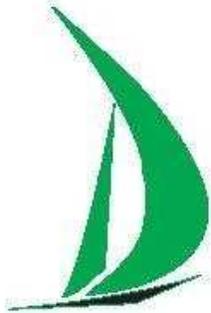


Senior Adventures In Learning Of
Melbourne, Inc.
2950 N. Harbor City Blvd.
Melbourne, FL 32935

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Quarterly Publication



S.A.I.L.

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

SPRING TERM 2018

Every Monday, April 9, through May 21, 2018
and Every Tuesday, April 10, through May 22, 2018
at Trinity Wellsprings Church, 638 S. Patrick Dr
Satellite Beach, FL 32937

Issue #73

Senior Adventures In Learning SPRING Term 2018 Registration

Name _____
Last First

Address _____

City: _____ State: FL Zip: _____

Phone: () _____

For our records...Let us know if you worship with a local congregation. (Affiliation not required):

- I am a previous S.A.I.L. Participant and I turned in my nametag.
- I am a previous S.A.I.L. Participant...I have my nametag and will bring it.
- This is my first registration and I need a nametag OR I lost my 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 Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____ 12:30 p.m. _____

Tuesday Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____ 12:30 p.m. _____

A very special THANK YOU to our SPONSOR for the SPRING term of SAIL...

TRINITY WELLSPRINGS CHURCH

Please show them your appreciation!

\$ _____ \$**30.00** One Day a Week Registration Fee

\$ _____ \$**45.00** Two or Three 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)

\$ **TAX DEDUCTIBLE DONATION** for SAIL expenses. *No gift is too small!*

\$ _____ **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, 3942 Orchard Dr.
Melbourne FL 32940**

VERY IMPORTANT~PLEASE READ!!!

- ◆ **The SPRING Term will be *every MONDAY beginning APRIL 9, and every TUESDAY beginning APRIL 10 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 321-626-5062 for directions and other information.***
- ◆ **IMPORTANT NOTE: Please mail the registration form by MARCH 30, 2018 so the director has time to process your registration. You may also register in person the first day of classes. Late registrations are always welcome!**
- ◆ **Classes begin at 9:00, 10:00, and 11:00 a.m., and 12:30 p.m.**
- ◆ **There is a registration fee that covers the entire 7-week program of \$30.00, for one day, or two days for \$45.00.**
- ◆ **Some classes require textbooks. Most or the textbooks are available on Amazon. If you want the director to order your book include your payment for the book and mail your registration early so your book will be available when classes start.**
- ◆ **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 Tuesdays and Wednesdays. You may also purchase fruit, yogurt or snacks.**
- ◆ **Coffee Club: Coffee and tea is provided for \$5.00 per term or you may choose to make a contribution daily.**

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

New Phone Number for SAIL- 321-626-5062

MONDAY Classes

9:00 a.m.

706MA Magic for Grandparents: You will learn simple tricks with everyday objects like playing cards: make playing cards magically change places, handkerchiefs: turn a handkerchief into a playful mouse, napkins: tear a napkin to shreds and magically restore it, salt shakers: make a salt shaker pass through a solid, dollar bills, and rubber bands. You will also learn some mentalist tricks. *Come learn some magic with Joe Massimini and watch your grandchildren be in awe!*

132MA World Economy Since the 1400s:** This class is a 48 week long class (6 SAIL sessions). Come join us for any or all sessions! This class revolves around the economics that man/womankind structured his/her environment in the past around methods of providing food, shelter and clothing. **The course focuses on the ways that people and societies provided for themselves by looking at what they produce, how they produce it and how said production is distributed. *The point of view is from the European, or Western, perspective. This is because the modern world economy has been dominated by Western ideas and ideals. Class discussion will be led by Kevin Evans.

10:00 a.m.

***561MB History's Greatest Voyages of Exploration:** *This continuing course will present those unique explorers who pursued the extremes of travel – Dr. Livingston and Mary Kingsley in the Dark Continent; Roald Amundsen in the Antarctic; Jacques-Yves Cousteau in the Mariana Trench; Robert Peary in the Arctic; and multiple explorers who challenged space.* We learn what motivates these, sometimes irrational, sometimes opportunistic travelers. **Their stories and their successes or failures are inspiring to us all. Around the world and into space – come along! Taught by Professor Vejas Liulevicius, Great Courses and facilitated by Vicki Simms.**

551MB America in the Gilded Age: This course examines the half century defined as the Gilded Age (1865-1920), one of the most important periods in American history. The Gilded Age as the name suggest, was in many ways a golden time. *This exciting period saw spectacular advances in industrial output and technological innovation that transformed the United States from a predominantly agricultural nation to the world's most formidable industrial power by 1900.* We will be using Teaching Company material with as always some time for discussion. **Class will be led by Bill Scott.**

461MB Cribbage Play (2 HOUR CLASS-Stay the whole time or play for an hour): 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 member of the American Cribbage Congress.*

211MB 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.*

11:00 a.m.

***574MC The Industrial Revolution:** *This semester will complete this course on the Industrial Revolution. The single greatest increase in the world's wealth has been industrialization. No other way out of this collective poverty has yet been discovered. Why was industrialization so important to the improvement in living conditions, and an increased level of wealth, health, and happiness for much of the worlds' population? Where did it start, how did it happen, and what were the results? This semester will cover from the end of the First World War until the present. Dr. Patrick N Allitt of Emory University will present this Great Course lecture. Discussion led by Craig Curran.*

807MC 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 !* **Textbook is Spanish Made Simple by Eugene Jackson and Antonio Rubio.**

413MC ASSERTIVENESS TRAINING: Led by Carol Roberts - *Do you say "Yes" when you really want to say "No"? Can you say "NO" without feeling guilty?* This course will teach appropriate methods of asserting oneself without bullying others or allowing them to bully you. We will focus on effective communication skills in various situations, and values clarification exercises will be an important part of the curriculum. *Carol Roberts is a licensed mental health counselor and taught this class at BCC for many years.*

MONDAY Classes Continued

11:00 a.m.

435MC Current Events: This course is intended to be a series of presentations on emerging issues that may impact our lives. Classes are intended to include background presentation of the issues and developments that are relevant and are then open to discussions for the balance of the time. Typically there is only one issue a week, and differences of perspective are encouraged. *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. **Jim Thompson is the moderator.**

12:30 p.m.

809MD Beginning Spanish: 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. **The textbook is *See it and Say it in Spanish*. The price is \$7.50.** (see registration form).

502MD American Foreign Policy: This class will continue its exploration and discussion of issues in American foreign policy. The first week we will discuss foreign policy events between last term and this one. Each week thereafter the moderator will distribute an issue paper to be discussed the following week. *Dick Davis will be the moderator.*

***114MD The Brain In Addiction.** *Addiction is an epidemic that affects all of us, either directly or indirectly.* The purpose of this course is to gain a better understanding of how addiction works within the brain itself. We will discuss the natural reward system within the brain and how that is changed by drugs and behaviors. The specific effects of several addictive drugs (such as alcohol, opioids, and cocaine) on receptors within the brain will be described. We will view the DVD titled "The Addictive Brain" by Professor Thad A. Polk, a part of the series of *The Great Courses*". Professor Polk makes this complex subject easily understood by the lay person. *This class will be led by Dr. Roger Johnson, retired Professor of Anatomy and Neuroscience.*

***141MD COLLECTING UNITED STATES COINS:** A little history, a little strategy and a lot of fun! The class will focus on collecting United States coins from the earliest beginnings of our nation up until the present time. **Instructor Bob Mellor is the Florida District Representative for the American Numismatic Association and a lifelong collector.**

TUESDAY Classes

9:00 a.m.

204TA 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 work, strengthen and tone your entire body. **Each class is a PARTY and you can join anytime! All ages are welcome! Ro is HIGH energy, but the moves are LOW impact keeping it easy on the knees and joints! (No Bouncing or Jumping! Unless, of course, YOU want too!)**

405TA 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: 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.*

202TA CHAIR YOGA: This gentle movement class is perfect for those uncomfortable working on the floor. We sit in a chair or use it for support to modify the poses enhancing flexibility. Release tension and lubricate the joints as you improve balance and increase strength and stamina. Do only what fits you. All are welcome. Chairs will be provided. *Elana Meier will be the instructor.*

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. *Warren Retzlaff will be working with you to develop your skills so that by the fifth week you should be able to play on your own.*

***565TA America's Unwritten Constitution** - Professor Akhil Amor, Sterling Professor of Law and Political Science at Yale Law School will teach us some of the basic tools and techniques for constitutional interpretation. *We will go beyond the text of the U.S. Constitution, in this fascinating series of lectures, but still remaining faithful to it.* The Constitution will be examined by looking at the issues the nation was dealing with at the time of the passage's adoption. You might say we will be putting ourselves in the framer's shoes. We will find ourselves reading between the lines and extracting from the text things that are implicit but not expressly stated. **We will explore a number of unremunerated rights that exist simply because Americans embody these rights in their everyday lives.** Same-sex marriage, anti-racial discrimination laws, applying the 4th amendment to the exclusionary rule, none of these are explicitly mentioned in the text of the Constitution, yet today, they are recognized as protected fundamental rights. Professor Amor explains why. **This course will be facilitated by Joel Sturman.**

TUESDAY Classes Continued

10:00 a.m.

201TB YOGA: 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. *Your yoga instructor will be Elana Meier.* Please bring a yoga mat

631TB Writing Critique Group: Prerequisite - Must have attended the How to Write Your First Novel Class. *Class is taught by Jim Nelson.*

449TC LEARN TO KNIT: Knitting has many benefits. It can lower stress, improve focus, help arthritic fingers remain more dexterous and other health benefits. Knitting can be a highly social and enjoyable activity. Learn basic techniques of knitting. Learn to cast on stitches, knit stitch, purl stitch, increase, decrease and bind off. Learn to read a basic pattern. **Please bring yarn and knitting needles. Knitting needles can be sizes 7, 8 or 9.** *Continental Knitting style will be taught by Laurie Liguori.*

416TB INTERMEDIATE BRIDGE (2 HOUR CLASS): 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.

429TB Self-Defense Concepts, Applications and Skills (2 HOUR CLASS): A 16 hour conceptual, application and skills development course dealing with common attacks and defenses for the non-athletic person. **The class will consist of a first hour lecture and practical application during the second hour.** *Presenter - Ron Kazoroski, 5th degree black belt in Kozuma-Kai Japanese Karate-do and former police chief.*

418TB The Colors of Travel from Spring Flowers to Fall Foliage: *Journey with us to look at colorful Travel Destinations and Gardens; Locally, Statewide and Around the World .* Lee A. Rosenkranz, CTC (Certified Travel Counselor) and International Tour Director will guide you on both Virtual and Actual trips to scenically special places. **For more information and to view the Syllabus go to www.dayawaytravelclub.com**

***471TB "Law School for Everyone"- Litigation and Legal Practice.** The course begins with an examination of the American legal system generally, including the significance of law and lawyers in our history and society. We will then consider what it means to think like a lawyer, learning about matters of precedent, textual analysis, inductive and deductive logic, logical fallacies, and the use of analogy. What are the practical and ethical issues of the attorney-client relationship. The lecturer will use recent cases in the discussion. **Come join SAIL's Law School. Our first lecturer will be Molly Bishop, Professor of Law, University of Virginia School of Law. Class will be led by Bill Scott.**

11:00 a.m.

631TC 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 300 + page work.

814TC ITALIAN: Our friend, *Marcello Vici* returns for this one (1) hour session of his popular class. Using the book *"ITALIAN IN 10 MINUTES A DAY,"* he takes us on a visit to Italy – well at least in our minds. Born in Italy, but living here since 1951, he has never forgotten his native language and now shares this joy with all of us. Come learn some basic expressions, grammar, counting, etc., and join the FUN!

***549TC THE IRISH IDENTITY, INDEPENDENCE, HISTORY. AND LITERATURE:** The 2nd installment of the Great Courses lectures on the Celtic Literary Revival of the late 19th and early 20th centuries. *The lectures will concentrate on the early literary works of W.B. Yeats, J.M. Synge, Lady Gregory and Seamus Joyce. Also the tumultuous early years of Abbey Theater in an era of political strife.* The customary readings and handouts replete with pithy epigrams and misdirection of Irish origin will fill out the menu. **Sean Raghallaigh will be the presenter.**

437TC 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... Lets learn to play! Class size is limited to 8! **Taught by Laurie Liguori.**

208TC QIGONG: 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. **Class is led by Bette Buck.**

TUESDAY Classes Continued

12:30 p.m.

*647TD Words, words, words...Part 4: Join Helen Bennett and her spectacular students in learning about the history and derivations of English words. If you speak English this is something you must know! The class is humorous as well as informative. No need to have taken prior classes to take this one. We use the Teaching Company's Anne Curzan of the University of Michigan to provide commentary.

802TD SPOKEN FRENCH PART 2 : *Learn to speak French, the language of France, Quebec, Martinique, etc. with a certified teacher.* Come and have fun! We are using the book E-Z FRENCH by Kendris and Kendris, published by Barron. This semester the class is a continuation of Spoken French Part 1. Class is taught by Jeanne Nicolucci.

*904TD History of Computers - From the Abacus to the PC: *We will examine the phenomenal technical progress that our society has undergone over the past century.* We will deal with more than computing machines and examine the impact that transistor technology, artificial intelligence and dawn of the microprocessor age has had upon us and future generations. **This course will be taught by Joel Sturman who has been in the computing field for 50 years and has personally experienced its stupendous technical growth. Dr. Sturman was granted the first degree from Cornell University in this field and (arguably) the third such degree in the US.**

A SPECIAL THANK YOU:

Patrick & Vicki Kennedy have been major supporters of Senior Adventures In Learning for more than 18 years. Patrick was the first Executive Director and one of the founders. Patrick along with his wife Vicki, worked hard for 7 years to develop and grow this program in Brevard County. Although Patrick and Vicki moved away in 2007, they have been SAIL's major benefactors. Their donations have helped us meet our financial commitments year after year.

We are so grateful for Pat and Vicki's continued support and we cannot thank them enough!

SAIL Memorial Donations

In Loving Memory of:

JJ Ambridge *Donated by John and Lurana Dreska, Ed and Dottie Hudak and Matt Mc Partland*

George Balint *Donated by Millie Balint*

Wayne Casebolt *Donated by Judith Kuba*

Claudia Estes *Donated by John and Lurana Dreska*

Pete Grimm *Donated by John and Lurana Dreska and Pat and Vicki Kennedy*

Edwina Hoffman *Donated by Priscilla Dolan*

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