

## GREAT INEXPENSIVE CLASSES - ILR COURSE SCHEDULE - SUMMER 2018

### 18-201 HOW TO PREVENT HEART DISEASE

**Barbara Ruger, Thursday, 3-5 pm**

**Sonoran Room, 5/31**

This class is a **free** two-hour presentation that will include topics such as the definition of heart disease plus risk factors that you cannot change and those you can change and how each affects the heart. These factors include blood pressure, cholesterol and triglyceride levels, weight, diet, regular exercise, alcohol, smoking, and stress. Other topics to be addressed are how medications for blood pressure and cholesterol work and how to develop a lifestyle that supports a healthy heart.

In conjunction with the lecture a heart-healthy meal will be offered as the nightly special on the Bistro's menu for those who want to follow up the session with dinner.

Although this class is free and guests are welcome, ILR subscribers who are planning to attend are requested to register so that we have an idea as to attendance.

### 18-202 UNDERSTANDING AND APPRECIATING WINE

**Tom Oetinger, 3-5 pm**

**Tuesday, 6/5, Sonoran Room; Thursday, 6/7, Cactus Room; Tuesday, 6/12, Sonoran Room; Thursday, 6/14, Ballroom West; Tuesday, 6/19, Saguaro Room**

This introductory course has been designed to give participants the basics to develop their wine appreciation and will introduce them to the different grape varieties, wine elements and styles, regions and methods involved in wine production. Participants will be instructed in the 'Intentional Method of Wine Tasting' and will have the opportunity to practice the skill sets during each session of the program. During the tasting sessions, the participants will gain an understanding of the major wine elements, including grape varietals, residual sugar acids, tannins, and alcohol and how these elements impact the nature and taste of wine.

In addition, the course will cover topics such as purchasing wine, pairing wine with food, decanting and serving, restaurant wine lists, and proper storage and cellaring. The instructor has an Advanced Certification in Wine and Spirits from WSET (Wine and Spirit Education Trust) in London, is brand ambassador and wine educator for a major California wine producer, and a wine columnist for the Saddlebag Notes. ***Note that a liability waiver will be required to participate in the course. Note also that the fee for this course is \$60 which will include the cost of the wines tasted.***

### 18-203 GREAT CONDUCTORS THEN AND NOW IN CONCERT AND REHEARSAL

**Punch Howarth, Mondays, 1:00-2:30 pm**

**Sonoran Room, 6/18, 6/25, 7/2, 7/9, 7/16**

This class will show participants various performances of renowned, world-class symphonic conductors leading great orchestras. Sessions will maximize the visual experience and will include living and deceased artists. Some selections could also include famous soloists.

Class members will be encouraged to ask questions, give general comments and/or critique performances. No previous musical experience is necessary--just a desire to experience great music performed by those with outstanding talent. The instructor will demonstrate the basic techniques of conducting.

## **18-204 A BRIEF HISTORY OF AVIATION IN U.S. (1890-2018)**

**Chuck Stump, 1-3 pm**

**Thursday, 6/21, Cactus Room; Wednesday, 6/27, Saguaro Room; Thursday, 7/5, Cactus Room; Thursday, 7/12, Ballroom West; Thursday, 7/19, Ballroom East**

This class will look at how aviation began in the US, based on earlier “flying experiences” in history. The sessions will include non-powered flight, powered flight, aircraft in warfare, development of general aviation (private and business), and commercial aviation.

Charles (Chuck) Stump, M.A., has been a general aviation private pilot since 1985 and has accumulated over 850 hours of flight time. He was a volunteer at the Kansas Aviation Museum in Wichita, Kansas, where he taught fundamentals of flight to young people, and is currently a volunteer at the Pima Air and Space Museum in Tucson.