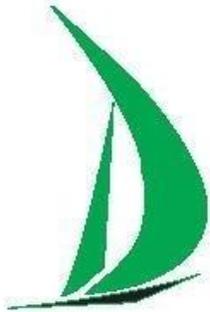


Senior Adventures In Learning Of
Melbourne, Inc.
2950 N. Harbor City Blvd.
Melbourne, FL 32935

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Issue #81 – August 2022

Triannual Publication



S.A.I.L.

**Senior Adventures In Learning
of Melbourne, Inc.**

*Seniors Charting a Successful Course
into the Future!*

FALL TERM 2022

Every Tuesday, September 20th through November 8th, 2022
and Every Wednesday, September 21st through November 9th, 2022
at St. John the Evangelist Catholic Community at 5655 Stadium Pkwy. Viera, FL

Issue #81

Senior Adventures In Learning Fall Term 2022 Registration

Name _____
Last First

Address _____

City: _____ State: FL Zip: _____

Phone: () _____ E-mail: _____

For our records...**Let us know the NAME of your congregation** if you worship locally. (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.**

TUESDAY Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____

WEDNESDAY 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 Fall Term of SAIL...

St. John the Evangelist Catholic Community

- Follow the SAIL parking signs and park on the right side of the driveway near the front of the church. Except for handicap, do not park in front of the Office /Fellowship Hall.
- Registration is in the lobby of the office, follow signs. Coffee is in the kitchen area.
- All classrooms are in the section of the building past the kitchen area except for some in the Hall

\$ _____ **\$30.00** One Day a Week Registration Fee includes all classes on that day for the entire 8 weeks.

\$ _____ **\$45.00** Two Days a Week Registration Fee for all classes on both days for the entire 8 weeks.

\$ _____ **\$ 5.00** Coffee Club. You may contribute daily if you prefer.

\$ _____ **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 help with registration, set up and/or clean up. WE REALLY NEED HELP!!**

**Mail This Entire Registration Form To:
 S.A.I.L. of Melbourne, 3881 Long Leaf Dr.
 Melbourne FL 32940**

IMPORTANT~PLEASE READ!!!

When:

The Fall Term will be *every Tuesday beginning September 20th for EIGHT (8) weeks and every Wednesday beginning September 21st for EIGHT (8) weeks. There will be no exercise classes on September 21st, October 12th and October 19th due to church functions.*

Classes are at 9:00, 10:00, 11:00 a.m., and 12:30 p.m. (Wednesday only). **Special times for Bible Study and Mah Jongg (check brochure).** As a courtesy to the instructors, please attend ALL the classes you sign up for. We lost our Posturize teacher because of poor attendance last semester.

Where:

Classes will be held at **St. John the Evangelist Catholic Community located at 5655 Stadium Parkway in Viera (Directions can be found at the end of brochure).** Go to the Fellowship Hall to get coffee, name tags, and find out where your classes are located.

Registration:

Refer to the following schedule and make your course selection (**number**) 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 this registration form.** Please send in the entire Registration form

There is a **one-time registration fee** of \$30 for one day, including all that day's classes covering the **entire 8-week program.** And, \$45 for two days up to seven classes covering the **entire 8-week program.** **CHECKS ARE PREFERRED!!** Note: \$20 registration fee if you are only taking the shortened Zumba and/or Yoga courses (five sessions).

IMPORTANT NOTE: Please mail the registration form no later than September 15th so we have time to process your registration. If you wait to register in person the first day(s) of classes, **MANY CLASSES WILL BE FILLED.** NOTE: The registration team needs a few volunteers to help with walk-in registrations for the **first two weeks** of the semester. Please indicate on the Registration form if you can help.

Other:

New Classes: Classes marked with an * are being offered for the first time (**we have 10 new courses**)

Coffee Club: Coffee and tea is provided for \$5.00 per term or you may choose to contribute 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

Phone Number for SAIL- 321-626-0963

TUESDAY Classes

9:00 a.m.

595TA CIA: 2nd semester of 8 lessons covering Castro, the Missile Crisis, Edward Lansdale, CIA Fronts, Spies in Hollyweird, Nixon/Kissinger & Chile, Watergate and James Angleton and the Great CIA Mole Hunt. The Central Intelligence Agency (CIA) is America's premier intelligence organization, charged with keeping constant watch in an increasingly dangerous and unstable world. **Some critics have accused it of not doing enough to protect US national security. In the view of others, it has done too much, intervening excessively overseas, and threatening civil liberties at home.** Are these criticisms of the CIA justified? The aim of this course is to give you the information you need to decide for yourself– **moderated by Kevin Evans.**

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.** **NOTE: You are asked to catch up to Chapter 5 and review Chapter 6 Vocabulary. BEGINNERS ONLY!!**

593TA THE LIVES OF BENJAMIN FRANKLIN III: The final term will reprise Franklin's activities in England, and his engagement with personalities of the Scottish Enlightenment. It will describe his role as our Founding Grandfather. Franklin was the oldest of the "Founding Fathers" and the only one to have signed the Declaration of Independence, the Treaty of Amity with France, the Peace Treaty with Great Britain, and the Constitution. **The course will end fittingly with Franklin's considerable legacy.** The "Age of Benjamin Franklin" a series of Great Courses video lectures presented by Robert J. Allison, PhD. Professor of History at Suffolk University will be used for this course. Additional material will be provided to supplement the lectures. **John Riley will present this course.**

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 is the moderator.**

10:00 a.m.

***599TB THE OTTOMAN EMPIRE:** From 1520 to 1566, the Ottoman sultan Suleiman the Magnificent ruled one of the greatest empires, famed for its Janissaries, cavalry, and siege guns. Stress is given to the achievements of Ottoman civilization, imperial institutions, and wars against the Habsburgs of Europe and the shahs of Iran. This course concludes with the dissolution of the Ottoman Empire, demonstrating how it still influences the geopolitics of the Middle East today. **Lecturer: Dr. Kenneth W. Harl Ph. D is Professor of Classical and Byzantine History at Tulane University. Facilitator: Fahim Ahmed, Retired Founder & CEO of WWT Inc. Grand Prize winner of the Harold S. Geneen Award.**

***652TB LET'S WRITE:** Always wanted to write a short story or novel? Now is the time to fulfill your dream! The instructor, award winning author James R. Nelson, has published 13 novels and numerous short stories. He will share his insights on how to create realistic characters, how to write compelling dialog, new trends in creative fiction, and how to get published. **No writing experience is needed. Come and realize your dream of turning your story idea into a finished manuscript (SAIL Director's Note: If you ever daydreamed about a story or woke in the middle of the night with an idea for a story, this class will be invaluable to bring those thoughts to reality. This teacher is great!!)**

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. Note: No class on October 18th**

***730TB ART YESTERDAY, TODAY, AND TOMORROW:** In this program artist Ed Baranowski helps us define art and the artist. You will learn about art techniques, texture, composition, and what makes art sell. Discussions will cover: Who are the Masters? What makes Fine Art? Was Andy Warhol really an artist? What are the new art forms? How does art impact our daily lives? **You will find the program interesting, provocative, and amusing**

TUESDAY Classes (cont.)

10:00 a.m.

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 students are welcome and are asked to read Chapters 1 to 10 in both English and Spanish in the **Textbook Spanish Made Simple by Eugene Jackson and Antonio Rubio. Revised by Judith Neimethy.** NOTE: You are asked to catch up to Chapter 10 and Review Chapter 11

11:00 a.m.

***501TC TWENTIETH CENTURY EASTERN EUROPE: FROM HELL TO LIBERATION:** With the invasion of the Ukraine in Eastern Europe the area has become the focal point of world interest. Americans typically know little about Eastern Europe. This course will explore the geographic, ethnic, and historical background of the 20 nations which make up the area – particularly, focus will be on the post-WW 1 period (after 1919) and the eventual USSR domination after WW 2. A Great Courses video series will be utilized with embellishments by Dr. Dan Scheuerer (Florida 2012 History teacher of the Year).

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, many years of teaching experience, and has taught at all levels of Spanish.

591TC TURNING POINTS IN MODERN HISTORY: (Last eight lectures in this series) 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. - By Professor Vejas Gabriel Liulevicius, Ph.D.- Facilitated by Fahim Ahmed.

***479TC THE MAGNIFICENCE OF FLORIDA'S STATE PRESERVES AND NATURAL SITES PLUS US NATIONAL PARKS:** Let's go exploring to beautiful places, scenery and waterways through the sights and sounds of our natural surroundings. Let's throw in some historic content to see how these places and parks came into their existence. Let's dine in the tropics without leaving our own State. We will examine the Cultural Backgrounds of ancient to modern groups who helped form the places of interest which we view. We'll do it virtually through the classroom with the opportunity to take a few live field trips to some of the places firsthand. For a full Syllabus contact Lee Rosenkranz, CTC (Certified Travel Counselor) by e-mail at floridagreeters@yahoo.com or through the web [site- www.dayawaytravelclub.com](http://www.dayawaytravelclub.com) then hit School.

***144TC SECRETS OF LIVING TO AGE 100: SENIOR LIFE** newspaper columnist Ed Baranowski covers the thoughts and ideas from people who have lived a long life. The attitudes, the philosophy, and frank expressions are shared from interviews and contacts with centenarians. Add you own "secrets" to the discussions.

WEDNESDAY Classes

9:00 a.m.

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.*

204WA ZUMBA®: NOTE: Because of church activities there will be no classes on 9/21, 10/12 and 10/19. If you sign up only for this class and/or Yoga, your pro-rated registration fee is \$20. It's 45-50 minutes of 'ExerciZe in DisguiZe' with Zumba®! *Hate to exercise? Then you'll love this dance fitness class.* They create 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, strengthen your bones and tone your entire body. Each class is a PARTY, and you can join anytime! All ages and abilities are welcome! They are 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 to!) – Ro will get you going!!

WEDNESDAY Classes (con't)

9:00 a.m.

***569WA FIGHTING MISINFORMATION:** Single semester course covering: The Misinformation Threat, Evolution of Misinformation, Misinformation & the Brain, Seeing Through Visual Misinformation, Countering Fakes and Stereotypes in Media. Also: Journalistic Verification Skills, Assessing Science and Health News and finishing with Technology, Misinformation & the Future. **Kevin Evans will moderate this course.**

***480WA THE WORLD'S GREATEST GEOLOGICAL WONDERS:** Explorer the Earth's natural features. Ever wonder what happens when the Earth's tectonic plates shift, and learn about the result? Did you know that the Dead Sea is sinking and wonder why? Learn about a wonderful world of ice that covers Antarctica. How has the Ganges River Delta impacted our civilization? What has caused the Himalayas to rise, and become the World's highest mountain range? **This and more will be explored as we learn about some of the Earth's most fantastic features. Craig Curran will moderate this course.**

10:00 a.m.

201WB YOGA: NOTE: Because of church activities there will be no classes on 9/21, 10/12 and 10/19. If you sign up only for this class and/or Zumba, your pro-rated registration fee is \$20. 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!!**

654WB THE BEST OF KEN BURNS: THIS COURSE HAS BEEN CANCELLED

***477WB PINOCLE: (TWO HOURS):** Cards anyone? My grandmother taught me to play. Not a pro but can give instruction on how to play. The game of Pinochle is played with a specific deck of 48 cards. The game is generally played with 3 or 4 players. It is a game of strategy from the deal thru the last trick. **If you have played the game in the past, remembered a family member who used to play and have always wanted to play.... join me.** **Maureen Johns will be the instructor.**

***481WB FRANCE THROUGH THE AGES: Viva la France - le beau pays...** Travel on a cultural, historical, political, and gastronomical tour of *France*. Enjoy snippets of France tidbits of information that will bring a laugh or a smile. As we chart the course of our tour all roads lead to Paris, le Point Zero. This course was developed in 2021 and covers the hexagon that is France providing details of each province. Our first term will end in Normandy for a visit to the Bayeux Tapestry and the WWII beaches. **The diversity of France is best explained by Charles de Gaulle: "How can you govern a country which has 246 varieties of cheese?"** Bon Voyage! facilitator Vicki Simms, francophile.

10:30 a.m.

(NOTE – DO NOT REGISTER FOR THIS COURSE ON THE SAIL REGISTRATION FORM BUT FOLLOW THE INSTRUCTIONS IN THE TEXT BELOW – ORDERING THE BOOKS FROM DECON MIKE WILL SAVE YOU MONEY)

PANORAMA OF THE OLD AND NEW TESTAMENTS: Explore the sweeping saga of God's people and their sacred journey in the Bible. Group meets on Wednesdays, 10:30am to noon at St. John's in Fr. Peyton Room, or from 6:30-8pm on Zoom for eight sessions starting on September 21 (no meeting on Oct.12). Cost of books is \$20. **Registration is required by Sept. 5 by contacting Deacon Michael at michaeljmcelwee@gmail.com or 321-946-3388.**

437WC MAH JONGG - (BEGINNERS CLASS): *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 (<https://www.nationalmahjonggleague.org/store.aspx#>) with a description of hands for the players to follow (please bring with you).** 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. (NOTE: Class runs to 12:00 p.m.)**

WEDNESDAY Classes (cont.)

11:00 a.m.

653WC LIVING HISTORY, GREAT EVENTS OF THE ANCIENT AND MEDIEVAL WORLDS, PART 2: Please join us as we continue our journey as witnesses to some of history's greatest moments. This course will cover Hannibal's terrifying assault on Rome, the assassination of Julius Caesar, Antony and Cleopatra's death pact, the arrest and trial of Jesus, Jerusalem under siege, blood in the Roman Colosseum, and others. **We experience these unforgettable events from a safe distance; you will never forget their impact. Helen Bennett awaits your presence at this second wonderful journey into the past!**

***390WC RECONCILING SCIENCE AND RELIGION (REQUIRES TEXTBOOK):** We will discuss the relationship between religion and modern science, especially concerning creation, cosmology, and human and animal life. We will deal with both medieval and modern attempts to harmonize religious beliefs and scientific discoveries about the universe. We will compare religious teachings about creation and cosmology with modern scientific discoveries and will attempt to identify "common ground" and areas of agreement. All 7 lectures will include PowerPoint presentations. **NOTE: No class on October 5th.** **Required Textbook:** 2009 edition of *The Science of God*, which is currently available for about \$5 used online. **Rabbi Olshansky was a physics undergrad. He was ordained as a rabbi in 2011. He has taught for 17 semesters at the University of Central Florida (UCF) in Orlando.**

450WC BEGINNING EMBROIDERY: This class is designed for the beginner or someone who needs a refresher to get back into stitching again. You will learn several basic stitches including the running stitch, the back stitch, the cross stitch, and the satin stitch as you embroider a basic sampler. Each class builds upon the prior one, so it is especially important that you be present at the first day of class. This class is sponsored by the Indian River Chapter of the Embroiderers' Guild of America. **The chapter is providing all class materials. All you need to provide is a pair of small, sharp scissors and a willingness to learn.**

12:00 p.m.

437WD MAH JONGG - (ADVANCED CLASS): *Please see description on Wednesday at 10:30 am. (NOTE: Class runs to 1:30 p.m.) Class is limited to four (4) players. Taught by Laurie Liguori.*

12:30 p.m.

***145WD MEMORY AND THE HUMAN LIFESPAN:** This course will examine current knowledge about how the brain changes with aging, and how we might adapt to these changes in order to maintain adequate levels of cognition. We will also learn how the brain changes during various diseases including Alzheimer's disease. We will use videos from "The Great Courses" for these studies, in addition to group discussion in class. **The instructor is Professor Steve Joordens, Professor of Psychology. The class will be led by Drs. Roger Johnson and Dona Lee Andrew, retired professors of neuroscience.**

521WD A COUNTRY MADE BY WAR – THE AMERICAN CIVIL WAR, TERM VII 1864: In this term we will examine paying for the war; supply and logistics in the war; Grant's campaigns in Virginia; Sherman's campaigns in Georgia; Sheridan's campaign in the Valley; the capture of Mobile Bay; the 1864 election; and the battles of Nashville and Franklin. **The instructor for this course is Dick Davis.**

Directions to St. John the Evangelist Catholic Community:

From North Brevard – I-95 South to Viera Blvd - West exit towards Stadium Pkwy. Left on Stadium Pkwy. church is on the left. U.S 1 to Viera Blvd cross over I-95, left on Stadium Pkwy (look for the SAIL signs).

From Suntree/Viera – Wickham Road through the roundabout, right on Stadium Pkwy. Church is on the right just before Viera Blvd. Viera Blvd over I-95 to Stadium Pkwy, left on Stadium church is on your left (look for SAIL signs).

From South Brevard – Depending on where you live, take I-95 or U.S. 1 heading North and exit at Viera Blvd heading West/Stadium Pkwy. Take a left on Stadium and the church will be on your left (look for the SAIL signs).

Beachside: From the South take A1A to the Eau Gallie or Pineda causeway to U.S. 1 North to Viera Blvd. Go over I-95 to Stadium Pkwy, left and church is on the left. From the North take U. S. 1 to Viera Blvd, take right, and go over I-95 to Stadium, left and church is on the left (look for the SAIL signs).

SAIL Memorial Donations

In Loving Memory of:

John Destra – *Donated by John Prokopwicz*

Deceased Teachers and Students of SAIL – *Donated by Matt Mc Partland*

Debbie Laferte *Donated by Nancy Maddocks*

Carolyn Malone – *Donated by Joseph Malone*

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Thanks to everyone that 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.