

## Hidden Gems: How did I Miss that Film?

Fee: \$10

Steve Katz & Jeanna Michaels

12:00 pm—3:00 pm

June 7 through August 23

Let's view and discuss some slightly lesser known films and some very lesser known films that you should not have missed or that may be worth a second viewing (list of films available at Grand Learning).

## Mental Illness & Criminal Behavior Fee: \$10

Dr. Alan Klein 9:00 am—10:30 am

June 8

Surveys have indicated that many Americans associate mental illness with violence and criminal behavior. These impressions are often bolstered by dramatic and lurid headlines in the news. The purpose of this presentation is to provide a better understanding of the nature of mental illness and its relationship to violent and criminal behavior. We will examine specific case histories and talk about how the criminal justice system deals with the issues of mental illness.

## Memory Training Class

Fee: \$5

Laurie Fox 9:00 am—10:30 am

June 22

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

## Meditations for a Kind Heart

Kadam Michelle Gauthier

August 21 9—10:30

Fee: \$10

August 28 9-10:30

Fee: \$10

September 11 9-10:30

Fee: \$10

Sign up for all three (Gauthier Summer 17) for \$20!

Learn 3 simple guided meditations that can be practiced by anyone. With regular practice, these meditations help to develop greater peace of mind and happiness, and to improve our relationships with others through learning to cherish others.

## 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 August), 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 over 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!

Inside this flyer you will find a list of our summer courses.

**All classes to be held in the  
SONORAN PLAZA**

**Summer registration opens April 3 at 9 a.m.  
Schedule changes can also be found online at  
[grandlearning.org](http://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 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: The A/C works...it may be cool in the classroom. Bring a sweater!**

# Grand Learning Summer 2017



**Register at [grandlearning.org](http://grandlearning.org)  
Registration opens April 3, 2017**

**At 9:00 AM**

**[grandlearning.org](http://grandlearning.org)**



### Summer Hours:

May	9am-1pm	Monday through Friday
June-July 13	9am-1pm	Tues., Wed., Thurs.
<b>Closed: July 17—August 12</b>		
Aug. 14—Sep. 2	9am-1pm	Monday through Friday

**Guitar—Chord Melody Songs      Fee: \$10**

**Brad Griffin    9:00 a.m.—10:00 a.m.    May 1 through June 26**

This course will cover Bass Solos with chord accompaniment, major scales ,and how chords are formed from major scales, relative minor keys, and many songs. We'll use pages 21-47 of The Mel Bay Modern Guitar Method Grade1(MB93200). Prospective students must be have a firm knowledge of all the strings and be able to play all the exercises from pages 7-20. THIS IS NOT A BEGINNER CLASS!!! YOU MUST KNOW THE NOTES IN THE FIRST POSITION (p21) TO TAKE THIS COURSE!!!! (There is no class on Memorial Day, May 29)

**Current Events Roundtable      Fee: \$10**

**Phil Axelrod    9:00 am —10:30 am    May 2 through June 20**

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.

**How Your Body Speaks Your Mind    Fee: \$10**

**Cindy Pieczonka    9:00 am—10:30 am      May 3**

In this class we'll discuss the healing power of the body mind. We'll talk about how to bring awareness to all areas of the body allowing you to see ways that the body and mind respond to each other. Find out what happens when we become worried, fearful, or anxious, and learn ways to alleviate this stress so you can bring in harmony, balance and healing to not only your body and mind, but also your life. We will end this class with a guided meditation.

**Interactive Senior Workshop      Fee: \$5**

**Sylvia Butler    9:00 am—11:00 am      May 11**

An interactive group discussion with three Northwest Valley professions in the health care continuum fields, will answer all your questions regarding options for care for yourself and/or

loved ones as you age. Exploring all disciplines of the care continuum. This discussion will alleviate your anxiety for future needs regarding hospice care, assisted living, memory care, in-home services both medical and non-medical including cost and who will pay for these services. A wealth of senior service information will be exchanged. If you plan to keep living.... this is a class you won't want to miss!

**Impact Invest: Aligning Your Wealth with**

**Purpose      Fee: \$5**

**Pat Bertenshaw CFP    10:00 am—11:30 am      May 17**

A new generation of investing is emerging. Investors are increasingly looking for their investments to generate social and environmental impact alongside financial returns to help them pursue their goals. In this class you will learn how your finances can reflect your values and the spectrum of impact investing strategies.

**Taking the Mystery out of Medicare    Fee: \$5**

**Brian Keep      10:00 am—11:30 am      May 24**

Medicare is confusing to many people. The goal of this class is to educate those who are preparing to enter Medicare, or who are currently taking in Medicare, about what their options are and how Medicare works. Some of the questions to be considered are: When do I take Part B? What is the difference between a Supplement and a Medical Advantage policy? What does AEP, Open Enrollment, Guarantee Issue mean? How does "Obamacare" affect me? What is "Means Testing?" When can I change my policy? Why do I have to take Part D if I don't take any medications? The class will address these questions step

by step. Attendees will be able to make educated decisions once they have attended this class.

**Repacking Your Life-Tips for Unleashing Your Time, Your Thinking , Your Stuff      Fee: \$5**

**Linda Burridge    9:00 am—12:00 pm      May 31**

You have a dream, you are ready to go. Ever packed for a trip and realized you had way more than you needed to take along? Or, you arrived at your destination and wished you had packed fewer shoes or shirts so that you could take home some mementos. Planning for life's next act is very similar. You often must give up a few things to get going on your journey. To live the life you envision, you have an opportunity to make new choices so you can lighten the load to savor new beginnings.

**2008: A Postmortem      Fee: \$10**

**Joe Ritzke      9:30 am—11 am      June 1**

What happened? Why did the banks make all those ill-advised mortgage loans? Weren't there laws that were supposed to prevent them making loans to people they knew couldn't pay them back? So we might think. But on the contrary: a certain federal law actually ENCOURAGED banks to make bad mortgage loans. Learn the surprising facts behind the 2008 financial crisis.

**Improving Balance and Posture      Fee: \$10**

**Michele Zamora    9:00—10:30 am      June 7**

How is your posture? Do you have good balance? If you were honest with yourself, the answers to these questions may be cause for concern. Most people do not have good posture because of the lives we lead. But achieving this is a fitness goal worth the effort. Join Michele Zamora to help you achieve better posture and balance—look younger, have better stability and help your muscles and joints by decreasing the abnormal wearing of joint surfaces.

**Register online at [grandlearning.org](http://grandlearning.org) or  
call us at 623.546.7470.  
Please note that the office in the  
Chaparral Center will be closed for  
renovations this summer**