Senior Adventures In Learning Of

Melbourne, Inc.

2950 N. Harbor City Blvd.

Melbourne, FL 32935

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**Issue #87 – August 2024 Triannual Publication**



**S.A.I.L.**

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**Senior Adventures In Learning**

**of Melbourne, Inc.**

***Seniors Charting a Successful Course***

***into the Future!***

**FALL TERM** **2024**

***Every Tuesday, September 17th through November 5th, 2024***

***and Every Wednesday, September 18th through November 6th, 2024***

**at St. John the Evangelist Catholic Community, 5655 Stadium Pkwy. Viera, FL**

**NOTE: ON-LINE REGISTRATION AND PAYMENT IS AVAILABLE AT:**

**sailofmelbourne.org**

Issue #87

Senior Adventures In Learning

**Fall Term 2024 Manual Registration**

For our records…**Let us know the *NAME* of your congregation** if you worship locally. (Affiliation not required):

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**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Last First**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: FL Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Phone: ( ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* 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 received on-line or manual registration.**

**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 those in the Hall**

Enclosed is my check or money order for:

$\_\_\_\_\_\_\_\_ $**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 -** ***PLEASE SEE SPECIAL NOTE ON DONATIONS BELOW***

$\_\_\_\_\_\_\_\_ **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 17th for EIGHT (8) weeks and every Wednesday beginning September 18th for EIGHT (8) weeks. There will be no Bone Building Class on September 18th and October 16th 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 Hand and Foot class and Mah Jongg (check brochure).**

**Where:**

**Classes** will be held at **St. John the Evangelist Catholic Community 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:**

**NEW: YOU CAN REGISTER AND PAY ONLINE AT sailofmelbourne.org**

***If you do not have access to the Internet,*** then 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**, or $45 for two days and up to seven classes covering the **entire 8-week program.**  ***CHECKS ONLY, unless registering on-line.***

**Donations:** SAIL’s donations have dropped unexpectedly since we initiated on-line registration and payment, and we are having difficulties meeting expenses. We want to thank those students, teachers and others that continue to support us by their giving. **However, going forward we may need to increase registration fees**. When you register (on-line or manual) please consider a donation. **We thank you for your generosity.** 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)

**IMPORTANT NOTE: Please mail the registration form no later than September 11th so we have time to process your registration. If you wait to register in person on the first day(s) of classes, *MANY CLASSES WILL BE FILLED (YOU CAN CHECK ON-LINE TO SEE IF CLASSES ARE FILLED).***

**Coffee Club:**

Coffee and tea are provided for $5.00 per term or you may choose to contribute daily.

**~ Senior Adventures In Learning E-Mail address:** [**sailofmelbourne@gmail.com**](mailto:sailofmelbourne@gmail.com)

**~ Senior Adventures In Learning Web Site address:** [**www.sailofmelbourne.org**](http://www.sailofmelbourne.org)

**Phone Number for SAIL- 321-626-0963**

**TUESDAY Classes**

**9:00 a.m.**

**659TA YEARS THAT CHANGED HISTORY – 1215: This semester covers weeks 9 through 16 of this 24-week course. On the agenda will be** Civilizations of Sub-Saharan Africa in 1215, The Crusading Impulse, The Fourth Crusade & The Crusader States, The Fourth Lateran Council and the Jews, The Jews in 1215 and Beyond, Francis of Assisi and the Mendicant Orders, The Crusade Against the Cathars and The Mongol Culture before Genghis Khan. Come enjoy this travel around the year 1215. **Kevin Evans will moderate this course**.

***NEW* 820TA BEGINNING SPANISH**: **This class is for those new to Spanish but want to start learning it or people who have had exposure to Spanish before, but now are effectively newcomers again.** The instructor was an adult newcomer and is proof that it is possible to progress starting from nothing. The course is taught in English with Spanish used where appropriate. It covers Spanish pronunciation, basic grammar topics, and vocabulary that is useful in everyday life and conversation. There are tips and sources useful to improve your abilities. **By the end of this course students will be prepared for another SAIL course – Spanish conversation for Beginners**. **Jay Brennan is your teacher**

**809TA SPANISH CONVERSATION FOR BEGINNERS:** In a supportive learning environment, **Isabel Ochoa-Youssef, a retired New York City Teacher**, this course will guide you through a series of short stories and grammar to help you develop conversational skills in this important language. The required textbook Spanish Made Simple; by Eugene Jackson and Antonio Rubio, revised by Judith Neimethy, is your companion. **This semester, we will be immersing ourselves in chapters 13 to 17.**

***NEW* 488TA CULINARY TRAVEL CLASS:** Restaurants have become more global in their diverse offering of cuisines but more local in terms of freshness from area farms.  The trend is termed farm to table or farm to fresh and it is proving to be a win-win for growers, restaurants and us patrons. **We will explore the trend along with a look at Restaurants that are an attraction in and of themselves due to cuisine, architecture, location, decor or outstanding views.** We will also explore the farms, gardens and growing areas that produce citrus, vegetables and spices to enhance our culinary delights.  This is both an International and Local trend. **Let your tastebuds be your guide as tour guide Lee Rosenkranz, CTC (Certified Travel Counselor) of Florida Greeters and the Dayaway Travel Club takes you on a Culinary adventure throughout Florida and the World**. For a complete syllabus send an email to [floridagreeters@yahoo.com](mailto:floridagreeters@yahoo.com)

**435TA CURRENT EVENTS:** This is an election year, meaning the news will be saturated with all sorts of political information and propaganda.  **However, a number of other events, many affecting our lives, are of interest.   This class focuses on these other events.**   Subjects have covered such things as: the reemergence of Covid; impacts on our Space Program; the Indian River restoration; automotive trends that may be changing; costs of living and the Consumer Price Index; and changing events in Europe, Asia, etc. The intent is to present information, not advocacy.   **Partisan politics are NOT covered.**   Such coverage brings out much heat and very little light.  **Jim Thompson does the presentations.**

**202TA CHAIR YOGA:** Chair Yoga is a gentle form of yoga that’s done while seated and using a chair for balance which makes the practice more accessible for everyone. Whether yoga is done in a chair or on the mat, the practice still focuses on the same core principles: focusing on your breath, paying attention to your thoughts, and staying in the moment. Research shows yoga Is linked to decreased levels of stress, anxiety, depression, lowered cholesterol and blood pressure, improved energy, better sleep quality, less pain, and reduced body mass index**. Your instructor is Stacey Herrington, Stacey is a Certified Master Yoga Instructor with other certifications including Chair Yoga, Plus Size Yoga and Trauma Informed Yoga.**

**10:00 a.m.**

***NEW* 663TB A HISTORY OF BRITISH INDIA AND PAKISTAN:** The Indian subcontinent holds a unique place in world civilization. Perhaps no era is more relevant to our understanding of how present-day India, Pakistan, and Bangladesh came to be than the nearly two centuries of British rule, beginning in 1757. We will cover subjects such as, The British Colonization of India, The Great Uprising: 1857, Economics under the Raj, The Advent of Indian Nationalism, Gandhi, Jinnah, and the Struggle for Independence, The Birth of Modern India, **narrated by Professor Hayden J. Bellenoit of the U.S. Naval Academy facilitated by Fahim (Fred) Ahmed**

**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.***

**TUESDAY Classes (CON’T)**

**10:00 a.m.**

**222TB LINE DANCING BEGINNER LEVEL:** **The beginner level is for those with no previous line dance experience OR for those who wish to improve their basic line dance stepping skills.**  The most common line dance steps will be taught at a low impact level both with and without music.  One single turn or pivot is a common move to repeat the step sequence on a new wall.  The instruction will gradually progress to completing and reviewing simple dances.  Please wear footwear that is suitable for dance movements over a thin pile carpeted surface.  **The class is taught by Lenora Corbett who has been line dancing for over 10 years.**

**652TB A PRACTICAL AND FUN CLASS FOR ASPIRING AUTHORS: (NOTE: a minimum of four (4) students is required to conduct the class). Have you always dreamed of writing your own novel, but don’t know where to start? Do you have a great idea, but struggle with plot, characters, or dialogue? Do you want to learn the secrets of successful novelists and get feedback on your work? If you answered yes to any of these questions, then this class is for you!** You will discover how to: Plan your novel with a clear outline and structure; create memorable characters and realistic dialogue; craft engaging scenes and chapters; avoid common mistakes and pitfalls; edit and revise your draft; publish and market your novel. By the end of this class, you will have the start of a solid draft that you can be proud of. You will also receive personalized feedback from the instructor as well as tips and resources for further improvement. This class is suitable for beginners or intermediate writers who want to take their skills to the next level. Whether you want to write fiction in the form of romance or thriller, fantasy or sci-fi, this class will help you achieve your goals. Don’t miss this opportunity to unleash your creativity and write your first novel. Register now and get ready to embark on an exciting journey**! The instructor, James R. Nelson, is an award-winning author of 15 novels.** He is on the board of The Brevard Author Society and is the past treasurer of the Space Coast Writers’ Guild. He has participated in numerous author talks, panel discussions, and book signing events in Florida, Michigan, and Wisconsin.

**390TB RECONCILING SCIENCE AND RELIGION: We will discuss the relationship between Judeo-Christian religion and modern science, especially concerning the origin of the universe and human and animal life**. We will try to show common ground between religious beliefs and scientific discoveries about the universe. Our religious sources will be chapters 1 and 2 of Genesis in the Hebrew Bible and Christian Old Testament, along with mention of other scriptures. All lectures include PowerPoint presentations. **Required Textbook: The Science of God, by Gerald Schroeder** (Free Press, New York, 2009, available used online and as an e-book). **Rabbi Olshansky was a physics undergrad. He was ordained as a rabbi in 2011. He has taught for 21 semesters at the University of Central Florida (UCF) in Orlando. He developed a UCF online course on religion and science from his past SAIL teaching.**

**809TB INTERMEDIATE CONVERSATIONAL SPANISH: Join Isabel Ochoa-Youssef, a retired New York City Teacher who will guide you through a series of short stories and grammar to add to your conversational and fluency skills in this important language.** The required textbook “Spanish Made Simple” by Eugene Jackson and Antonio Rubio, revised by Judith Neimethy. This semester, we will explore chapters 40 to 45, focusing on practical, real-life scenarios. Recommended but not required: Madrigal’s Magic Key To Spanish, A Creative and Proven Approach by Margarita Madrigal, With original illustrations by Andy Warhol.

**10:30 a.m.**

***NEW* 487TBHAND AND FOOT (CLASS GOES TO 12:00):** Hand and Foot is a partner-based card game that combines elements of rummy and canasta, and is often played in teams of two. The goal of the game is to be the first team to empty their hand and end up with the highest score after four rounds. The game is typically played with five to six decks of cards, including Jokers. Taught **by Laurie Liguori. LIMITED TO EIGHT (8) PLAYERS**

**11:00 a.m.**

**484TC INTERNATIONAL TRAVEL ADVENTURES (AND MISADVENTURES) Part IV**: Do you have a serious case of wanderlust? Whether you are an independent, group or armchair adventurer, come and enjoy! A couple travel junkies will share experiences on how to save money, stay safe and have the adventure of a lifetime. Each class will focus on a different destination. **The Fall 2024 lineup includes: Peru; Estonia: Chengdu, China; Stockholm vs Copenhagen; Tibet; Andalusia; Japan; and Going Dutch.** In addition, information will be provided on “Travel Hacks” (air tags, home exchanges, mobile passports, google flights, jet lag, car rentals, credit cards, insurance, currency exchange, etc.). The presenters are academic colleagues and bring very different approaches to travel. **Stan Helm spent eleven summers teaching graduate courses in China and has traveled worldwide. Bob Cox is the retired director of Webster University’s Melbourne campus, an adjunct for Barry University and has enjoyed many international adventures**

**TUESDAY Classes (CON’T)**

**11:00 a.m.**

**631TC FICTION WRITING CRITIQUE GROUP: (Note: a minimum of three (3) students is required to run this class). Bring 2 pages of your work in progress (fiction only, no poems), and the group will review your submission in an encouraging and helpful way. Award-winning author James R. Nelson is your** **instructor. YOU MUST HAVE TAKEN HIS FICTION WRITING CLASS BEFORE SIGNING UP FOR THIS ONE**

**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 ten (10) 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**.

**230TC BENEFITS AND AGILITY 101 – BENEFITS OF SLOW, GENTLE MOVEMENT:** **This class combines brief discussion and seated or standing positioned movement with emphasis on safe, slow, and gentle activity to promote balance, flexibility, and strength.**  Discussion will include the benefits of slow movement and balance strategies/tips to steady oneself while walking, standing in place, getting in/out of a chair, and moving/carrying items around the home.   Elements of stretching, dance, postural training and tai chi activity will be included. Participants are encouraged to wear comfortable clothing and supportive footwear allowing for toe movement if possible.  Holding onto an assistive device or secure chair back is encouraged to promote good movement quality with upright, energy-efficient posture. **The class is taught by Lenora Corbett, PT, who has been a licensed physical therapist for over 40 years.**

**500-2TCTHE FALL AND RISE OF CHINA (cont.):** This course traces China’s tumultuous 200-year journey from a collapsing 19th-century empire to an aspiring 21st-century superpower. The journey begins with the decline and fall of the Manchu dynasty under the dual stresses of increasing foreign penetration and rising domestic disorder. It culminates in China’s rise, phoenix-like, from the ashes of radical, revolutionary Maoism to become a global market-based economic— and potential military powerhouse**. Taught by Professor Richard Baum, Ph.D. and facilitated by Fahim (Fred) Ahmed**

**WEDNESDAY Classes**

**9:00 a.m.**

**204WA ZUMBA®: 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 and Gina Bardy will get you going!!**

***NEW* 489WA INTRODUCTION TO PALEONTOLOGY:** This fascinating and visually stunning course **produced in partnership with the Smithsonian opens new doors onto the 4.54-billion-year history of our world**. How did we—not just humans, but all of life, and planet Earth itself—come to be? To find out, you need the science of paleontology. From recently exposed fossils to new theories about our ancestors, this exciting science is exploding with new, game-changing discoveries. Your guide is Dr. Stuart Sutherland, Professor in the Department of Earth Ocean and Atmospheric Sciences at the University of British Columbia.  Supplemental material will be provided by **the presenter, John Riley**.

**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.***

**660WA THE DEVELOPMENT OF EUROPEAN CIVILIZATION:** We continue this semester on weeks 9 through 16 of this 48-week course and will cover these topics. The Ottoman threat to Europe, The Expansion of Europe, The Continental Reformation & Luther, The Continental reformation & Calvin, The Wars of Religion, The English Reformation, The English Civil War, The Thirty Years War. Lots of information to disseminate in this class! **Kevin Evans will moderate this course**

**10:00 a.m**

**201WB 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.**

**WEDNESDAY Classes**

**10:00 a.m.**

***NEW* 661WB XENOPHOBIA IN AMERICA AGAINST IMMIGRANTS: This instructor-developed course focuses on the 250-year history of underlying fear and hatred of immigrants by some Americans**. Attention will be given to the Germans, Irish, Chinese, Poles and Jews, Mexican and Muslims who have come to our shores. One class will concentrate on how to read and analyze political cartoons. Included will be information on Ellis Island and the Statue of Liberty. A short, anonymous survey of positive, neutral or negative attitudes toward immigrants will be taken. **Instructor Dr. Dan Scheuerer is the Florida 2017 American History Teacher of the Year**

***NEW* 821WB QUICK FACTS IN THE ENGLISH LANGUAGE:** This 8 week only class walks us through the alphabet (all 26 letters) with information about topics that Professor McWhorter chooses. The letters chosen to start the course are “A for Aramaic”, B for “Baby Mama”, C for Compounds, “D for Double Negatives”, “E for Etymology” all the way through to “W for What’s Up, Doc”, “X for Ixoo”, “Y for Yiddish” and “Z for Zed”…..**now, who knows what a “Zed” is?** Each letter is approximately 15 minutes with X and Y taking one lesson between them. **Kevin Evans will moderate this course**.

**656WB** **UNLOCKING MEMORY USING IMAGINATIVE WRITING IN JOURNALS & MEMOIRS:** **This class will look at ways to engage the imagination as a means of shaping memories in writing a journal or a brief memoir**. We will explore ways to create original pieces (journals, short poems, and creative non-fiction), focusing on getting started and structuring the “Idea” behind each work. Class members will hone observation skills as a basis for the writing, with emphasis on using specific detail and description to enhance what you write for yourself and others. Materials: Handouts, writing prompts & visual aids will be e-mailed to participants. USEFUL TEXT: Heather Sellers, Page After Page, a guide to developing the habit of writing, available in Used editions. **Your instructor is Fr. Tony Grasso, CSC, Ph. D.** He has taught high school English and has been an English professor at King’s College, Wilkes-Barre, PA, for 37 years, for a total of over 42 years in the classroom prior to retiring in 2022. He attended The Bread Loaf Writers Conference at Middlebury College and taught a Poetry Writing Workshop at King’s, as well as a course on Imaginative Writing. He began teaching at SAIL in 2023, a class on “Analyzing & Appreciating Poetry” and the “Imaginative Writing” course during 2024.

**11:00 a.m.**

**657WC THE ANCIENT WORLD, PART 3: Please join Helen Bennett as we continue our journey through the magnificent Ancient World.** Theseclasses include: Confucius and the Greek Philosophers; Mystics, Buddhists, and Zoroastrians; Persians and Greeks; Greek Art and Architecture; Greek Tragedy and the Sophists; The Peloponnesian War and the Trial of Socrates; Philip of Macedon: and Alexander the Great Goes East. See how the ancient world shaped our own. Fascinating!

**224WC STRENGTHENING AND BONE-BUILDING EXERCISES (Class is limited to 25 people):** **Because of a church activity there will be no class on 10/18 AND 11/16. Learn about body alignment, the role of the feet, core, and overall muscle strength to improve your daily functions**. This class includes a series of slow and controlled chair and standing exercises designed to develop muscle strength, increase flexibility and improve balance while strengthening your bones. **The course will be guided by Isabel Ochoa-Youssef, a former “bone builder” exercise program trainee with Aging Matters in Brevard.**

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***NEW* 662WC MEMOIR WRITING WORKSHOP:** **Editing and Shaping your Text: You must have begun a memoir manuscript of several pages in length, and preferably taken the first part of the course: “Unlocking Memory – Imaginative Writing in Journals and Memoirs.”** Members of that class have been developing a memoir for the past year or longer. We will meet in a workshop setting to work on each person’s text. The aim is to make the work more cohesive, to develop an interesting narrative, to make the text less wordy and repetitive. The class will begin with some editing work to focus on specific areas, then switch to workshop mode in small groups for practical critique. LIMIT: 9-12 participants; each participant must have manuscripts in process (roughly 20 + pages) to make this work. Handouts may be given; no specific text required. That said, it may be helpful to purchase a used copy of Heather Sellers new book, You Don’t Look Like Anyone I know, a memoir about her mom, OR look at Page After Page, her book on forming the confidence to develop the habit of writing. Both are available in used paperback copies. **Fr. Tony Grasso is your instructor**

**WEDNESDAY Classes (con’t)**

**11:00**

**450WC EMBROIDERY:** **Embroidery is more than a relaxing hobby. It’s great for your hand/eye coordination and is a powerful brain exercise**. Learning how to read a pattern and then work the pattern with a needle and thread will help keep you SHARP! Join us, whether you’re a beginner or just needing a refresher, in making a bookmark that will include nine basic stitches. In addition, we’re expanding our class to welcome our returning students to continue learning new stitches or new types of embroidery. We will have a project for you to work on, materials provided, or you can bring your own project and get expert help. Join the fun, we are itching to get stitching!

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***NEW* 153WC FUNCTIONAL NUTRITION FOR HEALTHY AGING: Nutrition is vital to healthy aging, and functional nutrition encompasses the whole person: lifestyle, habits, personal health history and more**. We can all get better and manage the effects and risk of chronic disease if we learn what we need to work on and how to sustain lifestyle changes. This course will be highly interactive, and we’ll share science-based tips to help you thrive. Topics include nutrition basics, keeping a simple food and activity log, the 4 pillars of wellness, and simple recipes and tips. You will explore your own personal challenges around nutrition and wellness**. Gina Bardy is a certified in Functional Fitness and as a Health Coach through the American Council on Exercise and has helped numerous people achieve and maintain their health and wellness goals.**

**12:00 p.m.**

**437WD MAH JONGG** - **(Beginners and Experienced):** ***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#***](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 play! ***Beginner******class size is limited to 4. No limit on experienced class*. Taught by Laurie Liguori*. (NOTE: Class runs to 1:30 p.m.)***

**12:30 p.m.**

**521WD A COUNTRY MADE BY WAR – THE GREAT WAR:** The Great War became World War I after World War II began. In this term we will review European history from the end of the Napoleonic Wars in 1815 to 1914, the year The Great War began. We will see how conservative governments abolished liberal movements which sought to replace Kings with citizens, how liberals tried to resist by revolutions which were suppressed, how the German Empire came into existence, and how the European Great Powers moved inexorably to war over a quarrel in the Balkans**. Dick Davis will be the instructor.**

***NEW* 664WD GREAT HEROES AND DISCOVERIES OF ASTRONOMY: Astronomy is one of humanity’s oldest sciences, and its greatest discoveries, advancements, and technological developments tell a remarkably compelling story about our universe—and ourselves.** Star catalogs, nebulae, cosmic background radiation, supernovae, and black holes. We would know nothing about any of these fascinating cosmological features were it not for the hard work and dedication of men and women from all around the world, each of whom played their own pivotal role in opening our view of the cosmos. **This beginner’s astronomy Great Course is taught by Emily Levesque who is an Associate Professor in the Department of Astronomy at the University of Washington and moderated by Don Risi.**

**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. The 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:***

**Deceased SAIL Teachers/Members *Donated* *by Matt McPartland***

***SAIL BENEFACTORS***

**Ascension Catholic**

**Northside Presbyterian Church**

**St. John the Evangelist Catholic Community**

**Kathy Bacsik**

**Patt Thompson**

**Todd Ferguson**

**Paul Pratt**

**John Prokopwicz**

**Helen Bennett**

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