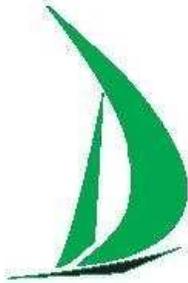


Senior Adventures In Learning Of
Melbourne, Inc.
2950 N. Harbor City Blvd.
Melbourne, FL 32935

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Issue #74 - August 6, 2018

Quarterly Publication



S.A.I.L.

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

FALL TERM 2018

*Every Tuesday, September 25, through November 13, 2018
and Every Wednesday, September 26, through November 14, 2018*
at St John the Evangelist Catholic Church, 5655 Stadium Pkwy, Viera, FL 32940
IMPORTANT NOTE- No classes Wednesday, October 24th!

Issue #74

Senior Adventures In Learning FALL 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):

 Name of Congregation

- 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. _____ 12:30 p.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 CHURCH

Please show them your appreciation!

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

\$ _____ **\$45.00 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)

\$ _____ **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, 3881 Long Leaf Dr.
 Melbourne FL 32940**

IMPORTANT: PLEASE READ

- ◆ **The Fall Term will be every TUESDAY beginning September 25th for EIGHT weeks and every WEDNESDAY beginning September 26th for SEVEN consecutive weeks (no class on Wednesday October 24th).**
- ◆ **Classes will be held at St John the Evangelist Catholic Church, 5655 Stadium Pkwy, Viera, FL 32940. Go to the kitchen to get coffee, name tags and find out where your classes are located.**
- ◆ **Please call Brian Wade at 321-626-0963 or e-mail at sailofmelbourne@gmail.com if you need directions and other information.**
- ◆ **IMPORTANT NOTE: Please mail the registration form by September 20th, 2018 so that the registration team 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, 11:00 a.m., and 12:30 p.m.**
- ◆ **There is a registration fee that covers the entire 8/7-week program of \$30.00, for one day, or two days for \$45.00.**
- ◆ **Some classes require textbooks. Most of the textbooks are available on Amazon. If you want the registration team to order your book, include your payment with your registration and mail early so your book will be available when classes start.**
- ◆ **Please register early for the best selection. Early registration is also very helpful to our team as they prepare for a successful term.**
- ◆ **To register by mail: refer to the following schedule, make your course selection for each day and hour. Complete the registration form and enclose your check payable to Senior Adventures In Learning of Melbourne and mail it to the address **at the bottom of the registration form.****
- ◆ **New Classes: Classes marked with an *are being offered for the first time.**
- ◆ **Lunch: We will have a “bring your own” brown bag lunch at 12 noon on both days. 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- 321-626-0963

TUESDAY Classes

9:00 a.m.

132TA 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.***

204TA ZUMBA GOLD® : It's 50 minutes of 'ExerciZe in DisguiZe' with Zumba Gold® with Ro! *Hate to exercise?* Then you'll love this dance fitness class designed especially for **ACTIVE OLDER ADULTS, ANYONE STARTING OR RETURNING TO EXERCISE, THOSE WHO LOVE MUSIC AND MOVEMENT!** You can even do it sitting in a chair! Been wanting to get off the couch and away from that computer—this is the place to be. **Each class is a PARTY and you can join anytime! All ages and fitness levels are welcome!** Ro creates easy to follow repetitive dance moves using a variety of music from all the decades and around the world, designed to move every muscle, and strengthen and tone your entire body. **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!).**

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. In past courses this has included diverse topics such as the emergence of the Zika virus, the economic collapse of Venezuela, the Indian River Lagoon clean up, the Hyperloop (new concept in high speed transportation) and the functions of political and appointed diplomats. 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.* **Jim Thompson, presenter.**

10:00 a.m.

***561TB THE GREAT TRIALS OF WORLD HISTORY AND THE LESSONS THEY TEACH US** – In this course we will examine 24 of the greatest trials in history, from Socrates to O.J Simpson. The explorations will be as diverse as the trials. *In the first term we will visit the People's Court in Athens, St. Peter's Square in Rome, and a meetinghouse in Salem Village, to name a few.* Themes will include the sources and patterns of mass hysteria, the causes and nature of evil and how such trials impact the history of a country. We will revisit the drama of the courtroom and hear the testimony and eloquence of both defendants and lawyers. Throughout the trial, we will ask, "Was justice done?" and discuss methods by which to improve the judgment. **Join in and get a better understanding of what makes a trial a great trial. This is a Great Course taught by Douglas Linder and facilitated by Vicki Simms.**

***471WB AMERICA'S FOUNDING FATHERS** - Our lecturer for the series will be Allen C. Guelzo PhD in History from the University of Pennsylvania. *Who were the Founders? How did their lives shape their ideas, and did those ideas get a hearing in the creation of the new American republic?* We begin with George Washington and cover the lives and contributions of both the prominent, the obscure, the brilliant and, on several occasions, the downright fraudulent. We will be using Teaching company material. **Bill Scott will lead the discussion.**

***577TB 2018 BALLOT AMENDMENTS** - *Phil Jennings will facilitate a discussion of the many ballot initiatives that will appear on the November 2018 Ballot here in Florida.* They cover a wide range of subjects such as term limits for School Committee Members, an increase in the Homestead Allowance, restoring the voting rights of felons, and the banning of oil and gas drilling off our coast. Divergent opinions are welcome as long as the discussion is civil. NOTE: This will be a seven week course ending on November 6th (election day).

208TB 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

11:00 a.m.

201TC 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.

809TC 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 is Spanish Made Simple by Eugene Jackson and Antonio Rubio.

***648TC CLASSICAL MYTHOLOGY:** Have you even been stung by Cupid's arrow? Have you wondered where the planets got their names? Ancient people had a delightful trove of stories about how gods came to be, what their all-too-human quirks were, and how they mingled with people to create heroes. *Join Helen Bennett to revel in these wonderful tales among your fellow gods and goddesses!*

***104TC TOPICS IN BIOETHICS:** As medical technology advances at a rapid pace, **health care** professionals are tasked with examining the resulting ethical dilemmas. What rights do we have as patients? Can we expect the unvarnished truth from our doctor regarding a medical diagnosis? Even if doctors claim to know what is best for you, don't you have the right to make that informed decision? **What are your rights to request physician-assisted suicide and what right has the medical provider to object to this practice? Consideration will be given to the Bioethics at the beginning of life as well as at the end of life.** By applying the principles of ethics to the field of medicine, **bioethics** aims to investigate and study how **health care** decisions are made. *The material used for this course will be a series of lectures given by medical professionals at Georgetown University. Joel Sturman will facilitate the presentations.*

***418TC THE NATIONAL PARKS, AMERICA'S BEST IDEA BY KEN BURNS:** **THIS CLASS STARTS OCTOBER 2ND.** Join Lee Rosenkranz, *CTC (Certified Travel Counselor) as he reviews and shows in depth the Ken Burns PBS series on National Parks and the PBS teaching curriculum.* The lessons and activities developed around the film look at the rich history of the national parks, the art and photography of the breathtaking geography that inspired so many people and the human story of politics and policy that shaped and continue to shape the parks today. For more information and to view the Syllabus go to www.dayawaytravelclub.com.

12:30

202TD 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.* Please bring a Yoga mat.

502TD PROBLEMS IN AMERICAN FOREIGN POLICY: This class will examine and discuss problems in American foreign policy. *Discussions will be moderated by Dick Davis.* As before, the moderator will pass out to the class an issue paper to be discussed in the next class. In the first class of this term, we will discuss the practice of American foreign policy under the Trump administration and how it differs from previous administrations since 1947, the beginning of the Cold War. *Instructor Dick Davis.*

807TD CONVERSATIONAL SPANISH LANGUAGE: 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.

***114TD THE AGING BRAIN:** *This course will examine how the brain changes with age and how these age-related changes might be treated or prevented.* We will use "The Great Courses" for this study in addition to group discussion of each video. The instructor is Professor Thad A. Polk, who makes this complex study of the brain very clear and easily understood. *This class will be led by Dr. Roger Johnson, retired Professor of Anatomy and Neuroscience.*

WEDNESDAY Classes

9:00 a.m.

417WA 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.*

WEDNESDAY Classes Continued

9:00 a.m.

***518WA PRIVACY, PROPERTY, AND FREE SPEECH: LAW AND THE CONSTITUTION IN THE 21ST CENTURY:** The proliferation of intrusive new technologies is putting many of our presumed freedoms in jeopardy. Today, it's easier to think that we have far more privacy and other personal rights than we in fact do. Only by educating ourselves about the current state of the law and the risks posed by our own inventions can we develop an informed opinion about how we can protect ourselves. **Taught by Professor Jeffery Rosen of George Washington University, Great Courses. Facilitated by Fahim Ahmed, retired CEO of World Wide Telecom. Fahim managed the deployment and operation of large telecommunication systems, where the subject of privacy and security of private communications is of paramount importance.**

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

10:00 a.m.

211WB 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.*

631WB WRITING CRITIQUE GROUP: Prerequisite - Must have attended the How to Write Your First Novel Class. *Class is taught by Jim Nelson.*

449WB 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.**

416WB 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.*

429WB 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.*

471WB LAW SCHOOL FOR EVERYONE – CRIMINAL LAW AND PROCEDURE - Our lecturer for this unit will be Harry Pratter Professor of Law at Indiana University. *Criminal law and procedure involves the most basic of conflict between the power of the government and the fundamental rights of the individual.* One of the most important responsibilities of any government is to protect its citizens from those who would transgress society's rules and norms, and thereby do harm to others. Criminal law is where we identify those roles and norms and where we set the punishments for those transgressions. We will be using Teaching Company material. *Bill Scott will lead the discussion.*

10:30 a.m.

305WB The Book of Genesis: Join Deacon Mike from St John the Evangelist for this Bible study in Genesis. Study is on Wednesdays from 10:30 am till 12:00. Study set costs \$16 (checks payable to St. John the Evangelist). **SAIL Participants welcome!** You may pay for the study materials the first day of class but **please register ahead of time so books can be ordered.** If you have questions Deacon Mike is available at michaeljmcclwee@gmail.com

11:00 a.m.

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

WEDNESDAY Classes Continued

11:00 a.m.

413WC 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.*

818WC ADVANCED SPANISH: We will read the short story Anaconda written by the famous Uruguayan writer Horacio Quiroga. In this story Quiroga attributes human characteristics to the serpents; it's sort of a parody on how humans behave in everyday life. **The class will be conducted entirely in Spanish and is limited to 10 students.** Students may order the book from Amazon.com. "Cuentos de amor, de locura y de muerte, Anaconda" (long title). At [amazon.com](https://www.amazon.com) it will be enough to insert in the search 1481833170. **The class will be taught by Monsie Worhler.**

437WC MAH JONGG: *This is a fascinating rummy like game played with tiles rather than cards.* The game originated in China, dating back to the time of Confucius. It is played with 3 to 5 players. The National Mah Jongg League sells cards with a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let's learn to play! **Class size is limited to 4 so register early! Taught by Laurie Liguori.**

***549WC THE IRISH IDENTITY, INDEPENDENCE, HISTORY, AND LITERATURE:** *This term covers the artistic, social, political events and the personalities involved that, for better in the case of art, and for worse in the case of social reform and politics shaped Ireland for a century.* . Labor's Larkin and Connolly and Capital's William Martin Murphy were protagonists in the trial of labor and capital which saw the usual suspects triumph in the Dublin Lockout of 1913. The Anglo-Irish War and the ensuing "Treaty" negotiated largely by Lloyd George & Winston Churchill (them), and Michael Collins & Arthur Griffith (us) gave Ireland, or 26/32th thereof, a measure of independent status as the Irish Free State. Ireland's Machiavelli, Eamon DeValera, who shrewdly did not participate in the Treaty negotiations proved unwilling to take yes for an answer, left the Dail and plunged the newborn nation into civil war. The usual handouts, replete with pithy epigrams and diversions of Irish origin, will be provided. **John Riley is the course facilitator.**

12:30 p.m.

521WD A COUNTRY MADE BY WAR: THE AMERICAN CIVIL WAR, 1861-1865. No war until the Second World War so changed the United States, politically, economically, militarily, socially, and culturally, as did the American Civil War. Various causes for the war have been advanced, including states' rights (*especially the right of a state to nullify a Federal law with which it disagreed*), the accusation that Northern industrial avarice was destroying the South's economy, the proposed right of states to secede from the Union, and the call of Northern abolitionists for the elimination of slavery, In this term we shall examine slavery in America as the primary cause of the Civil War. **Instructor: Dick Davis.**



ST JOHN THE EVANGELIST CATHLIC CHURCH

SAIL Memorial Donations

In Loving Memory of:

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

Wayne Casebolt *Donated by Judith Kuba*

Claudia Estes *Donated by John and Lurana Dreska*

Pete Grimm *Donated by John and Lurana Dreska*

Patrick Kennedy *Donated by John and Lurana Dreska*

Jim Kerrigan *Donated by John and Lurana Dreska*

James Marshall *Donated by Cindy Marshall*

Eleanor Schwartz *Donated by Helen Bennett, John and Maria Riley, and Brian and Sally Wade*

Jerry Tebeau *Donated by John and Lurana Dreska*

A Letter to SAIL Members:

Dear Friends of SAIL,

It has been such an honor and privilege to serve seniors in Brevard County through Shepherd's Center/Senior Adventures In Learning for the past 11 years! I have made so many lifelong friends and have been so blessed from this opportunity. I will always treasure the fond memories, laughter and love that I have received from so many of you!

I have truly loved my years as the director of this important and very worthwhile ministry. However it is time to pass the mantle on to someone else. I am so pleased to introduce the new directors to you. Please welcome Brian and Sally Wade! I will continue to do whatever I can to make the transition go smoothly and will still be an active member of the Board of Trustees.

Sincerely,

Beverly M Wheeler