Summer and Fall Classes

Direct link -- suncitywest.recsolutions.com

Learning, Building Community and Having Fun

EXPLORE! ADULT LEARNING

EXPLORE! class registration options:

Direct Link: suncitywest.recsolutions.com
Via phone: 623 544-6194
In person: at RCSCW Administration office, front desk
TABLE OF CONTENTS

WELCOME TO EXPLORE, page 6

FINANCE and TECHNOLOGY, pages 7-9
Estate planning overview, Thursday, November 21, 1-3pm; $10
Taking required minimum distributions, Thursday, October 31, 1-3pm; $10
Taking WOW photos with your phone, Monday, November 11, 1-3pm; $20
Tax efficiency in retirement, Thursday, December 19, 1-3pm; $10
Using food delivery and transportation apps, Wednesday, November 13, 1-3pm; $10

FOOD AND FUN, pages 9-12
Barbeque, becoming a grill master Tuesday, November 5, 12-4pm,$85
Fabulous French cuisine, Sunday, November 10, 4:00 pm to 7:30 pm; $75
Making fabulous chocolate truffles, Monday, December 2, 5:30-8:30 pm; $45
Making Mushrooms, Flatbreads, Monday September 23, 5-8pm; $35
Thanksgiving in October, Delicious and Healthy Options, Thursday October 24, 6-8pm; $45
Wine and painting, Saturday, November 16, 11-4pm; $35

HEALTH AND FITNESS, pages 13-20
Aging Well, Thursday, November 14, 3:30-5:30pm; $10
Aromatherapy, Using essential oils, Tuesday, 9-11am, November 12; $10, see page 27
Barre, Mondays and Wednesdays: July 22-August 14, August 19-September 11, September 16-October 9; October 14- November 6; November 11- December 4; December 2- 30, 12:30-1:30pm; $60.
Barre on Fridays, September 6- 27; October 4, 11, 18, 25; November 1, 8, 15, 22 and 29; December 6, 13, 20 and 27, Noon-1pm; $20.
Beginner swim classes, Monday, Tuesdays and, Thursdays, Nov 11, 12, 14, 18, 19 and 21, 6:30-7:15pm, $30
BFit Cardio, Tuesdays and Thursdays, July 23-August 15, August 20- Sept 12, Sept 17-Oct 10; Oct 15 - Nov 7; Nov 12- Dec 5 (7 classes); Dec 10- Jan 9, 6-7 pm; $50.
Healing Touch techniques, Tuesday, December 10, 10am-Noon; $10
Iyengar Yoga, Tuesdays and Thursdays, September 3-26; October 1-24; October 29-November 21; December 3-26; 3:00-4:30pm; $40
Keep it Clean with the Queen of Clean, Tuesday, October 22, 1 -3pm; $10
Keeping your Brain Fit and Memory Sharp, Wednesday, November 20 1-3pm; $10
Line Dancing for Beginners, Wednesdays, August 7-28, September 4- 25; October 2, 9, 16, 23 and 30; November 6, 13, 20 and 27; December 4, 11, 18, 1:30-2:30 pm; $25.
Mediation Techniques, 9-11am, Mondays, October 28, November 4, 11 and 18: $45
Rock and Roll Rhythms Dance Exercise, Saturdays: August 3-31, September 7-28; October 5-26; November 2-30; December 7-28, 9-10 am; $25.

TAI-CHI and/or Qigong, Tuesdays and Thursdays: 9-10am; Oct 1-24, oct. 29, 31, Nov 5-26, Dec 3-19, (six classes); $60 for eight classes

Understanding Your Chakras, dates to be determined

Yoga Paddle Boarding, Tuesdays and Thursdays: 7:15-8:15am, $10

Zumba in the Evening, Mondays and Wednesdays: July 15-August 14, September 9-October 2; October 7-30; November 4-20, (6 classes); December 2-30, 5:30-6:30pm; $40

HISTORY AND TRAVEL, pages 20-23

AZ Back Roads and Trimble Tales, Thursday, November 7, 1:00-3:00pm; $10

Changes in News Reporting in Today’s World, Monday, October 21, 3-5; $10

History and Beliefs of major world religions, Fridays, November 1, 8, 15 and 22, 9-11am; $45

The Shadow Catchers: 150 Years of Arizona Photography, Wed, 2:00-4:00 pm, Oct 16; $10

NATURE AND SCIENCE, pages 23-26

Hike the Hassayampa Preserve, , Thursday, November 14, 9-11am; $15

Hike the Lake Pleasant regional park, Tuesday, November 19, 9-11am; $15

Hike the White Tank Mountain regional park, Wednesday, December 4, 9-11am; $15

Landscaping Tips for Winter and designing a colorful yard, Wednesday, December 11, 1-3pm, $10

Stargazing in The Park, Thursday, November 7, 5:15-8:15pm; $20

PERSONAL DEVELOPMENT, pages 27-30

Aromatherapy, Introduction to Essential Oils, 9-11 am, Tuesday, November 12; $10

Changing habits, Feeling good about Yourself, Wednesday, November 13, 9-Noon; $15

Crystal Bowl Meditation, dates to be determined

Keep it Clean with the Queen of Clean, 1-3pm, Tuesday, October 22; $10

Mindfulness (MBSR), Mondays, 3:00-5:30pm, September 16, 23, 30, October 7, 14, 21, 28, November 4 and full day retreat (8:30am-4pm) on October 26; $180

Personal safety at home and in the community, 3-5pm, Monday, October 28.; $10

Using essential oils for the Holidays, 10-Noon, Wednesday, December 11; $10

Zen Doodling, Friday, December 6, 10am-Noon; $20

SKILL BUILDING, pages 30-35

Bidding in Bridge, Saturdays, October 26-december 14, 9-11am; $60

Build Your own Kaleidoscope, Tuesday, December 12, 1-4pm-Noon; $25

Compassionate Listening, Wednesday, November 20, 9-Noon; $15 fee.

Fresh Floral Arrangement for Christmas or Chanukah, Sat, December 21, 9:30-1:30 am; $65

Fresh Floral Arrangement for Thanksgiving, Monday, November 25, 9:30-1:30 am; $65

Intermediate Bridge, Mondays, October 28-December 16, 6:30-8:30pm: $60

Learn to make polymer clay beads, 1:00-4:00pm, Wednesday, November 13; $25

Learn to Play Darts, Mondays, September 23, 30 and October 7, 11am-12:30 pm; $15
Spanish for Beginners, Tuesdays, October 1-November 5, 2:30-5:30pm; $65
Writing Your Autobiography, Fridays, November 1, 8, 15 and 22, 9-11 am; $15

EXPLORE! SUMMER FREE CLASSES, pages 35-41

- Caring for your cats and dogs, Wednesday, September 11, 3-5pm
- Dealing with Emotional Aspects of Cancer, Tuesday, September 17, 3-5pm
- Facts about High Blood Pressure, Tuesday, July 16, 3-5pm
- Financial Blunders to learn from, Thursday, July 25, 3-5pm
- Fostering a pet, what’s involved, Wednesday, July 24, 3-5pm
- How desert critters and plants withstand the summer heat and using Maricopa County parks, Thursday, August 15, 3-5pm
- Learning Self-Hypnosis, Thursday, July 18 or Thursday, August 15, 3-5pm
- Personal legal matters, Estate Planning overview, Wednesday, July 17, 3-5pm
- Protecting yourself against scams and frauds, Tuesday, July 23, 6-8pm
- Reverse Mortgages, Thursday, September 26, 3-5pm
- Water History and Conservation, Wednesday, August 7, 3-5pm

REGISTRATION INFORMATION, page 42

MAP OF RECREATION CENTERS LOCATIONS, page 43

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A very special invitation:

**Keep it Clean**, with Linda Cobb, the “Queen of Clean”

**Tuesday, October 22 1:00-3:00pm, RH Johnson Social Hall; $10 fee**

Join Linda for an informative and fun class on cleaning solutions that are inexpensive and really work. No question is too hard, or too embarrassing to ask the Queen. Her natural cleaning techniques are easy and even fun, something that never fails to astound her audiences. Whether it is Tang™ in your toilet or Massengill™ on the dog, Linda has the answers!

Everyone attending the event will get a Bed Bug Finder. This tool will locate and capture bed bugs in your bed, sofa, luggage, and anywhere in your home, office or when traveling. These bed bug finders are the most inexpensive and effective way to find bed bugs. If you have bed bugs or dust mites, Linda will show you a safe and natural way to eradicate them.

Linda Cobb is the Queen of Clean and is a featured guest on radio and television shows in the United States and locally on Channel 3 in Phoenix. She is writer and columnist, known for humor in her writing which focuses on difficult cleaning problems and cleaning solutions which use everyday or inexpensive items like tea bags and Tang. Cobb gained national attention in the United States through the release of her first book, *Talking Dirty with the Queen of Clean*. This book was a bestseller in 2000 and two other books, *Talking Dirty Laundry with the Queen of Clean* and *A Queen for All Seasons*, were also on the New York Times Best Seller List. Talking Dirty also made the number one spot on the Publishers Weekly List during October 2000.

In 2002, she appeared on the Oprah Winfrey Show. Her editor, Brenda Copeland, says that Cobb's success is due to her personality which adds a twist of fun to the "drudgery" of cleaning. Linda is also a top-notch speaker, wowing audiences across the country with her knowledge and unusual cleaning methods. On television or radio or as a guest speaker, Linda’s abundance of personality shines through as she shares her cleaning expertise and sense of humor while answering viewer and listener questions. One of her favorite things at live appearances and on Facebook Live is to play “Stump the Queen” with her audience.
WELCOME to EXPLORE!

VISION: To explore new ideas, share knowledge, enliven individuals and build community.

PURPOSE: To inspire greater knowledge and learning through personal enrichment programs and opportunities.

FREQUENTLY ASKED QUESTIONS:

➢ What is the EXPLORE! Adult Learning Program? Developed in 2013, the EXPLORE! program offers educational, skill building and special interest classes to adults in Sun City West and nearby communities. Most EXPLORE! classes are held in the Recreation Centers’ facilities and meet in the afternoon, evenings and occasionally weekends.

➢ May people outside of Sun City West attend classes? Yes, with a few exceptions. Any adult (18 years or older) may attend EXPLORE! classes except for those classes in which a Rec Card is required to use the facility such as swimming pools, sports pavilion pool room, or RCSCW fitness facilities.

➢ Who selects the classes and instructors? Program topics are generated by the EXPLORE! Program Coordinator, and ideas are gathered from Rec Centers staff and management, club representatives, community residents and EXPLORE! program participants. EXPLORE! program instructors are selected based on their expertise, teaching abilities and experience educating older adult audiences.

➢ Is there a fee for EXPLORE! classes? Yes, a fee is required for most EXPLORE! classes and fees vary based on the program costs. Registration and payment at the door is possible, if there is room in the class.

➢ What are the refund and cancellation policies? EXPLORE! has a no-refund policy unless a class is cancelled. No credit or refunds will be given once you have registered. If EXPLORE! cancels a class, participants who have registered and paid will receive either a refund or credit for future EXPLORE! classes.
In this class you will explore the difference between will-based estate planning and trust-based plans, the key elements of both and when to utilize each method for your estate planning. Learn the purpose of estate planning, what is involved, the different legal and financial mechanisms and types of decisions you need to make to assure your assets are secure and your wishes are followed. Identify which estate planning strategies are best suited to your needs and what professionals or advice you may need to help you in developing the plan.

**TAKING REQUIRED MINIMUM DISTRIBUTIONS**, Thursday, October 31, 1-3pm RH Johnson lecture Hall; $10

Gain greater understanding of the considerations, criteria and timing to use when deciding how and when to take your required minimum IRA or retirement fund distributions.

**Instructor Scott Sandell** is Phoenix Chapter President of the Foundation for Personal Financial Education, a not-for-profit educational speakers bureau and owner of SES Services in Phoenix.
TAKING WOW! PHOTOS WITH YOUR PHONE, 1:00-3:00pm, Monday, November 11, RH Johnson Lecture Hall; $20

This photography workshops is designed as a fun, interactive experience where you will enjoy the process of taking quality images. Yes of course, camera settings, composition, lighting, color, contrast, focus, texture, exposure and pro shooting techniques are all addressed, but this is where we take the path less traveled...We teach students how to develop a sense of photographic awareness. With practice your decisions will be easier, better and your photos will improve. This class is educational and hands-on.

Instructor Dan Watts is an architect who formerly designed homes and hospitals and now specializes in photography, web design, videography and print advertising. He is a fan of using your phone technology to produce great pictures and videos. He offers hands-on training on how make better use of your phone, especially how to compose a photo, and “tell a story” with your pictures.

TAX EFFICIENCY IN RETIREMENT, Thursday, Dec 19, 1-3pm RH Johnson Lecture Hall; $10

Tax planning is a process individuals, businesses, and organizations use to evaluate their financial profile, with the aim of minimizing the amount of taxes paid on personal income or business profit. Effective tax planning entails analyzing investment instruments, expenditures, and other factors such as filing status for your tax liability impact. Learn more about what to consider in your retirement tax planning and how to choose the strategies that work for your situation that also incorporates your estate planning, investments and life insurance instruments.

Instructor Scott Sandell is Phoenix Chapter President of the Foundation for Personal Financial Education, a not-for-profit educational speakers bureau and owner of SES Services in Phoenix.
USING FOOD DELIVERY AND TRANSPORTATION APPS, such as Doordash, GrubHub, Postmates and UBEReats, 1:00-3:00 pm, Wednesday, November 13, RH Johnson Lecture Hall $10 fee.

Learn about each of these services, how to sign up and how to use these applications utilize safely and efficiently. Bring your phone or notepad with you...

Instructors Debbie—and Terry Tipton,

FOOD AND FUN

BARBEQUE, BECOMING A GRILLMASTER, Noon to 4 pm, Tuesday, November 5, Beardsley Park, Ramada #3, limited to 18 people; $85 fee.

Enjoy an incredible afternoon learning the best techniques and valuable tips for seasoning, marinating and grilling two types of chicken, pork tenderloins, rolled flank steaks, cabbage, spaghetti squash, stuffed peppers with rice, portabella mushrooms, baked potatoes, grilled veggies and adult Smores. Take your grilling expertise to a new level and amaze your family and friends. This is a hands-on class; you will be preparing, grilling, tasting and taking leftovers and recipes home.

Instructor Tony and Lana Baisley, owners and instructors for the Phoenix BBQ and Grilling School. They thrive on spending time with her family and friends, which often involves cooking, grilling, eating, and spending time both in and out-of-doors.
FABULOUS FRENCH CUISINE, 4:00 pm to 7:30 pm, Sunday, November 10, Palm Ridge Recreation Center, Summit Hall A, limited to twenty people; $75 fee.

Bring your aprons, knives, cutting boards, wine and appetite. You will experience a four-hour cooking extravaganza while you learn to prepare and then enjoy a three-course classic French meal. Please wear comfortable shoes, as you will be standing and cooking in the kitchen for several hours. Bon appetit.

Instructors Snir and Kiersten Mor (see below)

MAKING FABULOUS CHOCOLATE TRUFFLES, 5:30-8:30 pm, Monday, December 2, January 30, RH Johnson, Men’s Club, limited to 10 people; $45 fee.

Learn the basics of truffle making, so you can create rich and delicious chocolate truffles in your home. Using the traditional chocolates and caramels, you will learn how to prepare the chocolates, to make the outer shells and then how to prepare the chocolate ganache for the filling. The truffles you make in the class will be yours to enjoy (at least a dozen). We will demonstrate two ways to make a truffle. One approach is the more traditional method and the second is a simpler and less time-consuming approach.

You will also pickup tips, recipes and suggestions as to where you can buy quality chocolates, molds, etc. You may be able to find some of these items locally and you may be able to find alternatives that are less expensive. There are countless options in making truffles; each truffle you make is unique. Once you learn to make truffles, you can do some experimenting, have fun and your, friends and family will enjoy your wonderful creations.

Instructors Snir and Kiersten Mor are graduates of the L’École Superieure de Cuisine Francaise - Ferrandi in Paris, France and have attained certification in French cuisine by the French government (CAPs.) They worked in numerous restaurants in Paris, including: Laperouse; La Gare; Amphycles; and the famous Hotel Crillon. Snir and Kiersten fell in love in Paris while in
culinary school, moved to Phoenix and opened Amuse Bouche Gourmet Bistro. Now do catering, teach cooking classes and have a blog, Chefs Tell All.

**MAKING MUSHROOM FLATBREADS**, Monday, September 23, RH Johnson Men’s Club, 6:00-8:00pm; $35 fee.

![Southwest Mushrooms logo]

We will review the different health benefits of certain Mushrooms as well as where they come from and how they grow! You will be doing a small taste testing of each Mushroom to better understand the unique flavors each bring to different recipes. We will be preparing Specialty Mushroom Flatbreads, which have been a favorite at markets and dinner tables! In addition, you will take home mushrooms to try preparing at home on their own!

**Instructor Michael Crowe** is an owner of Southwest Mushrooms, an urban gourmet mushroom farm founded by Michael and his family. They specialize in Mycological products and services as well as cultivating sought after gourmet and medicinal mushroom species for the local farmers markets and culinary industry.

**THANKSGIVING IN OCTOBER, Delicious and Healthy Options**, 6:00-8:00pm, Thursday October 24, Beardsley Recreation Center, Ocotillo Room; $45 fee.

![Thanksgiving dinner meal]

Why wait until T-day to enjoy turkey, sweet potatoes, and cranberries? Chef Irma will share some of her favorite fall and winter weather recipes. The menu will include: Smoky Roasted Turkey Breast; Mashed Sweet Potatoes with Lime; Better Brussels Sprouts with Sunchokes & Sage; Mesclun Greens with Roasted Mushrooms, Onions & Balsamic Vinaigrette; Cranberry-Apple Compote with Almond-Agave Drizzle and Caffeine-Free Roasted Coffee Alternative with Coconut or Nut Milk. You’ll savor a meal and take-home time-saving tips for holiday entertaining. Wheat-free, gluten-free, dairy-free demonstration.

**Instructor Irma Mendivil** is dedicated to inspiring healthy choices and demonstrating that great taste and good nutrition go hand in hand. Her mission is to awaken your inner chef and inner
healer, to enhance your appreciation of the nourishing power of natural foods and your body's innate wisdom and to create public awareness regarding the significant role diet plays on our overall health. Irma teaches classes in private homes, community settings and offers kitchen organization; healthy shopping tours and weekly meal plans with shopping lists. Come and enjoy learning new ways to make simple, delicious and healthy foods and desserts. Irma Mendivil graduated from the Southwest Institute of the Healing Arts, where she earned her degree in Holistic Nutrition. She has a background in education, whole food cooking, and supporting busy people in their healthy lifestyle journey.

**WINE and PAINTING**, Saturday, November 16, 1:00-4:00pm, RH Johnson Sports Pavilion, Shuffleboard Room, limited to 35 people; $35 fee. Picture is for illustration only.

This is a special presentation utilizing acrylics, accompanied with wine and snacks, for a perfect afternoon. You will create a unique art piece, on canvas that you can enjoy hanging in your home. Let your personal creativity shine while letting go and getting loose! The Vino and Canvas instructor will guide the process while you create your own interpretation of the presented art project. This medium is easy and produces impressive results for both beginner and advanced students. No art experience is needed, just come, have fun and enjoy being creative. Class fee includes materials, wine and snacks.

**Instructor Nancy Troupe** works with Vino and Canvas. Nancy grew up in the San Fernando Valley CA, some of her earliest memories are as a little girl sprawled out on the floor surrounded by crayons, coloring books, and drawing paper. That urge to create grew stronger through the years, and her schooling centered around art. After moving Phoenix in the 90’s, she operated a mural business where she could pursue my love of “painting big”. And while I still do an occasional mural and her art is in several local galleries, now most of her time is spent in teaching art throughout greater Phoenix areas. She loves to teach, and to paint and painting classes are a real joy for her. Vino and Canvas is a pop-up art mobile painting party.
HEALTH & FITNESS

AGING WELL, Thursday, 3:00-5:00pm, November 14, Beardsley Recreation Center, Agave Room; $10 fee.

You Can Age Well Starting Now! It’s not too late to start aging well. Join this interactive, experiential workshop and discover simple ways to add vitality and health to the extra years we have been given. Are you taking advantage of all of your resources to have fun and stay connected? Does the way we view aging affect the way we age? We will answer these questions and more as we explore what the latest science [or research?] says about aging and share our own tips for living well.

Instructor Libby Christianson has more than a decade of experience creating and presenting programs for older adults. She is happy to be back in AZ after 25 years in Chicago, IL. She and her husband, John, are aging well in Sun City West!

BARRE, Mondays and Wednesday, 12:30-1:30pm, July 22-August 14, August 19-September 11, September 16- October 9, October 14- November 6; November 11- December 4; December 9-30, RH Johnson Fitness Center, Group Fitness Room; limited to 18 people; $60 fee per session.

Barre is a unique combination of ballet barre work, core conditioning, and muscle strengthening that utilizes yoga, Pilates, and orthopedic exercise hands-on training. The focus is on alignment and strength that results in better posture, better movement, and a better you! This one-hour class will help build proper alignment, strengthen the muscles to support that alignment, and leave you feeling strong and successful.
Never stale, the ever-evolving mix of movement is always fresh, fun, and challenging. The Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Each strength section of the workout ends with stretching to create long, lean muscles without bulk. The Barre technique works to defy gravity by tapering everything in and lifting it up! This is a total workout with your body sculpted, mind sharpened, motivation heightened, and attitude transformed!

**Instructor Bernadette Gasior** has run seven marathons and earned trophies and medals for countless 5K and 10K races across the country. At 54, she decided to pursue her aspiration to become a Personal Trainer and Fitness Instructor and to this day, continues to promote and create a healthy support system to her friends and family. She has introduced a higher level of fitness and endurance training to many people, through in home personal and owned and operated the Laveen Fitness Boot Camp and trained many clients for numerous marathons. Encouraging people to make fitness the most important part of their daily regime for a healthier, longer life is a passion and she loves sports, bike riding and making jewelry.

**BARRE ON FRIDAYS,** Noon-1pm, October 4, 11, 18, 25; November 1, 8, 15, 22 and 29; December 6, 13, 20 and 27, RH Johnson Group Fitness Room; $20. (See above description)

**BEGINNER SWIM CLASSES,** Monday, Tuesday, Thursdays, November 11, 12, 14, 18, 19 and 21, 6:30-7:15pm, Beardsley Recreation Center Pool; $30, limited to eight people.

This class is a group lesson for people who have had little or no experience with swimming. Instruction is designed to help participants become comfortable in the water and starts in shallow water. Learning how to do the front and back crawl strokes is the focus of this class. Participants do not need to have had any previous swimming instruction and may have some apprehension about being in the water. This class is not designed for individuals who have a strong fear of water. A SCW Rec Card is required to get into the pool.

**Instructor Bill Benson** has been teaching nearly all of Sun City West’s swimming classes. As a young boy Bill learned to swim and was a member of swim teams in high school and college. He holds an MS degree from North Dakota State University, and after graduation he moved to Wisconsin. There he was a school counselor in the Madison area for 36 years and taught swimming and coached track. He enjoys swimming and is eager to pass his love of water sports on to his students. Benson’s years of teaching experience and counseling skills has prepared him to work with swimmers of all age groups and abilities.
B-FIT (CARDIO BOOT CAMP), 6:00-7:00pm, Tuesdays and Thursdays, July 23-August 15, August 20- September 12, September 17-October 10; Oct 15 - Nov 7; Nov 12- Dec 5 (7 classes); Dec 10- Jan 9, RH Johnson Group Fitness Room; $50 fee.

Do you want to slim and trim your body, tone your muscles, lose weight and feel great? Is your current routine stale or are you looking for more of a challenge? Come join us for an hour of cardio endurance, resistance training, calisthenics, body weight and strength training. You will burn fat, build muscle and kick-start your metabolism with this class. We will be doing short cardio intervals mixed in with various resistance exercises using your own body weight, hand weights, bands plus an extra dose of ab work.

Exercises will be customized for your level of fitness by demonstrating high or low impact, so you can choose what works best for you. If you want a fresh workout and want to have fun doing it, come join the B-Fit Cardio Strength Class. Let’s use the body you have to create the body you want! You will need a good pair of running/walking sneakers, proper workout attire and your own mat only if you prefer. This class is for people who want to get fit or to take their workout to the next level. Please consult with your MD before beginning any exercise program.

Instructor Bernadette Gasior has run seven marathons and earned trophies and medals for countless 5K and 10K races across the country. At 54, she decided to pursue her aspiration to become a Personal Trainer and Fitness Instructor and to this day, continues to promote and create a healthy support system to her friends and family. She has introduced a higher level of fitness and endurance training to many people, through in home personal and owned and operated the Laveen Fitness Boot Camp and trained many clients for numerous marathons. Encouraging people to make fitness the most important part of their daily regime for a healthier, longer heart-healthy life is a personal passion and she loves sports, bike riding and making jewelry.

HEALING TOUCH TECHNIQUES, 10am-Noon, Tuesday, December 10, Beardsley Recreation Center, Agave Room $10.

Learn simple techniques to provide compassionate touch with love ones or friends. You will learn gentle and soothing techniques to massage the hands, feet and scalp for people who are suffering with pain or chronic illnesses.
Instructor Katie Davis-Lindquist is the owner and operator of Sun City West Massage. She is a Licensed Massage Therapist with over thirteen years of experience, has an AOS degree in Spa Management, a BA in Health Science, and a certification in Sports Therapy Massage. She creates an individualized experience for each client using her skills in Therapeutic, Clinical, Deep Tissue, Sports, Swedish Relaxation, Thai, Hot Stone, Cupping, CBD and Paraffin treatments.

**IYENGAR YOGA,** 3:00-4:30pm, Tuesdays and Thursdays, July 23-August 15, September 3-26; October 1-24; October 29-November 21; Dec. 3-26, RH Johnson Group Fitness Room; $40 fee.

BKS Iyengar developed a style of yoga that emphasizes precision placement of your body, using props as simple as a wall, to help you perform yoga in a body-safe manner. Each pose is taught in a slow, structured sequence so that you learn proper (bone & muscle) alignment for each asana (pose). Classes are sequenced carefully to build upon skills learned in prior classes and to build up of core strength. Once this is done, classes move more rapidly, and you will get a workout. Once a month there will be a segment on breathing exercises (Pranayama).

Instructor Bonita Smulski-Bizeau has been practicing Iyengar yoga for over 18 years. For the past five years she studied with a Senior Iyengar teacher in teaching application and yoga therapeutics, has have earned certifications from Yoga Alliance, Iyengar Yoga Learning Center, Encinitas; and recently earned her Level I & II Teacher Certification from Iyengar Memorial Yoga Institute, Pune, India. She continues to study Iyengar Yoga at the Encinitas Iyengar Learning Center, plus teacher training workshops and seminars. She is a SCW resident and is very enthusiastic about yoga as a practice and a way of life and likes to share that passion.

**KEEP IT CLEAN WITH THE QUEEN OF CLEAN,** 10:00am-Noon Tuesday, November 12, RH Johnson Social Hall; $10, see page 5 for details.

**KEEPING YOUR BRAIN FIT AND MEMORY SHARP,** 1:00-3:00pm, Wednesday, November 20, RH Johnson Lecture Hall; $10

Discover the keys to brain health. In this educational and entertaining session, you will: Learn which lifestyle practices
help maintain brain function; Participate in exercises designed to help maintain and/or improve your cognitive skills; Discover how your brain changes with age and how memory works; Learn easy-to-use strategies for remembering names, information and tasks.

Instructor Linda Sasser earned her Ph.D. from the University of Colorado with doctoral research on memory. She taught Cognitive Psychology in both the undergraduate and doctoral programs at Wheaton College, then served as Professor of Education and Cognitive Psychology at Judson University, where she conducted her sabbatical research on brain health. In 2014 she launched her business, Brain and Memory Health, through which she exercises her passion for educating and motivating people on a variety of topics including brain fitness, maximizing memory and productivity, using memory to write memoir, and enhancing emotional intelligence. She is a national speaker, and in 2015 published BE! Brain Enrichment, a curriculum to help people learn about brain health and improve memory and other cognitive skills. In 2019 she published Brain SENSE: A Guide and Workbook to Keep Your Mind and Memory Sharp, which is available on Amazon.

**LINE DANCING for Beginners**, 1:30-2:30 pm, Wednesdays, July 3, 10, 17, 24 and 31 ($30).
August 7, 14, 21 and 28, September 4, 11, 18 and 25; October 2, 9, 16, 23 and 30; November 6, 13, 20 and 27; RH Johnson Social Hall; $25 fee.

Whether you've line danced before or this is your first experience, instructor Kort Kurdi’s unique, often humorous approach to teaching will allow you to dance for the pure enjoyment of it! You will learn the steps, and secrets to blending the steps, that will make dancing comfortable and fun. The choreographed dances include many styles, using a wide variety of music from foxtrot to disco to Latin to country and more! The Beginner class offers solid instruction in breaking down the basic steps and transitioning between steps.

Instructor Kort Kurdi has been teaching dance to couples and individuals since 1998. In addition, he is a deejay for clubs, organizations and businesses. He specializes in line dancing, country western couples, beginner ballroom dancing, and his own dance exercise program in Sun City West. He provides a unique and supportive teaching environment that is designed so that each and every dancer can learn correct techniques and achieve their personal best.
MEDITATION TECHNIQUES, 9-11am, Mondays, October 28, November 4, 11 and 18 Kuentz recreation Center, Room 4: $45 fee. Limited to 25 people.

Enjoy exploring how to meditate in this four-week series. Each week, you will learn the basics and benefits of a different form of meditation, practice each type of mediation and discover which method works best for you. The types of mediation you will learn are: Guided; Focus; Sound; Movement and Body Scan Meditation.

Instructor Lynn Luebben is a former psychotherapist and current Healing Touch Certified Practitioner, Certified Mentor, and Instructor in Training. She opened her practice at La Bella Luce, in WI and has expanded to AZ as Heart n Hands Healing. Lynn provides in-person treatments in Healing Touch and other holistic wellness methods. Her treatments help clients improve their mental clarity, increase feelings of peacefulness and happiness, reduce physical pain, and gain relief from stress. She has a MS in Counseling from NSU in Aberdeen, South Dakota, and worked as a psychotherapist, teacher, and school counselor.

MINDFULNESS-BASED STRESS REDUCTION CLASS (MBSR), 3:00-5:30 pm, Mondays, September 16, 23, 20, October 7, 14, 21, 28 and November 4 Retreat, 8:30am-3:30 pm Saturday, October 26, Beardsley Recreation Center, Agave Room, $180. See page 20.

ROCK AND ROLL DANCE EXERCISE, 9-10 am, Saturdays, August 3-31 ($30), September 7-28; October 5-26; November 2-30; December 7-28, RH Johnson Social Hall; $25

Get your motor runnin’ on Saturday mornings! Join us for our weekly Rock ‘n’ Rhythms Dance Exercise Class designed for everybody and Every Body! Kort
Kurdi, our ultimate Dance Entertainer, blends his unique, humorous approach with his motivating choreography and music to lead us in a fun, energizing hour using basic, easy dance steps and rhythms! Whether you’ve danced before or this is your first experience, you will be movin’ to the beat in no time and dancing for the pure enjoyment of it! This is a class for individuals; no partner needed!

**Instructor Kort Kurdi** has been teaching dance to couples and individuals since 1998. In addition, he is a deejay for clubs, organizations and businesses. He specializes in line dancing, country western couples, beginner ballroom dancing, and his own dance exercise program in Sun City West. He provides a unique and supportive teaching environment that is designed so that each person can learn correct techniques and achieve their personal best.

**TAI-CHI**, 9 am to 10 am, Tuesdays and Thursdays, October 1-24; October 29, 31, November 5-21 (97 classes), December 3-19, (six classes), RH Johnson Fitness on Demand Room; $60 fee.

These Tai Chi (tie chee) classes are a holistic approach which educate, guide and empower the participants, resulting in improved balance, greater flexibility and an overall sense of well-being. Endorsed by Harvard Medical School, the AMA and the American Arthritis Foundation, Tai Chi is known to be effective for problems related to stress, anxiety, depression, blood pressure, chronic pain, sleep and memory. T’ai Chi Chih™ is a form that is easily learned by people of all ages and physical abilities. These classes are insightful, practical and fun, beneficial for your body, mind and spirit.

**Instructor Deanne Hodgson** is a nurse, a minister, a National Senior Trainer at the Institute of Integral Qigong & Tai Chi, a Professional Member of the National Qigong Association, a Tai Chi Easy™, Tai Chi Chih™, Tai Chi for Arthritis and Chi Fitness Instructor and a Master Level Reiki Practitioner. This class is offered in cooperation with the Foundation of Living Medicine and the Healer Within Foundation. Deanne’s extensive background in medicine, psychology and theology offer a unique holistic experience. Her vibrant style, grounded energy and sense of humor create space for people to achieve deep personal transformation.
ZUMBA IN THE EVENING 5:30-6:30pm, Mondays and Wednesdays, July 15-August 14, September 9-October 2, October 7-30; November 4- 20, (6 classes); December 2-30, RH Johnson, Group Fitness Room; $40 fee.

Kick-start one of your fitness resolutions by taking this fun, effective and engaging class. Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training. It reduces health risks, keeps excess pounds at bay, strengthens your heart and boosts your mood. In Zumba you will get a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility and boosted energy. If you enjoy Zumba, you're also more likely to do it regularly — and experience its benefits as an aerobic exercise.

Instructor Cheryl Possner is a certified Zumba teacher and is passionate about how Zumba can change your life by keeping you limber, agile and energized. She has been teaching Zumba in Sun City West for four years and she says It feels so good, and it's a blast!

HISTORY

AZ BACK ROADS AND TRIMBLES TALES, IN STORY AND SONG, Thursday, November 7, 1:00-3:00pm, RH Johnson Social Hall; $10 fee.

Join Arizona’s official state historian for an educational and entertaining afternoon of Arizona’s history in stories and song.
Instructor Marshall Trimble is an American author, singer, former community college professor, and Arizona's official state historian. He is a popular speaker and True West Magazine's question-and-answer man. Born in Mesa, Trimble dropped out of college, joined the Marines and purchased his first guitar. He taught himself to play while listening to records by Johnny Cash, Elvis, and Buddy Holly. During his travels as a musician, he visited a variety of historical sites and museums. Inspired by these sites, he decided to become a western historian and writer. He returned to ASU, taking every available course in Arizona and Western history and began teaching high school history. As part of his teaching style, he played his guitar and sang, demonstrating how folk music and history are interrelated.

He created an AZ history class at Scottsdale Community College; within three years it was one of the largest classes and in 1977 he became Director of that school's Southwest Studies program. Publishing his first book in 1977, he used his guitar and songs to liven up promotional book readings. Since then he has hosted several radio shows, including Trimble's Tales and The Emmy award-winning television show, Arizona Backroads. Additionally he has appeared on CBS This Morning, Good Morning America, KAET-TV at ASU and the Nashville Network. A few of the honors he has received include: the AZ Gubernatorial appointment as Official State Historian; the DAR awarded him their “Medal of Honor”; the Wild West History Association’s Lifetime Achievement Award; AZ Centennial Commission honored him as one of “Arizona’s Most Inspiring Leaders.”; and he was selected for the U.S. State Dept’s “Cowboy Hall of Fame Tour”. A prolific author, he has published fifteen books.

CHANGEs IN NEWS REPORTING IN TODAY’S WORLD, Monday, October 21, 3:00-5:00, RH Johnson Lecture Hall; $10

The nature of news reporting in today's world has changed. The class will examine the various ways people receive their news, how they personalize what news they get by signing up for a variety of news websites. The class would also describe how journalists are taught to deliver news by answering the four basic questions of Who, What, Where, When.....To answer the question “Why”, it is easy to get into editorializing and we will discuss how news reporting has evolved and changed. The class will offer tips on how to separate fact from fiction when reporting, listening and writing about the news.

Instructor Gary Cohen has been involved in Broadcast Journalism since 1978, having spent ten years at all-news WINS Radio in New York City, three years in Los Angeles at all-news KFWB Radio and a nearly ten years in Washington, DC for Mutual-NBC Radio Network and Westwood One News Radio Network along the way. He has been a writer, editor, producer and national correspondent – and is still a free-lance correspondent for Westwood One Radio Network in Washington, covering national news stories which break in the Phoenix area.
The five major religions of the world are uniquely fascinating and meaningful. We can learn a great deal about who we are and our concerns about life and death from these wonderful teachings... Join us for a short informative insights about Hinduism, Buddhism, Judaism, Christianity, and Islam and how they have evolved over time and situations. The instructor will utilize lecture and written materials to impart an understanding and appreciation of their diversity and similarities.

**Instructor David Rosenberg** was born in Israel in 1950 and eventually came to the US. He began his religious at an early age in England at Gateshead Rabbinical Seminary and studied Biblical Hebrew, Aramaic, Talmud and codes. Returning to America in 1968, Rabbi Rosenberg attended Wright Junior College in Chicago where he studied Jewish Law and attained a Rabbinical Ordination at Telshe Yeshiva. Later he studied Comparative Religion, Early Christianity and Buddhism, and earned a BA in Religious Studies from the University of California Riverside. At Fuller Seminary he gained further education in Ancient Near Eastern Languages and Ugaritic studies. After meeting his wife, he settled into a Rabbinic career with a strong background in ancient mid-Eastern religions, early Christianity and Judaism.

**THE SHADOW CATCHERS: 150 YEARS OF ARIZONA PHOTOGRAPHY**, Wednesday, 2:00-4:00 pm, October 16, RH Johnson Lecture Hall; $10 fee.

For more than a century and a half some of the world’s best photographers focused their lenses on Arizona. In addition to the renowned Edward S. Curtis, Kate Cory lived with the Hopi and represented them in photographs and on canvas while C. S. Fly gave us the famous Geronimo pictures. In the 20th century Josef Muench’s pictures brought the movies to Monument Valley, Dorothea Lange captured Dust Bowl families, Barry Goldwater depicted Navajo and Hopi culture, and Ansel Adams glorified Arizona’s skies, canyons, and mesas. This presentation’s powerful images make the land and its people come alive.
Instructor Jim Turner: Before retiring from the Arizona Historical Society, he worked with more than 70 museums across the state. He co-authored the 4th-grade textbook The Arizona Story, and his first book, Arizona: Celebration of the Grand Canyon State, was a 2012 Southwest Books of the Year selection. Jim moved to Tucson in 1951, earned an M.A. in history in 1999, and has been presenting Arizona history for forty-three years. Jim is an author/editor for Rio Nuevo Publishers, authored The Mighty Colorado from the Glaciers to the Gulf and Four Corners USA: Wonders of the American Southwest with more in the works.

NATURE

LANDSCAPING TIPS, Protecting Your Plants in the Winter and Designing a Colorful Landscape for 2020, 1:00-3:00pm, Wednesday December 11, RH Johnson Lecture Hall; $10 fee.

Learn how to best protect, water and care for your plants in the winter weather. Explore creative ideas for updating your landscaping and adding colorful native and drought-hardy plants to your yard, as well as tips for when and what to plant in a vegetable or herb garden.

Instructor, Maricopa County Master Gardener, Jim Oravetz moved to AZ in 1986 and is a Certified Desert Landscaper, Certified Horticulturist and Merchandise Professional, Landscape Consultant and Designer, Advanced Arizona Certified Nursery Professional, and a former Senior Horticulturist at Summer Winds Nurseries, Arizona Division. Jim is a recognized television and radio personality, having hosted the Gardening Segment for Sonoran Living on ABC15 and the Gardening Segment for Heart and Home, on KAZT TV-13. He generously shares his horticultural knowledge and expertise with audiences in the Phoenix area.
HIKE THE HASSAYAMPA PRESERVE, 9-11am, Thursday, November 14, at the Preserve at 49614 Highway US 60 (near Wickenburg), limited to 24 people; $15 fee (covers entrance cost)

The Hassayampa River Preserve is in the northern reaches of the Sonoran Desert. The preserve is a flight path for hundreds of migratory birds, making it one of the top bird-watching areas in Central Arizona. In this arid environment, the Preserve is ecologically significant because of the high-quality cottonwood willow forest it protects. This streamside forest or "riparian" plant community has evolved along the continuously flowing stretch of the Lower Hassayampa River. For most of its length, the Hassayampa, or "the river that flows upside down," runs underground. Its riverbed is dry and sandy, but along a five-mile section of the Preserve the river flows above ground year-round. A dense forest provides shade and tranquility from the Sonoran Desert heat and a rich habitat for a variety of reptiles and mammals. The tour begins at 9:00 a.m., so plan to arrive and be ready to start by 8:45 a.m. You are welcome to stay at the Preserve after the tour, so you may want to bring lunch or go a few miles up the road and have lunch in Wickenburg.

Instructor Eric Hough is the Interpretive Ranger the Preserve, where he guides and coordinates educational programs for the public and helps monitor the preserve’s wildlife. A lifelong birder and naturalist, he spent several years in the West and Midwest doing field surveys for birds, tortoises, and flora. He holds a MS in Biology and BS in Forestry from NAU. He is also a board member of the Arizona Field Ornithologists (AZFO) and is the Field Expeditions Chair, is an eBird records reviewer for two Arizona counties, and served on the Arizona Bird Committee.

HIKE THE WHITE TANK MOUNTAIN REGIONAL PARK, 9-11am, Wednesday, December 4, meet at the Visitor Center/Library just outside the park, limited to 24 people; $15 fee (covers entrance fee to the park).

Hike back in time on the Waterfall Trail and Petroglyph Plaza Archaeology Walk. This hike provides a great opportunity to see petroglyphs
and other artifacts, as well as learn about the science of archaeology and what it can and can’t tell us about the past. Plan to arrive by 8:45 am and wear hiking shoes/boots, bring water, binoculars and your camera. If you want to stay for lunch in the park, pack a picnic basket and enjoy the park after the hike. Bring water, a walking stick and wear closed toed shoes. Meet outside the park entrance, at the Visitor Center/Library. The class fee includes the park entrance fee.

**Instructor Justin Williams** is the Interpretive Ranger at the White Tank Mountain Park. He holds a degree in Math/Biology/Health at Adirondack Community College and completed a degree at SUNY Potsdam in Bio/Chemistry. His career started at the University of Southern Mississippi at the Gulf Coast Research Laboratory. Later, moving to Arizona, he worked at Wildlife World Zoo and Aquarium, trained and fed the animals, delivered outreach programs and the local news with different animals such as mountain lions, lizards, snakes and skunks. He enjoys nature and exploring the Sonoran Desert with people who share similar passions.

**HIKE THE YAVAPAI POINT TRAIL at LAKE PLEASANT**, 9:00-11:00am, Tuesday, November 19, meet at the park main entrance, limited to 24 people; $15 fee

Explore hiking trails and have fun at Lake Pleasant, a Maricopa County Park. Hike to Yavapai Point, a moderately challenging walk while you enjoy the natural environment with great views of the lake. One of the most scenic water recreation areas in the Valley of the Sun, this northwest Valley park is a recreationists dream. The park offers many activities, such as camping, boating, fishing, swimming, hiking, picnicking, and wildlife viewing. Plan to arrive by 8:45 am and wear hiking shoes/boots, bring water, binoculars and your camera. If you want to stay for lunch in the park, pack a picnic basket and enjoy the park after the hike. Bring water, a walking stick and wear closed toed shoes (highly recommended as there are rocks on this trail). Meet outside the park entrance, on Castle Hot Springs Road. The class fee includes the park entrance fee.

**Instructor Terry Gerber** is the Interpretative Park Ranger at Lake Pleasant and a tri-athlete and avid paddle racer, he formed the Lake Pleasant paddlers. He graduated from ASU in Business Administration.
STARGAZING IN THE PARK, Thursday, 5:15-8:15pm, November 7 Beardsley Park; $20 fee.

View the night sky through telescopes and binoculars. Learn how to find and identify bright stars and constellations, the legends behind them and other interesting sky facts and fiction. View the moon, the planets and deep space objects like star clusters, nebulae and galaxies through our telescopes. Everyone attending will receive a sky map for this month and learn how to use it. Bring your camera (cellphone, tablet or simple digital camera) to take pictures of the craters on the Moon! High-power green lasers will be used to sketch out the constellations in the sky, identify the planets and name the bright stars. This class includes an outdoor presentation on the night sky followed by telescope viewing in the park. Dress warm, as it cools down after sunset.

Instructor Tony LaConte has over 60 years of experience as an amateur astronomer and has been a Professional Stargazer for more than 30 years. He and his team have presented Stargazing programs in Arizona for more than twenty years. Tony holds a BS in Electrical Engineering from the NY Institute of Technology and numerous graduate level courses in applied mathematics and electrical engineering. His work history includes underwater acoustics, sonar systems engineering, commercial avionics engineering and International Space Station technology.
PERSONAL DEVELOPMENT

AROMATHERAPY, Introduction to Essential Oils (101), 9:00-11:00 am, Tuesday, November 12, Beardsley Recreation Center, Agave Room, limited to 35 people, $10 fee.

Come to an interactive class on the benefit of using Essential Oils (aromatherapy). Learn why these amazing, all-natural products are showing up in homes, hospitals, and medical offices around the country. You'll learn what they are, how to safely and effectively use them, and why they can help you reduce stress, sleep more soundly, achieve better physical health, and SAVE money.

Instructor Linda Cinnamond is an RN with nearly 40 years of experience as a nurse and a health educator and currently works in the field of aromatherapy. She teaches classes on the benefits of using Essential Oils for improvement of health and well-being. Aromatherapy is being more commonly utilized and essential oils are now being used in every Banner hospital in Arizona.

CHANGING HABITS, FEELING GOOD ABOUT YOUR LIFE, Wednesday, 9am-noon, November 13, Kuentz Recreation Center, Craft Room 5; $15 fee.

Habit and behavior change May be the missing component to your permanence in health and peace of mind in life. Do you already know what to do... but just don’t do it? Are you a perfectionist?... An all-or-nothing, black-and-white, go-hard-or-go-home kind of person? Is stress - and sometimes anxiety - your default mode? Do you find it hard to find time for yourself? (Let alone time at all!) Do you change 998 things about your life on Monday and fall into chocolate cake (or
insert known addiction here) by Friday? There's something missing for your success... Join behavioral registered dietitian, Maya Nahra, to learn the formula that will - quite literally - change the course of your life. Plus, take home the five steps required to change a habit - any habit - for permanence and peace. You won't want to miss this session.

**Instructor Maya Nahra, RD** is Founder and CEO of Nuaria, a center for permanent habit and behavior change that is designed for people who have tried it all, feel overwhelmed, and don't believe anything else will work for them...BUT they aren't quite ready to give up. Nuaria helps people create physical, emotional and relational well-being so that they can live their best life feeling good, happy, healthy and whole. Maya is also a behavioral registered dietitian, the Food and Nutrition Contributor for 3TV Arizona, a writer, speaker, and a student and teacher of human change. She lives the nomad lifestyle and is a lover of all things wine.

**MINDFULNESS-BASED STRESS REDUCTION CLASS (MBSR)**, 3:00-5:30 pm, Mondays, September 16, 23, 20, October 7, 14, 21, 28 and November 4. Retreat, 8:30am-3:30 pm Saturday, October 26, Beardsley Recreation Center, Agave Room, limited to 20 people; $180 fee.

This is an intensive class designed to relieve stress and improve health for people with chronic illnesses or conditions based on the teaching and research of Jon Kabat-Zinn. The MBSR program is designed to teach mindfulness skills through meditation, mindful movement exercises, inquiry and lecture presentations. Research has demonstrated that participants gain the following benefits from using the skills learned and practiced in the MBSR program: improved ability to manage chronic pain; increased sleep, clarity, focus, and sense of well-being; and lowered blood pressure, heart rate, stress levels, and anxiety.

**Instructor Lisa Ballard, MA, RN, CCM** is an MBSR and Mindfulness Meditation Instructor. She is an RN and Certified Case Manager with more than 16 years of personal Mindfulness Meditation experience. In addition to being an RN, she holds a BA Health Care Management and a Master’s Degree in Psychology. She has participated Mindfulness-Based Stress Reduction Teacher Training through the U of Cal. San Diego's Center for Mindfulness and with Dr. Jon Kabat Zinn at the U. Mass. Center for Mindfulness. Lisa has worked with patients struggling with chronic medical conditions and high levels of stress and previously at Boswell and Del Webb Hospitals.
PERSONAL SAFETY AT HOME and in the COMMUNITY, 3:00-5:00pm, Monday, October 28, RH Johnson Lecture Hall; $10 fee.

The presentation will offer tips and advise about how to be safe in public and at home. Seniors may seem like an easy target to intruders, phone scammers and other criminals, but with this class they will learn simple steps to protect themselves and their homes. This class is part of our S.A.F.E. (Situational Awareness for Everyone) Programs and will answer questions such as, “I am home alone, do I answer the door?”, What can I do to protect my home, vehicle and myself? The most important decision you can make regarding your personal safety is to have a plan in place, because your body can not do what your mind has never considered. The time to consider is now, not in the moment.

Instructor Cyndee Harding is a certified instructor for In Home Personal Protection, Certified Active Shooters Survival Instructor, Creator of Stay Safe Programs and Creator and designer of Cyndee’s Conceal Carry Purses.

USING ESSENTIAL OILS FOR THE HOLIDAYS, Wednesday, 10:00-Noon, December 11, Beardsley Recreation Center, Agave Room 5; $10 fee,

Holiday time brings us in touch with lots of people and their germs, and with the lack of sleep, stress, and crazy eating habits that occur during the holidays, we're more than twice as likely to come down with whatever infection is making the rounds. Come learn some simple, yet effective solutions for using essential oils to stay healthy and happy all holiday season long.

Instructor Linda Cinnamond is an RN with nearly 40 years of experience as a nurse and a health educator and currently works in the field of aromatherapy. She teaches classes on the benefits of using Essential Oils for improvement of health and well-being. Aromatherapy is being more commonly utilized and essential oils are now being used in every Banner hospital in Arizona.
ZEN DOODLING, 10am-Noon, Friday, December 6, Beardsley Recreation Center, Agave Room; $20 fee. (includes materials).

These Zen doodles are easy to learn, relaxing and a fun way to create beautiful images by drawing structured patterns. These patterns are created with combinations of dots, lines, curves and orbs. There is not up or down or a wrong way to make these amazing doodles. No previous art experience is required.

Instructor Marilyn Watkins is an accomplished artist and teacher. She holds an MA from JFK University; a teaching credential with graduate work in Art and Special Education from Cal State-Hayward; has studied with various artists in the Scottsdale Artist School; won numerous awards for her artwork and is a juried member of the Arizona Artist Guild. She taught art to children ages 3-16 and worked with adults in special education settings. Currently she teaches art classes in the West Valley and is a trained facilitator in SoulCollage.

SKILL BUILDING

BIDDING IN BRIDGE. Saturdays, 9:00-11:00 am, October 26, November 2, 9, 16, 23, 30, December 7 and 14, Beardsley Recreation Center, Mesquite Room; $60 fee.

Bidding Brush-Up--is a class for novice bridge players and intermediate bridge players who want to improve on their bidding and playing the hand. The class will emphasize Opening Bids, Rebids by Opener, Responding Bids, Rebids by Responder, Overcalling, Responding to Overcalls, and Take-Out Doubles.
BUILD YOUR OWN KALEIDOSCOPE, Thursday, December 12, 1:00-4:00pm, RH Johnson Sports pavilion, Shuffleboard Room; $25 fee.

In this packed three-hour class, you will have great fun learning the basic principles of kaleidoscope design and construction. You will make a full size (7 ½”) wand kaleidoscope. Working with materials provided you will prepare the barrel, lens, viewing cap, and optic chamber as well as assemble and install the mirror system. This three-mirror kaleidoscope utilizes front surface mirrors and a lens of appropriate focal length. It’s fun and makes a great gift for you or a loved one. The class fee is $25. There is a separate charge of $20 for required materials.

Instructor Gary Kilsdonk is a retired Pharmacist who specialized in Hospital Pharmacy management. He and his wife Eileen have lived in Sun City West for 10 years. As a hobby woodworker for 40+ years Gary has built many large pieces of furniture as well as smaller functional and artistic pieces including kaleidoscopes. Now working with alternate materials his kaleidoscopes have been sold at Catitude Gallery, Tucson Museum of Art gift shop and WHAM Art Center. Gary has been teaching kaleidoscope construction for the past four years.

COMPASSIONATE LISTENING, 9:00am-Noon, Wednesday, November 20, Beardsley Recreation Center, Agave Room; $15 fee.

Compassionate listening teaches powerful skills for addressing conflict with family, friends, and members of your local and greater community. It is a gift of our greatest desire: to be seen, to be heard, to be valued. Sometimes it is challenging to speak our truths without disagreement or judgment from others. We may choose to remain silent or steer from controversial issues. This workshop will give you an opportunity to be listened to, experience listening deeply to others and learn skills for responding to conflict and differences of opinion.

Instructor Sarah Zale is a trained facilitator with www.compassionatelistening.org, as well as Theatre of the Oppressed, Playback, and Restorative Justice. A college teacher of English literature and social justice, she developed The Listening Tree Project (LTP), an academic program with compassionate listening and interactive theatre as its foundational tools. LTP
promotes a climate of equality, justice, and respect for all people. A poet, Sarah published her first book, *The Art of Folding*, about her travels with the Compassionate Listening Project to Israel and Palestine. Semi-retired and living in Sun City West, she runs a dog training program entitled “Compassionate Communication with Your Dog.”

**FRESH FLORAL ARRANGEMENT FOR CHRISTMAS OR HANUKAH,** Saturday, December 21, 9:30-11:30 am, Beardsley Recreation Center, Agave Room; $65 fee.

Make a custom designed and beautiful flower arrangement for your Christmas or Hanukah celebrations. Have fun creating your own centerpiece and learn techniques you can use for making other arrangements. The class fee includes flowers, materials, wine and snacks.

*Pictures below are for illustration only.*

![Floral Arrangement](image1.png)  
![Floral Arrangement](image2.png)

**FRESH FLORAL ARRANGEMENT FOR THANKSGIVING,** Monday, November 25, 9:30-11:30 am, Beardsley Recreation Center, Agave Room; $65 fee.

Make a custom designed and beautiful flower arrangement for your Thanksgiving table or to take as a hostess gift for a Thanksgiving feast. Have fun creating your own centerpiece and learn techniques you can use for making other arrangements. The class fee includes flowers, materials, wine and snacks.

*Instructor April Morphew* has been in the floral business for over 25 years, as a floral designer, Instructor, co-manager and former owner. I enjoy all aspects of design and creating beautiful floral pieces to make our customers and recipients SMILE. She is the Lead Designer and Instructor at Thompson’s Flower Shop. Here at Thompson’s Flower Shop, where their designs have received multiple awards, including; as “Designer of the Year” ASFA, “People’s Choice”, Phoenix Art Museum, ”Excellence in Business” SWVCC, and Best of Bloomnation.

*Pictures below are for illustration only.*

![Floral Arrangement](image3.png)  
![Floral Arrangement](image4.png)
INTERMEDIATE BRIDGE, Mondays, 6:30-8:30pm, October 28, November 4, 11, 18, 25, December 2, 9 and 16, Beardsley Recreation Center, Mesquite Room; $60 fee.

This class is intended for people that are intermediate to advanced bridge players and extensive experience playing bridge. Topics covered will include bidding, over-calling and take-out doubles. The class will draw on the original Audrey Grant’s Club Series (bidding) and the Diamond Series.

Instructor Dennis Higdem is an accredited bridge teacher by the American Contract Bridge League (ACBL.) He will use various teaching manuals and books to enhance the learning experience. He has extensive experience in teaching bridge, He was the manager of the Minneapolis Bridge Center and a full-time bridge teacher, he taught 15 2-hour classes per week for beginning, intermediate, and advanced students. Once Dennis retired, he has continued to teach, play duplicate bridge at least once a week and has accumulated nearly 1,500 master points. He hopes you’ll find this class both informative and entertaining.

LEARN TO MAKE POLYMER CLAY BEADS, 1:00-4:00pm, Wednesday, November 13, Beardsley Recreation Center, Agave Room; $25 (Picture is for illustration only.)

Learn to create unique one of kind pieces of jewelry made from polymer clay. Many techniques will be explored including texturing, shaping, conditioning, embedding and cutting of clay. The piece you create during class will be baked before you leave, so you will have a finished product at the end of every class. Tools and clay provided for each class, just bring your imagination.

Instructor Linda Knutson is owner of Raincharmer Beads in Phoenix, AZ and arrived in Arizona hailing from Misawa, Japan. Living abroad provided her a keen interest in many different art forms featured in Japan including drawing, painting, and origami. Once here in Arizona, she discovered a new creative interest: jewelry making. Self-taught in the art of jewelry making, particularly bead weaving, wire wrapping and polymer clay. Striving to always broaden her
knowledge of different methods of jewelry making, you will often find her tinkering with different medias to make new and interesting wearable art. Opening a bead shop has allowed her to share her passion of jewelry making with customers and continue to explore this ever-evolving art form.

**LEARN TO PLAY DARTS**, 11:00-12:30 pm, Mondays, September 23, 30 and October 7 RH Johnson Sport Pavilion, Darts area; 15 fee.

Have fun learning the basics of being a “darter” including the proper stance, arm position, throw and etiquette. Each session will include demonstration, practice, feedback and coaching to help you improve, learn good habits and be eager to play darts.

**Instructor Loren Johnson** is a “darter” and has been playing darts since 1977. He played in leagues for nearly 10 years and then went into competitive tournaments on both singles and doubles teams and is a Men’s League Super A champion.

**SPANISH FOR BEGINNERS**, Tuesdays, 2:30-5:30pm, October 1, 8, 15, 22, 29 and November 5, Beardsley Recreation Center, Agave room, limited to 15 people; $65

Practice speaking Spanish and become more proficient and comfortable conversing in Spanish. You will learn how to listen and respond to simple requests, to introduce yourself and others, order in restaurants and talk about your interests and hobbies. You will also learn useful Spanish Phrases for Travelers. Knowing Spanish will completely transform your travel experience. You will also learn about the culture and foods of Spanish-speaking countries.

**Instructor Luz Montero** is a Spanish teacher at Interlingua, LLC with a Spanish Certificate from the AZ Department of Education. A native of Mexico City, she has more than 12 years of teaching experience and working with adults with different professional backgrounds (lawyers,
doctors, police officers, firefighters, etc.). Luz holds a Business degree from Universidad Autonoma de Mexico and several Linguistics and Hispanic Literature courses at master’s degree level taken in ASU Tempe. She loves traveling and learning about different cultures.

**WRITING YOUR AUTOBIOGRAPHY**, Fridays, 9:00-11:00 am, November 1, 8, 15 and 22, RH Johnson Men’s Club, Stampede Room, limited to 12 people; $20 fee.

This class will help you get started and excited about writing your autobiography. You will learn a systematic approach for organizing and completing your life story.

**Instructor David Poling** has completed and published his own autobiography and written two novels and his students have successfully published 35 autobiographies. He has been teaching adult education for over 10 years and holds a degree in American History and MS in secondary education from Northwestern.

**EXPLORE! SUMMER FREE CLASSES**

**Note: Even though the classes are free, registration is required**

**CARING FOR YOUR CATS and DOGS, CPR and First Aid Tips**, Wednesday, September 11, 3-5pm, RH Johnson Lecture Hall

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 with your pet(s) in an emergency? Where would your pet go if you had to be hospitalized? Chance Shelter staff will share what you can do to help make the lives of your pets better. They will teach how recognize the signs of pet illness, choosing a new pet, basic CPR and how to help your aging pets.
Instructor Audra Colson is the Founder/CEO of Chances Shelter and has a Degree in Marketing and over 30 years of Customer Service experience in managerial and supervisory positions. An Arizona native, she has lived in Surprise for 16 years and has great compassion for animals and the community. A volunteer with the City of Surprise Fire and Medical Crisis Response program, she is now a Shift Supervisor. Working together with other team members she takes care of the needs of people in crisis situations. Through the years of working with people needing help in times of crisis, Audra realized there was often an animal there with the very same needs, which led her to create the Chance Shelter.

DEALING with EMOTIONAL ASPECTS of HAVING CANCER or CARING FOR SOMEONE with CANCER, Tuesday, September 17, 3-5pm, RH Johnson Lecture Hall

This class will cover the emotional, psychological and social toll the disease can take on an individual, an aspect of having cancer that is often not talked about with health care providers. We will review common symptoms of depression, anxiety and body image issues that commonly occur during cancer treatment, as well psychological side effects of medications. We will also discuss end of life issues, caregiver burnout and coping strategies for these problems.

Instructor Brad Millman, PsyD is a psychologist at the Banner Health MD Anderson Cancer Center and specializes in working with people with cancer. He assists patients to address the psychological, biological, social and spiritual aspects of illness. A 2016 graduate of Adler University in Clinical Psychology and completing a 2018 Fellowship at Michigan State University, he recently joined the Banner Health, Boswell team.

FACTS ABOUT HIGH BLOOD PRESSURE, Tuesday, July 16, 3-5pm, RH Johnson lecture Hall

Get the facts about High Blood Pressure discover the risks of developing high blood pressure, the recommendations for prevention and treatment of this condition, and the updated guidelines from the American Heart Association.

Instructor Alex Stark is a Sun health Wellness Specialist and Health Coach. She develops, implements, and evaluates a wide range of health-promotion activities and educational programs for groups and individuals at the Sun Health Center for Health or Wellbeing
FINANCIAL BLUNDERS TO LEARN FROM, Thursday, July 25, 3-5pm, RH Johnson Lecture Hall

No matter which phase of life you are in, accumulation, preservation, distribution or transfer, there are always lessons we wish we learned earlier. Since hindsight is 20/20 let’s learn from those who learned things the hard way, so we can avoid making the same mistakes.

Instructor Scott Sandell is owner of SES Services in Phoenix and President of Phoenix Chapter of the Foundation for Personal Financial Education, a not-for-profit organization dedicated to expanding financial awareness through educational programs that are presented without bias and are free of sales.

FOSTERING A PET, WHAT’S INVOLVED, Wednesday, July 24, 3-5pm, RH Johnson Lecture Hall

Chance Shelter staff and volunteers will share available resources and outline how you can help your peers by becoming a foster home in our Neighbor-To-Neighbor Program. If you have a pet, you will benefit from this class.

Instructor Audra Colson is the Founder/CEO of Chances Shelter and has a Degree in Marketing and over 30 years of Customer Service experience in managerial and supervisory positions. An Arizona native, she has lived in Surprise for 16 years and has great compassion for animals and the community. A volunteer with the City of Surprise Fire and Medical Crisis Response program, she is now a Shift Supervisor. Working together with other team members she takes care of the needs of people in crisis situations. Through the years of working with people needing help in times of crisis, Audra realized there was often an animal there with the very same needs, which led her to create the Chance Shelter.
HOW DESERT CRITTERS WITHSTAND the SUMMER HEAT and USING MARICOPA COUNTY PARKS, Thursday, August 15, 3-5pm, RH Johnson Lecture Hall

Hear about the various and creative ways the creatures and plants of the desert have adapted to survive and thrive in the summer heat. Learn about how to take advantage and appreciate the diverse landscapes, resources, facilities and programs offered by the Maricopa County Parks.

Instructor Justin Williams is the Interpretive Ranger at the White Tank regional park. He received an associate degree in Math/Biology/Health at Adirondack Community College and transferred to SUNY Potsdam College to complete a degree in Bio/Chemistry and after graduating transferred to University of Southern Mississippi, Gulf Coast Research Laboratory. Moving to Arizona, he worked at Wildlife World Zoo and Aquarium and trained and fed the animals and did outreach news programs with many different animals such as mountain lions, lizards, snakes, skunks. His passion is to take people on the journey of what characteristics to look for on the plant or animal to help identify it. He enjoys nature and exploring the Sonoran Desert with people who share similar passions; and he says, "on top of that I get paid for it!"

LEARNING SELF-HYPNOSIS, Thursday, July 18 or Thursday, August 15, 3-5pm; Kuentz Recreation Center, Mulit-Craft room 3

Learn about the history, purpose and many uses of self-hypnosis. The instructor will teach techniques for self-hypnosis and assist you in learning a basic 3-step method and exploring how to be successful with self-hypnosis.

Instructor Skip Albright is a certified clinical hypnotherapist with specialized training in emergency hypnosis, post-traumatic stress disorder, self-hypnosis and pain management. He is a retired special agent from the Air Force Office of Special investigations and instructed at their academy in Washington DC. In his private practice in Surprise, he assists clients to make in life
enhancing changes related to weight reduction, smoking cessation, anxiety, depression, chronic pain reduction, sport improvement and self-confidence and much more.

**PERSONAL LEGAL MATTERS, ESTATE PLANNING OVERVIEW**, Wednesday, July 17, 3-5pm, RH Johnson Lecture Hall

During this presentation, the instructor will describe essential estate planning documents and outline the differences between estate planning with a Will versus estate planning with a Revocable Trust. Additional important documents will be explained, including Powers of Attorney, both financial and health, and Living Wills. Other estate planning techniques, including holding title to assets in joint tenancy or community property, with rights of survivorship, transferring assets by way of POD or TOD designations and the requirements and proper planning with respect to life insurance policies, IRA contracts and annuity contracts will also be reviewed.

**Instructor Attorney Carrie Kulesh** obtained her BA in psychology from the University of Nebraska and graduated from Creighton University School of Law with a Juris Doctorate Degree. She worked in the Trust Department of First Interstate Bank, now known as Wells Fargo Bank, N.A., and as an associate attorney for Norris & Adams, P.C., Sun City, Arizona. In 1995, she opened her own law practice and focuses on estate planning and estate administration.

**PROTECTING YOURSELF AGAINST SCAMS AND FRAUDS**, Tuesday, July 23, 6-8pm, RH Johnson Lecture Hall

This class will bring you up-to-date about new and trending scams that are being investigated by the Maricopa County Attorney Office. As an example, one of the new scams is when criminals call or text victims claiming to be a government entity, tech support company or financial institution, attempting to get your personal or financial information. Some scammers pretend to be a grandchild in distress or that you won a prize (you just need to pay a fee). You will learn preventive measures to protect
yourself from these criminal acts and other scams and frauds to which seniors may be particularly vulnerable.

**Instructor Matthew Knowles, MBA, MPA** is a retired Phoenix police lieutenant, a member of the International Association of Financial Crimes Investigators and the AZ Auto theft Investigators Association.

**REVERSE MORTGAGES**, Thursday, September 26, 3-5pm, RH Johnson Lecture Hall.

This class will help you understand the benefits and limitations of reverse mortgages and whether it is right for your circumstance. If you are 62 or older and want money to pay off your mortgage, supplement your income, or pay for healthcare expenses, you may consider a reverse mortgage. It allows you to convert part of the equity in your home into cash without having to sell your home or pay additional monthly bills. But take your time: a reverse mortgage can be complicated and might not be right for you. Learn how reverse mortgages work, the types of reverse mortgages and how select the right organization to work with if you want a reverse mortgage.

**Instructor Scott Sandell** is President of local Phoenix Chapter of the Foundation for Personal Financial Education, a not-for-profit organization dedicated to financial awareness and is and owner of SES Services in Phoenix.

**WATER HISTORY AND CONSERVATION**, Wednesday, August 7, 3-5pm, RH Johnson Lecture Hall

This class will outline the timeline of Arizona water regulation, an overview of the Groundwater Code, Assured Water Supply program, the CAP canal and the recently approved Drought Contingency Plan. Water conservation tips will be shared, especially
what steps homeowners can take to find and reduce water usage and waste inside and outside the home.

**Instructor Rick Obenshain** is the Water Analyst for EPCOR Water (USA) Inc., working out of the Phoenix office. Rick is an Arizona native, born at the base hospital at Ft. Huachuca. He began his career as a water and wastewater system operator in 1985 and has worked in the water/environmental field for over 30 years. Rick retired from the AZ. Department of Water Resources and began his current position with EPCOR two weeks afterward. He enjoys teaching people of all ages about water and the environment and believes we all need to be better stewards of our Earth and its resources.

**REGISTRATION IS REQUIRED FOR ALL EXPLORE! CLASSES**

*(yes, even the free classes)*
EXPLORÉ! Class Registration Information:

➢ **ON-LINE:** Go to suncitywest.recsolutions.com. If you are new to EXPLORÉ!, sign-in and create your own account. If you are already a participant in the EXPLORÉ! Program, log-in and input your user name and password. Once logged-in, you are able to register for a class and pay online with your credit or debit card. If you forget your user name or password, call Tamra for assistance at 623-544-6194, or tamra.stark@suncitywest.com.

➢ **IN PERSON:** You can register for classes at the front desk of the R.H. Johnson Rec Center administrative office, 19803 R. H. Johnson Boulevard, between 9:00 a.m. and 2:00 p.m., Monday through Friday.

➢ **TELEPHONE:** EXPLORÉ! Program Coordinator Tamra Stark can take your registration by telephone at 623-544-6194 or you can email her at tamra.stark@suncitywest.com

Payment is due at the time of registration. We accept cash, check or VISA, MasterCard and Discover cards. We do not accept American Express. Registration at the door or day of the class is available if the class is not full. Please arrive at least 30 minutes prior to the class start time and bring a check or cash to pay at the door.

**Please note:** EXPLORÉ! has a no-refund policy, unless a class is cancelled. No credit or refunds will be given once you have registered. If EXPLORÉ! cancels a class, participants who have registered and paid will receive either a refund or a credit toward future classes.

For class details, go directly to the website at: suncitywest.recsolutions.com
EXPLORE! Adult Learning Program

SUN CITY WEST RECREATION CENTERS LOCATIONS

Venues
Beardsley Recreation Center, 12755 Beardsley Road
Kuentz Recreation Center, 14401 R.H. Johnson Boulevard
Palm Ridge Recreation Center, 13800 W. Deer Valley Drive
R.H. Johnson Recreation Center, 19803 R.H. Johnson Boulevard