition with super supplements and high-quality organic food. Betsy covers the risks we face "soup to nuts" including pesticides, GMO's, dehydration, mineral and vitamin deficiencies, and radiation. With 5G technology making its appearance soon and world scientists scrambling to alert the world to the harm it will cause, attention will be paid to this new risk to our health as well.

First Aid (HW) #131

Joe Seoane

Monday, 1 – 3 p.m., October 28

The following will be covered in this presentation:

• What is First Aid?
• How do we administer First Aid?
• What is in your First Aid kit?
• Do you have a First aid kit?
• Do you have a First Aid Kit that you know how to use?
• Can you respond to a medical emergency and be prepared to help?
• Come join us and learn how to respond to these situations?
• Learn what to do if someone is experiencing a heart attack, stroke, shock, seizures, diabetes, allergic reactions, heat exhaustion, or heat stroke.
• And many other events.

How to Buy a Car (SS) #123

Michael Willand

Monday, 10 a.m. - 12 p.m., November 4

Michael Willand from AAA Car Buying will explain how to purchase your next vehicle while avoiding costly mistakes common to consumers. He 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.

Looking for Simple Ways to Eat Healthier

Snacks and Meals Without Meal Prep Taking Over Your Life? (HW) #124

Shannon Hansen

Monday, 10 a.m. – 12 p.m., November 4

Join Shannon for this workshop where you’ll discover: Introduction to Meal Prep - learn the secrets to meal prep that saves you time, energy, and simplifies a healthier lifestyle! You’ll discover:

• What is meal prep and why it can save you time, money and an enormous number of calories each week.
• The benefits of meal prep and why it’s important to your overall health, (you control the quality of your food).
• Some very best tips for getting started with meal prep today to have you working like a pro in your kitchen within the week.
• Which basic kitchen gadgets and appliances save you time and make meal prep a breeze.
• The key staple ingredients you should always have in your kitchen to make your meals as delicious as the best restaurants around.
The Golden Attitude....Beyond Positive Mental Attitude (SS) #125
Tom Lux
Monday, 1 – 3 p.m., November 4
Your attitude can be exactly what you choose it to be. There is a tool that can help you through tough times and enable you to see even greater value in the good times in your life. It is called THE GOLDEN ATTITUDE. In this class, learn WHO can use this method, WHAT it can be used for, WHEN it can be used, WHERE to use it, WHY it works, and HOW it works.

Fix Your Fibro - Unique Strategies and Solutions for Healing from Fibromyalgia (HW) #130
Betsy Timmerman
Monday, 1 – 3 p.m., November 4
Fibromyalgia has reached epidemic proportions in the civilized world. The symptoms of body-wide aches and pains that never go away, fibro fog and memory issues, irritable bowel and bladder symptoms and the ever-pervasive sleep disorder make living with Fibromyalgia a virtual nightmare. But everyone suffering from this debilitating illness can recover using a proven protocol including an integrative approach to their healing. Discussion will include the role of supplements, foods, allergies, vaccines, toxins and injury to the development and eventual recovery from Fibromyalgia. Many of the best treatments and self-help tools will be covered as well.

Living Trusts vs Wills....Straight Talk (F) #126
Bob Mariner
Monday, 10 a.m. – 12 p.m., November 18
This enjoyable class is relatively new to RISE members but has been taught throughout Arizona for decades. It provides a practical, easy-to-understand comparison of Wills vs Living Trusts from an estate planner perspective that has helped over 30,000 Arizonans from all income levels and circumstances have peace of mind knowing how to protect themselves from the perils of probate. The approach is different, enjoyable, easy-to-understand and unpretentious. Learn about joint tenancy/community property, conservatorship/guardianship; how to pay 50-70 percent less for expert estate planning documents, and more. Even schedule a free, no-obligation review of any Will or Living Trust to ensure all your existing documents are in order.

A Little-Known American History (SS) #127
Mike Kapic
Monday, 10 a.m. – 12 p.m., November 18
This course will scan the many notable conventions of this American tradition 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.

Reducing Taxes in Retirement (F) #128
Jeff Burg & David Dobrusin
Monday, 1 – 3 p.m., November 18
This class will explore how to reduce taxes in retirement through a variety of methods. We will talk about what accounts should hold certain types of investments, how to reduce future RMDs and how to limit taxes on social security. If you’re concerned with taxes during your retirement, this is the class for you. You’ll leave the class with actionable ideas that you can implement right away.

Fun With Math: Number Stories of Long Ago (SS) #129
Janet Teeguarden
(For folks who never thought they would use “fun” and “math” in the same sentence!)
Monday, 1 – 3 p.m., November 18
Most of us learned about Roman Numerals in grade school, and we are all familiar with the number system we use today worldwide. But how did we get to that point? What other civilizations used numbers and which numbers did they use? Your teachers probably didn’t tell you about those other number systems. Come hear about the number stories and play with the numbers of these ancient civilizations. Supplies: Pencil and paper. Calculator is optional.
Tuesday Classes

**Spiritual Growth and the Edgar Cayce Concepts (RS) #135**

*Bob and Rose Ferro*

**Tuesday, 10 a.m. – 12 p.m., October 1, 8, 15, 22, 29; November 5, 12, 19***

There first must be peace within ourselves before congeniality will flow through us. For we cannot be at variance with the inner self and not feel miserable. Mental equilibrium can be ours when we find self and self’s relationships to the Creative Forces. Coordination then comes by finding the answers to the questions, “Who do I want to be?” “Where do I hope to go?” “How do I get there?” These are the beginnings. Finding oneself and enhancing our relationships with others will lead us to inner satisfaction; then love will flow freely. Join us in this undertaking as we search the Edgar Cayce concepts for the author of our belief and be true to ourselves. Presented by Robert and Rose Ferro, students of the Edgar Cayce principles for over 50 years.

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**NEW! What Was in the Sun Cities and Surprise Before Us? (SS) #136**

*Dr. Diane Cheney*

**Tuesday, 10 a.m. – 12 p.m., October 1***

This presentation covers excavations of Indians, pioneers, dude ranches, Basque shepherds, miners, Castle Hot Springs spa, cowboys, camels, railroads, and gandy dancers up to the arrival of Del Webb.

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**NEW! Physics and Metaphysics: Closing the Gap Between Science and Spirituality (RS) #137**

*Clare Goldsberry*

**Tuesday, 10 a.m. – 12 p.m., October 1***

By the 19th century it had become a given that science held the rational answers to the big questions of the physical universe and materialism reigned supreme. But the lingering questions concerning humankind’s role in the universe – “Why are we here?” “What is consciousness?” “What is mind?” “How does mind function in a material universe?” – persisted. The gulf that existed between science and religion still exists in today’s culture, but that gulf has been bridged by the new quantum physics that reaches into the spiritual realm of the Eastern philosophies of Hinduism and Buddhism for answers beyond those that pure science offers. The Eastern traditions gave the Western quantum physicists a perspective that confirmed the goings on of the quantum world: that Mind is the creative force of all matter.

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**The Art of Listening or “That isn’t what I heard.” (SS) #138**

*Dr. David Gershaw*

**Tuesday, 1 – 3 p.m., October 1***

We often hear people say, “that isn’t what I heard.” Join David Gershaw in learning more about the art of truly listening and hearing what is being said. Handouts will be provided on how to pay better attention to what is being said and how to understand what others are saying. Dr. Gershaw is a retired professor of psychology from Arizona Western College in Yuma, where he taught for almost 40 years. He is also a returning presenter for RISE.

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**Living Trusts vs Wills….Straight Talk (F) #139**

*Bob Mariner*

**Tuesday, 1 – 3 p.m., October 1***

This enjoyable class has been taught throughout Arizona for decades. It provides a practical, easy-to-understand comparison of Wills vs Living Trusts from an estate planner perspective that has helped over 30,000 Arizonans from all income levels and circumstances have peace of mind knowing how to protect themselves from the *perils of probate*. The approach is different, enjoyable, easy-to-understand and unpretentious. Learn about joint tenancy/community property, conservatorship/guardianship; how to pay 50 – 70 percent less for expert estate planning documents, and more. Even schedule a free, no-obligation review of any Will or Living Trust to ensure all your existing documents are in order.
Autonomous Vehicles (SS) #140
Bob Hazlett

Tuesday, 1 – 3 p.m., October 1
Transportation technology is advancing rapidly with many companies testing autonomous vehicles of various types in Arizona. What does this mean for the future of travel and how we will get around in the future?

Hooked on Books Book Club (BC) #902
Ruth DiBene

Tuesday, 10 a.m. – 12 p.m., October 8, 22; November 12
Hooked on Books meets on the 2nd and 4th Tuesdays of the month September through May. The group reads fiction and non-fiction. New members are always welcome. Check for the book selections in the catalog (Page 38) and on the RISE bulletin board.

The American Impressionists (A) #142
Allen Reamer

Tuesday, 10 a.m. – 12 p.m., October 8, 15, 22
The French Impressionistic painters Monet and Renoir are well known, but the American Impressionists? “Who are they?” “What were they trying to do?” “How did this French movement affect their lives and their painting style?” “Where did they learn to produce this new style?” “What did they do when they returned from France?” You will discover the answers to these questions and more as we discuss the life and art of some of the American Impressionists.

The Fundamentals of Shading: You Can Draw with Tone! (A) #143
Allen Reamer

Tuesday, 1 – 3 p.m., October 8, 15, 22
Have you ever seen a drawing with beautiful shaded objects and wished you could do that? You can! You can draw with lines; you can draw with tone or a combination of both. Drawing with tone (dark and light areas) is shading. In this course you will learn three different techniques to make beautifully shaded objects. After learning, practicing and mastering these blending techniques, you will learn to draw and shade a variety of manufactured and natural objects using tone. Each technique and skill will be demonstrated. Individual help by the instructor is always available. You may use graphite or charcoal.

Needed Supplies if Using Graphite:
- 6B, 7B, 8B or 9B rectangular graphite stick
- HB pencil or #2 pencil
- Stump
- Drawing book/pad
  A. Your choice of size
  B. 65 lb. paper or heavier (higher number)

Needed Supplies if Using Charcoal:
- Medium or soft charcoal stick
- Medium or soft charcoal pencil [optional]
- Stump
- Vinyl or plastic eraser
- Kneaded eraser
- Drawing book/pad or charcoal book/pad
  A. Your choice of size
  B. 65 lb. paper or heavier (higher number)
**The Thyroid-Autoimmune Revolution: A Natural Approach to Increase Energy, Lose Weight, and Get Your Life Back (HW) #144**  
*Dr. Lena Fernandez*

*Tuesday, 1 – 3 p.m., October 8*

Do you feel tired, out of shape, constantly losing hair and in perpetual brain fog? If so, your thyroid is out of whack. During this class, Dr. Fernandez will walk you through the exact step-by-step holistic approach to restoring your thyroid function and live your life to the fullest. This simple method has worked to reignite thousands of her patients' thyroid health and she can’t wait to share it with you. And, if you're told that you have a thyroid issue, but your doctor’s treatment plans have failed then this class is for you. During the Thyroid-Autoimmune Revolution class, you'll discover:

- The vital nutrients for combating Thyroid Hormone Resistance and eliminate thyroid symptoms for good.
- How to get to the root cause with correct diagnostic tests to uncover conditions like Hashimoto and hypothyroidism and take full control of your health.
- The importance of understanding the root cause of your Hashimoto and help you repair and prevent thyroid damage.
- How to avoid conventional treatment with unpleasant side effects so you can heal from within and improve your health.
- Simple lifestyle guidelines to alleviate all thyroid-Hashimoto symptoms naturally and much more.

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**NEW! Transportation in the Valley (SS) #145**  
*Eric Anderson*

*Tuesday, 1 – 3 p.m., October 8*

How does transportation affect growth and development? How did our transportation evolve in the valley and what is in store for the future of the region? How are future roads, highways and public transit planned and how do we pay for it all?

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**NEW! Immigrant, Refugee, Asylee, Migrant: How Are They Different? How is Each Impacting and Being Assisted by Our Agencies? (SS) #146**  
*Winnie Fritz*

*Tuesday, 10 a.m. – 12 p.m., October 15*

Daily we hear these terms used on the news...sometimes seemingly interchangeably. They are different and the criteria and processing which apply to each are different. For decades, this speaker has worked as a CEO, COO, or CNO/CCO in healthcare organizations in the U.S. and around the world (Middle East, Asia, Africa). She has served in military and civilian roles; in combat and peacetime. In settings in the U.S. (including southern AZ) and abroad, she has cared for the healthcare needs of immigrants, refugees, asylees, and migrants. Come learn the basics related to these terms, as well as some first-hand observations about immigration issues discussed on the news.

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**Lymph in Motion (HW) #147**  
*Janice Winscot*

*Tuesday, 1 – 3 p.m., October 15*

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.

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**NEW! Nutritional Therapies for Chronic Fatigue (HW) #148**  
*Dr. Matt Bailey*

*Tuesday, 1 – 3 p.m., October 15*

Chronic fatigue is a disorder characterized by prolonged tiredness and fatigue for more than six months. In this class we will be discussing the alternative treatments and underlying conditions related to chronic fatigue.
3 Steps to Reverse Rheumatoid Arthritis, Increase Energy, and Improve Brain Health Naturally and Safely! (HW) #149
Dr. Lena Fernandez
Tuesday, 1 – 3 p.m., October 22
Statistics show that over 100 million Americans suffer from chronic pain such as rheumatoid arthritis without a long-term solution. In order to reverse and prevent joint damage from autoimmune conditions like RA, we must first identify the root cause and then apply a natural approach to heal the gut, and strengthen joint, cartilage, and bones that surround the problem areas. During this talk Dr. Fernandez will walk you through a simple process that helped thousands of her patients finally live PAIN-FREE naturally even after they tried other means and suffered with join stiffness for over 30 years.

NEW! Healing Your Emotions (HW) #150
Dr. Diana Warren
Tuesday, 1 – 3 p.m., October 22
Throughout our lives we experience people and situations that can cause emotional distress. We often carry these emotional “wounds” into the future resulting in damage to ourselves and others. This class will give you the emotional healing process that can be used for yourself or others. Topics to be covered include: where emotional blocks come from; how they hold us back; and steps to begin the process of emotional healing.

NEW! Nutritional Considerations for Women’s Health and Hormones (HW) #151
Dr. Matt Bailey
Tuesday, 1 – 3 p.m., October 22
Hormone imbalances cause a wide variety of health problems. Dr. Bailey will discuss hormone testing and the natural ways to address hormone imbalances.

NEW! History of American Markets and the Constitution (SS) #152
Mike Kapic
Tuesday, 10 a.m. – 12 p.m., October 29
This course will scan American history and two of its primary characteristics: markets and governance. Join us as we examine how America came to be this big, powerful economic force while inadvertently helping the globe elevate billions out of poverty. We’ll begin the American journey with the early colonial days and its struggles with the economically dominating but nearly bankrupt England. We will explore the Founding period and then the 19th and 20th century progressive periods and their effects on America. Discover how we moved from a small government to our present-day expansive but non-representative form. Finally, discover the two Constitutional clauses that are primarily responsible for most of what ails America today including possible solutions.

NEW! Near Death Experience (NDE): Proof of an Afterlife (RS) #153
Hal Black
Tuesday, 10 a.m. – 12 p.m., October 29
NDErs (persons who have had an NDE) experience the medically impossible: consciousness after death. Many years after an NDE, most NDErs were found to have positive changes in spiritual matters such as belief in the meaning and purpose of their life and in showing love and respect for others. A substantial majority believed the experience was real and provided evidence of an afterlife. NDEs occur, for example, when a person is on an operating table - flatlined. The research discussed 12 elements of an NDE. One element is an out-of-body experience—seeing one’s dead body on the operating table from a ceiling position. Then, floating through walls to hear clearly conversations in distant waiting rooms. Dr. Jeffery Long, to whom credit must be given, established NDERF (Near Death Experience Research Foundation) and solicited data on lucid experiences from NDErs via the Internet. The data shared by thousands of NDErs worldwide includes narratives and responses to questions on a scientifically designed survey form. The data and nine lines of reasoning provide strong proof that an afterlife and God are real.
Reverse Mortgages – Separating Fact from Fiction (F) #154  
Rex Duffin  
Tuesday, 1 – 3 p.m., October 29
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. We will also touch briefly on 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!

Dealing with Conflict (SS) #155  
Dr. David Gershaw  
Tuesday, 1 – 3 p.m., October 29
In this presentation on how to deal with conflicts and problems….or “Can we agree to disagree?” Dr. Gershaw discusses and demonstrates some more effective methods for conflict resolution and problem solving. Handouts are included.

Memory Health Training (HW) #156  
Laurie Fox  
Tuesday, 1 – 2:30 p.m., October 29
Have you ever wondered if you have lost your mind and didn’t know where to find it? Can’t remember where you were going and what you were going to do once you got there? You knew you came into that room for a reason, now what was it? You meet your son-in-law’s parents in the store while shopping but can’t recall their names – how embarrassing! The Memory Training Class is an interactive 90-minute 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.

NEW! Weight Loss: Thyroid and Fats (HW) #157  
Dr. Matt Bailey  
Tuesday, 1 – 3 p.m., October 29
One in 10 adults will develop a hypothyroid disorder according to the NIH. This disorder is associated with decreased metabolism and weight gain. We will be discussing the nutritional care regarding thyroid disorders and how we can maximize weight loss.

Taking the Mystery Out of Medicare (F) #158  
Brian Keep  
Tuesday, 10 a.m. – 12 p.m., November 5
The goal of this class is to educate those who are preparing to enter Medicare, or those who are currently partaking in Medicare. Medicare is confusing to most people and the purpose of this class will be to educate people on the specifics of Medicare and how it works. Many people are confused about “When do I take Part B”, the difference between a Medigap and an Advantage plan, Means testing, prescription drug coverage. These and many other questions and myths will be answered.

Understanding Required Minimum Distributions (F) #159  
Scott Sandell  
Tuesday, 10 a.m. – 12 p.m., November 5
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. All these considerations will be discussed. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.
Living Trusts vs Wills ... Straight Talk (F) #160
Bob Mariner
Tuesday, 1 – 3 p.m., November 5
This enjoyable class is relatively new to RISE members but has been taught throughout Arizona for decades. It provides a practical, easy-to-understand comparison of Wills vs Living Trusts from an estate planner perspective that has helped over 30,000 Arizonans from all income levels and circumstances have peace of mind knowing how to protect themselves from the perils of probate. The approach is different, enjoyable, easy-to-understand and unpretentious. Learn about joint tenancy/community property, conservatorship/guardianship; how to pay 50 – 70 percent less for expert estate planning documents, and more. Even schedule a free, no-obligation review of any Will or Living Trust to ensure all your existing documents are in order.

Six Basic Principles of Using Food as Medicine for Well Being and Longevity! (HW) #161
Dr. Lena Fernandez
Tuesday, 1 – 3 p.m., November 5
Food has been used as medicine for thousands of years. For this reason, 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 your health.

Memory Health Training (HW) #162
Laurie Fox
Tuesday, 1 – 2:30 p.m., November 5
Have you ever wondered if you have lost your mind and didn’t know where to find it? Can’t remember where you were going and what you were going to do once you got there? You knew you came into that room for a reason, now what was it? You meet your son-in-law’s parents in the store while shopping but can’t recall their names – how embarrassing! The Memory Training Class is an interactive 90-minute 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.

NEW! Nutrition for the Celiac and Leaky Gut (HW) #163
Dr. Matt Bailey
Tuesday, 1 – 3 p.m., November 5
Celiac disease affects approximately 1% of the population but seems to be increasing daily. We will be discussing the cause, treatments and nutritional treatments of celiac and leaky gut problems.

NEW! History of American Markets and the Constitution (SS) #164
Mike Kapic
Tuesday, 10 a.m. – 12 p.m., November 12
This course will scan American history and two of its primary characteristics: markets and governance. Join us as we examine how America came to be this big, powerful economic force while inadvertently helping the globe elevate billions out of poverty. We’ll begin the American journey with the early colonial days and its struggles with the economically dominating but nearly bankrupt England. We’ll explore the Founding period and then the 19th and 20th century progressive periods and their effects on America. Discover how we moved from a small government to our present-day expansive but non-representative form. Finally, discover the two Constitutional clauses that are primarily responsible for most of what ails America today including possible solutions.
CBD Sound Healing Experiment #2 (HW) #165
Sandra Hickman

Tuesday, 1 – 3 p.m., November 12

This class is designed to introduce you to the beneficial aspects of CBD by having a unique, in-class experience. After a brief overview of CBD and its applications, you will be asked to complete a Subject Consent Form to participate in a study designed to determine the efficacy of CBD delivered in sound. Participants will be invited to experience CBD, the non-psychoactive hemp derived cannabinoid via sound or sublingual drops while gathered in the classroom. There is no charge for samples used as part of the study and students may elect to observe rather than participate. This class is for you if you wish to help create a data base for PhD level research into the efficacy of CBD and CBD in sound and want to learn more about its use and effects. As a group, we will seek to address issues commonly sought by those using CBD for pain and/or tension. Sandra Hickman, owner of the Healing Intention Community’s Blu Bliss CBD Dispensary will educate you about CBD, Digital Sound Remedies and her PhD Research. (This is the second of two experiments being held this semester. Students are asked to participate in only one.)

Drones 101: Yesterday, Today and the Future! (T) #175
John Mullen

Tuesday, 1 – 3 p.m., November 12

Learn about the history of the UAV (unmanned aerial vehicle), that began in 1916, and has turned into the “drones” of today and the growing role drones will play in our future. The hobby world of drones uses the same technology and electronics the Army has developed over the last two decades. A handout will be included covering all the new FAA requirements of drone registration. See a “hands on” demonstration in the classroom of a hobby drone using GPS to control its flight, as well as its on-board cameras. There will also be a brief outdoor flight to show the ability of today’s drone, to navigate the sky without any radio input from the pilot. It will be an exciting class you won’t want to miss. 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 drone world for the last two years, he has a wealth of knowledge and engineering experience he enjoys sharing. He spends his time now building custom drones and teaching drone flying lessons.

Construction of the Twin Towers at the World Trade Center (SS) #166
Elizabeth Giannini

Tuesday and Wednesday, 1 – 3 p.m., November 12 and 13

This presentation is based on a collection of slides taken by Elizabeth’s father, William C. Borland, during the construction; he was the engineer in charge of getting all the materials to the site. Additional material will be covered from the book, “Twin Towers,” by Angus Kress Gillespie, associate professor of American Studies at Rutgers University, New Jersey. This talk will not cover the destruction of the towers but will include pictures of the site as it appears now and those of the National September 11 Memorial Museum.

Day two of this presentation will be a screening of the full-length documentary “Man on Wire.” Philippe Petit, a tightrope walker, walked between the towers on August 7, 1974. The movie interviews Petit and many of his helpers who pulled off this amazing stunt and has clips of the construction of the towers and actual footage of the event.

Longevity: Does Your Health Confirm your Age? (HW) #167
Dr. Matt Bailey

Tuesday, 1 – 3 p.m., November 12

We will be discussing the factors that can improve your quality of life and longevity; especially the nutritional considerations and testing to improve your health.
Medicare 101 (HW) #169
Jamin Armstead
Tuesday, 10 a.m. – 12 p.m., November 19
Medicare 101 covers the basics on Medicare and important things to know for people currently on Medicare or approaching age 65. Understanding Medicare can be quite intimidating, so this presentation gives you a true understanding of how the system works and more confidence in selecting the best plans for your respective situation.

Basic CPR (HW) #173
Joe Seoane
Tuesday, 10 a.m. – 12 p.m., November 19
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. 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. They may be someone special to you. 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.

The Secret Method to Prevent/Reverse Heart Disease (HW) #170
Dr. Lena Fernandez
Tuesday, 1 – 3 p.m., November 19
One in every four deaths in the U.S. is related to heart disease. There are many types of heart disease that affect different parts of the organ and occur in different ways. However, atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can block the blood flow, this can cause a heart attack or stroke, which is the leading cause of death in seniors. During this life-transforming class, you'll discover:

• The ancient therapy to dissolve plaque build-up naturally and safely.
• The vital nutrients for combating heart disease and regulating blood pressure naturally.
• How to get to the root cause with correct diagnostic tests to uncover conditions like coronary heart disease, arrhythmia, and high blood pressure.
• The importance of understanding the root cause of your atherosclerosis.
• How to avoid conventional treatment with unpleasant side effects so you can heal from within and improve your overall health and enjoy life again.
• We will look beyond simple lifestyle habits to combat heart disease and prevent invasive surgeries.

Better Blood Flow (HW) #171
Janice Winscot
Tuesday, 1 – 3 p.m., November 19
Janice will talk about a time in her life when blood was not flowing properly (heart attack and bypass) as well as the medical device she currently uses every day: BEMER. By means of a weak, pulsating and special multidimensional signal configuration of generated electromagnetic fields, BEMER stimulates vasomotion (rhythmic contractions) of the smaller blood vessels. It increases oxygen, helps to remove toxins, and strengthens the immune system.

Diabetes and Weight Management in American Society (HW) #172
Dr. Matt Bailey
Tuesday, 1 – 3 p.m., November 19
More than 100 million adults in the U.S. are now living with diabetes and the numbers continue to rise at an alarming rate. Join us as we learn about how to manage the diabetic lifestyle with alternative treatments, dietary changes, and lifestyle changes.
Wednesday Classes

Arizona Law (F) #180

Robert Jeckel

Wednesday, 10 a.m. – 12 p.m., October 2, 9, 16, 23, 30; November 6, 13, 20

This eight-session course of 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.

Tai Chi Essentials--Beginner (HW) #181

Charlie Gill

Wednesday, 11 a.m. – 12 p.m., October 2, 9, 16, 23, 30; November 6, 13, 20

Limit 20

NOTICE TIME

Tai Chi Essentials provide many benefits which can be learned in a short period of time. It uses five 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. Because of the size of the room, this class is limited to 20 people. You must register for this class.

Fall into Mindfulness: 7 Sessions (1 hour each) (HW) #182

Beth Cornell

Wednesday, 10 a.m. – 11:00 a.m., October 2, 9, 16, 30; November 6, 13, 20.

The useful practice of mindfulness will be explored in depth. Each session will have a different focus topic. Instruction, practice (silent sitting meditation), and discussion will lead participants to develop their own meditation practice or refresh an ongoing practice. All are welcome.

Great Decisions 2019: U.S. Foreign Policy (SS) #183

Bonnie Saunders

Wednesdays, 1:30 – 3:30 p.m., October 2, 9, 16, 23, 30; November 6, 13, 20

The Middle East is still in turmoil. The U.S. and China are in a trade war. The U.S. has gotten out of the Iran nuclear treaty and has re-negotiated the NAFTA agreement with Mexico. There are several thousand American troops serving at or near the Mexican border. Sign up for this course and learn about these and other issues of U.S. foreign policy. The following eight topics will be discussed which are in the news every day: Refugees and Global Migration, The Middle East: Regional Disorder, Nuclear Negotiations: Back to the future?, The Rise of Populism in Europe, Decoding U.S. – China Trade, Cyber Conflict and Geopolitics, the U.S. and Mexico: Partnership Tested, and State of the State Department and Diplomacy. For those who did not take this course in the spring, Bonnie will have the briefing book ($20) at the first class.

Reiki 1 (HW) #184

Victoria Mogilner, C.A.

Wednesday, 1 – 3 p.m., October 2, 9, 16, and 23

Reiki is a natural self-healing tool that is similar to the laying on of hands. Benefits include: boosting the immune system, giving peace of mind, and helping you to stay healthy naturally. In this class you will learn how to work on yourself and a partner.
Introduction to Self-Hypnosis (HW) #185

Wednesday, 1 – 4 p.m. (3 hours) October 2

Do you think hypnosis is fake? Learn the truth as Certified Hypnotherapist Skip Albright 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. Skip will guide you through a hypnosis induction and share ways you can successfully use hypnosis to improve many aspects of your life.

NEW Investing in Retirement 101 (F) #186

Wednesday, 1 – 3 p.m., October 9

This is an objective look at investing basics in retirement. The types of investments, risks, tax qualification and techniques involved in retirement planning will be reviewed. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.

Reducing Taxes in Retirement (F) #187

Wednesday, 1 – 3 p.m., October 16

This class will explore how to reduce taxes in retirement through a variety of methods. What accounts should hold certain types of investments, how to reduce future RMDs and how to limit taxes on social security will be discussed. If you’re concerned with taxes during your retirement, this is the class for you. You will leave the class with actionable ideas that you can implement right away.

NEW Introduction to Numerology—“The Science of Numbers” (SS) #188

Wednesday, 1 – 3 p.m., October 16

Madeline La Mont, a psychic intuitive and numerologist for more than 30 years, will discuss the relationship of numbers in our everyday lives and will show you how to determine your own personal profile based on Pythagorean Numerology. “The entire destiny of a person would be decided primarily by the numbers involved in his date of birth and birthname.” —Pythagoras, Greek Mathematician

Stem Cell Therapy (HW) #189

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

Without stem cells, humans would only survive for about one hour. Stem cells are the key to our regenerative and “natural” healing powers. Autologous stem cell therapy is able to address many medical problems organically, at the cellular level. Clinical treatments are focused on the root cause, not just symptoms. Come to learn what stem cell therapy is all about.

Drones 101: Yesterday, Today and the Future! (T) #197

Wednesday, October 23, 1 – 3 p.m.

Learn about the history of the UAV (unmanned aerial vehicle), that began in 1916, and has turned into the “drones” of today and the growing role drones will play in our future. The hobby world of drones uses the same technology and electronics the Army has developed over the last two decades. A handout will be included covering all the new FAA requirements of drone registration. See a “hands on” demonstration in the classroom of a hobby drone using GPS to control its flight, as well as its on-board cameras. There will also be a brief outdoor flight to show the ability of today’s drone, to navigate the sky without any radio input from the pilot. It will be an exciting class you won’t want to miss. 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 drone world for the last two years, he has a wealth of knowledge and engineering experience he enjoys sharing. He spends his time now building custom drones and teaching drone flying lessons.
Basic Loom Knitting-Hats (SS) #190

Wednesday, 1 – 3 p.m., October 23 and November 6

Reggie Knight

This is a fun class and if you want to learn a new craft that you can give as gifts, this is the class for you. If you are running out of ideas of what to give family and friends as holiday gifts, this might be the answer. You will learn how to “knit” caps or beanies on a round loom. This technique is simple and quick. You can be creative with the colors of yarn you choose to use – all one color, school colors, family colors, favorite colors, contrasting colors, complementary colors or variegated colors. People who have taken this class taught the craft to their grandchildren and spent many pleasant hours “looming” with them during the holidays, vacations, and breaks. In class we will be making a child’s cap. This is a hands-on class and being on time is important.

Materials required:
- Loom kit – I prefer Quick-Knit by Looms and Threads (Kit contains hook and needle)
- 2 skeins of acrylic yarn, medium weight, #4 (Look on band around yarn)
- Scissors
- Tape Measure

Using Questions to Heal (HW) #191

Wednesday, 1 – 3 p.m., October 30

Shirley Mahood

Some of us may be finding ourselves in lives that are not exactly as we expected they would be at this stage of our lives. Or they may be generally ok, but, somehow, we still think we may be missing something, some way to make them even better. After all, life does run out at some point, and we don’t want to feel we have missed opportunities we could have had. By taking some time to ask ourselves some questions, we may be able to change our lives in ways that will not only make us happier, but also perhaps healthier. As Deepak Chopra says, “Happy thoughts make happy cells.” Join Shirley Mahood, author, international speaker, and frequent RISE presenter, in a discussion of ways we can make our lives even better.

Mystical Nature of Humans (RS) #192

Wednesday, 1 – 3 p.m., October 30; November 6, 13, 20

Dr. Irwin Wiener

Week one – The various aspects of human characteristics: Humility - Character - Angels - Joy - Negative vs. Positive

Week two – Pain experiences – real or imagined, and fears – how to face them and possibly eliminate them

Week three – Miracles – created by whom?

Week four – Love – Origins – Transforming Need to Love

Keep Calm and Carry On (HW) #193

Wednesday, 1 – 3 p.m., November 6

Shirley Mahood

While today we see many variations on this phrase, it originally was meant to be used for the British population during WWII. However, it never really became well known at that time, and then years later it was discovered in some WWII memorabilia. And, today this phrase is perhaps just as meaningful, as the news is far from encouraging all over the world. In addition to that we may have our own issues, health, financial, family, for example. So, how do we manage to stay calm when the world around us is far from calm? Join Shirley Mahood, author, international speaker, and frequent RISE presenter, in a discussion of ways we can make our lives even better.
Introduction to Printmaking (A) #194
Genise McGregor
Wednesday, 1 – 3 p.m., November 13
Limit 20
Join local printmaker and teaching artist Genise McGregor for a relaxed and fun introduction to the world of printmaking. Absolutely no artistic background is needed, only a positive attitude and your natural curiosity. This class is all about exploring techniques and materials, allowing everyone to walk away with an original and unique monoprint. There is a $15 material fee which includes the supplies needed for the class. If you think you would like to continue having fun on your own a gelli plate kit can be purchased on Amazon for about $22. Look for the “Gelli Arts Card Printing All in One DIY Craft Set.” Anyone who purchases this kit and brings it to class to use will have a reduced materials fee of $5. Materials fee due at time of class in cash or check payable to the instructor. Because of the size of the room, this class is limited to 20 people.

Adding Bling to Your Prints (A) #195
Genise McGregor
Wednesday, 1 – 3 p.m., November 20
Limit 20
Join local printmaker and teaching artist Genise McGregor for a follow up to the introduction to printmaking workshop. This class will explore what you can do with prints beyond making the print itself. Hopefully you were inspired and have been having fun creating! The previous workshop is not required to attend this workshop. There is a material fee of $15.

- Things you can bring (fantastic but not required):
  - prints you made from the first workshop
  - any collection of prints, papers, images, you have laying around
  - any favorite pencils, pens, paints you like to work with
- Things you might end up taking home:
  - an original card
  - gift tags of various sizes
  - a journal cover
  - mini artwork to frame

Because of the size of the room, this class is limited to 20 people.

NEW! Gut Connections: Leaky Gut, Gallbladder
Pain, Hydrochloric Acid and Bile (HW) #196
Betsy Timmerman
Wednesday, 1 – 3 p.m., November 20
Yes, Hippocrates was correct when he said that “All disease begins in the gut. The entire alimentary canal is a finely tuned machine from mouth to large intestine. When one system is off (ex: low Hydrochloric Acid) the repercussions will affect the liver and gallbladder and leaky gut as well. Join Betsy as we take a trip through your gut organs and their functions. At the end you will find you have a new appreciation for their connectivity and lots of "fixes" to increase enzyme and hydrochloric acid production as well as reduce the build-up of toxins in the liver and direction on how to seal your Leaky Gut. In the end you will know how to be healthy and happy and free from the illnesses a malfunctioning gut creates.
Thursday Classes

NEW! The Women of Lowell (SS) #200
Dr. William Blaker

Thursday, 10 a.m. – 12 p.m., October 3, 10, 17, and 31

In 1826 a group of Boston cloth merchants founded the town of Lowell, Massachusetts. It was the nation's first planned manufacturing community, and by 1850, it had grown to be the largest concentration of manufacturing in the U.S. By design, most of the workers in these cloth mills were young women from New England farms who worked in Lowell for a few years and then left to continue their lives elsewhere. The Lowell community was an "incubator" that changed the lives of many of these women and nurtured in some the capability and inspiration to become leaders in the rising women's rights movement. Why did women choose to come to Lowell? What was the new technology the women worked with to completely mechanize the production of cotton cloth “from bale to bolt”? What were their workday, working conditions, and free time like? What were the educational, religious, cultural, and social activities in Lowell, both informal and organized? What did the women do after leaving Lowell? What became of Lowell, and what can be seen there today?

How to Buy a Car (F) #201
Michael Willand

Thursday, 10 a.m. - 12 p.m., October 3

Michael Willand from AAA Car Buying will explain how to purchase your next vehicle while avoiding costly mistakes common to consumers. He 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.

NEW! Cooking with Essential Oils (HW) #202
Frankie Eklund

Thursday, 10 a.m. – 12 p.m., October 3

Learn more about cooking with essential oils and products – from the Vitality Line of dietary essential oils to our einkorn grain – with the Young Living Cookbook. You’ll be learning how to make some yummy goodies and YEP – taste testing them too.

Moved to Monday, 1 – 3 p.m., October 14

Chinese Medicine for Healthy Aging: Ancient Medicine for the Modern World (HW) #203
Dr. Sybil Ihrig

Thursday, 1 – 3 p.m., October 3

In her talk, Dr. Sybil Ihrig, DACM, L.Ac., CCH will answer all the questions you ever wanted to know about Acupuncture but were afraid to ask:

- How is Traditional Chinese Medicine complementary to western medicine?
- Is Chinese medicine more than just "Acupuncture"?
- What conditions are benefitted by Acupuncture and Chinese medicine?
- How and why does acupuncture actually "work"?
- How can modern technology show what's happening with your energy pathways in real time?
- How does Chinese medicine view the aging process—and how can it help you achieve optimum wellbeing at any age?
- How does gentle Japanese-style acupuncture differ from other methods—and why should you care?
Gentle Yoga (HW) #204
Shel Fanelli
Thursday, 1 – 3 p.m., October 3, 10, 17, 24, and 31
Limit 20
A gentle class focusing on flowing from pose to pose and linking the movement with the breath. The instructor will offer a variety of modifications to encourage participation of everyone. We will do sitting, standing, inverted postures, and suggest challenging variations for more advanced students, yet fun and non-intimidating options for newer or limited students. Students are encouraged to bring props such as blocks, straps and blankets as aids. Because of the size of the room, this class is limited to 20 people. You must register for this class.

Acupuncture: The Magic and the Mystery of it All (HW) #205
Dr. Patricia Martin
Thursday, 10 a.m. – 12 p.m., October 10
This course will diminish the MYSTERY of how acupuncture works and will describe how she, as an acupuncturist (extraordinaire), can determine, on the basis of a simple 5,000-year-old drawing, explainable to you, how to diagnose... and treat the most complex & unusual presentations of ailments. This will also provoke your curiosity about the ever-present MAGIC of the medicine. It’s what makes every day that she sees patients a ‘hoo hah’ day, in that she is, after all these years, still and always, fascinated by the depth and breadth of the outcomes with this medicine. Acupuncture is so much more than being a “fix-your-back” treatment! Come and join in the discussion, stories, and downright delights of Asian medicine.

NEW West Valley Genealogical Society (SS) #206
Pam LaFond
Thursday, 10 a.m. – 12 p.m., October 10
West Valley Genealogical Society and Library had its beginning in 1972 in Sun City, Arizona. Since that year, they have grown from 36 charter members to well over 700 members, who share a common interest – researching the lives of ancestors, while archiving and preserving their legacy. Just beginning? Learn how to navigate the websites and how to start your own research. Come join us and discover your roots!

Human Service and Community Vitality in the City of Surprise (SS) #207
Seth Dyson
Thursday, 1 – 3 p.m., October 10
Do you want to learn more about city senior services? Would you like to know what poverty looks like in the City of Surprise and beyond? Would you like to know how to get involved with great service opportunities? You are invited to join a presentation and discussion about our beautiful community. The City of Surprise established the Human Service & Community Vitality Department four years ago to focus on Senior Services, Neighborhood Services, and to start a Resource Center. Since then they’ve grown service delivery to include Youth, Veteran and homeless initiatives. For more information, please visit us on the web at https://www.surpriseaz.gov/3320/Human-Service-Community-Vitality.

NEW CBD Sound Healing Experiment #1 (HW) #208
Sandra Hickman
Thursday, 1 – 3 p.m., October 10
This class is designed to introduce you to the beneficial aspects of CBD by having a unique, in-class experience. After a brief overview of CBD and its applications, you will be asked to complete a Subject Consent Form to participate in a study designed to determine the efficacy of CBD delivered in sound. Participants will be invited to experience CBD, the non-psychoactive hemp derived cannabinoid via sound or sublingual drops while gathered in the classroom. There is no charge for samples used as part of the study and students may elect to observe rather than participate.

This class is for you if you wish to help create a data base for PhD level research into the efficacy of CBD and CBD in sound and want to learn more about its use and effects. As a group, we will seek to address issues commonly sought by those using CBD for pain and/or tension. Sandra Hickman, owner of the Healing Intention Community’s Blu Bliss CBD Dispensary will educate you about CBD, Digital Sound Remedies and her PhD Research. (This is the first of two experiments being held this term. Students are asked to participate in only one.)
African American History and Religion: A Racial Dialogue (SS) #209
Ervin Cutwright
Thursday, 1 – 3 p.m., October 10
Ervin Cutwright will give a presentation on how religion and faith played a role in the African American journey throughout American History.

NEW ! Al Jolson -- The Movie he Co-starred with Cab Calloway in 1936 (SS) #210
Steve Rothschild
Thursday, 10 a.m. – 12 p.m., October 17
Steve has been an Al Jolson Fan since 1959. He has a tremendous Jolson Collection of ALL of his songs including the Brunswick and Decca Label Songs that Jolson Sang. Steve will talk briefly about the Jolson Mystique, his successes and a little about his social life. He will also lip synch to some recordings before showing the 1936 Movie "The Singing Kid" co-starring Calloway. The movie will lend itself to Q/A for sure.

NEW ! Healthy Guide to Natural Skin Care (HW) #211
Frankie Eklund
Thursday, 10 a.m. – 12 p.m., October 17
When it comes to beauty, who knows better than Mother Nature? Infused with the purest essential oils, our personal care, skin care, and beauty products unite nature with luxury. Suitable for all ages, these powerful but safe products effectively cleanse and moisturize. Find the best skin care products for your whole family!

Stop the Attack on Your Heart (HW) #212
Dr. Scott Timko
Thursday, 1 – 3 p.m., October 17
Cardiovascular disease is the number one cause of death in civilized countries. One out of every two Americans will die from cardiovascular disease. In this lecture, Dr. Timko will review the Cardiovascular System and discuss the diagnosis and treatments for the more common diseases that affect it. These include high blood pressure, strokes, heart attacks, high cholesterol and more. Learn the underlying cause of all of these diseases and how to lower the risk of developing them. Remember, often the first sign of a heart attack is......a heart attack! Don’t be a statistic, take control of your heart health now.

NEW ! Brain Health Workshop, Cogniciti, Inc. (HW) #213
Emily Branch
Thursday, 1 – 3 p.m., October 17
Cogniciti’s Brain Health Workshop is a free, in-person workshop that provides older adults with the opportunity to learn about their brain health. During the workshop, one of Cogniciti’s highly trained team members will provide an overview of brain health, assist each person with completing the online Brain Health Assessment, and provide resources for further evaluation. Each person will take their own individual assessment on a laptop computer that Cogniciti provides. The Brain Health Assessment takes about 15-30 min to complete. After each person is finished, they will have the opportunity to meet individually with the Cogniciti team member to go over their score, ask questions about their brain health, and receive brain health tips based on the latest research on memory and aging.

NEW ! It’s Never too Late to Create and Live a Life You Really Love (HW) #214
Claudia LeBaron Islas
Thursday, 10 a.m. – 12 p.m., October 24, 31; November 7, 14, 21
In this 5-class series, you’re going to learn that as long as you’re alive you have the opportunity to live a life you REALLY love –no money necessary. Here are some of the topics we’ll cover: how we’ve been trained for negativity, why sometimes feeling bad feels good, how emotions are keeping you stuck in the past, why the quality of your thoughts dictate the quality of your life, how to ask for and receive what you desire, why you need to connect with your soul, how to get closer to enlightenment, and much more.
Have you ever been curious if YOU have Angels in your life? Ever wondered, “How would I know?” Have you ever seen flashes of lights out of the corners of your eyes or have ringing in your ears? Do you find yourself wondering how to call upon an Angel or how you know when an Angel is with you? Do you find yourself wondering how to communicate with Them and how They interact with you? Ever felt you are not worthy of an Angel in your life? Join nationally known Intuitive Angel Messenger/Medium Marilyn Poscic, Author, Spiritual Mentor, Teacher, as she explains in an easy and simple manner how to connect and communicate with Angels, the hierarchy of the Spiritual Realm, names of different Angels, Their “job,” colors associated with each Angel, how They can protect not only you but your loved ones and all the signs they show us on a daily basis no matter your religious or spiritual beliefs.

NEW! The Overlooked Fifth Seasonal Treatment (HW) #216

Thursday, 10 a.m. – 12 p.m., October 24

Five Element Acupuncture Seasonal Treatments, at the times of the quarterly seasonal changes, are for assisting the "high ministers" of each of the organs in your body to communicate with one another. But that’s only 4 of the Elements: Spring Equinox/Wood; Summer Solstice/Fire; Autumnal Equinox/Metal; and Winter Solstice/Water. The 5th Element, Earth, also has its calling; in Arizona, this occurs during monsoon season, not a precise date. Yet, it's part of treating 'the whole person', focusing on the Spleen and the Stomach. Greet old friends and meet new ones while learning about an organ often left out of the discussions about health, your Spleen. Taught by Patricia Martin, a long-time favorite here at RISE.

NEW! Halotherapy and Sound Healing:
Healthy Benefits of Salt Room Therapy (HW) #218

Thursday, 1 – 3 p.m., October 24

Salt Therapy, also called halotherapy, is a therapeutic and 100% natural, drug-free, non-invasive treatment. Salt therapy is a method of inhaling pure, dry, micronized salt air particles. These particles reach the deepest area of the lungs absorbing bacteria and pollutants and providing an anti-inflammatory and cleansing effect. This process supports and strengthens the body’s immune system by eliminating toxins and allergens that are trapped within the mucus lining of the respiratory system. Come and learn more about Halotherapy including more beneficial healing aspects of Salt. Khana Dias is the owner of the West Valley Wellness Center in Sun City, the only Halotherapy center in the West Valley. She is joined by Sandra Hickman, The Audio Medic, who uses sound in salt room sessions to encourage detoxification and self-healing. By delivering vibrational signatures of homeopathic substances - virtual medicine in sound - natural salt air helps carry the frequencies into your being while you clear your lungs and receive its health benefits. Combined with positive healing intentions, sessions may activate your fullest healing potential.

NEW! South of the Border (A) #217

Thursday, 1 – 2 p.m., October 24

Join Barbara as she gives you a musical tour of Espana, old and new, with her singing and guitar program.
AARP Smart Driver Course (SS) #219

Russell Ruck

Thursday, 10 a.m. - 3 p.m., October 31 (4 hours)

This course is intended to help drivers live more independently as they age and remain safe on today's roads. Since the program's inception in 1979, more than 14 million participants have completed the course. More than 6,000 AARP-trained volunteers conduct this classroom course each year. This is a 4-hour course and will be conducted in one day with a 1-hour lunch break after the first two hours.

Although the course is geared toward drivers 50+, it can be taken by licensed drivers of all ages, and there are no tests. In most states and the District of Columbia, course participants may be eligible to receive a state-mandated, multi-year discount on their auto insurance premiums. Voluntary discounts are offered in many other states. Participants should contact their insurance company or agent for more details.

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include:

- Maintaining proper following distance.
- Minimizing the effect of dangerous blind spots.
- Limiting driver distractions such as eating, smoking and cell phone use.
- Properly using safety belts, air bags, and all car features.
- Effects of medications on driving.
- Maintaining physical flexibility.
- Monitoring the driving skills and capabilities of yourself and others.

There is a cost of $15 for AARP members and $20 for non-members to be paid by check (made out to AARP) or cash for the volunteer instructor. The fee includes course materials such as the Smart Driver Guidebook and a certificate of completion that may entitle you to a reduction in your auto insurance premiums.

NEW! Your Sacred Self (RS) #220

Dr. Diana Warren

Thursday, 1 – 3 p.m., October 31

Learning about the world of Divine energy is your first step in knowing your Divine Self. Using guidelines from Wayne Dyer, this class will explore the following topics:

- The Sacred Quest.
- 10 Steps to True Self Awareness.
- Your Role in the Creation Process.
- 15 Tips for Daily Practice.

NEW! Calm the Spirit, Clear the Mind (RS) #222

Dr. Patricia Martin

Thursday, 10 a.m. – 12 p.m., November 7

"Spirit" in Chinese is called 'Shen', it resides in the Heart, known as The Supreme Controller. Shen can be disturbed by something that has stolen your joy such as shock, fear, harsh words. Dr. Martin’s primary style of acupuncture (there is no single style of acupuncture) lends support to emotional and spiritual health. In this class, you'll learn to locate acupuncture points which can calm your own spirit, clear your own mind, and sweeten your love of self. You might find it helpful to bring a pencil with a fresh eraser on it, for doing acupressure, and maybe some stick-on dots to mark the location of acupuncture points on yourself. Taught by Patricia Martin, a long-time favorite here at RISE.
Healing with Angels and Essential Oils (RS) #221

Marilyn Poscic & Frankie Eklund
Thursday, 10 a.m. – 12 p.m., November 7

We are living in a time when natural healing is becoming more and more popular. These natural healing ways goes back to the beginning of time. Are you tired of conventional western medicine and the costs they incur? Have you been curious about other ways of healing that are all natural? Join Intuitive Angel Messenger/ Medium, Author, Marilyn Poscic, as she enlightens you how to use, Angels, Sun, Moon, Stars, breathing techniques, even colors, not only heal your physical body, but emotionally, mentally and spiritually. Essential oils have been used for thousands of years by people all over the world. The earliest record of essential oil usage goes back to 3000 BC by the Egyptians. Many countries and cultures use essential oils and other plant-based medicine as their main source of healthcare. Frankie Eklund, a Distributor with Young Living Essential Oils, has been educating people around the Valley for the past two years about essential oils. She feels it is time for you to become the CEO of your Health and Wellness.

NEW! OVER THERE!! WWI Music (SS) #223

Jan Hochstatter
Thursday, 1 – 3 p.m., November 7

"There were more songs written about WWI than any other historical event---except Christmas---maybe," says historian Richard Rubin. WWI happened during the peak of the American song publishing business. As we commemorate the 100th anniversary of Armistice Day, let's take a look at--and a listen to--some of those songs meant to inspire patriotism, boost morale, promise victory, and keep American singing 'til it was over -- Over There.

NEW! Prepared for Needing Care? Use these simple planning goals and reduce stress. "How to protect your investments" and provide peace of mind. (F) #224

Marcus Moran
Thursday, 1 – 3 p.m., November 7

The greatest threat to your retirement savings is how to plan for needing care. The future planning tools are now available and surprisingly it’s easier than you think. Don’t let this opportunity pass by. The market has changed over the past 10 years and the shift is dramatic but simple. “My family would certainly help,” “I think I SHOULD be fine!” While most people fear the “what if”, very few actually plan for it. Let this course answer questions on the topic of needing care using some 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 properly. When we are finished, you will be empowered to make decisions!

NEW! Educational Seminar on Home Solar Energy (F) #225

Michael Shepp
Thursday, 1 – 3 p.m., November 7

Arizona is going solar but do you trust and what do you believe. Learn everything you must know before you ever invite a solar salesman into your home. Knowledge is power. Which are the best solar panels and why? Warranties how long and on what? Energy reductions and ways to cut your SRP bill by 20% without going solar. Don’t become a victim of fly-by-night solar installers. If you’ve ever considered going solar you must attend this event. The purpose of this seminar is strictly educational. No selling of any kind.

NEW! Sex Trafficking Awareness and Prevention (SS) #227

Khue Paige
Thursday, 10 a.m. – 12 p.m., November 14

You will learn what sex trafficking is, signs that someone is being trafficked, and ways to prevent and intervene as parents, caregivers, and grandparents.
Most of us struggle with some kind of fear. Psychology tells us that 90 percent of our daily waking thoughts are fear-based about things that are never going to happen. Fear holds enormous power because it focuses our attention and makes us ready for action. Fear is also a great manipulator, often used to form allegiances and political movements. Fear touches the most tender, vulnerable and deeply personal parts of us. Fear can be very destructive when we allow ourselves to become stuck in the fear, but it can also be a strong motivator. Upon close examination, we discover that the source of most fear rests within our society, politics and religions. This class will take a light-hearted approach to this topic while offering simple tools to reduce the presence of fear in our lives.

**Chinese Medicine for Healthy Aging: Ancient Medicine for the Modern World (HW) #228**

**Thursday, 1 – 3 p.m., November 14**

In her talk, Dr. Sybil Ihrig, DACM, L.Ac., CCH, will answer all the questions you ever wanted to know about Acupuncture but were afraid to ask:

- How is Traditional Chinese Medicine complementary to western medicine?
- Is Chinese medicine more than just "Acupuncture"?
- What conditions are benefitted by Acupuncture and Chinese medicine?
- How and why does acupuncture actually "work"?
- How can modern technology show what's happening with your energy pathways in real time?
- How does Chinese medicine view the aging process—and how can it help you achieve optimum wellbeing at any age?
- How does gentle Japanese-style acupuncture differ from other methods—and why should you care?

**Combating Irritable Bowel Syndrome (HW) #229**

**Thursday, 1 – 3 p.m., November 14**

Irritable Bowel Syndrome, or IBS, is one of the most common functional digestive disorders and plagues much of the United States population. It is characterized by a cluster of symptoms such as abdominal pain, bloating, diarrhea, constipation, and other digestive issues. It has such a broad range that the impact of IBS symptoms ranges from a mere inconvenience to a severe disability. With the growing body of research, there are stronger possibilities for treatment, cure, and maintenance of many GI disorders, including IBS, with the help of functional medicine. Join Dr. Timko for “Combating Irritable Bowel Syndrome” to learn how to better understand, recover from, and prevent IBS. You will gain the tools, resources, and knowledge to combat IBS and truly take control of your health!

**Stem Cell Therapy (HW) #230**

**Thursday, 1 – 3 p.m., November 14**

Without stem cells, humans would only survive for about one hour. Stem cells are the key to our regenerative and "natural" healing powers. Autologous stem cell therapy is able to address many medical problems organically, at the cellular level. Clinical treatments are focused on the root cause, not just symptoms. Come to learn what stem cell therapy is all about.

**Heal Aging Body and Brain with Super Supplements (HW) #236**

**Thursday, 1 – 3 p.m., November 14**

As we age requirements for nutrients increase but our body's ability to breakdown and absorb what we need to thrive becomes less efficient. This is one of the main reasons the body and mind start to breakdown (age). By making crucial lifestyle changes and taking therapeutic grade supplements that can assist your body to reboot you can prevent and reverse many diseases. Enjoy your body once again and fight the ravages of aging. Come hear how to get the most bang for your buck when it comes to super supplements and whole foods that can quickly change your health and healing.
Tuning in to Your Own Intuition: Learning to Trust Those Gut Feelings (RS) #231
Marilyn Poscic
Thursday, 10 a.m. – 12 p.m., November 21
Have you ever received an overwhelming feeling that something is about to happen, or that you and others shouldn’t go somewhere today? As a parent, have you ever refused to let your child attend an event because you had a “bad feeling” about it? Have you been driving and suddenly turned a different way and found that if you hadn’t you would have been in an accident? Have you ever said, I knew it – I should have listened to myself? Join Marilyn Poscic, as she explains what this all means and how you can tap into that intuitive, spiritual side, to help you better understand, “What is that Inner Voice/Feeling trying to Tell Me?,” “Where is that Inner Voice/Feeling Coming From?,” how to trust it more/make it clearer, and not to be afraid.

NEW! Winter, the Seasonal Treatment to Replenish Our Inner Self (HW) #232
Dr. Patricia Martin
Thursday, 10 a.m. – 12 p.m., November 21
Ahh! Seasonal treatments! The backbone of Five Element Acupuncture, my favorite of all the styles of acupuncture. These 5 seasonal treatments, provided at the times of each solstice and equinox plus 1, every year, are the ones that truly treat the whole body, harmonizing all the paired organs described in many of Patricia Martin's classes. Winter's Solstice is a time of quiet contemplation, meditation, to replenish our energies, to gather our strength to carry us through the winter to the time of Spring Equinox, when energy bursts forth anew. Winter's Solstice addresses the Water Element, the Kidneys & Urinary Bladder. Learn about allowing yourself to simply be still and quiet, containing your energy within yourself, to stand in the energy of the Water Element. Be a part of Patricia's class to comprehend this enormously powerful energy of the Water Element, preparing you for the next year of your sweet life.

Protect Your Home! (F) #233
Michael Shepp
Thursday, 1 – 3 p.m., November 21
The laws are changing regarding your home. Your HVAC unit is in danger. Is your attic insulation a R-49 value? Is your ductwork sealed or leaking like the Titanic? Do you have ceiling fans and recessed lighting? Major dollar losses. Is your thermostat the latest and best smart thermostat? Again, money lost! Are all your light bulbs LED? That’s a huge financial loss throughout the home. Cut energy consumption by 20 percent plus making the home 100 percent energy efficient and save $$$$$.

Reverse Mortgages – Separating Fact from Fiction (F) #234
Rex Duffin
Thursday, 1 – 3 p.m., November 21
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. Rex will also touch briefly on how the tax-free proceeds can be used as part of a comprehensive plan to provide financial security for seniors. He 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!

The Last-Minute Medicare Decision (F) #235
Marcus Moran
Thursday, 1 – 3 p.m., November 21
Back by popular demand, this class will race you to the finish line on your Medicare decision for 2020. Stop sitting through targeting sales pitches designed to force a “buy-decision”. Marcus has been doing educational seminars on Medicare for the past 7 years and will teach the facts about Medicare including changes in 2020, how much time you really have left to make a decision, and how to maximize your health coverage without breaking the bank.
Friday Classes

**NEW! An African American Man Living in a Society of Privilege (SS) #240**  
Marion Kelly  
Friday, 10 a.m. – 12 p.m., October 4  
Join Mr. Kelly as he shares his experiences as an African American man living in a society of privilege, 95% all white, homogeneous community. He has worked in every level of government, (City State, Federal and in the US Senate and White House), from teaching elementary education to being an administrator in medical education. He is part of a team that teaches a Psychology course at Scottsdale Community College on Diversity/Inclusion in America and more specifically from the perspective of lived experience. Mr. Kelly provides information to students to prove their curiosity, share their perspective, and ask questions that are only safe to ask in that space.

**Explore the Magical World of Gemstones! (NS) #241**  
Linda Kesselman  
Friday, 10 a.m. – 12 p.m., October 4, 25; November 8  
As we travel the globe, we’ll find gems in every corner of the world. You’ll learn about diamonds and their inherent characteristics that make them the King of Gems. During this discussion you’ll learn about diamond formation, mining, diamonds in science and industry, major cutting centers and what qualifies as a “good” stone. We’ll take an in depth look at birthstones which include ruby, sapphire, pearl, amethyst, garnet, aquamarine, emerald, alexandrite, moonstone, peridot, opal, citrine, and blue topaz/tanzanite. Embedded in our exploration of various stones will be an introduction to the special optical effects known as phenomena. For example, why do pearls have that incredible luster? Lastly, we travel to parts of Europe, Africa and Japan to have a look at the wide range of stones known as organics, which basically means that they are derived from once living things.

**Living Afloat (SS) #242**  
Eleanor Gobrecht  
Friday, 1 – 3 p.m., October 4  
Ever dream of leaving it all behind to cruise Tahiti in your own yacht? Eleanor and her partner Suzanne, both University Professors in their early 40s, did just that on their 30-ft sloop-rigged sailboat. Their crew of two were Eleanor’s Siamese cat and her co-captain’s French poodle. Join Eleanor for a sense of living afloat in tune with the Pacific Ocean, glimpsing the highlights of this amazing adventure which covered 21,000 miles throughout the 70’s. What lessons they learned.

**NEW! Living Free of Dementia: Solving the Puzzle to Prevent and Reverse Cognitive Decline for Peak Brain Performance (HW) #243**  
Dr. Timothy Gerhart  
Friday, 10 a.m. – 12 p.m., October 11  
Dr. Timothy Gerhart, a physician, will provide an overview of his newest book which teaches us how to nourish a healthy brain for a lifetime. He will share research about why our brain may suffer and how we can create a Therapeutic Lifestyle that has been shown to effectively support peak brain function. Each person is unique and must find the lifestyle that best fits their needs. The class is designed to empower listeners to seek out care providers who really listen, help us find root causes of our condition, and guide us on a journey to healing and thriving- effectively, safely and naturally.

**Living in the Present, Let Go of the Past (HW) #244**  
Rev. Catherine Ohrin-Greipp  
Friday, 1 – 3 p.m., October 11  
Many of us have not had the type of families we expected. Some of us grew up in dysfunctional families which left us hurt and disappointed. Some of us get stuck in the past no matter how much we accomplished as adults. Some continue to feel anger, resentment and problems with relationships. For many, even different holidays and anniversaries can be pretty hard to deal with too. This class will help you get in touch with your inner child and move from the past to the present to live a more peace-filled and joyful life, free of old baggage. Learn to change your thoughts, change how you feel. It’s never too late to have a happy childhood!
Medicare Basics, What You Will Need to Know for the Year 2020 and Beyond (Part 1) (F) #245
Marcus Moran
Friday, 1 – 3 p.m., October 11
(This will be part 1 of a 2-part series) Important note: you can attend either class or both, the course is designed to educate you regardless of where you start. Medicare has some interesting decisions that are both in the works and already decided, so let's take a deeper look at how these things can actually affect you. I will provide a great Medicare cheat-sheet for those looking to evaluate current plans and how to get an early jump on the Medicare season. This class is usually a great learning experience for all those attending and will make those fears in the back of your mind 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 make other planning decisions fall into place.

The Physician in You (HW) #246
Dr. Greg McWhorter
Friday, 10 a.m. – 12 p.m., October 18
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!

Taking the Mystery Out of Medicare (F) #247
Brian Keep
Friday, 10 a.m. – 12 p.m., October 18
The goal of this class is to educate those who are preparing to enter Medicare, or those who are currently partaking in Medicare. Medicare is confusing to most people and the purpose of this class will be to educate people on the specifics of Medicare and how it works. Many people are confused about “When do I take Part B”, the difference between a Medigap and an Advantage plan, Means testing, prescription drug coverage. These and many other questions and myths will be answered.

Karma, Dispelling the Myths (RS) #248
Rev. Catherine Ohrin-Greipp
Friday, 1 – 3 p.m., October 18
Rev. Catherine Ohrin-Greipp will explain “What is Karma?” “How has this ancient concept been misused?”

Cyber Security (T) #249
Khester Kendrick
Friday, 1 – 3 p.m., October 18
This description was not available at the time of publication. Please check the RISE home page at riselearning.org for the description.

Technological Achievements of the Ancient World (T) #250
Dr. William Blaker
Friday, 10 a.m. – 12 p.m., October 25
People usually consider the great achievements of the ancient world to be military conquests, literary works, and large constructions. Recent archeological discoveries, however, have revealed ancient peacetime technological achievements that by conventional views were over a thousand years ahead of their time. We will look at two examples: a Greek shoebox-sized, gear-driven astronomical calculating machine, and a Roman 16-wheel, water-driven power generating complex.
When we begin to awaken spiritually, our ego faces an existential crisis. And the more we identify with our ego, the greater we experience a Dark Night of the Soul. Although we can prepare ourselves with spiritual practices, an awakening is not something we can make happen. It is always unexpected. Triggered either by a sudden event or a build-up of trauma, awakenings compel our ego to let go of the false belief concerning who we think we are. Only then can our Higher Self or Spirit arise, slowly evaporating our Dark Night within. There isn’t only one way to experience an awakening. For some, it’s a sudden, penetrating moment where something new is seen and realized. For others, it is a gradual collapse until they finally let go of something old, revealing a previously hidden truth. 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.
- Potential Causes & Effects.
- Sudden or Accumulative Trauma.
- Is Suffering Necessary for a Spiritual Awakening?

Via an interdisciplinary approach to Cultural Anthropology, Human Evolution, and Social Psychology, we'll discuss some key reasons for the biases and the "walls" that we create in and between our groups---from "biological imperatives" to learned "othering" behaviors, we'll try to explain (but not necessarily excuse or approve of) many of the biases, assumptions, and privileging behaviors that make up our social and political lives, rather than just dismissing them all as small-mindedness, jealousy, and/or hate.

Dr. Timothy Gerhart, a physician, will teach us how to address gas, bloating, GERD and digestive discomfort using techniques based on a therapeutic Lifestyle. Digestive discomfort can often be eliminated through natural approaches which help us rebuild our Microbiome: the healthy bacteria in our gut. Healthy digestion supports blood sugar balance, metabolism, energy, brain health, restful sleep, detoxification and more. A healthy gut supports a healthy brain and overall energy and vitality. Learn how our marvelous body works and learn how to give it what it needs to thrive.

This presentation will look briefly into the Big History of the mysterious "white powder" that is caffeine, and we'll tie this into the cultural history of coffee throughout the world, from ancient Ethiopia (and the Ethiopian restaurants in our midst--for your "extra credit" homework* later!) to the coffee house cultures of Seattle. (*Disclaimer: Extra credit is not really for a grade, and drink coffee or any caffeinated substance at your own risk...and in moderation, please.)
CANCELLED: 3 Minutes a Day for 30 Days Can Change Your Life – A Simple, Effective Spiritual Practice (RS) #255
Laura Lee Perkins
Friday, 10 a.m. – 12 p.m., November 8

Spiritual growth doesn’t require you to become a hermit or to change your life completely, but it does require commitment to a simple daily practice. If a daily practice of just 3 minutes a day allowed the other 1437 minutes of your day to flow more easily, would you be willing to try it for 30 days? Your sacred time needs a structured foundation upon which you can build. A simple spiritual practice, based on deeply rooted intention and sincere commitment, opens our lives in ways we never imagined. There is a $10 lab fee for the workbook. Instructor Laura Lee Perkins, MS has been teaching at RISE for over a decade and her classes are always popular.

NEW! Can Machines Think? (T) #256
Dr. William Blaker
Friday, 10 a.m. – 12 p.m., November 8

Although no computer existing today can think precisely in the same way as a human, is it theoretically possible that a more advanced computer in the future may indeed be able to do so? This question has been hotly debated by neuroscientists, computer scientists, and philosophers starting in the 1950’s, soon after electronic computers were first developed. There are good theoretical arguments on both sides, and these will be presented along with their counterarguments. Finally, if a computer could think like a human, would that make it a "person" with legal rights?

Spiritual Regression - My Visit to the Spiritual Realm (RS) #257
Dave Newman
Friday, 1 – 3 p.m., November 8

In 2009, while browsing a Barnes & Noble, Dave stumbled across a book he hadn't read or even seen: “Destiny of Souls” by Michael Newton, Ph.D. The subtitle, "New Case Studies of Life Between Lives," intrigued him. So, he bought it. The book was about how Master Hypnotherapist Dr. Newton, while regressing his clients to access memories of former lives, stumbled upon a discovery of enormous proportions: that it was possible to "see" into the spirit world through the mind's eye of his subjects while they were in a hypnotized or super-conscious state. Clients were able to describe what their soul was doing in-between lives on Earth. He found the book fascinating.

Long a student of metaphysics, he already held the general spiritual belief of plan a life, live the life, review the life, lather, rinse, repeat. But the book went into much more detail as supplied by Dr. Newton's clients during deep hypnosis. Dave had always wanted to get a reading from a psychic, medium, or similar but after finishing the book thought, "Why not get Spiritually Regressed and cut out the middleman/woman/psychic"? And in September of 2015, after locating a hypnotherapist trained by Dr. Newton, he did. Please join Dave as he recounts his hypnotic visit to the spiritual realm. Topics will include meeting his spirit guide & soul group, identifying his soul mate, picking a physical body, his life purpose, the meaning of certain life events, meeting with the Council of Elders to receive spiritual guidance, and much more...

Universal Class “How To” (T) #258
Becky Schroeder
Friday, 10 a.m. – 12 p.m., 1 – 3 p.m., November 15 (Limit 15) ***You must register for this class
Join us in the Rio Salado computer lab to learn how easy it is to use Universal Class. A few quick clicks and you will expand your lifelong learning opportunities with hundreds of new classes you can take anytime – day or night; at home or on vacation. Your RISE member number* is required and you MUST have an email address to use Universal Class. Because of the number of computers needed, this class is limited to 15 people.
*Your RISE number will be available at the class
The Physician in You (HW) #259
Dr. Greg McWhorter
Friday, 10 a.m. – 12 p.m., November 15
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!

Dwarf Planets Revealed! (NS) #260
Dr. David Williams
Friday, 1 – 3 p.m., November 15
NASA’s Planetary Science Division has for over 50 years sent robotic spacecraft to every planet in the Solar System, from Mercury to Pluto. What have we learned? Join Professor David Williams of ASU’s School of Earth and Space Exploration to cover two topics:
- NASA’s New Horizons Mission to Pluto.

Dogs and Cats--Our Extended Family (SS) #264
Kathy Bayer of Chance Shelter
Friday, 1 – 3 p.m., November 15
So many of us have pets that are part of our family. Can you recognize the signs of pet illness? Would you know what to do in an emergency situation? Where would your pet go if you had to be hospitalized? Join representatives from Chance Shelter and learn what you can do to help make your pets’ lives better. They will talk about recognizing the signs of illness, choosing a new pet, basic CPR, how to help our senior pets, available resources, 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.

NEW! The Secret Lives of Flowers (NS) #261
Dr. William Blaker
Friday, 10 a.m. – 12 p.m., November 22
Humans like flowers that look nice and smell nice, but how do these characteristics help flowers in their real role in plant reproduction? We will see how the shapes and colors of flowers as well as the odors they emit act as animal attractants, even with flowers that are repulsive to humans. Then we will see how people have historically used flowers from stone age funerals 12,000 years ago to the invention of Chanel No. 5 in 1921.

CANDELLED - Community Event: Northwest Valley
Native American Flute Ensemble (A) #262
Laura Lee Perkins
Friday, 1 – 2 p.m., November 22
Performing authentic Native American tunes and familiar holiday songs with traditional accompaniments. Members are from the Rio Salado RISE, Sun City Grand Learning and Sun City West PORA classes for seniors. All members have learned to play flutes made by Ken Green in classes taught by Laura Lee Perkins.

We are trying to find a replacement. Watch for an announcement on the website, in your email, and on the RISE bulletin Board.

Additional Classes:
#270, eBay – Steven Kahn, Fridays, October 4, 11, and 18, 10 – 11:30 a.m.
#271, Internet – Steven Kahn, Fridays, October 25 and November 1, 10 – 11:30 a.m.
#272, Computer Basics I – Steven Kahn, Fridays November 8 and 15, 10 – 11:30 a.m.
Non-fiction Book Club #901

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

Check the RISE bulletin board in the hallway for a list of book selections.

October 7th –
November 4th –
December 2nd –

Hooked on Books #902

Ruth Dibene, Facilitator
Meets on the 2nd and 4th Tuesday mornings at 10 a.m., September through May.
The group reads fiction and non-fiction. New members are always welcome.

Selections for fall are:

September 10th – Beneath the Scarlet Sky, by Mark Sullivan
September 24th – Where the Crawdads Sing, by Dolia Owens
October 8th – The Last Trial of Lincoln, by Dan Abrams
October 22nd – The Women of Copper Country, by Mary Dora Russell
November 12th – The Magic Strings of Franklin Presto, by Mitch Albom
November 26th – The House of Broken Angles, by Louis Alberto Urrea

ALL BOOK CLUBS MEET AS STATED ABOVE,

EXCEPT WHEN THE RIO SALADO CAMPUS IS CLOSED

OR RISE IS ON BREAK
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 where we invite community members who do not belong to RISE. 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).

CANCELLED - The Native American Flutes #262 Laura Lee Perkins
Friday, 1:00 p.m., November 22

NORTHWEST VALLEY
NATIVE AMERICAN FLUTE ENSEMBLE
Members are from the Rio Salado RISE, Sun City Grand Learning and Sun City West PORA classes for seniors. All members have learned to play flutes made by Ken Green in classes taught by Laura Lee Perkins.

Their performance includes authentic Native American tunes and familiar holiday songs with traditional accompaniments.

Friday – November 22 @ 1:00 p.m.
The concert is FREE.

We are looking for a replacement.

Watch for an announcement on the website, in your email, and on the RISE bulletin Board.
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 2020!

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 except for an occasional lab fee where supplies for the class are furnished by the presenter. 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!

Membership RENEWALS are due July 1st each year
(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 except for an occasional lab fee where supplies for the class are furnished by the presenter.

**Please renew your membership before June 30, 2019.**

**TELEPHONE NUMBERS TO REMEMBER:**
Rio Salado Front Desk 480-377-4251  Cathy Sheredy, Assistant, 480-377-4296
Becky Schroeder, Coordinator, 480-377-4262
RISE Learning for Life
Rio Salado College Lifelong Learning Center
12535 W. Smokey Drive, Surprise, AZ 85378
480-377-4296 or 480-377-4262

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 $55.00)

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 this:______ Checked by:________
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________________________________________________________
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!

**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. Skip is 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, 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.

**Eric Anderson** is the Executive Director for the Maricopa Association of Governments (MAG), the regional planning agency for the region. One of the major activities of MAG is to oversee the implementation of Proposition 400, the region’s transportation sales tax funding plan. Over his career, Mr. Anderson’s work has focused on regional and urban growth, economic development, finance, and economic impact analysis. Mr. Anderson is currently involved in a number of planning and research efforts related to technology including autonomous and connected vehicles. He is focused on the urban form and social impacts of new technology and the implications for the regional transportation system. Mr. Anderson is a member of the Urban Land Institute Arizona Advisory Board, Lambda Alpha International, and the board of directors of the Arizona Transit Association. Mr. Anderson holds an M.S. in Economics from Arizona State University.

**Jamin Armstead** is not your typical financial advisor. He refers to himself as the “accidental entrepreneur,” because he had no intention of becoming an independent advisor, never had any grandiose visions of owning or operating a business or becoming the host of a talk radio show. He invested 10 years of his career working for some of the largest banking and investment firms in the world. Jamin created J. Dishon Financial LLC, where he can work independently to provide sound guidance and tailored solutions based on individual needs and concerns.

**Dr. Matt Bailey** is a Doctor of Chiropractic and has been serving the city of Surprise and the west valley for the past 19 years. He received his Doctor of Chiropractic degree from Life University and has extensive post graduate education in clinical and science-based nutrition.

**Harold W. “Hal” Black**, consulting actuary, holds professional degrees, FCA, ASA, and MAAA and received AB and MS degrees in both actuarial mathematics and mathematical statistics from the University of Michigan. His actuarial consulting started in 1956 in Atlanta. He dealt with life insurance company problems and employee benefit plans. He started his own firm in Nashville in 1965 and sold it in 1975 to Marsh and McLennan, Inc. His exit from the business world came at age 59 n 1987. Hal is an instrument rated private pilot with over 4000 hours. He founded and served as Chairman of an aviation related business for 15 years. He was a founder in 1971 of Harding Academy, a private K-8 elementary school, serving as president and chairman for its first seven years. Hal’s interest in NDEs (Near Death Experiences) started after studying the work of Psychic Edgar Cayce. He then studied the scientific NDE work of Dr. Jeffrey Long and his wife, Jody, who established NDERF (Near Death Experience Research Foundation). They collected data from thousands of NDERs world-wide which provided lucid accounts of the reality of life after death and of God.

**Dr. William Blaker** is a retired biology professor who has done research and taught about the brain for over 35 years. He has published over 20 research articles on the topic and has received teaching awards from Virginia Tech and Furman University.

**Emily Branch**, **Community Engagement Coordinator, Cogniciti, Inc.** Cogniciti, Inc., is a comprehensive brain health company and is a subsidiary of Baycrest Health Sciences (www.baycrest.org). Baycrest recently celebrated its 100th year anniversary and encompasses a 23-acre campus focused on serving the aging population. Baycrest is home to Canada’s largest geriatric hospital, the world renowned Rotman Research Institute (RRI), and the Center for Aging and Brain Health Innovation (CABHI). Researchers and scientists at Baycrest founded Cogniciti as a platform to educate older adults about their brain health and provide a tool to screen for signs of mild cognitive impairment.
Jeffrey H. Burg, CRPS®, CRPC® is a Chartered Retirement Plans Specialist™ and a Chartered Retirement Planning Counselor™. 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.

Dr. Diane 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: Before You Say "I Quit"; The Mind of Oswald; Dallas and the Jack Ruby Trial; Analyzing Leaders, Presidents and Terrorists; American History in Song: Authors’ Famous Recipes and Reflections on Food; American Police Dilemma; Who Killed New Orleans; Jacuzzi: A Father’s Invention to Ease a Son’s Pain; Winslow’s La Posada Hotel; and Sleep Problems: Food Solutions.

Maria Coesens was the first RISE coordinator and has periodically taught classes. She returns this year as part of the Surprise Citizens Corps Council.

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, BA/CCO is a former coach, collegiate and professional athlete, minister 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 Presidents 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. Ervin is a former coach, collegiate and professional athlete, minister 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 Presidents 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. Mr. Cutwright is the author of several Black History articles, presentations and a children’s book entitles, I Can because of African American Inventors. He has coached and mentored over two thousand young people from diverse backgrounds. He maintains that his purpose in life is to mentor and minister, in keeping with the words of Dr. Martin Luther King, Jr.: “Life’s most persistent and urgent question is ‘What are you doing for others?’” He currently works for the City of Surprise and previously held private, state, local and nonprofit leadership positions for more than two decades. Ervin and wife Nicki consider themselves lifelong learners and are the parents of six adult children who are college graduates.

Dr. Barbara Dabul, Ph.D., is a Speech-Language Pathologist, with a doctoral degree from the University of Southern California (USC) and over 50 years of experience in professional health care. She specializes in adult neurological communication disorders. Her test battery, The Apraxia Battery for Adults II, is sold all over the world. She also works with voice disorders and laryngectomees, and published a booklet, The Laryngectomee: A Booklet for Family and Friends. She first studied Spanish in high school, then took an immersion program in Monterrey, Mexico, and finished her language studies while in Peace Corps training in Puerto Rico in 1963. She has used the Spanish language her entire adult work life, and currently teaches vowel pronunciation to ESL students at Rio Salado College.

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) homebrewer 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.
Khana Dias is the owner of the West Valley Wellness Center located at 10404 W Coggins, Suite 110, Sun City, AZ. A skilled licensed massage therapist, Khana uses cranial sacral and other healing modalities to support individuals. Her passion for health and healing led her to explore the benefits of salt therapy and bring this amazing experience to the West Valley. Her center offers community acupuncture, lymphatic therapies, sports massage and frequent salt room classes which include yoga, sound healing, and guided meditation.

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.

Seth Dyson has 15 years of non-profit and local government experience in economic development, workforce development and community development. Seth has a B.S. from Arizona State University and a Master of Public Administration from the University of Utah. Seth currently works for the City of Surprise Arizona as the Director of the Human Service & Community Vitality Department. Seth lives in Surprise with his wife and two children.

Frankie Eklund has recently retired from her 9 to 5 job as an Activity Director for the past 20 years. She found her passion in Young Living Essential Oils one and a half years ago and has been educating people around the valley since on how to gain better health and wellness. She feels it is time for you to become the CEO of your health.

Shel Fanelli is a transformational coach specializing in homeopathy, herbal medicines, integrative nutrition, yoga and guided meditation. She is an enthusiastic presenter who is a committed advocate for the health and wellness of others.

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.

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.
**Winnie Fritz**, RN, MSN, EdD, NEA-BC is a former Illinois farm girl who has held CEO, COO, and Chief Nursing Officer roles in a variety of U.S. and international healthcare organizations. For decades, she worked with the late King Hussein of Jordan as Dean of a School of Nursing and later as a network COO of a 28-hospital system. For her success in bringing about operational and clinical improvements, she was awarded His Majesty’s Medal of Honor. During her tenure as a nurse in the U.S. Army, Winnie earned her pilot’s wings and served in the U.S. Thailand, and Vietnam; her commendations include the Bronze Star. She has been an Associate Professor at University of Maryland, University of Missouri, and Georgetown. She is currently COO/Senior Vice Present. Clinical Operations for HCCA Management and has worked extensively on healthcare projects in the Middle East, Asia, and Africa to improve clinical, patient safety, service excellence, and financial outcomes. Most recently, her projects are in Jamaica, Nigeria, and Jordan.

**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 is also a returning presenter for RISE.

**Elizabeth Giannini** taught piano privately for forty years in New Jersey, and also was an organist and choir director for several different churches during that time. She was also a volunteer for the United States Park Service and taught nature studies at the Pocono Environmental Center in Pennsylvania. Now she volunteers at the Musical Instrument Museum and at Rio Salado College.

**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.

**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, Eleanor 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 Band 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 master’s 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.

**Dr. Robert Graham** is a chiropractor with Revive Wellness & Rejuvenation in Glendale, AZ. He speaks throughout the Valley in Stem Cell Therapy.

**Shannon Hansen** has quickly become a leader of Holistic Nutrition, she has certificates as a Holistic Wellness Practitioner, Functional Nutrition Practitioner, Life Coach, and Homeopathy. She has co-authored books and passionately educates families about sustainable nutrition and lifestyle so that they can add decades to their lives and their posterity’s lives. She has witnessed firsthand how real nutrition changes lives, in a fun, easy and sustainable way. She is a wife and mother of three beautiful girls and enjoys gardening and working on her mini farm.

**Bob Hazlett** is a senior engineer with Maricopa Association of Governments (MAG); the metropolitan planning organization for the Phoenix, Arizona region. He has more than 30-years of transportation engineering and planning experience in both public and private sector practices that includes organization leadership and project management. At MAG, he provides policy planning for the
deployment of automated travel and shared mobility services related to the MAG Regional Transportation Plan. While with MAG, he has managed the region’s $10 billion Regional Freeway and Highway Program, conducted corridor master plans for Interstate 10, Interstate 17, and US-60/Grand Avenue, and developed framework plans that established Interstate 11 in Arizona. Bob is a registered Professional Engineer in Arizona and six other states. He chairs the Transportation Systems Policy, Planning, and Programming Committee (ADA00) section for the Transportation Research Board, represents MAG as an affiliate member of the American Association of State Highway and Transportation Officials (AASHTO), and is a member of the Institute of Transportation Engineers.

**Sandra Hickman**, MA, CCHT is the owner of The Healing Intention Community, a healing arts clinic, and Blu Bliss Botanicals, a CBD Dispensary, located together at 12630 N 103rd Ave, Suite 131, in Sun City. She offers Vitamins, Herbs, Essential Oils and a large variety of Wellness CBD along with private consultations and mind body classes for people to accelerate healing and reinvent themselves.

**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 she 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 until 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 & from the movies that she saw and remembers (and she hopes you do too). Together let’s take a trip down memory lane with sheet music as our guide.

**Sybil Ihrig**, DACM, L.Ac., CCH, obtained her Doctoral and master’s degrees from Pacific College of Oriental Medicine (PCOM) in San Diego, California, and holds national certifications in Acupuncture and Chinese Herboogy. Her practice in Peoria, Arizona, which focuses on reproductive health, senior wellness, and supportive care of patients with chronic conditions, incorporates primarily Japanese approaches to Acupuncture and Oriental Medicine. Also, a classical homeopath of long standing, Sybil is also nationally certified in Classical Homeopathy and has taught clinic and Materia Medica at American Medical College of Homeopathy. She is proud to be entering her ninth year as a professor at Phoenix Institute of Herbal Medicine and Acupuncture in Phoenix.

**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.

**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.

**Marion Kelly** serves as Director for the Office of Community and Business Relations within Public Affairs at Mayo Clinic. In this role, he provides leadership for the organization’s efforts to build solid neighbor, civic and corporate relationships. “Community” in its broadest sense encompasses the entire Southwest region of the United States. In addition to providing leadership in Community Affairs, he is also responsible for institutionalizing “Diversity” as a corporate objective within the strategic plan of Mayo Clinic. Mr. Kelly’s broad experiences are in both the education and political arena. His experiences include teaching elementary education, working in the United States Senate, Indian University School of Medicine Administration and Assistant Dean for Admissions and Student Affairs at Mayo Medical School. He was an appointee in the first Bush White House administration as Special Assistant for At Risk Youth Initiatives at the United States Department of Labor, and as the White House Liaison for the Labor Department. Mr. Kelly holds degrees from Kentucky State University and the University of Kentucky. He has completed additional graduate coursework
toward a graduate degree in Psychology at Indiana University. He serves his local community as Chair, Diversity Leadership Alliance; Chair, National Multiple Sclerosis Society Arizona Affiliate Board; the Scottsdale Area Chamber of Commerce Board; as well as Community Celebrating Diversity Board. Marion is a life member of Kappa Alpha Psi Fraternity Incorporated and the Sigma Pi Phi Fraternity, Gamma Mu Boule.

**Linda Kesselman** is a retired teacher from Los Angeles. She graduated from the Gemological Institute of America (GIA) with a credential in Diamonds and a credential in Colored Stones. She was employed by Saks Fifth Avenue in Los Angeles as their staff gemologist shortly after graduating GIA. As a Graduate Gemologist she recognized that imparting her knowledge of gemstones could be fulfilled by becoming a teacher.

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

**Pam LaFond** is currently the first vice president of the West Valley Genealogical Society (WVGS). She is a 35+ year researcher who has found many exciting people in her family trees. Pam retired from the United States Air Force and was a Literature Teacher for 12 years here in the valley. She and her husband, Dave, have three children and six grandchildren.

**Madeline La Mont** has been a Professional Numerologist and Spiritual Adviser for over 30 years and is a Spiritual Teacher and an Ordained Minister. She is interested in spirituality, metaphysics, spiritualism, body energy healing, aromatherapy and essential oils, crystals and gemstones, herbs, Feng Shu, and natural wellness. In her spare time, she designs gemstone jewelry for Chakra and Energy Balancing. She is an advocate for a natural, chemical-free lifestyle. Madeline is the Founder and Director of The Place of Spiritual Wisdom.

**Claudia LeBaron Islas** is an Emotional Healer, Spiritual Teacher and Writer. She has integrated her Engineering background with her Healing, Intuitive, and Spiritual gifts to pass down enlightening teachings to those who are ready to hear. In her business she helps men and women move forward in their business and their life by releasing emotional and mental blocks they’ve been carrying since childhood. Currently she’s working on her first book while she teaches at Rio Salado College in Surprise, Arizona through the RISE Learning for Life Center. You can learn more about Claudia in her website [www.claudialebaron.com](http://www.claudialebaron.com)

**Thomas C. Lux** has served as a consultant and trainer for a wide range of major manufacturers, national retail chains, and commercial supply distributors. Through clear communication, and his enthusiastic and highly motivational approach, Tom offers insight to his topics. Tom acquired an understanding of proven communication skills both from his M.A. in Communication and Training and his experience as a motivational speaker and college professor.

**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.

**Bob Mariner** is an Estate Planner and Certified Instructor with **Generation Living Trusts**, a provider of personalized estate planning services whose legal group has produced over 30,000 Trusts since 1990. Using the time-proven curriculum developed by company founder John Mariner, Bob teaches this important and sometimes confusing topic in an enjoyable, unpretentious manner that has already helped thousands of people throughout Arizona. Students comment: **“Why hasn’t someone explained Wills and Trusts like this to me before? I learned so much. Now I know what to do and the right way to get it done!”**

**Patricia Martin**, Doctor of Oriental Medicine (FL), Licensed Acupuncturist (AZ), Master of Arts in Communication (University of Central Florida), has been deeply involved with Asian medicine since 1980, with acupuncture licenses in Florida, Georgia and Arizona. She has been a Visiting Professor and on faculty at 4 acupuncture schools, on the board of Florida and Arizona professional acupuncture associations and was appointed by the governor of Arizona to the Arizona State Acupuncture Board of Medicine. Patricia was commended and thanked by a sitting President of the United States for her discussion with him regarding acupuncture. Her adventures include spending a half-year backpacking solo and working in hospitals in Shanghai and Wuhan, Peoples Republic of China, and Medan, Sumatra, Indonesia, with additional patients in several other Asian countries. She’s accumulated over 6,000 hours of training in over 50 different styles of acupuncture, most recently treating the central nervous system with gui (ghost) and shen (spirit) points. Since 2006 she has been teaching at RISE & remains a member favorite.

**Genise McGregor** is a native New Mexican, has lived throughout the Southwest, and has been creating and teaching in Arizona for six years. Working in block print, acrylic and mixed media, Genise’s recent exhibition venues include: New City Studio, Burton Barr Central
Library, Desert Foothills Gallery. She has been sharing her love of the creative process through speaking engagements, workshop and classroom settings for all ages.

**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.

**Victoria Magliner C.A.** is a certified reiki master and acupuncturist trained in China. She is the author of Ancient Secrets of Facial Rejuvenation and works at Sonoran Living in Peoria on a Wednesday. She has lived and studied in China.

**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.

**Rev. Catherine Ohrin-Greipp**, MSW, received her master’s degree at Temple University, Philadelphia, Pennsylvania. She has decades of training and expertise in the field of psychotherapy as a licensed Clinical Social Worker and Board-Certified Diplomate in Clinical Social Work. She has extensive experience treating individuals, couples, children and families, both military and civilian. While in New England, in addition to her own psychotherapy practice, she taught psych and sociology courses at Community College of Vermont as a part-time instructor. She changed her focus of practice about two years ago to include more holistic practices and moved away from the medical model which focuses on diagnoses and pathology rather than healing. She provides Life Path/Spiritual Counseling for individual and couples, which incorporates mind, body and spirit in the healing and personal growth process and has developed a series of workshops and seminars which she presents at her office in Sun City, Arizona. She also provides a Stress Detoxification Clinic. “I love helping people to connect with their inner wisdom, achieve their goals of personal growth and resolution of challenges and inner pain and to live more joy filled lives.” To learn more, visit website: transformationaljourneyz.com

**Khue Paige** is the community outreach services specialist at Sojourner Center. She graduated from ASU in 2015 with her master’s in social work. She has been in the anti-trafficking movement for nine years. Khue is the founder of The Soteria Initiative here in Arizona, where survivors of sex trafficking are employed to make jewelry.
Laura Lee Perkins, MS, has been a life-long spiritual educator, writer and professional musician specializing in Native American flute. Laura was awarded thirteen grants and five artists residences. She has published seven books, five CDs and is internationally known for her expertise in Native American flute and her passion for Exploring the Soul’s Wisdom. She teaches over fifty classes annually in Maine, Massachusetts, New York and Arizona, and welcomes suggestions for new topics beyond her current offerings.

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

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 Master 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.

Steve Rothschild was a NYC School Teacher for 35 year as well as a children’s day camp owner. He has grown up as a huge Al Jolson Fan (60 years) and is a member of the International Al Jolson Society. In addition, he has a huge Jolson Memorabilia Collection and every song that Jolson ever recorded on CD as well as many of his radio shows and all of his movies.

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.

Russell Ruck is a RISE member and volunteer instructor for the AARP Driver Safety Program.

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.

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.

Becky Schroeder is from Minnesota and has been the RISE Coordinator for almost three years. She has taught computer classes in her previous employment and is proficient in all the Microsoft Office software.

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.

Joe Seoane is a graduate of John Jay College and has served as a paramedic for 35 years and served with the Department of Corrections in New York for 15 years. Joe also has 35 years’ experience serving on five not-for-profit boards, three of which he is still serving – the Cancer Hope Foundation, Advancing the Interest of Animals and the Northridge East Neighborhood Council. He is an active elected board member councilman at large, with his term ending in April of 2019. Joe is a member of the Unity Church of Phoenix and serves as a member of their medical team. He is very passionate about his involvement in the community and has attended the City of
Glendale Community Academy. Other volunteer works include the USO and the Phoenix Airport Office. He is also a member of the RISE Public Relations Committee.

**Janet Teeguarden** 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. Diana Warren**, B.S., M.A., Ph.D., is a retired university faculty member having taught spiritual studies, religion, and psychology. Her background and certifications include adult development, Jungian psychology, energy healing, esoteric astrology, chakra balancing, the Medicine Wheel, death and dying, kriya yoga, and the spiritual path. She consults one-on-one and in groups exploring topics that open us to messages from our soul about life’s journey.

**Dr. Irwin Wiener** is an ordained rabbi and a Doctor of Divinity and is involved in activities designed to enhance life through spirituality that is the bedrock of Judaism. It is the source of values, compassion, healing, creativity and abundance. Speaker, educator, author and writer. Dr. Irwin writes occasionally for the Arizona Republic and other publications. He is a spiritual leader of the Sun Lakes Jewish Congregation and National Chaplain, Jewish War Veterans - USA.

**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 modeling, 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 modeling 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.
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<td>101</td>
<td>Current Events</td>
<td>What was Here Before-Diane Cheney</td>
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<td>Women of Lowell-Dr. Bill Blaker</td>
<td>An Af-Am Man Lived Exp-Marion Kelly</td>
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<td>Emerg Preparedness-Maria Coensen</td>
<td>Edgar Cayce-Bob &amp; Rose Ferro</td>
<td>11 am-12 pm-Tai Chi Essentials-Charlie Gill</td>
<td>How to Buy a Car-Michael Willand</td>
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<td>Arizona Law-Bob Jeckel</td>
<td>Cooking w/ Ess. Olis-Frankie Ekland</td>
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<tr>
<td>104</td>
<td>1-2:30 pm-Aggs Wls-Dr. Diana Warren</td>
<td>Art of Listening-Dr. David Gershaw</td>
<td>1:30 pm-Grt Dec 2019-Dr. Bonnie Saunders</td>
<td>Healthy Aging w/ Chinese Med.-Dr. Sybil Ihrig</td>
<td>Living Afloat-Eleanor Gobrecht</td>
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<tr>
<td>106</td>
<td>The Mind-Gut Connect.-Dr. Lena Fernandez</td>
<td>Living Trusts vs. Wills-Bob Mariner</td>
<td>Reiki-Victoria Mogilner</td>
<td>Gentle Yoga-Shel Fanelli</td>
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<td>105</td>
<td>What’s a Burial Trust?-Marcus Moran</td>
<td>Autonomous Vehicles-Bob Halett</td>
<td>1-4 pm-Self Hypnosis-Skip Albright</td>
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<td>107</td>
<td>When Relatives Visit-Dr. Jeff Reed</td>
<td>American Impressionists-Allen Reamer</td>
<td>Fall Into Mindfulness-Beth Cornell</td>
<td>Women of Lowell-Dr. Bill Blaker</td>
<td>Living Free of Dementia-Dr. Timothy Gerhart</td>
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<td>108</td>
<td>Avoiding Fraud-Nydia Montijo</td>
<td>Hooked on Books-Ruth Dibene</td>
<td>11 am-12 pm-Tai Chi Essentials-Charlie Gill</td>
<td>Acupuncture-Patricia Martin</td>
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<td>Arizona Law-Bob Jeckel</td>
<td>West Valley Genealogical Society-Pam LaFond</td>
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<td>109</td>
<td>Non-Fiction Book Club-John Hjelm</td>
<td>Fundamentals of Shading-Allen Reamer</td>
<td>1:30 pm-Grt Dec 2019-Dr. Bonnie Saunders</td>
<td>CBD Sound Healing Exp. #1-Sandra Hickman</td>
<td>Living In the Present-Rev. Catherine Ohrin-Greipp</td>
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<td>111</td>
<td>Heart Health-Shel Fanelli</td>
<td>Transportation in the Valley-Eric Anderson</td>
<td>Investing In Retirement 101-Scott Sandelli</td>
<td>Human Serv. In Surprise-Seth Dyson</td>
<td>African/Am History-Ervin Cutwright</td>
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<td>American Impressionists-Allen Reamer</td>
<td>Fall Into Mindfulness-Beth Cornell</td>
<td>Women of Lowell-Dr. Bill Blaker</td>
<td>Taking Mystery out of Medicare-Brian Keep</td>
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<td>1:00-3:00</td>
<td>Living Trusts vs. Willis-Bob Mariner</td>
<td>Edgar Cayce-Bob &amp; Rose Ferro</td>
<td>11 am-12 pm Tai Chi Essentials-Charlie Gill</td>
<td>Al Jolson-Steve Rothchild</td>
<td>Physician in You-Dr. Greg McWhorter</td>
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<td>Medicare 101-Jamin Armstead</td>
<td>Immigrant, Refugee, etc.-Winnie Fritz</td>
<td>Arizona Law-Bob Jeckel</td>
<td>Healthy Guide to Nat Skin Care-Frankie Ekland</td>
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<td>Oct 14</td>
<td>142</td>
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| 1:00-3:00    | 1-2:30 pm Agiss Wisdom-Dr. Diana Warren     | Fundamentals of Shading-Allen Reamer        | 1:30 pm-Grt Dec 2019 Dr. Bonnie Saunders    | Stop the Attack on Heart-Dr. Scott Timko    | Karma: Dispel Myths-Rev. Catherine Ohrin-Greipp|
|              | Medicare Basics-What You Need-Marcus Moran  | Nutritional Therapies-Dr. Matt Bailey       | Intro to Numerology-Madeline LaMont         | Gentle Yoga-Shel Fanelli                   |                                             |
| Oct 15       | 143                                         | 183                                         | 212                                         | 248                                         | 249                                         |

| 1:00-3:00    | 1:30 pm-Grt Dec 2019 Dr. Bonnie Saunders    | 11 am-12 pm Tai Chi Essentials-Charlie Gill | 12:00 pm-Gn Dec 2019-Dr. Bonnie Saunders    | 249                                         | 250                                         |

| 1:00-3:00    | Reiki-Victoria Moglner                      |                                          | 213                                         | 249                                         | 251                                         |

| 10:00-11:55  | American Impressionists-Allen Reamer        | Stem Cell Therapy-Dr. Robert Graham        | It's Never Too Late-Claudia LeBaron         | Tech Achievements of the Ancient Wld-Bill Blaker|
| 1:00-3:00    | Unique Destinations in AZ-Dr. Jeff Reed     | 11 am-12 pm Tai Chi Essentials-Charlie Gill | 214                                         | 250                                         | 251                                         |
|              | Planning Long-Term Care-Nydia Montijo       | Hooked on Books-Ruth Dibene                | 10:00-11:55 a.m.                            | 251                                         | 252                                         |
| Oct 21       | 142                                         | 189                                         | 214                                         | 252                                         | 253                                         |

| 10:00-11:55  | 143                                         | 189                                         | 214                                         | 252                                         | 253                                         |

| Oct 22       | Fundamentals of Shading-Allen Reamer        | Stem Cell Therapy-Dr. Robert Graham        | It's Never Too Late-Claudia LeBaron         | Tech Achievements of the Ancient Wld-Bill Blaker|
| 1:00-3:00    | Fun w/Math: Math Art 1-Janet Teegarden     | 1:30 pm-Grt Dec 2019-Dr. Bonnie Saunders    | 214                                         | 252                                         | 253                                         |
|              | 149                                         | 181                                         | 214                                         | 252                                         | 253                                         |

| 10:00-11:55  | Protect Your Home-Michael Shepp             | 3 Steps to Reverse RA-Dr. Lena Fernandez    | Basic Loom Knitting-Hats-Reggie Knight      | South of the Border-Barbara Dabul           | Spiritual Awakening-Dave Newman             |
| 1:00-3:00    | Gut Health & Disease-Shel Fanelli           | Nutritional Consid-Dr. Matt Bailey          | Reiki-Victoria Moglner                      |                                            |                                            |
|              | 151                                         | 184                                         | 204                                         |                                            |                                            |

| Oct 23       | 150                                         | 187                                         | 204                                         |                                            |                                            |

| Oct 24       | Healing Your Emotions-Dr. Diana Warren      | 180                                         | 204                                         |                                            |                                            |
| 1:00-3:00    |                                             | Arizona Law-Bob Jeckel                      |                                            |                                            |                                            |

| Oct 25       | 184                                         | 216                                         |                                            |                                            |                                            |

| Oct 26       |                                             | Overlooked 4th Season-Patricia Martin       |                                            |                                            |                                            |
| 1:00-3:00    |                                             |                                             |                                            |                                            |                                            |

| Oct 27       |                                             |                                             |                                            |                                            |                                            |

| Oct 28       |                                             |                                             |                                            |                                            |                                            |

| Oct 29       |                                             |                                             |                                            |                                            |                                            |

| Oct 30       |                                             |                                             |                                            |                                            |                                            |

<p>| Oct 31       |                                             |                                             |                                            |                                            |                                            |</p>
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<th>Tuesday</th>
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<td>101 Current Events</td>
<td>101</td>
<td>1:20-2:30pm</td>
<td>How to Say a Car-Michael Willard</td>
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<td>123</td>
<td>123</td>
<td>2:30-3:40pm</td>
<td>Meal Planning/Prep-Shannon Hansen</td>
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<tr>
<td>124</td>
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<td>Prayer/Christo-Uma-strait-Becky Timmerman</td>
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<td>1:20-2:30pm</td>
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<td>Prayer/Christo-Uma-strait-Becky Timmerman</td>
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<td>How to Say a Car-Michael Willard</td>
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<td>How to Say a Car-Michael Willard</td>
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<td>VETERAN'S DAY</td>
<td>Hist. Am. Mkts &amp; Const.-Mike Kapic</td>
<td>Fall Into Mindfulness-Beth</td>
<td>Moving Beyond Fear-Laura</td>
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<tr>
<td>164</td>
<td>182</td>
<td>Cornell</td>
<td>Lee Perkins</td>
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<tr>
<td>HOLIDAY</td>
<td>Edgar Cayce-Bob &amp; Rose Ferro</td>
<td>11 am-12 pm-Tai Chi Essentials-Charlie Gill</td>
<td>It's Never Too Late-Claudia LeBaron</td>
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<td>135</td>
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<td>RIO/RISE</td>
<td>Hooked on Books-Ruth Dibene</td>
<td>Arizona Law-Bob Jeckel</td>
<td>Sex Trafficking-Khue Paige</td>
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<td>CBD Sound Heal Exp #2-Sandra Hickman</td>
<td>1:30 pm-Grt Dec 2019-Dr. Bonnie Saunders</td>
<td>Chinese Medicine-Dr. Sybil</td>
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<td>Const. of the Twin Towers-Elizabeth Giannini</td>
<td>1:30 pm-Grt Dec 2019-Dr. Bonnie Saunders</td>
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<td>Cons. of the Twin Towers-Elizabeth Giannini</td>
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<td>Mystical Nature-Humans-Dr. Irwin Wiener</td>
<td>Stem Cell Therapy-Dr.</td>
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<td>Life Extension</td>
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<td>Current Events</td>
<td>CPR-Joe Soeane</td>
<td>Fall Into Mindfulness-Beth</td>
<td>It's Never Too Late-Claudia</td>
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<td>101</td>
<td>173</td>
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<td>Living Trusts vs. Wills-Bob Mariner</td>
<td>Edgar Cayce-Bob &amp; Rose Ferro</td>
<td>11 am-12 pm-Tai Chi Essentials-Charlie Gill</td>
<td>Tuning Into Your Own Intuition-Marilyn Poscic</td>
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<td>A Little Known Am History Mike Kapic</td>
<td>Medicare 101-Jamin Armstead</td>
<td>Arizona Law-Bob Jeckel</td>
<td>Winter, Seasonal Trmt-Patricia Martin</td>
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<td>Reducing Taxes in Retirement-Jeffrey Burg</td>
<td>Sec Methd Prv/Rv Hrt Dis-Dr. Lora Fernandez</td>
<td>1:30 pm-Grt Dec 2019-Dr. Bonnie Saunders</td>
<td>Reverse Mortgages-Rex</td>
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<td>Number Stories of Long Ago-Janet Teegarden</td>
<td>Diabetes &amp; Weight Mgmt-Dr. Matt Bailey</td>
<td>Add Bing to Your Prints-Genise McGregor</td>
<td>Last Minute Medicare Decision-Marcus Moran</td>
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