Senior Adventures In Learning Of Melbourne, Inc. 2950 N. Harbor City Blvd. Melbourne, FL 32935 NON PROFIT ORG U.S. POSTAGE PAID ORLANDO, FL PERMIT NO. 179



S.A.I.L.

Senior Adventures In Learning

of Melbourne, Inc.

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Spring Term 2014

Every Monday, March 31, 2014 through May 19, 2014 and Every Tuesday, April 1, 2014 through May 20, 2014 at Trinity Presbyterian Church, 638 South Patrick Drive, Satellite Beach

Issue #60

Senior Adventures In Learning Spring Term 2014 Registration

Name	check if you attend one of the
Last First	following congregations
Address	□ Ascension Catholic Church□ Lake Crest Community Baptist
City: State: FL Zip:	□ Palmdale Presbyterian Church □ Pineda Presbyterian Church □ St. John's Episcopal Church □ St. Paul's UMC
Phone: ()	St. Timothy Lutheran ChurchTemple Beth Sholom
I am a previous S.A.I.L. Participant and I turned in my nametag.	St. John The Evangelist Catholic Faith Viera Lutheran
I am a previous S.A.I.L. Participant and I lost my nametag.	□ Suntree United Methodist Church □ Trinity Presbyterian Church
I am a previous S.A.I.L. ParticipantI have my nametag and will bring it.	□ Other:
This is my first registration and I need a nametag.	For our recordsLet us know if you worship with another congregation not
My nametag should read (if not as above):	on our list. (Affiliation not required)
First: Last:	
Please enroll me in the following classes. I have inserted the course number ne	
the class. In the event of over-registration of any class, enrollment will be ba	ased on the date of postmark.
Tuesday's Classes: 9:00 a.m 10:00 a.m 11:00 a.m	12:45 p.m
Wednesday's Classes: 9:00 a.m 10:00 a.m 11:00 a.m	12:45 p.m
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Mail This Registration Form To: S.A.I.L. of Melbourne, 2950 N. Harbor City Blvd. Melbourne FL 32935

Senior Adventures In Learning General Information~PLEASE READ

- ♦ The Spring Term will be held every Monday beginning March 31 and every Tuesday beginning April 1 for eight consecutive weeks. Classes will be held at Trinity Presbyterian Church located on South Patrick Drive. The church is just south of Patrick Air Force Base.
- ♦ Private Computer Lessons will be available for \$30 per hour for specific computer needs (example: setting up and using email). Call Beverly Wheeler at 321-622-6474 to get more info and set up an appointment.
- ♦ IMPORTANT NOTE: <u>Please mail registration form by March 25, 2014. If not, you may register in person the first day of classes. Late registrations are always welcome!</u>
- Classes begin at 9:00, 10:00, and 11:00 a.m. and at 12:45 p.m.
- ◆ There is a **registration fee** that covers the entire 8-week program of \$30.00, for one day, or two days for \$45.00.
- ♦ Some classes require textbooks. You may order textbooks when you register unless otherwise stated.
- ♦ Please register early for the best selection. Early registration is also very helpful to the program director as she prepares for a successful term.
- ♦ <u>To register by mail</u>, refer to this Schedule, make your course selection for each day and hour, complete the registration form, enclose your check payable to Senior Adventures In Learning of Melbourne and mail to the address specified at the bottom of the registration form.
- ♦ New Classes: Classes marked with an *are being offered for the first time.
- <u>Lunch:</u> We will have a "bring your own" brown bag lunch together at 12 noon on Mondays and Tuesdays. You may purchase fruit, yogurt or snacks. Lunch will be a time to relax and enjoy the company of others.
- ◆ <u>Coffee Club:</u> Coffee, hot and iced tea are provided for \$5.00 per term or you may choose to make a contribution daily.
- ◆ <u>Trips:</u> Senior Adventures In Learning will be sponsoring trips throughout the year. **Next Day Trip: April 23 to Horse Country and the Florida Carriage Museum. Next Tour: September 2-9, 2014 to Northern National Parks.** Call Beverly at 321-622-6474 for more info.
 - ~ Senior Adventures In Learning E-Mail address: sailofmelbourne@gmail.com
 - ~ Senior Adventures In Learning Web Site address: www.sailofmelbourne.org

~Senior Adventures In Learning Phone Number: 321-622-6474

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).

Monday Classes

9:00 a.m.

*559MA The Late Middle Ages: In this course we continue to look at specific time periods in the Middle Ages 1300 – 1500. The contradictions of medievalism to modernism will be studied – a period of rebirth, waning and calamity. Topics will include: the Fall of the Knights Templar, The Black Death, Revolts and the Hundred Years War, the Rise of Humanism and the Fall of the Byzantine Empire. We will look also at the scientific and technological innovations of the times leading up to the Renaissance. This is a Teaching Company series taught by Professors Daileader and Dorsey Armstrong and facilitated by Vicki Simms.

812MA <u>Beginning German</u>: Learn to express yourself in German. Prepare for travel to the new united Germany or the next Oktoberfest celebration in your neighborhood. You'll be surprised at the many words you already recognize in this indispensable language of science and technology. No text required. Handouts will be provided. Instructor: *Dr. Jim Phillips has a BA in Modern Languages (German and Russian) from the University of Oregon and has traveled in Germany--including Berlin*.

213MA STRETCH AND FLEX: Join Barb Stukey as she leads you in a variety of moves designed to increase strength and flexibility. You will use resistance bands and light dumbbells. Resistance bands will be provided or you may bring your own. Don't forget to bring your weights, mat and water bottle. This class is a seven week session and ends May12.

449MA <u>Knitting and Crocheting: Basics and Continuing (9:00 till 11:00):</u> Linda Poppe will be available for help and instruction during this period as you work on knitting or crocheting projects or you want to learn the basics of knitting or crocheting. **During the first hour, Linda will concentrate on helping beginners.**

10:00 a.m.

118MB ESSENTIAL TOOLS for CAREGIVING: With an aging population and limited resources available, you need to get critical information that will be essential to help take care of yourself as well as your care receiver. Barbara Borman, RN from Hospice of St. Francis, will provide participants with the tools necessary to help with a variety of practical issues as well as discover meaning during this most demanding journey.

423MB Beginning Water Colors: Let's splash around and have some fun! Painting with watercolor is a rewarding way to relax, use your creativity, and learn to look at the world in a different way. We will explore watercolor techniques by going with the flow and learn how to enjoy this delightful medium...without intimidation! Led by Susan Blakeslee. Materials needed: (can be purchased at Art Supply of Melbourne, 1420 Highland Ave, Melbourne. 255.3331) Paper - Good quality watercolor paper: either a sheet of 140 lb Arches, which can be cut into desired sizes; or an Arches watercolor block Brushes - At least the following: #4 Round, ½ Flat, You can also use some that are smaller and some that are larger. Paints - At least the following: Cobalt Blue, Aureolin Yellow, Sap Green, Alizarin Crimson, Burnt Sienna and Yellow Ochre — Optional: Prussian Blue, Cerulean Blue, Viridian Green and Dioxazine (Winsor) Violet Also Needed: #2 Pencil, Kneaded eraser, Masking tape If not using a watercolor block, a board for taping on the paper, 2 water containers (old margarine containers will do), Paper Towels, Rag or Towel and Palette (it can be a white china plate). These are suggested supplies...nothing is required!

603MB <u>Book Discussion:</u> Marilou Grimm will be leading her book discussion group again this spring. *Marilou has been sharing her love of books with others for many years.* Marilou will start the session with *The Apple Orchard* by Susan Wiggs. *Come and join her if you have a passion for books!*

439MB SPORTS TALK: Do you enjoy following sports and backing-up your opinions with bold predictions? Then the Sports Talk gang is for you. Phil Jennings facilitates this group. Special guests and field trips to local sporting events are added enhancements to the weekly gatherings. Men, women, rookies, free-agents and grizzled veterans are all welcome.

*377MB <u>"Imagine That! Imagine Them!" People's Stories in the Bible</u>: We will also treat topics suggested by class members. Led by Sister Maureen Cannon, O.P., Dominican Sister.

*461 <u>CRIBBAGE</u>: Learn to play cribbage or just brush up on your game. *Cribbage is one of the best two person card games!* Phyllis Day, retired teacher and member of Space Coast Cribbage Club will be your instructor.

*560MB The Skeptics Guide to American History: The lectures are by Professor Mark A. Stoler of the University of Vermont. Topics this term are the Civil War, Labor in America, Woodrow Wilson, and the Roaring Twenties Reconsidered. Class will be led by Bill Scott-Join us for the fun!

11:00 a.m.

403MC <u>Anything Goes</u>: Join this discussion group and share your thoughts on issues in the community, state or nation. Whether liberal or conservative, Democrat or Republican, this class is well-balanced to opposing views. Emphasis is on polite and rational discussion of pertinent analyses, insightful questions and pertinent facts. **Discussion group lead by Bill Scott.**

*641MC <u>Masterworks of American Art</u>: In this Teaching Company 24 lecture series we will explore the remarkable history of American art from the origins in the colonial past until shortly before the First World War. In the first 8 weeks we will look at Colonial Art and end with the art work of Thomas Cole. **Facilitated by Regina Scott.**

Monday Classes Continued

11:00 a.m.

809MC <u>Beginning Spanish</u>: Join *Isabel Ochoa-Yousef, 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. The textbook is *See it and Say it in Spanish*. The price is \$7.50.

815MC <u>FUN WITH LANGUAGES</u>: A look at how languages are alike and how they differ. See the *big picture* of languages of the world with special emphasis on PIE (Proto-Indo-European) and where Modern American English fits. No foreign language knowledge required. **Let by Dr. Polyglot (aka Jim Phillips).**

423MC <u>Intermediate Water Colors (11:00 TILL 1:00)</u>: This class is for people who have had some experience painting with watercolor. We will explore various techniques while we push ourselves to the next level! We will work from life as well as from photographs, all the while having fun splashing around! Led by Susan Blakeslee. Materials needed: (can be purchased at Art Supply of Melbourne, 1420 Highland Ave, Melbourne. 255.3331-Tell them you are with SAIL for a discount) Paper - Good quality watercolor paper: either a sheet of 140 lb Arches, which can be cut into desired sizes; or an Arches watercolor block Brushes - At least the following: #4 Round, ½ Flat, You can also use some that are smaller and some that are larger. Paints - At least the following: Cobalt Blue, Aureolin Yellow, Sap Green, Alizarin Crimson, Burnt Sienna and Yellow Ochre – Optional: Prussian Blue, Cerulean Blue, Viridian Green and Dioxazine (Winsor) Violet Also Needed: #2 Pencil, Kneaded eraser, Masking tape If not using a watercolor block, a board for taping on the paper, 2 water containers (old margarine containers will do), Paper Towels, Rag or Towel and Palette (it can be a white china plate). These are suggested supplies...nothing is required!

134MC HAVE FUN WHILE PLANNING FOR RETIREMENT: Attorney David H. Slonim and Advocates, Jackie Cerqua, Jane Kresge and CPA Wayne Cooper will provide helpful information for retirees concerning a variety of topics such as Social Security, Medicare, Medicaid, Long Term Care Insurance, ALF's and SNF's, Veterans Aid, Estate Planning, Hospital Patient status and more! David is currently helping individuals and families by focusing his practice in the areas of Incapacity Planning, Estate Planning, Guardianship, Probates, Asset Preservation Planning and Medicaid Planning.

*557MC CONTEMPORARY LEADERS & ISSUES – This is a continuing course in which you will be treated to witness stimulating *interviews by noted TV commentator Charlie Rose with key leaders in the world of Politics, Science and Business*. We will attain some insights into the thinking of such individuals as Chris Dodd and Barney Frank, co-sponsors of the 2010 Financial Reform Act that imposed sweeping changes to the US Financial Industry, Hillary Clinton and James Baker – former secretaries of State, Zbigniew Brzezinski, former National Security advisor to President Carter, and others. Class discussion will take place as time permits and will be led by Joel Sturman.

12:45 p.m.

202MD <u>Line Dancing</u>: Jan Johns leads us for this full hour of good fun and exercise through one of the most popular forms of dancing today. You don't need a partner but you do need to put on a smile, relax and enjoy the benefits of line dancing.

535MD <u>Problems in Contemporary American Foreign Policy</u>: Each week we shall look at a particular foreign policy problem. A paper briefly discussing the next week's problem will be handed out the week before. The first week will be a general discussion of the possibilities and limitations of American foreign policy as practiced in our country's constitutional democracy. **Dick Davis will be the moderator.**

*378MD "The Best of Luke-Gospel Writer and First Century Historian": Luke, a physician, was hired by a Roman Aristocrat to go to the country of Israel, investigate the amazing stories that were being spread about a preacher from Nazareth who had been crucified, then write up his findings in a report to his employer. This report later became known as the Gospel (story) of Luke. Over several sessions we will pick out the most interesting parts of what Luke discovered and discuss their significance for us. No text required. Bibles are available at Trinity, if needed. Your discussion guide/instructor is Dr. Barry Kronman, M.D., xMBA, M. Theology; etc; educated at Harvard, Columbia, N.Y.U., Florida Tech., Reformed Theological Seminary. He has taught for 47 years, in North and South America, Africa, Israel, and is currently semi-retired, but working as a volunteer for the Brevard County Dept. of Health, Board of Brevard C.A.R.E.S., and as a Commissioned Lay Pastor of Trinity Church.

515MD Great American Entrepreneurs Who Made A Difference: J. J. Ambridge will introduce you to the workshop revolutionaries who set America on a course to attain a standard of living unprecedented in the history of the world. Many of these contributors have been lost to history.

Tuesday Classes

9:00 a.m.

201TA YOGA (9:00 TILL 11:00): Yoga is an ancient system for calming the mind, stretching and strengthening the body and connecting to one's inner being. In each class, there is focus on breathing, learning and practicing the poses, with a longer relaxation/meditation at the end. Nancy Alderman, who works with yoga students of all levels, will be leading this class. Please bring a yoga mat and big towel.

Tuesday Classes Continued

9:00 a.m.

- 911TA I have taken my photos with my new digital camera or phone, now how do I get them on paper, emailed or saved to my computer?: Students will bring their camera, and/or phone plus all cords for down loading if you have them. Please bring your laptop if you have one. We will learn to download, upload, crop, edit and email our digital photos during this class. Facilitator: Jan McCarter. CLASS SIZE LIMITED-Call Beverly Wheeler at 622-6474 to register for this class!
- **405TA** <u>Personal Finance Discussion Group:</u> 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: 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 and a new instructor to SAIL. He was raised in a children's home and is financially independent.*
- 417TA <u>BEGINNING BRIDGE</u>: This class is designed for those who are just beginning to learn the game along with those who feel they need a refresher in the basics. *Phil Jennings will be working with you to develop your skills so that by the fifth week you should be able to play on your own.*
- **810TA** Spoken Russian: Speak the exotic language of today's Russia and the old Soviet Union. *Dr. Jim Phillips back will focus on useful basic expressions and vocabulary for travelers and add cultural tips along the way*. We soft-pedal the Cyrillic alphabet and make it fun. From the start, you'll be amazed at the Russian you already understand. Required text: *Barron's Traveler's Language Guide Russian, price* \$12.00 (See Registration Form).
- **401TA** Scrap Booking Work Shop (9:00 till 12:00): Favorite pet? First date or prom? How about those beautiful weddings and adorable grandchildren! I bet you have a lot of these pictures that you would love to look at in organized beautiful albums. *Come ready to share ideas. and get ideas from others. You may stay the whole 3 hours or come and go as you like!* Creative Memories Consultant, **Sue Wisnom, and Alice Kadlec** will be available for advice and supplies if needed.

10:00 a.m.

- *379TB "What Really Happened in the First Century? A Prelude to Rabbinic Judaism and Christianity": What were the most significant events of the first century that gave rise to both Rabbinic Judaism and Christianity? Who were the Pharisees, Sadducees, Samaritans, Essenes, Nazarenes/Christians, Dead Sea Sect, Gnostics, 'God-Fearers,' Roman sympathizers and Zealots? What role did each group play in the drama that led into both Rabbinic Judaism and Christianity? Instructor: Rabbi Richard J. Margolis
- 416TB <u>INTERMEDIATE BRIDGE (10:00 TILL 12:00):</u> This is your opportunity to improve your game simply by playing with others. **Dr. Arthur Pappas will be guiding this group** and, as circumstances warrant, will introduce some of the more advanced conventions such as Staymen, transfers, weak two's and steps. **Players from BEGINNING BRIDGE will be welcome to join in.**
- **138TB** <u>ABC's of Retirement Income Planning:</u> This course will help seniors understand risk and personal risk tolerance. It walks them through designing a retirement budget. It is a simple-to-understand, non-wall Street approach to conservative investing. The course is based on a book authored by David P. Vick titled the same as the course. Participants will benefit from purchasing the book and workbook for a fee of \$20.00. Couples may share materials. **August Velten CLU CLTC**, **has taught this course at FIT and other facilities.**
- *378TB <u>Natural Law and Human Nature:</u> This is a Teaching Company course. These lectures provide both philosophical and historical consideration for the idea of a natural moral law and its basis in our common human nature. The presenter, Father Joseph Koterski, provides presentations that are clear and understandable. *Join Bill Scott in the lively discussion that follows the lecture*.
- *418TB Northern National Parks: Lee Rosenkranz, CTC (Certified Travel Counselor and International Tour Guide will conduct this class as part of the travel enrichment series. The class will focus on the influence of Teddy Roosevelt on the Parks including his rare camping trip with John Muir. Also, the influence of Rockefeller on the Tetons and other Park start ups and projects. The class will feature beautiful scenic photos and visually stunning film along with the background of the people and cultures that formed the National Park System. The Ken Burns series "Americas Best Idea" will be shown and studied. A trip will be offered to the sights studied to take place this September. For further information visit http://www.dayawaytravelclub.com/ or call 259-6300
- **515TB** <u>Liberty</u> <u>Documents-The</u> <u>Declaration</u> <u>of</u> <u>Independence</u> <u>and</u> <u>the</u> <u>Constitution:</u> <u>J. J. Ambridge</u> will introduce you to the patriots who led the revolution in the colonies and the reasons why the words in the declaration expressed their thoughts. Follow another group of men who met in Philadelphia, PA in 1789 and wrote a document that has stood the test of time. Learn of the many obstacles they encountered and the reasons why the Constitution resulted in the form we have today.

11:00 a.m.

212TC "FITNESS PLUS" FOR YOUR "FITNESS GOALS" JEAN IS BACK! A mixture of rhythmic movement for cardio health; work with weights for muscle strength; stretching for flexibility; and cool down breathing for relaxation. Jean Gillis, a certified AFAA instructor for 30 years, and certified Silver Sneakers Instructor, brings a lot of fun and energy to the class! She will adapt the class to meet the needs of the participants. (Bring hand held weights, towels, water, and smiles.)

Tuesday Classes Continued

11:00 a.m.

- *629TC <u>LITERARY LOVERS II</u>: Join Helen Bennett to continue the discussion of famous lovers in literature. This term we will consider Romeo and Juliet, Anna Karenina and Count Vronsky, Elizabeth Bennet and Mr. Darcy, and Connie and Oliver Mellors, as well as background on their authors. Film clips included.
- **809TC** Intermediate Spanish: We are thrilled to have Isabel Ochoa-Yousef a retired school teacher with a certification in Spanish, filling in for Carmen Palacios. This is the course that follows Beginning Spanish. Learn more about the magical world of the Spanish Language. The book being used is *Madrigal's Magic Key to Spanish* by Margarita Madrigal. This is an excellent book and well worth purchasing at your local bookstore.
- *642TC GREAT AUTHOR SERIES-J.D. Salinger: During our spring term, Dr. Edna Crandall will begin a series on great authors. We will begin with J.D. Salinger's Catcher in the Rye and Nine Short Stories. We will also study his life and personality. As usual, at the end of the term the class will have a pot luck dinner, this time featuring the foods of Salinger's times and works.
- *561TC <u>Understanding the Inventions That Changed the World:</u> A follow-on to last semester. You can enter at any point, as I'm skipping around. We're surrounded by inventions. Where did all these inventions come from? How do they work? And how do they reflect—even define—the values of our culture, Great inventions have marked a number of key turning points in human history, transforming society and our daily lives. The Great Courses class is presented by Professor W. Bernard Carlson and will be led by Craig Curran.
- **814TC** <u>Basic Italian</u>: *Join Toni LePore, who is fluent in Italian, and begin a journey to learn to speak this beautiful language*. The required book is *Italian in 10 Minutes a Day* by Kristine Kershul. Order it from SAIL when you send in your registration or purchase it yourself. Cost is \$20.00. A CD Rom comes with the book.
- 605TC WRITER'S WORKSHOP~ Writing Your Life (11:00 TILL 12:30): If you had a memoir or autobiography written by your grandparents or one of your ancestors, wouldn't it be one of your most valued possessions? Fifteen people from this class have published their memoirs for their loved ones. Come and see how we make it fun and easy. Feel free to bring lunch to class. Class will be led by Lois Stanton., who has written her own memoir, Floating Over Camelot. Required text is Writing Your Life, (\$20, see registration form.)
- 115TC Things Medical: Are you bombarded by confusing and conflicting healthcare information? Jerry Tebeau brings us the "ungarbled word" about your specific health questions. Learn about new discoveries, alternate health and nourishment issues.

12:45 p.m.

- 802TD SPOKEN FRENCH Part II: Learn to speak French, the language of France, Quebec, Martinique, etc. with a certified teacher. We will focus on understanding and being understood in basic conversation. Textbook is: FRENCH NOW! level 1, fourth edition, by Kendris and Kendris, published by Barron's. It is available online not in bookstores. Class is taught by Jeanne Nicolucci.
- 631TD WRITERS WORKSHOP~FICTION WRITING: Have fun learning to write fiction! Create characters from real life and watch them evolve into short stories, memoirs, and novels. We will touch on all the different genres through character studies, construction, and plot. Required: Spiral Books (Wide Ruled) and Pens. Instructor: Greta McLaughlin, who has a Bachelor's in English and Master's Degree in Writing. She has taught writing at B.C.C. and Florida Tech, as well as other colleges in N.Y.
- 805TD Easy-as-Pie Spanish (Begins at 12:30): Fun with the language for those with no prior knowledge. Bernice Roth will lead us through the basic greetings and salutations; polite forms of address; common expressions involving colors, numbers, days of the week, months of the year, directions, etc. She will help you begin your study of this most important language. Have fun while learning Spanish! The text not required is Passport to Spanish: Cost \$7.50 (see registration form).
- *556TD A Military History of the American Revolution Part Three: We will begin with the experience of the American Army and of General George Washington in Valley Forge during the winter of 1777-1778. Leaving Valley Forge, we will study the Battle of Monmouth Court House in June 1778, the last major battle in the north. Then, following General Henry Clinton's new British strategy, we will examine the battles in the south between 1778 and 1781, including the Siege of Yorktown and British recognition of American Independence. Dick Davis will be the instructor.
- *460TD SCIENCE WARS: What Scientists Think They Know and How They Think They Know It -- Are scientific theories knowledge based absolute truths, or experience validated educated guesses? This course will explore the nature of scientific knowledge and the claims to truth that scientists make for their theories. Differentiating knowledge from opinions and beliefs, a problem known to classical Greek philosophers, still plays a contentious role in contemporary Western society. This Teaching Company Course of 24 lectures by Stephen L. Goldman, PhD, Distinguished Professor of Humanities at Lehigh University takes an historical approach to this contentious issue. This first set of eight lectures will take us from Galileo, the Church and Truth, through science vs. philosophy in the 17th century, to science and society in "the Age of Reason". John Riley is the facilitator.

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