



New Adventures in Learning

<https://newadventuresinlearning.org>

2026 SPRING SEMESTER CLASS DETAILS

Starting February 2, 2026

*80+ Classes
on many
exciting topics!*



*Join us
as a
Lifelong Learner*



25105 S. Alma School Road, Sun Lakes
(Corner of Riggs Road and Alma School Road)
Phone: 480 857 5500

Learn more at: <https://newadventuresinlearning.org>



ABOUT US

New Adventures in Learning (NAIL)

Background

New Adventures in Learning began in 1998 when a small group of Sun Lakes residents and Chandler-Gilbert Community College saw a need for a program for seniors who value lifelong learning. The program initially offered just a few classes, which quickly grew into a wide variety of topics. The program has grown each year since its inception, and in 2006, CGCC expanded the Sun Lakes Center to create more New Adventures classrooms. Today, the program continues to rely on its all-volunteer staff to carry out its purpose.

Mission

The mission of New Adventures in Learning is to provide a variety of interesting and educational opportunities at a reasonable cost to mature adults of the Southeast Valley.

How it works

The program, which is run entirely by volunteers and supported by Chandler-Gilbert Community College (CGCC), gives seniors access to dozens of classes every spring, summer, and fall. Topics include everything from military history and genealogy to blogging and current events.

There is a low annual membership fee of \$60 that goes to the NAIL organization. In addition, you can take as many classes as you'd like for a \$20 registration fee each semester. Maintaining your membership keeps your access to member-only mailings and events.

Membership Cycles

Annual Summer	- May 1 - April 30
Annual Fall	- August 1 - July 31
Annual Spring	- January 1 - December 31

Learning is its own reward.

But there are extra benefits

In addition to having fun, meeting new people, and keeping your mind active and healthy, being a New Adventures in Learning member makes you a CGCC student. And that means you get to take advantage of all the benefits that go along with being a student including:

- ◆ Access to college services, such as the library and computer lab
- ◆ Free Microsoft Office 365 software
- ◆ Student prices at the Coyote Fitness Center
- ◆ Discount tickets at the Arnett Ward Performing Arts Center
- ◆ Student admission prices for all Maricopa County Community College District's athletic games and sports programs
- ◆ Discounts at participating area businesses, museums, and entertainment venues

Location

New Adventures in Learning classes are held at the Sun Lakes Center of Chandler-Gilbert Community College located on the northeast corner of Alma School and Riggs roads.

25105 S. Alma School Rd.
Sun Lakes, AZ 85248
480-857-5500

Hours of Operation

Academic Year (mid-August to mid-May)
Monday – Thursday, 8 a.m. – 5 p.m.
Friday, Remote access, 8 a.m. – 5 p.m.

Summer (mid-May to mid-August)
Monday – Thursday, 8 a.m. – 5 p.m.

We look forward to seeing you!



Lifelong Learning



New Adventures in Learning

<https://newadventuresinlearning.org>



Letter from the President

Dear New Adventures In Learning Members,

My name is Virginia Allen, and I am honored to serve as the new president of *New Adventures in Learning*. Having previously served as secretary and president-elect, I am excited to continue my journey with this dynamic organization.

I look forward to collaborating with our council, members, and supporters as we pursue our shared mission of lifelong learning and community impact.

My professional background includes a bachelor's degree in political science and an MLS in librarianship. After a forty-year career—including thirty years as a university librarian at the University of Houston-Victoria and Lamar University—I remain deeply committed to the idea that education is the foundation of innovative leadership.

Retirement in 2010 brought significant change. My husband and I moved to the Southeast Valley to be closer to family and to find a peaceful environment as he navigated Parkinson's disease. After his passing in 2014, I began volunteering in the community, and in 2020, I found a new home with *New Adventures In Learning*.

This organization has given me more than I ever expected, providing meaningful friendships and the opportunity to master modern technologies such as Zoom, Google Workspace, and various email programs.

As we turn the page to a new year, we extend a warm welcome to all members. Our progress is only possible through the dedication of our volunteers and the vital support of Chandler-Gilbert Community College. Looking ahead, our primary goals are to increase membership by bringing fresh perspectives to our group and to expand our outreach by strengthening ties with local organizations.

I invite you to take an active role in these initiatives. Your enthusiasm is what makes *New Adventures In Learning* truly special.

Together, let's make this our most memorable year yet.

Sincerely,

Virginia Allen

2026 President, New Adventures in Learning

NAIL

New Adventures in Learning is in its 29th year of offering lifelong learning opportunities. We continue to offer numerous classes on multiple interesting topics in different formats.

In an effort to keep up with the times, we have expanded our outreach by coordinating with other lifelong learning programs to offer a wide range of in-person and online classes.

Join us as
a Lifelong Learner



"We continue to honor our past and to envision the future!"

New Adventures in Learning



JOIN US FOR A FREE “Taste of New Adventures”

**MARK YOUR
CALENDAR!**

January 12 – 15, 2026

25105 S. Alma School Road, Sun Lakes

(Corner of Riggs Road and Alma School Road)

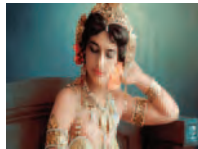
CALL 480 857 5500 TO RESERVE YOUR FREE SEAT!

And... Feel free to bring a friend...

Monday January 12th 1 p.m.

Mata Hari: she wasn't a saint, but was she a spy?

By Gene Lariviere



Mata Hari was a famous exotic dancer and courtesan. She was arrested and tried as a German spy. She was executed in October 1917 and the French government and press denounced her as “the spy of the century”. But there is a lot more to the story.

Tuesday January 13th 10 a.m.

Milton S. Hershey: The Man Behind the Chocolate

By Carole Rockland



The Hershey name is synonymous with chocolate, but this class will introduce you to the man behind the chocolate. Milton S. Hershey rose above early failures to create an immense financial empire, a town, and a legacy of education that lasts to this day. It is a fascinating story!

Wednesday January 14th 1 p.m.

Paris, La Ville des Lumières, City of Lights

By Mike Buscaglia



Paris is a city of endless charm where history, art, and culture blend seamlessly. You can marvel at iconic landmarks like the Eiffel Tower, explore world-class museums like the Louvre and stroll through charming neighborhoods like Montmartre. Paris offers something special for everyone.

Thursday January 15th 10 a.m.

Flash Mobs – Taken by Surprise

By Bill Haskell



Join us as we journey through various flash mob videos presented on YouTube. Flash mobs are defined as a spontaneous gathering of musicians, dancers, military pomp and circumstance or actors in various non-traditional settings. There will be classical, modern, pop and traditional music from all over the world.

**COME AND ENJOY A FREE TASTE
OF LIFELONG LEARNING.**

2026 SPRING SEMESTER IS STARTING ON FEBRUARY 2nd. WITH 80+ EXCITING NEW CLASSES!

JOIN US AS A NEW LIFELONG LEARNER!



WHY BECOME A LIFELONG LEARNER

<https://newadventuresinlearning.org>

*80+ Classes
on many
exciting topics!*



I'm sure we can all agree that looking back, our lives have been a significant learning journey. Yes, in our younger years, we all went to school, and if we succeeded, we earned our diplomas or degrees and started pursuing our careers. However, as we worked hard to get through life, we realized that each year brought even more to learn. It never seemed to stop. Weren't we always thrown new curveballs and faced new problems and dilemmas that we had to solve? It was as if we had never left first grade, and we had to keep working hard to move up to the next level. And yet, looking at it this way, we can all agree that we did well, became wiser, and that always learning new things has become one of our greatest gifts. Our minds always responded, and each time we learned more, it felt wonderful. Yes, it's safe to say that lifelong learning is how the universe operates.

And that is why at New Adventures In Learning (NAIL), we are excited to introduce our 2026 Spring Semester, featuring over 80 new and exciting classes and events. There are so many benefits in lifelong learning for seniors, and the advantages are numerous.

**Here are a few of the ways
lifelong learning will benefit you:**

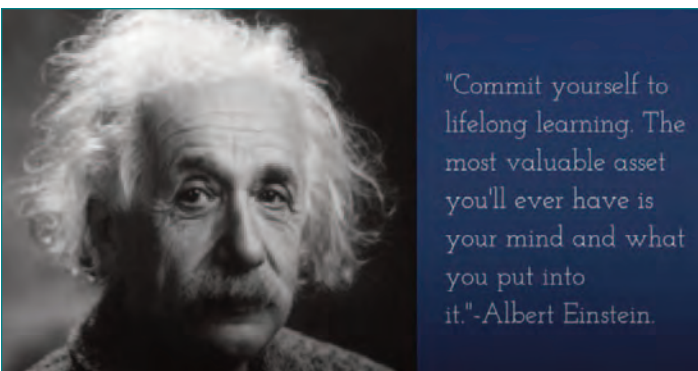
Empowerment

Seniors in independent living communities often face challenges adapting to a rapidly changing world, particularly with technology. Lifelong learning helps them gain the skills and knowledge needed to navigate these changes successfully. For example, as technology advances, seniors who stay updated and learn to use smartphones, tablets, and computers will remain connected with family and friends through video calls and social media.

They can manage their finances online, access important information, and even use telehealth services for medical appointments. The confidence that comes from being tech-savvy in an increasingly digital world helps you maintain a level of independence that might otherwise be lost.

Enhanced Self-Esteem and Confidence

Seniors may face challenges with losing their sense of identity and self-esteem, especially after retiring from long careers. Lifelong learning provides opportunities to restore a sense of achievement and self-worth. Setting goals, learning new skills, and achieving them greatly boosts your self-esteem. Whether you're mastering a musical instrument, improving your cooking skills, or exploring a new language, the sense of accomplishment from learning is empowering. This boost in self-esteem and confidence benefits you personally and positively impacts community dynamics. Seniors who feel good about themselves are more likely to engage actively and positively with others in their Independent Living community. *Continue on the next page*





WHY BECOME A LIFELONG LEARNER

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Cognitive Health and Mental Stimulation

Cognitive decline is a natural part of aging, and as a senior, you're at risk of conditions like dementia and Alzheimer's disease. Lifelong learning, which includes activities such as reading, taking on new hobbies, or learning new skills, provides an excellent way to keep your mind active. When you engage in these activities, you are effectively exercising your brain. This mental workout can help create new neural connections, boost memory, and enhance problem-solving skills.

The process of learning itself challenges the brain. Learning requires focus, memory, and the ability to connect new information with what we already know. These mental efforts are essential for maintaining cognitive health and may help slow down cognitive decline.

These few examples alone are already good reasons for you to join us at New Adventures In Learning (NAIL). Moreover, becoming a member will introduce you to new friends and neighbors, offering you numerous experiences and adventures.

These few examples alone are strong reasons to join us at New Adventures In Learning (NAIL). Additionally, becoming a member will help you meet other lifelong learners, giving you many experiences and adventures.



We invite you to take a moment to read all the details on the following pages of this magazine. Once you find multiple topics that interest you, simply click on the link at the bottom of each page. The link will direct you to the registration page, guide you through the process, and prepare you to join us starting January 12. Classes begin February 2nd.

The alternative method is to call 480-857-5500, leave a message with your name, phone number, and email address, and request a New Adventures student application form. The form will then be emailed to you to start the process.



If you are currently a member, decide which classes you'd like to take using our Curriculum Guide and List of Classes. Then all you have to do is

CLICK HERE

If you get stuck, use our guide on how to register for classes, or call us for assistance at 480 857 5500

*We look forward
to seeing you,
Classes start on
February 2nd.*



WHY BECOME A LIFELONG LEARNER

<https://newadventuresinlearning.org>

*80+ Classes
on many
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Think About This:

*For just \$60.00, plus \$20.00 per semester,
you will have access to:*

Over 80 unique classes and experiences



- ◆ Access to college services, such as the library and computer lab
- ◆ Free Microsoft Office 365 software
- ◆ Student prices at the Coyote Fitness Center
- ◆ Discount tickets at the Arnett Ward Performing Arts Center
- ◆ Student admission prices for all Maricopa County Community College District's athletic games and sports programs
- ◆ Discounts at participating area businesses, museums, and entertainment venues

*Join us as a **NAIL** member and
become part of our
Lifelong Learning Family*



New Adventures in Learning

Spring 2026 Classes

February 2nd to April 30th

Online classes are identified in their titles with "ZOOM". On-site courses are designated by a "C" after the ID number and are held at the Sun Lakes Center. Off-site classes are indicated by a "T" after their identification numbers.

'New Adventures in Learning' and 'New Frontiers for Lifelong Learning' are collaborating to share some online classes. The collaborative courses are indicated using a '-NA' or '-NF' extension to the class ID.

- NF – class presented by New Frontiers for Lifelong Learning
- NA – class presented by New Adventures in Learning

*80+ Classes
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- S0346C – The Tea Girl of Hummingbird Lane: Book Discussion & Tea
- S0416C – Color Harmony in Interior Design
- S0437C – See It, Believe It, Create It! Your 2026 Vision Board
- S0457C – Impressions of Winter
- S0524C – What is Heat
- S0540C – Introduction to Home Hydroponics
- S0618Z-NA – How to Catch a Scam Before It Catches You
- S0619Z-NA – AI 2.0: Advanced Applications
- S0625C – Is Google Feeding its AI Engine with Your Emails and Attachments?
- S0673C – AI use in the Everyday: Myths & Truths, Do's and Don'ts
- S0714C – Chair Yoga
- S0766C – The 'Skinny' on Aging, Fat, and Fitness
- S0771C – Gentle Pilates/Yoga (PIYO) Practice
- S0951C – Empowering Others to be Your Healthcare Advocate
- S1003C – Learn to Play Cribbage (or sharpen your skills)
- S1009C – Learn to Play Cribbage or (Practice your skills)
- S1026C – Introduction to the Game of Bridge
- S1027C – Cards: Tools, Tips, Techniques
- S1047C – Make a Bowl, Make a Difference
- S1068C – Gift-Ready: Build Better Wine Bottle Presentations
- S1111C – Africa: The Expected and the Unexpected
- S1128C – The Magic of Journeys
- S1201C – Time Capsules: Sharing Life Stories
- S1217Z-NA – Unleash Your Story: AI Tools for Beginning Authors
- S1262C – Sprechen Sie Deutsch?
- S1278C – Say It in Spanish: Your First Steps
- S1315C – BEER, All You Wanted to Know but Were Afraid to Ask
- S1330C – Tea Rituals for Mindful Living
- S1344C – Movie & TV Scenes About Aging: A Psychological Discussion
- S1361C – Who Should Decide What Goes in Our School Textbooks?
- S1407C – Care for the Caregiver
- S1408C – Making the Most of Visiting Your Doctor
- S1412C – Sweet and Slow Dessert in Crock Pots
- S1413C – Radiant Elderhood
- S1432C – Dental Tourism: Exploring Mexico's Smile Solutions
- S1435C – Fight Muscle Loss with Aging

For full information, visit www.newadventuresinlearning.org

PAGE THROUGH THE NEXT 29 PAGES TO LEARN MORE DETAILS

- S1436C – Fight Muscle Loss with Aging
- S1455C – The Second Brain: Do the “germs” in your gut really run your life?
- S1456C – Sugar: From Slavery to Obesity
- S1523C – Cultural and Religious Perspective at the End of Life
- S1748C – New Adventures On-going Book Club A
- S1749C – New Adventures On-going Book Club B
- S1750C – New Adventures On-going Book Club C
- S1788Z-NF – Open to Debate
- S1865T – Lunch Bunch April 2026
- S1867T – Lunch Bunch February 2026
- S1877T – Lunch Bunch March 2026
- S1921C – Tax-Smart Retirement
- S1922C – Declutter Your Finances
- S1929C – Smart Estate Moves: Trusts, Deeds & POAs Explained
- S1931Z-NA – Social Security News and Updates for 2026
- S1933C – Introduction to Estate Planning
- S1934C – Probate and the Role of an Executor
- S1941C – Intro to Retirement Investment and Income Planning
- S1942C – Market Update
- S1943C – How to Leverage the Equity in Your Home to Make Millions!
- S1952C – Top 7 Estate Planning Mistakes to Avoid
- S1953C – MythBusters
- S1974C – Confident Retirement Planning
- S1980C – Foundation of Investing: Learn the Basics with Confidence
- S1981Z-NF – Harnessing the Power of Roth
- S1982Z-NF – Understanding Taxation in Retirement
- S1983Z-NF – Becoming Tax-Efficient in Retirement
- S1984Z-NF – Navigating Safe Investments in Today’s Market
- S2072C – Strengthening Democracy: The Citizen’s Role
- S2085Z-NF – Assessing America’s National Security Threats
- S2120C – Doing Life with Your Adult Children
- S2138C – Understanding Grief and Mourning
- S2139C – Normal Aging or Something More? Understanding Signs of Dementia
- S2145C – All I Have to Do is Dream: What Do My Dreams Mean?
- S2202T – Tour of Chandler Municipal Airport by Bus
- S2270T – Tour of Wildhorse Ranch Rescue
- S2279T – Tortillas, Queso, and Pan Dulce Field Trip
- S2358C – The Great Boston Molasses Flood
- S2359C – The Arizona Trunk Murderess
- S2360C – Irena Sendler
- S2363C – Arizona Wild Territorial Days and its Economic Development
- S2364C – Honoring Family Legacy. Journey and Stories
- S2386Z-NF – Inventions that Changed the World
- S2387Z-NF – Great Trials of World History
- S2710C – Amazing Women: The “Hello Girls”
- S3006C – Your Life Your Legacy
- S3054C – Found a Pet? Lost a Pet? Learn What to Do

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Registration Opened January 12, 2026



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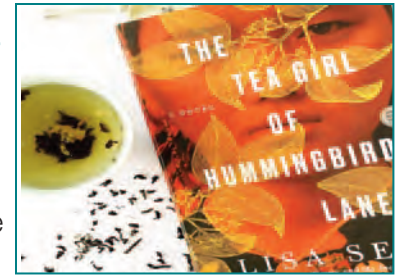
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S0346C - The Tea Girl of Hummingbird Lane: Book Discussion & Tea

1 Session Starts 3/23/2026 Meets Mon at 1:00

Program Description

Explore "The Tea Girl of Hummingbird Lane" by Lisa See through a guided book discussion paired with a tea tasting. We'll delve into the novel's themes of culture, family, and connection while sampling the tea that reflects the story's setting. Enjoy a relaxed, engaging session that blends conversation, flavor, and insight. Perfect for readers who enjoy learning through all the senses.



Instructor Kyle Messner

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in Bilingual Education and a MEd in Special Education. She has taught at Appalachian State University and Arizona State University for a total of 25 years. Kyle is a linguist who speaks and has taught multiple languages. She has studied in Germany, France and England. She lived in Colombia where she taught using Spanish and English in a private bilingual school. She is currently the past president of New Adventures in Learning.

S0416C - Color Harmony in Interior Design

1 Session Starts 4/1/2026 Meets Wed at 10:00

Program Description

Discover how to bring your space to life through the power of color! In this inspiring class, you'll learn the fundamentals of color design, how hues work together, how lighting affects perception, and how color influences mood and energy. Explore today's top color trends, master palette creation, and gain practical tips for using color with confidence to create beautifully balanced interiors.



Instructor: Cami Kaiser

Meet Your Design Team: Award-winning designers Betsy Burgan and Susie Drake, along with top sales consultant Cami Kaiser, bring decades of design expertise, creativity, and real-world know-how. In this fun, inspiring class, they'll share insider tips on color, pattern, texture, and flow—helping you create a home that's stylish, functional, and uniquely yours. Join them for laughter, learning, and design inspiration you'll love!

S0437C - See it, Believe it, Create it! Your 2026 Vision Board

1 Session Starts 3/26/2026 Meets Thu at 1:00

Program Description

This one-hour presentation will introduce the purpose and power of vision boards, followed by a hands-on activity. Participants will create personal vision boards using cut-out magazine images, words, and symbols that represent their goals, values, and aspirations. The session encourages self-reflection, creativity, and goal setting. By the end, each participant will leave with a completed vision board to serve as daily motivation and a visual reminder of their goals.



Instructor: Joan Frank

Joan is a seasoned vision board creator with 20 years of experience transforming dreams into reality. She uses her Vision Board creation process to manifest goals. She has presented her compelling boards and methods in multiple venues. Joan served on council for the Speaker's Bureau. She has a background in the legal profession as a defense attorney secretary and paralegal.



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S0457C - Impressionists in Winter

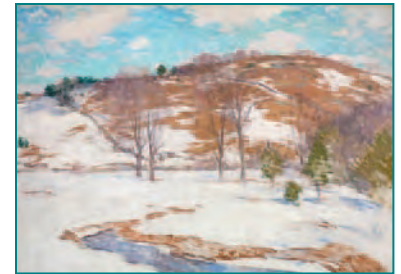
1 Session Starts 2/17/2026 Meets Tue at 10:00

Program Description

The only exhibition of the French impressionists' painting of winter scenes occurred in the U.S. in 1999. It was so impressive, the catalogue is still in print. We will see highlights of the exhibition, particularly the paintings by Monet, Pissarro and Sisley.

Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.



S0524C - What is Heat?

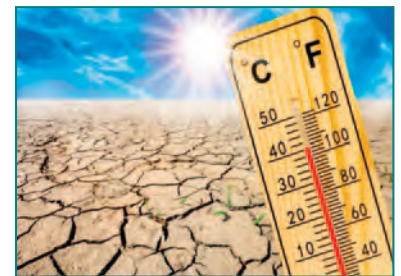
1 Session Starts 3/4/2026 Meets Wed at 1:00

Program Description

Previous presentations on the topic of global warming have dealt with the effects of heat on our bodies and how we can deal with a hot environment. What is missing in these presentations is the notion of exactly what is heat. Accordingly, this presentation will be about heat itself. What is it? How does it warm an object, including us? How is it transferred from warm to cool objects? And how does it work to warm the earth?

Instructor Daniel: Richardson

Daniel Richardson collectively taught human physiology for over 40 years at the Universities of Arizona, California and Kentucky. Several of the latter years were spent as bio-science director for the Kentucky Doctoral Program in Gerontology.



S0540C - Introduction to Home Hydroponics

1 Session Starts 2/11/2026 Meets Wed at 10:00

Program Description

An introductory exploration of hydroponics covering its history, a variety of home-growing techniques, and practical applications. The course includes demonstrations to help participants gain confidence and familiarity with hydroponic systems.

Instructor: Jody Noe

Jody Noe is a retired U.S. Air Force clinical laboratory officer who relocated to Chandler, Arizona, after completing her military career, eager to be closer to her children and grandchildren. During the COVID-19 lockdowns, she discovered a passion for hydroponics, a hobby that has grown into a meaningful part of her life. Jody proudly considers herself an "advanced beginner," continually learning and experimenting as she expands her hydroponic skills.





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S0618Z-NA - How to Catch a Scam Before It Catches You (ZOOM)

1 Session Starts 2/17/2026 Meets Tue at 10:00

Program Description

Empower yourself to recognize, prevent, and report common scams! In this session, you'll learn the key red flags of fraud targeting seniors and gain practical steps to avoid becoming a victim. Discover how to verify information, and how to detect fraud and scams, and access trusted support resources. Join us to share insights and protect yourself and your family.

Instructor: Kevin Sieling

Kevin is a retired educator with decades of leadership in teaching, administration, and curriculum development. He now serves as a coach and advocate, empowering educators and families through professional development, instructional coaching, and special education support. Kevin brings warmth, precision, and passion to every endeavor.



S0619Z-NA - AI 2.0: Advanced Applications (ZOOM)

1 Session Starts 2/24/2026 Meets Tue at 10:00

Program Description

Take your AI skills further! This advanced session introduces sophisticated AI applications beyond basic chat, including image generation, conversation customization, document analysis, and AI-powered research tools. Learn to sharpen your critical thinking skills to assess AI outputs effectively. Build confidence in exploring the next generation of AI tools!

Instructor: Kevin Sieling

Kevin is a retired educator with decades of leadership in teaching, administration, and curriculum development. He now serves as a coach and advocate, empowering educators and families through professional development, instructional coaching, and special education support. Kevin brings warmth, precision, and passion to every endeavor.



S0625C - Is Google Feeding its AI Engine with Your Emails and Attachments?

1 Session Starts 2/9/2026 Meets Mon at 10:00

Program Description

Google has quietly enabled a Gmail setting that could allow your private emails and attachments to fuel Google's AI systems — unless you turn it off. Join us for a brief video on the latest reports, Google's response, and two Gmail settings you should disable to protect your data from AI "Smart Features." Afterwards, Rob will facilitate a discussion about the video and pose the question: Who truly owns your data?

Instructor: Robert Truman

Rob has over 40 years of experience in Information Technology and Internet-related fields. He is a retired U.S. Navy Chief Electronics Technician and has worked as a Technical Support professional for Microsoft. Rob holds a Master of Arts degree in Adult Education (MAEd) and a Bachelor of Science degree in Information Technology (BSIT). He designed and maintains a website/blog called Geezer Tek which focuses on helping the local senior community with their technology needs.





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S0673C - AI Use in the Everyday: Myths & Truths, Do's and Don'ts

1 Session Starts 3/5/2026 Meets Thu at 1:00

Program Description

This brief intro to AI's use in everyday tasks will overview what AI use can actually help with, what works vs. what is myth, and will hold a general conversation to debunk what is marketing or hype vs AI's impact in the here & now. Examples of using AI prompts will include how to ask better questions of experts (from doctors to teachers), translate topics into plain English, roleplay scenarios of what could happen, how to use AI tools to detect fake & AI-created images, plus next-level resources.



Instructor: Miguel Fernandez

Miguel Fernandez is faculty at Chandler-Gilbert Community College, with graduate degrees in Comparative Literature (NYU) and National Security & Intelligence Studies (Notre Dame College). Fernandez has created over 28 trainings related to using AI since 2022. He is a member of the MCCCDC AI Taskforce, the IAAA, and a 2024 DFR Lab Digital Sherlock. He is co-author of "Achieving Knowledge Advantage through OSINT." Fernandez was awarded a 2025 Horizon Grant to develop short videos for using AI tools.

S0714C - Chair Yoga

6 Sessions

Starts 2/3/2026 Meets Tue at 3:00 on 02/03, 02/10, 02/17, 02/24, 03/03, 03/10

Program Description

Everyone is welcome—all levels. We will start wherever you are, and you will be surprised at how much your flexibility and strength will improve at the end of six sessions. You will have a model for an at-home practice at the end of our time together. And we will have fun doing it!!



Instructor: Ann Larson

Yoga practice has been a regular part of Anna's life for 25 years. She took yoga teacher training YTT200 in 2010 at Vancouver Yoga and Body Work. She has continued her studies and teaching throughout the years. Alongside her years of yoga Anna was a Marriage and Family Therapist in private practice and often used breath work, meditation and movement to help heal her patients.

S0766C - The 'Skinny' on Aging, Fat, and Fitness

1 Session Starts 2/26/2026 Meets Thu at 1:00

Program Description

Think being thin means being healthy? Think again! Discover what really counts when it comes to body weight and aging well. We will explore some surprising truths about fatness and fitness, and why movement is a more powerful predictor of health than body size. You'll discover the fascinating ways that physical activity helps prevent or manage common age-related conditions. Then we'll wrap up with simple, practical steps to get you moving toward a longer, stronger, and more vibrant life.



Instructor: Pamela Swan

Dr. Swan is an Associate Professor of Exercise Science in the College of Health Solutions at Arizona State University, where she has served for over 30 years. A Fellow of both the American College of Sports Medicine and The Obesity Society, her research examines how exercise and physical activity affect obesity and chronic lifestyle diseases, with specific expertise in resistance exercise for maintaining bone and muscle health in post-obese and older adults.



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S0771C - Gentle Pilates/Yoga (PIYO) Practice

4 Sessions

Starts 3/23/2026 Meets Mon & Wed at 10:00 on 03/23, 03/25, 03/30, 04/1

Program Description

This Pilates/Yoga (PIYO) series of stretches & poses can aid with calmness, balance, physical strength & stamina. By teaching movement with your breath, your body and mind will feel more full of life. A few benefits of yoga also include: relaxation, increased balance and coordination, improved health, rid body of toxins, stretch & align the spine. Take home exercises will be shared. Please wear comfortable clothing and easily removable shoes, bring a mat and blocks if you have them. Arrive early for mat placement.

Instructor: Kate Christensen

Kate, affectionately known as the "ever-ready bunny," has been dedicated to various yoga practices alongside her active lifestyle. She currently leads seven classes weekly specializing in Vinyasa, Gentle Yoga stretch and Challenge Yoga catering to all skill levels. With success in working with active seniors, she brings her wealth of experience to every session. Certified as a 300 RYT, Kate has recently earned certifications in Ayurveda, Breathwork and Aqua Fitness reflecting her dedication to wellness.



*"Anyone who stops learning is old,
whether at twenty or eighty.
Anyone who keeps learning stays young."* – Henry Ford.

Join us as a Lifelong Learner

S0951C - Empowering Others to be Your Healthcare Advocate

1 Session Starts 2/19/2026 Meets Thu at 9:00

Program Description

Learn which healthcare documents are specific to the state of Arizona and the crucial questions to ask yourself when choosing your powers of attorney.

Instructor: Becky Cholewka

Becky Cholewka is the founding attorney of Cholewka Law- an estate planning, probate, and trust administration law firm in Gilbert. She is passionate about community education and being an advocate and a voice for clients and their families.





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S1003C - Learn to Play Cribbage (or sharpen your skills)

4 Sessions Starts 2/3/2026 Meets Tue at 1:00 on 02/03, 02/10, 02/17, 02/24

Program Description

Cribbage is a card/board game that is not difficult to learn and fun to play! Bring a cribbage board if you can. We will have only a few to loan for the class. Day one - Play of the game. Day two - Practice. Day three - Strategy. Day four - Tournament!

Instructors: Stephanie Merrill

"I was raised in Tucson and I was a school librarian for grades K -12 for my whole life. I loved my job but was ready to retire 6 years ago. In the meantime I work for various medical schools in Phoenix as a Standardized Patient to keep my mind sharp. I like to meet people and I particularly enjoy playing games of all types to make social connections."

Sam Merrill

Sam is a retired school principal. He currently teaches math at CGCC. He has enjoyed playing rugby in his free time.



S1009C - Learn to Play Cribbage or (Practice your skills)

4 Sessions Starts 3/31/2026 Meets Tue at 1:00 on 03/31, 04/07, 04/14, 04/21

Program Description

Cribbage is a card/board game that is not difficult to learn and fun to play! Bring a cribbage board if you can. We will have only a few to loan for the class. Day one - Play of the game. Day two - Practice. Day three - Strategy. Day four - Tournament!

Instructors: Stephanie Merrill

"I was raised in Tucson and I was a school librarian for grades K -12 for my whole life. I loved my job but was ready to retire 6 years ago. In the meantime I work for various medical schools in Phoenix as a Standardized Patient to keep my mind sharp. I like to meet people and I particularly enjoy playing games of all types to make social connections."

Sam Merrill

Sam is a retired school principal. He currently teaches math at CGCC. He has enjoyed playing rugby in his free time.



S1026C - Introduction to the Game of Bridge

1 Session Starts 2/25/2026 Meets Wed at 10:00

Program Description

Learn how the most popular card game in the world is played. This beginning class will show you the basics of the game and provide information on classes, websites, and groups that can get you started on learning the game.

Instructor: Karin Hansen

Karin Hansen holds a Masters Degree in Education from the University of Minnesota. She is a Life Master Competitive Bridge Player as well as a Certified bridge instructor from the American Contract Bridge League. She enjoys introducing new players to the game and helping them develop their skills and techniques.





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S1027C - Cards: Tools, Tips, Techniques

3 Sessions Starts 2/12/2026 Meets Thu at 10:00 on 02/12, 03/12, 04/09

Program Description

"I will spend this semester introducing some of the tools I use for creating beautiful cards and being creative, such as die-cutting, stamping, and embossing."

Instructor: Nita Pangan

"I have enjoyed eight years of Card Making as a Stampin Up demonstrator. I also enjoy kids classes and introducing new people to the fun of being creative. I offer classes every month and participate in community service. We often make cards for veterans, foster kids and nursing homes. I am a part of the Sun Lakes community and have been for nearly 10 years. I look forward to sharing my experiences in a classroom environment here."



S1047C - Make a Bowl, Make a Difference

1 Session Starts 2/25/2026 Meets Wed at 1:00

Program Description

Create your own ceramic bowl for the Empty Bowls 2026 event while supporting local food-insecurity efforts. This hands-on class lets you explore basic pottery techniques and enjoy getting your hands a little dirty for a great cause. All materials are provided, and no experience is needed. Join us on the Sun Lakes campus and craft a bowl that will make a difference.

Instructor: Michael Ceschiat

Michael Ceschiat is a residential faculty member and faculty lead of the Ceramics program at Chandler-Gilbert Community College. Michael has been making, exhibiting and teaching ceramics for over three decades. Michael's ceramic and steel sculptures have been shown nationally and internationally. Michael has a Bachelor's degree of Fine Arts from Columbus College of Arts and Design majoring in ceramics and sculpture and a Masters of Fine Arts in Ceramics Sculpture from the University of New Mexico.



S1068C - Gift-Ready: Build Better Wine-Bottle Presentations

1 Session Starts 3/12/2026 Meets Thu at 1:00

Program Description

Learn practical ways to design and build standout wine-bottle packaging that actually impresses. This class covers simple, smart techniques for creating sturdy wraps, sleeves, and boxes using everyday materials. You'll focus on clean design, clear purpose, and solid craftsmanship—ending with gift-ready packaging that makes any bottle look sharp and earns real reactions from friends and family.

Instructor: Paul Szablowski

Retired seasoned creative marketing and advertising executive





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S1111C - Africa: The Expected and the Unexpected

1 Session Starts 3/2/2026 Meets Mon at 10:00

Program Description

Join a safari to South Africa, Zimbabwe, Zambia, and Botswana. Marvel at the beauty of the animals and learn what surprises came along the way.



Instructor: Carole Rockland

Carole Rockland is a retired music educator. She has been a participant and presenter at New Adventures since 2012.

S1128C - The Magic of Journeys

2 Sessions Starts 3/10/2026 Meets Tue & Wed at 10:00 on 03/10, 03/11

Program Description

Learn how a marginally planned trip can transition into a life-changing journey. (As a courtesy to other participants, if you may not be able to attend both sessions, please allow another participant to register since class size is limited)



Instructor: Mike Groulx

Graduate of UC Santa Barbara 1965, Graduate school 1966, Classified 1Y by military draft, worked 1 year with General Dynamics Pomona CA in charge of college recruiting program, Adult education facilitator for the Fortune 500 companies world wide.

S1201C - Timecapsules: Sharing Life Stories

6 Sessions Starts 2/4/2026 Meets Wed at 10:00 on 02/04, 02/11, 02/18, 02/25, 03/04, 03/11

Program Description

Learn to create an engaging story from ordinary memories. Experience the power of stories to make sense of your past and connect you with others. Participants will create short narratives based on their life experiences to share with the class. (This class will meet once a week for six weeks. The class usually has a waiting list, so please don't sign up if you can't commit to attending or prep for the class.)



Instructor: Jackie Bayer

Jackie is a retired counselor, teacher and author. She believes that everyone has a story to tell and that those stories create community especially as we age.



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S1217Z-NA - Unleash Your Story: AI Tools for Beginning Authors (ZOOM)

1 Session Starts 3/24/2026 Meets Tue at 10:00

Program Description

Audience: Beginning writers, authors, or anyone interested in using free AI to develop fiction, short stories, or memoirs. Explore how free AI chatbots and writing tools can boost your creativity and productivity! Learn to use AI to generate ideas, build outlines, create characters, and refine your work—all while keeping your authentic voice. You'll discover different AI tools, practice effective prompts, and apply ethical strategies for collaborating with your new AI writing partner.



Instructor: Kevin Sieling

Kevin is a retired educator with decades of leadership in teaching, administration, and curriculum development. He now serves as a coach and advocate, empowering educators and families through professional development, instructional coaching, and special education support. Kevin brings warmth, precision, and passion to every endeavor.

S1262C - Sprechen Sie Deutsch?

10 Sessions Starts 2/4/2026 Meets Wed at 3:00 on 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/25, 4/1, 4/8, 4/15

Program Description

This is an ongoing class of German using "The Complete Idiot's Guide to Learning German". Some knowledge of German is needed.



Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.

S1278C - Say It in Spanish: Your First Steps

11 Sessions Starts 2/5/2026 Meets Thu at 10AM: 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/26, 4/2, 4/9, 4/16, 4/23

Program Description

Learn everyday Spanish in a friendly, supportive setting. This beginner conversational class introduces basic vocabulary, common phrases, and practical dialogue skills for real-life situations. No prior Spanish knowledge is needed. Build confidence through guided practice, simple conversations, and interactive activities designed to help you speak from day one. Attendance is not required in every class, but is strongly encouraged.



Instructor: Kyle Messner

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in Bilingual Education and a MEd in Special Education. She has taught at Appalachian State University and Arizona State University for a total of 25 years. Kyle is a linguist who speaks and has taught multiple languages. She has studied in Germany, France and England. She lived in Colombia where she taught using Spanish and English in a private bilingual school. She is currently the past president of New Adventures in Learning.



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S1315C - BEER, All You Wanted to Know But Were Afraid to Ask

1 Session Starts 3/25/2026 Meets Wed at 10:00

Program Description

An enjoyable deep dive into the beginning of a beverage that ancient civilizations called "liquid bread," concluding with current times. We will delve into the history, economics, customs, and culture of this ubiquitous beverage.

Instructor: Edward Lamers

Ed, a native of Milwaukee, is a graduate of Marquette University School of Dentistry. He is a retired US Army Dental Corps Colonel, with a specialty in prosthodontics. After retiring from the military, he joined the faculty of the Oregon Health Sciences University. Ed is a world traveler, history buff, beer lover, and well-seasoned lecturer who brings fun and facts to this fascinating subject.



S1330C - Tea Rituals for Mindful Living

1 Session Starts 3/30/2026 Meets Mon at 10:00

Program Description

Experience a guided tea ceremony where participants savor four distinct teas. This small, intimate session allows you to enjoy the aromas, flavors, and calming ritual of traditional tea practice. Seating is limited to preserve the peaceful, personal atmosphere of the ceremony.

Instructor: Evelyn Yeh

Evelyn Yeh and Arthur Tu are originally from Taiwan and bring decades of cultural knowledge and practice to their teaching. They offer classes in tai chi that emphasize balance, mindfulness, and the integration of movement and breath. In addition to their martial arts instruction, they have conducted a wide range of traditional Chinese tea ceremonies, sharing the history, philosophy, and sensory experience of tea culture. Through both tai chi and tea, Evelyn and Arthur seek to create spaces of calm, connection, and cultural appreciation for their students.



S1344C - Movie & TV Scenes About Aging: A Psychological Discussion

1 Session Starts 4/21/2026 Meets Tue. at 10:00

Program Description

Join us for an interesting and informative discussion about how aging is portrayed in film and television. Short clips (several minutes each) will be shown, and an audience participation discussion will follow after each one. Therefore, your participation is strongly encouraged, although you are also welcome to sit and watch. Drs. Al and Scott Silberman, both Arizona-licensed psychologists, will lead our discussion.

Instructor: Scott and Al Silberman

Scott Silberman and Al Silberman are both Arizona licensed psychologists. Scott has been teaching college for over 35 years. He also evaluates children and teenagers for mental health and legal purposes. Al was a school psychologist and also worked in private practice for over 50 years.





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S1361C - Who Should Decide What Goes in Our School Textbooks?

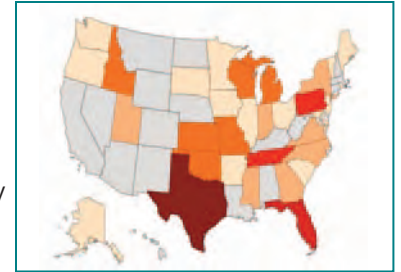
1 Session Starts 4/21/2026 Meets Tue. at 10:00

Program Description

We will view a 30-minute film on "The Textbook Wars" from the Teaching Company. We will then hear about the controversy over how WWII history was taught in Germany for 25 years after the war ended. The rest of the session will be a group discussion on who should decide what our children are taught.

Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.



S1407C - Care for the Caregiver

1 Session Starts 2/17/2026 Meets Tue at 10:00

Program Description

Caring for a loved one can be both rewarding and challenging. Learn how to optimize your loved one's well-being and take care of yourself in the process.

Instructor: Darcy Bentz

Darcy Bentz, Community Liaison with Hospice of the Valley, will be the Facilitator and will bring a guest speaker.



S1408C - Making the Most of Visiting your Doctor

1 Session Starts 2/26/2026 Meets Thu at 10:00

Program Description

Learn how doctors organize their time with patients and how to come prepared with information and questions resulting in a mutually rewarding experience.

Instructor: Darcy Bentz

Darcy Bentz, Community Liaison with Hospice of the Valley, will be the Facilitator and will bring a guest speaker.





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S1412C - Sweet and Slow Desserts in Crock Pots

1 Session Starts 2/3/2026 Meets Tue at 3:00

Program Description

Who says crock pots are just for chili? In this class, "Julia" shares her recipes for making sweet, gooey, irresistible desserts that practically cook themselves. From lava cakes to cobblers, your slow cooker is about to become your new favorite baking buddy. Prepare yourself for delicious smells and a few tasty treats.



Instructor: Billie Jordan

Billie Jordan is a retired RN with years of experience in several fields of nursing. She has a love of teaching and incorporated that in her professional life and in her personal life. She has facilitated classes and discussions on health and wellness issues and has been an employee advisor for corporations such as State Farm and Intel. In her retirement, she continues her quest for healthy living, knowledge and sharing information with others.

S1413C - Radiant Elderhood

3 Sessions Starts 2/19/2026 Meets Thu at 3:00 on 02/19, 02/26, 03/05

Program Description

Telling the authentic stories of our lives helps us witness our own radiant selves. Our stories give us the chance to appreciate the miraculous adventure of our lives. It becomes an even more powerful experience when we share those stories with others. To explore our radiant elderhood, we will focus on the possibilities of joy, transcendence, and meaning through the medium of storytelling, art, movement, and meditation. The class is designed to be participatory.



Instructor: Ann Larson

Yoga practice has been a regular part of Anna's life for 25 years. She took yoga teacher training YTT200 in 2010 at Vancouver Yoga and Body Work. She has continued her studies and teaching throughout the years. Alongside her years of yoga Anna was a Marriage and Family Therapist in private practice and often used breath work, meditation and movement to help heal her patients.

S1432C - Dental Tourism: Exploring Mexico's Smile Solutions

1 Session Starts 2/10/2026 Meets Tue at 10:00

Program Description

Explore dental tourism in Los Algodones, Baja California, Mexico, a top destination for affordable, high-quality care. Learn about Amazing Dental Care, our services, and meet our experienced dentists and support staff. Discover how Mexico combines excellent dental treatment with a cost-effective, seamless experience.



Instructor: Andrea Chisolm

Andrea Chisolm, with a CS bachelor's and a master's in International Finance, became interested in investing in Los Algodones' dental sector. With 20 years' experience, she will discuss Dental Tourism, Mexico's benefits, Amazing Dental Care, and its most popular procedures and services.



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S1435C - Fight Muscle Loss With Aging

1 Session Starts 4/1/2026 Meets Wed at 1:00

Program Description

There is NOTHING that will keep you healthy and independent like muscle mass. From balance to immunity to protecting your brain. Come find out how to best maintain or even BUILD muscle mass (and bones! and balance!). Is protein intake enough? What about weights? Any miracle supplements? Find out all the answers.



Instructor: James Bogash

James Bogash, D.C., has training in physiology and functional medicine, which examine how the environment interacts with the body to produce health and disease.

S1436C - Fight Muscle Loss With Aging

1 Session Starts 4/23/2026 Meets Thu at 10:00

Program Description

There is NOTHING that will keep you healthy and independent like muscle mass. From balance to immunity to protecting your brain. Come find out how to best maintain or even BUILD muscle mass (and bones! and balance!). Is protein intake enough? What about weights? Any miracle supplements? Find out all the answers.



Instructor: James Bogash

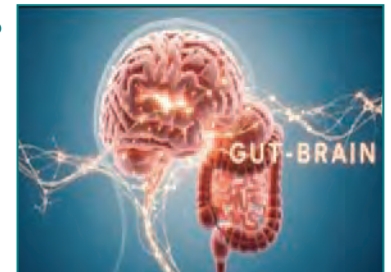
James Bogash, D.C., has training in physiology and functional medicine, which examine how the environment interacts with the body to produce health and disease.

S1455C - The Second Brain: Do the "germs" in your gut really run your life?

1 Session Starts 2/2/2026 Meets Mon at 10:00

Program Description

There is a lot of interest in medical research on how the human biome (the trillions of bacteria, fungi, viruses et. al. in your gut) affect our physical and mental health. Do products from the biome "cause" obesity, arthritis, depression, dementia, and the list goes on and on? We'll look at what we know and how scientists are exploring the connection between the biome and health, and how we might change the pattern of bacteria in our biome.



Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.

S1456C - Sugar: From Slavery to Obesity

1 Session Starts 2/12/2026 Meets Thu at 10:00

Program Description

Columbus brought sugar canes to the New World in 1493. Sugar production by more than six million slaves in subsequent centuries produced the "white gold" that made men rich and "addicted" millions of Europeans. The modern pandemic of obesity and diabetes is the modern result of that history.



Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.

*“Commit yourself to lifelong learning.
The most valuable asset you'll ever have is your mind
and what you put into it.” – Brian Tracy*

Join us as a Lifelong Learner

S1523C - Cultural and Religious Perspective at the End of Life

1 Session Starts 2/11/2026 Meets Wed at 1:00

Program Description

Understanding how different religions and cultures view death and dying helps us connect with others on a deeper level. This session explores end-of-life beliefs and traditions across major world faiths, offering insight into how people find comfort, meaning, and peace. Join us for a thoughtful discussion on the spiritual and cultural perspectives that shape our final journey.



Instructor: Stephen Gardner

Dr. Stephen Gardner, a retired U.S. Army veteran with over 40 years of faith and community service, serves as Chaplain, Bereavement Counselor, and Veteran Community Liaison with Hospice of the Valley. A Certified Thanatologist and Speakers Bureau member, he shares expertise in end-of-life care. Dr. Gardner holds a Doctorate in Organizational Leadership and is active on veteran committees. He is married with five children and five grandchildren.



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S1748C - New Adventures On-going Book Club A

1 Session Starts 2/2/2026 Meets Mon at 1:00

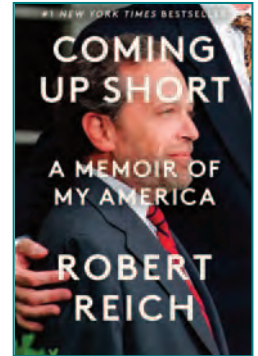
Program Description

We will be discussing “Coming Up Short: A Memoir of My America” by Robert Reich. From Political economist, cabinet member, beloved professor, and bestselling author of “Saving Capitalism and The Common Good”, a deeply felt, compelling memoir of growing up in a baby-boom America that made progress in certain areas, fell short in so many important ways, and still has lots of work to do.

Since July 2015, the Club has discussed over 73 books, primarily non-fiction.

Instructor: William Haskell

Bill Haskell has presented many New Adventures courses on interesting and diverse subjects ranging from science to history, including many in The Great Courses series.



S1749C - New Adventures On-going Book Club B

1 Session Starts 3/2/2026 Meets Mon at 1:00

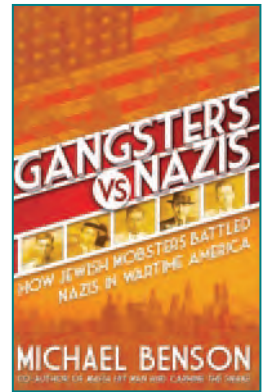
Program Description

We will be discussing “Gangsters vs Nazis: How Jewish Mobsters Battled Nazis in Wartime America” by Michel Benson. The stunning true story of the rise of Nazism in America during the 1930s and 1940s—and the fearless Jewish gangsters and crime families who joined forces to fight back...with a vengeance. Benson divulges the role of Jewish mobsters in stomping out the terrifying tide of Nazi sympathizers before WWII.

Since July 2015, the Club has discussed over 73 books, primarily non-fiction.

Instructor: William Haskell

Bill Haskell has presented many New Adventures courses on interesting and diverse subjects ranging from science to history, including many in The Great Courses series.



S1750C - New Adventures On-going Book Club C

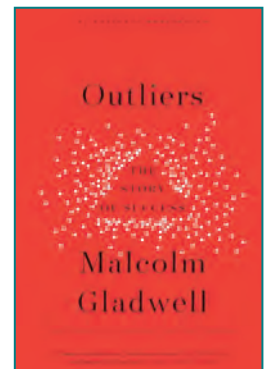
1 Session Starts 4/6/2026 Meets Mon at 1:00

Program Description

We will be discussing “Outliers: The Story of Success” by Malcolm Gladwell. In this stunning book, Malcolm Gladwell takes us on an intellectual journey through the world of “outliers”--the best and the brightest, the most famous and the most successful. He asks the question: what makes high-achievers different? Since July 2015, the Club has discussed over 73 books, primarily non-fiction.

Instructor: William Haskell

Bill Haskell has presented many New Adventures courses on interesting and diverse subjects ranging from science to history, including many in The Great Courses series.





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S1865T - Lunch Bunch April 2026 (Off-site)

1 Session Starts 4/10/2026 Meets Fri at 11:30

Program Description

Join other New Adventures members at Cornish Pasty, 1941 W. Guadalupe Rd., Ste 101, Mesa, AZ (Crossroads: SE corner S. Dobson Rd. + W. Guadalupe Rd., Mesa) on April 10th at 11:30 A.M. until 1:00 P.M. "The Cornish Pasty originates from Cornwall (SW England) and can be traced back as far as the 1200s. At that time, pasties were baked by wives, and mothers of tin miners, which was once a thriving industry in Cornwall." We look forward to having a memorable time.

Instructor: Virginia Allen

Virginia Allen has served New Adventures as secretary, president-elect, and is now serving as president. She served as a university library systems coordinator with the rank of assistant professor and retired from Lamar University after 30 years.



S1867T - Lunch Bunch February 2026 (Off-site)

1 Session Starts 2/6/2026 Meets Fri at 11:30

Program Description

Join other New Adventures members at a luncheon at the Hangar Cafe, 1725 E. Ryan Rd., Chandler, on Friday, February 6th, 11:30 A.M. to 1:00 P.M. This luncheon follows a tour of the Chandler Municipal Airport, which is listed as a separate event. We look forward to having a memorable time.

Instructor: Virginia Allen

Virginia Allen has served New Adventures as secretary, president-elect, and is now serving as president. She served as a university library systems coordinator with the rank of assistant professor and retired from Lamar University after 30 years.



S1877T - Lunch Bunch March 2026 (Off-site)

1 Session Starts 3/20/2026 Meets Fri at 11:30

Program Description

Join other members of New Adventures for a luncheon at Baby Kay's Cajun Kitchen, 2051 S. Dobson Rd., Ste. 18, Mesa, AZ, March 20, 2026, at 11:30 A.M. until 1:00 P.M. Crossroads: SW corner of S. Dobson Rd. + W. Baseline Rd. "Baby Kay's has been cooking up authentic Cajun & Creole cuisine for more than 22 years." We look forward to having a memorable luncheon.

Instructor: Virginia Allen

Virginia Allen has served New Adventures as secretary, president-elect, and is now serving as president. She served as a university library systems coordinator with the rank of assistant professor and retired from Lamar University after 30 years.





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S1788Z-NF - Open to Debate (ZOOM)

3 Sessions Starts 2/5/2026 Meets Thu at 2:00 on 2/5, 3/5, 4/2

Program Description

“Open to Debate” is the nation's only nonpartisan, debate-driven media organization dedicated to bringing multiple viewpoints together for a constructive, balanced, respectful exchange of ideas. “Open to Debate” is a platform for intellectually curious and open-minded people to engage with others holding opposing views on complex issues. Each month, we will view a different program and discuss the issues and concepts.

To learn more about “Open to Debate”, check out their website at: <https://opentodebate.org/about/>.

If you see a topic, you want us to discuss, let the facilitator know.



Instructor: Suzanne Brown

Suzanne Brown is a frequent Zoom facilitator and presenter with NFLL. Her experience presenting online and teaching others about online learning covers two decades.

S1921C - Tax-Smart Retirement

1 Session Starts 2/4/2026 Meets Wed at 1:00

Program Description

Taxes can quietly shrink your retirement income. Learn practical ways to help reduce what you owe through smart withdrawal timing, Social Security coordination, Roth conversions, and tax-deferred income strategies using annuities. Designed for individuals, couples, and business owners planning their next chapter.



Instructor: Stacey Bendfelt

Stacey Bendfelt is a Financial Advisor with Raymond James who helps individuals, couples, and business owners make sense of their finances and turn savings into reliable income. She blends practical, tax-smart strategies with clear guidance to help simplify retirement planning.

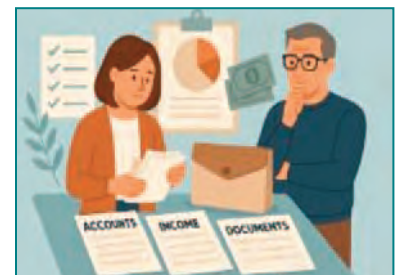
Based in Arizona, Stacey teaches engaging seminars in 55+ communities focused on creating clarity, balance, and confidence for the years ahead.

S1922C - Declutter Your Finances

1 Session Starts 3/3/2026 Meets Tue at 1:00

Program Description

Simplify your financial life and make your money easier to manage. Learn how to consolidate accounts, organize key documents, and streamline income planning so everything works together. Designed for individuals, couples, and business owners preparing for or already enjoying retirement.



Instructor: Stacey Bendfelt

Stacey Bendfelt is a Financial Advisor with Raymond James who helps individuals, couples, and business owners make sense of their finances and turn savings into reliable income. She blends practical, tax-smart strategies with clear guidance to help simplify retirement planning.

Based in Arizona, Stacey teaches engaging seminars in 55+ communities focused on creating clarity, balance, and confidence for the years ahead.



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S1929C - Smart Estate Moves: Trusts, Deeds & POAs Explained

1 Session Starts 2/19/2026 Meets Thu at 10:00

Program Description

Navigate the maze of estate and real estate planning with confidence! This engaging course helps seniors avoid the costly pitfalls of probate while protecting their property and legacy. Learn why keeping your Power of Attorney up to date matters, the key differences between a beneficiary deed and a trust, and the hidden risks of adding children to your title. Empower yourself with practical tools to ensure your wishes are honored—without unnecessary court delays or expenses.

Instructor: Lydia Wietsma

Lydia is a certified senior and probate specialist. She helps families avoid the pitfalls of probate. She has had 22 years experience working with seniors' real estate issues. She is the author and radio host of Solving Life's Next Chapter.



S1931Z-NA - Social Security News and Updates for 2026 (ZOOM)

1 Session Starts 3/27/2026 Meets Fri at 1:00

Program Description

Learn and discuss any news and updates to Social Security's benefit programs for 2026 and review answers to common questions people have about the benefits. A live question-and-answer session will follow the presentation.

Instructor: Jack Burns

Jack Burns is the Public Affairs contact for the Social Security Administration in Arizona. Jack has worked for Social Security for 22 years.



S1933C - Introduction to Estate Planning

1 Session Starts 3/12/2026 Meets Thu at 3:00

Program Description

Come and learn the basics of Estate Planning - what is a will, trust, powers of attorney, and when/how they work.

Instructor: Heather L Parker

Heather Parker graduated from the University of Wisconsin in business finance and received her Juris Doctorate from The John Marshall Law School in Chicago. She has been a member of the Illinois State Bar Association for over 17 years and the Arizona Bar Association for over 10 years.





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S1934C - Probate and the Role of an Executor

1 Session Starts 4/2/2026 Meets Thu at 1:00

Program Description

Come and learn what it means to be an Executor/Personal Representative, as well as the basics of how a probate case works, and the overall process of serving in this role.



Instructor: Heather L Parker

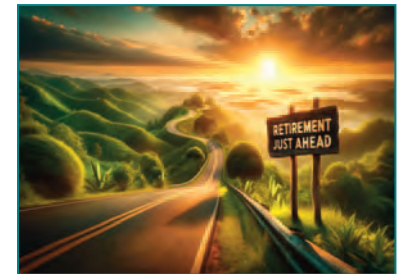
Heather Parker graduated from the University of Wisconsin in business finance and received her Juris Doctorate from The John Marshall Law School in Chicago. She has been a member of the Illinois State Bar Association for over 17 years and the Arizona Bar Association for over 10 years.

S1941C - Intro To Retirement Investment And Income Planning

1 Session Starts 3/24/2026 Meets Tue at 3:00

Program Description

Information designed for people near or in retirement with a low level of knowledge when it comes to investing. We will cover retirement-specific investments and strategies. Some have been in use for generations, and others have been newly developed. Don't feel intimidated; you are welcome to come in, sit back, relax, and learn. You will be given plenty of educational material to bring home, and you will have an opportunity to have a retirement income and an assets report specific to your situation.



Instructor: Matt Mundy

Matt Mundy, RICP has been helping families prepare for their retirement since the 1990s. Matt graduated from Northern Illinois University in 1995 and has since grown his Retirement Planning and Investment Firm to one of the largest in Maricopa. As a RICP [Retirement Income Certified Planner], he specializes in Retirement Specific Investments and Strategies. Matt is not a "Jack of All Trades". This allows him to focus his time and efforts to being the most knowledgeable in his specialty.

S1942C - Market Update

1 Session Starts 2/18/2026 Meets Wed at 1:00

Program Description

"The most up-to-date information on the markets and how they are performing, as well as where we see them headed. We will discuss the market outlook on equities as well as fixed income (bonds), if there are any particular sectors in the market that look attractive, as well as if there is any reason for concern with market performance. I will also spend a few minutes at the beginning of class going over some good habits for investing and things to consider when investing to avoid investor downfalls."



Instructor: Michelle Ovadia

Michelle has worked in financial services since 2006. She became a financial advisor with Edward Jones in 2014, earned her Certified Financial Planner designation in 2024, and was named to Forbes '2024 Top Women Wealth Advisors Best-in-State list for Arizona in 2025. She enjoys educating clients and helping them make informed decisions.



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S1943C - How to Leverage the Equity in Your Home to Make Millions!

1 Session 1 Session Starts 3/11/2026 Meets Wed at 1:00

Program Description

"I will show you how the equity in your home that is sitting there not earning anything for you can be used to earn you millions in the market in the future, or give you extra money to spend each month. Whether you need extra money each month now, in the future, or want to leave a bigger legacy to your family, I can show you how this is an opportunity you won't want to miss. In addition, we will go over the tax benefits and how this can help reduce your tax liability and save you money!"

Instructor: Michelle Ovadia

Michelle has worked in financial services since 2006. She became a financial advisor with Edward Jones in 2014, earned her Certified Financial Planner designation in 2024, and was named to Forbes '2024 Top Women Wealth Advisors Best-in-State list for Arizona in 2025. She enjoys educating clients and helping them make informed decisions.



S1952C - Top 7 Estate Planning Mistakes to Avoid

1 Session Starts 3/11/2026 Meets Wed at 1:00

Program Description

Becky Cholewka, an estate planning specialist with more than 15 years of experience, shares the biggest mistakes she sees in her office every day. Come find out what to avoid in order to keep yourself and your family protected, save money, and reduce chaos.

Instructor: Becky Cholewka

Becky Cholewka is the founding attorney of Cholewka Law- an estate planning, probate, and trust administration law firm in Gilbert. She is passionate about community education and being an advocate and a voice for clients and their families.



S1953C - Mythbusters

1 Session Starts 4/30/2026 Meets Thu at 9:00

Program Description

This presentation separates the FACTS from the FICTION when it comes to planning your estate. Covering our most asked legal questions, this class will put all the well-meaning advice you've received from your friends, neighbors, hairdresser, internet, bank, and even your financial planner to the test.

Instructor: Becky Cholewka

Becky Cholewka is the founding attorney of Cholewka Law- an estate planning, probate, and trust administration law firm in Gilbert. She is passionate about community education and being an advocate and a voice for clients and their families.





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S1974C - Confident Retirement Planning

1 Session Starts 2/9/2026 Meets Thu at 1:00

Program Description

This seminar will show pre-retirees or retirees why a financial plan is essential, how to build one effectively, and how to create a reliable income so you don't outlive your savings. Learn simple strategies to protect your nest egg, manage risk, and gain peace of mind as you enter this new chapter with clarity and confidence.



Instructor: Shelby Andersson

"I'm a Financial Advisor at Morgan Stanley working on the Andersson/Bekken Group. We help families make confident, informed financial decisions. Unfortunately, there is a lack of education around the topic of finances, I'm passionate about making finance clear and approachable, and I look forward to equipping you with practical tools to navigate retirement, investing, and legacy planning with confidence."

S1980C - Foundation of Investing: Learn the Basics with Confidence

4 Sessions Starts 3/24/2026 Meets Tue at 9:00 on 03/24, 03/31, 04/7, 04/14

Program Description

In this 4-week series, you'll learn the core principles of investing, how to build a simple strategy, and how to make confident, informed decisions with your money. We'll break down key concepts, explore common investment options, and give you the tools to start investing with clarity and confidence.



Instructor: Shelby Andersson

"I'm a Financial Advisor at Morgan Stanley working on the Andersson/Bekken Group. We help families make confident, informed financial decisions. Unfortunately, there is a lack of education around the topic of finances, I'm passionate about making finance clear and approachable, and I look forward to equipping you with practical tools to navigate retirement, investing, and legacy planning with confidence."

S1981Z-NF - Harnessing the Power of Roth (ZOOM)

1 Session Starts 2/4/2026 Meets Tue at 10:00

Program Description

Roth is for EVERYONE! Regardless of age, wealth, gender, etc. We will learn everything we need to know about Roth in order to take advantage of this special tax status. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Instructor: Scott Sandell

Owner of Secure Estate Solutions and Senior Tax Network as well as the President of the Arizona Chapter of the Foundation for Personal Financial Education (FPFE) which is a 30 year old nationwide nonprofit speakers bureau dedicated to providing financial education without bias or the burden of sales.



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S1982Z-NF - Understanding Taxation in Retirement (ZOOM)

1 Session Starts 2/24/2026 Meets Tue at 10:00

Program Description

Taxation in retirement is vastly different than your working years. Understanding the taxation that affects retirees will help you navigate as efficiently as possible. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Instructor: Scott Sandell

Owner of Secure Estate Solutions and Senior Tax Network as well as the President of the Arizona Chapter of the Foundation for Personal Financial Education (FPFE) which is a 30 year old nationwide nonprofit speakers bureau dedicated to providing financial education without bias or the burden of sales.

S1983Z-NF - Becoming Tax-Efficient In Retirement (ZOOM)

1 Session Starts 3/10/2026 Meets Tue at 10:00

Program Description

This class is a necessity for all. In this day of rising interest rates and volatile markets, it has become extremely important to become tax-efficient in retirement, to maximize what you have. We will review how current taxation works and explore the most common ways to save taxes in retirement. This is not a dry, boring tax class. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Instructor: Scott Sandell

Owner of Secure Estate Solutions and Senior Tax Network as well as the President of the Arizona Chapter of the Foundation for Personal Financial Education (FPFE) which is a 30 year old nationwide nonprofit speakers bureau dedicated to providing financial education without bias or the burden of sales.

S1984Z-NF - Navigating Safe Investments in Today's Market (ZOOM)

1 Session Starts 4/14/2026 Meets Tue at 10:00

Program Description

With interest rate changes and a need to diversify from the traditional bond portfolio, safe and stable investments are more important than ever. We will review ALL investment options available and discuss when and where to use them. Brought to you by a non-profit organization dedicated to providing communities with a consistent resource through unbiased classes that are free of sales.



Instructor: Scott Sandell

Owner of Secure Estate Solutions and Senior Tax Network as well as the President of the Arizona Chapter of the Foundation for Personal Financial Education (FPFE) which is a 30 year old nationwide nonprofit speakers bureau dedicated to providing financial education without bias or the burden of sales.



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S2072C - Strengthening Democracy: The Citizen's Role

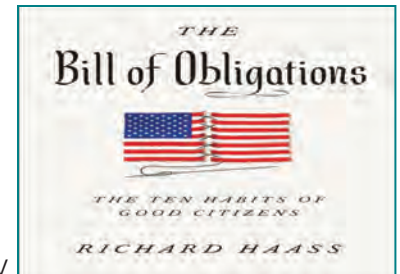
1 Session Starts 3/5/2026 Meets Thu at 10:00

Program Description

This engaging community course draws from Richard Haass "The Bill of Obligations" to explore how everyday citizens can help sustain American democracy. Participants will examine ten key civic responsibilities —including being informed, engaging respectfully, and putting country over party—and reflect on how these obligations can be practiced in daily life. Through open dialogue and real-world examples, the class fosters a deeper understanding of how individual actions shape our shared future.

Instructor: Brian Porter

Brian Porter, a longtime follower of American politics, believes the nation's pursuit of "a more perfect union" remains unfinished. Drawing on current events, history books, and documentaries, he shares his insights to foster civic dialogue and bridge divides. He believes all humans are created equal and endowed with certain inalienable Rights, that among these are Life, Liberty and the Pursuit of Happiness.



S2085Z-NF - Assessing America's National Security Threats (ZOOM)

6 Sessions

Starts 3/25/2026 Meets Wed at 3:30 on 3/25, 4/1, 4/8, 4/15, 4/22, 4/29

Program Description

The United States faces significant dangers and opportunities in the coming century. Malicious actors have harnessed new technologies such as drones, missiles, and offensive cyber weapons to threaten and, in some cases, attack America and its allies. Since the end of the Cold War, US foreign policy and national security strategy have suffered from strategic narcissism—the tendency to define complex challenges and opportunities abroad only in relation to the United States—and to underappreciate the interests, emotions, and aspirations that drive and constrain rivals, adversaries, and enemies. Former US National Security Advisor H. R. McMaster designed and delivers this 12-lecture series.

Instructor: Suzanne Brown

Suzanne Brown is a frequent Zoom facilitator and presenter with NFLL. Her experience presenting online and teaching others about online learning covers two decades.



S2120C - Doing Life with Your Adult Children

1 Session Starts 3/3/2026 Meets Tue at 10:00

Program Description

Format: Facilitated discussion and reflection. Your parenting role changes as your children become adults—it doesn't end! Based on Jim Burns' book, this session explores finding a new balance. Learn how to stay connected without controlling and offer support without overstepping. Focus on respect, boundaries, and communication that honors their independence and maintains a strong, lasting relationship. Keep your mouth closed and the welcome mat out!

Instructor: Kevin Sieling

Kevin is a retired educator with decades of leadership in teaching, administration, and curriculum development. He now serves as a coach and advocate, empowering educators and families through professional development, instructional coaching, and special education support. Kevin brings warmth, precision, and passion to every endeavor.





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S2138C - Understanding Grief and Mourning

1 Session Starts 4/8/2026 Meets Wed at 10:00

Program Description

Grief and Mourning can be overwhelming experiences, but the more you know about what to expect, the less frightening it is.



Instructor: Darcy Bentz

Darcy Bentz, Community Liaison with Hospice of the Valley, will be the Facilitator and will bring a guest speaker.

S2139C - Normal Aging or Something More? Understanding Signs of Dementia

9 Sessions Starts 4/21/2026 Meets Tues at 10:00

Program Description

What changes are normal, and what could be signs of dementia? We offer support to those at all stages of dementia.



Instructor: Darcy Bentz

Darcy Bentz, Community Liaison with Hospice of the Valley, will be the Facilitator and will bring a guest speaker.

S2145C - All I Have to Do is Dream: What Do My Dreams Mean?

1 Session Starts 4/28/2026 Meets Tue. at 10:00

Program Description

Drs. Al and Scott Silberman will briefly discuss the science of sleeping and dreaming while leaving plenty of time for participants to ask about their own dreams and what they mean. Free snacks will be provided from Insomnia Cookies!



Instructor: Scott and Al Silberman

Scott Silberman and Al Silberman are both Arizona licensed psychologists. Scott has been teaching college for over 35 years. He also evaluates children and teenagers for mental health and legal purposes. Al was a school psychologist and also worked in private practice for over 50 years.



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S2202T - Tour of Chandler Municipal Airport by Bus (Off-site)

1 Session Starts 2/6/2026 Meets Fri at 10:00

Program Description

Join other New Adventures members in the lobby of the Chandler Municipal Airport, 2380 S. Stinson Way, Chandler, AZ. A bus is scheduled to take us on a tour of Chandler Municipal Airport.



Instructor: Virginia Allen

Virginia Allen has served New Adventures as secretary, president-elect, and is now serving as president. She served as a university library systems coordinator with the rank of assistant professor and retired from Lamar University after 30 years.

S2270T - Tour of Wildhorse Ranch Rescue (Off-site)

1 Session Starts 3/13/2026 Meets Fri at 9:00

Program Description

Join other members of New Adventures at the Wildhorse Ranch Rescue, 11811 S. Lindsay Rd., Gilbert, AZ, Friday, March 13th at 9:00 A.M. for a tour. A waiver form will be available for signatures. Wildhorse Ranch Rescue is a nonprofit horse and cat rescue facility. They depend on volunteers and donations to save animals from abuse, neglect, slaughter, and premature death and provide a safe place for them to live for the remainder of their lives through adoption or sanctuary. We look forward to sharing a meaningful experience.



Instructor: Virginia Allen

Virginia Allen has served New Adventures as secretary, president-elect, and is now serving as president. She served as a university library systems coordinator with the rank of assistant professor and retired from Lamar University after 30 years.

S2279T - Tortillas, Queso, and Pan Dulce Field Trip (Off-site)

1 Session Starts 4/28/2026 Meets Tue at 10:30

Program Description

Visit El Rancho IGA in downtown Chandler to see tortillas made from start to finish, sample a variety of Mexican cheeses and discover different types of pan dulce. The presentation is in English, with translators available. Enjoy a brief tour, lunch cafeteria-style, and time to shop for specialty groceries.



Instructor: Kyle Messner

Kyle Ann Messner, has a PhD in Curriculum Instruction with an emphasis in Bilingual Education and a MEd in Special Education. She has taught at Appalachian State University and Arizona State University for a total of 25 years. Kyle is a linguist who speaks and has taught multiple languages. She has studied in Germany, France and England. She lived in Colombia where she taught using Spanish and English in a private bilingual school. She is currently the past president of New Adventures in Learning.



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S2358C - The Great Boston Molasses Flood

1 Session Starts 3/4/2026 Meets Wed at 10:00

Program Description

In January 1919, a huge tank burst and sent a wave of molasses twenty feet high down a busy street, destroying structures and killing people. The legal proceedings that followed changed the laws of corporate responsibility that come down to our time.



Instructor: Eugene Lariviere

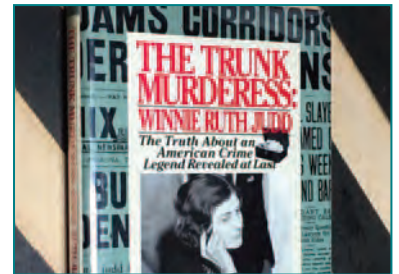
Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.

S2359C - The Arizona Trunk Murderess

1 Session Starts 3/4/2026 Meets Wed at 10:00

Program Description

In October 1931, two women were murdered in Phoenix. Their cut-up bodies were discovered in trunks shipped to Los Angeles. It was a national sensation. Winnie Ruth Judd was found guilty of the murders and was condemned to execution. Her story continued until her death at age 93.



Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.

S2360C - Irena Sendler

1 Session Starts 3/4/2026 Meets Wed at 10:00

Program Description

Irena Sendler saved 2,500 children from the Warsaw ghetto during the Holocaust. Her incredible feats went mostly unknown for over 50 years until three teenagers from Kansas discovered her and made her world famous. This is part of a series of unknown women heroes of WWII.



Instructor: Eugene Lariviere

Gene is a retired pediatrician from N.H. He has led many New Adventures Classes, mostly in areas of history.



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S2363C - Arizona Wild Territorial Days and its Economic Development

1 Session Starts 2/5/2026 Meets Thu at 9:00

Program Description

This is a presentation of the wild history of Arizona. It's prospecting and mining towns, saloons, gambling, brothels, lawless gunfire days, military, and Indian wars. It is a wonder how Arizona achieved statehood as the 48th state. The driving forces behind this were the 5C's and the five trails leading to Arizona.



Instructor: Al Quihuis

Albert Monreal Quihuis is a Multi-Award-Winning Author in 3 different genres. He is an Arizona native, historian and speaker. Albert started writing multicultural books to inspire people to learn about their history, culture and traditions. Books include "The Legacy Journal, Journeys to Authorship, Better Than Me and The Sofia and Pepe Adventure Series."

S2364C - Honoring Family Legacy. Journey and Stories.

1 Session Starts 2/23/2026 Meets Mon at 10:00

Program Description

In Mexico, the revolution had begun; in Arizona the Roosevelt Dam was completed and it became the 48th state; and in Europe, World War I was looming. Thousands of families left Mexico to go to the United States. Did they leave because of the war or to seek new opportunities? This is a story of a descendant's search for his family's journey to Arizona, connecting their lost stories, discovering their contributions, and honoring their legacy.



Instructor: Al Quihuis

Albert Monreal Quihuis is a Multi-Award-Winning Author in 3 different genres. He is an Arizona native, historian and speaker. Albert started writing multicultural books to inspire people to learn about their history, culture and traditions. Books include "The Legacy Journal, Journeys to Authorship, Better Than Me and The Sofia and Pepe Adventure Series."

S2386Z-NF - Inventions that Changed the World (ZOOM)

6 Sessions

Starts 3/23/2026 Meets Mon at 3:30 on 3/23, 3/30, 4/6, 4/13, 4/20, 4/27

Program Description

We're surrounded by inventions. Clocks, appliances, cars, televisions, cell phones... the list goes on and on. Where did all these inventions come from? How do they work? And how do they reflect - even define - the values of our culture? Now, you can learn the remarkable stories surrounding monumental inventions - and how consequential these inventions were to history. Taught by Professor W. Bernard Carlson of the University of Virginia, who is an expert on the role of innovation in history, these 36 enlightening lectures will be presented in Spring, Summer, and Fall terms and give attendees a broad survey of material history, from the ancient pottery wheel to the Internet and social media. The course will be presented online and in-person at the same time.



Instructor: Suzanne Brown

Suzanne Brown is a frequent Zoom facilitator and presenter with NFLL. Her experience presenting online and teaching others about online learning covers two decades.



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S2387Z-NF - Great Trials of World History (ZOOM)

6 Sessions

Starts 2/2/2026 Meets Mon at 3:30 on 2/2, 2/9, 2/16, 2/23, 3/2, 3/9

Program Description

Listen and discuss the lessons learned by a study of the great trials in history through this "Great Course" class. The 6-session part this Spring will cover trials from the 1890s, such as Oscar Wilde, through the early 1900's Leopold and Loeb, Scopes Monkey, into the mid-century with the Nuremberg trials, Chicago Eight, and ending with the trial of O.J. Simpson. Come learn with us online or in person at Red Mountain Campus.



Instructor: Suzanne Brown

Suzanne Brown is a frequent Zoom facilitator and presenter with NFLL. Her experience presenting online and teaching others about online learning covers two decades.

*"Tell me and I forget,
teach me and I may remember,
involve me and I learn."* – Benjamin Franklin

Join us as a Lifelong Learner

S2710C - Amazing Women: The "Hello Girls"

1 Session Starts 3/9/2026 Meets Mon at 10:00

Program Description

Continuing the series "Amazing (but little-known) Women", this class will focus on the "Hello Girls." Meet the women of the Army Signal Corps of World War I and follow their long battle for recognition.



Instructor: Carole Rockland

Carole Rockland is a retired music educator. She has been a participant and presenter at New Adventures since 2012.



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S3006C - Your Life Your Legacy

1 Session Starts 2/2/2026 Meets Mon at 10:00

Program Description

Most of us plan for important life events, such as weddings, our children's education, and retirement. But few of us prepare for the inevitable. This fast-moving program addresses the importance of making your final arrangements in advance and the steps to take. Our objective is to increase awareness in our community. To help the families we serve, we have created free planning tools to help record your wishes and important personal information, all in one convenient location.

Instructor: Hallie Lang

"As North America's trusted provider of funeral, cremation, and cemetery, Dignity Memorial professionals care for thousands of families each year. We've helped generations of customers create memorials that truly celebrate the life of their loved one. We honor the legacies of unique cultures, backgrounds and heritages. We believe in giving back to our community. Our wide range of community programs is deeply rooted in our commitment to provide comfort."



S3054C - Found a Pet? Lost a Pet? Learn What to Do

1 Session Starts 4/7/2026 Meets Tue at 10:00

Program Description

Learn practical steps to take if you find or lose a pet. This one-hour class covers how to safely approach found animals, use microchip and tag resources, create effective lost-pet posts, work with shelters, and mobilize your community. Participants will leave with a clear plan to act quickly and responsibly to reunite pets with their families.

Instructor: Cher Bivona

Cher Bivona, founder of Weezy's Helping Hands in Sun Lakes, AZ, has spent her life devoted to animal welfare. Her passion began in the 1980s in Connecticut, volunteering in rescue work. After moving to Oregon in 1996 with her family and pets, she continued rehabilitating animals in need. Through her foundation, Cher works to reunite lost pets, support rescues, and bring compassion and second chances to animals who need them most.



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Contact Us:

Phone: 480-857-5500

Email: info@newadventuresinlearning.org

Website: www.newadventuresinlearning.org

Location:

Sun Lakes Center

25105 S. Alma School Road

Sun Lakes, AZ 85248



Hours : Mon-Thu: 8:00am - 5:00pm