

Senior Adventures In Learning Of
Melbourne, Inc.
2950 N. Harbor City Blvd.
Melbourne, FL 32935

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Issue #79 -November 2022

Triannual Publication



S.A.I.L.

Senior Adventures In Learning
of Melbourne, Inc.
*Seniors Charting a Successful Course
into the Future!*

WINTER TERM 2022

Every Tuesday, January 4th through February 22nd
and Every Wednesday, January 5th through February 23rd, 2022
at Ascension Catholic Church, 2950 N. Harbor Blvd. Melbourne, FL

Issue #79

IMPORTANT~PLEASE READ!!!

- ◆ The Winter Term will be *every TUESDAY beginning January 4th and every WEDNESDAY beginning January 5th 2022 for EIGHT weeks.*
- ◆ Classes will be held at Ascension Catholic Church, 2950 N. Harbor Blvd. Melbourne, FL 32940. Go to the Parish Hall to get coffee, name tags, and find out where your classes are located.
- ◆ Masks are optional at Ascension. We encourage everyone to get vaccinated and wear masks when in the enclosed classrooms.
- ◆ Please call Brian Wade at 321-626-0963 or e-mail at sailofmelbourne@gmail.com if you need directions and other information.
- ◆ **IMPORTANT NOTE: Please mail the registration form by December 24th, 2022, so the registration team has time to process your registration. Classroom classes will be limited to 25 people. No limit on exercise classes. There will be limited availability for walk-in and late registration, so register early.**
- ◆ Classes begin at 9:00, 10:00, 11:00 a.m., and 12:30 p.m. There will be no 12:30 p.m. classes on Wednesday.
- ◆ There is a one-time registration fee that covers the entire 8-week program of \$30.00 a day for all classes for one day, and \$45 for all classes on both days.
- ◆ Some classes require textbooks. Most of the textbooks are available on Amazon
- ◆ Please register early for the best selection. Early registration is also very helpful to our team as they prepare for a successful term.
- ◆ To register by mail: refer to the following schedule, make your course selection for each day and hour. Complete the registration form and enclose your check payable to Senior Adventures In Learning of Melbourne and mail it to the address **at the bottom of the registration form.**
- ◆ New Classes: Classes marked with an * are being offered for the first time.
- ◆ Coffee Club: Coffee and tea is provided for \$5.00 per term or you may choose to make a daily contribution.

A Special Thank You to all of you who have made donations to Senior Adventures In Learning (SAIL). We cannot operate on registration fees alone! All donations are tax deductible because we are a 501 (C)(3) non-profit charitable organization. A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll free within the state (1-800-435-7325).

~ Senior Adventures In Learning E-Mail address: sailofmelbourne@gmail.com

~ Senior Adventures In Learning Web Site address: www.sailofmelbourne.org

Phone Number for SAIL- 321-626-0963

TUESDAY Classes

9:00 a.m.

583TA THE GREAT TOURS (ENGLAND, SCOTLAND & WALES) - This course is an introduction to England, Scotland, and Wales, aimed at both visitors from abroad and armchair travelers. The next 8 weeks of this class will visit – North of England, Midlands, East Anglia, West Country, Museums of London, London's Streets & Parks and finish with Buckingham *America's* Palace & Parliament– moderated by Kevin Evans.

***222TA LINE DANCING-BEGINNER LEVEL INSTRUCTION:** The beginner level is for those with little to no prior line dance experience, who enjoy moving to music at a low impact level. We will start with teaching some of the basic and most common line dance steps, both with and without music. The instruction will gradually progress to performing simple dances. Usually, one single turn to either side is common, in order to repeat the dance on another wall. Movement may be adapted to adjust the pace for people who have difficulty with dizziness stimulated by quick or multiple turns. **Class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years. There will be a one-week absence (no class on January 11) and will resume on January 18 for the remainder of the semester.**

809TA INTRODUCTION TO THE SPANISH LANGUAGE: Join Isabel Ochoa-Youssef, a retired Spanish teacher in the New York public school system, in this introductory course to the magical world of the Spanish Language. Elementary vocabulary and grammar will help you begin your study of this most important language. Textbook *Spanish Made Simple* by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy.

435TA CURRENT EVENTS: *Focuses on emerging events or trends that may well have a significant impact on our society.* This includes technical, cultural, medical, financial, scientific and broad political trends that we may have heard of, but generally have relatively little information on. Topics that are extremely controversial are avoided where possible, as they generally have both extensive and heated coverage that generate far more heat than light. Topics are typically introduced by about a 30-minute presentation followed by general discussion. ***Differences of opinion are welcome but personal attacks and labeling of ideas (e.g., socialist, fascist, racist, bleeding-heart) are not unless the opinion giver has identified themselves as such.*** Jim Thompson, presenter

10:00 a.m.

***591TB TURNING POINTS IN MODERN HISTORY - By Professor Vejas Gabriel Liulevicius, Ph.D. -** This course shows how the decisive turning points of the last 500 years have, in fact, combined to create the world as it is today, shaping the condition of modernity as we know it and live it now. Most exciting of all is when our course considers turning points that are still turning! These are developments that are still in the process of unfolding in our lives today, with their consequences discernible in the events and dynamics of the present world. Ultimately, by tracking these evolutions, transformations, and connections, this course offers a better understanding of what it means to be modern. As a result, we can better understand ourselves and where we stand in the grand sweep of world history and the human project. This course will be facilitated by Fahim Ahmed.

***223TB LINE DANCING IMPROVER/INTERMEDIATE LEVEL:** The improver/intermediate level of line dance is for those with some experience in line dancing and knowledge of the basic steps, who wish to improve their skills. While the impact will remain low, more frequent turns and a briskly paced step may increase the degree of difficulty. Movements may be adapted to adjust to individual needs. **Class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years. NOTE: There will be a one-week absence (no class on January 11) and will resume on January 18 for the remainder of the semester.**

461TB CRIBBAGE PLAY (TWO HOUR CLASS): Cribbage is one of the best two-hand games - and one of the most enduring card games. If you have always wondered about cribbage and would like to learn, sign up for the class and have fun pegging! **Class is led by Phyllis Day who is a retired teacher and a longtime member of the American Cribbage Congress.**

809TB INTERMEDIATE SPANISH: Join Isabel Ochoa-Youssef, a retired Spanish teacher in the New York public school system, in this intermediate course to the magical world of the Spanish Language. New comers are welcome and are asked to read Chapters 1 to 10 (before classes start) in both English and Spanish in the Textbook *Spanish Made Simple* by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy – available on Amazon.

TUESDAY Classes Continued

10:00 a.m.

***476TB WHAT YOU NEED TO KNOW AS THE WORLD REOPENS FOR TRAVEL!!** -Passports, Vaccination certificates, Documentation Requirements. What is still closed? Filtration systems for Hotels, Airlines, and Cruises, Social Distancing, Advantages and Disadvantages of Small Group Travel, Price Promotions. **Join Lee Rosenkranz, CTC (Certified Travel Counselor) for this timely course.**

10:30 a.m.

437TB MAH JONGG: *This is a fascinating rummy like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards with a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4! Taught by Laurie Liguori.** Before class, please acquire a Mah Jongg card. You can get one at the <https://www.nationalmahjonggleague.org/store.aspx#> or amazon. **(Class runs to 12:00 noon)**

11:00 a.m.

423TC PAINT WITH ME (2 HOUR CLASS): *Join me, Fred Legg, in a journey to create "Beginner/Intermediate" acrylic paintings.* Bring your appetite to learn and develop a skill you will use and enjoy for years to come! **You will need the following materials:** One 18x24" Canvas, Desk Top Portable Easel, Six Brushes (2" Hake, No.10 Bristle brush, No.6 Bristle brush, No.4 Flat Sable, No.4 Script Brush, and No.4 Round Sable), Eleven Acrylic paints - =>2.5 fl. oz. tubes (Gesso or Titanium White, Orange, Dark Green, Yellow, Burnt Sienna, Dark Blue, Dark Purple, Blue, Burnt Umber, Thalo - Yellow-Green, Red). Paper plates, Vine Charcoal, towels, spray bottles and water containers will be provided. **Fred Legg is a professional artist who specializes in Still Life, Murals, and Landscapes using Acrylics and Water Mixed Oils.**

807TC CONVERSATIONAL SPANISH LANGUAGE: - In this course students will participate in discussions of topics of interest, everyday life conversations students may encounter in their daily life that they may encounter in a Spanish-country. The class will help improve the student's listening and speaking skills and help them communicate better with Spanish-speaking people. This class will be conducted entirely in Spanish and will be limited to six (6) people. **The class will be conducted by Monsie Woehler who has a Master's degree in Spanish, has many years of teaching experience, and has taught at all levels of Spanish.**

220TC SAGE-ING FOR SENIORS: Wisdom Circle is an opportunity to explore and share what is deeply meaningful to each of us regarding the journey from aging to Sage-ing (awakening the sage within). It focuses on topics related to aging and the changing role of elders in our society. It is a place for learning some tools to become wise sages. Topics will be presented followed by discussion and/or journaling as we harvest the wisdom of our lives." **Sage-ing for Seniors, a class by Janet L. Helfand, Ph.D., Certified Sage-ing Leader, Reference: Sage-ing.org***

***592TC SPACE EXPLORATION:** You will gain an appreciation of our space program from the point of view of an Astronaut. **"I think you need to decide in your heart what is worth doing in life and then accept that there are risks. Not everyone is going to succeed.... But don't let that stop you."** – **Chris Hadfield,** The instructor, Chris Hadfield, is a retired astronaut. In 1992 Colonel Hadfield was selected as a NASA Mission Specialist and three years later he was aboard the Shuttle Atlantis, where he helped build the Mir space station. In 2001 he performed two spacewalks and in 2013 he became Commander of the International Space Station for six months. He currently an adjunct professor at the University of Waterloo. You will be treated to the intricacies of Space travel and astronaut training from one who has been through all the ropes. Chris will teach you the science of space exploration and speculate on what the future holds. **This course will be facilitated by Joel Sturman**

12:00 p.m.

437TD MAH JONGG: *This is a fascinating rummy like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards with a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4! Taught by Laurie Liguori.** Before class, please acquire a Mah Jongg card. You can get one at the <https://www.nationalmahjonggleague.org/store.aspx#> or amazon. **Class runs to 1:30 p.m.**

TUESDAY Classes Continued

12:30 p.m.

521TD A COUNTRY MADE BY WAR: THE AMERICAN CIVIL WAR, 1861-1865 – TERM FIVE: This term will cover Northern and Southern foreign policy, including the dethronement of “King” Cotton; U.S. Navy and Army combined campaigns on the Atlantic coast and the western rivers, and the Union Navy’s seizure of New Orleans; campaigns and battles in Missouri, Arkansas, New Mexico and Kentucky; and Lee’s crushing victory at Fredericksburg, Virginia. **Dick Davis will be the instructor.**

***143TD BRAIN MYTHS EXPLORED:** This course will examine current knowledge about how the brain changes with experience and will show how these changes may be controlled by individuals, especially seniors. We will also learn about how the brain functions in various diseases, including dementia. We will use videos from “The Great Courses” for these studies, in addition to group discussions in class. **The instructor is Professor Indre Viskontas, Professor of Psychology. The class will be led by Dr. Roger Johnson, retired professor of Neuroscience.**

WEDNESDAY Classes

9:00 a.m.

579WA FORENSIC HISTORY: CRIMES, FRAUDS & SCANDALS: This course is a 24-week journey through time and place from the perspective of forensic science and criminal history. **It examines technological advancements and political and legal issues and demonstrates how science and society relate to each other, especially with regards to criminal investigations.** From “Jack the Ripper” & “The Black Dahlia” through time to “Bad Boys of US Politics”, “Forensics of Genocide” and many others terminating in “The Past, Present & Future of Forensics” **Course will be moderated by Kevin Evans.**

588WA THE WILD WEST - LAW AND DISORDER: We continue the study of the Wild West and the cult of the cowboy. Beginning with the breakdown of law and order, we will examine the role of outlaw, vigilante and “Belles and Soiled Doves” in the turbulent times of the range. This course will end by enjoying the adoption by Hollywood of those legendary figures of the West as portrayed by such actors as Jimmy Stewart, James Garner, Clint Eastwood, Paul Newman, Robert Redford and, assuredly, John Wayne. So, sign up and join us on the Trail. **This course uses a variety of sources and is conducted by Vicki Simms.**

204WA ZUMBA®: It’s 45-50 minutes of ‘ExerciZe in DisguiZe’ with Zumba® with Ro! ***Hate to exercise? Then you’ll love this dance fitness class.*** Ro creates easy to follow dance moves using a variety of your favorite music from all the decades, designed to help you move, get a little cardio, aid your balance, and strengthen your bones and tone your entire body. **Each class is a PARTY, and you can join anytime! All ages and abilities are welcome! Ro is HIGH energy, but the moves are LOW impact keeping it easy on the knees and joints AND you go at your own pace! (No Bouncing or Jumping! Unless, of course, YOU want too!).**

405WA ALL THINGS FINANCIAL: ***Dave Riches will be leading this open discussion about all things financial.*** The class will discuss the pros and cons of every financial decision presented to today’s seniors including: Stock Market Terms, From US Bonds to Lottery, From Penny Stocks to Blue Chips, Debit Cards versus Credit Cards, Savings, Annuities and Reverse Mortgages. ***Dave is a retired Aerospace Engineer who learned to become financially independent through wise investments.***

10:00 a.m.

729WB THE QUEEN OF THE ORCHESTRA:** **The subject of this course is the violin. The instructor will be Itzhak Perlman, a world-renowned violinist and a devoted teacher.** Mr. Perlman has received 16 Grammy awards, 4 Emmy awards, and in 2015 was a recipient of the Presidential Medal of Freedom. Overcoming his early childhood affliction with polio, he has achieved more than half-century of performing as a superstar violin soloist with nearly every top orchestra, every top conductor, and in every major concert hall in the world. In his early youth, he was a student, and now teaches, at the Juilliard School of Music in New York City. ***Joel Sturman will facilitate the course material

WEDNESDAY Classes Continued

10:00 p.m.

***593WB THE LIVES OF BENJAMIN FRANKLIN**. This term we will cover the first 42 years of the life and times of **Ben Franklin**. Franklin was born Jan 7th, 1706, in Boston, he died April 17th, 1790, in Philadelphia, and crammed a lot of living into his 84 years. **John Riley will be the moderator.**

201WB YOGA: Yoga is an ancient system for calming the mind, stretching and strengthening the body and connecting to one's life force. In each class, we will calm the mind through meditation, focused breathing, and practicing the poses. This gentle yoga class is accessible for all levels. **Your yoga instructor will be Gina Bardy. Please bring a yoga mat and water. You may also bring a yoga strap.**

450WB EMBROIDERY FOR BEGINNERS: Hand Embroidery is a relaxing and intriguing hobby that can bring much satisfaction as well as the companionship of group learning. Members of the Indian River Chapter of the Embroiderers' Guild of America (IRC/EGA), a worldwide organization, will teach seven basic stitches on a small sample bookmark. **Complete kits will be provided, and magnification will be available. Just bring your enthusiasm.**

***590WB HISTORICAL SUPREME COURT DECISIONS**: This course will cover seven Supreme Court decisions from Marbury v. Madison 1803 to Citizen United 2010. **Bill Scott will lead the discussion**

11:00 a.m.

***594WC TURNING POINTS IN AMERICAN HISTORY**: *After a 3-year hiatus Dr. Dan Scheuerer is back.* U.S. Turning Point will be an instructor-developed course based on his experience in teaching college-level U.S. History. **Turning Points are major eras/events which have had significant impact on the direction of the country.** Topics will include the Constitution, Civil War, Industrialization, the Progressive Era, FDR and the New Deal, the Emergence of the Cold War, and the Civil Rights Movement.

***653WC LIVING HISTORY: EXPERIENCING GREAT EVENTS OF THE ANCIENT AND MEDIEVAL WORLDS**: Do you remember the TV program from the '50's hosted by Walter Cronkite, "You Are There"? We marveled at the famous historic moments brought to life for us. We will encounter the death of Socrates, Alexander the Great, Hannibal crossing the Alps, the assassination of Julius Caesar, the death pact of Antony and Cleopatra, the arrest of Jesus, the destruction of Jerusalem, and many more. (Some of these in subsequent classes.) **Exciting and relevant, with my new favorite professor, Dr. Robert Garland. Don't miss the excitement! Join Helen Bennett, for this delightful course!**

631WC HOW TO WRITE AND PUBLISH YOUR FIRST NOVEL: Jim Nelson wrote his first novel at the age of 60. He now has 7 full length novels published. **This course will show you how to utilize the 5 essential novel writing components to create your first book.** You will learn how to develop characters, how to structure your scenes to maximize reader involvement and how to turn your initial premise into a 300 + page work.

211WC POSTURCIZE: Led by Jan Harazda, RN (RN936802), LMT (MA#24421)"**The gym class we should have had!" Learn simple and fun exercises that improve your posture and movement, and may even relieve neck, back, shoulder or other joint pain. Janet has been teaching Posturcize to groups and individuals for 25 years.**

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12:30 p.m.

NO CLASSES

Ascension is located on U.S. 1 at 2950 N. Harbor City Blvd and Parkway Drive.
SAIL signs will direct you to the Parish Hall for registration.

SAIL Memorial Donations

In Loving Memory of:

Flora Revesz *Donated by Bill Revesz*

Jennifer Buchanan *Donated by Annette Schweiger*

Jim Marshall *Donated by Cindy Marshall*

SAIL BENEFACTORS

Ascension Catholic

Northside Presbyterian Church

Palmdale Presbyterian Church

St. Timothy Lutheran Church

St. John the Evangelist Catholic Church

Nancy Alderman

Richard Davis

Lurana Dreska

Phillip Jennings

Jim Platis

Thanks to everyone who supports SAIL through your participation as a teacher or student and your generous donations. Also, thanks to all the churches who donate their facilities for our use. Without you there would be no SAIL.