



UNDER THE YELLOW UMBRELLA



NEW FRONTIERS FOR LIFELONG LEARNING AND MESA ACTIVE ADULT CENTER COMBINED CLASSES

All Session held at the Mesa Active Adult Center - 247 North Macdonald, Mesa

480-962-5612

IMPORTANT: Reservation required by contacting the facilitator indicated after the class. Classes that have a charge are paid at the first class.

CLASS	FACILITATOR RESERVATIONS REQUIRED	DATE	NUMBER of SESSIONS	TIME	ROOM
TUESDAY					
Clay: Quick Start (\$8.00 for both sessions)	Anitra Watley Allen 480-981-2247	August 10, 17	2	1:00-3:00	Rooms 3 & 4
Movies: Way Back When	Beverly Small bsmallone@cox.net 480-838-5552	June 8, 22, July 6, 20	4	1:00 - 3:00	Rooms 3 & 4
Courage: My Life in the United States – Presenter Agnes Umuligirwa	Pat De Blake pdeblake@cox.net 480-897-6842	June 8	1	10:00- 11:30	Room 1
Gardening in Maricopa	Edson Follett edsonfollett@msn.com 480-393-3669	June 15	1	1:00 - 3:00	Room 3 & 4
Fused Glass – Pendants and Earrings (\$70.00 all materials & firing)	Active Adult Center 480-962-5612	June 15	1	1:00 - 300	Room 3 & 4
Fused Glass – Meditation Stickes (\$70.00 all materials & firing)	Active Adult Center 480-962-5612	July 13	1	1:00 - 300	Room 3 & 4
The Silent Moi of Easter Island	Carolyn & Edson Follett edsonfollett@msn.com 480-393-3669	July 20	1	1:00 - 3:00	Room 3 & 4
WEDNESDAY					

Native Americans	Steve Wylie and Guest Martha Zauye-Kinlicheteenie gailwy@msn.com 480-969-6024	June 2	1:00 - 3:00	1	Room 4
THURSDAY					
WiFi Café Guest Speaker, Steve Trahan, first session	No reservation required	June 3, 17, July 8,22, August 5, 19	1:30	6	Macdonald Café
The Last Days of Socrates	Con Downey Condowney4@aol.com 480-641-2975	June 3, 10, 17, 24	1:00 - 3:00	4	Room 1
Potpourri Luncheons Reserve Lunch -Call Center two days in advance (\$3.00 each session)	Active Adult Center 480-962-5612	June 10, July 22 August 19	11:30	3	Rooms 3 & 4
Explanation of EFT Presenter Sheila Slomski	Sherry Sheldon shrrsheldone@gmail.com 480-985-1637	June 10			
To be announced	Active Adult Center 480-962-5612	July 22			
Native Americans: Then and Now - Presenter Jeff Reed	Active Adult Center 480-962-5612	August 19			
Books That Have Made History: Books That Can Change Your Life	Pat De Blake pdeblake@cox.net 480-897-6842	July 8, 29, Aug. 12, 26	9:30 -11:00	4	Room 1
Game Day Thursdays (Refreshments \$1:00 each session)	Active Adult Center 480-962-5612	June 17, 24, July 1, 8, 15,22,29	1:00-3:30	7	Main Hall
Interesting Faces and Places - Presenter Jeff Reed, TJ's Travel	Active Adult Center 480-962-5612	June 17, July 15	10:00 – 11:15	1	Rooms 3 & 4
Native Herbs to Improve Health	Edson Follett edsonfollett@msn.com 480-393-3669	August 19	1:00 - 3:00	1	Rooms 3 & 4

FRIDAY					
Share Your Talent Show Fun and Refreshments too!	Active Adult Center 480-962-5612	July 2	10:00	1	Main Hall



CLASS DESCRIPTIONS



TUESDAY

Clay: Quick Start - Pinch and poke you way through the Dog Day afternoons of this summer. Explore how clay responds to your touch. You'll enjoy this class just as much if you are a seasoned veteran to pottery as if you are experiencing clay for the first time. Participants will learn how to form a vessel of clay by lightly pinching and shaping up a ball of clay using just ones fingers. A tranquil means this is to work on your hand eye coordination while passing a summer's afternoon with the wonderful camaraderie of the creative process. View the video on blog website below for previews of this pinch pot workshop:<http://www.awallenstudio.com/anitra/blog/?cat=8>

Movies: Way Back When - There are some movies we can watch over and over again! Join us to watch a movie, enjoy some popcorn, and stay to discuss the story if time permits.

Courage: My Life in the United States – Agnes shares her story and that of other refugees, as they struggle to conquer their fears, tears, cares and their painful past, to be productive and active in their new found home. It is a story of hope and transformation.

Gardening in Maricopa - Gardening in the Sonoran Desert presents problems because of three environmental parameters: light, water and soil. In order to garden successfully in the desert, these three problems must be resolved. These principles are good for flower and vegetable gardening. Easy simple resolutions will be presented and specific questions answered. Slides will be used. It is entertaining besides educational.

Fused Glass - Glass, beautiful glass! In this fused glass class you will work with the gifted fused glass artist and educator, Betsy Hagerty. You will learn how to make your own elegant meditation sticks, pendants or glass window art. All materials are furnished and Betsy will fire your creations and return them to you. Each session is two hours. Charge per session: \$70.00

The Silent Moi of Easter Island - Easter Island is the most remote, inhabited island in the world. The structure, geological features, history, cultural and present status of Easter Island will be seen in a power point presentation. The Folletts spent 10 months on Easter Island, in the home of a native family. They talked with everyone and went every where on the highest point, the lowest point and in between. They traveled on foot, on horseback and vehicle. They were involved in a day of archeological searching. Edson worked and studied the plants of the island, native and exotic.

WEDNESDAY

Native Americans - All you ever wanted to know about Native Americans!

THURSDAY

WiFi Café The Mesa Active Adult Center is a WiFi Center. If you have a lap top and would like a comfortable spot to work with a great café to sustain you while you work, this is the place for you. Not only do you have a great place to work, but at the first meeting of the WiFi club, Steve Trahan will be the guest speaker. Mr. Trahan is a whiz on computers so if you have questions or are experiencing some problems, this would be an excellent time to find out what's wrong.

The Last Days of Socrates – How does a great mind confront death, especially for an unjust condemnation? Well, with a grace of manner and depth of mind that could influence millennia. In four brilliant dialogues, Plato shows Socrates discussing justice, immortality, and the mission of an inspired man.

Potpourri Luncheons

Explanation of EFT – Presenter Sheila Slomski will help you become familiar with EFT , the tapping technique that often relieves pain and stress. Join us to learn about the latest up-dates to this interesting self-help technique.

To Be Announced

Native Americans: Then and Now - Presenter Dr. Jeff Reed has lived in Arizona all his life. He is “Mr. Travel” of the T J’s Travel Club. He knows and admires the Native Americans of Arizona. Come and share their stories, their history and their culture.

Books That Have Made History: Books That Can Change Your Life – Each session a DVD presentation by David Ross Boyd of Classics at the University of Oklahoma will be followed by a guided discussion of what was presented. Session 1- An introduction to the lectures and the process, Session 2 - The Gospel of Mark, Session 3 - Walden by Henry David Thoreau, and Session 4 - The Bhagavad Gita.

Game Day Thursdays - Remember SORRY, SCRABBLE, CHINESE CHECKERS, FLINCH.....great board games. Unlike TV, these are games to play that stimulate your mind while you share some social time and laughter with friends during a hot, summer afternoon. Roll up your sleeves, take in your favorite board game, if you have one, (board games will be provided) and come prepared to do battle for laughs and fun. Each session will cost \$1.00 (for snacks) so you'll eat the profits!

Interesting Faces and Places - **Afraid to Come Out in the Heat:** Great places in Arizona where you can go for cool fun and a great get-away
Places of Power: Discover the special places in Arizona that generate different and sometimes strange feelings.

Native Herbs to Improve Health - Most all prescription drugs come from or came from plant material. The plant chemicals are from benign to very poisonous and many have healing properties. The plants can be used to heal abrasions, wounds, liver, stomach, colds, flu, high cholesterol, diabetes, asthma, allergies, etc ad nauseum. Arizona native Americans and Mexicans have used these plants for centuries. My family, friends and I use the material effectively. Slides will be used and plant material id and preparation will be demonstrated. Learn how to prepare the plant material and how to identify some of the common plants.

Friday

SHARE YOUR TALENT SHOW - This is the moment.....this is your time..... you finally get a chance to 'trod the boards' and perform on the stage. This will be a wide open talent show so we're looking for comedians, singers, dancers, oral interpretation of literature, musicians, magicians, choruses, trios, quartets, etc.....you name your talent and we'll put you on the program. This will be a fun show in front of a friendly audience. Call the Mesa Adult Center at 480.962.5612 for an audition guideline sheet. Simply fill out the information sheet and return it to the Center and start practicing!

SPECIAL SUMMER CLASSES OFFERED AT THE RED MOUNTAIN ACTIVE ADULT CENTER

Science Wars: What scientists know and how they know it.

1:00 pm - 3:00 pm

Mondays, June 7th - August 23

12 sessions in the conference room

Contact Con Downey – condowney4@aol.com - 480-641-2975

Description: DVD lectures by Steven L. Goldman. True love and true science are much alike in that the course of neither runs smooth. The progress of modern science is strewn with heroic and often dramatic conflict and victories hard won. From Copernicus to the present, Dr. Goldman charts the course of the development of science, scientific method and the intellectual underpinnings of modern science in its conflicts with church, state, and convention.

Ancient Civilizations

9:00 am – 11:00 am

Tuesdays, May 11 - July 27

12 sessions in the conference room

Contact Ken Dennis – 480-380-9911

Description: DVD lectures by Kenneth Harl, Ph.D. on origins of ancient civilizations dating back to biblical times. Some of the civilizations covered include: Sumerians, Philistines, Babylonians and Assyrians. Find out what these civilizations did and how they contributed to the development of our present day wor
