

COURSE CATALOG

FALL 2017

REGISTRATION IN LIFE CENTER
MONDAY, SEPTEMBER 11, 9AM—12PM
TUESDAY, SEPTEMBER 12, 9—11AM

MEET YOUR TEACHERS

Join us for an Introduction to the Fall Term on
Tuesday, September 5, from 1:30 to 2:30PM in the Life Center.
Meet instructors, learn about courses and enjoy refreshments.

MISSION STATEMENT

The Beatitudes Center for LifeLong Learners is dedicated to providing learning experiences to the residents, family members, and staff of Beatitudes Campus, and welcomes the participation of the wider community. Recognizing the importance of wellness in mind, body, and spirit, the Center emphasizes a curriculum that stimulates the minds of older adults and enables them to maintain and extend their cognitive powers, their social networks and their participation in the life of the campus community.

WHAT YOU NEED TO KNOW

- **REGISTRATION FEES:**
 - **\$25 per term for Independent Living residents of Beatitudes Campus**
 - \$10 for Plaza View residents of Beatitudes Campus
 - \$50 for off-campus guests, and
 - \$35 for prospective residents with a Marketing coupon.
- All classes are included in this fee. Some classes may require an additional materials fee or book which will be noted in the course description.
- All classes are one hour unless otherwise specified.
- **Registration will be held on Monday, September 11, from 9:00AM to 12:00PM and Tuesday, September 12 from 9:00 to 11:00AM in the Life Center. Please bring your completed registration form (found inside your catalog) when you register.**
- **Please understand** that if you send your registration with another person (in your stead), **it may not be processed until the end of the registration day**, when some classes may be full.
- **Late Registration** is available for some courses. Please contact Neil Ward at 602-943-4814 (or x14814 on campus) for details and to make your payment. Additional registration sheets and course catalogs are available at the Welcome Center.
 - For questions, contact Mim Hoover at 602-544-5277 (x15277), mimhoover@cs.com
- Rides to registration and classes are available by calling Security at x16172.

ACKNOWLEDGEMENT TO ADVISORY MEMBERS

David Ragan
Josephine Levy
Peggy Roberts

Jessica Meyer
Jon Schilling
Andrew Moore

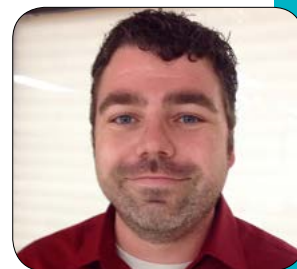
COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

ANDROID TABLET / SMARTPHONE—BEGINNERS / SKILL BUILDER

6 SESSIONS | 10:00-11:00AM | SATURDAYS, SEPT. 23, OCT. 7, 21, NOV. 4, 11, 18 | 10:00-11:00 | PLAZA CLUB | LIMIT 15

Note: *This class extends from Part A into Part B.*

Learn the physical layout and features of your device. Learn how to navigate home screens and apps, how to connect to the internet, how to charge and care for your Android device, and how to use some of the basic apps that come with your device, like camera and maps / gps. Great for people with no experience and/or advanced users. Lots of tips and tricks to explore, and have fun doing it.



Instructor for the two Saturday courses, Bob Koby was formerly a network administrator on campus. He is an entrepreneur, working primarily with people and small business on technical solutions, marketing, web design, and business development.

ARIZONA HISTORY

6 SESSIONS | THURSDAYS | SEPT. 21, 28, OCT. 5, 12, 18, 25 | 10:30-11:30 | AGELINK GREAT ROOM | LIMIT 50

We will review two thousand years of Arizona history, from the Hohokam to the present. The sessions are tentatively titled

1. Ditches on a Dry Land
2. An Unsettled Settlement
3. The Wild West?
4. Dividing Up the Land
5. Statehood and the Last Hurrah
6. All Grown Up



Instructor Tom Denny, an architect and artist, is an Arizona native, resident in Phoenix since 1962. He was an instructor at the Arizona School of Real Estate for 30 years. He is a Beatitudes resident.

ASTRONOMY - LIFE IN THE UNIVERSE

6 SESSIONS | FRIDAYS | SEPT. 22, 29, OCT. 6, 13, 20, 27 | 10:00-11:00 | AGELINK GREAT ROOM | LIMIT 50

Mankind often reflects on the question, "Are we alone in the Universe?" This course investigates the possibility of life in space and where we must look to find it. Using the Drake Equation as a model, the class will consider types of stars, the formation of planets, and the elements necessary to create life as we know it. Students will come to an understanding of the complexity of environmental systems that support life. (If interest warrants, a new class continuing this one may be offered in Spring 2018.)



Instructor Lori Prause holds a bachelor's degree in Geology from ASU and a master's degree in Astronomy from Swinburne University. She teaches at Paradise Valley Community College, and enjoys taking pictures through her telescope of space objects such as nebula, galaxies, and supernovae remnants.

COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

CIRCLE OF TRUST

6 SESSIONS | WEDNESDAYS | SEPT. 20, 27, OCT. 4, 11, 18, 25 | 1:00-2:00 | AGELINK 5 | LIMIT 20

This course will show videos in which Parker Palmer presents the principles and practices required to build and maintain an effective Circle of Trust. Participants will then apply those principles and practices and actually build a Circle of Trust. The class will be a learning laboratory, inviting active participation on the part of each student. The objective is to provide psychological and spiritual benefits for the participants and to create a Circle of Trust that can continue to function at The Beatitudes.



Facilitator William Pilder was Scholar in Residence at the Beatitudes Campus for two years and has facilitated several courses in the past. He is a regular participant in a Circle of Trust and a student of Parker Palmer's work at the Center for Courage and Renewal.

EXCEL – LEVEL 1

6 SESSIONS | FRIDAYS | NOV. 3, 10, 17, DEC. 1, 8, 15 | 10:00-NOON | COMPUTER LAB | LIMIT 12

Note: WILL BEGIN on Nov. 3; WILL NOT MEET on Nov. 24 (the day after Thanksgiving)

Create and edit basic Excel worksheets and learn how to enter a formula or function. Learn formatting techniques such as changing column widths and margins, formatting cells and changing fonts, and adding borders, backgrounds and colors. Generate and format charts. Class will emphasize using Excel's database features to create, store, organize, and retrieve records of related information or data, such as an address book. Database records may be changed, sorted or searched, and added or deleted. Please bring a USB flash drive to class. Textbook, *Exploring Excel*, is available in class (\$20 cash only) and may be reserved by calling Judy at 480-419-6944 ten days before the class start date. Textbooks are nonrefundable. Prerequisite: Must be familiar with computer basics. If unsure, confer with instructor, Judy Jones. See instructor bio below under Excel—Level 2.



EXCEL — LEVEL 2 (WORKSHOP)

6 SESSIONS | FRIDAYS | NOV. 3, 10, 17, DEC. 1, 8, 15 | 12:30-2:30 | COMPUTER LAB | LIMIT 12

Note: WILL BEGIN on Nov. 3; WILL NOT MEET on Nov. 24 (the day after Thanksgiving)

Using skills learned in Excel - Level 1, increase your knowledge by incorporating additional Excel features. Create and edit worksheets for personal use. This workshop will focus on using Excel's database features. Please bring a USB flash drive to class. Students should come prepared with a special database project on which they wish to work, e.g., committee list, address book, or list of collectibles. Textbook, *Exploring Excel*, is available in class (\$20 cash only) and may be reserved by calling Judy at 480-419-6944 ten days before the class start date. Textbooks are nonrefundable. Prerequisite: Excel — Level 1. Instructor: Judy Jones

Instructor Judy Jones has been teaching computer classes in Arizona since 1994. She specializes in computer purchase and setup, software installation, Windows, Excel, Internet, e-mail, and computer security. She is co-author of the Exploring series of computer textbooks and is Vice President of Dual Connection, a computer training and services company.

COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

FAMILY TIES: COMMUNICATING YOUR LIFE CHOICES TO FAMILY AND FRIENDS

6 SESSIONS | FRIDAYS | SEPT. 22, 29, OCT. 6, 13, 20, THE FINAL SESSION TO BE DETERMINED | 1:00-2:00 | AGELINK 1 | LIMIT 25

Ever wish your grown kids would see things differently when it comes to your life choices? Do you avoid the “hard” conversations about money, independence, and end-of-life wishes? You are not alone! This class will ease the way when it comes to understanding why these conversations can be difficult, and will provide strategies and resources to make them easier. Readings will be provided for each session.



1. Linked Lives and Shared History: Push-Me, Pull-You. How do sociologists view aging families? What are our shared expectations, obligations, and fears? Independence v. Safety.
2. Can We Talk? Communicating Across the Generation Gap. Strategies for speaking and acting. Ground rules for essential conversations.
3. Respecting Boundaries: A Two-Way Street. Listening and hearing. Acceptance.
4. Make Way for Change: Re-Shaping Independence. Acceptance and resilience.
5. Creative Exercise: Mapping Your Way. Exploring the issues in your life.
6. Saturday Session. How Can We Help? Work session with family (optional).

Instructor Josephine Levy is the Success Matters Resource Navigator at Beatitudes Campus. She has also been a high school teacher, guidance counselor, and managing director of Tempe’s Neighbors Helping Neighbors program.

FRENCH

ONGOING SESSIONS | MONDAYS BEGINNING SEPT. 18 | 10:00-11:00 | AGELINK 1 | LIMIT 25

This class began in the fall of 2015. We learn basic vocabulary, verb forms, pronunciation, and sentence formation. Someone with some previous knowledge of French might be able to join the group. We meet only one hour per week, but we do meet during the weeks between sessions also. Note: Prospective students are welcome to come to a current class to see if it “fits.” Talking with students and the instructor will also be helpful.



Instructor for both Spanish and French, Joyce Glazner was a high school teacher of languages for 30 years, Rio Salado College teacher of English for immigrants for 15 years, and has been the Spanish instructor at the Beatitudes for several years.



COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

FROM THE GROUND UP: BUILDING A BUILDING

SIX SESSIONS | WEDNESDAYS | SEPT. 20, 27, OCT. 4, 11, 18, 25 | 9:30-10:30 | AGELINK GREAT ROOM | LIMIT 50

This class is designed for those who are curious about how structures are conceived and built. Using the re-development of The Beatitudes as an example, the instructor will lead students through the stages of planning and construction required. The design process will show how owners, architects, and finance people work together. Subsequent topics include conceptual sketches, final construction documents, the bidding process, and staffing of the job. Finally, learn how contractors work with all parties involved: each other, the owner, the architects and engineers, the building inspectors, and all the other people who produce buildings that will serve residents for generations to come.



Instructor Bill Chase has had 54 years of electrical design experience in residential, commercial, and institutional buildings. He is a registered Professional Engineer in 29 states and has spent countless hours on construction sites. He is a Beatitudes resident.

IPAD / IPHONE – BEGINNERS / SKILL BUILDER

6 SESSIONS | SATURDAYS, SEPT. 23, OCT. 7, 21, NOV. 4, 11, 18 | 8:30-9:30 | PLAZA CLUB | LIMIT 25

Learn the physical layout and features of your device. Learn how to navigate home screens and apps, how to connect to the internet, how to charge and care for your iPad / iPhone, and how to use some of the basic apps that come with the devices, like camera and maps / gps. Great for people with no experience and/or advanced users. Lots of tips and tricks to explore and have fun doing it.



Instructor for the two Saturday courses, Bob Koby was formerly a network administrator on campus. He is an entrepreneur, working primarily with people and small business on technical solutions, marketing, web design, and business development.

KINGS (AND QUEENS) OF ENGLAND

6 SESSIONS | WEDNESDAYS | NOV. 8, 15, 22, 29, DEC. 6, 13 | 10:00-11:00 | AGELINK GREAT ROOM | LIMIT 50

How for a thousand years did one dysfunctional family affect Western Civilization and the American Constitution? From the mists of time we'll touch on usurpers, murderers, two saints, distant cousins, the rise of Parliament, good guys, bad guys, Mrs. Dudley, some really competent rulers, and finally, a short great-grandmother wearing a hat.



Instructor Tom Denny, an architect and artist, is an Arizona native, resident in Phoenix since 1962. He was an instructor at the Arizona School of Real Estate for 30 years. He is a Beatitudes resident.



COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

MAINTAIN YOUR BRAIN

6 SESSIONS | TUESDAYS | NOV. 7, 14, 21, 28, DEC. 5, 12 | 2:00-3:00 | AGELINK GREAT HALL | LIMIT 50

Join us for interactive discussions of evidence-based brain health tips and resources. Learn to practice brain-boosting habits related to sleep, nutrition, exercise, stress, medications and supplements, and more!

This class will be facilitated by Jessica Meyer, Director of Success Matters, assisted by her occupational therapy intern.



MANET, NOT MONET—CREATIVITY AND CONTROVERSY

5 SESSIONS | THURSDAYS | NOV. 9, 16, 30, DEC. 7, 14 | 1:00-2:00 | AGELINK 1 | LIMIT 25

Note: No meeting on Thanksgiving Day, Nov. 23

No other 19th Century artist provoked more controversy and received more public criticism than Edouard Manet (1832-1883), yet no other artist of his time was more inspiring to his fellow artists. This course will provide an overview of his career with observation and discussion of his most famous (such as *Luncheon on the Grass*) and some not-so-famous works.

Instructor Bob Crawford's career in semiconductors was succeeded by a second career teaching English and Humanities at the high school level. Since retirement, he has become a docent at the Phoenix Art Museum. He is fluent in French and German, and plays classical guitar (and golf).



MASTERPIECES OF ART

5 SESSIONS | THURSDAYS | SEPT. 21, 28, OCT. 5, 12, 19 | 1:00-2:00 | AGELINK 1 | LIMIT 25

Each week we will consider works of art that are considered to be the pinnacles of quality, elegance, and artistic strength. We will discuss the elements that make a masterpiece and look at each work in detail.

Instructor Sherrell Miller has, for 28 years, been a docent at the Phoenix Art Museum where she has served as speaker, mentor, and researcher in art history. She takes pleasure in creating presentations that make art accessible and meaningful.



MODERN RUSSIA

8 SESSIONS | MONDAYS | SEPT. 18, 25, OCT. 2, 9, 16, 23, NOV. 6, 13 | 1:30-2:30 | AGELINK GREAT HALL | LIMIT 50

Note: This class extends from Part A into Part B.

This course will briefly touch on Russia's early history, but most of our effort will be directed toward events since WWI. The Russian Revolution, the Communist period through WWII, the Cold War, and the pivotal fall of the Soviet Union will be covered in some detail. No history of Russia would be complete without acknowledging her contributions in the arts and humanities and we will do so.

Instructor Paul Carpenter taught for 28 years at the U. of Albuquerque and the U. of New Mexico where he was Prof. of History and Director of Integrated Studies. He has also taught Elderhostel courses in Colorado, New Mexico, Wyoming, and California. He is a Beatitudes resident.



FALL 2017—COURSE SCHEDULE—PART A

MON	SEPT 18	SEPT 25	OCT 2	OCT 9	OCT 16	OCT 23	BREAK WEEK 10/30-11/3
8:30-9:30	Spanish, Interm	Spanish, Interm	Spanish, Interm	Spanish, Interm	Spanish, Interm	Spanish, Interm	
10-11	French	French	French	French	French	French	
1-2	Spanish, Begin	Spanish, Begin	Spanish, Begin	Spanish, Begin	Spanish, Begin	Spanish, Begin	
1:30-2:30	Modern Russia	Modern Russia	Modern Russia	Modern Russia	Modern Russia	Modern Russia	
TUES	SEPT 19	SEPT 26	OCT 3	OCT 10	OCT 17	OCT 24	
9:30-10:30	Poetry & Emotion	Poetry & Emotion	Poetry & Emotion	Poetry & Emotion	Poetry & Emotion	Poetry & Emotion	
11-12	Violin	Violin	Violin	Violin	Violin	Violin	
1-2	TED Talks	TED Talks	TED Talks	TED Talks	TED Talks	TED Talks	
2:30-3:30	Senior Staff	Senior Staff	Senior Staff	Senior Staff	Senior Staff	Senior Staff	
WED	SEPT 20	SEPT 27	OCT 4	OCT 11	OCT 18	OCT 25	NOV. 1
9:30-10:30	From Ground Up	From Ground Up	From Ground Up	From Ground Up	From Ground Up	From Ground Up	
10:30-12:00	SoulCollage	SoulCollage	SoulCollage	SoulCollage	SoulCollage	SoulCollage	
1-2	Circle of Trust	Circle of Trust	Circle of Trust	Circle of Trust	Circle of Trust	Circle of Trust	
1-2	-	-	-	-	-	-	Movies
THURS	SEPT 21	SEPT 28	OCT 5	OCT 12	OCT 19	OCT 26	
10:30-11:30	Arizona History	Arizona History	Arizona History	Arizona History	Arizona History	Arizona History	
1-2	Masterpiece	Masterpiece	Masterpiece	Masterpiece	Masterpiece		
FRI	SEPT 22	SEPT 29	OCT 6	OCT 13	OCT 20	OCT 27	NOV. 3
10-11	Astronomy	Astronomy	Astronomy	Astronomy	Astronomy	Astronomy	
10-12	Power Pt 1	Power Pt 1	Power Pt 1	Power Pt 1	Power Pt 1	Power Pt 1	Excel 1
12:30-2:30	Power Pt 2	Power Pt 2	Power Pt 2	Power Pt 2	Power Pt 2	Power Pt 2	Excel 2
1-2	Family Ties	Family Ties	Family Ties	Family Ties	Family Ties		
SAT	SEPT 23	SEPT 30	OCT 7	OCT 14	OCT 21	OCT 28	NOV. 4
8:30-9:30	IPad/iPhone		IPad/iPhone		IPad/iPhone		IPad/iPhone
10-11	Android Tab/Phn		Android Tab/Phn		Android Tab/Phn		Android Tab/ Phn

FALL 2017—COURSE SCHEDULE—PART B						
MON	NOV 6	NOV 13	NOV 20	NOV 27	DEC 4	DEC 11
8:30-9:30	Spanish, Interm	Spanish, Interm	Spanish, Interm	Spanish, Interm	Spanish, Interm	Spanish, Interm
10-11	French	French	French	French	French	French
1-2	Spanish, Begin	Spanish, Begin	Spanish, Begin	Spanish, Begin	Spanish, Begin	Spanish, Begin
1:30-2:30	Modern Russia	Modern Russia				
TUES	NOV 7	NOV 14	NOV 21	NOV 28	DEC 5	DEC 12
9-10	Southwest Writers	Southwest Writers	Southwest Writers	Southwest Writers	Southwest Writers	Southwest Writers
10:30-11:30	Poets / Voices	Poets / Voices	Poets / Voices	Poets / Voices	Poets / Voices	Poets / Voices
2-3	Maintain Brain	Maintain Brain	Maintain Brain	Maintain Brain	Maintain Brain	Maintain Brain
WED	NOV 8	NOV 15	NOV 22	NOV 29	DEC 6	DEC 13
10-11	Kings & Queens	Kings & Queens	Kings & Queens	Kings & Queens	Kings & Queens	Kings & Queens
** 1-2	-	Movies	Movies	Movies	Movies	Movies
THURS	NOV 9	NOV 16	NOV 23	NOV 30	DEC 7	DEC. 14
10-11	Word Play	Word Play	-	Word Play	Word Play	Word Play
1-2	Manet	Manet	-	Manet	Manet	Manet
FRI	NOV 10	NOV 17	NOV 24	DEC 1	DEC 8	DEC 15
10-12	Excel I	Excel I	-	Excel I	Excel I	Excel I
12:30-2:30	Excel 2	Excel 2	-	Excel 2	Excel 2	Excel 2
SAT	NOV 11	NOV 18				
8:30-9:30	IPad / iPhone	IPad / iPhone				
10-11	Android Tab / Phn	Android Tab / Phn				

** Note: The Movies class begins on Nov. 1 and does not meet on Nov. 8.

COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

MOVIES: CHRISTMAS FARE AND HOLIDAY DELIGHTS

6 SESSIONS | WEDNESDAYS | NOV. 1, 15, 22, 29, DEC. 6, 13 | 1:00-2:00 | AGELINK GREAT HALL | LIMIT 50

Note: First class on Nov. 1. No class on Nov. 8

We can all agree It's a Wonderful Life this time of year, seeing Jimmy Stewart finding his angel, Clarence. And watching Cary Grant twirling Loretta Young around the skating rink in The Bishop's Wife. And Bing Crosby and Rosemary Clooney serving up White Christmas one more time, along with Danny Kaye and Vera-Ellen. And Judy Garland reminding us to have ourselves a Merry Little Christmas in Meet Me in St. Louis. Come for fun and information about these and other holiday classics.



Film historian Julian Reveles taught Introduction to Cinema and Contemporary Films at Rio Salado College, as well as film and music classes at Elderhostel for over 20 years. He is an ASU graduate, and was newsman and film critic for KTAR radio.

POETRY AND EMOTION

6 SESSIONS | TUESDAYS | SEPT. 19, 26, OCT. 3, 10, 17, 24 | 9:30-10:30 | AGELINK 1 | LIMIT 25

This course, first taught in Spring 2016, is for those who read or write (or wish to write) poetry, as well as anyone interested in learning how poems engage our emotions to provide a path to the deepest self and make us more human. After a quick look at useful descriptions of poetry and its chief attributes, we will spend class time reading and discussing a broad sampling of poems that exemplify those qualities. Instructor: Bob Longoni—see bio below.

POETRY - GREAT POETS IN THEIR OWN VOICES II

6 SESSIONS | TUESDAYS | NOV. 7, 14, 21, 28, DEC. 5, 12 | 10:30-11:30 | AGELINK 1 | LIMIT 25

This course is a continuation of the one offered in Spring 2017 in which we enjoyed recordings of celebrated modern poets reading their own poems followed by informal discussion of the poets and their poems. New enrollees are welcome. The first meeting will repeat highlights from the previous term for the newcomers' benefit and for the renewed enjoyment of returnees before moving on to poets not previously covered.



Poetry Instructor Bob Longoni has been teaching, writing, and publishing poems for 40 years. He was director of the Poetry Center at UofA, and helped design the creative writing curriculum at Pima Community College. After retirement, he has continued to do readings and offer workshops. He is a Beatitudes resident.

POWERPOINT – LEVEL 1

6 SESSIONS | FRIDAYS | SEPT. 22, 29, OCT. 6, 13, 20, 27 | 10:00-NOON | COMPUTER LAB | LIMIT 12

This course is designed for those new to PowerPoint, a graphical presentation program. It also serves as a PowerPoint refresher. Create a slide show that includes a design template, color scheme, clip art, WordArt, pictures, videos, transitions, and sounds. Please bring a USB flash drive to class. Textbook, *Exploring PowerPoint*, is available in class (\$20 cash only) and may be reserved by calling Shelia at 480-419-6944 ten days before the class start date. Textbooks are nonrefundable. Prerequisite: Must be familiar with computer basics. If unsure, please confer with instructor, Shelia Lilleston. See instructor bio on page 11.



COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

POWERPOINT — LEVEL 2 (WORKSHOP)

6 SESSIONS | FRIDAYS | SEPT. 22, 29, OCT. 6, 13, 20, 27 | 12:30-2:30 | COMPUTER LAB | LIMIT 12

Using skills learned in PowerPoint - Level 1, create a PowerPoint presentation for yourself, your family, or a group. Scan, save, insert, and format photos. PowerPoint presentations are also wonderful projects for weddings, memorials, committees, associations, boards, churches, campaigns, and other events. Please bring a USB flash drive to class. Textbook, *Exploring PowerPoint*, is available in class (\$20 cash only) and may be reserved by calling Shelia at 480-419-6944 ten days before the class start date. Textbooks are nonrefundable. Prerequisite: PowerPoint - Level 1. Instructor: Shelia Lilleston.

Instructor Shelia Lilleston has been teaching computer classes in Arizona since 1994. She specializes in Microsoft Word, Microsoft PowerPoint, and numerous computer-generated craft projects. She is co-author of the Exploring series of computer textbooks and is President of Dual Connection, a computer training and services company.

SENIOR STAFF EXPOSED

6 SESSIONS | TUESDAYS | SEPT. 19, 26, OCT. 3, 10, 17, 24 | 2:30-3:30 | AGELINK 5 | LIMIT 35

See and hear the senior staff of The Beatitudes as they describe the ins and outs of their individual jobs on campus. Each week, a different member of the administrative team will explain his/her role in the structure of this facility with its over-600 residents and over-400 employees. Hear highlights, problems, joys, challenges, and rewards of those who are dedicated to making The Beatitudes our home. On individual dates to be determined, and introduced by David Ragan, we will hear

- Rod Bailey, Senior Vice President of Sales and Marketing
- Tara Bethell, Senior Vice President of Human Resources and Risk Management
- Allen Bloch, Senior Vice President and Chief Financial Officer
- Michelle Just, President and CEO
- Cheryl Knupp, Senior Vice-President of Health Services
- Scott Mardian, Senior Vice President of Redevelopment



This course is facilitated by David Ragan.

SOULCOLLAGE® - ADVANCED

6 SESSIONS | WEDNESDAYS | SEPT. 20, 27, OCT. 4, 11, 18, 25 | 10:30-12:00 | AGELINK 1 | LIMIT 20

This advanced session is designed for participants who have worked with the basic principles of SoulCollage® provided in previous classes. We will delve more deeply into six archetypes recognized as having a major role to play in each of our lives. We will learn about their unique power, make cards for them, and do readings to tap into the guidance they want to give us. A \$10 materials fee is due during the first class.



Mary Orlando is an experienced facilitator who introduced SoulCollage® in previous LifeLong Learning terms. She has directed the pre-school program at Villa Montessori for many years and provides SoulCollage® workshops for teachers and the leadership team there.

COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

SOUTHWEST WRITERS

6 SESSIONS | TUESDAYS | NOV. 7, 14, 21, 28, DEC. 5, 12 | 9:00-10:00 | AGELINK 1 | LIMIT 25

This course uses a variety of literary genres to define the Southwest through the land, geography, and distinct cultures. The writings provide a historical view of the area's literary tradition by considering some native oral traditions preserved by later writers: an early European visitor, Cabeza de Vaca, and the first American explorers such as James Ohio Pattie and John Wesley Powell. Selections also include Native American author N. Scott Momaday, and Mexican-American author Rudolfo Anaya. Finally, we will discuss more contemporary authors such as Barbara Kingsolver, Terry Tempest Williams, and Elizabeth Tallent. Copies of the readings will be provided.



Please pick up the assigned readings for the first class meeting at registration.

Instructor John Nelson is recently retired from Paradise Valley Community College where his 27 year career included, in addition to teaching, service as Faculty Senate President and 11 years as chair of the English Division.

SPANISH – BEGINNING * SEE NOTE BELOW.

ONGOING SESSIONS | MONDAYS BEGINNING SEPT. 18 | 1:00-2:00 | AGELINK 1 | LIMIT 25

This class began in late January 2017. We practice pronunciation, vocabulary, and verb forms and learn to put basic sentences together. People with just a little Spanish experience might be able to join this group to refresh and improve their Spanish.

SPANISH – INTERMEDIATE * SEE NOTE BELOW.

ONGOING SESSIONS | MONDAYS BEGINNING SEPT. 18 | 8:30-9:30 | AGELINK 1 | LIMIT 25

This class started in February 2014. We learn vocabulary and verb forms and read easy stories in Spanish. We also improve writing and speaking skills in Spanish. We meet once a week, even between regular sessions. Someone with some Spanish experience might be able to join this group to refresh and improve their Spanish.



*** The LifeLong Learners program regrets that neither of our Spanish classes is suitable for those with no background in Spanish at all. Prospective students are welcome to come to a current class to see if it “fits.” Talking with students and the instructor will also be helpful.**

Instructor for both Spanish and French, Joyce Glazner was a high school teacher of languages for 30 years, Rio Salado College teacher of English for immigrants for 15 years, and advanced Spanish instructor at the Beatitudes for several years.



COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

TED TALKS: LIFE LIVED WELL

6 SESSIONS | TUESDAYS | SEPT. 19, 26, OCT. 3, 10, 17, 24 | 1:00-2:00 | AGELINK 1 | LIMIT 20

Note: This course is a repeat of the one offered in Summer 2017. Its success prompted offering it again for the benefit of a wider audience.

This informal, interactive seminar is a discussion-based look at popular TED talks that deal with aging and with making choices in our lives. Each class session will feature a short video (between 5 and 15 minutes) followed by discussion. Note: to facilitate discussion, instructors will provide a link to each talk ahead of time, as well as printed copies of full transcripts, so participants have the option to preview and/or read the talks before each class.

1. Jared Diamond: How Societies Can Grow Old Better—*A comparison of roles of elders in traditional, tribal, and modern cultures.*
2. Jane Fonda: The Third Act—*How to make the most of the years granted us by the “longevity revolution.”*
3. Dan Gilbert: The Psychology of Your Future Self—*How do our values and sense of identity change over time?*
4. Steve Jobs: How to Live Before You Die—*How can difficult events shape our lives for the better, and focus our priorities?*
5. Isabel Allende: How to Live Passionately – No Matter Your Age—*Tally the losses and benefits of aging. Nurture a sense of passion.*
6. Laura Carstensen: Older People Are Happier—*The upside, not the downside, of aging.*



Following an early career in aerial photography, Instructor David Ragan became an ordained UCC minister, serving churches in the Valley and Sedona, and the national UCC office in Cleveland. He is Sr. Vice President of Resident Services at Beatitudes Campus. Co-Instructor Josephine Levy is the Success Matters Resource Navigator at Beatitudes Campus. She has also been a high school teacher, guidance counselor, and managing director of Tempe’s Neighbors Helping Neighbors program.

VIOLIN – ITS GRAND TRADITION

6 SESSIONS | TUESDAYS | SEPT. 19, 26, OCT. 3, 10, 17, 24 | 11:00-12:00 | AGELINK 1 | LIMIT 25

Come and learn the amazing story of the King of Instruments, from its beginning in the 16th century to great players of today. In addition to hearing recordings, live demonstrations, and fascinating stories of outstanding violinists, you will see how violins are made. Handouts will be provided.

- Introduction and Early Musicians
- Great Violinists Appear: Corelli, Vivaldi, Tartini, others. A demonstration.
- Making the Great Violins: Amati, Stradivari, Guarneri. Changes in craftsmanship through the centuries and up to today.
- The Violin Gets Romantic: Famous performers and early recording.
- The Golden Age of the Violin. You know these names from the recent past.
- Violinists of our Time



Instructor Allen Ames began studying violin at age nine. He has played with many orchestras and chamber ensembles, making his living as a full-time freelance musician, expert in styles from classical to jazz to flamenco. In addition to being a nationally recognized violin maker, he is a published poet.

COURSE DESCRIPTIONS IN ALPHABETICAL ORDER

WORD PLAY

5 SESSIONS | THURSDAYS | NOV. 9, 16, 30, DEC. 7, 14 | 10:00-11:00 | AGELINK 1 | LIMIT 25

Note: No meeting on Thanksgiving Day, Nov. 23.

The late word wizard Willard Espy once observed, "Ours is a language that reveals its secrets in winks, allusions, sighs, and giggles." This class is for those who take delight in the fun and frivolity of language. Among the topics to be considered: Interesting etymologies, regionalisms, archaisms, neologisms, spoonerisms, puns, and word games. We'll go for the giggles!



Before retirement in 1996, instructor Nadine Smith was Senior Adult Education Coordinator at Scottsdale Community College. She is a former English teacher and native Oklahoman. She is a Beatitudes resident.



ONGOING PROGRAMS

**No registration or fee required for these events. Attendance welcome at any time.
For further information, contact Didi Cruz, Life Enrichment Specialist at x18473**

AA	Cribbage	PFLAG
Adult Coloring	Fitness Foundations	Pottery / Ceramics
Back to School Sewing	Functional Fitness	Quilting
Balance	Golden Age of Movies	Sing-a-Long
Better Breathers	w/Julian Reveles	Sit and Be Fit (resident-run)
Bible Studies	Goodfellers	Spanish (an advanced small group)
Bingo	Hootenanny	Symphonic Music w/ Bruce Pulk
Book Club	Knitting and Crocheting	Tai Chi
Brain Boosters – Memory Lane	Line Dancing	Water Aerobics
Breath and Movement	Low Vision Support Group	Wii Bowling / Other Wii Games
Bridge	Mahjong	WWII Veterans
Buzy Bees Arts and Crafts	Mexican Train	Writers Group
Campus Choir	Model Train Club	Yoga and Memory Maker Yoga
Chess (Beginning)	Open Dance Room	Zumba

A full schedule of these events and more is available in the Roadrunner newsletter, or online at www.bccrew.net/events

PROGRAM NOTES FOR YOUR CALENDAR

Below, you'll find a selection of programs which aren't part of our LifeLong Learners course curriculum but are available to everyone at no cost or registration.

ELDERS FOR A SUSTAINABLE FUTURE

SECOND AND FOURTH SATURDAYS OF THE MONTH | 1:30-2:30 | ADMINISTRATIVE CONFERENCE ROOM

Our mission is 1) to involve elders as stakeholders in saving Planet Earth for future generations, 2) to take action through education and advocacy, and 3) to support sustainable solutions to the dangers of climate change. We believe the wise words of Margaret Mead: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Discussion leader is Jerry Roseberry.

FAITH IN LIVING MOVIES + DISCUSSION

MONDAYS | 10:00 A.M. | LIFE CENTER

- **September**—no movie due to Labor Day
- **October**—*Fahrenheit 451*
- **November**—Veterans Week movie
- **December**—*The Straight Story*

SCIENCE AND SPIRITUALITY DISCUSSION GROUP

ONGOING SESSIONS | FRIDAYS | 10:30-11:30 | AGELINK 1

We come here not to learn, but to EXPLORE—to discover deeper meanings from the knowledge we already have.

ART ALL AROUND US

PRESENTED BY DOCENTS FROM THE PHOENIX ART MUSEUM | TUESDAYS IN OCTOBER | 1:00-2:00 | BOARDROOMS

- **October 3**—*Egypt: Little Giant* - Sylvia Wright
- **October 10**—*17th Century Art: Scandals and Piety* - Ann Weiss
- **October 17**—*The Art of Asian Spirituality* - Martha Montour
- **October 24**—*Surprising Influences: The Art of Spanish Colonial Mexico* - Edie Taylor
- **October 31**—*Spectacles: The Circus in Art* - Liz O'Brien

HEALTH AND WELLNESS COMMITTEE

- **OCTOBER 10 | 3:00 | AGELINK GREAT HALL**

Are We Really What We Eat?: How Nutrition Affects Our Health
Lori Eddings, Registered Dietician for Beatitudes Campus
(Snacks following provided by Dining Services)

- **NOVEMBER 8 | 3:00 | AGELINK GREAT HALL**

Health, Humor, and Healing
Resident Clown Lois Elliott

LIFELONG LEARNING COMMITTEE MEMBERS



Barbara Bauer



Nell Bennett



Nancy Campbell



**Dosia Carlson,
Secretary**



**Didi Cruz,
Staff Liaison**



Tom Denny



Jeannette Haasarud



**Mim Hoover,
Chair**



Nadine Smith



Bob Telleen



**Carole Vendrick,
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