

 **Sun City Festival**

FESTIVAL LEARNING
Summer 2018
CLASS SCHEDULE





TRAVEL

Summer Travel in Arizona – Part 1

Instructor: Lou-ellen Finter
 1 Session: Monday, June 4
 10:30 a.m. – 12:00 p.m.
 Cost: \$9

Come drive up Interstate 17 North with Lou-ellen. Climb out of the valley and discover places of interest from Camp Verde to Flagstaff in Part 1. As you journey north the weather becomes cooler, the desert opens into forests, and up to the high mesas of Hopi land. You can make stops at Camp Verde and the surrounding area. We will visit Jerome, then Prescott, a bustling community with an old town flair, and Flagstaff which is very cool. Come and discover the northern part of Arizona and the memories made along the way.

Summer Travel in Arizona – Part 2

Instructor: Lou-ellen Finter
 1 Session: Monday, June 11
 10:30 a.m. – 12:00 p.m.
 Cost: \$9

We will continue our journey seeking cooler weather up Interstate 17 North, starting in Flagstaff. Go north to the Dine to visit Hubbell Trading Post, Window Rock, and Canyon de Chelly. Travel to Hopi and perhaps find a summer dance being performed on one of the mesas. Come and find out about traveling north and the memories you can make along the way.



GARDENING

Landscape Care for the Desert

Instructor: Harry Graham
 1 Session: Friday, June 22
 10:00 a.m. – 11:30 a.m.
 Cost: \$9

This course presented by Carescape will cover Sustainable Landscape Management. Learn practices which will strive to preserve valuable resources such as water, and reduce waste generation and pollution by encouraging the maturity of plant material which promotes a healthier and more efficient landscape.

LANGUAGE

Survival Spanish

Instructor: Lori Pierson
 4 Sessions: Tues/Thurs June 19, 21, 26, 28
 2:00 p.m. - 3:30 p.m.
 Cost: \$36

An introduction to Spanish language and conversation, classes will incorporate listening to and speaking Spanish – revolving around friends, travel and shopping. Basic grammar and syntax are introduced in a real-life context. Spanish culture, beliefs and values are also explored. The course's primary goal is to give each student the knowledge to begin speaking Spanish.

TECHNOLOGY

Cutting the Cable/Satellite Cord

Instructor: Steve Miller
1 Session: Wednesday, July 25
10:00 a.m. - 11:30 a.m.
Cost: \$9

Want to learn about streaming alternatives to watch local and cable networks? This class will review the major companies that stream local stations and many cable networks including major news, entertainment and sports channels. We will review a comparison of the four major applications that will allow you to drop your cable and/or satellite services. It will also include a list of stations provided by each company, the equipment needed to stream, menu differences, cloud DVR capabilities and costs. Please note that Internet services provided by Cox or Zona are still required and you should be familiar with streaming Netflix, Hulu, or other online viewing applications.

Getting Familiar with Using iPhones and iPads

Instructor: Barbara Waggoner
2 Sessions: Mon, June 25 and Wed, June 27
12:00 p.m. - 2:00 p.m.
Cost: \$18

Do you have an iPhone or iPad and want to learn more about the icons, settings, pictures? What is the CLOUD that is talked about? Where is it? This course will help you individualize your device to your liking and help you understand the iOS and why you need to update your device. You will learn all this and more. Handouts provided. Bring your iPhone or iPad.

Using Your New Android Phone or Tablet

Instructor: John Schneeg
1 Session: Thursday, June 14
3:00 p.m. - 4:30 p.m.
Cost: \$9

This session is for those with a new Android device, or possibly someone who's had one but feels they should learn more to operate them effectively. Topics discussed include: Setting up your new device, common tasks such as email, texting and web browsing, managing notifications, basics of security and privacy and adding new apps. Time permitting we'll also look at using it to play music, read books, take notes and edit photos. The class will be geared to the novice who has little experience with computers.

RELIGION

Who Was Saul of Tarsus- Otherwise Known as the Apostle Paul?

Instructor: Raph Martin
3 Sessions: Thursdays, July 12, 19, 26
10:30 a.m. - 12:00 p.m.
Cost: \$27

We will grapple with the revelatory messages granted to Paul and their impact on Judaism and the early church till today



HEALTH

Essential Oils 101

Instructor: Linda Cinnamond
1 Session: Monday, June 18
1:00 p.m. – 3:00 p.m.
Cost: \$9

Essential Oils and aromatherapy have been used successfully for thousands of years to help heal the mind, body and spirit. Recently there has been a resurgence of interest in the use of these all-natural plant compounds. You'll learn why these amazing liquids are showing up in homes, hospitals and medical offices around the country. In this interactive class, we will discuss what they are, how they are used, and why they can help you reduce stress, sleep more soundly, achieve better physical and emotional health, and save money.

Essential Oils 102

Instructor: Linda Cinnamond
1 Session: Thursday, August 9
1:00 p.m. – 3:00 p.m.
Cost: \$9

We already know why these remarkable oils are currently being used all over the country as a safe, natural solution to the many issues we suffer from both emotionally and physically. Now it is time to dive into the specifics of using the oils in the most effective and safe way possible. We'll cover dosages, dilutions and why you would use one method of delivery over another method. You will see how easy it is to use the essential oils in your everyday life. Each participant will go home with samples that have been mixed accordingly to help them achieve their goals. We will be making rollerballs, sprays and diffusing recipes. Prior Essential Oils 101 class not required, but recommended.

Summertime Essential Oils

Instructor: Linda Cinnamond
1 Session: Monday, July 30
1:00 p.m. – 3:00 p.m.
Cost: \$9

The heat, humidity and activities during the summer months in Arizona present all kinds of issues for those of us who are here to endure it. Come learn how to make your summer a little more comfortable and a lot healthier with essential oils! Prior Essential Oils class not required.

Meditation 1

Instructor: Jean-Marie Givens-Myers
3 Sessions: Tuesdays, June 12, 19, 26
8:30 a.m. – 10:00 a.m.
Cost: \$27

This course teaches students five basic steps of meditation, the benefits of this meditation, and several different ways to meditate. Each class will be part interactive lecture and part experiential.



Wills, Trusts, Estates and Disability Issues in Arizona

Instructor: Robert F. Jeckel
 6 Sessions: Weds, June 6, 13, 20, 27, July 11 and 18
 3:00 p.m. – 4:30 p.m.
 Cost: \$54

The instructor presents Arizona law on asset ownership, wills, trusts, powers of attorney, medical decisions, and asset management if a person is disabled. He also covers living wills, “do not resuscitate” orders, the Arizona law for protecting assets if a spouse is placed in a nursing home, and discusses the state’s creditor and estate protection laws. Each student will be given a class binder with all the course materials. Eight person minimum for this class.

Bill of Rights

Instructor: Linda Wangner
 2 Sessions: Tuesday, June 5 and Thursday, June 7
 9:00 a.m. – 11:00 a.m.
 Cost: \$18

Many people are familiar with the phrase but do not comprehend how the Bill of Rights were created or what constitutes the Bill of Rights. Join this two session class and become familiar with a very important part of our personal freedoms as well as responsibilities.

Astronomy 1 – Basics of Astronomy and the Birth of the Universe

Instructor: Joseph Aibinder
 4 Sessions: Tuesdays, July 10, 17, 24, 31
 12:30 p.m. – 2:30 p.m.
 Cost: \$36

The course begins with the basic science of astronomy and evolution of telescopes to the discovery of the big bang creation of the universe, the development and life cycle of the stars and sun, to their death in supernovas and their remnants as white dwarfs and black holes. The course is highly visual with the use of images from the great ground-based and spaced-based telescopes and videos/simulations from NASA, ESA and leading universities.

Astronomy 2

Instructor: Joseph Aibinder
 4 Sessions: Tuesdays, August 7, 14, 21, 28
 12:30 p.m. – 2:30 p.m.
 Cost: \$36

Using ground based and space based telescopes and interplanetary space probes, the solar system’s formation, evolution, its major and minor planets, moons, asteroids, comets, Kuiper Belt and Oort Cloud will be explored. Going beyond our immediate solar system, distant galaxies, galaxy clusters, theories of dark matter and dark energy and the evolution of the universe and possible multiverse will be examined. Finally the search for extraterrestrial life and intelligence will be explored.

MEET THE FACULTY

Joseph Aibinder, B.S., M.S. is a Sun City Festival resident and Del Webb scholar who served as a Connecticut high school science teacher, a college advanced placement instructor, an adjunct professor at the University of Connecticut, and as a NASA Endeavor Teaching Fellow.

Linda Cinnamond, B.S.N., Rn (retired) was a practicing registered nurse for 38 years. She worked in hospitals and clinics, as well as in the educational arena for several major corporations and community colleges. She owned a health club for over 10 years and has a special interest and advanced certifications in Health and Wellness, Aromatherapy, and Essential Oil Counseling. She is a Sun City Festival resident and community scholar.

Lou-ellen Finter, Ph.D., has been in the educational field for 50 years. She has taught musicology as well as been a guest lecturer across the valley. She shares her passion for Southwest Archeology and History in her classes.

Jean-Marie Givens-Myers, B.A., is a Sun City Festival resident, a Del Webb Scholar, and a former adjunct instructor for the Institute of Health and Healing in Newport News, VA. She has taught classes incorporating energy healing and meditation since 1995.

Robert F. Jeckel, J.D., has practiced law in Sun City for over 40 years and taught courses on various aspects of Arizona and federal law for the ASU Osher Lifelong Learning Program, the ASU Extended Campus, and in the Maricopa Community College system.

Raph Martin, M.A., has spent his career as a teacher –having taught in high school, college, university, diocese, and adult community education centers. He is also a lifetime student –having studied theology at St. John’s University in NYC and religious education (M.R.E.) at St. Michael’s College/University in Toronto, Canada. He trained as a Spiritual Director at the Institute for Spiritual Leadership at Loyola University in Chicago and employs Ignatian/Jesuit style approaches to spirituality in counselling and retreat work. For the past 20 years he has worked in parishes of the Diocese of Oakland, CA as adult faith formation coordinator. He’s a native of NYC (Manhattan) and a recent retiree in our Sun City Festival community.

Steve Miller, B.S., has been a Sun City Festival resident since early 2007. He was a Principal in a large local CPA firm located in Los Angeles and was a Chief Financial Officer for several companies after his move to Northern California. He also started Barrel Buddies almost 10 years ago and was a Neighborhood Representative for three years.

Lori Pierson, B.A., M.Ed., has been a Sun City Festival resident since 2015. She lived in Venezuela as a teenager, then studied in Spain, Guatemala and Mexico while majoring in Spanish. She worked for American Airlines for 19 years, then left to pursue her passion for teaching Spanish at the secondary school level for the past 14 years. She has traveled extensively to 33 countries.

John Schneeg, B.S. in Mechanical Engineering, and a Masters in Industrial Engineering, has lived in Sun City Festival since 2007. John taught as lead faculty in Mechanical Engineering Technology at a community college in Michigan. He had been a practicing engineer in industrial automation prior to that, and has done engineering design consulting and technical training for Honda America, the former Chrysler Corporation, and La-Z-Boy Chair Company.

Barbara Waggoner has been a Sun City Festival resident since 2007 and has taught for Festival Learning since 2009. Her career choice in law enforcement gave her personal insights on safety techniques both as a female and Deputy Sheriff. She taught personal safety classes for women and worked with the senior population to help them avoid being a victim of scams, fraud and violence. Barbara was part of her agencies field training team and learned computers early on. She tries to stay updated on everything Apple and finds this operating system simple and safe for those wanting to stay connected with family and friends afar, for social networking, or just to read and learn.

Linda Wangner, B.A., M.A., is a Sun City Festival resident, a community scholar and a retired New York state high school teacher with 38 years of experience teaching Global Studies, U.S. History and Government, as well as Law. Linda has traveled to most of the U.S., Europe, and Asia, and has developed an interest in researching background stories related to various political events. She has been sharing her knowledge on various topics for over five years through the ASU program and now the Festival Learning program.

FESTIVAL LEARNING

Summer 2018 CLASS SCHEDULE

<input type="checkbox"/> Summer Travel in Arizona - Part 1	June 4 (Monday)	10:30 am - 12n	\$9
<input type="checkbox"/> Bill of Rights	June 5, 7 (Tues/Thurs)	9 am - 11 am	\$18
<input type="checkbox"/> Wills, Trusts, Estates, Disability Issues in AZ	June 6, 13, 20, 27, 11, 18, (Wed)	3 pm - 4:30 pm	\$54
<input type="checkbox"/> Summer Travel in Arizona - Part 2	June 11 (Monday)	10:30 am - 12n	\$9
<input type="checkbox"/> Meditation 1	June 12, 19, 26 (Tuesdays)	8:30 am - 10 am	\$27
<input type="checkbox"/> Using Your New Android Phone or Tablet	June 14 (Thursday)	3 pm - 4:30 pm	\$9
<input type="checkbox"/> Essential Oils 101	June 18 (Monday)	1pm - 3 pm	\$9
<input type="checkbox"/> Survival Spanish	June 19, 21, 26, 28 (Tues/Thurs)	2 pm - 3:30 pm	\$36
<input type="checkbox"/> Landscape Care for the Desert	June 22 (Friday)	10 am - 11:30am	\$9
<input type="checkbox"/> Getting Familiar with Using iPhones and iPads	June 25, 27 (Mon/Wed)	12n - 2 pm	\$18
<input type="checkbox"/> Astronomy 1	July 10, 17, 24, 31 (Tuesdays)	12:30pm - 2:30pm	\$36
<input type="checkbox"/> Who Was Saul of Tarsus - Apostle Paul	July 12, 19, 26 (Thursdays)	10:30am - 12n	\$27
<input type="checkbox"/> Cutting the Cable/Satellite Cord	July 25 (Wednesday)	10 am - 11:30am	\$9
<input type="checkbox"/> Summertime Essential Oils	July 30 (Monday)	1 pm - 3 pm	\$9
<input type="checkbox"/> Astronomy 2	August 7, 14, 21, 28 (Tuesdays)	12:30pm - 2pm	\$36
<input type="checkbox"/> Essential Oils 102	August 9 (Thursday)	1 pm - 3 pm	\$9