Every Monday, April 20, 2015 through June 1, 2015
No Classes on Memorial Day
and Every Tuesday, April 21, 2015 through June 2, 2015
at Trinity Wellsprings Church, 638 S Patrick Dr., Satellite Beach
Spring Term 2015 Registration Form

Name_________________________    ______ ____________________
   Last                                                        First
Address____________________________________________ _______________
City:___________________________   State: FL      Zip: ______________
Phone: (       ) ___________________  

☐ I am a previous S.A.I.L. Participant and I turned in my nametag.
☐ I am a previous S.A.I.L. Participant and I lost my nametag.
☐ I am a previous S.A.I.L. Participant…I have my name tag and will bring it.
☐ This is my first registration and I need a nametag.
   My nametag should read (if not as above):
   First: ___________________ Last: __________________

☐ Please enroll me in the following classes. I have inserted the course number next to the appropriate day and hour of the class. In the event of over-registration of any class, enrollment will be based on the date of postmark.

Monday’s Classes:   9:00 a.m. __________  10:00 a.m. _________  11:00 a.m. _________  12:45 p.m.______ ___
Tuesday’s Classes:  9:00 a.m. __________ 10:00 a.m.  _________  11:00 a.m. _________  12:45 p.m. ______ ___

Enclosed is my check or money order for:
$________   $30.00 One Day a Week Registration Fee
$________   $40.00 Two Days a Week Registration Fee
$________   $ 5.00 Coffee Club. You may contribute daily if you prefer.
$________   For Textbooks or other fees required for my course selections (See Brochure)
$________   Additional TAX DEDUCTIBLE DONATION for SAIL expenses. No gift is too small! 
   (Donations totaling $100.00 or more per year will be recognized as Friends of SAIL)
$________   Memorial Donation: In Memory of ____________________________
$________   TOTAL: Make check payable to S.A.I.L of Melbourne Inc.

Emergency Contact: Name ____________________  Phone # __________________________  
☐ I will volunteer to teach a class next term.  ☐ I will volunteer to help with registration, set up and/or clean up.
Subject:___________________________________________ __________________

Mail This Registration Form To:
S.A.I.L. of Melbourne
% Beverly Wheeler
3942 Orchard Dr., Melbourne FL 32940

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). SAIL does not want anyone to not participate due to financial concerns! Scholarships and partial scholarships are always available. Call Beverly Wheeler if you need tuition assistance at 321-622-6474.

We are grateful to our sponsors! Please check if you attend one of the following congregations…
☐ Ascension Catholic Church
☐ Lake Washington Baptist Church
☐ Palmdale Presbyterian Church
☐ Pineda Presbyterian Church
☐ St. John’s Episcopal Church
☐ St. Paul’s United Methodist
☐ St. Timothy Lutheran Church
☐ Temple Beth Sholom
☐ St. John The Evangelist Catholic
☐ Faith Viera Lutheran
☐ Suntree United Methodist Church
☐ Trinity Presbyterian Church
☐ Other: ____________________

For our records…Let us know if you worship with another congregation not on our list. (Affiliation not required)
Senior Adventures In Learning

VERY IMPORTANT INFO~PLEASE READ

♦ The Spring Term will be held every Monday beginning April 20 and every Tuesday beginning April 21 for seven consecutive weeks. Classes will be held at Trinity Wellsprings Church located at 638 S. Patrick Dr near Tortoise Island in Satellite Beach. Go to the Fellowship Hall to get coffee, nametags and find out where classes are located.

♦ Call Beverly Wheeler at 321-622-6474 for directions and information.

♦ IMPORTANT NOTE: Please mail registration form by April 10, 2015. If not, you may register in person the first day of classes. Late registrations are welcome in the Fellowship Hall on the first day of classes!

♦ 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 7-week program of $30.00, for one day, or two days for $40.00.

♦ 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.

♦ To register by mail, 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 at the bottom of the registration form.

♦ New Classes: Classes marked with an *are being offered for the first time.

♦ Lunch: We will have a “bring your own” brown bag lunch together at 12 noon on Mondays and Tuesdays. You may also purchase fruit, yogurt or snacks.

♦ Coffee Club: Coffee, hot and iced tea are provided for $5.00 per term or you may choose to make a contribution daily.

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

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

9:00 a.m.

201MA YOGA (Two Hour Class): 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, and a short 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. **Try to be on time and plan to stay the 2 hours so the class will not have interruptions.**

*567MA FOUNDATIONS OF WESTERN CIVILIZATION-Part II: This two term course will introduce the basic foundations of our western (European) way of life and value system. *Have you ever wondered why we think like we do, why we have a fairly common perspective on the nature of society/community, why we have our optimistic view of life and the future? Who have been the peoples who have laid the framework for our western way of life and what have each of them contributed?* Attention will be given to the emergence of Islam, the Byzantine Empire and the dominance of the Christian Church. *The course will be coordinated by retired Florida 2007 American History Teacher of the Year Dr. Daniel T. Scheuerer and the Great Courses videos will be utilized.*

418MA Culinary Tourism goes around the World in recipes, wines, and foods found Globally and grown Locally! *Let's combine two of Life's great Passions, Dining and Exploring Places.* Let's visit Restaurants throughout Florida and the World both virtually and in reality. Let's Place them overlooking cliffs, rivers, shorelines, meadows and farms. Then, we'll discover what they're serving, where the ingredients came from, why they do use them, are they healthy and what countries are known for what specialties.

**Join us while we explore delicacies for the palate while expanding our mind and horizon.** For viewing the syllabus online visit [www.dayawaytravelclub.com](http://www.dayawaytravelclub.com) or contact Lee Rosenkranz, CTC (Certified Travel Counselor) at 321-259-6300

10:00 a.m.

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.

*565MB Private Property and Free Speech Continued:* This course dives into the cutting edge issues from Drones to Wiki Leaks and beyond. We will examine the evolution of our rights of privacy at home, on the street, in the courtroom and police station, and in computers and cell phones. *Join Bill Scott as he presents this Teaching Company course, listen and then discuss. New folks are welcome and will not be behind.*

435MB CURRENT EVENTS-Locally, Nationally and/or Internationally: *This class is to discuss events and trends that may soon or are currently impacting us.* Diverse viewpoints are sought after in order to obtain a fuller discussion of the topic at hand; however personal attacks or labeling are discouraged and should not be used at all if the attack is on another speaker. Topics can range from local, to national and to international issues. *Jim Thompson is the facilitator.*

461MB Cribbage Play (10:00 till 12:00): *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! *Stay for one hour or two if you like! Class is led by Phyllis Day who is a retired teacher and a long time member of the American Cribbage Congress.*

*122MB Cooking with Moosewood:* Food preparation from a series of cookbooks put out by the Moosewood Collective, using recipes from the Moosewood Restaurant in Ithaca, NY. *Recipies are natural - healthy - vegetarian - and ultra-delicious, making use of fresh foods with lots of herbs and spices.* At the end of each class a list of ingredients to bring the following week will be distributed. *Linda Poppe will be the instructor.* Class size limited to 12 students.

11:00 a.m.

403MC Anything Goes: 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 led by Bill Scott.

*817MC Japanese – an Introduction:* The students will learn basics of the Japanese language. Some of the subjects to be introduced are: culture, greetings, asking questions, numbers, days of the week, months of the year, time, transportation and shopping. Class size is limited to 10 students. The textbook to be used is *Essential Japanese*, ISBN 978 – 0 – 8048 – 4243 – 3 and may be ordered through any of the local bookstores or Amazon.com *This class will be taught by Monsie Woehler.*

*462MC The Metropolitan Museum of Art--Great Courses with Professor Richard Brettell:* *Join us for a tour of the famous Met in NYC.* It is one of our wonderful museums and from its founding in 1870 has continued to evolve into an influential cultural institutions for both tourists and scholars. The emphasis will be with European Paintings from the Renaissance to 20th Century Paintings. Join us to see some beautiful paintings. *Regina Scott will facilitate this art appreciation series.*
Monday Classes Continued

11:00 a.m.

557MC CONTEMPORARY LEADERS & ISSUES – This is a continuing course in which you will be treated to witness stimulating interviews with key leaders in the world of Politics, Education, Science and Business. We will attain some insights into the thinking of such individuals as Drew Gilpin Faust, current and first woman to serve as Harvard’s president, Hillary Clinton and James Baker – former secretaries of State, Joel Klein, former Chancellor of the New York City School System, Larry Summers former Secretary of the Treasury and past president of Harvard, Michael Morell former Acting Director of the CIA and others. Class discussion will take place as time permits and will be led by Joel Sturman.

*204MC Workout with Joe: If you dread working out, it’s time for a mental makeover! We invite persons of all fitness levels to join our exercise class. Participants will be challenged by Joe Orlando, with Rebound Physical Therapy, to improve their overall fitness. Have fun moving to the music, as you improve functional ability in four vital areas:

- Cardio- Helps lessen fatigue and shortness of breath. Promotes independence by improving endurance for daily activities such as walking, house cleaning, and errands.
- Strength - Helps prevent loss of bone mass, builds muscle, and improves balance.
- Flexibility - Helps your body stay limber and increases your range of movement for ordinary physical activities, like looking in the rear-view mirror.
- Balance - Improves posture, and quality of your walking. Also reduces risk of falling and fear of falls.

12:45 p.m.

564MD WW II EARLY YEARS OF CONFLICT – This ongoing course deals with the continuing saga of World War 2. We will deal with the awakening of the United States from its isolationist slumber, the development of V-1 and V-2 technology, the strategies of Hitler and Churchill, the siege of Stalingrad and the Campaign in North Africa. The course will primarily draw upon material contained in a BBC 1973 documentary series “The World at War”. At the time of its production this was the most expensive TV series ever produced. The BBC documentary is old enough so that we will hear from many of the principals during the WWII conflict. Sir Laurence Olivier is the narrator. One need not have attended previous semesters of this course in order to appreciate the Spring Term program. Dr. Joel Sturman will facilitate this program.

807MD Conversational Spanish: Isabel Ochoa-Youssef will present conversation at the intermediate level, centered upon everyday situations: shopping, visiting the doctor, travel, hotels and restaurants, etc. Senora Isabel is a native speaker. A great chance to sharpen your ear and polish your accent!

Tuesday Classes

9:00 a.m.

*902TA Computer Training: Jan McCarter will help folks with what is puzzling them about their computer. This class will be very restricted in number. All those who register will be phone interviewed by instructor to find out level of computer skills, computer operating system, and what their goal is. Ideas: Email, Photo transfer and naming, Editing/deleting photos, attaching a photo to an email, or saving a photo from an email to your computer; organizing your files and photos. There will be two time frames that classes will be offered, 9 AM and 10 AM in an attempt to help more folks with different needs. Register early to get in a class. Those who do not get in one of the two classes will be offered first choice during the next term in September. This course requires student to practice at home “you get good at what you do.”

405TA Personal Finance Discussion Group: 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 who learned to become financially independent through wise investments.

417TA BEGINNING BRIDGE: 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.

401TA Scrap Booking Work Shop (9:00 till 12:00): I bet you have a lot of 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.

449TA Knitting and Crocheting: Basics and Continuing (9:00 till 11:00): 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.

*463TA The History of Scientific Medicine: Revealed Through Biography: This Teaching Company Great Course will provide an introduction to the science of medicine through the stories of the men and women involved in the discovery of such things as circulation, the stethoscope, anesthesia, germs and cardiac surgery. Beginning with Hippocrates and the Origins of Western Medicine, this one term course will fascinate with the journey to today’s modern medicine told in a human context. Taught by Dr. Sherwin Nuland, from the Yale School of Medicine and facilitated by Vicki Simms.
Tuesday Classes Continued

10:00 a.m.

416TB INTERMEDIATE BRIDGE (10:00 till 12:00): This is your opportunity to improve your game simply by playing. Dr. Arthur Pappas and Dave Riches will be guiding this group and they will introduce some of the more advanced conventions such as Staymen, transfers, weak two’s and steps. The 1st hour is instructional and the 2nd hour is bridge play with instruction as needed. Players from BEGINNING BRIDGE will be welcome to join in.

*902TB Computer Training: Jan McCarter will help folks with what is puzzling them about their computer. See the description of this class in the 9:00 time slot.

*566TB Cycles of American Political Thought Continued: Join Professor Kobylka in this interesting and informative presentation of how American Political Thought Evolved. From the effects of early philosophical experiments to Thomas Paine's a Natural Revolution. New folks welcome! You will not be behind. Each lecture will be followed by discussion led by Bill Scott.

*383TB Historical and Jewish Context of the Synoptic Gospels-Part II: For most of the history of Christianity the Gospels have been read and studied for their religious message and especially for their theological import. For the last 200 years, greater attention has been paid to re-searching these scriptures with the goal of better understanding them in their original context. We will explore several major stories and themes in the Synoptic Gospels (Matthew, Mark and Luke) in light of their ancient historical and Jewish context. Class taught by Rabbi Richard Margolis.

809TB Beginning Spanish: Join Carmen Palacios, a long time Spanish teacher in the school system, in this introductory course to the magical world of the Spanish Language. This is the second part of Beginning Spanish. 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.

605TB Writing Your Life/Memoirs: 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. Class will be led by Lois Stanton, whose own memoir, Floating Over Camelot, is available to purchase or borrow. Recommended text for first-time students is Writing Your Life. It is available on Amazon.

11:00 a.m.

809TC Intermediate Spanish: Join Carmen Palacios, a long time Spanish teacher in the school system, in this course that follows Beginning Spanish and 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!

*612TC ISN’T IT ROMANTIC? An Introduction to the English Romantic Poets, Part 2: Join Helen Bennett as we continue our study of The Romantics. This class will include Shelley, Mary Shelley, and Keats. What did 18-year-old Mary mean when she wrote the first science fiction classic, Frankenstein? We will view excerpts from Mary Shelley’s Frankenstein, starring Kenneth Branagh and Robert DeNiro, and the entire film of John Keats’s tragic young life, Bright Star. Don’t miss these great poets and the magnificent films of their lives and work!

646TC Publishing Your Manuscript-Step by Step: Pay thousands of dollars to have your written work published or do it yourself for next to no money at all. This class will take you through the steps of setting up your computer for publishing, preparing your work for publishing and assessing self-publishing or traditional publishing. Discussions will include finding beta readers, editors, proofreaders, and cover work. Sarina Rose is an author, member of Space Coast Authors of Romance and Romance Writers of America. Sarina, a retired educator, began writing on the Space Coast. Her debut novel is The Relentless Brit at Amazon.com.

208TC QIGONG (Class begins at 11:15): Qigong is an ancient Chinese healing art that involves a slow and simple series of exercises. It is a form of Tai Chi. Research indicates that these exercises can help reduce stress, relieve pain, promote flexibility, eliminate sleep problems, improve balance & concentration/mental focus, and aid in relaxation. Students can sit or stand. Welcome back world traveler Jean Parker who will be leading us again!

*366TC Let’s Celebrate Our Lives NOW!(for Women): Why should our survivors celebrate our lives after our demise? Let’s share our sacred stories of transformation: traumas into triumphs, problems into blessings and lead into gold. Discussions led by Donna Caswell MSW and Sister Maureen Cannon, O.P.

*568TC The History of Russia: Peter the Great to Gorbachev: A discussion of the background issues of Russia – geography, multi-ethnicity, backwardness, Europeanization – will begin with Peter the Great’s efforts to transform his country. We follow the Monarchy and the changes they tried to instill to make Russia a great European Empire, and the growing critique of autocratic despotism by educated Russians that resulted in their downfall. We will discuss the internecine warfare within Russia and the First World War, which resulted in the rise of the Communists. We will also discuss the impact of World War II which almost destroyed Russia, but instead made it the second most powerful nation on Earth. This eventually led to the rise of reformers such as Gorbachav, which ended the empire and a different Russia emerged. The course will be taught by Dr. Mark Steinberg of the University of Illinois, and the discussions will be led by Craig Curran.
Tuesday Classes Continued
12:45 p.m.

*460TD UNDERSTANDING GREEK AND ROMAN TECHNOLOGY: The second term of this Great Courses set of 24 lectures by Steven Ressler, PhD, Prof. (Emeritus) of Civil Engineering at West Point, will explore the infrastructure of the Roman Empire, the great systems of roads, bridges, water supplies, aqueducts, and baths which the Roman engineers were so adept at designing and building. The Romans built big, 75,000 miles of public roads, baths capable of serving 6000 bathers per day, aqueduct systems delivering 300 million gallons of water daily. The lectures will be supplemented with the customary handouts. John Riley is the facilitator for this course.

631TD 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. Greta has published a novel, CELTIC CRIES, which is now available on Amazon.com.

805TD Easy-as-Pie Spanish: 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 is Passport to Spanish: Revised and Expanded Edition cost $7.50 (see registration form).

802TD A Continuation of BEGINNING FRENCH: 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. Available on line only. Class is taught by Jeanne Nicolucci.

In Loving Memory of SAIL Instructors...

Within the last year, we lost three of our beloved teachers. Jerry Tebeau taught Practical Medicine courses beginning in 2001 until the winter of 2014. Catherine Stanton taught French classes and/or was a participant in other SAIL classes from the very beginning of SAIL in 1999 through the summer of 2014. Jack Sterner began helping his wife Velma with Tai Chi in 2002 and continued through the winter of 2014.

They will all be greatly missed!
Senior Adventures In Learning
2014
Memorial Donations

_In Loving Memory of:_

_Zito Barrero_ Donated by Priscilla Dolan
_Stuart Bowcock_ Donated by Winnie Bowcock
_Dr. John Caulfield_ Donated by Patricia Caulfield and Eddie and Dottie Hudak
_Dr. Stan Crandall_ Donated by Eddie and Dottie Hudak
_Arthur Di Minno_ Donated by Irene Di Minno
_Pete Grimm_ Donated by John and Lurana Dreska, Eddie and Dottie Hudak and Stephen Ripley
_Marge Jennings_ Donated by Ruth Almeida, Elaine Baker, John and Lurana Dreska, Eddie and Dottie Hudak, Frank and Marilyn Kitchel, Alan and Pearl Osborne, and Esther Printz
_Buffy Kelly_ Donated by Bella Kelly
_Jim Kerrigan_ Donated by John and Lurana Dreska and Stephen Ripley
_Zita Litwin_ Donated by Pricilla Dolan
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_Jay Simons_ Donated by Georgiene Simons
_Catherine Stanton_ Donated by Elaine Baker and Holly Israel
_Jerry Tebeau_ Donated by John and Lurana Dreska