

Senior Adventures In Learning Of
Melbourne, Inc.
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Melbourne, FL 32935

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Issue #80 – March 2022

Triannual Publication



S.A.I.L.

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

*Seniors Charting a Successful Course
into the Future!*

SPRING TERM 2022

Every Monday, April 4th through May 23rd, 2022

and Every Tuesday, April 5th through May 24th, 2022

at Northside Presbyterian Church, 1400 Lake Washington Road Melbourne, FL

Issue #80

Senior Adventures In Learning Spring 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.**

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...
 Northside Presbyterian Church**

- Follow the parking signs and park in the side lot or in the back on the grass. Use the rear entrance.
- All classrooms are in the office section of the building including Fellowship Hall
- Registration is in the lobby, follow signs. Coffee is in the kitchen area.
- Because this is the first time using this facility, please be patient during the first week or so as we iron out any issues.

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

\$ _____ **\$45.00** Two Days a Week Registration Fee for all classes 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!!!

- ◆ The Spring Term will be *every Monday beginning April 4th for EIGHT (8) weeks and every Tuesday beginning April 5th for EIGHT (8) weeks.*
- ◆ Classes will be held at Northside Presbyterian Church on 1400 Lake Washington Road near U.S. 1. Go to the Back Office Entrance and follow signs to the Lobby to get 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.*
- ◆ Classes begin at 9:00, 10:00, 11:00 a.m., and 12:30 p.m. **Special times for some Mah Jongg (check brochure) and two-hour classes.**
- ◆ **To register:** Refer to the following schedule, 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 up to four classes covering the **entire 8-week program** and \$45 for two days up to eight classes covering the **entire 8-week program.** **CHECKS ARE PREFERRED!!**
- ◆ Please register early for the best selection. Early registration is also very helpful to our team as they prepare for a successful term.
- ◆ **IMPORTANT NOTE:** Please mail the registration form no later than March 28th 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)**
- ◆ Some classes require textbooks. Most of the textbooks are available on Amazon.
- ◆ **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, and 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

Phone Number for SAIL- 321-626-0963

MONDAY Classes

9:00 a.m.

583MA THE GREAT TOURS (ENGLAND, SCOTLAND & WALES) - This semester will be the last semester (8 weeks) and will cover Britain's Estates & Gardens, Legacy of the British Empire, Seafaring Britain, Britain's War Memorials, Hiking England, Scotland and Wales, Britain's Sporting Traditions and How to think about visiting Britain **moderated by Kevin Evans.**

809MA 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.**

204MA ZUMBA®: It's 45-50 minutes of 'ExerciZe in DisguiZe' with Zumba® with Ro and Gina! *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!) – Team Ro and Gina Bardy will get you going!!**

435MA 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.

593MB THE LIVES OF BENJAMIN FRANKLIN II: The 2nd term will cover Franklin's role in politics and diplomacy on behalf of the American Colonies in Pennsylvania and London, his relationships with the ladies, his satirist writings, and his changing perspectives on empire, slavery, and religion. The "Age of Benjamin Franklin" a series of 24 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.**

***477MB 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.**

201MB YOGA: 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.**

809MB INTERMEDIATE SPANISH: Chapter 11/Review - 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 commers 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.**

11:00 a.m.

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

MONDAY Classes (cont.)

11:00 a.m.

211MC POSTURCIZE: Led by **Jan Harazda, RN (RN936802), LMT (MA#24421)"The gym class we should have had!"** Gentle conditioning exercises for warming and lubricating the joints, increasing resilience, as well as preventing and recovering from pain. Gain knowledge and get support for specific musculoskeletal issues. *Janet has been teaching Posturcize to groups and individuals for 30 years.*

***478MC THE NATIONAL PARKS, AMERICA'S BEST IDEA BY KEN BURNS:** The wealth of themes explored in THE NATIONAL PARKS offer an extraordinary educational opportunity. 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. **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. (NOTE: This class does not begin until April 11th)**

220MC SAGE-ING FOR SENIORS: Wisdom Circle is an opportunity to explore and share what is deeply meaningful to each of us regarding the journey from aging to Sage-ing (awakening the sage within). It focuses on topics related to aging and the changing role of elders in our society. It is a place for learning some tools to become wise sages. Topics will be presented followed by discussion and/or journaling as we harvest the wisdom of our lives." **Sage-ing for Seniors, a class by Janet L. Helfand, Ph.D., Certified Sage-ing Leader, Reference: Sage-ing.org***

12:30 p.m.

143MD BRAIN MYTHS EXPLORED: This course will examine current knowledge about how the brain changes with experience and will show how these changes may be controlled by individuals, especially seniors. We will also learn about how the brain functions in various diseases, including dementia. We will use videos from **"The Great Courses"** for these studies, in addition to group discussions in class. **The instructor is Professor Indre Viskontas, Professor of Psychology. The class will be led by Dr. Roger Johnson, retired professor of Neuroscience.**

***598MD SKEPTICISM IN AMERICA HISTORY:** Myths and misinformation abounds in the minds of many Americans based on their education, movies and other experiences. Selected topics will look at three Presidents (Andrew Jackson, Woodrow Wilson and Herbert Hoover), the myth of *laissez-faire* economics, labor unions and U.S. participation in various wars (e.g. did we "win the war but lose the peace"), Great Courses videos will be used as a base. **Dr. "Dan" Scheuerer will moderate and discuss the topics**

TUESDAY Classes

9:00 a.m.

***595TA CIA (24 Weeks):** 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.**

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 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.**

222TA LINE DANCING-BEGINNER LEVEL INSTRUCTION: **The beginner level is for those with little to no prior line dance experience, who enjoy moving to music at a low impact level.** We will start with teaching some of the basic and most common line dance steps, both with and without music. The instruction will gradually progress to performing simple dances. Usually, one single turn to either side is common, in order to repeat the dance on another wall. Movement may be adapted to adjust the pace for people who have difficulty with dizziness stimulated by quick or multiple turns. **Class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years**

TUESDAY Classes (cont)

10:00 a.m.

590TB HISTORICAL SUPREME COURT DECISIONS: This course will cover seven important Supreme Court decisions from *Marbury v. Madison* 1803 to *Citizen United* 2010. The class will use teaching company material and will be led by **Bill Scott**

223TB LINE DANCING IMPROVER/INTERMEDIATE LEVEL: (NOTE – REQUIREMENT-The improver/intermediate level of line dance is for those who have already completed the beginner class in this series, or who have experience and knowledge of the basic line dance steps.) While the impact will remain low, more frequent turns and a briskly paced step may increase the degree of difficulty for this level of line dancing. Movements may be adapted to adjust to individual needs. **Class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years.**

591TB TURNING POINTS IN MODERN HISTORY: - *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.* Most exciting of all is when our course considers turning points that are still turning! These are developments that are still in the process of unfolding in our lives today, with their consequences discernible in the events and dynamics of the present world - By Professor *Vejas Gabriel Liulevicius, Ph.D.*- Facilitated by *Fahim Ahmed*

450TB 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.

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.**

11:00 a.m.

***596TC HOW CONGRESS WORKED AND WHY IT DOESN'T:** The Framers of the Constitution institutionalized the legislative power in Article I of the Constitution, which grants limited powers to a bicameral Congress, with the aim of securing the rights of American citizens. **This course explores the Founders' understanding of the legislative power and how Congress should work, the Progressive rejection of that understanding, and how that rejection has affected American politics.** Course Instructors: - **Kevin Portteus is the Lawrence Fertig Professor of Politics at Hillsdale College. Larry P. Arnn is the twelfth president of Hillsdale College, where he is also a professor of politics and history. The course will be facilitated by Joel Sturman**

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..... Let's learn to play! **Class size is limited to 8! Taught by Judy Carr**

***597TC THE HISTORY OF OIL:** *History of the world's most important resource — oil.* Daniel Yergin's book chronicles the struggle for wealth and power that has surrounded oil for decades and that continues to fuel global rivalries, shake the world economy, and transform the destiny of men and nations. The present battle over energy is one of the most vital issues of our time — from the drilling of the first well in Pennsylvania through two great world wars to the Iraqi invasion of Kuwait, Operation Desert Storm, and both the Iraq War and current climate change. **The Prize is a book crucial to our understanding of world politics and the economy today—and tomorrow. Facilitated by FAHIM AHMED**

TUESDAY Classes (cont.)

11:00 a.m.

***653TC LIVING HISTORY: EXPERIENCING GREAT EVENTS OF THE ANCIENT AND MEDIEVAL WORLDS:** Do you remember the TV program from the '50's hosted by Walter Cronkite, "You Are There"? We marveled at the famous historic moments brought to life for us. We will encounter the death of Socrates, Alexander the Great, Hannibal crossing the Alps, the assassination of Julius Caesar, the death pact of Antony and Cleopatra, the arrest of Jesus, the destruction of Jerusalem, and many more. (Some of these in subsequent classes.) **Exciting and relevant, with my new favorite professor, Dr. Robert Garland. Don't miss the excitement! Join Helen Bennett, for this delightful course!**

***652TC 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!!)**

12:00 p.m.

437TD MAH JONGG - (BEGINNER'S 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. CLASS BEGINS ON APRIL 15th.**
(NOTE: Class runs to 1:30 p.m.)

12:30 p.m.

592TD SPACE EXPLORATION: We will continue during this semester with the lectures by Chris Hadfield on the science of Space Exploration. The instructor, Chris Hadfield, is a retired Canadian astronaut. **He will deal with the challenges in man's reaching and exploring Mars as well as speculate on the future of space exploration.** We will then continue our course by viewing portions of Michael Moore's production of "Chasing the Moon". **This course will be facilitated by Joel Sturman**

521TD A COUNTRY MADE BY WAR: THE AMERICAN CIVIL WAR, 1861-1865 – TERM SIX: This term will cover the year 1863, including Chancellorsville, Gettysburg, and Vicksburg, domestic politics and Chickamauga and Chattanooga. **Dick Davis will be the instructor.**

Directions to Northside Presbyterian Church

From the South head North on N Harbor City Blvd (US-1). Use the left 2 lanes to turn left onto Lake Washington Rd. Your destination will be approximately ¼ of a mile on the right. From the South take I-95 North to Exit 183 Eau Gallie Blvd. Turn right onto Eau Gallie Blvd and drive 2.1 miles. Turn left onto N. Wickham Road and go 1.3 miles. Turn right onto Lake Washington Road and go about 1.7 miles. The destination will be on your left.

From the North head South on US-1. At Viera & US-1 drive 8.3 miles and from Pineda and US-1 drive 4.3 miles. Turn right onto Lake Washington Rd. and your destination will be approximately ¼ of a mile on the right. Taking I-95 from the North heading South take a left off the exit 188 ramp FL-404/Pineda Causeway Ext. heading East. Go 2.8 miles to US-1. Take a right going South on US-1 and drive 4.1 miles. Turn right onto Lake Washington Rd. and your destination will be approximately ¼ of a mile on the right.

SAIL Memorial Donations

In Loving Memory of:

Stan Crandall *Donated by Edna Crandall*

Debbie Laferte *Donated by Nancy Maddocks*

Carolyn Malone – *Donated by Joseph Malone*

Mary Noone – *Donated by James Noone*

Diane and Flora Revesz – *Donated by Bill Revesz*

Charles Solley *Donated by Gale Solley*

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Matt McPartland

Nancy Alderman

Patricia Thompson

Phillip Jennings

Jim Platis

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.