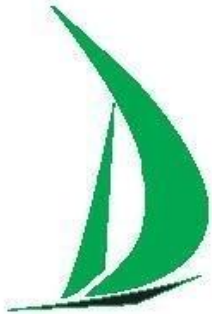


Senior Adventures In Learning Of
Melbourne, Inc.
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Melbourne, FL 32935

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Issue #89 – March 2025

Triannual Publication



S.A.I.L.

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

*Seniors Charting a Successful Course
into the Future!*

SPRING TERM 2025

Every Monday, March 31st through May 19th, 2025
and Every Tuesday, April 1st through May 20th, 2025

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

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

sailofmelbourne.org

Issue #89

Senior Adventures In Learning 2025 Spring Term Registration Form

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 below** 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. _____

TUESDAY Classes: 9:00 a.m. _____ 10:00 a.m. _____ 11:00 a.m. _____ 12:00 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 the Fellowship Hall**
- **Registration is in the lobby----follow the signs. Coffee is in the kitchen area.**

\$ _____ \$**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.**

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

Please Read

When:

The Spring Term will be every Monday beginning March 31st for EIGHT (8) weeks) and every Tuesday beginning April 1st for EIGHT (8) weeks. Classes are at 9:00, 10:00, 11:00 a.m., and 12:00 p.m. (Tuesday only).

The SAIL instructors volunteer their time to teach the classes.

Please attend ALL 8 weeks of classes you sign up for.

Where:

Classes will be held at Northside Presbyterian Church, 1400 Lake Washington Road near U.S. 1. Go to the Back Office Entrance and follow signs to the 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.

Registration:

YOU CAN REGISTER AND PAY ONLINE AT sailofmelbourne.org

If you do not have access to the Internet, then refer to the 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 the 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 ONLY, unless registering on-line.*

IMPORTANT NOTE: Please mail the registration form no later than March 18th 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)*.

Other:

Learn and Lunch: Please bring your lunch on Tuesdays and attend the 12:00 p.m. class "Foreign Policy" with the instructor Dick Davis.

Classes: that are being offered for the first time are marked "NEW".

Coffee Club: Coffee and tea are 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

Phone Number for SAIL- 321-626-0963 or 321-626-2704

MONDAY Classes

8:30 – 9:45 AM

222MA LINE DANCING BEGINNER LEVEL MOVEMENT - NOTE: THIS IS A FIVE-WEEK EXTENDED CLASS THAT DOES NOT START UNTIL APRIL 21ST. 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. **The class is taught by Lenora Corbett who has been line dancing for over 10 years.**

9:00 a.m.

660MA DEVELOPMENT OF EUROPEAN CIVILIZATION: This course continues into its second half (48 lessons total) with lessons on **The Industrial Revolution**, The Industrial Working Class, Capitalism & European Society, The Middle Class, Liberals and Liberalism, Liberal Government, Science & Progress and 19th Century Optimism. Join us or come back and see the next part of this trip around Europe. **This course is mentored by Kevin Evans.**

NEW 156MA EPIGENETICS: Epigenetics reveals how behavior and the environment influence gene activity, challenging traditional views of heredity. Key findings include: Inherited changes - genetic shifts can be passed to future generations; Quick effects - exercise or a meal can rapidly alter gene function: Pollution impact - Environmental toxins can disrupt gene expression long-term. This field highlights the powerful role our surroundings play in shaping our genetic makeup. **Epigenetics by Dr. Charlotte Mykra is Facilitated by Sonal (Sunny) Shah. NOTE THERE WILL BE NO CLASS ON MAY 19TH.**

9:45-11:00 a.m.

223MB LINE DANCING IMPROVER LEVEL: MOVEMENT - NOTE: THIS IS A FIVE-WEEK EXTENDED CLASS THAT DOES NOT START UNTIL APRIL 21ST. The improver level of line dance is for those with previous experience in line dancing and knowledge of the basic steps, who wish to improve their skills. While the impact will remain low, more frequent turns and a briskly paced step may increase the degree of difficulty. Movements may be adapted to adjust to individual needs. **The class is taught by Lenora Corbett who has been an intermediate level line dancer for over 10 years.**

10:00 a.m.

663MB A HISTORY OF BRITISH INDIA (CONTD): 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.**

461MB 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.**

478MB THE NATIONAL PARKS, AMERICA'S BEST IDEA BY KEN BURNS: 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 plus The Wonders of America's National Parks from The Great Courses. Instate parks and monuments include the Everglades National Park, Fort Matanzas and Castillo De San Marcos National Monument in St. Augustine. Local subjects include the Merritt Island Wildlife Refuge and Cape Canaveral National Seashore. **If you'd like to receive a syllabus you can request it by e-mail to floridagreters@yahoo.com or text 321-544-3758.**

MONDAY Classes (cont.)

10:00 a.m.

664MB 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 is the second semester of the course which will use both the Great Course taught by Emily Levesque, an Associate Professor in the Department of Astronomy at the University of Washington, as well as interesting videos and discussions into selected topics. The course will be moderated by Don Risi.**

11:00 a.m.

500-2MC THE FALL AND RISE OF CHINA (CONTD): 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.**

437MC 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. Mah Jongg League cards will be provided that have a description of hands for the players to follow. It is a thinking game, yet so much fun. So..... Let's learn to play! **The class size is limited to 8! Both beginners and experienced players are welcomed. Taught by Judy Carr**

657MC THE ANCIENT WORLD, CONTINUED PART 5, Lectures 29—36: Join Helen Bennett as we continue our journey through the Ancient World. We will meet Augustus—Creator of the Roman Empire; Roman Emperors—Good, Bad, and Crazy; Han and Roman Empires Compared in Geography, Government, and Problems (including mad emperors); Early Americas—Olmecs; Moche and Teotihuacan; and Mayan Civilization. **Find out what was going on in the Western Hemisphere before the Americas came on the stage!**

230MC BALANCE AND AGILITY 101 – BENEFITS OF SLOW, GENTLE MOVEMENT - NOTE: THIS IS A FIVE-WEEK EXTENDED CLASS (11:00 – 12:30 PM) THAT DOES NOT START UNTIL APRIL 21ST - LIMITED TO 20 STUDENTS.

This class combines brief discussion and seated or standing positioned movement. The 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. Movements will include slow weight shifting, proper leaning or bending postures, coordinated standing and stepping for safe balance, and controlled directional changes. 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.**

405MC 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.*

TUESDAY Classes

9:00 am

809TA BEGINNING CONVERSATION FOR THE SPANISH LANGUAGE: Isabel Ochoa-Youssef, a retired New York City Teacher will guide you through a series of short stories and grammar to help you develop conversational skills in this important language. The recommended books are: "Madrigal's Magic Key To Spanish, A Creative and Proven Approach" by Margarita Madrigal and "Spanish Made Simple" by Eugene Jackson and Antonio Rubio, revised by Judith Neimethy. Both texts offer grammar and conversational real-life scenarios. **Some Spanish background is highly recommended.**

NEW 920TA "GET SMART" - NAVIGATING THE DIGITAL WORLD: A SENIOR'S GUIDE TO TECHNOLOGY - This course will demystify the world of technology for seniors, covering a range of devices and concepts in a friendly and accessible way. Each week will focus on a specific area, combining presentations, demonstrations, and hands-on activities. Community experts will share their knowledge and answer your questions. **Target Audience:** Seniors with little to no prior experience with technology, as well as those looking to expand their existing knowledge. Your instructors are **Paul Esche**, a US Navy veteran, is the founder and owner of Linux-Net, LLC, an ISO-9001 certified technology company specializing in business networks. His wife **Suzette Kachmaryk**, a US Air Force veteran, holds a master's degree in information technology management and an associate's degree in programming. **Both Paul and Suzette are licensed Unity teachers with The Unity Worldwide Spiritual Institute.**

150TA WINNING LIFE'S TOUGHEST BATTLES: A discussion of the methods utilized by people who have successfully endured personal disasters that challenged our individual capacity to endure. Based on the work of Dr. Julius Segal, **Jim Caverly, a retired FBI agent, will share his experience over 30 years with individuals who have experienced life altering trauma.** What can we learn about their journey through a wide and varied exposure to some of life's most difficult experiences?

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. CLASS LIMITED TO 20 STUDENTS.**

10:00 a.m.

NEW 667TB FREEDOM ROAD: BLACK HISTORY SINCE RECONSTRUCTION: This course will be an overview of **Black history from the end of Reconstruction (1877) to the present.** We will discuss the major trends, events, and personalities that impacted millions of African-Americans on the road to greater freedom and security. What kinds of disadvantages and heartaches did they face in the era of Jim Crow? How did they build families, communities, and the arts in a society that treated them as separate but unequal? What trends in larger American society impacted them as they traveled the road to freedom? **Your instructor will be Chris Bryans who served in the Air Force for 27 years before starting a career in education.** This course began as a year-long high school course in 2016 that traced African-American history from 1619 to the present. Although Chris was already widely read in the topic, a deep dive into Black history to prepare for this course was an experience he will never forget. It evolved and became a full-fledged elective several years ago, when Chris taught at Eastern Florida State College. **NOTE: MINIMUM OF 8 STUDENTS REQUIRED TO CONDUCT THIS CLASS**

809TB INTERMEDIATE CONVERSATIONAL SPANISH: Join Isabel Ochoa-Youssef, a retired New York City Teacher who will use the texts "Madrigal's Magic Key To Spanish, A creative and Proven Approach" by Margarita Madrigal and "Spanish Made Simple" by Eugene Jackson and Antonio Rubio, revised by Judith Neimethy. Both Texts offer continued conversational real-life scenarios and grammar practice for second language Spanish speakers.

TUESDAY Classes (con't)

10:00 am

201TB 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 Stacey Herrington. Please bring a yoga mat and water. You may also bring a yoga strap. CLASS LIMITED TO 20 STUDENTS.**

NEW 919TB NANOTECHNOLOGY, THE NEW SCIENCE OF SMALL - Come join us in exploring all things small...well extra small.... well...really tiny small! The first 8 lessons of this 24-week course discuss The Crossroads of 21st Century Science, The Fundamental Importance of Being Nano, From Micro to Nano-Scaling in a Digital World, Leveraging the Nanometer in Computing, Leveraging the Nanometer in Communications, Sensing the World through Nanoengineering, Nanomedicine-DNA and Gold Nanoparticles and Nano & Proteins-Enzymes to Cholesterol **This course was put together and is mentored by Kevin Evans.**

11:00 am

656TC 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. **NOTE: A MINIMUM OF FOUR (4) STUDENTS IS REQUIRED TO CONDUCT THIS CLASS.**

484TC INTERNATIONAL TRAVEL ADVENTURES (AND MISADVENTURES) Part VI: 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 Spring 2025 lineup includes: **Thailand; Estonia; Chengdu, China; Topkapi Palace (Istanbul); Amtrak Adventure; Andalusia, Spain; Provence; and Beijing & the Great Wall.** In addition, information will be provided on "Travel Hacks" (photo tips, 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.

807TC CONVERSATIONAL SPANISH LANGUAGE: In this course students will participate in discussions of topics of interest in everyday life conversations. These are conversations students may encounter in their daily life and that they may encounter in a Spanish speaking 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 by Monsie Woehler, who has a master's degree in Spanish, and many years of teaching experience. Monsie has taught all levels of Spanish.**

437TC MAH JONGG – (BEGINNER 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>) 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! **The class size is limited to 4.** Taught by Laurie Liguori (This class runs from 11:00 – 1:00 p.m.).

TUESDAY Classes (con't)

11:00 p.m.

NEW 410TC ADVANCED BRIDGE: Experienced players certainly know how to play bridge, **but few actually know how to "think" bridge like an expert.** Topics will include: (1) Is bridge won or lost? (2) How do we develop a successful partnership? (3) How many conventions do we really need, and which ones? (4) Developing and applying bidding judgment. (5) What to think about during actual play. (6) Suggestions for personal improvement. An optional second hour will be offered to accommodate participants' requests for discussion of specific topics or interesting deals. **Your instructor is Rabbi Richard Margolis** who won his first Regional tournament 62 years ago and has won them in every decade since. Playing as a professional, he also has numerous high finishes in National events. He won the yearly Master Solvers Club bidding contest, with thousands of entrants, twice in a row, and he continues his relationship with The Bridge World magazine by reviewing new bridge books and materials. **NOTE: THIS COURSE IS FOR ADVANCED BRIDGE PLAYERS ONLY.**

450TC EMBROIDERY: Embroidery is more than a relaxing hobby! It's great for your hand/eye coordination as well as a **powerful brain exercise.** Learning how to read a pattern, then work the pattern with a needle and thread is not only rewarding but **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!

12:00pm

502TD AMERICAN FOREIGN POLICY: **In this course we will examine and discuss one foreign policy issue each week.** In the first class, the instructor will talk a little about American foreign policy since the American Revolution, introduce the two primary schools of thought about foreign policy, and consider President Trump's foreign policy ideas. At the end of the first class, and after each class thereafter, the instructor will distribute a discussion paper for the next week. **The instructor will be Dick Davis. NOTE: THERE WILL BE NO CLASS ON MAY 20TH.**

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:
Art Pappas Donated by Joan Pappas
Eleanor Schwartz Donated by Helen Bennett

SAIL BENEFACTORS

**Northside Presbyterian Church
St. John the Evangelist Catholic Community Church
Ascension Catholic Community Church
Jack and Denette Schweikert
Don Schweikert
Nancy Alderman
Jim Caverly
Sherie Banks
Don Risi
Richard Davis
Beverly Merrilees
Todd Ferguson
Jay Brennan
Paul Pratt
Joel Sturman
Sonal Shah
Patt Thompson
Jack and Sara Karabasz
Matt Russ
Earl and Nancy McMillin
Carl Van Buskirk
Judi Chubb
Diana LeRay**

A very special thanks to the Dottie and Edward Hudak Trust and Paul Esche Trustee for their VERY GENEROUS donations over the past two years that, along with other donations, helped us establish financial stability during some difficult times.

Thanks to everyone who 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.