

# GRAND LEARNING CATALOG



Chaparral Center  
19781 N Remington Dr.  
Surprise, AZ 85374  
623-546-7470

[grandlearning@scgcam.com](mailto:grandlearning@scgcam.com)  
[grandlearning.org](http://grandlearning.org)



*Studies show that along with physical exercise, a program of continued learning is key to maintaining a high quality of life.*

## SUMMER 2021



# Grand Learning Summer Classes presented on Zoom



Please visit the Grand Learning website for links to download Zoom, view Zoom tutorials or FAQs. Our website also links you to our catalog, instructor biographies, and the registration site to sign-up for classes. To register for classes, go to [grandlearning.org](http://grandlearning.org) and click Login/Register to access your account or create an account. If you are a returning customer and forgot your password, call Grand Learning to reset your password - *Please do not create another account.*

A Zoom link to join class will be sent to your email 1-2 days prior to class. Please call the GL office BEFORE day of class if you did not receive the Zoom link. Each person needs their own e-mail to register and attend classes. Sharing links with unpaid persons may result in removal from class.

## CURRENT EVENTS ROUNDTABLE

**Phil Axelrod**

**Meets 14 times on Tue 6/1 - 8/31**

**10:00 AM - 11:30 AM**

**Fee \$25.00**

Let's meet weekly to discuss the current events of the day. Be prepared to actively participate as we debate the pros and cons of the topics selected by the group. Each participant is encouraged to bring an item or topic currently in the public's eye. We are not limited to political items for discussion. At the beginning of each session, I will poll the group for topics. Once we have a complete list we will vote on all topics and the one garnering the most votes will be the first topic discussed at each meeting. Lively discussions will ensue, followed by resolutions. If you enjoy brisk and vigorous debate, this is the group for you.



**THE SIXTIES: THE WRECKING CREW Vinnie Bruno**

**Meets 1 time on Mon 6/14**

**9:00 AM - 11:00 AM**

**Fee \$10.00**

The Wrecking Crew is widely considered the most successful and prolific group of studio session musicians in popular music. They are responsible for thousands of

recordings and several hundred Top 40 hits in the 1960's and 1970's. We'll explore the beginnings of the unit, associated record producers, and many of the session musicians who helped to create the soundtrack for a generation. Our journey will include tracks that the Wrecking Crew worked on for numerous artists including The Beach Boys, The Byrds, The Mamas & Papas, Simon & Garfunkel, The Ronettes, The Righteous Brothers, Sinatra and many others.



**DEMYSTIFYING LONG-TERM CARE**

**Nydia Montijo**

**Meets 1 time on Wed 6/16**

**9:00 AM - 11:00 AM Fee \$5.00**

Do you have family members who are planning retirement? Is there

anyone in the group you serve who, in any way, is looking after another person who no longer can care for themselves as they use to? Are your people connected with anyone who has a disability or is navigating a serious illness? If so, your people are already navigating the complexities of Long Term Care. Grasping what Long Term Care is, what resources and services are out there and which ones are actually needed, and how you pay for all of it can be overwhelming. Our workshop has been designed specifically to help demystify the process and help people understand their options.

If you would like to help your members be as equipped as possible to create the best system of resources for their unique life needs, then let's connect. FSL is here to serve the servants of our society.

**BACKSTAGE WITH ED SULLIVAN**

**Vinnie Bruno**

**Meets 1 time on Mon 6/21**

**9:00 AM - 11:00 AM**

**Fee \$10.00**

Ed Sullivan was the ultimate American television impresario. His television show became the most successful and longest-running variety show in U.S. broadcast history. We will journey with Ed from his early days as a sports and entertainment reporter to his becoming the quintessential star maker of the 50s (Elvis) and the 60s (The Beatles). The Ed Sullivan Show included every type of entertainer from opera singers to comedians to dramatic actors. Sunday nights were incomplete without watching The Ed Sullivan Show. Television critic, David Hinckley, has been quoted as saying "The Ed Sullivan Show was by any means the last great TV show".

**GRAVITY: DON'T LET IT WIN**  
**Meets 1 time on Wed 6/23**

**Nydia Montijo**

**9:00 AM - 11:00 AM**

**Fee \$5.00**

This thorough workshop teases out all of the shocking, little-known causes of falls and injury IN YOUR OWN HOME AND VEHICLE! We will show you how health and self-care relate to preventing falls and bring safety concepts to life by virtually going room-by-room throughout a typical residence, identifying risk factors, and easy, practical fixes to making your home the safest it can be. We will also show you some life-saving safety tools you can purchase online for your vehicle as well as connect you to resources that allow you to try out various products for free. If your house or car will, at any point welcome an older adult or young child into its cozy recesses, you need to see this!

**TAKING THE MYSTERY OUT OF MEDICARE**  
**Brian Keep**  
**Meets 1 time on Wed 6/23**

**2:00 PM - 4:00 PM**

**Fee \$5.00**



The intent of this class is to help people understand how Medicare works. Defining what Part A&B cover, how and when to take Part D?, what is the donut hole?, are questions many people have about Medicare. The class will explain what the difference is between a Medigap policy (Supplement) and a Part C (HMO, Medicare Advantage). The class will define what circumstances can help determine why you may pick one type of plan over another as well as one insurance company over another. Everyone's scenario is different whether they are currently in Medicare or entering into Medicare for the first time.



**HEARING LOSS**  
**DR. Karon Lynn**  
**Meets 1 time on Thur 6/24**

**9:00 AM - 11:00 AM** **Fee \$5.00**

Hearing loss comes to people at all ages. Learn about the types of hearing

loss and some of the available treatments. We will have question and answer time at the end to make certain your questions are addressed.

**THE GOLDEN AGE OF BASEBALL**  
**Meets 1 time on Fri 6/25**

**Ken Sorensen**

**9:00 AM - 11:00 AM**

**Fee \$10.00**

Did the game really begin with Abner Doubleday? How

did this game become the attraction of the world? Who was Cy Young or Babe Ruth or Lou Gehrig? What was the Black Sox Scandal? How did Jackie Robinson crash the color barrier and how did teams (his and others) respond? "Where have you gone Joe DiMaggio, our nation turns its lonely eyes to you." The catch in the 1954 World Series changed what was possible. The Deacon and the difference that he made in the 1960 World Series. The stories go on and on.

**GINGERTALKS: BOB DYLAN UNTANGLED**

**Ginger Swartz**

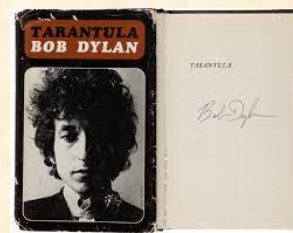
**Meets 1 time on Tue 6/29**

**11:00 AM - 12:30 PM**

**Fee \$10.00**

For many of us who grew up in the 60s, Bob Dylan is a prophet. To others, he's an aggravation to be ignored as music and discounted as a poet. This class will focus on Dylan as literature, from the free-form poetry of his book, Tarantula, and his memoir, Chronicles: Volume One, to his ballads and poetry. We'll talk about his influences, from T.S. Elliot to John Steinbeck and Jack Kerouac. We'll discover what literary scholars and critics say about

selections from the more than 600 songs he has written and focus on several of his "poem songs", from Hey Mr. Tambourine Man (1965) to his 2020 release, Crossing the Rubicon.



**Note:** Vinnie Bruno, Rock & Roll Historian, will be available for Q & A at the end of the program when he'll talk about his "80th Birthday Celebration/Dylan Revisited" program coming up in December.

**YOU CARE FOR OTHERS, BUT WHO IS CARING FOR YOU?**

**Nydia Montijo**

**Meets 1 time on Wed 6/30**

**9:00 AM - 11:00 AM**

**Fee \$5.00**

Are you a parent? Do you have parents that you do anything for? Do you in any way assist anyone in your house who has a disability or an ongoing medical condition? If so, you are a caregiver. You are amazing, and we appreciate all of the sacrifices you make on a daily basis- your love for others is a vital part of keeping our society going. But, we are worried about you. We are noticing an escalating trend of caregivers burning out, getting injured, manifesting their own negative health conditions and some are even dying. We



have crafted this workshop specifically to give back to you. We go over the physical and emotional toll of being a caregiver and help identify factors of self-neglect. We provide practical solutions for eliminating fatigue and avoiding it in the future.

We review self-care techniques and logistical tips to make any needed change sustainable, reasonable, and doable. Allow us to provide some relief, soothe some possible guilt, and equip you to love in a sustainable way.

**ARE YOU DEMENTIA-FRIENDLY?**

**Nydia Montijo**

**Meets 1 time on Fri 7/9**

**9:00 AM - 11:00 AM Fee \$5.00**

Arizona has the second-highest growth rate for Alzheimer's- which is the 6th leading cause of death in the U.S. and just one of the dementias you can be diagnosed with. Is dementia a normal part of aging? Do only older adults get it? Is it more than just a memory problem? If you are diagnosed, what kind of quality of life can you expect? Our workshop will cover these questions and more, including what dementia actually is, what the warning signs are, and how to create an environment that is friendly to those who have been diagnosed. The question isn't about whether or not you will run into someone with dementia, but when. If you want to be someone who can respond with respect for what they are going through and act in a way that is safe for both you and them, then this presentation is a must.



**OBESITY: WHAT IS THE MOST SUSTAINABLE WAY TO ABOLISH IT?**

**Dr. Edelita Jamis**

**Meets 1 time on Mon 7/12**

**9:00 AM - 11:00 AM Fee \$5.00**

Obesity is a growing epidemic in the U.S. The most recent available

data showed that from 1999–2000 through 2017–2018, the prevalence of obesity increased from 30.5% to 42.4%, and the prevalence of severe obesity increased from 4.7% to 9.2%. Obesity is a gateway for a lot of chronic diseases such as type 2 diabetes, hypertension, high cholesterol, heart disease, stroke, hormonal imbalance, and many cancers. Many different ways of dieting have emerged to try to curb

down obesity. Until there is a basic understanding of how the human body ends up packing the fats, obesity rates will keep rising.

**GINGERTALKS: THE MANHATTAN PROJECT REVISITED**

**Ginger Swartz**

**Meets 1 time on Tue 7/13**

**11:00 AM - 1:00 PM**

**Fee \$10.00**

The media and the public have ranked the dropping of the atomic bomb and the end of the Second World War as the top news stories of the twentieth century. This 90-minute presentation summarizes the history and personalities of the U.S. World War II research effort into developing a working atomic bomb. If you took this class before, you might want to check out this revised version. This time around, in addition to tracing the history, we'll look at a two short videos. One about the top-secret nature of the project's research labs and a second that provides a concise documentary-style summary of the project.



**AVOID FRAUD, SCAMS & ABUSE**

**Nydia Montijo**

**Meets 1 time on Wed 7/14**

**9:00 AM - 11:00 AM**

**Fee \$5.00**

We all know they are out there: people who are hunting other, vulnerable individuals to take advantage of them. How do you safeguard yourself, your money, and those you love? Arm yourself with insider knowledge. Whether you are an older adult or you have older adults in your life that you want to protect, this is a workshop that will ensure you don't fall prey to the common traps set out in both the digital and interpersonal world. We will teach you what is out there, how to easily identify them, why they work, and how to avoid them. We will also give you resources for further education and protective services.



**WHY DISCONTINUATION OF DIABETES MEDICATION IS POSSIBLE** **Dr. Edelita Jamis**

**Meets 1 time on Mon 7/26**

**9:00 AM - 11:00 AM** **Fee \$5.00**

This class will bust common myths about type 2 diabetes mellitus, such as “you can never get off insulin” or “once you are diagnosed with type 2 diabetes, you have diabetes forever”. This disease has affected so many Americans who are now relying on multiple medications, including insulin. Yet, the complications of this chronic condition long-term are not slowing down at all. The reason is that there has always been a disconnect in how we understand diabetes. This class will show you how people with diabetes are now gaining control of their disease, leading to reduction or even discontinuation of medications, including insulin.

**HOME AUTOMATION BASICS** **Tony Spata**

**Meets 1 time on Wed 7/28**

**9:00 AM - 11:00 AM** **Fee \$5.00**

This presentation provides foundational information, in a mostly non-technical format, on how to integrate automated lighting, door locks, temperature control, garage door monitoring, smoke/carbon monoxide detectors and other devices in a unified manner to achieve a “Smart” home. It also goes into “what they don’t tell you” in those slick ads that imply all you need to do is talk into your TV’s remote control (or similar device) and things magically happen.



**CREATING AND WRITING YOUR OWN BLOG**

**Chris Taylor**

**Meets 2 times on Thur 7/29 - 8/5**

**11:00 AM - 1:00 PM** **Fee \$15.00**

Blogging is a highly personal form of writing that includes everything from personal stories to family histories and hobby promotion to political commentary. Do you want to join the 31 million Americans who are active bloggers but didn’t know how to begin? This class is designed to help you become a blogger. It will offer information on blogging and its many categories. Then you will learn the steps necessary to develop your own blog which begins with creating your website. The class will end with students writing their own blog posts.



**LED Lighting and Electronic Lighting Controls**

**Tony Spata**

**Meets 1 time on Wed 8/11**

**9:00 AM - 11:00 AM** **Fee \$5.00**

Have you gone to Home Depot or Lowe's lately to buy a "60 Watt light bulb"? How about Best Buy that has multiple shelves devoted to not only lights that can change their color, but also controls for them that are either wireless or voice activated? Welcome to lighting and their controls in the 21st Century! LED's have rendered incandescent and compact fluorescent lamps obsolete. Electronic lighting controls are now capable of not only Off-and-On functions, but are fully automated for either pre-scheduled, voice or wireless operation. This class will present an in-depth examination of how to select appropriate LED lights, and the controls required to achieve their maximum benefit. It's recommended (but not required) that you know the material in the Home Automation for Beginners Class.

