

Everyone is Welcome!

Grand Learning classes range from one-day sessions up to several weeks in length and are offered in three semesters: Spring (January through April), Summer (May through July), and Fall (October through December). Our teachers include knowledgeable, enthusiastic, area residents. We occasionally bring in a featured speaker with exceptional credentials. Spring and Fall semesters feature about 100 courses and serve more than 1000 students. Subject areas range from the arts to current events. Students learn in a relaxed and engaging atmosphere. There are no quizzes (well, maybe just to test how well you remember the Golden Oldies) so you can have a good time!

- **Summer registration opens May 7 at 9 a.m.**
- **Schedule changes can also be found online at grandlearning.org**

Be aware that the material presented in all SCG Grand Learning classes is determined at the discretion of the instructor, who is an independent contractor or volunteer and not an employee or otherwise affiliated with SCGCA. The course content presented does not necessarily reflect the views of SCGCA and its Board of Directors.

Courses in the SCG Grand Learning program are provided for informational purposes only. The information provided should not be considered complete and should not be relied upon in place of communication and consultation with appropriate professionals.

SCGCA makes no representations or warranties as to the accuracy, completeness, or reliability of any information presented in the SCG Grand Learning program. No legal liability or other responsibility is accepted by SCGCA for any errors, omissions, or statements by individual instructors, and SCGCA disclaims any liability or responsibility for any loss, damage, or adverse effect resulting from reliance on information presented by an instructor, whether such damages are direct or indirect, consequential, or special. Grand Learning adheres to the CAM no refund policy.

Note: Classroom temperatures vary...

please wear layers and bring a sweater!

Grand Learning

Summer 2019



Register at: grandlearning.org

623.546.7470

Registration opens Tuesday, 5/7/19 at 9 AM

**Classroom temperatures vary -
wear layers!**



Grand Learning is located in the Chaparral Center

Office Hours:

Summer Hours at the Activities Desk (Sonoran Plaza)

May 21 - July 18 9 am - 1 pm

Tuesdays, Wednesdays, Thursdays

Closed: July 23 - August 30

Fall Registration starts October 1 at 9 am

Current Events I**Phil Axelrod****Fee: \$ 15****Tuesdays, May 14 through July 2****8:30 - 10:00 AM or
10:15 - 11:45 AM**

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 with the one garnering the most votes 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.

Train Your Brain**Keli Price****Fee: \$ 20****Wednesdays, May 15 through June 12****1:00 - 3:00 PM**

When we hear about improving our Brain Health, many of us wonder how to work on the MENTAL activities. How do I make new brain connections? Come and see how fun this can be! We will go over some scientific findings in Brain Healthy choices (to ward off dementia and improve memory) such as diet, sleep, physical and mental exercise. We will spend most of our time learning interesting and fun ways to MENTALLY exercise through an interactive workshop participating together in several activities. These same activities that strengthen your brain can also be done with your grandchildren to increase their school performance and decrease homework time. Hope to see you!

Painting with Alcohol Ink**Lesley Cowles****Fee: \$ 5****Thursday, June 13****1:00 - 4:00 PM**

Let your creativity blossom with these vibrant, fluid colors. You will be delighted with the results of 3 finished pieces on tile. All materials will be provided. *There will be a \$40 materials and instructor fee for this class payable to the instructor the day of class. Cash or check only, please.*

Proprioceptive Training**Donna Schnoor****Fee: \$ 10****Wednesday, May 22****1:00 - 3:00 PM**

Proprioception is the medical term that describes the ability to sense the orientation of your body in your environment. It allows you to move quickly and freely without having to consciously think about where you are in space or in your environment. There will be movement associated with this class. A signed Waiver is required to attend this class. Forms are available through Grand Learning.

Tales of Diet and Exercise in the Time of Obesity**Fee: \$ 10****Barry Schweig, PhD****Tuesday, July 16 and 23****9:00 - 11:00 AM**

Chronicles my own successful trial and error approach to losing weight and not regaining it. A behavioral economist approach to diet and exercise facts and fictions. First class on diets and dieting. Second class on exercising and physical fitness here at Sun City Grand, including the EXOS Exercise machines.

Create Designer Soap**Carol Ritzke****Fee: \$ 5****Thursday, July 18****1:00 - 3:30 PM**

This class will introduce you to "melt-and-pour" soap. You will use "shea butter" base which is wonderfully moisturizing and rich. Many colors and scents will be provided for your choosing. These soaps give you a luxurious spa experience and also make impressive gifts for friends. I have recently received from international sources several new and interesting molds since this class was last offered. Please bring a 2 cup glass measuring cup to use during class and a few plastic sandwich bags to carry your creations home. Please note that you will be standing for the class so wear comfy shoes. *There will be a \$25 materials fee for this class payable to the instructor the day of class. Cash or check only please.*



Intuitive Soul Painting and Writing **Cindy Pieczonka** **Fee: \$ 5**
Tuesday, July 9 **2:00-4:00 PM**

Create your Soul Painting/Writing through reflection, inspiration, movement, color, and joy! Every painting is as unique as we are individuals. As you look step away from the outside world of stress and look at the blank canvas/paper you will connect to your Higher Self. Step into a world of peace, harmony, acceptance, happiness and love as you create your Soul Painting and Writing. You do not have to be an artist or a writer. This is a way for you to create your artwork and writing from the heart and soul. We will start the class with a short meditation to prepare for your creativity! *There will be a \$15 materials fee for this class payable to the instructor the day of class. Cash or check only.*

Universal Basic Income Revisited **Joey Ritzke** **Fee: \$ 5**
Thursday, July 11 **1:00 - 2:30 PM**

Universal Basic Income (commonly referred to as UBI) is the concept that the government will give everybody in the country money every month with no strings attached. You can spend it any way you choose. No work will be required of you. And everyone will get it. The guy in front of Walmart with a cardboard sign will get a check and so will Donald Trump and they will be for the same amount. As long as you can fog a mirror, you will get a check. This is now being much debated by politicians throughout the world. Since we last discussed this topic in Grand Learning, there have been many changes: Some programs or plans have been abandoned. Others (including some U.S. cities whose identity will shock you) have announced new plans. Hence the need for an UPDATE on this topic.

What Is Yoga? **Donna Schnoor** **Fee: \$ 10**
Monday, July 15 **2:00 -4:00 PM**

A comprehensive look at yoga throughout the years. Where did yoga begin, is it a physical practice, a mental practice, a religion? Can anyone practice yoga, can it be modified to accommodate those not flexible, physically fit, or with limited range of motion? These questions and more will be answered, as well as introducing movement through chair yoga.

Interactive Senior Workshop **Laurie Fox** **Fee: \$ 5**
Thursday, May 23 **1:00 - 3:00 PM**

This interactive group discussion with three Northwest Valley Professionals in the health care fields, will answer all your questions regarding life's journey from receiving care at home, hospital and senior living options. This discussion will alleviate your anxiety for future needs regarding hospice care, assisted living, memory care, in-home services both medical and non-medical, including cost and who will pay for these services including when is the best time to initiate your search. A wealth of senior service information will be exchanged. This workshop will provide you information about home care, home health, senior living housing, palliative care and hospice benefits. If you want to know your options...this is a class you won't want to miss!

Get A Game Plan for Long Term Care **Fee: \$ 5**
Kim Dyer and Pam Prine

Tuesday, May 28 **10:00 -11:30 AM**

Seven out of ten people over the age of 65 will require some type of long-term care assistance. It is not too late to put a plan together to meet your needs. Join us in a discussion on the obstacles and new opportunities to consider for providing funding for long-term care needs.

Saguaro Cactus **Lou-ellen Finter** **Fee: \$ 10**
Tuesday, June 4 **9:00 - 10:30 AM**

Home for many, food for people, and tools for living can be gathered for use by man. Come and learn about the saguaro cactus master of the desert. It is a fussy plant that grows only in specific areas. The flower of the saguaro blooms at night for a specific reason. Come and find out why.



How to Navigate through Medicare **Brian Keep** **Fee: \$ 5**
Tuesday, June 4 **12:00 -1:30 PM**

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.

Sound and Image: The History of Music in Film - Part 2 Fee: \$ 15

Steve Katz

Wednesdays, June 5 - August 21

This is the 2nd of at least 3 semesters of the ultimate nostalgia class—combining movie nostalgia with music nostalgia--as we continue considering the evolution of music in film, this time from the early 70's to the mid-80's.

We will consider the most memorable film songs, themes and scores of this period while learning about the history and business of film music and the process of creating a film score and soundtrack.

We will see how the music enhances the images, how the images enhance the music and in fact what happens to several of the most famous scenes in film history when you watch them without the accompanying music. In the process we will be playing quite a bit of Name That Tune and Name That Movie.

In our first session, there will be a bit of review of some background information that you may have missed from Part 1, but you need not have taken Part 1 to enjoy Part 2.

Boost Your Immune System **Melissa DiLuzio** Fee: \$ 20

Thursday, June 6

12:00 - 3:00 PM



See and learn how to make a green smoothie. I will demonstrate every step and show all the ingredients you need to make a smoothie. Green smoothies are full of anti-oxidants, vitamins, minerals, and fiber.

Drinking green smoothies will boost your immune system, increase energy, improve digestion, and reduce inflammation.

You will get to taste the results and take home my recipe along with suggestions about other ingredients you can use and drinks you can make. This will be a fun, interactive class. Almost anything goes in a blender so bring your imagination!

Ukulele 101

Joni Dee

Fee: \$ 25

Tuesday, June 11 through July 16

10:00 -11:00 AM

Ukulele 101 students will be introduced to the Ukulele, and its care. Ukulele Chords, Strums, and picking patterns. By the end of class students will be comfortable playing 3 to 4 chord songs in different genres. Please bring a notebook and ukulele. I have some ukulele to lend out.

Ukulele Play-A-Long

Joni Dee

Fee: \$ 5

Tuesday, June 11 through July 16

12:00 - 1:30 PM

This session is a group of ukulele players who just want to play song after song for 1.5 hours. I will publish a set song list every week, which will be projected each week to follow along.... So bring your uke and a smile to have fun strumming and finger picking music. (Ukulele's Only). I might have a loaner uke available.

Moringa Superfood!

Keli Price

Fee: \$ 5

Wednesday, June 19

1:00 - 3:00 PM

Grow Moringa olifera on your patio or in your own little square of dirt! The superfood is packed with more vitamins and minerals than any other green leaf! Come learn how to grow it and how to eat it, and save your money by not buying moringa powder in the stores. WE CAN GROW IT FRESH!

Ancestral Puebloan 2

Lou-ellen Finter

Fee: \$ 10

Thursday, June 20

9:00 -10:30 AM

A look at the little known ancient sites in Arizona and New Mexico. Short trips that can be taken if you so desire.

Snazzy Sneakers

Carol Ritzke

Fee: \$ 5

Thursday, June 20

1:00 - 3:30 PM

Transform your sneakers into jewelry for your feet! You will bring your own pair of canvas sneakers to class. White shows off the embellishments the best, but other colors are OK as long as the shoes are made of canvas or a similar material. The jewels don't stick as well to leather. You will have a wide selection of white and colored pearls, rhinestones, silver and gold studs. You will have sample designs to guide you as well as your own

inspiration and hands-on instruction. All the materials (except shoes) will be furnished to create a stunning pair of shoes. These shoes will make an instant impression and make welcome gifts. Wouldn't your grandkids love them?

There will be a \$25 materials fee for this class payable to the instructor the day of class. Cash or check only.

