

Fall 2019 Courses Added Since the Print Catalog

Easy Tai Chi & Qi Gong Level Two- Colleen Griffin

Now that you are familiar with the basics of Tai Chi & Qi Gong it's time to integrate physical postures, breathing techniques and focused intentions. Enroll in this 3 class series and practice gentle, rhythmic movements that can reduce stress, build stamina and increase vitality.

Prerequisite: Easy Tai Chi & Qi Gong

3 class dates, Studio 10, Members: \$25; Non-Members: \$30

FIT135A	W	9/11- 9/25	4:30-5:45pm
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The Coffee Hour - Pat Lee Russell

Grab a cup of coffee from Sid's Cafe and join the group for a lively discussion once a month. In a casual atmosphere, we will have an in-depth discussion to exchange information or ideas to increase our knowledge. We will not try to change minds, instead we will welcome all opinions. When appropriate, we will ask a guest to attend who can enlighten us on the subject. With the exception of the first month, the group will select the topic to be discussed each month. The first class will be on Climate Change- What are the effects and what can be done to improve the situation. This course meets the third Monday of each month.

4 class dates, Studio 10, Members: \$5; Non-Members: \$10

Cur153	Mo	9/16-12/16	9:00am-10:00am
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Not Your Grandma's Ceramics: Glaze a Ceramic Jack-O-Lantern - Doris Meyer

This is not the ceramics of old! Join us and learn how to turn your bisque piece into a work of art. Painting on bisque is fun and easy with glazes (paint is food safe). Keep it for yourself or give as a gift. You may want to bring an apron and brushes if you have them (make sure they have your name on them). The instructor will send you a list of brushes needed, if you are bringing your own. Pieces will be fired after class and returned to you in time for Halloween. \$10 supply fee (cash or check) payable to the instructor on the day of class.

1 Class Date, Studio 2, Members: \$47; Non-Members: \$52

PAI230	W	9/18	1:00pm-4:00pm
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Quilling: Autumn Scene - Natalie Torgeson

Students will create a 5X7 matted fall scene using quilled paper strips to form the design. This class will introduce various shapes and techniques building on previous experience. Note: A \$5 supply fee is due to the instructor the first day of class. Prerequisite: Intro to Quilling (tools from that class) or previous quilling experience and tools.

1 Class Date, Studio 1, Members: \$22; Non-Members: \$27

PAP133A	F	9/27	1:00pm-4:00pm
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Holiday Stained Glass Suncatcher Workshop - Bert Lamothe

Let's get ready for the Holiday gift giving season! Workshop is open to previous MTP Suncatcher students only. In this fast-paced workshop, you may complete as many suncatcher type ornaments as you can. Many patterns will be available. There is a \$5.00 supply fee (cash or check) payable to the instructor on first day. Let's have some fun!

2 class dates, Studio 1, Members: \$37; Non-Members: \$42

GLA122A	Sa	10/5-10/12	10:00am - 1:00pm
GLA122B	Tu,Th	10/22-10/24	10:00am - 1:00pm

Introduction to the Great Decisions Course - Roger Kass

The Great Decisions courses are designed to involve students in a lively discussion of world affairs. Join the facilitator, Roger Kass for an hour-long introductory session that goes over the objectives for the course. Learn about how you will interact with others, develop and share opinions, and gain a better understanding of the challenges and options facing the U.S. and in its relations with the world. The topics are selected by the Foreign Policy Association and the agenda for the 2020 class will be disclosed at this session. Learn about all this course has to offer before enrolling!

1 Class Date, Classroom 1, Members: \$2; Non-Members: \$7

CUR156	Th	10/10	11:00am-12:00pm
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Not Your Grandma's Ceramics: Thankful Perky Turkey - Doris Meyer

Learn to use these satin glazes in creating a picture. NO drawing required; we use patterns! In this class you will trace a pattern onto a plate and use glazes to fill it in. This delightful turkey dish is waiting for you to put your touch on it for Thanksgiving dinner (paints are food safe). You may want to bring an apron and brushes if you have them (make sure they have your name on them). The instructor will send you a list of brushes needed, if you are bringing your own. Pieces will be fired after class and returned to you in time for Thanksgiving. \$10 supply fee (cash or check) payable to the instructor on the day of class.

1 Class Date, Studio 2, Members: \$47; Non-Members: \$52

PAI231	Tu	10/15	9:00am-1:00pm
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Emotional Well-Being and Essential Oils - Ina Anderson

Our emotions affect every aspect of our lives from the health of our physical bodies, to the health of our relationships. The purpose of this class is to empower participants to be emotionally well. In this discussion class, participants will talk about a variety of emotions and the oils that help constrain, alter or enhance them.

1 Class Date, Classroom 3, Members: \$17; Non-Members: \$22

NAT158	Th	10/17	10:00am-12:00pm
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Make and Take Essential Oils - Ina Anderson

In this interactive class you will make an essential oils spray bottle for use in your home and a personal use roller ball. All supplies will be provided, and the cost is included in the course fee.

1 Class Date, Studio 10, Members: \$27; Non-Members: \$32

NAT157	Tu	10/22	10:00am-12:00pm
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Breathing Into Our Future With our Time, Talents, and Insight – Rondo Fernandez

In this course, participants will learn about the current challenges we face every day with the youth in our community. This includes information on where, when, how, and why help is needed. Attend this course and learn where your time, talent, and insight can really be

used by helping make a difference in the lives of the youth right here in our community.

1 Class Date, Cypress Hall, Members: Free; Non-Members: Free

CUR160	M	10/28	1:00pm-3:00pm
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NASA: All About the International Space Station (ISS) - Gregory Clements

Join Greg Clements, the Chief of the Strategic Implementation Office, in the Exploration Research and Technology Programs Directorate at the John F. Kennedy Space Center (KSC) in Florida as he discusses the history of the International Space Station (ISS) and recent updates. The ISS serves as a micro-gravity and space environment research laboratory in which crew members conduct experiments in biology, human biology, physics, astronomy, meteorology, and other fields. Learn more in this engaging session!

1 Class Date, Cypress Hall, Members: Free; Non-Members: Free

SPE161	W	10/30	3:30pm-5:00pm
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Quilled Christmas Snowflakes and Ornaments - Natalie Torgeson

We will make a Christmas Ornament and a Christmas Snowflake using quilled techniques and strips of paper. Note: There is a \$5 supply fee due the first day of class and the requirement of completion of the Introduction to Quilling Class (and have tools) or have previous quilling experience and tools.

1 Class Date, Studio 1, Members: \$22; Non-Members: \$27

PAP134	F	11/1	1:00pm-4:00pm
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The Florida Holocaust Museum- Kyle Gilgis

One of the largest Holocaust museums in the country is in St. Petersburg. The museum is a living memorial to those who suffered and perished under German domination during the 1930's and 40's. The museum is dedicated to ensure such atrocities could never happen again to any group of people. This trip includes: bus transportation, driver tip, bottle of water, museum admission, and tour coordinator. Lunch will be on-own. Trip Itinerary: 7:45am- Arrive and load bus at MTP; 8am- leave MTP for St. Petersburg; 10am- Arrive at The Florida Holocaust Museum; 10:30am-12:30pm- Tour of

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museum; 12:30-2:30pm- lunch on-own; 2:45pm- load bus for MTP; 5pm- appx. arrival back at MTP

1 Class date, field trip, Trip Fee- Members: \$68; Non-Members: \$78

TRI191	Tu	11/12	8:00am- 5:00pm
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and open, more interested in raising interesting questions than in providing definitive answers.

1 Class Date, Live Oak Hall, Members: \$2; Non-Members: \$7

SOC116	W	12/11	1:00pm-3:00pm
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Not Your Grandma's Ceramics: Santa Dish - Doris Meyer

Ho, Ho, Ho! You will be using a new product on this piece. It is called a Wonderglaze. It can be fired without a clear glaze and still be glossy or with a clear glaze for added gloss. Fill Santa's belly with candies or goodies for a nice gift. You may want to bring an apron and brushes if you have them (make sure they have your name on them). The instructor will send you a list of brushes needed, if you are bringing your own. Pieces will be fired after class and returned to you in time for Christmas. \$10 supply fee (cash or check) payable to the instructor on the day of class.

1 Class Date, Studio 2, Members: \$47; Non-Members: \$52

PAI232	Tu	11/12	9:00am-1:00pm
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Intermediate Cold-Process Soap Making: Luxurious Milk Soaps - Donna Sabo

Now that you know the basics of the cold-process soap making method, it's time to build upon those skills and discover how to create more complex soaps. Enroll in this intermediate level class and learn the art of making luxurious moisture-rich milk soaps! Note: There is a \$15 materials fee payable to the instructor the day of class.

1 Class Date, Studio 10, Members: \$22; Non-Members: \$27

HOB132	Tu	12/3	12:00pm-2:00pm
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Senior Sex in the Cultures of the World - Rabbi Sir Mark Winer, Ph.D., D.D.

Sexuality is universally a part of human nature, in every world culture, in every age, in every situation. From birth to the end of life for every human being, sexuality intertwines with every other aspect of people's personalities and behavior. Senior Sex focuses on the views of sexuality in the senior years among various world cultures. Sexuality includes both inside and outside of marriage, both heterosexual and homosexual. Our discussion is meant to be exploratory