

Master the Possibilities



A NOT-FOR-PROFIT LIFELONG LEARNING CENTER

LEARNING without LIMITS

FOR COURSES DURING JANUARY - JUNE 2021



Tracy Ryzan Ross
*Self-Reflexology
for Hands and Feet*



Register for classes 24/7 at www.MasterthePossibilities.org

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#12392 - 8/20

Welcome to our January - June 2021 Catalog!

Learn something new, find a new hobby, create new friendships, and become involved in the community! MTP strives to offer intellectual stimulation through courses and special events. We provide both in-person and online/virtual class opportunities for those who choose to continue learning for enjoyment, meaning, and a sense of accomplishment.

It is never too late to learn something new!

Our Mission

Master the Possibilities, Inc. is a 501 (C) (3) not-for-profit public charity, fulfilling its educational purpose as a lifelong learning center. The center provides quality instruction and learning experiences for thousands of adult students throughout Marion County and beyond. We inspire students to explore their interests, uncover their passions, and leverage their talents to make positive changes within themselves and their communities

Master the Possibilities would like to thank all of our instructors and volunteers who share their time and talents with our students and staff. Your passion and dedication to learning is amazing.

We would like to thank our Community Partners for their support of our lifelong learning program!



Interested in giving to help support the continual learning? We have multiple ways a person/organization may continue the legacy of learning, which helps MTP continue our mission:

For information on how you can make a contribution,
call our Office at (352) 861-9751 9 a.m. to 4 p.m. Monday through Friday.

The Director's Corner

Welcome to Lifelong Learning at Master the Possibilities! As our team strives to execute our commitment of learning for participants in our communities, we want to stress the value we place on safety and continual growth. We are all adapting to new changes daily. Because of these changes, Master the Possibilities is putting additional emphasis on education, and is looking at different ways to offer the opportunity to continue to acquire skillsets and knowledge.

Our team recognizes that some of these options are nontraditional and require a bit of a learning curve for participation. We understand these changes are not always easy, and that patience and empathy are needed to brave these new waters. That is why we have chosen this term's theme of "Learning Without Limits." Thinking outside the box and keeping our mission at the heart of all we do, our staff and faculty are pulling out all of the stops to give whoever wishes to learn that very chance. Whether from the classroom, the outdoors, on a cell phone, or from the kitchen table, our participants may learn from just about anywhere at almost any time of the day.

When you look through this catalog, you will notice some classes have icons next to them. These will help highlight the learning environments being offered for each event. Some classes will be taught in the classroom. Some will meet virtually at a specific time and place, while others will be offered as a recording and may be viewed throughout the term at any time. If you don't have the equipment or savvy to take a virtual class, no problem. You may attend many events in person, where safety protocols have been implemented to keep safety at the forefront. If you prefer to attend class from home, but still want to interact with others, we have this option too. Many of our classes are being offered with web camera and microphone sharing, for dialogue like when in a classroom.

Learning is important. Conversations with others is a key factor to life and wellbeing. Let Master the Possibilities be your outlet one educational moment at a time, where learning can be without limits. I look forward to seeing you around our campus, whether in the hallways or virtual classroom!

Michelle Shideler

MTP Director of Education

For complete course information, please visit www.masterthepossibilities.org

Notice of Nondiscrimination Policy for Students

Master the Possibilities, Inc. will admit students of any race, color, national and ethnic origin, gender, gender identity, or sexual orientation to all the rights, privileges, programs and activities generally accorded or made available to participants at the school. It will not discriminate on the basis of race, color, national and ethnic origin, gender, gender identity, or sexual orientation in administration of its educational policies, admissions, policies, scholarship and loan programs, and all other school administered programs.

Waiver of Liability

By registering, participants agree to INDEMNIFY AND HOLD HARMLESS Master the Possibilities, Inc., Sidney Colen & Associates, Ltd., On Top of the World Communities, Inc., Horticultural Arts & Park Institute, Inc., Bay Laurel Community Development District, and any of their agents, directors, officers, representatives, volunteers and employers from any and all loss, damage, injury, action of cause of action resulting from the classes, events, or trips and/or equipment owned or operated or permitted to be used or operated or is used or operated. This Release Waiver and Hold Harmless Agreement includes those classes, events, or trips inside or outside of Master the Possibilities, Inc. For the full waiver, visit <https://bit.ly/MTPWaiverofLiability>.

MTP Rules of Courtesy

In order to give all students a pleasant experience, we ask students and faculty to help foster a positive learning community in our classrooms and studios. For all of our courses, programs, special events, and off-site trips, we ask our students to:

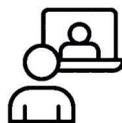
- Be mindful of MTP staff and staff policies.
- Please make sure all cell phones are either on vibrate or off during class time.
- In the classroom, everyone's opinion counts.
- It's ok to disagree, but not be disagreeable.
- Give others the attention and respect they deserve while speaking. Stay positive and focused.
- The instructor sets the format in the classroom.
- Please leave the classroom the way you found it.
- Failure to adhere to these guidelines may result in a student being excused by faculty or staff, without a refund.

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Legend (indicates type of class)



Hybrid



Pre-Recorded



Live Virtual

Master the Possibilities, Inc. is committed to providing reasonable accommodations for students with disabilities upon request. If you require an accommodation because of a disability, please contact the office at mtp@masterthepossibilities.org or call the Director of Education at (352) 387-7571 as soon as you register for a class or at least two weeks prior to the date your class begins. If you contact the office or the Director of Education less than two weeks prior to the date your class begins for an accommodation because of your disability, we will make every effort to accommodate your request for an accommodation but we cannot guarantee that an accommodation will be able to be provided.

MTP Faculty Members are responsible for developing their own course content. The information, views, and opinions provided by MTP instructors are those of the instructor and do not necessarily reflect the views and opinions of the MTP organization.

Our catalog is intended as a general guide for all programs, courses, and policies, which are subject to change at any time without notice. Although we take great strides with our catalog production and regret any errors in printing, we accept no liability for them. All information contained in this catalog should be verified with Master the Possibilities, Inc. prior to attending the event.

New Classes Added Year Round!

Check out all of our new classes we have to offer!
From the moment MTP sends the catalog to the printer, we are constantly adding new courses that won't appear in it.

All new classes can be found using the link below:

<http://bit.ly/MTPNewClassList>



A Not-for-Profit Lifelong Learning Center



www.masterthepossibilities.org

Four Ways to Register and Pay

Payment for courses and events is made at the time of registration, and registrations are handled on a first-come, first-served basis. Master the Possibilities, Inc. is not able to hold seats for any event without full payment. For more details on payment, refunds and the online registration system, please visit www.MasterthePossibilities.org, stop by the office 9am- 4pm Monday- Friday, or call us at (352) 861-9751.

Online Registration and Payment: We encourage participants to use online registration. Visit www.MasterthePossibilities.org and click on "About" at the top of the page. For help registering online, feel free to contact our staff at (352) 861- 9751, and we will be happy to walk you through the system and help you register.

In-Person at the MTP Office: Participants may stop by our offices from 9 a.m. - 4 p.m. Monday through Friday to have our staff and volunteers assist with registration and payment. Accepted payment types are credit card, check or cash in the MTP office. All major credit and debit cards, except American Express, are accepted. The office is closed during nationally observed holidays.

Over the Phone: Register by calling our main office at (352) 861-9751 9 a.m.- 4 p.m. Monday- Friday. Our staff will call to confirm and take payment by credit card over the phone within the next business day.

By Mail: Registration forms may be mailed, with check payment, to: Master the Possibilities, Inc., 8415 SW 80th St., Suite #2, Ocala, FL 34481. A registration form may be picked up at MTP or downloaded online at www.MasterthePossibilities.org. Mailing a registration will not guarantee a seat in the class. Please call (352) 861-9751 to make sure the registration form was received.

**For step-by-step tips on how to set up a student account or self-register online,
visit: <http://www.masterthepossibilities.org>**

-or-

Call (352) 861-9751 to register!

Course Refund Policy

Cancellations for all courses, even free courses, may be done by clicking the "Submit Cancellation Request" button on the Course Catalog page at www.MasterthePossibilities.org, by calling our office 9am-4pm at (352) 861-9751, by an email to registrar@masterthepossibilities.org, or by stopping by the MTP office. Refunds will be given to participants who request to cancel a class at least six (6) business days prior to the start date of the class, except for Educational Destinations, which has a twenty-five (25) Business Day policy, and Ageless Adventures, which is fourteen (14) business days. Refunds are not available for Pre-recorded Distance Learning classes.

Students who cancel after the business day rule before a class, or do not attend the class, forfeit the full tuition paid. Students who qualify may request a credit to apply to future classes, a credit back to the credit card used at the time of registration, or a check for check/cash transactions. Note: There will be a \$2 processing fee applied to all refund requests. If Master the Possibilities cancels a class at any time, full tuition paid by the student will be issued to the student, unless the student prefers to receive credit for a future course, or apply the amount as a tax-deductible donation to support lifelong learning. All credit balances will automatically be paid to the student by the end of each term. Please allow three weeks for processing checks and credit card refunds.

Member and Non-Member Fee Status

Course fees are listed as Member "M" and Non-Member "NM." Members are residents of any of the On Top of the World, Indigo East, Candler Hills, and Stone Creek communities. Members receive a discount because the Master Association, serving all On Top of World communities, provides a small level of support to MTP. MTP is not directly affiliated with On Top of the World. Since 2015, it has been a separate educational Foundation, and is not included in the monthly community service/association fee. For members to receive class discounts, they should create an account online, and then call the office to be added to the member group in the online system **before** registering for classes.

Registration is Required for All Classes - Even Free Ones

Participants are urged to register early because many classes fill quickly, and registration is available 24-hours a day at www.MasterthePossibilities.org. MTP makes course cancellation decisions, material purchases, and room set-up decisions based on enrollments, so it is important for participants to register in advance. Free class registrations just require an email to MTP@MasterthePossibilities.org, an online registration, a simple phone call to our office at (352) 861-9751, or in person at the office 9 a.m.- 4 p.m. Monday- Friday.

Information about New or Added Courses

Make sure to sign up for weekly email alerts. These alerts include course information for the next week, as well as any new courses that are not listed in the print catalog. Participants may opt-out of these emails at any time.

MASTER THE POSSIBILITIES, INC.
8415 SW 80th St., Suite 2, Ocala, FL 34481

(352) 861-9751 / registrar@masterthepossibilities.org

Multiple Learning Approaches

There are several options for participating in classes.

In-Person

A traditional class where students visit a facility or location to attend an MTP class or event at a designated time, date, and place.

Live Virtual

A live virtual class or event is provided to students solely by a computer, tablet or phone. These classes are scheduled for a specific date and time. Registered students will receive a link via email to the live virtual class or event at least three (3) business days before the event starts. Use that link at the scheduled date and time to enter the virtual classroom. Students can see and hear the instructor, receive materials, and for specific courses, see and hear other participants.

Hybrid

The hybrid class provides the option of attending online, or attending in-person for the same event. The program is scheduled at a specific date and time. Hybrid classes in this catalog display two choices, one for "in-person," the other for online. The online section ends with the letter "H." The in-person choice may fill up, but the online choice will remain available.

Pre-recorded

Pre-recorded classes provide the convenience of viewing the course at any time with an internet-connected computer, tablet or phone. After registration, students receive a link and password to the recording within the registration receipt. The expiration date for the recording is also included. Depending on arrangements with the instructor, downloadable handouts and the means to pose questions to the instructor may be available.

Look for the legend icon next to the course description indicating the type of class. In-person classes have no icon.

MTP uses these tools for hybrid and live virtual classes:



Respect Intellectual Property

MTP's policy limits access to only those individuals and entities that have registered for the content. Do not share the class or recording links, or passwords with individuals who have not enrolled in the class.

Virtual Classroom Etiquette

When participating in virtual live or hybrid classes from your computer or device, please observe the following:

Master the Possibilities will send a confirmation email containing the GoToMeeting or GoToWebinar link needed to access your class. Use that link upon receipt. Follow the instructions to submit your email address and name. The system will then send your link to the class with reminder emails one day and one hour before the event.

- Shut down any other programs running on your device to ensure the highest speed and quality.
- Log in early to ensure you have the correct information and to test your microphone volume and speaker sound.
- Dress appropriately for class if you plan to share your camera in the classroom.
- Be mindful about what is in the background. When sharing your camera, everything can be seen behind you.
- For the best sound quality, consider using a headset with a built-in microphone.
- Always silence or mute your microphone when not speaking, so that background noise cannot be heard by others.
- Be respectful and professional when using the chat box or asking questions in text form.
- If you would like to speak during a webinar, please click the "raise hand" button. Then wait to be recognized by the instructor before speaking.
- If you encounter any problems while you are logging in or during the presentation, please call our team at (352) 861-9751.
- Please remember to adhere to MTP's Classroom Rules of Courtesy.

THE MTP STAFF



Need more information on live virtual or hybrid classes?

We're here to help.

MTP staff provides coaching sessions for using our distance learning system.

Call the office at (352)-861-9751 to make an appointment for a Distance Learning Help Session.



Tina Carchia
Ink with Watercolor

ARTS

: All supply fees, where listed, are payable to the instructor by cash or check on the 1st day of class.

DRAWING

The Art of Shodo - Japanese Calligraphy

Shizuka Campagna

M: \$22; NM: \$27

Entire Term

Online Recording

DRA124A

Available 24-7



The Japanese calligraphy, known as Shodo, is one of the most celebrated and revered forms of artistic expressions within the Japanese culture. It fuses poetry, literature, and painting by possessing rhythm, emotion, aesthetic, and spirituality in one unique art form. Participants will practice strokes using sumi ink on paper, and will move on to writing phrases as part of this class.

GLASS

Stained Glass Plus Shells **New!**

Donna Josephson

M: \$83; NM: \$88

3 class dates

Studio 1

GLA129A Tu, W, Th 3/2-3/4

9AM-12PM

Let's have fun with shells! Join us and bring your shells to make this Stained-Glass project. This class is open to all students. Students will learn how to cut straight line glass, foil, solder plus adding shells. There will be an additional fee of \$ 15.00 for materials paid to the instructor, plus a small supply of items to be brought from home. Please see the website for additional information. Prerequisites Bring some shells. Students must be able to use hand tools, i.e. pliers, soldering iron. To be able to stand for periods of time and to have arm strength to cut glass. Student should wear close toed shoes for safety.

Stained Glass Whirly Gig **New!**

Donna Josephson

M: \$52; NM: \$57

2 class dates

Studio 1

GLA130A Tu, W 1/12-1/13 9AM-12PM

Students will learn how to foil, tin, assemble and bead edges of a beveled Whirly Gig. Learn about Bevels. There is no cutting of glass. Each student will receive a small jig to take home. There will be a \$15.00 material fee paid to

the instructor, plus a small supply list of items to be brought from home. See website for photo and additional details. Prerequisites Must be able to use hand tools, i.e. pliers, soldering iron and be able to stand for periods of time. Closed toed shoes should be worn.

Stained Glass Beyond Beg.- Glass Plating "Ship In A Bottle" **New!**

Donna Josephson

M: \$83; NM: \$88

3 class dates

Studio 1

GLA131A Tu, W, Th

5/11-5/13

9AM-12PM



This class is intended for students who know how to cut glass. This is a fast-paced class. Students will learn how to plate glass. The ship is one part and the bottle is the second part. Popularized by

Tiffany in his windows, glass plating is a technique of using multiple layers of glass to create shadows, depth, and rich colorations, not possible with single a layer of glass. There will be an additional fee of \$15.00 for materials paid to the instructor, plus a small supply of items to be brought from home. Please see the website for additional information. Prerequisites Must be able to use hand-tools, i.e. pliers, soldering iron. To be able to stand for periods of time and have arm strength to be able to cut glass. Students should wear close toed shoes for safety

Stained Glass Suncatcher Plant Stake Step 1(A)

Bert Lamothe

M: \$55; NM: \$60

1 class date

Studio 1

GLA102A Sa

1/16

10AM-5PM

2 class dates

GLA102B Sa

2/6-2/13

10AM-1PM

GLA102C Th, F

4/8-4/9

10AM-1PM

This class is for those who have never worked with Stained Glass, or simply need a refresher course. Instruction is in the Tiffany copper foil method. Students will be taken step-by-step through pattern preparation, cutting and fitting glass, foiling, and soldering. Students will take home a

beautiful stained-glass plant stake. There is a \$10.00 supply fee. Please wear old clothes and closed-toe shoes. Prerequisite—Must be able to use hand tools, i.e. pliers, soldering irons.

Beg. Stained Glass- Suncatchers Step 1(B)

Bert Lamothe, Connie Gardner M: \$55; NM: \$60
 1 class date Studio 1
 GLA105B Sa 3/13 10AM-5PM
 2 class dates Studio 1
 GLA105A Tu, Th 1/26-1/28 1-5PM
 GLA105C Th, F 4/8-4/9 2-5PM

Beginners welcome! Come learn all you need to know to make beautiful works of art in stained glass. Learn how to choose a pattern and glass, cut out the pattern and glass, grind the edges of the glass to accept the foiling stage, solder all the parts together and clean for a finished piece. There is a \$10 supply fee. Please wear old clothing and closed-toe shoes. Note Students must be able to use hand tools, i.e. pliers, soldering iron, etc.

Stained Glass Beg. Panel- 20 piece Maximum, 12" x 12" Step (2)

Bert Lamothe M: \$105; NM: \$110
 6 class dates Studio 1
 GLA108A Tu, W, Th 2/16-2/25 10AM-1PM
Meets Feb. 16, 17, 18, 23, 24, 25
 GLA108B Tu, Th 3/16-4/1 10AM-1PM
Meets March 16, 18, 23, 25, 30, April 1.
 GLA108C Th, F 4/15-4/30 10AM-1PM
Meets April 15, 16, 22, 23, 29, 30.

This class is for those who are continuing their journey into Stained Glass using the copper foil method. Students must choose a pre-existing pattern from the instructor, and will be taken step-by-step through pattern preparation, cutting and fitting glass, foiling, soldering and framing the panel. Students will take home a 12"x 12" panel ready for hanging. There is a \$10.00 supply fee. Please wear old clothes and closed toe shoes. Prerequisite—Current glass cutting experience.

Stained Glass- Basic/Int. Workshop Step (3)

Bert Lamothe M: \$105; NM: \$110
 6 class dates Studio 1
 GLA118A Tu, W, Th 2/16-2/25 2-5PM
Meets Feb. 16, 17, 18, 23, 24, 25.
 GLA118B Tu, Th 3/16-4/1 2-5PM
Meets March 16, 18, 23, 25, 30, April 1.
 GLA118C Th, F 4/15-4/30 2-5PM
Meets April 15, 16, 22, 23, 29, 30.

This workshop is designed for those who have previously taken a beginner stained glass class. Instruction is for the copper foil method of construction. Projects and patterns will be determined during the first class. Project size cannot

exceed 16" x 22," due to table space. Students must have their own supplies chemicals, solder, framing metal, and glass. Classroom is equipped with tools and grinders only. Prerequisite Must have stained glass experience within the last 3 years.

Stained Glass Adv. Suncatchers Step 3

Bert Lamothe M: \$87; NM: \$92
 4 class dates Studio 1
 GLA128A M, Tu, W, Th 3/8-3/11 2-5PM

Learn how to make heirloom art that will last for generations! Learn how to properly reinforce/frame your projects. Bring your skills up to the next level. Projects will be provided based on level of competency of student. There is a \$10 supply fee. Prerequisite Must have completed a stained glass project within the last six months.

Stained Glass Organic Edge Lantern/Lamp- Adv. Step 4

Bert Lamothe M: \$115; NM: \$120
 5 class dates Studio 1
 GLA126A Sa 4/3-5/1 10AM-2PM

Participants are invited to design their own 3 or 4-sided lantern using rough rolled edge glass. Add nuggets, twisted wire, and brass filigree. Install lamp spider, add lamp socket and wiring. Voila! An original lamp. There are no patterns for this project. All materials will be provided for a \$37 materials fee, which includes glass. Prerequisite This workshop is for advanced students only with current stained glass experience within the last three months.

Stained Glass Adv. Workshop Step 4

Bert Lamothe M: \$115; NM: \$120
 5 class dates Studio 1
 GLA127A M, Tu 4/12-4/26 2-6PM
Meets April 12, 13, 19, 20, 26.

This class provides opportunity for stained glass garden projects, panel lamps, small cabinet door panels, reinforced



free-form projects. We will use Tiffany copper foil method only. Size restricted to fit on work-board 16"x 22." Students must provide their own supplies, or make arrangements with the instructor to provide materials for cost per project. This workshop is for advanced students. Prerequisite Must have completed a project within the last 6 months.

JEWELRY

Mixed Media Faux Jewelry

Teri Stillwaugh

M: \$32; NM: \$37
Studio 9

1 class date

JEW134A	Tu	3/9	10AM-1PM
JEW134B	Sa	6/12	10AM-1PM

WOW! This can't be fake jewelry but it sure is! Make fun faux jewelry out of plastic, cardboard and paint! YUP, it will look like expensive designer metal, and leather jewelry! EASY and FUN to make outstanding looking costume jewelry with basic simple steps. No experience or supplies needed, just an apron. Note There is a \$10 supply fee.

Kumihimo Bracelet **New!**

Connie Gardner

M: \$42; NM: \$47
Studio 9

1 class date

JEW146A	Tu	3/16	1-3PM
JEW146B	Tu	6/1	1-3PM

Join artist, Connie Gardner to learn the ancient Japanese technique of braiding to make a lovely bracelet. This class will teach you the basic 8-strand technique of kumihimo braiding to make a simple bracelet. Materials will be provided

PAINTING

Acrylic/Oils

Acrylic Painting with **Connie Ferreira**

Connie Ferreira

M: \$65; NM: \$70
Studio 9

5 class dates

PAI405A	M	1/4-2/1	1:30-3:30PM
PAI405B	M	2/8-3/8	1:30-3:30PM
PAI405C	M	3/15-4/12	1:30-3:30PM
PAI405D	M	4/19-5/17	1:30-3:30PM

This class is for those who want to learn to paint or those who want studio time with suggestions, supervision and support. The first class includes color theory, playing with the paints and for reviewing subject matter and the supplies needed. For returning participants, it's your choice to either begin a new painting, finish one, or join in the review. Be sure to bring a stretched canvas or canvas panel, acrylic paints, and brushes.

Acrylic Painting on Canvas

Tina Carchia

M: \$60; NM: \$65
Studio 9

1 class date

PAI191A	M	1/11	9AM-1PM
PAI191B	M	3/8	9AM-1PM
PAI191C	M	5/10	9AM-1PM

Acrylic is a water-based paint that is thicker than watercolors, but thinner than oils, and dries within minutes. No artistic talent required! There is no sketching or drawing. A traceable pattern is provided, along with the use of all supplies needed, including an 11" X 14" canvas. Let Tina

take you step-by-step all the way through to a completed project in only four hours! Please see the website to view all project images. Topics include January- Up in the Air; March- Big Moon Beach; May- Mermaid.

Oil on Canvas

Tina Carchia

M: \$60; NM: \$65
Studio 9

1 class date

PAI236A	M	1/18	9AM-1PM
PAI236B	M	2/15	9AM-1PM
PAI236C	M	3/15	9AM-1PM
PAI236D	M	4/26	9AM-1PM



Tina will be teaching oil painting using Water Mixable Oil Paints! Water mixable oil paints act just like regular oil paints except there is no use of any chemical solvents to thin paints or wash brushes! Tina will take you "step-by-step," for a completed project in ONLY 4 HOURS! The use of ALL SUPPLIES and 11"X 14" canvas INCLUDED. Topic to be painted January- The Lake; February- Turtle; March- Butterflies & Flowers; April- Smokey Rose.

The Art of Reverse Glass Painting

Tina Carchia

M: \$55; NM: \$60
Studio 9

1 class date

PAI461A	M	1/25	9AM-1PM
PAI461B	M	3/22	9AM-1PM
PAI461C	M	5/24	9AM-1PM

Come learn something quite different as Tina teaches you the art of reverse glass painting. The combination of pen and ink, along with oil paints on plexiglass, makes for a very unique finished piece. There is no sketching or drawing. A pattern is provided along with the use of all supplies needed for this class. Tina will take you step-by-step to a completed project in only 4 hours! See the website to view project images. Topics include: January- Sea Turtles; March- Bass; May- Gold Fish.

The Highwaymen Style Fanbrush Only **New!**

Vanessa Fuller-Brown

M: \$105; NM: \$110
Studio 9

3 class dates

PAI254A	Tu, W, Th	2/16-2/18	1-4:30PM
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So what exactly do you use a fanbrush for? EVERYTHING! This water soluble oil painting workshop introduces the versatility of the fanbrush in the creation of a seascape. Various paintings of the Florida Highwaymen will offer inspiration as each painter creates a unique image through both step-by-step group instruction and individual guidance. Note: There is a \$20 supply fee.

Plein Air Painting Workshop

Vanessa Fuller-Brown M: \$105; NM: \$110
 3 class dates Sholom Park
 PAI123A Tu, W, Th 3/23-3/25 1-4:30PM

This is an outdoor workshop to be held at Sholom Park. Each painter will have an easel, canvas, and water soluble oil paint and work independently to develop their own image inspired by the various scenery. Both group and one-on-one instruction will be offered. All materials and brushes will be supplied. Meet at the entrance of the park. Painters will be working independently and introductory painting experience is required, however no experience needed for water soluble oil painting. Note: There is a \$20 supply fee payable to the instructor.

Acrylic O'Keefe in Black & White: A Feminine Perspective **New!**

Vanessa Fuller-Brown M: \$105; NM: \$110
 3 class dates Studio 9
 PAI255A Tu, W, Th 5/11-5/13 1-4:30PM

Georgia's desire was that a small flower's beauty be seen. This workshop explores the subtle tones of whites, Tints, Shades and Tones. Focus will be on color theory, blending techniques and composition. Each painter works independently on a canvas 18x24" to 24x30," and painting experience is required. All materials are supplied and an additional supply fee of \$25 is payable to the instructor.

Ceramics/China

Beginning Porcelain Painting in China

Leigh Workman M: \$37; NM: \$42
 2 class dates Studio 9
 PAI220A Tu, F 1/12-1/15 9AM-12PM
 PAI220B Tu, F 2/2-2/5 9AM-12PM
 PAI220C Tu, F 3/2-3/5 9AM-12PM
 PAI220D Tu, F 5/4-5/7 9AM-12PM

China painting is a very old technique done on glazed porcelain tiles, which are placed in a kiln and fired to finish the project. All supplies are provided at no additional charge. Topics include January- Silhouettes; February- Mexican Tile; March- Poppies; May- Christmas Bow Box.

Mixed Media

Ink with Watercolor

Tina Carchia M: \$45; NM: \$50
 1 class date Studio 9
 PAI190A M 1/4 9AM-1PM
 PAI190B M 2/1 9AM-1PM
 PAI190C M 3/1 9AM-1PM
 PAI190D M 4/5 9AM-1PM
 PAI190E M 5/3 9AM-1PM
 PAI190F M 6/7 9AM-1PM

Tina uses ink to bring out all of the details and then goes



over it with watercolors to add in the color and shading. Unlike oil paint, which dries very slowly, watercolor is a quick drying paint. Tina will take you at an easy to follow pace, to a completed project in only four hours! The use of all supplies and an 11"X14" mat are included. Please see the website to view all project images. Topics include January- Sunflower 2; February- Bird Houses; March- Basket of Geraniums; April- Dragonfly & Cattails; May- Birdhouse & Dogwood; June- Red Parrot Head

Introduction to Soft Pastels **New!**

Jan Vermilya M: \$57; NM: \$62
 4 class dates Studio 9
 PAI269A Th 1/7-1/28 10AM-12PM
 PAI269B Tu 2/2-2/23 10AM-12PM
 PAI269C Th 3/4-3/25 10AM-12PM

This is a hands-on workshop style "open studio" format for artists curious about this exciting and bold medium. Supplies include sanded paper and student grade pastels which will be provided by the instructor. Each session includes a 15 minute demo of a specific skill or topic, followed by hands-on work time, during which the instructor will circulate the room providing individualized support.

Teri's One Stroke Painting For Beg. & The "Not So New"

Teri Stillwaugh M: \$75; NM: \$80
 2 class dates Studio 9
 PAI225A Sa 1/30-2/6 10AM-1PM
 PAI225B M 3/22-3/29 1-4PM
 PAI225C Th 4/22-4/29 10AM-1PM
 PAI225D Th 5/27-6/3 10AM-1PM

This technique was developed by Donna Dewberry, and designed to bring out the artist in everyone with just a few simple basic one stroke painting combinations! Certified instructor Teri will guide you through the steps to paint a variety of designs such as; flowers, vines, leaves, as well as how to blend colors, care for brushes, and much more. No previous painting experience is necessary. Students are required to bring own supplies. List of required supplies available at time of registration, or can be purchased from instructor via e-mail at terisfunart@gmail.com.

BE SURE TO FOLLOW US ON:



Mixed Media: Brush Expressions **New!**

Teri Stillwaugh M: \$42; NM: \$47
2 class dates Studio 9

PAI266A	Sa	1/30-2/6	2-4PM
PAI266B	M	3/22-3/29	10AM-12PM
PAI266C	Th	4/22-4/29	2-4PM
PAI266D	Th	5/27-6/3	2-4PM

"Brush Expressions" is mixed media in which we use clay and acrylic paint to "alter or re-purpose" art brushes into whimsical expression characters with motivational messages. Use air dry clay and acrylic paint to transform an ordinary paint brush into a character that expresses and conveys a message. Everyone loves these little characters, and they make GREAT gifts! No experience or supplies required.

Mixed Media Painting Adventures: Beg. Alcohol Inks

Teri Stillwaugh M: \$37; NM: \$42
1 class date Studio 9

PAI194A	F	1/22	10AM-12:30PM
PAI194B	Tu	3/9	1:30-4PM
PAI194C	M	5/24	10AM-12:30PM

You'll be amazed at how much fun and EASY it is to create free-form abstract designs using Alcohol Inks on various surfaces such as tiles, mirrors, glass and more! Students will go home with an assortment of projects, including a framed picture. No experience or supplies needed, just an apron. There is a \$10 supply fee.

Mixed Media Painting Adventures: Creative Pots and Pavers

Teri Stillwaugh M: \$32; NM: \$37
1 class date Studio 9

PAI196A	F	1/22	1:30-4:30PM
PAI196B	W	6/9	1-4PM

Painting on pots & pavers is fun and easy! Get ready to wow your friends with these projects- they make great gifts! Students will complete a painted terra cotta pot, and a paver. No experience or supplies needed, just an apron. There is a \$10 supply fee.

Mixed Media Painting Adventures: Watercolor Batik Painting for Beg.

Teri Stillwaugh M: \$47; NM: \$52
1 class date Studio 9

PAI234A	F	2/19	11AM-3PM
PAI234B	F	3/26	11AM-3PM
PAI234C	M	6/7	11AM-3PM

Watercolor batik is a fascinating painting technique that combines pen & ink, watercolor and melted wax on rice paper to create a design, followed by wax application over the entire painted design to create a free form finished batik look. This fun and exciting class is for anyone that wants to discover a watercolor batik look! Students encouraged to bring apron, and lots of old newspapers. No

experience or supplies required. There is a \$15 supply fee.

Mixed Media Adventures: Decorative Seashell Painting

Teri Stillwaugh M: \$37; NM: \$42
1 class date Studio 9

PAI455A	Th	2/25	10AM-12:30PM
PAI455B	M	5/24	1-3:30PM

Students transform an assortment of seashells into beautiful array of decorative designs and ornaments using a variety of paints & mediums such as; imitation gold leaf, iridescent metallics, and more! No experience or supplies needed, just an apron. There is a \$10 supply fee.

Mixed Media Painting Adventures: Friendship Rocks

Teri Stillwaugh M: \$32; NM: \$37
1 class date Studio 9

PAI195A	Th	2/25	1-3:30PM
PAI195B	W	6/9	10AM-12:30PM

Join the fun and learn how to paint on an assortment of rocks! It's easy to create a variety of designs, change the look of a rock into a work of art! Use rocks for meditation, friendship exchange, decorations, or just for FUN!!! Students will go home with an assortment of painted rocks. No experience or supplies needed, just an apron. There is a \$10 supply fee.

Watercolor

Watercolor Unplugged I **New!**

Sue Primeau M: \$90; NM: \$95
4 class dates Studio 9

PAI267A	Th	1/14-2/4	2-4:30PM
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Working with the spontaneity of watercolor you will explore techniques that can harness the reality you want to paint or unleash your creativity; utilize new tools and more! Learn at your own pace with plenty of hands-on time in class. Instructor-led lessons offer visual clarity; along with one-on-one assistance and friendly, informative reviews. Please visit our website to view a supply list for this class.

Watercolor Unplugged II **New!**

Sue Primeau M: \$90; NM: \$95
4 class dates Studio 9

PAI268A	Th	2/11-3/18	2-4:30PM
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Meets Feb. 11, March 4, 11, 18.

We will continue working with the spontaneity of watercolor

as you explore techniques that can harness the reality you want to paint and unleash your creativity; utilize new tools and more! Learn at your own pace with plenty of hands-on time in class. Instructor-led lessons offer visual clarity; along with one-on-one assistance and friendly, informative reviews. Visit our website to view the class supply list.

PAPER CRAFTS

Acrylic on Parchment Paper

Tina Carchia

M: \$45; NM: \$50
Studio 9

1 class date

PAI460A	M	2/8	9AM-1PM
PAI460B	M	4/19	9AM-1PM
PAI460C	M	6/14	9AM-1PM



Here's something really NEW. It's acrylic painting on printed parchment paper. There is no sketching or drawing as a traceable pattern is provided along with the use of all supplies needed for this class. Please see the website to view all project images. Topics include: February- Sailboat; April- Humming Bird; June-Cocktails.

Rubber Stamping Greeting Cards

Char Leasor

M: \$22; NM: \$27
Studio 9

1 class date

PAP103A	W	1/13	10AM-12PM
PAP103B	W	2/10	10AM-12PM
PAP103C	W	3/10	10AM-12PM
PAP103D	W	4/14	10AM-12PM
PAP103E	W	5/12	10AM-12PM
PAP103F	W	6/9	10AM-12PM

Participants will create projects using rubber stamps and other mixed media products. Projects will include greeting cards, and cards that have movement. Every class will include different cards and techniques. Participants can expect to create three to four projects each class. No experience is necessary. Most supplies are provided. Participants need to bring their own adhesives to class. We learn new techniques each class.

Stamp-A-Stack of Greeting Cards

Char Leasor

M: \$27; NM: \$32
Studio 9

1 class date

PAP116A	Sa	1/30	10AM-1PM
PAP116B	Sa	2/20	10AM-1PM
PAP116C	Sa	3/27	10AM-1PM
PAP116D	Sa	4/24	10AM-1PM
PAP116E	Sa	5/29	10AM-1PM
PAP116F	Sa	6/19	10AM-1PM

In this course, participants will stamp a stack (10) of greeting cards using rubber stamping techniques. This class

will be enjoyed by the beginner, as well as the seasoned rubber stamper. Every class includes different greeting cards and techniques. All materials are included, but students should bring their own adhesives.

Let's Make Greeting Cards

Beverly Wojnar

M: \$32; NM: \$37
Studio 9

1 class date

PAP126A	Sa	1/16	9AM-4PM
PAP126B	Sa	2/20	9AM-4PM
PAP126C	Sa	3/20	9AM-4PM
PAP126D	Sa	4/17	9AM-4PM
PAP126E	Sa	5/15	9AM-4PM

Receiving a handmade greeting card adds a level of love that a store-bought card just can't deliver. No matter your skill level, you will gain new ideas and techniques for card making. We will make six cards of different sizes & styles. You will receive all of the materials and written instructions. See online for monthly projects and details. Please bring scissors & your favorite scrapbooking adhesive, such as Tombow. There will be an additional \$5.00 charge if you do not bring adhesive to class with you. Topics include: January- Birthday; February- Sympathy/Get Well; March- Anniversary; April- Thinking of You; May- Masculine.

PHOTOGRAPHY

Organize, Identify, and Preserve Family Photos

Jim & Terry Willard

M: \$22; NM: \$27
Room 1

1 class date

PHO122A	W	1/13	10AM-12PM
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Everybody loves family photos, but they do not do much good hidden away in a box somewhere. Dig out a bunch and bring them to class for tips on organizing them, identifying them, and preserving those that are most valuable to you. This is not a computer course.

Digital Cameras with Stue

Jim Stueber

M: \$55; NM: \$60
Computer Lab

3 class dates

PHO123A	Tu, Th, F	2/2-2/5	3-4:30PM
PHO123B	Tu, Th, F	4/6-4/9	3-4:30PM
PHO123C	Tu, Th, F	6/1-6/4	3-4:30PM

Learn how to take the best possible picture in all situations. You will learn how to navigate the functions, settings, and menu on your digital camera. Please bring your digital camera with batteries charged to enjoy this fun-filled class of taking the best possible photos your camera can take. This is a hands-on class where we will be taking photos throughout the class. This would be considered a basic/intermediate class.

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POTTERY & SCULPTURE

Polymer Clay Play

Connie Ferreira

M: \$22; NM: \$27

1 class date

Room 5

PLY105A	Sa	1/16	10AM-1PM
PLY105B	Sa	2/20	10AM-1PM
PLY105C	Sa	3/20	10AM-1PM
PLY105D	Sa	4/17	10AM-1PM
PLY105E	Sa	5/15	10AM-1PM
PLY105F	Sa	6/19	10AM-1PM

No experience necessary to enjoy these classes. Mix various colors of clay to produce veneers that are then used to cover an object made of metal, glass, wood, or anything that won't melt in an oven at 275 degrees. Small figures like a dragon or cat, or some other small item could be made, like beads, cabochons, flowers, etc. There is a \$10 supply fee payable to instructor. Participants who have their own supplies need to contact the instructor at least 1 week before class date, and the supply fee will be waived. Topics are listed on the website.

Clay Basket

Greg Gwilt

M: \$55; NM: \$60

2 class dates

Studio 2

POT456A	Th	1/7-1/14	10AM-1PM
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A-Tasket, A-Tasket, it's time to make a basket! Ceramic, woven, basket forms make great gifts as well as being functional. In this course, students will incorporate coils or clay slats to construct a basket form of the maker's choice. Potters will make their baskets during the first session and glaze them in the second session. Supplies and clay are included. All skill levels welcome.

Clay Birdhouse or Bird Feeder

Greg Gwilt

M: \$52; NM: \$57

2 class dates

Studio 2

POT108A	M, W	1/11-1/13	10AM-12PM
POT108B	M, Tu	3/8-3/9	10AM-12PM
POT108C	M, W	4/12-4/14	1-4PM
POT108D	Tu, W	5/11-5/12	1-4PM



In this course students will choose to make either a birdhouse or bird feeder. Students will create their structure of strong exterior-grade terra cotta clay on our first class and artfully decorate these houses

during the second class. Supplies, tools and firings included. All levels welcome.

Make a Gnome for the Home

Greg Gwilt

M: \$52; NM: \$57

1 class date

Studio 2

POT109A	Tu	1/12	2-5PM
POT109B	Tu	2/16	10AM-1PM
POT109C	W	3/17	9AM-12PM

POT109D	W	4/28	10AM-1PM
POT109E	Th	5/13	1-4PM

Everybody needs a home mascot and what better mascot than your own Gnome! Artist will determine what personality their gnome will personify by how they choose to decorate/glaze their mascot. These little guys are great conversation pieces, make great gifts and are such fun to make. Supplies, tools and firings included. All levels welcome.

Fairy Houses and More

Greg Gwilt

M: \$55; NM: \$60

2 class dates

Studio 2

POT107A	Tu, F	1/12-1/15	10AM-12:30PM
POT107B	Th	3/11-3/18	10AM-12:30PM
POT107C	Tu, Th	4/13-4/15	1:30-4PM
POT107D	W	5/26-6/2	2-4:30PM

This is a fun clay class for folks to create their own incredible fairy house or garden structure. Fairies are attracted to happiness and beauty so creativity can range from rustic to intricate. In the clay studio we'll learn how to build our houses from clay slabs and decorate them to our whims. Our fairy house will last more than a lifetime as ceramic is completely weather durable. Materials and tools included. All levels invited.

Wild and Wonderful Fish Platter/Wall Piece

Greg Gwilt

M: \$52; NM: \$57

2 class dates

Studio 2

POT110A	M	2/1-2/8	10AM-12PM
POT110B	W	3/3-3/10	10AM-12PM
POT110C	W	4/14-4/21	10AM-12PM
POT110D	Th	5/13-5/20	10AM-12PM

This is a fun and creative class for all students. We'll make our Wild and Wonderful free-form fish platters from clay slabs. Our platters will be artfully decorated, fully functional and food safe. Platters can also function as wall art when not in use. Clay artist will form their platters during the first class and glaze them on our second class. Supplies, tools and firings included. All levels welcome.

Fresh Herb Pot

Greg Gwilt

M: \$52; NM: \$57

2 class dates

Studio 2

POT461A	W	2/3-2/10	10AM-1PM
POT461B	M	4/19-4/26	10AM-1PM

Have you ever wanted to have fresh, just picked herbs at the ready for your favorite culinary dish? Now you can grow fresh herbs all year long. We'll create a beautiful terra cotta planter and embellish it with surface design appliqué as you desire. We'll discuss how to plant, what to plant, what soil to use and how to tend our potted herbs. Potters to supply their own herbs. All levels welcome. Pottery supplies included.

Toad House

Greg Gwilt

2 class dates

POT462A W, Th 2/17-2/18 12-2PM

POT462B M, W 3/29-3/31 1-3PM

M: \$60; NM: \$65

Studio 2

Eco-friendly and whimsical, a toad house makes a beautiful addition to any lawn or garden. Did you know toads eat 100 or more insects per day? Our toad houses will be clay slab constructed and embellished in whichever way you choose. Ceramicists can make two toad houses during the class. All skill levels welcome. Supplies included.

Wine Cooler

Greg Gwilt

2 class dates

POT463A W 3/17-3/24 1-3PM

POT463B Tu, Th 5/25-5/27 1-3PM

M: \$55; NM: \$60

Studio 2

In this course, students will make a multi-purpose wine cooler/kitchen tool caddy. This pot can be used interchangeably due to its size. Potters will create their wine cooler and decorate the pot's exterior in bas relief, or additive clay pieces, as desired. We'll make our pots in the first class session and glaze it on our second. All supplies included and all levels of expertise welcome.

Clay Masks

Greg Gwilt

2 class dates

POT457A Tu, Th 3/30-4/1 1-3PM

M: \$47; NM: \$52

Studio 2

This is a fun and creative class in which students will build a mask form using their imaginations. The class will focus on personal expression through clay work. The mask will be based on a human, or semi-human, likeness with various alterations. Surface shapes and textures will be explored and utilized. Both class meetings will be raw clay building sessions; masks will be once-fired terra-cotta. All supplies and tools included. All levels welcome.

The Potter's Wheel I

Greg Gwilt

3 class dates

POT451A Tu, W, F 1/5-1/8 10AM-12PM

Meets Jan. 5, 6, 8.

POT451B Tu, W, F 1/19-1/22 10AM-12PM

Meets Jan. 19, 20, 22.

POT451C M, Tu, Th 2/8-2/11 1-3PM

Meets Feb. 8, 9, 11.

POT451E M, Tu, Th 3/1-3/4 10AM-12PM

Meets March 1, 2, 4.

POT451G M, Tu, Th 3/22-3/25 2-4PM

Meets March 22, 23, 25.

POT451I Tu, W, F 5/4-5/7 10AM-12PM

Meets May 4, 5, 7.

2 class dates

Studio 2

POT451D Sa 2/13-2/20 10AM-1PM

Meets Feb. 13 & 20.

POT451F Sa 3/20-3/27 10AM-1PM

Meets March 20, 27.

POT451H Sa 4/17-4/24 10AM-1PM

Meets April 17, 24.

POT451J Sa 5/22-5/29 10AM-1PM

Meets May 22, 29.

It's time to play in the mud! Potters will develop skills for creating wheel thrown pots of form and function for everyday use. The potter's wheel and ideas will be the foundation for exploring personal expression in these wheel-thrown pots. There will be an abundance of one-on-one instruction for skill building in a small class setting. Fee includes tools, 12 pounds of throwing clay and firings. Additional throwing clay will be available for purchase from the instructor. Note Students may get dirty with clay. Please wear appropriate clothing.

The Potter's Wheel II

Greg Gwilt

3 class dates

POT454A Tu, W, F 1/19-1/22 1-3PM

Meets Jan. 19, 20, 22.

POT454B M, Tu, Th 2/22-2/25 10AM-12PM

Meets Feb. 22, 23, 25.

POT454C M, Tu, Th 3/15-3/18 1-3PM

Meets March 15, 16, 18.

POT454D M, Tu, Th 4/19-4/22 1-3PM

Meets April 19, 20, 22.

POT454E Tu, W, F 5/11-5/14 10AM-12PM

Meets May 11, 12, 14.

It is time to play in the mud, again! In this course, potters will employ previously developed throwing abilities to create functional pots. Potters will also expand their throwing skills learning multiple approaches in wheel forming and tool use. The focus will be on making bowls, cups and other functional ware. There will be lots of time for one-on-one instruction in this small class setting.

CLASSES ARE ADDED

YEAR ROUND

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CATALOG**

Potter's Wheel Open Studio

Greg Gwilt

M: \$85; NM: \$90

8 class dates

Studio 2

POT455A Daily 1/4-1/15 2-5PM
Meets Jan. 4, 5, 6, 7, 8, 13, 14, 15.

POT455B Daily 1/25-2/5 2-5PM
Meets Jan. 25, 26, 27, 28, 29, Feb. 3, 4, 5.

POT455C Daily 2/15-2/25 2-5PM
Meets Feb. 15, 16, 17, 18, 19, 23, 24, 25.

POT455D Daily 3/1-3/12 1-4PM
Meets March 1, 2, 3, 4, 5, 10, 11, 12.

POT455E Daily 3/22-4/2 10AM-1PM
Meets March 22, 23, 24, 25, 26, 31, April 1, 2.

POT455F Daily 4/26-5/7 1-4PM
Meets April 26, 27, 28, 29, 30, May 5, 6, 7.

POT455G Daily 5/24-6/4 10AM-1PM
Meets May 24, 25, 26, 27, 28, June 2, 3, 4.

This class is an open studio for potters who have completed POT451 or POT454. Potters will have an assigned wheel for their personal use during studio time and full access to all studio common facilities. Clay is available from the instructor for \$35 for a 25-lb bag.

Advanced Studio

Greg Gwilt

M: \$110; NM: \$115

8 class dates

Studio 2

POT302A Daily 1/4-1/15 2-5PM
Meets Jan. 4, 5, 6, 7, 8, 13, 14, 15.

POT302B Daily 1/25-2/5 2-5PM
Meets Jan. 25, 26, 27, 28, 29, Feb. 3, 4, 5.

POT302C Daily 2/15-2/25 2-5PM

Meets Feb. 15, 16, 17, 18, 19, 23, 24, 25.

POT302D Daily 3/1-3/12 1-4PM
Meets March 1, 2, 3, 4, 5, 10, 11, 12.

POT302E Daily 3/22-4/2 10AM-1PM
Meets March 22, 23, 24, 25, 26, 31, April 1, 2.

POT302F Daily 4/26-5/7 1-4PM
Meets April 26, 27, 28, 29, 30, May 5, 6, 7.

POT302G Daily 5/24-6/4 10AM-1PM
Meets May 24, 25, 26, 27, 28, June 2, 3, 4.

This course is an open studio session chock full of great fun and creative energy for all ceramicists. It is designed for clay artists with prior hand-building experience. Artists should have a sufficient understanding of basic methods of hand-building and glazing properties. Projects must have instructor approval. Clay and glazes included.

Wheel Concentration

Greg Gwilt

M: \$190; NM: \$195

6 class dates

Studio 2

POT222A Tu, Th 1/26-2/11 10AM-1PM

POT222B Tu, Th 4/13-4/29 10AM-1PM

This workshop will focus on thrown forms from the cylinder and thrown-and-altered forms created on the wheel. It will combine practical clay knowledge with an altered approach to the thrown form. Various wheel-throwing techniques will be used to make bowls, cups, serving pots and other functional vessels. Potters will be encouraged to expand their technique. Intermediate throwing skills required. Clay available from the instructor at \$30 per 25-lb. bag and includes firings.

Did 2020 Seem to be a Bit of a Brick Wall?

MTP is Starting 2021 Fresh with Dozens of New Courses!

Register Soon to Ensure your Seat!



Barbara O'Neill
Financial Planning Strategies
for Older Adults

GOVERNMENT, BUSINESS, & LAW

BUSINESS & FINANCE

What You Need to Know About Long Term Care

Susan M. Woolfe M: \$2; NM: \$7
1 class date Room 1
BUS121A Th 2/11 4-5:30PM

People explore long term care for many reasons. Some don't want to use their own assets to pay for long term care. Others want to be sure they can choose the type of care they will receive. Many don't want their family paying for care, or don't want to go on Medicaid. Long term care may not be right for everyone, so exploring all options is what this course is about.

Understanding Viatical and Life Settlements

Susan M. Woolfe M: \$2; NM: \$7
1 class date Room 3
BUS115A Th 2/18 4-5PM

Life and viatical settlements can provide additional lifestyle funding solutions for seniors in their retirement years. We'll share some history and real life examples of how to locate an asset that has been hidden from view. A 2015 report from the National Institute on Retirement Security, "The Continuing Retirement Savings Crisis" confirmed that many Americans are ill-prepared for retirement. Learn more with Susan M. Woolfe.

35 Useful Personal Finance Web Sites **New!**

Barbara O'Neill M: \$12; NM: \$17
1 class date Room 1
BUS139A W 2/10 1-2:30PM

Personal finance information is more useful and more easily understood when it can be applied personally to our lives. Fortunately, there are many useful online tools from a variety of non-profit, educational, government, and for-profit sources. This class will describe 35 useful personal finance websites. Participants are encouraged to bring a device to try out the websites during the class.

20 Financial Planning Strategies for Older Adults **New!**

Barbara O'Neill M: \$12; NM: \$17
1 class date Room 4
BUS140A W 5/5 1-2:30PM

At no time in life does personal finance get more confusing than the final third of a person's life. There are many new challenges and decisions. This class will discuss 20 financial planning tips for older adults on a wide variety of topics including investing, insurance, income taxes, estate planning, frauds and scams, and creating a retirement "paycheck."

GOVERNMENT

Vote-by-Mail Safeguards in Marion County **New!**

Wesley Wilcox M: Free; NM: Free
1 class date Cypress Hall
GOV132A Th 5/13 1-2PM

Get answers to the things you have always wanted to know about Marion County's election process from the Marion County Supervisor of Elections, Wesley Wilcox. He will discuss Vote-by-Mail safeguards in Marion County.

LAW

Changes That Every IRA Owner Needs to Know **New!**

Jerry Colen, Rachel Wagoner, John Beck M: \$2; NM: \$7
1 class date Cypress Hall
LEG130A Tu 1/19 3-4PM

The SECURE Act became effective on January 1, 2020, implementing changes that should make IRA owners feel anything but "SECURE." Those with "IRA Trusts" or revocable trusts that have provisions for IRA accounts need to reassess their estate planning documents to make sure that the SECURE Act does not negatively impact their beneficiaries. Join Rachel Wagoner, John Beck and Jerry Colen for a discussion on what has changed, and what you need to do to ensure the best results for a surviving spouse and your beneficiaries.

How to Speak with Your Attorney

Jerry Colen, Rachel Wagoner, John Beck

1 class date
LEG104A Tu 2/16
M: \$2; NM: \$7
Cypress Hall
3-4PM

Many folks wonder how to go about selecting an attorney and then meeting with that attorney in order to discuss the various legal issues we may confront from time to time. Attorneys Jerry Colen, Rachel Wagoner and John Beck will be here to talk to us about how we should go about to select an attorney and what we need to do to present our case to that attorney in a manner that will result in effective and efficient representation.

Florida Property Rights

Jerry Colen, Rachel Wagoner, John Beck

1 class date
LEG120A Tu 3/16
M: \$2; NM: \$7
Cypress Hall
3-4PM

Florida has property rights that affect its residents that are unique to Florida. Attorneys Jerry Colen, Rachel Wagoner and John Beck will be here to assist us in an understanding of what we should know about the rights we have in and to Florida property.

Estate Planning For Florida Residents and those Intending to Become Florida Residents

Jerry Colen, Rachel Wagoner, John Beck

1 class date
LEG101A Tu 4/20
M: \$2; NM: \$7
Cypress Hall
3-4PM

Have you ever wondered about the type of estate planning you need if you are either a Florida resident or intending to become a Florida resident? Those moving to Florida should take certain steps to evidence that they are in fact Florida residents, and to make sure that property is titled in a way that suits their needs. Attorneys Jerry Colen, Rachel

Wagoner and John Beck will be here to help us learn what we need to know about the estate planning we need so that we comply with Florida's various laws that affect estate planning.

Medicaid And Long Term Planning Issues

New!

Jerry Colen, Rachel Wagoner, John Beck

1 class date
LEG131A Tu 5/18
M: \$2; NM: \$7
Cypress Hall
3-4PM

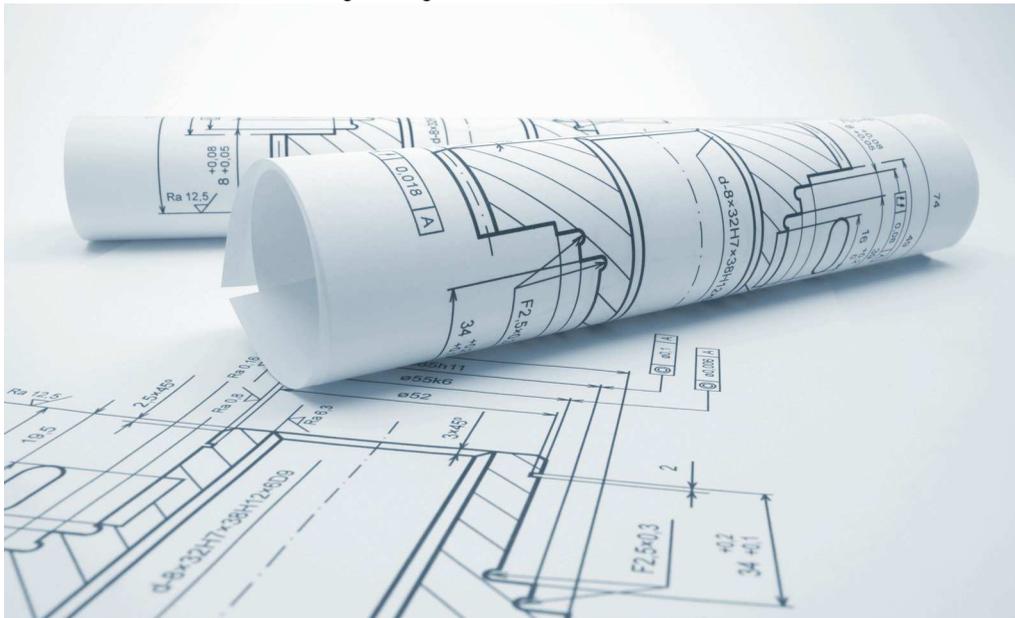
Many of us wonder what we can do now to prepare for the cost of our potential need for long-term care in the future and how we would protect our assets for our children and grandchildren. Attorneys John Beck, Rachel Wagoner and Jerry Colen will be here to discuss Medicaid planning in the context of potentially qualifying for Medicaid coverage or developing other strategies to pay for long-term care. Many individuals and couples assume that they cannot qualify for Medicaid coverage, when in fact, they can. This lecture is designed to help you understand what options and planning strategies are available to assist with covering long-term care.

Maximizing Charitable Donations New!

Jerry Colen, Rachel Wagoner, John Beck

1 class date
LEG132A Tu 6/15
M: \$2; NM: \$7
Live Oak Hall
3-4PM

While many of us give to charity on a regular basis, we might not be thinking about the tax consequences of our charitable giving, or the strategies available to maximize both the benefit to the charity, and to individuals that you would like to benefit. Join attorneys John Beck, Rachel Wagoner and Jerry Colen as they discuss strategies that can be used to maximize your charitable donations.



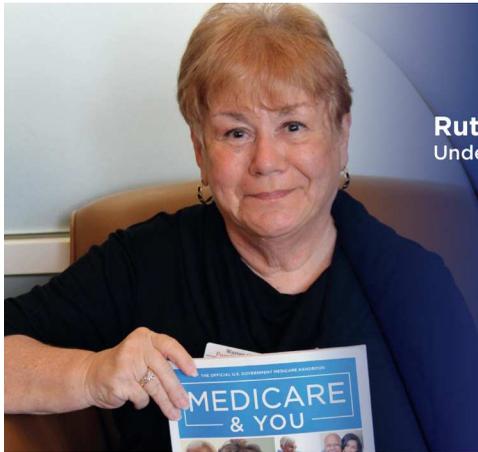
MTP Now Has:

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Ruth Santman
Understanding Medicare

HEALTH & WELLNESS

DIET & NUTRITION

The Blood Type Diet and Lifestyle

Colleen Griffin M: \$20; NM: \$25
1 class date Studio 3
WEL178A Th 1/7 2:30-5PM

Did you know that your blood type could indicate the foods and lifestyle choices most compatible for you? Different blood types react differently to certain substances in food. One man's food can be another man's poison. Blood type can be a valuable clue for understanding your own uniqueness. Enroll in this class and learn more about the history, theory and principles of the Blood Type Diet. Note: There is a \$2 supply fee payable to instructor for the booklet.

No Grain, No Pain (Beyond Gluten-Free)

Colleen Griffin M: \$17; NM: \$22
1 class date Studio 3
WEL180A F 1/8 1:30-3:45PM

Going grain-free may sound a little extreme, but it could be worth it. People have reported amazing results from a grain-free diet. For example, it may help in controlling or reversing type 2 diabetes, shedding dangerous visceral body fat, overcoming anxiety and depression, and provide relief from chronic pain and/or IBS. Enroll in this class and learn more about the grain-free lifestyle.

Mastering the Gluten-Free Lifestyle

Colleen Griffin M: \$17; NM: \$22
1 class date Studio 3
WEL179A Sa 1/9 1-3:30PM

Are you new to the gluten-free lifestyle and feeling lost or overwhelmed by all the changes involved? This class is designed to provide you with the information, tools, tips and strategies you will need as you embark upon a gluten-free journey. If you have been recommended to go on a gluten-free diet, this class will help you.

We Are What We Eat Eats!

Bob Layne M: \$2; NM: \$7
1 class date Live Oak Hall
WEL225A Th 2/4 10AM-12PM

What we eat influences our brain function, our susceptibility to diseases and our general well-being. Recent research has shown it is not too late to positively influence our brains and body through our diet. This presentation will be a little background science and a lot of practical tips to make small but meaningful changes in our diets. Resources are provided.

Are You Experiencing Digestive Problems?

Dr. Pedro A Orta M: \$2; NM: \$7
1 class date Room 1
WEL138A W 3/17 1-2PM
WEL138B W 6/9 1-2PM

Experiencing heartburn, acid reflux, bloating or GERD? Did you know that 80-94% of GERD sufferers have hiatal hernias? Acid reflux can mimic a heart attack or gallbladder disease. GERD irritates the esophageal lining, if this persists it can lead to a pre-cancerous condition called Barrett's esophagus. All of these health issues can be treated naturally.

Sugar and Cancer

Devin Breedon M: \$2; NM: \$7
1 class date Cypress Hall / Online (H)
MED182A Th 4/22 1-2PM
MED182AH Th 4/22 1-2PM

 What causes cancer? Genetics? Pollution? Bad luck? New studies say that you should add sugar to that list. Can sugar be that bad? Come learn from AdventHealth Ocala's Clinical Nutrition and Diabetes Manager, Devin Breedon, RD, LD/N about the possible link between sugar and cancer.

Hydrate! Your Body's Many Cries for Water

Tracy Ryzan Ross

M: \$17; NM: \$22

Entire Term

Online Recording

WEL121A

Available 24-7



Chronic dehydration can lead to many conditions including asthma, allergies, arthritis, migraine headaches, hypertension, depression and possibly even diabetes. Remember that a dry mouth is not a reliable indicator of your body's water needs. Learn how to identify when your body needs water and how to answer its calling with nature's miracle medicine water.

KEEPING FIT

Ageless Yoga Face

Helga Malinsky

M: \$25; NM: \$30

1 class date

Room 3

FIT139A Tu 1/19

1-3PM

FIT139B Tu 3/2

1-3PM

Recent studies support that facial exercises make people look years younger. In this workshop you will learn how to keep a healthy face, practice isometric facial exercises and facial acupressure points. Apply a lymphatic draining facial massage, and do some eye, neck and shoulder exercises. From the Yoga Face Method you will learn the importance of bringing nourishing blood flow to the face. Please bring a mirror to class.

Brain Health, Mustering Mental Muscle

Cammy Dennis

M: \$2; NM: \$7

1 class date

Live Oak Hall

FIT141A Tu 1/26

2-3PM

Discover how to reduce the risks of cognitive decline associated with aging. This discussion will highlight basic neuroscience and the lifestyle factors that play a profound role in preserving brain health. Come away with knowledge and behaviors you can implement to support executive function, memory, attention and processing speed.

10 Ways to Burn Fat Fast!

Jessica Pinkowski

M: \$2; NM: \$7

1 class date

Cypress Hall

FIT104A Th 1/28

2-3PM

Our bodies function better with less fat and leaner muscle mass. This session will discuss 10 popular ways to melt those extra pounds for a stronger healthier body.

Whistle While You Work

Jessica Pinkowski

M: \$2; NM: \$7

1 class date

Room 3

FIT136A Th 2/18

2-3PM

Both brain function and physical capacity decline with age if not challenged on a regular basis. Science shows that combining both physical movement with cognitive drills improves overall brain health and physical wellness. This class highlights how to layer basic movement with brain

exercises to improve memory, boost attention span and stay physically fit.

Brain Power **New!**

Cammy Dennis, Jessica Pinkowski

M: \$2; NM: \$7

1 class date

Live Oak Hall

FIT142A Tu 3/23

2-3PM

Brain Power is a fitness class designed to provide brain health benefits. The exercise prescription for this class combines carefully crafted fitness drills with cognitive challenges. The outcome is health improvements for both body and brain. This Brain Power class will lead you through physical exercises (seated and standing) with an additional cognitive challenge.

Easy Tai Chi and Qi Gong Series Level 1

Colleen Griffin

M: \$27; NM: \$32

3 class dates

Room 5

FIT134A Th 1/14-1/28

10:30-11:45AM

FIT134B Th 2/11-2/25

12-1:15PM

FIT134C Th 3/4-3/25

10:30-11:45AM

No class March 18.

FIT134D Th 4/1-4/15

12-1:15PM

FIT134E Th 5/6-5/20

10:30-11:45AM

Tai Chi and Qi Gong are gentle forms of exercise that help improve health and overall well-being. The exercises involve gentle, rhythmic movements that mirror movements found in nature. These exercises teach us to move our bodies in a fluid motion, minimizing the risk of injury, while keeping balance and focus. Learn deep breathing techniques, focus, and concentration and easy moves that stretch and strengthen muscles.

Easy Tai Chi & Qi Gong Level 2

Colleen Griffin

M: \$27; NM: \$32

3 class dates

Room 5

FIT135A Th 2/11-2/25

10:30-11:45AM

FIT135B Th 3/4-3/25

12-1:15PM

No class March 18th.

FIT135C Th 4/1-4/15

10:30-11:45AM

FIT135D Th 5/6-5/20

12-1:15PM

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 Level 1.

Ultra Beginner's Yoga Series Level 1

Tracy Ryzan Ross

M: \$37; NM: \$42

3 class dates

Room 5 / Online (H)

FIT105A Tu 1/5-1/19

1-2:30PM

FIT105AH Tu 1/5-1/19

1-2:30PM

FIT105B Tu 2/2-2/16

3-4:30PM

FIT105BH	Tu	2/2-2/16	3-4:30PM
FIT105C	Tu	3/2-3/16	1-2:30PM
FIT105CH	Tu	3/2-3/16	1-2:30PM
FIT105D	Tu	4/6-4/20	3-4:30PM
FIT105DH	Tu	4/6-4/20	3-4:30PM
FIT105E	Tu	5/4-5/18	1-2:30PM
FIT105EH	Tu	5/4-5/18	1-2:30PM
FIT105F	Tu	6/1-6/15	3-4:30PM
FIT105FH	Tu	6/1-6/15	3-4:30PM



Going to a yoga class can be intimidating. This class is designed specifically for the true beginner.

Every pose is broken down step-by-step from body alignment, to gaze, to breath. Hands-on adjustments and demonstrations of modification of poses, as well as using tools, props, blankets, etc., can make every pose accessible to every type of body. NOTE: Students will be practicing yoga, so please bring a yoga mat & water to class.

Ultra-Beginners Yoga Series Level 2

Tracy Ryzan Ross M: \$37; NM: \$42

3 class dates Room 5 / Online (H)

FIT132A	Tu	1/5-1/19	3-4:30PM
FIT132AH	Tu	1/5-1/19	3-4:30PM
FIT132B	Tu	2/2-2/16	1-2:30PM
FIT132BH	Tu	2/2-2/16	1-2:30PM
FIT132C	Tu	3/2-3/16	3-4:30PM
FIT132CH	Tu	3/2-3/16	3-4:30PM
FIT132D	Tu	4/6-4/20	1-2:30PM
FIT132DH	Tu	4/6-4/20	1-2:30PM
FIT132E	Tu	5/4-5/18	3-4:30PM
FIT132EH	Tu	5/4-5/18	3-4:30PM
FIT132F	Tu	6/1-6/15	1-2:30PM
FIT132FH	Tu	6/1-6/15	1-2:30PM



Students will continue to build a solid foundation on breath work, meditation, alignment, postures and sequences with lots of personalized attention and assistance. The goal being to help each student feel confident in their yoga practice. Tools for practice such as blocks, knee pads and straps will be provided to ensure ease in modifying poses. Please bring a yoga mat, hand towel and water. Prerequisite: Ultra Beginners Yoga Level 1

Beginner's Yoga Series- Intermediate

Tracy Ryzan Ross M: \$42; NM: \$47

4 class dates Room 5 / Online (H)

FIT121A	Th	1/7-1/28	2-3:30PM
FIT121AH	Th	1/7-1/28	2-3:30PM
FIT121B	Th	2/4-2/25	2-3:30PM
FIT121BH	Th	2/4-2/25	2-3:30PM
FIT121C	Th	3/4-3/25	2-3:30PM
FIT121CH	Th	3/4-3/25	2-3:30PM
FIT121D	Th	4/1-4/22	2-3:30PM
FIT121DH	Th	4/1-4/22	2-3:30PM
FIT121E	Th	4/29-5/20	2-3:30PM
FIT121EH	Th	4/29-5/20	2-3:30PM
FIT121F	Th	5/27-6/17	2-3:30PM

FIT121FH	Th	5/27-6/17	2-3:30PM
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This series of classes is the next and final installment for students who have taken Ultra Beginners Yoga Series Level 1 & 2. In this series more advance techniques, poses, breath work and meditation styles are taught to progress students along in their yoga practice.

Taking a Deep Breath Pranayama Breathing Exercises and Guided Meditation

Tracy Ryzan Ross M: \$17; NM: \$22
 Entire Term Online Recording
 FIT114A Available 24-7

Simply put, breath is life! Most of us are shallow breathers



which robs our bodies of the massive benefits of having ample oxygen and strong lungs. Breathing is also one of the easiest ways to quiet the mind and calm the body. Take this class to learn and practice the ancient science of Pranayama breathing exercises, and then with a quiet mind and calm body, enjoy a guided meditation for a full sense of deep relaxation and peace.

MEDICINE & HEALTHCARE

Cherish Every Breath- Focusing on Lung Health

Gloria Bailey MPH, BSRT, RRT, TTS, Laura Eatmon RN BSN M: \$2; NM: \$7

1 class date Room 4 / Online (H)

MED186A	Th	3/25	10-11AM
MED186AH	Th	3/25	10-11AM

What is Lung Health and why is it important? How can I



better manage my COPD? Why should I quit smoking? Is vaping harmful to the body? What is Lung Cancer Screening and how does it affect me? Join Gloria Bailey, MPH, BSRT, RRT, TTS and Laura Eatmon, RN, BSN from AdventHealth Ocala's Lung Health Program, to learn more about breathing life back into your lungs.

Navigating Medicare.gov **New!**

Kristina Young M: Free; NM: Free

1 class date Computer Lab

TRA189A	Tu	2/16	9-10:30AM
TRA189B	Tu	4/20	9-10:30AM
TRA189C	Tu	6/15	9-10:30AM

SHINE (Serving Health Insurance Needs of Elders) will provide instructions on how to navigate the Medicare.gov website. Class Objectives Navigating Medicare.gov, Scavenger Hunt, Creating MyMedicare.gov Account & Navigating Medicare Plan Finder. Learn Is my test covered? A&B costs; find a Medicare DME provider; gap insurance; comparing Prescription, Medicare Advantage Plans; fraud & abuse and so much more!

Using the Health System Effectively **New!**

Don Jackovitz

M: \$47; NM: \$52

4 class dates

Cypress Hall

MED191A Tu 2/16-3/9 12:30-1:30PM

The health care industry provides valuable services to consumers. However, many issues create significant clinical and financial risk that impact effective use of the system. This course will help you to understand these issues, develop strategies to lower these risks and maximize the benefits that the health care industry offers.

The Aging Brain and What You Can Do About It

Bob Layne

M: \$5; NM: \$10

8 class dates

Room 4

WEL154A M 1/18-3/8 10-11:30AM

This information packed course has as its core 8 lectures from the Aging Brain series of the Great Courses. We will add additional material from other sources and lectures. Handouts with diagrams, definitions, summaries and references will be provided. Most importantly, you will learn not only what is happening to our aging brain, but also how you can easily reduce the negative impacts of aging.

Building Strong Bones - Using a Functional Medicine Approach to Treat Osteoporosis

Debora Donahue

M: \$2; NM: \$7

1 class date

Room 4

MED177A F 3/5 1:30-3PM

What is Osteoporosis? Am I at risk? Review pharmacologic treatments available and identify the power of Modifiable Personal Lifestyle Factors. Why is Functional Medicine suited for the treatment and prevention of osteoporosis?

Concussion, Stroke and Neuro-Optometric Rehabilitation

Dr. Daniel Lack

M: \$2; NM: \$7

1 class date

Room 1

MED106A Th 5/20 1-2:30PM

Approximately two million Americans suffer stroke or brain injury every year. They often experience difficulty with motion, reading, concentration and balance. These skills are all heavily influenced by the visual system. This course will review the symptoms of the visual disorders associated with stroke and brain injury. You will learn how neuro-optometric rehabilitation can improve the daily living activities of these patients.

Dementia Conversations **New!**

Connie Storms

M: Free; NM: Free

1 class date

Room 2

MED192A Tu 1/12 9:30-10:30AM

When someone shows signs of cognitive decline, it's time to talk. This program offers tips on how to have honest and caring conversations related to going to the doctor,

deciding when to stop driving, and making legal and financial plans.

Effective Communication Strategies During the Alzheimer's Journey **New!**

Connie Storms

M: Free; NM: Free

1 class date

Room 3

MED193A Tu 1/26 9:30-10:30AM

Come to explore how communication can effectively take place across the spectrum of Alzheimer's disease or other forms of dementia. You will learn how to communicate with all senses and how to decode the verbal and behavioral messages delivered by someone with dementia. You will gain strategies to help you connect and communicate.

Understanding and Responding to Alzheimer's-Related Behavior **New!**

Connie Storms

M: Free; NM: Free

1 class date

Room 3

MED194A W 2/10 9:30-10:30AM

Behavior is one of the primary ways that people communicate their feelings and needs, especially as the ability to use language is diminished. You will learn about how to decode behavioral messages, identify common behavior triggers, and learn strategies to help with some of the most common behavioral challenges of Alzheimer's disease including agitation, repetition, wandering, and aggression.

Healthy Living for Your Brain and Body Tips from the Latest Research

Connie Storms

M: \$2; NM: \$7

1 class date

Cypress Hall

MED190A Tu 3/9 9:30-10:30AM

For centuries, we've known that the health of the brain and body are connected. Science is now able to provide insights into how to make lifestyle choices that may keep your brain and body healthy as you age. Join us to learn about the effects of diet and nutrition, exercise, cognitive activity, and social engagement. Hands-on planning tool provided.

Understanding Alzheimer's and Dementia

Connie Storms

M: Free; NM: Free

1 class date

Room 4

MED188A Tu 3/23 9:30-10:30AM

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors along with current research and treatments to address some symptoms.

Know the Signs Early Detection of Alzheimer's Matters

Connie Storms

M: Free; NM: Free

1 class date

Cypress Hall

MED189A Tu 4/13 9-10AM

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease provides a chance to begin drug therapy for symptoms, enroll in clinical studies, and plan for the future.

Living with Alzheimer's- For People with Alzheimer's **New!**

Connie Storms M: Free; NM: Free
3 class dates Room 3

MED195A Tu 5/11-5/25 9:30-11AM

This three part series is intended for those who have been diagnosed with Alzheimer's disease within the last one to two years as well as their care partners. This three part series will cover topics such as understanding Alzheimer's disease, partnering with your doctor, telling others about the diagnosis, making decisions about future care, and coping with changes.

Pharmacology Series: New Drug Updates

UF Pharmacology Students M: \$2; NM: \$7
1 class date Room 3

PHA112A F 1/15 9:30-10:30AM

Please join UF College of Pharmacy students for a new drug update. Topics to be covered include the top 10 new drugs of 2020; the drug approval process; where to find information about clinical trials.

Pharmacology Series: Heart Medications **New!**

UF Pharmacology Students M: \$2; NM: \$7
1 class date Room 3

PHA106A F 2/12 9:30-10:30AM

Join UF College of Pharmacy students for a discussion on newly approved cardiology medications. Topics will include blood pressure medications and what to do after a heart attack.

Pharmacology Series: Alzheimer's Disease/ Dementia

UF Pharmacology Students M: \$2; NM: \$7
1 class date Room 3

PHA146A F 2/26 9:30-10:30AM

Please join UF College of Pharmacy students for an update in Alzheimer's Disease and Dementia. We will discuss new medications for Alzheimer's disease, ongoing clinical trials, and DNA testing kits.

Pharmacology Series: Treatments for Asthma and COPD

UF Pharmacology Students M: \$2; NM: \$7
1 class date Room 3

PHA136A F 3/26 9:30-10:30AM

Please join UF College of Pharmacy students and faculty for an overview of the treatment options for asthma and

COPD. We will go back in time to compare today's medications with those from 50 years ago. We will also discuss current standards of care for asthma and COPD and provide an overview of ongoing clinical trials.

Pharmacology Series: Kidney Health and Medications **New!**

UF Pharmacology Students M: \$2; NM: \$7

1 class date Room 3
PHA153A F 4/16 9:30-10:30AM

Please join UF College of Pharmacy students and faculty for an overview of the treatment options for kidney health. We will discuss current standards of care and medications and provide an overview of ongoing clinical trials.

Pharmacology Series: Skin Cancer and Sunscreen **New!**

UF Pharmacology Students M: \$2; NM: \$7

1 class date Room 3
PHA151A F 5/7 9:30-10:30AM

Please join UF College of Pharmacy students for a discussion about skin cancer and the use of sunscreen. Topics to be covered include an overview of sunscreen; how to properly use sunscreen; signs and treatments for skin cancer.

Pharmacology Series: Medications for Osteoarthritis, Gout, and Rheumatoid Arthritis **New!**

UF Pharmacology Students M: \$2; NM: \$7

1 class date Room 3
PHA154A F 5/28 9:30-10:30AM

Join UF College of Pharmacy faculty and students to discuss management of arthritis and gout. The following topics will be covered signs and symptoms of osteoarthritis; signs and symptoms of gout; signs and symptoms of rheumatoid arthritis; medications used to treat these symptoms.

Pharmacology Series: Pet Medications

UF Pharmacology Students M: \$2; NM: \$7

1 class date Room 3
PHA114A F 6/18 9:30-10:30AM

Please join UF College of Pharmacy students for a discussion about pet medications. Topics to be covered include an overview of human medications which should NOT be used for pets; how to get medications for your pets at a pharmacy; safe medication practices for pets.

**HAVE YOU CHECKED OUT OUR
DISTANCE LEARNING
CLASSES?**

Sciatica, Bulging Discs, And Leg Pain

Dr. Pedro A Orta			M: \$2; NM: \$7
1 class date			Room 1
WEL136A	W	1/13	1-2PM
WEL136B	W	4/14	1-2PM

Do you have any of these? Sharp pains in the back of the leg, lower back pain, numb arms or legs, shooting hip or thigh pain, muscle spasms - Spinal Decompression may help. Spinal Decompression has a high success rate with disc herniations, sciatica and back pain. In just a few weeks you could be back doing what you love to do.

Get Rid of Knee Pain

Dr. Pedro A Orta			M: \$2; NM: \$7
1 class date			Room 1
WEL108A	W	1/20	1-2PM
WEL108B	W	3/10	1-2PM
WEL108C	W	5/5	1-2PM

Knee pain can keep you from enjoying some of your favorite activities playing with grand kids, taking walks or playing golf. If you have arthritis, cartilage damage, "bone on bone" tendinitis, bursitis, or hear crunching and popping sounds, a new treatment may eliminate your knee pain and help restore normal function. Come hear Dr. Orta, DC speak on this technology.

Shoulder Pain

Dr. Pedro A Orta			M: \$2; NM: \$7
1 class date			Room 1
WEL117A	W	1/27	1-2PM
WEL117B	W	4/28	1-2PM

Do you have rotator cuff problems, frozen shoulder or arthritis - there is hope. Cold laser therapy has helped patients increase strength, improve motion and eliminate pain. Cold laser therapy has been used for over 40 years, and can aid in regenerating damaged tissue, decreasing inflammation, relieving pain and boosting the immune system. Come see how it can help you.

Arthritis Treatments and Strategies for Managing Joint Pain

Dr. Pedro A Orta			M: \$2; NM: \$7
1 class date			Room 1
WEL119A	W	2/3	1-2PM
WEL119B	W	3/31	1-2PM
WEL119C	W	6/2	1-2PM

Arthritis causes swelling and pain that can become excruciating. Over two hundred diseases are classified as "arthritis" but most fall into two categories osteoarthritis and rheumatoid arthritis. Pain and inflammation occur when the cartilage wears down. Symptoms include morning stiffness, painful swollen joints, fatigue, weakness etc. Come hear Dr Pedro Orta, DC discuss the root causes and natural treatments.

Natural Therapies for Insomnia

Dr. Pedro A Orta			M: \$2; NM: \$7
1 class date			Room 2
WEL173A	W	2/10	1-2PM
WEL173B	W	5/12	1-2PM

Insomnia is a common and often chronic complaint. The National Sleep Foundation estimates that each year 69 million Americans report chronic insomnia and 150 million report occasional insomnia. Many resort to drugs, but this is not necessary. There are natural therapies to relieve insomnia and correct the underlying cause so that you can get a good night's rest.

How to Restore Thyroid Function

Dr. Pedro A Orta			M: \$2; NM: \$7
1 class date			Room 1
WEL118A	W	3/24	1-2PM

Do you take thyroid hormones, yet still suffer from fatigue, weight gain, hair loss, depression, or other hypothyroid symptoms? Are your symptoms steadily worsening - or do they go untreated because your lab tests are normal? Come hear Dr Pedro A Orta, DC share about what your body is going through and how to help you feel better.

NATURAL HEALTH

Meridian Tapping Therapy- Become Your Own Best Therapist!

Colleen Griffin			M: \$17; NM: \$22
1 class date			Studio 3
WEL128A	Th	2/4	10:30AM-12:30PM

Meridian Tapping is a combination of ancient Chinese acupressure and modern energy psychology that has been successfully used to provide relief from chronic pain, fears, phobias, insomnia, addictions, cravings, grief, anxiety, limiting beliefs and PTSD. Enroll in this class and tap into the amazing power of self-healing that is literally at your fingertips.

Intro to Essential Oils

Colleen Griffin			M: \$17; NM: \$22
1 class date			Room 3
NAT143A	Th	3/4	2-4PM

Essential oils can enhance so many areas of daily life. In this class, participants will learn about the history of essential oils, how essential oils are produced, how to use essential oils safely and common methods of use. Participants also learn how to create a more natural, healthy lifestyle with essential oils.

Intro to Hypnosis

Colleen Griffin			M: \$17; NM: \$22
1 class date			Room 2
NAT142A	F	5/7	10-11:30AM

Many people have strange and misguided ideas about

hypnosis. Stage shows, media coverage, and a lot of ignorance are responsible for the apprehensions many people have about hypnosis. During this fun and interactive presentation, you will learn what hypnosis is and isn't, the history of hypnosis, and how hypnosis can be used to solve many common problems.

Self Reflexology for Hands and Feet

Tracy Ryzan Ross M: \$17; NM: \$22
 1 class date Room 3
 NAT125A Th 2/18 11AM-1PM
 NAT125B Th 4/15 11AM-1PM

Our hands and feet are home to literally thousands of nerve endings and almost 70 acupuncture points, which is why Reflexology is so effective. Learn basics of Reflexology including the zones in the hands and feet, what regions in the body they represent, and techniques to work on your own hands and feet. Note: There is a \$5 supply fee payable to the instructor the day of class.

Meditation Demystified Practicing Inner Stillness

Tracy Ryzan Ross M: \$14; NM: \$19
 Entire Term Online Recording
 WEL204A Available 24-7



It's common for people to have a wide range of ideas, opinions, and misconceptions related to meditation that can make it seem difficult and unapproachable. Enroll in this class and learn practical tools, tips, and techniques to start and/or maintain a meditation practice that works for you.

Self Massage Rub those Aches Away

Tracy Ryzan Ross M: \$17; NM: \$22
 Entire Term Online Recording
 NAT114A Available 24-7



Do you experience aching and sore muscles? Do your neck, shoulders, back or even your feet hurt? Do you wish you could have someone massage those areas to take those aches away? Good news! You can be that person. In this class you will learn simple and effective ways to massage your body using your hands, and/or other easily found tools to rub those aches away. Enroll in this hands-on class and experience how a little self massage goes a long way to keep you feeling happy and healthy!

Tame Your Pain: Practical Tools for Better Quality of Life

Tracy Ryzan Ross M: \$23; NM: \$28
 Entire Term Online Recording
 WEL226A Available 24-7



Is pain impacting your daily life? Have you stopped doing things you love because of pain? Are you wanting a natural approach that puts you in control and tames your pain? Then enroll in this class to

learn practical tools and skills that can be self-applied to gain more control over your pain, increase your activity levels and improve your quality of life.

SELF-AWARENESS

Regain Your Energy

Dr. Pedro A Orta M: \$2; NM: \$7
 1 class date Room 1
 WEL175A W 3/3 1-2PM

Have you lost your energy, has your "get up and go" gotten up and gone? Have you lost the wind in your sails? There are many reasons why our energy levels may drop and most of them are correctable in relatively short time. Come listen to Dr. Pedro A. Orta, a holistic Chiropractic Physician, lecture on this most important topic.

Catch More Zzzzzz's Simple Steps for Better Sleep

Tracy Ryzan Ross M: \$17; NM: \$22
 Entire Term Online Recording
 WEL120A Available 24-7



If you are like many Americans, you spend some nights tossing and turning. A good night's sleep is crucial to health and well-being. Common problems associated with sleep deprivation include weight gain, impulsive behavior, emotional distress, poor memory, inability to concentrate, impaired motor function and a compromised immune system. Fortunately, there are things you can do to improve quantity and quality of sleep.

4 EASY WAYS TO REGISTER

24/7 ONLINE

BY CALLING 352-387-9751

**IN PERSON MONDAY TO FRIDAY
 9 AM - 4PM**

BY MAIL

SEE PAGE 4 FOR MORE INFO

STRESS, COPING, & LIFE TRANSITIONS

How Parents and Grandparents Can Help Kids Emotionally Heal from COVID-19 Trauma

New!

Gregory Cain, M.Div.

M: \$2; NM: \$7

1 class date

Cypress Hall / Online

(H)

TRA195A Th 5/13 10-11AM

TRA195AH Th 5/13 10-11AM

Counselors are noticing an increase in children experiencing



the following emotions disruptive behaviors, depression, anxiety, suicidal indicators, and substance abuse. Join AdventHealth Ocala's

Director of Mission & Ministry, Gregory Cain to explore how we can identify the warning signs of children who have experienced trauma related to COVID and treatment options that can help to bring stability to our kids. Learn how parents and grandparents can safely intervene when we see high-risk behaviors so we can create a hedge of protection for their mental health.

COVID Fatigue How to Release Helplessness, Frustration and Anxiety **New!**

Jessica McCune

M: Free; NM: Free

1 class date

Cypress Hall

TRA191A W 1/13 10:30-11:30AM

We will discuss the losses endured as COVID-19 has stolen celebrations, graduations, weddings, anniversaries, reunions, birthdays, vacations, jobs and countless other losses. By recognizing grief and bearing witness to loss we practice "healing what we feel." We will explore loss, numbing agents, boundaries and ways to "breathe away" the anxiety.

Coping with Caregiver Stress

Beverly Crumpler

M: Free; NM: Free

1 class date

Room 4

TRA172A Tu 1/19 10-11AM

TRA172B Th 5/6 10-11AM

When life's unexpected challenges happen, a lot depends on how well prepared you are to cope. Sometimes life can throw us a curveball we didn't expect with our health or that of someone we love. Learn about coping with caregiver stress and all the resources available to assist you through the Transitions Program.

HeART Steps--Day of Discovery **New!**

Jessica McCune

M: \$2; NM: \$7

1 class date

Cypress Hall

TRA190A Th 2/18 10AM-4PM

Discover use of art and journaling to open up our hearts to hold more joy. We will focus on wellness with creative writing exercises, movement, life, and drawing. Class will focus on presentations, discussions, and activities. Bring your lunch; a break will be provided so you can eat outside

or go to the coffee shop & deli.

How Palliative Care Extends Quality of Life

Billie Woodham

M: Free; NM: Free

1 class date

Room 4

TRA170A W 2/24 10-11AM

TRA170B W 5/12 10-11AM

In this presentation you'll learn what exactly is palliative care, how it benefits advancing illness patients by extending quality of life, and how you can obtain this type of comfort care. The mission of the Center for Comprehensive Palliative Care is to provide expert symptom relief, compassionate support and reliable information to those with advancing medical conditions.

Understanding the End of Life Process

Mery Lossada, MD

M: Free; NM: Free

1 class date

Room 4

TRA173A Tu 3/2 3-4PM

TRA173B Th 5/27 3-4PM

There's two truths in life-birth and death. While we are joyous over the birth of a newborn child, death is another story. Dr. Mery Lossada will review the end of life process that our bodies go through and discuss how hospice care provides compassionate, comfort care when no cure is available.

Dementia Caregiver Training Class **New!**

DJ Ryan, RN, Lanie Shirey

M: Free; NM: Free

1 class date

Cypress Hall

TRA196A Th 3/18 1-3PM

Join DJ Ryan, RN and Lanie Shirey, Director of Marketing with Hospice of Marion County for this unique Virtual Dementia Tour and training class. This is an interactive class with attendees using a virtual headset that helps caregivers understand the challenges people living with dementia face on a daily basis. You'll learn how to live in a relationship with someone that has dementia and better cope with what they are experiencing.

National Healthcare Decision Day 2021 **New!**

Jessica McCune

M: Free; NM: Free

1 class date

Room 1

TRA192A W 4/14 10:30-11:30AM

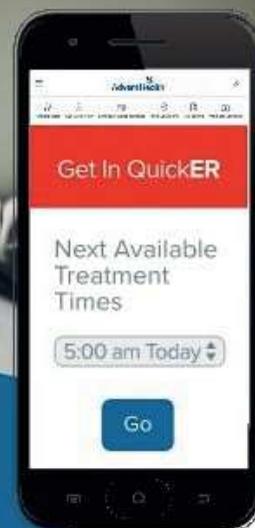
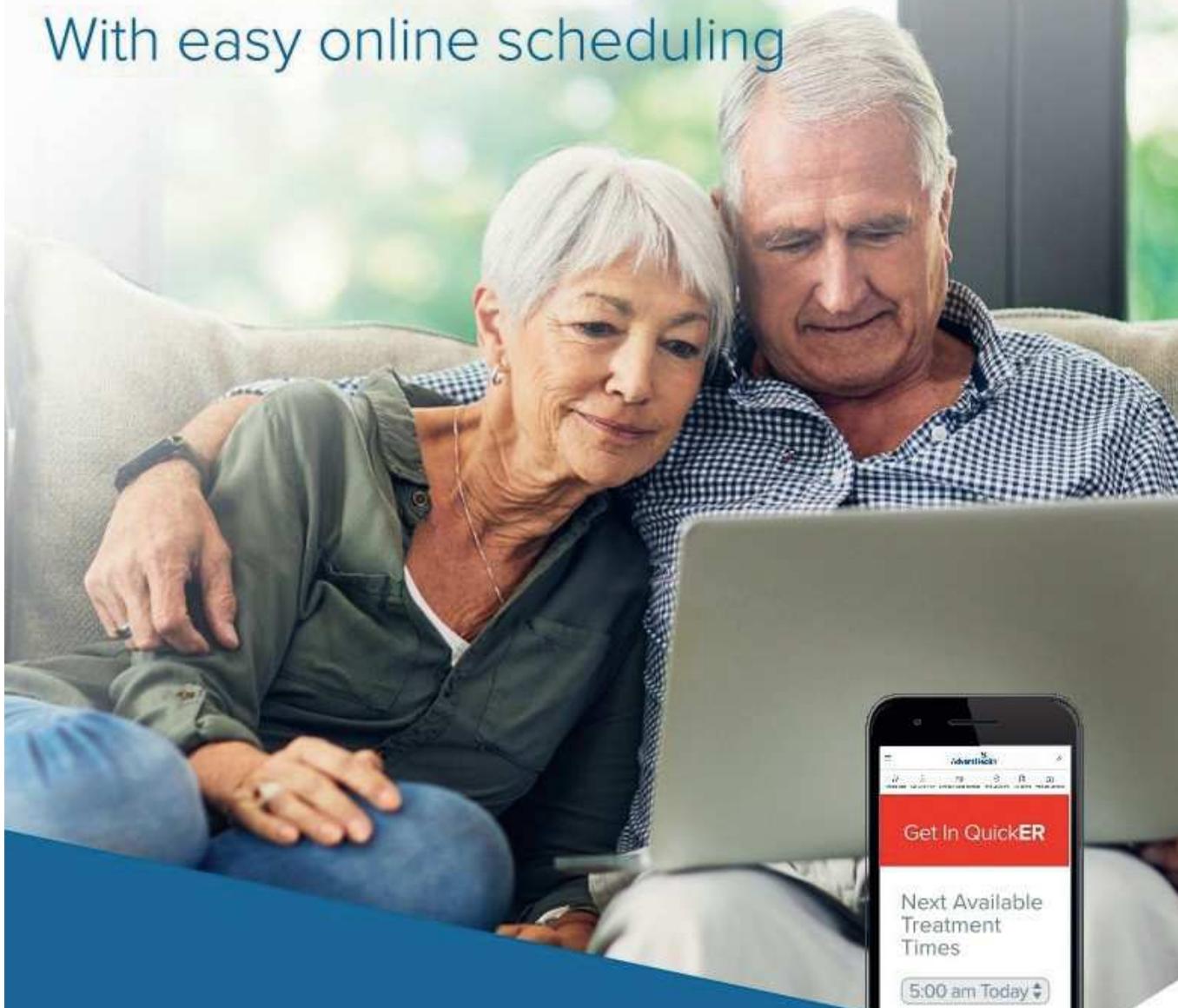
Plan for success! Planning with Advance Directives is ensuring that you will feel as well as possible as long as possible. Come and learn about National Healthcare Decision Day (NHDD) and the plans at Hospice of Marion County for this community initiative. Every year NHDD is on April 16, and we want you to have the information early.

Look for updates to the catalog on our website:

www.masterthepossibilities.org

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We've made it easy for you to schedule an emergency room visit online and wait safely in the comfort of your home. Arrive at a pre-set time convenient for you and our ER experts will be ready to care for you.

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In case of a life-threatening medical emergency, call 911.


AdventHealth
TimberRidge ER

A hospital department of AdventHealth Ocala

Compassion & Choices: Dying Wish

Dr. Barbara Toeppen-Sprigg M: Free; NM: Free
1 class date Cypress Hall
TRA176A Tu 1/19 10-11:30AM

A former surgeon with advanced cancer in hospice decides to hasten his death by voluntarily stopping eating and drinking - VSED. We will follow his journey, and then discuss how this might be applied in the most supported way possible.

Compassion & Choices- The Death Doula: Guide for End-of-Life Care

Mary Ellen Shea M: Free; NM: Free
1 class date Live Oak Hall
TRA187A Th 2/18 10:30AM-12PM

There is a new source of guidance in end-of-life care, the Death Doula. Mary Ellen Shea is both a practitioner and a trainer, helping people through end of life transitions and teaching new doulas. She will discuss some of the dilemmas faced in this life transition and how a doula can be of very direct help.

Compassion & Choices: Refusing Medical Treatment at the End of Life- Tools to Help **New!**

Dr. Barbara Toeppen-Sprigg M: Free; NM: Free
1 class date Cypress Hall
TRA193A Tu 3/16 1-2:30PM

We are in a maelstrom of change right now, and end-of-life choices are becoming more apparent. What we might choose is dependent on both our values and knowledge. This presentation will help to elucidate some of the choice points, both for our own care, and when we act as a surrogate decision-maker for someone else.

Compassion and Choices: End of Life Options and Care Facilities

Dr. Barbara Toeppen-Sprigg M: Free; NM: Free
1 class date Cypress Hall
TRA179A Tu 3/30 1-2:30PM

One of the dilemmas for individuals in extended care facilities is whether their Advance Directives will be honored. With the help of a member of the Legal Team of Compassion & Choices, and local medical personnel, we will examine the current options for those at the end of life.

Dementia Caregivers' Support Group

Mark Croft M: Free; NM: Free
6 class dates Room 4
TRA133A Th 1/21-6/17 10:30AM-12PM
Meets Jan. 21, Feb. 18, Mar. 18, Apr. 15, May 20, June 17.

Receive experience based answers to your care giving questions. Learn constructive care techniques that allow caregiver and care receiver to have peaceful and meaningful lives. Discover the legal, financial and medical steps to take

now that prevent future problems and save you money. Connect with free and fee based community resources that make life easier. Note: This course meets every third Thursday of the month and is available for registration the entire term, unless filled.

Mind and Motion - Parkinson's Education and Support

Parkinson's Support Group M: Free; NM: Free
6 class dates Cypress Hall
TRA132A F 1/29-6/18 10:30AM-12:30PM
Meets Jan. 29, Feb. 26, Mar. 26, Apr. 30, May 28, June 18.

If you or a loved one have been diagnosed with Parkinson's disease or a related movement disorder, this interest group gathers each month to share insights, issues and resources. An opening educational program is followed by a unique Parkinson's exercise routine and two support circles-one for patients and another for caregivers-where relationships are forged around shared experiences, compassion and wisdom. For a complete list of topics, visit www.masterthepossibilities.org or the Education Office.

Lessons from the World of the Terminally Ill **New!**

Frank Dole M: \$2; NM: \$7
1 class date Room 2
TRA194A W 2/17 1-3PM

The importance of one's attitude and choices illustrated by stories and insights learned from the terminally ill make for a unique and enjoyable format. The underlying importance of listening and techniques to improve your skills will be reviewed. An overview of the power of humor will be addressed and how to methods shared.

Understanding Medicare

Ruth Santman M: Free; NM: Free
1 class date Room 3
TRA167A Tu 1/12 10AM-12PM
TRA167B Tu 2/9 10AM-12PM
TRA167C Tu 3/9 10AM-12PM
TRA167D Tu 4/13 10AM-12PM
TRA167E Tu 5/11 10AM-12PM
TRA167F Tu 6/8 10AM-12PM

This class will explore Original Medicare, Medicare Advantage Plans, Medigap Plans (Supplements), Prescription Drug Plans and Low Income benefits. This course will reduce confusion about this very complex issue, and will explain all the options available to make an informed decision about healthcare. Those who are new to Medicare, or are existing Medicare beneficiaries, can have their questions answered.

Caregiver Planning

Richard Belz

1 class date

TRA186A W 3/17

M: \$2; NM: \$7

Cypress Hall

9-11:30AM

Being a caregiver for a spouse is a stressful job, whether or not the spouse is in a residential care facility. Besides the care and medical decisions that must be made there are others of equal importance. This course will highlight some of these other areas. You may have thought of almost all the items to be covered, but there is sure to be some you haven't considered.

Symptoms and Solutions for Plantar Fasciitis

Dr. Pedro A Orta

1 class date

WEL125A W 2/17

WEL125B W 5/26

M: \$2; NM: \$7

Room 1

1-2PM

1-2PM

Plantar fasciitis is a common cause of heel and foot pain in adults. The classic symptoms include heel pain that is usually most severe first thing in the morning. This condition is characterized by inflammation at the heel. Come learn more about symptoms and solutions for pain with Dr. Pedro Orta.

interferes with the body's ability to transmit messages to your muscles, skin, joints or internal organs. If left ignored or mistreated, neuropathy can lead to irreversible health conditions.

How to Eliminate or Alleviate Headaches

Dr. Pedro A Orta

1 class date

WEL186A W 4/7

WEL186B W 6/16

M: \$2; NM: \$7

Room 1

1-2PM

1-2PM

Headaches can be extremely debilitating and there is no such thing as a "normal headache." Come find out causes and holistic, natural treatments to eliminate or alleviate them.

Myths about Grieving

Colleen Griffin

1 class date

TRA141A F 5/7

M: \$17; NM: \$22

Room 2

12:30-2PM

Loss is something we will all experience, and grief is the normal and natural response to the loss. While grief is clearly a very powerful emotion, it is often neglected and misunderstood by both the griever and those around them. Most of the information we have learned about dealing with loss is intellectual, which makes most people ill prepared to deal with the conflicting mass of emotions we call grief. Come learn about the misconceptions about dealing with grief.

Manage Stress with Everyday Mindfulness

Tracy Ryzan Ross

Entire Term

WEL126A

M: \$17; NM: \$22

Online Recording

Available 24-7

 Stress is a part of everyone's life. You cannot control the amount of things, people or situations that cause stress, however, you can learn to manage it. Having easy and accessible stress-management tools and skills allows you to live in the present moment with the ability to cope with stressful situations in effective ways. Enroll in this class and you will learn practical skills for living mindfully and intentionally, reducing stress, and cultivating peace and well-being. In other words, stress less.

FREE

NO REGISTRATION REQUIRED!

Medicare Counseling and Assistance

Individual Sessions:

2nd & 4th Mondays of

January 11th through March 22nd

2nd Mondays only of

April 12th through June 14th

10:00AM-12:00PM

At Master the Possibilities

(First come, first served in time allotted)

Provided by SHINE

A division of Florida Department of Elder Affairs

Is Neuropathy Ruining Your Life?

Dr. Pedro A Orta

1 class date

WEL110A W 2/24

WEL110B W 4/21

M: \$2; NM: \$7

Room 1

1-2PM

1-2PM

More than 20 Million Americans suffer from Peripheral Neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition

Your Registration Receipt has Important Information!

Please Make Sure to Review Your Receipt for Specific Course Information

VISION & HEARING

Low Vision Workshop

Angela Hammond

2 class dates

VIS106A Th 2/4-2/11 10AM-12PM

M: \$2; NM: \$7

Room 3

Explore the use of protective eye wear, and adaptive aids that will assist in enhancing your vision. "Low Vision" describes significant visual impairment that can't be corrected fully with glasses, contact lenses, medication or eye surgery. Low Vision services include training to use optical and electronic devices correctly, training to help you use your remaining vision more effectively, improving lighting and enhancing contrast in your home, and learning about other helpful resources in the community and state.

Sports Vision

Dr. Daniel Lack

1 class date

VIS102A Th 5/6

M: \$2; NM: \$7

Room 1

1-2:30PM

Have you noticed that your sports performance is inconsistent? Find out about the visual skills that are needed for peak performance. Learn why "keeping your eye on the ball" is only half true. During this class, you will have an opportunity to practice visualization techniques. Not surprisingly, there is more to your vision than 20/20!



**Got an Idea for a Course
You'd Like to Teach?
Go to
www.masterthepossibilities.org
and click "Get Involved"**



Billy Bass
American History Class

HISTORY

AMERICAN HISTORY

Great Courses Native Peoples of North America

Pat Russell M: \$15; NM: \$20
12 class dates Room 2
HIS313A Th 1/7-3/25 10-11:30AM

This Great Courses has partnered with Smithsonian to bring you a course that will greatly expand your understanding of American history. This course, Native Peoples of North America, will provide a multidisciplinary view of American history, revealing new perspectives on the historical and contemporary experiences of Indigenous peoples, and their significant impact on the history of our country.

Social History of New France (1604- 1763)

Jim & Terry Willard M: \$22; NM: \$27
1 class date Room 2
HIS269A W 2/10 10AM-12PM

New France was the area in North America colonized by France during the 17th and 18th Centuries. This course will cover the events that shaped the North American French people from the attempted colony on St. Croix Island in 1604 to the end of the French and Indian War in 1763.

Reconstruction- The Second American Revolution

Emmett Coyne M: \$2; NM: \$7
2 class dates Room 4
HIS188A F 2/19-2/26 1:30-3PM

Covid-19 may usher in a second reconstruction of America. The devastation of the Civil War necessitated a reconstruction of our nation. It was a contentious effort that moved the ball of the founders' vision "toward a more perfect union" closer to fact. The first reconstruction provides an overview of the conflict to aright the ship of state.

When Black Soldiers Raided Marion County: The True Story **New!**

Bruce Seaman M: \$2; NM: \$7
1 class date Room 4 / Online (H)
HIS467A W 3/10 10-11:30AM
HIS467AH W 3/10 10-11:30AM



The Marshall Plantation Raid by black Union soldiers on March 10, 1865 was the only time the Civil War came to Marion County. Misrepresented and inaccurately portrayed historically, this presentation tells the untold story. This crazy raid had a unit of black men travel 100 miles behind enemy lines. The story of their exodus-like journey is gripping. Hear the truth!

The 1862 Maryland Campaign

CW Whitehair M: \$17; NM: \$22
2 class dates Room 4
HIS314A W 3/24-3/31 9AM-12PM

Discover the events surrounding the first invasion of northern soil by General Robert E. Lee's Confederate Army during the autumn of 1862. Participants will learn about the battles of South Mountain, Harpers Ferry, Antietam, and Shepherdstown. The instructor will discuss the strategy pertaining to the invasion, the battles, and the Emancipation Proclamation.

World War II Internment Camps

Carla Traudt, Gene Matsui M: \$15; NM: \$20
1 class date Room 4
HIS315A M 4/12 10:30AM-12PM

During World War II, many U.S. citizens of Japanese descent were relocated to one of eleven Internment Camps. This class will explore what prompted the relocation of thousands, who was chosen, what was it like in these camps, and what happened when these camps were closed. Personal photos, historic video, and the son of two internees will provide an insight into the life in these camps. Please Note: This is not a political discussion.

Railroads of the American Civil War **New!**

Jack Ciotti

M: \$10; NM: \$15

1 class date

Room 5

HIS480A

F

4/23

10-11:30AM

Large scale use of Railroads in warfare first took place during the American Civil War, where trains delivered troops into battle and served as ambulances and a means of evacuating civilians. This discussion includes the building of the railroads and the dangers and discomforts of traveling on them. Also, original railroad items from the Civil War are displayed and explained.

Florida's Contribution to WWII & World War II's Contribution to Florida

DL Havlin

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

HIS483A

Tu

1/12

1:30-2:30PM

HIS483AH

Tu

1/12

1:30-2:30PM



Join DL Havlin as he covers this little appreciated period of Florida's history. No event changed and shaped the Sunshine State as much as WWII.

Learn about the where, what, when and how Florida's "military invasion" occurred. The D Day invasion force trained here as did the Doolittle raid. The story of how the least populated state east of the Mississippi, with a small economy and a bad "reputation" developed into today's modern prosperous state is fascinating. And, did a lot to help win the war.

From the First Seminole War through the Civil War (1812 to 1865) **New!**

DL Havlin

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

HIS458A

W

2/3

1:30-3PM

HIS458AH

W

2/3

1:30-3PM



Even before Andrew Jackson's initiation of the 1st Seminole War, periods of peace in Florida were short to non-existent. Three Seminole Wars raged over Florida as colony, territory, and state. When fighting the Seminoles stopped, the Civil War impacted Florida in ways that contorted its future until WWII. Florida's legacy is one of violence.

Florida - The Forgotten Years

DL Havlin

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

HIS476A

Tu

3/9

9-10AM

HIS476AH

Tu

3/9

9-10AM



The years between the Civil War and WWII are hardly ever a part of major historical profiles of the state. Battles between cattle barons replace battles with Indians. Diston drained the land and speculators destroyed Florida's reputation with crooked land deals. Hurricanes far more destructive and deadly than those heralded today stalked the land. Orange blossoms drenched the states air with perfume and Edison perfected

his light bulb here. Don't forget the forgotten years. This exciting talk covers forgotten events that affect us today.

The Civil War Within the Revolutionary War

Billy Bass

M: \$5; NM: \$10

1 class date

Live Oak Hall

HIS111A

Th

1/21

4-5:30PM

This course looks into the Revolutionary War conflicts among various groups of Americans. Although not going too deep into military history, how did these internal conflicts shape the course of the war?

Stories from the Revolutionary War

Billy Bass

M: \$5; NM: \$10

1 class date

Live Oak Hall

HIS144A

Th

2/4

4-5:30PM

Are some of the popular stories from the American Revolution completely true? We will look into some of the stories to find the truths and myths.

From Confederation to Constitution

Billy Bass

M: \$5; NM: \$10

1 class date

Live Oak Hall

HIS338A

Th

2/18

4-5:30PM

How did the United States change from their first government of a loose union of states to the Republic formed under the Constitution. We will look at the positives and negatives of the Articles of Confederation and how the changes were made in the Constitution and what were some of the early challenges of the new Constitution.

The Federalist Decade (1790s)

Billy Bass

M: \$5; NM: \$10

1 class date

Live Oak Hall

HIS434A

Th

3/4

4-5:30PM

After the Constitution was ratified a new American government began. How did that first decade with George Washington and John Adams at the helm shape the future of the young Republic? How was the Whiskey Rebellion important in our country's beginnings, but today is romanticized and simplified compared to the actual event?

The Jeffersonian Decade (1800s)

Billy Bass

M: \$5; NM: \$10

1 class date

Live Oak Hall

HIS432A

Th

4/15

4-5:30PM

After the Election of 1800 the United States entered into a period of growth. With that growth came struggles and conflicts. How did President Jefferson lead the country through that time period? Also, a quick look into Jefferson's own conflicts personally.

James Madison and the War of 1812

Billy Bass

M: \$5; NM: \$10

1 class date

Live Oak Hall

HIS433A Th 4/29 4-5:30PM

After the 1808 election of James Madison, the United States faced a growing conflict with Britain, which resulted in a second war for Independence. How did the U.S. get into this war? How did the U.S. manage? What were the results of this conflict?

Elizebeth Friedman The World's Greatest Codebreaker

Dr. Don Wyman M: \$10; NM: \$15
1 class date Live Oak Hall
HIS275A F 1/15 10-11:30AM

This PowerPoint program tells the story of perhaps the greatest code breaker in World History! From a farm in Indiana to the Nation's Capital as Cryptographer-in-Charge, she led the way in solving one code after another. WW I German codes, prohibition codes; prohibition kingpins, mobsters and gangsters, drug lords, all fell before her uncanny ability to crack even the cleverest codes and ciphers. She broke three German Enigma codes, not with a computerized machine, but with a paper and pencil.

Richmond Life 1861-1865: What Was It Like?

Dr. Don Wyman M: \$10; NM: \$15
1 class date Live Oak Hall
HIS277A F 2/19 10-11:30AM

Richmond was a peaceful, prosperous, sophisticated and charming, southern city. There was a fashionable society of wealthy plantation owners who enjoyed the Good Life. Then, it became the Capital of the Confederacy. As such, it also brought soldiers and all the camp followers; gamblers, thieves, prostitutes - disreputable people. Compound that situation with a shrinking economy, inflation, shortage of food and other necessities, and you have a recipe for looting, crime, poverty and degradation.

The CIA Museum: A Private Tour

Dr. Don Wyman M: \$10; NM: \$15
1 class date Live Oak Hall
HIS171A F 3/12 10-11:30AM

The CIA Museum, inside the CIA Headquarters building in Langley, Virginia is not open to the public. Don Wyman, a CIA retiree, recently was given both a special 2-hour private tour by the museum director and also, exclusive permission and support in creating this special PowerPoint "Private Tour" of the museum. This unique tour includes many espionage artifacts never before made public, reveals some declassified, previously top-secret intelligence operations, and identifies some of the brave people who carried them out.

The CIA Museum What You Didn't See in the First Tour **New!**

Dr. Don Wyman M: \$10; NM: \$15
1 class date Live Oak Hall
HIS342A F 3/19 10-11:30AM

A completely different tour with totally different artifacts whose background stories are revealed and colorfully illustrated by a CIA Retiree who was in the Agency when most of these events were happening. This is Part 2 of an ongoing series that will contain, as they are declassified, new clandestine items and missions previously classified at the highest levels. Two of the most scientifically complicated and highly secret missions in world history will be revealed in this unique presentation.

Espionage Tradecraft: How It Really Works **New!**

Dr. Don Wyman M: \$10; NM: \$15
1 class date Live Oak Hall
HIS343A F 4/23 10-11:30AM

This PowerPoint presentation goes into great detail on the steps that a CIA case officer employs in acquiring an asset in a foreign country with access to valuable information, unavailable in any other way, to spy for the United States, and the meticulous planning and clever techniques used to communicate that intelligence safely and securely without compromising it, or jeopardizing both parties over long periods of time. Formally, Top Secret tradecraft, now declassified and revealed for public consumption.

U.S.S. Constitution: America's Ship of State **New!**

Dr. Don Wyman M: \$10; NM: \$15
1 class date Live Oak Hall
HIS344A F 5/14 10-11:30AM

"Old Ironsides," the oldest battleship afloat, is still showing her colors to the world after numerous hard-fought battles and remains the undefeated champion of the seas! Who authorized it, who designed it, where was it built, by whom, when, where was its first battle and who were its opponents. This colorful PowerPoint program pays tribute to an American pride and joy that is open daily for all to explore this rare piece of preserved American history.

MTP RULES OF COURTESY

- **BE MINDFUL OF MTP STAFF AND STAFF POLICIES.**
- **MAKE SURE ALL CELL PHONES ARE EITHER ON VIBRATE OR OFF DURING CLASS TIME.**
- **IN THE CLASSROOM, EVERYONE'S OPINION COUNTS.**
- **IT'S OK TO DISAGREE, BUT NOT BE DISAGREEABLE.**
- **GIVE OTHERS THE ATTENTION AND RESPECT THEY DESERVE WHILE SPEAKING.**
- **THE INSTRUCTOR SETS THE FORMAT IN THE CLASSROOM.**
- **LEAVE THE CLASSROOM THE WAY YOU FOUND IT**
- **FAILURE TO ADHERE TO THESE GUIDELINES MY RESULT IN A STUDENT BEING EXCUSED BY FACULTY OR STAFF, WITHOUT A REFUND.**

FUN FACTS

Transiting the Panama Canal

Kenneth Puckett

M: \$2; NM: \$7

1 class date

Room 4

HIS193A W 3/10

1-2PM

Captain Puckett will outline the rules, regulations, and cost to take a ship through the old and new Panama Canal. He will also explain the responsibilities and duties of maritime Ship Crew and Panama Canal pilots.

History of Forensic Science

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS443A M 4/26

1:30-3PM

Beginning with the 1st murder solved using forensic science, Prof. Didier uses famous crimes from the 1800s to illustrate the evolution of criminal forensic sciences including the 1st mug shots, finger prints, famous poisonings, trace evidence and 1st conviction of a serial killer in the USA using DNA.

INFLUENTIAL GROUPS

Madams in America Part I (1870-1910)

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS445A M 1/25

1:30-3PM

From Chicago's elegant Everleigh Club, to the rough and tumble Houses of the Old West, this historical romp features women who were America's first CEOs of the service industry. Learn how they ran their houses and see images of their original buildings and antiques and hear anecdotes about their personal lives.

Madams in America Part II (1850-1910)

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS446A M 2/8

1:30-3PM

The history of famous and infamous Madams continues in Part 2, but the action shifts to the wild side of San Francisco's crib rows, cow yards and Chinese sex slaves to the Alaskan gold rush and the madams who established their houses of joy in the last, great wild frontier of America.

The Knights Templar Who, What, When, Where, and Why? **New!**

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS341A M 6/14

1:30-3PM

Using more than 80 images and historical facts/anecdotes, Professor Didier explains the history of the Knights Templar from their founding until they disappeared from the pages of history, or did they?

The U.S. Secret Service, An Insider's Look

New!

Samuel Gerald Durrett

M: \$2; NM: \$7

1 class date

Room 3

HIS479A W 3/10

2-3:30PM

Everyone knows about the U.S. Secret Service and its mandate to protect the President of the United States; however, that was not the purpose for its establishment. This lecture will discuss the history of the Secret Service and some of the cases that caused it to be the agency it is today. Sam Durrett worked in the Special Investigations and Security Division of the Secret Service during the years of the Carter and Reagan presidencies and will discuss some of the unclassified and more interesting aspects of this highly professional organization and the men and women who routinely risk their lives to keep our leaders safe.

The Original Resistance: The Seminole Tribe of Florida **New!**

Cathy Salustri

M: \$13; NM: \$18

1 class date

Online

HIS481A M 2/22

1-2:30PM



The only tribe that has never signed a so-called peace treaty with the United States, the Seminole Tribe of Florida has perhaps the most unique history of any tribe in North America. Rather than one common ancestry, the members of the Seminole Tribe come from escaped indigenous people from other tribes--and the escaped slaves they welcomed into their pocket of wilderness in the Everglades.

Dominickers: Florida's Lost People **New!**

Cathy Salustri

M: \$13; NM: \$18

1 class date

Online

HIS482A M 3/29

1-2:30PM



Who were the Dominickers and what happened to them? Little evidence of these people remains. Living in north Florida while Jim Crow was ever-present, this mixed-race clan wasn't welcome at whites-only or black-only events and places. They kept to themselves and, the story goes, they eventually died out--or did they? Were they mixed race...or did they come from somewhere else? What were they hiding?

PEOPLE

Edison in Florida- One the World's Greatest Inventor's Life in the Sunshine State

DL Havlin

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

HIS462A Tu 1/12 11AM-12PM

HIS462AH Tu 1/12 11AM-12PM



When Edison looked for a place to spend his winters in 1885, he chose Ft. Myers on the lower Southwest coast. His selection wasn't based on the weather or ease of access. It was based on practical reasons. Reasons tied directly to his research projects. His

selection had a major impact on those projects and an impact on the future of the area. Learn how SWF became a magnet for famous industrialists, financiers, and other famous individuals. Edison's unique personality and mind are important to understand what sparked his genius.

General Daniel (Chappie) James- America's First Black 4-Star General

DL Havlin M: \$5; NM: \$10
 1 class date Live Oak Hall / Online (H)
 HIS463A W 2/3 11AM-12PM
 HIS463AH W 2/3 11AM-12PM



He saw the aircraft fly far above him as a boy in his Pensacola home and birthplace. He set a goal thought to be insurmountable. Not to Chappie James! He trained pilots for the famous Tuskegee airman group as recent graduate of that college. As part of that group, he flew test flights for fighters and bombers. Chappie flew 101 missions in Korea and was a group commander in Vietnam. He became a 4-star General when he assumed command of NORAD. Famous for his inspirational speeches and unbending love for his country, he was a fierce opponent of anyone who he sensed as disloyal to the US Constitution. Learn about this man who earned his stars!

Rising Above- The Jacqueline Cochran Story

DL Havlin M: \$5; NM: \$10
 1 class date Live Oak Hall / Online (H)
 HIS461A Tu 3/9 1:30-2:30PM
 HIS461AH Tu 3/9 1:30-2:30PM



This panhandle born girl rose from obscurity to be a giant in aviation and in business. Though not receiving the publicity that Amelia Earhart is accorded, she accomplished much, much more in a life filled with triumphs and heart break. At one point she held every woman's aviation record, was instrumental in forming the WAAC (Woman's Auxiliary Army Corps), the WASP (Woman's Airforce Service Pilots), was an acclaimed test pilot, was the first woman pilot to break the sound barrier, and was the driving force in forming the first woman's astronaut group.

Above and Beyond- Two of Florida's Medal of Honor Recipients

DL Havlin M: \$5; NM: \$10
 1 class date Live Oak Hall / Online (H)
 HIS465A Tu 3/30 9-10AM
 HIS465AH Tu 3/30 9-10AM



West Palm Beach graduate Commander David McCampbell was the US Navy's most famous "Ace" in the Pacific in WWII, shooting down 34 Japanese planes, and Commander of the Air Group on the carrier Essex. He set a record for shooting down 9 in one day. James Henry Mills, born near Mulberry Florida was often called the "Sgt. York of WWII." His single-handed exploits in a battle defy any movie writer's duplication. When called to

be decorated, his fear was he would be court-martialed for losing his rifle during the battle. His life of hardship is a sobering tale of how some of our bravest fare.

Rachel Revere, Paul Revere's Wife: A Historical Characterization **New!**

Dee Collier M: \$5; NM: \$10
 1 class date Live Oak Hall / Online (H)
 HIS478A Tu 2/16 11AM-12PM
 HIS478AH Tu 2/16 11AM-12PM



The "Midnight Ride of Paul Revere" is very familiar. But what was the reason for the ride? Were there other riders that night? What really happened that night of April 18, 1775? Find out the answer to these questions and more as Dee Collier returns to portray her newest historical character, one who faced the Revolution with determination and humor!

Julius Caesar and the Anniversary of His Assassination **New!**

Dr. Jason Lundock M: \$2; NM: \$7
 1 class date Live Oak Hall
 HIS347A M 3/15 10:30AM-12PM

In recognition for the anniversary of his assassination, this talk will highlight the life and lasting legacy of the great Gaius Julius Caesar. As a personality, political actor and military genius, he left an indelible mark on western civilization and proves of lasting influence across the world today. Join us for a fun an fascinating look at the man and the legend which is his lasting legacy.

Surveying the Life of John F. Kennedy

Dennis Meredith M: \$2; NM: \$7
 1 class date Room 1
 HIS416A W 3/24 10-11AM

Learn about the life of John F. Kennedy compiled by one who admired him and was inspired by "Camelot". Historical photos will survey Kennedy's life from PT-109 to the oval office, from Hyannis Port to Dallas. The presentation will be done in "Kennedy's voice". Join us for this unique memorial to our 35th president.

America's Legendary Spymaster Elizabeth Van Lew

Dr. Don Wyman M: \$10; NM: \$15
 1 class date Live Oak Hall
 HIS170A F 4/9 10-11:30AM

This program details the life and accomplishments of an unsung american heroine now enshrined in the U.S. Military History Hall of Fame. She did everything that the CIA and other spy agencies do today, but did it 150+ years ago with almost no training. She was America's Second Spymaster. (George Washington was America's first) Prison breaks, hiding prisoners in her own home and recruiting people from the Confederate government and military were just a few of her activities supporting of the U.S. Government.

The History of Buccaneers, Pirates, Corsairs, and Privateers **New!**

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 1

HIS295A M 6/7

1:30-3PM

There are more than 300 pirate movies and hundreds of books about pirates, but what is the truth about living the pirate life? The rules, the punishments, and the rewards? Included in this program are true stories of the first pirates of the Caribbean.

Florence Nightingale: The Lady with the Lamp

Dee Collier

M: \$2; NM: \$7

Entire Term

Online Recording

HIS741A

Available 24-7



Can you imagine hospitals with dirty sheets and bandages? Surgical instruments not sterilized from one patient to the other? Or cesspools of water used on patients? All these conditions and more were common before Florence Nightingale made radical changes in the nursing profession.

Florence was chided by her family in England for choosing a career considered beneath someone of her wealth and position in life. That didn't deter her from following the path that she felt strongly called to.

Martha Washington: A Living History with Dee Collier

Dee Collier

M: \$2; NM: \$7

Entire Term

Online Recording

HIS709A

Available 24-7



Dee Collier presents a historical characterization of one of the founding mothers. Was Martha Washington as stodgy as paintings depict her? "Patsy", as she was known to her friends and family, passionately supported the Revolutionary War and her husband's determination for the creation of a free country.

Susan B. Anthony: A Historic Interpretation **New!**

Dee Collier

M: \$2; NM: \$7

Entire Term

Online Recording

HIS169A

Available 24-7



Susan B. Anthony was an American social reformer who played a pivotal role in the women's suffrage movement in the early 1900s. She also advocated for the abolition of slavery when she was only 17 years old. Join Dee Collier, in full costume, as she portrays this legendary historical character. Come ready to ask her questions about Anthony's life.

DISTANCE LEARNING TYPES:



HYBRID



VIRTUAL



PRE-RECORDED

WORLD HISTORY

Tsars and Empresses of Imperial Russia **New!**

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS213A M 1/11

1:30-3PM

Using more than 70 images and historical facts/anecdotes, Prof Didier explains early Russian history from the 1st princes, kings and tsars to the last tsar. Along the way, discover the truth about whether or not Ivan really was "the Terrible" and if Empress Catherine deserved the title "Great" and many other naughty secrets of the Rurik & Romanov Royal Houses of Imperial Russia.

History and Culture of Ireland

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS217A M 3/15

1:30-3PM

Discover the history, legends and culture of the Emerald Isle from when the 1st settlers rowed their tiny, skin boats across wild seas from England. Centuries of Druid, Celt and Viking settlements have left Ireland with a rich and permanent collection of myths and legends. Learn the true stories behind the legends of leprechauns, fairies, changelings, pookas, banshees, and the Blarney Stone.

Scotland the Kingdom, the Culture and the Ghosts **New!**

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS214A M 3/29

1:30-3PM

Come learn the history, culture and foods of Scotland including famous pubs and the stories of the ghosts who still haunt them.

Egyptian History: Pharaohs, Mummies, Pyramids

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS447A M 4/12

1:30-3PM

Discover why and how pyramids were built, the beauty secrets of ancient Egyptians, why mummies were important and the reason it was not always good to be the King of Egypt.

Italian Renaissance: Power, Plots, Poison

Lisa Didier

M: \$13; NM: \$18

1 class date

Room 2

HIS439A M 5/10

1:30-3PM

Not the sculptures, the music and the paintings, this program presents the history of the dark side of the Italian Renaissance, 200 years of power, plots, Popes, and poison.

U.S. Power In The Pacific/Southeast Asia Region **New!**

Frank DiPiero

M: \$2; NM: \$7

1 class date Cypress Hall / Online (H)
 HIS339A M 1/25 2-4PM
 HIS339AH M 1/25 2-4PM



Southeast Asia is at the heart of the global economy. Because of this fact, the 21st century is known as the 'Pacific Century'. This presentation looks at the history of the United State's experience as the pre-eminent power in the post-World War II Pacific/Southeast Asia region.

Pandemics: Lessons Learned Throughout History New!

Don Jackovitz M: \$32; NM: \$37
 2 class dates Room 2
 HIS340A Tu 1/26-2/2 1-2PM

This course provides an overview of the major pandemics that have occurred in modern times. Common patterns as to how they started and spread will be discussed. Finally, steps that were used to eradicate them will be outlined. This course will approach the subject from many angles, including medical, social, psychological and financial impact.

Introduction to Ancient Meso-America New!

Dr. Jason Lundock M: \$18; NM: \$23
 3 class dates Room 1
 HIS346A F 2/12-2/26 10-11AM

In this course, we will take a trip through some of the greatest archaeological sites in the world to discover the rich history of ancient Meso-America. Spanning regions from Mexico to Honduras, we will investigate the cultures of such civilizations as the Olmecs, Maya and Aztecs.

From Truman to Hiroshima- The Story of the Building and Deployment of the Atomic Bomb New!

Ray Cech M: \$2; NM: \$7
 1 class date Live Oak Hall
 HIS345A Tu 3/16 2:30-4PM

The year 1945 was the year that ended the most vicious and costly war ever fought on our earth. It was also the year that brought the world into The Atomic Age. The time leading up to August 6, 1945, when Truman gives the go-ahead to drop The Bomb, are turbulent, full of controversy and shrouded in secrecy. This class will take you behind the scenes, and introduce you to key players and decisions that lead to the dropping of "Little Boy" and "Fat Man" over Hiroshima and Nagasaki. It's a gripping tale.

Codes and Ciphers that Changed World History

Dr. Don Wyman M: \$10; NM: \$15
 1 class date Live Oak Hall
 HIS112A F 2/5 10-11:30AM

This program traces the evolution of encryption by the Egyptians, Persians, Greeks, British and Scotch royalty,

Native Americans (Navajo Code Talking) during the Revolutionary War, Civil War, WWI, WWII. We'll review today's encipher techniques used by the CIA and other Foreign Intelligence Services. There has been codes and ciphers used leading up to, involved with, and helping to conclude many of the major conflicts over the centuries, including our lifetimes.

Introduction to Panama Canal Series & Age of Exploration

Kenneth Puckett M: \$2; NM: \$7
 1 class date Room 4
 HIS265A W 1/20 1-2PM

This lecture will cover the discovery of the Americas by Columbus, exploration and attempt to construct a canal across Panama by France (1492-1900).

US Construction of the Panama Canal, 1903-1914

Kenneth Puckett M: \$2; NM: \$7
 1 class date Room 4
 HIS192A W 2/10 1-2PM

Captain Puckett will cover the history of the United States Construction of a canal across Panama.

Panama 2004-2014 Expansion and Construction of a New Panama Canal and Lock System

Kenneth Puckett M: \$2; NM: \$7
 1 class date Room 4
 HIS194A W 4/14 1-2PM

Captain Puckett will review the design and construction of a new Panama Canal system and locks. Included will be a video of a ship transit through the New Panama Canal.

WWII Japanese Secret Weapons System Designed to Destroy the Panama

Kenneth Puckett M: \$2; NM: \$7
 1 class date Room 4
 HIS191A W 5/12 1-2PM

Captain Puckett will share detailed little known information about a Japanese secret weapon system constructed to attack the west coast of the U.S., and also the Panama Canal.

A Look at Hell- Invasion of Ukraine as Related by Two Men that Lived It

DL Havlin M: \$5; NM: \$10
 1 class date Live Oak Hall / Online (H)
 HIS457A Tu 3/30 1:30-2:30PM
 HIS457AH Tu 3/30 1:30-2:30PM



Learn the story of two of the world's most barbarous societies' war on a region and its defenseless people: The day Hitler launched Barbarossa, his plan to destroy the USSR.



Jim Di Paolo
Piano Classes

HUMANITIES

LANGUAGE & LINGUISTICS

English

The Challenges & Hilarity of the English Language

Dennis Meredith M: \$2; NM: \$7
1 class date Room 1
LAN401A M 3/15 9:30-10:30AM

This course examines why we should rejoice as native speakers of English. The challenges of using the English language are investigated, including things we should have learned in high school. English can be hilarious. This course will reveal many such examples.

German

German Made Easy

Mary Hamblen M: \$32; NM: \$37
6 class dates Room 2
LAN109A M 1/4-2/8 4-5PM
LAN109B M 2/15-3/22 4-5PM
LAN109C M 3/29-5/3 4-5PM

Do you want to learn German to get by when travelling to Germany, Austria, or Switzerland? Or do you want to just learn German just for the fun of it? This course is for you! You will learn the basic German expressions along with the correct pronunciation in order to communicate effectively in German.

German Made Easy Level II

Mary Hamblen M: \$32; NM: \$37
6 class dates Room 2
LAN114A Tu 1/5-2/9 4-5PM
LAN114B Tu 2/16-3/23 4-5PM
LAN114C Tu 3/30-5/4 4-5PM

This course is a continuation of German Made Easy.

Intermediate German

Mary Hamblen M: \$32; NM: \$37
6 class dates Room 2
LAN201A Th 1/7-2/11 4-5PM
LAN201B Th 2/18-3/25 4-5PM
LAN201C Th 4/1-5/6 4-5PM

The prerequisite for this course is to have some basic knowledge of German already either having taken the German Made Easy or Beginning German courses. Students will have the opportunity to expand on their speaking, reading, and writing skills in German. A lot of the class instruction will be conducted in the German language.

German Advanced Level

Mary Hamblen M: \$32; NM: \$37
6 class dates Room 2
LAN301A Sa 1/9-2/13 10-11AM
LAN301B Sa 2/20-3/27 10-11AM
LAN301C Sa 4/3-5/8 10-11AM

This class is a continuation from previous levels of German. The class will emphasize pronunciation, conversation, reading, and some grammar in German. Students who did not take the beginning German and intermediate German classes can be evaluated by the instructor to see if they can join the class.

Japanese

Japanese I

Shizuka Campagna M: \$47; NM: \$52
5 class dates Online
LAN116A Tu, Th 1/12-1/26 1-2PM



Would you like to learn how to speak in Japanese? This course will provide the basic language structures, pronunciation, and appropriate way to say things in different settings. Yes, did you know there are different ways to say things depending on who you are talking to? Since language is closely related to its culture, we will cover its culture and various customs.

Advanced Japanese I

Shizuka Campagna

5 class dates

LAN307A

Tu, Th 2/2-2/16

M: \$47; NM: \$52

Online

6-7PM



This session prepares participants for the ability to carry conversations in Japanese given various situations. Prerequisite: Knowledge of basic

Japanese, along with the ability to put sentences together in Japanese.

Latin

Let's Learn Latin

Dr. Jason Lundock

5 class dates

LAN118A

F

1/8-2/5

M: \$32; NM: \$37

Room 1

10AM-12PM

Engage in an immersive learning with Latin! Most of the language spoken in class and all the reading will be provided in Latin, with small supplemental and clarification being given in English. Required textbook: *Lingua Latina per se Illustrata, Pars I Familia Romana (Latin Edition)*

Sign Language

Beginning Sign Language

Jill Davis

6 class dates

LAN108A

M

2/8-3/15

M: \$42; NM: \$47

Room 1

4:15-5:15PM

For someone unable to hear the spoken word, how nice for them to be greeted in their own language! Attending this six session class in beginning sign, you will learn over 100 signs and the basic fundamentals for conversation in American Sign Language.

Sign Language- Intermediate II

Jill Davis

6 class dates

LAN209A

M

2/8-3/15

M: \$42; NM: \$47

Room 1

3-4PM

This class will continue advancing through signs. The Florida requirement for being an interpreter is 2000 signs, so we have lots of signs to begin adding to our foundation. Beginners Sign and Intermediate are prerequisites for this class.

Sign Language- Advanced II

Jill Davis

6 class dates

LAN309A

F

2/12-3/19

M: \$42; NM: \$47

Room 1

4-5PM

Learning a new language can be exhilarating AND it enhances your cognitive skills. This is the 5th level of Sign Language being offered. (Beginning, Intermediate I, Intermediate II, Advanced I, and now Advanced II). Our foundation of signs is continuing to grow and our

conversations will broaden even more as we apply our growing sign language skills. Previous courses are suggested as a prerequisite.

Spanish

Basic Spanish Conversation 1

Dennis Meredith

8 class dates

LAN112A

M

1/11-3/1

M: \$42; NM: \$47

Room 1

9:30-11AM

This is a beginning Spanish class focused on building the skills to carry on basic conversations. Master basic pronunciation to facilitate learning of fundamental vocabulary and elementary conversation. Lively interaction with instructor and use of authentic Internet presentations. Students are encouraged to bring a three-ring binder with at least 8 dividers to contain course handouts. Access to email is highly recommended to receive course materials digitally.

Basic Spanish Conversation 2

Dennis Meredith

8 class dates

LAN207A

M

1/11-3/1

M: \$42; NM: \$47

Room 1

12-1:30PM

Join us for a follow-up course to Basic Spanish 1. After a review of Level 1 material, participants will learn present verb tense, command forms, common irregular verbs and idiomatic expressions. Participants will also learn practical application to life situations, including phrases to use when shopping, ordering meals while eating out, and asking general questions. There will be extensive use of internet Spanish instructions. Access to email is highly recommended to receive course materials digitally.

Basic Spanish Conversation 3

Dennis Meredith

8 class dates

LAN117A

Th

1/14-3/4

M: \$42; NM: \$47

Room 1

9-10:30AM

This course will further enable conversation skills for students who have completed the previous two courses or have equivalent experience. After a quick review from level 2, it will cover two new tenses (preterite and imperfect), a master list of the most common Spanish verbs, how to ask for and give directions, and useful vocabulary for travelers. Each session will feature on-line video instruction and conversation practice with partners. Students are asked to bring a three-ring binder with 8 dividers to organize course handouts. Access to email is highly recommended to receive course materials digitally.

***DON'T DELAY,
REGISTER TODAY!***

Spanish Conversation Circle

Dennis Meredith

M: \$5; NM: \$10
Room 1

5 class dates

LAN119A W 1/20-2/17 9-10AM

Meets Jan. 20, Feb. 3, Feb. 17, March 3, March 17.

Want to improve or use your Spanish speaking skills? Join us for informal conversations in a classroom setting. Topics will depend on skill level and interests of participants. There will be at least one interview of a native Spanish speaker. Note: this course meets every other Wednesday.

LITERATURE & WRITING

Reader's Choice **New!**

Pat Russell

M: \$5; NM: \$10
Room 1

6 class dates

LIT152A M 1/11-6/14 2-3PM

Meets Jan. 11, Feb. 8, March 8, April 12, May 17, June 14.

Join us monthly for a lively discussion of the book of the month. With the exception of the first month, the group will decide which book we will read. In January, we will read *Small Great Things* by Jodi Picoult. Please bring your suggestions for February.

The Death of Ivan Ilyich **New!**

Emmett Coyne

M: \$2; NM: \$7
Room 4

1 class date

LIT151A F 1/29 1:30-3PM

This work of Leo Tolstoy is considered his best after "War and Peace." And much shorter! "It is one of the most lacerating works of literature ever written, a hard, pitiless stare into the abyss, not just of death, but of human nature." What makes it a classic is its relevance to today and our lives. It affords us a sense of agency to our life and death. Reading the book is a prerequisite for the class discussion. The book can be purchased online and may be free on some sites and through the public library.

Roman Poetry: An Introduction **New!**

Dr. Jason Lundock

M: \$18; NM: \$23
Room 2

3 class dates

LIT153A F 3/12-3/26 10-11AM

This course provides an introductory view of the poetry of the ancient Romans, the original "romantic" culture. This course is designed to introduce students to the romance, comedy and drama that literary tradition is rich in and to provide some historical/cultural context in order to open a deeper appreciation for the works. All readings will be provided in English translations, with Latin originals also provided just for fun!

Tips for the Author Novice or Old Hand **New!**

DL Havlin

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

LIT139A Tu 1/12 9-10AM

LIT139AH Tu 1/12 9-10AM



Join us for an assemblage of tips and mistakes to avoid, for all writers. Whether the participant is a newbie or an experienced author, get some suggestions that make your work readable, credible, enjoyable and salable! From tactics to strategy and imagination to research, this course covers the things DL Havlin has done right and the errors he's had to correct in twenty-plus years of writing so you can profit from them.

Preventing Premature Birth- Of a Book, That is! **New!**

DL Havlin

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

WRI115A Tu 3/9 11AM-12PM

WRI115AH Tu 3/9 11AM-12PM



We are all proud and anxious to send that manuscript we've just completed to our agent, publisher, or printer. Wait! Be sure it's the best it can be before pushing the send button or trotting to the post office. You only get one chance to make great (not good) impression. This presentation will help you to that! And very, very inexpensively! The info in this presentation will allow you submit or publish your book with confidence.

MUSIC, THEATER, & MEDIA

Actors and Directors Workshop

Alvin Ross

M: \$12; NM: \$17

8 class dates

Live Oak Hall

THE114A M 1/18-3/8 3-5PM

This eight week class is for both seasoned and actor wannabes and for those folks who are interested in the intricacies of film directing, film and music editing, and live theatre directing. Participants will be shown films, read and act out plays, and develop rehearsal techniques.

Learning Without Limits: Musicians Who Overcame **New!**

Dr. Sarah Satterfield

M: \$22; NM: \$27

3 class dates

Room 4

MUS164A Th 2/4-2/18 1:30-3:30PM

This course will explore musicians who overcame obstacles to succeed in their field. These obstacles include physical limitations, racial discrimination, and religious persecution. Participants will have the opportunity to learn about the lives of inspirational musicians like Bedrich Smetana, Ralph Vaughn Williams, and Gabriel Faure, who composed musical masterpieces even after losing their hearing; Scott Joplin, William Grant Still, and Wynton Marsalis, who succeeded despite racial barriers of their time; and Ernest Bloch and numerous Jewish composers whose music was silenced with the rise of Nazism.

Theater Appreciation and Performance- "Life Upon the Wicked Stage" **New!**

Richard Rosen

M: \$5 NM: \$10

12 class dates

Room 4

THE122A Tu 2/16-5/4 1-2:30PM

Employing improvisational and scripted dramatic acting projects, as well as videos of great plays and musicals, "Life Upon the Wicked Stage" is designed to enrich the student's appreciation of the power and positive energy of theatrical performance.

Great Courses: How to View and Appreciate Great Movies

Susan Sullivan M: \$15; NM: \$20
12 class dates Room 4

THE120A Th 2/25-5/13 2-3:30PM

Using "The Great Courses How to View and Appreciate Great Movies" walk through 250 different titles, some well-known, others less so. You'll explore how every step of a movie is a choice and each choice has a significant impact on consciously and subconsciously influencing the audience.

Revolutionary War and Civil War Cinema

Jack Ciotti M: \$10; NM: \$15
1 class date Room 5

THE112A F 2/26 10AM-12PM

Recall the memory of the films and television shows, from the silent era on, made by Hollywood studios. Many of these movies and shows have been forgotten, some have become classics, and a few have been immortalized. Clips are shown from films and television series, with participant discussion.

Life and Times of Alvin Ross and the Entertainment Industry for 50 Years **New!**

Alvin Ross M: \$10; NM: \$15
1 class date Room 3

MUS163A W 3/17 9:30-11:30AM

Come listen to the experiences of Alvin Ross and his more than 50 year career in the Entertainment Industry. He will speak about entertainers from Frank Sinatra to Ferrari, Tony Curtis to Barry Manilow, and many more.

Seasons In The Sun- The Fabulous 60s Music Revolution **New!**

Richard Cupertino M: \$2; NM: \$7
1 class date Live Oak Hall

MUS167A M 5/10 4-6PM

The 60s was a remarkable time for musical groups. From the beginnings in the late 50s, we will celebrate the great music that evolved through the 60s, focusing on the British Invasion, top 40, Motown, one hit wonders, and the Psychedelic Evolution of music.

Beginning Piano- 101A

Jim Di Paolo M: \$77; NM: \$82
6 class dates Computer Lab

MUS156A F 1/8-2/12 9-10AM
MUS156B F 3/5-4/9 1:30-2:30PM
MUS156C F 5/7-6/11 9-10AM

This is a great course for anyone that's been wanting to learn how to play the piano. The course begins with the basics, teaching the student how to read music, navigate the keyboard and play songs with both hands. Keyboards will be provided and there is a \$16 fee payable to the instructor for the two required lesson books. Class size is limited to eight students.

Beginning Piano- 101B

Jim Di Paolo M: \$77; NM: \$82
6 class dates Computer Lab

MUS157A F 1/8-2/12 10:15-11:15AM
MUS157B F 3/5-4/9 2:45-3:45PM
MUS157C F 5/7-6/11 10:15-11:15AM

This course builds upon the knowledge acquired from Beginning Piano 101A. The student will learn how to read a more expanded palette of notes, build on their music theory knowledge and learn to play additional songs. Keyboards will be provided and there is a \$16 fee payable to the instructor for the two required lesson books. Students are required to complete Beginning Piano 101A before signing up for 101B. Class size is limited to eight students.

Beginning Piano- 101C

Jim Di Paolo M: \$77; NM: \$82
6 class dates Computer Lab

MUS158A F 1/8-2/12 11:30AM-12:30PM
MUS158B F 3/5-4/9 4-5PM
MUS158C F 5/7-6/11 11:30AM-12:30PM

This course continues to build upon the skills acquired from Beginning Piano 101B. The student will learn how to play more difficult songs, understand intervals, scales and key signatures. Keyboards will be provided, and students are required to bring the lesson books purchased for the Beginning Piano 101B course. Students are required to complete Beginning Piano 101A and 101B before signing up for 101C. Class size is limited to eight students.

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Piano- 102A

Jim Di Paolo

M: \$77; NM: \$82

6 class dates

Computer Lab

MUS159A	F	3/5-4/9	11:30AM-12:30PM
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This course expands the student's knowledge on reading music, adding more complex rhythms to their song repertoire. Music theory, including intervals, key signatures, dynamics and music terminology are reinforced throughout the course. Keyboards will be provided and there is a \$15 fee payable to the instructor for the two required lesson books. Students are required to complete Beginning Piano 101A, 101B and 101C before signing up for Piano 102A. Please contact the instructor at spacecadet3010@gmail.com if you attended other piano classes to find out if you qualify for this class. Class size is limited to eight students.

Piano- 102B

Jim Di Paolo

M: \$77; NM: \$82

6 class dates

Computer Lab

MUS160A	F	1/8-2/12	2:45-3:45PM
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MUS160B	F	5/7-6/11	2:45-3:45PM
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This course expands upon the knowledge acquired in Piano 102A. Students will learn to play the melody in the right hand, while chording in the left. They will also be introduced to chords, chord progressions and additional scales. Keyboards will be provided, and students are required to bring the books purchased for the Piano 102A course. Students are required to complete Piano 102A before signing up for Piano 102B. Class size is limited to eight students.

Piano- 103A

Jim Di Paolo

M: \$77; NM: \$82

6 class dates

Computer Lab

MUS161A	F	1/8-2/12	4-5PM
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MUS161B	F	5/7-6/11	4-5PM
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This course adds additional music theory including scales, intervals, chords and song structure. The student will have the opportunity to play songs that are at a higher skill level. Keyboards will be provided and there is a \$16 fee payable to the instructor for the two required lesson books. Students are required to complete Piano 102A and 102B before signing up for Piano 103A. Please contact the instructor at spacecadet3010@gmail.com if you attended other piano classes to find out if you qualify for this class. Class size is limited to eight students.

Piano- 103B

Jim Di Paolo

M: \$77; NM: \$82

6 class dates

Computer Lab

MUS162A	F	3/5-4/9	10:15-11:15AM
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This course finishes up Level 3 started in the previous course Piano 103A. Students are required to complete Piano 103A before signing up for Piano 103B. Keyboards will be provided, and students are required to bring the

lesson books purchased for the Piano 103A course. Class size is limited to eight students.

Piano- 104A **New!**

Jim Di Paolo

M: \$77; NM: \$82

6 class dates

Computer Lab

MUS165A	F	1/8-2/12	1:30-2:30PM
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MUS165B	F	5/7-6/11	1:30-2:30PM
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This course is designed for students that already have experience reading music. The course will introduce chord building, various rhythmic styles and more. Learn how to play the melody in the right hand, while playing chords, bass and rhythm patterns with the left hand. Keyboards will be provided and there is a \$19 fee payable to the instructor on the first day of the class for the required lesson book. Students are required to complete Piano 103A and 103B before signing up for Piano 104A. Please contact the instructor at spacecadet3010@gmail.com if you attended other piano classes to find out if you qualify for this course. Class size is limited to eight students.

Piano- 104B **New!**

Jim Di Paolo

M: \$77; NM: \$82

6 class dates

Computer Lab

MUS166A	F	3/5-4/9	9-10AM
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This course will build upon what was covered in Piano 104A, adding more complex chords, inversions, scales and more music theory. Students are required to complete the Piano 104A before signing up for Piano 104B and are required to bring the lesson book purchased in 104A for this course. Class size is limited to eight students.

Afternoon at the Movies

MTP Staff

M: Free; NM: Free

1 class date

Live Oak Hall

THE401A	Th	1/14	1-3PM
THE401B	Th	1/21	1-3PM
THE401C	Th	1/28	1-3PM
THE401D	Th	2/4	1-3PM
THE401E	Th	2/11	1-3PM
THE401F	Th	2/18	1-3PM
THE401G	Th	2/25	1-3PM
THE401H	Th	3/4	1-3PM
THE401I	Th	3/11	1-3PM
THE401J	Th	3/18	1-3PM
THE401K	Th	3/25	1-3PM
THE401L	Th	4/1	1-3PM
THE401M	Th	4/8	1-3PM
THE401N	Th	4/15	1-3PM
THE401O	Th	4/22	1-3PM
THE401P	Th	4/29	1-3PM
THE401Q	Th	5/6	1-3PM
THE401R	Th	5/13	1-3PM
THE401S	Th	5/20	1-3PM
THE401T	Th	5/27	1-3PM
THE401U	Th	6/3	1-3PM
THE401V	Th	6/10	1-3PM

THE401W Th 6/17 1-3PM

Ask for a movie list from the Master the Possibilities staff. Enjoy a special movie hand-picked by Master the Possibilities staff with input from our faculty and students. It is a great way to connect with new people, visit with old friends and catch up on movies you always wished you had seen.

PHILOSOPHY

Socrates and More Mondays

Allie Gore M: \$2; NM: \$7
12 class dates Cypress Hall
PHI102A M 1/4-6/7 2:30-4PM
Meets Jan. 4, Jan. 18, Feb. 1, Feb. 15, March 1, March 15, March 29, April 12, April 26, May 10, May 24, June 7.

"Let him that would move the world first move himself." Socrates helped others examine their lives, and thinking, by asking questions. Participants will examine their ideas, opinions and dogmas on a variety of topics. Dialogue is stimulated by TEDx talks, participant's suggestions, and current events. Differing ideas, and opinions are expected and welcome. No topic/subject is off limits. Dialogue is dynamic and always respectful.

Read, Think and Discuss Book Group

Allie Gore M: \$2; NM: \$7
6 class dates Cypress Hall
PHI135A Tu 1/26-6/15 2-3:30PM
Meets Jan. 26, Feb. 23, March 23, April 27, May 25, June 15.

This group will choose books that have something to say--make us think--and promote a spirited discussion. Much like the Humanists group and Socrates Cafe, this class is intended to challenge with the goal of understanding others and ideas better. Topics include January 26- Make Your Bed Little Things That Can Change Your Life...And Maybe the World, Adm. Wm. McRaven (144 pp); February 23- How to Destroy America in Three Easy Steps, Ben Shapiro (288 pp); March 23 & April 27- Talking to Strangers What We Should Know About the People We Don't Know, Malcolm Gladwell (400 pp); May 25- Truth Worth Telling A Reporter's Search for Meaning in the Stories of Our Times, Scott Pelley (450pp); June 15- Toward Freedom, Toure Reed.

Man's Search for Meaning

Emmett Coyne M: \$2; NM: \$7
1 class date Room 4
PHI126A F 1/15 1:30-3PM

Viktor Frankl's concentration camp experience led to his internationally acclaimed work, "Man's Search for Meaning." He simply framed a question that has pulsed through the history of humanity. But is there a meaning to life, or meanings, or none? Religion, philosophy and culture has sought to provide answers. Why have none been universally embraced? Is it up to the individual to find

meaning ultimately?

RELIGION

Egyptian Mythology and Religion **New!**

Dr. Jason Lundock M: \$18; NM: \$23
3 class dates Room 2
REL123A F 4/9-4/23 10-11AM

The land of Egypt has a rich and mysterious past which has inspired fascination through the millennia. This introductory course will survey some of the themes of ancient Egyptian mythology and ritual practice. We will learn how they believed the world began, what awaited one in the afterlife as well as discuss their wide range of gods and how magic affected their worldview and everyday lives.

Old Testament Survey

John Ryman M: \$5; NM: \$10
6 class dates Room 1
REL118A Tu 1/19-2/23 10-11AM

Discover the events of biblical history by studying the Books of Moses, the Prophets, Chronicles, and the Wisdom Literature. This course will study the single 'Grand Narrative' of the Bible focusing on the Old Testament, so please be sure to bring your Bibles!

New Testament Survey

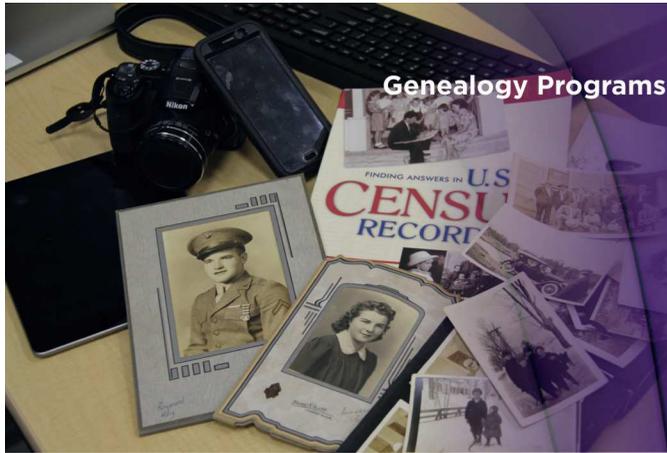
John Ryman M: \$5; NM: \$10
6 class dates Room 1
REL119A Tu 3/9-4/13 10-11AM

Discover the events of the New Testament through a study of the Gospels, Epistles, and the Revelation. This course will study the continuation of the single 'Grand Narrative' of the Bible focusing on the New Testament, so please be sure to bring your Bibles!

REGISTER



**ONLINE
IN PERSON
BY PHONE**



Genealogy Programs

LIFESTYLE & COMMUNITY

COMMUNITY

Sholom Park After Dark

Sholom Park		M: \$15; NM: \$15
1 class date		Sholom Park
PAD102A	Th 1/21	6-7:30PM
PAD102B	Th 2/18	6-7:30PM

Come enjoy the Park After Dark in this special series. Each date, there will be a different exquisite event to experience in the park, after the gates are closed to the public. Registration is required for each event date. Gates open at 5:15 p.m. Please arrive early. Events start at 6 p.m. and conclude at 7:30 p.m. Bring your own lawn chair and blankets.

Basic Home Maintenance

Lee Collins		M: \$2; NM: \$7
1 class date		Room 3
CMT118A	M 1/25	1-2:30PM
CMT118B	M 4/19	1-2:30PM

Learn the basics of maintaining your home, so you can do minor projects yourself and know when to call a professional. From changing air conditioner filters to fixing clogged toilets and sinks to understanding fuses; this overview will help build your confidence and get your started. Go over how to build a basic tool kit, how to approach things with safety in mind, and when you should not attempt to do it yourself. Bring questions about maintenance projects you would like to tackle.

What You Need to Know About Your Air Conditioner

Jerritt Weaner		M: \$2; NM: \$7
1 class date		Cypress Hall
CMT131A	W 3/24	1-2:30PM
CMT131B	W 5/12	1-2:30PM

In Florida, the summers throughout the state are long, hot, and humid; air conditioning is a necessity here. Learn about the components of an HVAC system. Understand what proper maintenance is and what it entails. Reject common misconceptions about A/C systems by becoming aware of the facts and prepare yourself with the knowledge

necessary to avoid costly and unnecessary repairs and investments in new equipment.

Hydrawise Irrigation Controller Class

Phillip Hisey		M: \$2; NM: \$7
1 class date		Cypress Hall
CMT132A	F 4/2	10-11:30AM

Learn how to operate the Hydrawise irrigation controller using app-based technology. Class participants will learn how to use the application and navigate through the water savings features using a tablet, laptop, or smart phone. Participants will need to have a Hydrawise account set up with a functioning clock they can link to. In addition, they will need to know their email address and password.

NOTE: All ingredients fees, where listed, are payable to the instructor by cash or check on the 1st day of class.

COOKING & CONFECTIONERY

Cookies and Cupcake Decorating for Beginners

Teri Stillwaugh		M: \$42; NM: \$47
1 class date		Room 5
CUL199A	Sa 2/13	10AM-1PM
CUL199B	Sa 3/13	11AM-2PM
CUL199C	Sa 6/5	2-5PM

Have fun learning how to decorate plain cupcakes, using buttercream/fondant and various other decorations to transform ordinary cupcakes & store-bought cookies into beautiful, tasty works of art! Students will leave with a box full of beautiful cupcakes & cookies! Note: No dietary restrictions. No experience or supplies required, just an apron. There is a \$20 supply fee.

Cake Decorating for Beginners

Teri Stillwaugh		M: \$42; NM: \$47
1 class date		Room 5
CUL172A	Sa 2/13	2-5PM
CUL172B	Sa 4/3	11AM-2PM
CUL172C	Sa 6/5	10AM-1PM

Students will learn the basics of cake decorating using buttercream icing how to level, torte, fill, frost, and decorate a round cake. This fun class is geared for anyone that has ever wanted to try or wants a refresher on basic cake decorating. Students will leave with a beautifully decorated cake, and recipes. Note: No dietary restrictions. No experience or supplies required, just an apron. There is a \$20 supply fee.

Making Japanese Gyoza- Pot Stickers

Shizuka Campagna M: \$22; NM: \$27
 Entire Term Online Recording
 CUL190A Available 24-7



Known as pot-stickers in the U.S., these appetizers are juicy on the inside, crispy and golden brown on the outside. These pan-fried dumplings are a popular weeknight snack, as well as a great appetizer for your next dinner party. They freeze well too. Come learn how to make this delicious treat.

Yakimeshi- Japanese Fried Rice

Shizuka Campagna M: \$22; NM: \$27
 Entire Term Online Recording
 CUL191A Available 24-7



Like most Asian countries, Japan has its own version of fried rice. Like any fried rice, there is almost an infinite number of combinations you can make by changing the meat, vegetables and seasoning. Please bring your favorite knife for cutting the ingredients, and learn how to make variations of this delicious dish.

Okonomiyaki Japanese Pizza

Shizuka Campagna M: \$22; NM: \$27
 Entire Term Online Recording
 CUL189A Available 24-7



Okonomiyaki, which translated means "grill as you like it," is a healthy "Japanese pizza." Aside from the basic ingredients, one can add anything you like such as pork, beef, shrimp, squid or a vegetarian one, and also choose the sauce that goes on top! They are fun to make and savory to taste. Please bring your favorite knife for cutting vegetables.

The Secret's In the Sauce New!

Colleen Griffin M: \$27; NM: \$32
 1 class date Studio 3
 CUL200A F 1/15 1-4PM
 CUL200B F 4/23 1-4PM

In this hands-on class, learn how to make quick and easy, delicious and nutritious homemade sauces that can elevate any meal. These tasty sauces can be used on sandwiches, salads, pasta, zoodles, etc. Enroll in this class and discover the "secrets in the sauce." All sauces are both gluten free and dairy free. Note: There is a \$10 supply fee payable to the instructor.

Oodles of Zoodles Thinking Outside the Pasta Box

Colleen Griffin M: \$29; NM: \$34
 1 class date Studio 3
 CUL121A Sa 1/23 12-3PM
 CUL121B Sa 5/15 12-3PM

In this hands-on class, we will learn how to turn veggies into ribbon-like noodles with a spiralizer. We will then use the spiralized veggies to make healthy "pasta," soups, and salads. All recipes are gluten free, dairy free. There is a \$13 ingredients fee.

Green Smoothies: The Healthy Fast Food

Colleen Griffin M: \$17; NM: \$22
 1 class date Studio 3
 CUL104A Th 1/7 12-2PM
 CUL104B Sa 5/8 10:30AM-12:30PM

Are you ready to watch your cravings disappear, improve your focus and concentration as you also watch your energy soar? Then get ready to try green smoothies! In this workshop you will learn about the health benefits of green smoothies and just how quick and easy it is to make one. You will also have the opportunity to sample several types of green smoothies. There is a \$5 ingredients fee.

Got Mylk? Homemade Non-Dairy Milk Alternatives

Colleen Griffin M: \$22; NM: \$27
 1 class date Studio 3
 CUL154A F 1/8 10:30AM-12:30PM
 CUL154B Sa 5/8 1:30-3:30PM

Store bought varieties of non-dairy milk alternatives are often full of thickeners, stabilizers, and other artificial ingredients. In this class you learn the basic process of making healthy homemade nut/seed mylk, how to flavor them, and what to do with the leftover pulp! Students will receive printed copies of all recipes and educational materials to take home. There is a \$15 ingredients fee.

Kombucha Brewing for Beginners

Colleen Griffin M: \$22; NM: \$27
 1 class date Studio 3
 CUL153A Sa 1/9 10AM-12PM
 CUL153B F 5/7 3-5PM

In this class you will learn the history and benefits of kombucha, the basic brewing process, supplies needed, and special techniques for flavoring. This is a fun class that culminates with us brewing a fresh batch of kombucha together. By the end of the class, you will have the information, materials, and confidence you need to start making your own kombucha! Note: There is a \$15 ingredients fee. (Fee includes everything you need to brew your very first batch.)

Make the Most Out of Your Instant Pot

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL164A Sa 1/16 12-3PM

Do you own an instant pot, and have no idea how to use it? Then you will want to attend this hands-on class and learn the 'ins and outs' of the instant pot. By the end of the class, you will understand how to use your instant pot to make meals that are quick, easy, delicious, and nutritious. Note You must bring your own instant pot to class. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

Instant Pot Two-Day Hands-On Adventure

Colleen Griffin M: \$50; NM: \$55
2 class dates Studio 3
CUL184A F, Sa 2/19-2/20 1-4PM
CUL184B F, Sa 4/16-4/17 12-3PM
CUL184C Th, F 5/27-5/28 1-4PM

Would you like to learn how to create quick & easy, delicious & nutritious dishes with the Instant Pot? Want to feel confident about using the Instant Pot in your daily life? Then, attend this hands-on class and learn the 'ins and outs' of the instant pot. By the end of the class, you will understand how to use your instant pot to make meals that are quick, easy, delicious, and nutritious. Note: You must bring your own instant pot to class. All recipes are gluten-free and dairy-free. There is a \$15 ingredients fee.

One Pot Wonders

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL166A F 2/26 1-4PM

One pot meals offer the pleasure of home cooking assembled with little fuss and minimal clean-up. There's something special about a satisfying meal made in a solitary pot-all the ingredients marrying together, bursting with rich, deep flavors. Enroll in this hands-on class and learn how to make quick and easy, delicious and nutritious meals in just one pot, pan, wok, or skillet. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

International Instant Pot

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL188A F 3/12 1-4PM

We thought it would be fun to create amazing Instant Pot dishes from around the world to demonstrate just how versatile the Instant Pot can be. Enroll in this hands-on class and take your taste buds on a travel adventure as you experience delicious and nutritious international cuisine made quick and easy with the help of the Instant Pot. There is a \$13 ingredients fee. Students must bring their own instant pot to class.

Instant Pot Soups: Is It Soup Yet?

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL186A F 3/19 1-4PM

There's nothing quite like homemade soup. Instead of spending hours in the kitchen standing over a hot stove or turning to high-sodium, low-flavor canned soup varieties, upgrade to an Instant Pot. Enroll in this hands-on class and learn how to make homemade delicious and nutritious soups that will satisfy your taste buds. All recipes used are both gluten free and dairy free. There is a \$13 ingredients fee. Students must bring their own instant pot to class.

Asian Instant Pot

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL185A Sa 3/20 12-3PM
CUL185B F 5/21 1-4PM

In this class you will learn how to cook some of your favorite Asian dishes using healthy ingredients and your Instant Pot! If you're looking for something new and exciting to make with your Instant Pot then enroll in this hands-on class and learn how to make quick and easy, delicious and nutritious Asian dishes using the Instant Pot. There is a \$13 ingredients fee. Students must bring their own instant pot to class.

Rice Cookers Aren't Just for Cooking Rice

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL112A Sa 3/6 12-3PM

Think a rice cooker is just for rice? Think again! In this hands-on class you will learn how to cook delicious, nutritious and versatile meals in a rice cooker. Enroll in this class and discover that rice cookers aren't just for cooking rice. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

Air Fryer Cooking Class

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL165A Sa 1/30 12-3PM
CUL165B Sa 3/27 12-3PM
CUL165C Sa 5/22 12-3PM

Meet the air fryer, the miracle kitchen gadget that uses circulating hot air to cook food that would otherwise be submerged in oil. So, what can you make in an air fryer? The possibilities are limitless- you can use an air fryer to make comfort food favorites that are normally deep-fried, sautéed, baked, or grilled. Enroll in this hands-on class and learn how to make the most of this versatile kitchen tool. All recipes are gluten-free and dairy-free. Note: There is a \$13 supply fee payable to the instructor. You must bring your own air fryer to class.

The Not So Sweet Side of Sugar

Colleen Griffin

M: \$17; NM: \$22

1 class date

Studio 3

CUL157A Th 1/14

3-5PM

Most people are not aware of how much added sugar they are consuming daily because hidden sugars are added to so much of our food (even food that is considered healthy). Consuming excess sugar can lead to obesity, type 2 diabetes, heart disease, high blood pressure, tooth decay, and other detrimental health conditions. Learn how to recognize hidden sugars when reading labels, the effects sugar has on the mind & body, and how to reduce your sugar consumption.

Eat More Veggies

Colleen Griffin

M: \$29; NM: \$34

1 class date

Studio 3

CUL116A F 1/22

1-4PM

Vegetables are one of the best foods you can eat. They are high in fiber and a good source of disease-fighting phytonutrients. Some people may avoid veggies because they taste bland. When prepared correctly, they are just plain good. If you are looking for inspiration on how to prepare veggies, then this hands-on class is for you. All recipes are gluten-free, dairy-free, and diabetic friendly. Note: There is a \$13 ingredients fee.

Spice Up Your Life - Cooking with Herbs and Spices

Colleen Griffin

M: \$29; NM: \$34

1 class date

Studio 3

CUL131A F 1/29

1-4PM

CUL131B Sa 4/24

12-3PM

Do you have a collection of spices, but have no idea how to use them? Your spice rack is a treasure chest of zippy, zesty, sweet, savory and spicy flavors. In this hands-on class, you will learn how to use herbs and spices to add a little "pizzazz" to your meals. Enroll in this class and you will enjoy cooking so much more with a knowledge of herbs and spices. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

Beans, Beans Are Good For Your Heart

Colleen Griffin

M: \$29; NM: \$34

1 class date

Studio 3

CUL111A F 2/5

1-4PM

According to researchers, eating one serving of beans daily can significantly reduce so-called "bad cholesterol" and therefore, the risk of cardiovascular disease. So, eating beans regularly really is good for your heart. Learn how to add more of the "musical fruit" to your diet and enroll in this hands-on cooking class to make delicious and nutritious soups, salads, entrees and desserts from beans. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

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Crazy About Curry

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL132A Sa 2/6 12-3PM
CUL132B F 4/9 1-4PM

Some people believe that curry is always hot and spicy. This is not true! There are different kinds of curry blends that range from sweet and mild to hot and spicy. People also think of curry as a yellow powder, but curry can be red, yellow or green. Each one has a different taste, spice level, and smell. Enroll in this hands-on class and learn about several of these different curries. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

Healthy, Hearty Winter Salads

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL155A F 2/12 1-4PM

When you think of winter foods, you probably don't think of salad. Salads are usually considered summer staples, but these nutrient-dense, low-maintenance side dishes are also perfect for cold-weather months. Enroll in this hands-on class and learn how to make insanely satisfying, healthy and hearty winter salads that will keep you filled with nutritious goodness all season long. Note: There is a \$13 supply fee payable to the instructor the day of class.

Gluten-Free, Dairy-Free Cooking Class

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL110A Sa 2/13 12-3PM

Do you need help going gluten-free? Are you struggling to keep the gluten out of your diet? Gluten-free cooking can be perplexing to say the least. When armed with a little training and knowledge, gluten-free cooking is easy and delicious. Sign up for this hands-on cooking course, and get tips, strategies and advice. You will also have the opportunity to sample several gluten-free/dairy-free dishes prepared during the class. Attendees will receive copies of easy, delicious and nutritious gluten-free/dairy-free recipes. There is a \$13 ingredients fee.

How 'Bout Them Apples

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL140A Sa 2/27 12-3PM

Apples are a super-versatile, budget-friendly, and fiber-packed fruit. If you think apples are only meant for pies, think again. Apples are delicious in savory as well as sweet recipes and can be used in every meal, from breakfast to desserts, as well as entrees, salads and side dishes. Enroll in this hands-on class and enjoy an apple a day, or more, with these oh-so good (and good for you!) dishes. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

Adventures in Chicken Salad

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL134A F 3/5 1-4PM

In this hands-on class, you will make a variety of quick, easy, colorful and tasty chicken salads that will have your taste buds watering! Each yummy salad is more delicious than the next. All salads are both gluten-free and dairy-free. There is a \$13 ingredients fee.

Cooking With Essential Oils with Colleen

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

NAT144A Sa 3/13 12-3PM

One great way to give one's body the benefits of essential oils is to add them to cooking. Essential oils can provide amazing flavor to any dish, from drinks to dessert, and everything in between. Enroll in this hands-on class and learn how to cook using essential oils. All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

Keen on Quinoa

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL105A F 3/26 1-4PM

Quinoa is a heart healthy, gluten-free seed that is high in protein, fiber and iron, a source of essential fatty acids, and a complete protein. Quinoa is wonderfully nutritious and delicious. In this hands-on class you will learn how to use quinoa in a variety of recipes from breakfast cereal to salads and hearty main dishes and even dessert. All recipes used are gluten-free and dairy-free. There is a \$13 ingredients fee.

Pancakes to Flip Over

Colleen Griffin

M: \$29; NM: \$34
Studio 3

1 class date

CUL171A Sa 4/10 12-3PM

Pancakes are among the oldest and most satisfying of foods. They were invented thousands of years ago when women first learned that mixing grains with water and heating them on a hot rock made them taste better. Later, honey and leavening were added, and today's pancake was born. Pancakes are quick to make, they are incredibly versatile and can be enjoyed morning, noon and night. Enroll in this hands-on class and explore a variety of pancakes that you can "flip over." All recipes used are both gluten free and dairy free. There is a \$13 ingredients fee.

Are You Digging Your Grave with Your Fork and Spoon?

Colleen Griffin

M: \$32; NM: \$37
Room 3

3 class dates

CUL167A Th 5/6-5/20 2:30-4:30PM

What you eat is the foundation of your health! So, how do

you make your food choices? Is your current diet calorie-rich and nutrient-poor? Do you make unhealthy food choices simply because they are convenient? Do you believe the information on the front of the box/package? You just might be digging your grave with your fork and spoon! This interactive class will provide you with valuable information and 26 simple steps to create a healthier lifestyle.

Scrumptious Summer Salads

Colleen Griffin M: \$29; NM: \$34
1 class date Studio 3
CUL102A F 5/14 1-4PM

With the summer heat beating down on us without end, why not cool down with a refreshing summer salad? In this hands-on class we will create several nutritious and delicious salads that are perfect for staying cool. All recipes are gluten-free and dairy-free. Note There is a \$13 ingredients fee payable to the instructor.

EQUINE, PETS, & WILDLIFE

Horse Course Interesting Things You Need to Know About Horses!

Beth Ramsay M: \$15; NM: \$20
1 class date Online
EQU107A W 2/10 11AM-12:30PM
EQU107B Tu 3/16 2-3:30PM



Why do horses do what they do? How do I approach a horse safely? How can I stop being scared? In this virtual program, you will learn the basics on why horses are "nature in its finest form" and are the most fascinating, intuitive and incredible creatures on earth. Learn how they think, how they communicate and even their personalities (yes, they have them, just like people!)

Endangered Species Around the World

Aimee Pritchard M: \$10; NM: \$15
1 class date Cypress Hall
EPW104A Tu 1/5 10:30-11:30AM

Take a trip around the world and become familiar with endangered species you may not have even known existed. Learn why these animals are in trouble and what's being done to save them.

Savanna Animals

Aimee Pritchard M: \$10; NM: \$15
1 class date Cypress Hall
EPW105A Th 1/21 10:30-11:30AM

Take a trip around the world as we look at each continent's savanna and prairie ecosystems, and the unique animals that call these areas home. This class will include a special animal guest.

Fact or Fiction Busting Common Animal Myths

Aimee Pritchard M: \$10; NM: \$15
1 class date Cypress Hall
EPW121A W 2/10 10:30-11:30AM

Do opossums really hang from their tails to sleep? Do ostriches bury their head in the sand? This course will bust some common myths about animals.

Birds of the Upper Withlacoochee River

Norm Lantz M: \$57; NM: \$62
2 class dates Room 3/Field Trip
SCI118A Tu 2/23-3/2 10-11:30AM

The first class will meet at MTP; the second class will be a boat ride in Dunnellon from 8:30- 11:30am

The Upper Withlacoochee River from Dunnellon to Lake Rousseau offers a different look at "old Florida" as well as the more "modern" appearance. Features a three hour boat ride with an experienced river boat Captain. Great opportunity to learn about all the wading/water birds you are likely to encounter in Florida. Lots of songbirds too!

Why Birds Matter

Aimee Pritchard M: \$10; NM: \$15
1 class date Cypress Hall
EPW122A W 3/10 10:30-11:30AM

Did you know bird watching is a billion dollar industry? In this course you will learn how birds benefit humans economically and ecologically.

Birds of the Rainbow River

Norm Lantz M: \$57; NM: \$62
2 class dates Room 3/Field Trip
EPW115A W 3/10-3/16 10-11:30AM

The first class will meet at MTP; the second class will be a boat ride in Dunnellon from 8:30- 11:30am

Take a boat ride on the beautiful Rainbow River and see a vast array of interesting water and wading birds, other river birds and many songbirds. This is a relaxed ride with an experienced licensed river pilot. It is a beautiful and scenic ride through much of "old Florida." Be sure to bring your camera for some great up-close shots of these magnificent creatures. The first class will meet in a classroom at MTP. The second class will meet for a boat ride.

**VISIT PAGE 4 FOR
IMPORTANT REGISTRATION
INFORMATION**

Sholom
Park

Master the
Possibilities



Registration is Required

Event begins at 6 pm. Gates will open at 5:15 pm.

No entry after 6:15 pm.

7110 SW 80th Ave, Ocala, FL 34481

www.SholomPark.org



Mi Amore At The Park

FEBRUARY 18, 2021 • \$15 PER PERSON

Celebrate the month of love with musical duo Heart Strings. Pack your picnic basket and bring a loved one or friend and enjoy an evening of sweet music under the stars. A sweet treat will be available for your enjoyment.



S'mores And More with Mark Smythe

JANUARY 21, 2021 • \$15 PER PERSON

Nothing is S'more fun than roasting marshmallows and singing around the fire. Join us for a good old-fashioned campfire sing-along and acoustical performance by local musician Mark Smythe from Gypsy Sparrow.

A Master the Possibilities COVID-19 screening form must be completed and signed at check in.

Bring your lawn chairs and blankets.
Flashlights or lanterns recommended.

Limited Space Available - Register Today!

For registration, go to www.MasterthePossibilities.org or call (352) 861-9751

#18270 - 1/21

Why Zoos Matter **New!**

Aimee Pritchard

M: \$10; NM: \$15

1 class date

Cypress Hall

EPW129A W 4/7

10:30-11:30AM

Recently, zoos around the world have come under fire from animal rights organizations spewing half truths and lies about the industry. This course will be taught by a retired zookeeper as we lift the curtain and go behind the scenes to see what life at a zoo is truly like for these animals.

Saving the Attwater's Prairie Chicken

Aimee Pritchard

M: \$10; NM: \$15

1 class date

Cypress Hall

EPW109A W 5/5

10:30-11:30AM

The Attwater's Prairie Chicken is one of North America's most endangered bird species. In this course, participants will get an inside look at what the state of Texas and local zoos are doing to save this animal from extinction.

All About Penguins **New!**

Aimee Pritchard

M: \$10; NM: \$15

1 class date

Cypress Hall

EPW130A W 6/9

10:30-11:30AM

Did you know there are 17 different species of penguin? Did you know they can only be found in the Southern Hemisphere? Discover the penguins of the world and what makes these birds so unique!

Thoroughbreds of Marion County

Thomas Sweeney

M: \$47; NM: \$52

2 class dates

Room 1

EPW107A Tu 1/12-1/19

10AM-12PM

EPW107B Tu 3/9-3/16

9:30-11:30AM

EPW107C Tu 4/13-4/20

9:30-11:30AM

EPW107D Tu 6/15-6/22

9:30-11:30AM

For all of these, the first class meets at MTP, the second class meets at OBS.

We live in "The horse capital of the world." Join Thomas Sweeney owner of Port Royal Racing, and a multi-state licensed professional horseman. Part 1 will cover the basics from breeding to the starting gate! In Part 2, we will attend a Thoroughbred auction at the world-famous Ocala Breeders Sales where many of these equine athletes will fetch upwards of \$1,000,000! Tom will "escort" you "backstage" at the sales! This is a great primer on "The Sport of Kings...and Queens!"

Mother Nature's Clean Up Crew

Aimee Pritchard

M: \$10; NM: \$15

Entire Term

Online Recording

EPW102A

Available 24-7



Vultures save us billions of dollars globally every year. In this course, we will take a look at vultures throughout the world, and the impact they have on us and the environment. We will also look at the threats

today's vultures face and what that means for the human race.

Songbirds in Crisis

Aimee Pritchard

Entire Term
EPW124A

M: \$10; NM:\$15
Online Recording
Available 24-7



Songbirds are in trouble around the world. Within this course we will look at the Asian Songbird Crisis and the budding North American Songbird Crisis. The course will look at why these birds are struggling and how we can help.

GAMES

Beginning and Intermediate Mah Jongg

Mary Ehle

4 class dates

GAM203A	Th	1/21-2/11	1-3:30PM
GAM203B	Th	4/15-5/6	1-3:30PM

M: \$27; NM: \$32
Room 2

Mah Jongg is a traditional Chinese game played by four people around a square table. It is played with tiles rather than playing cards. Participants will learn the standard American-style game and practice strategy and techniques. Tiles will be provided, but the 2020 card will have to be purchased from Market of Marion or through instructor, Mary Ehle. Note A week before the class, the instructor will send an e-mail asking who needs the 2020 card. The cost of the card is \$9.00 payable to the instructor .

GENEALOGY

Using Your Genealogy Database Creatively- Part II

Richard Belz

2 class dates

GEN125A	W	4/14-4/21	9:30-11AM
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M: \$2; NM: \$7
Room 3

This is a continuation of last semester's class and will discuss even more ways to use your genealogy database program to analyze your data. Again, the demonstrations will use Family Tree Maker but the ideas presented can be used with any similar program, such as RootsMagic, and Legacy.

Absolute Beginner's Genealogy

Jim & Terry Willard

1 class date

GEN103A	W	1/6	1-3PM
GEN103B	W	4/7	10AM-12PM

M: \$22; NM: \$27
Room 1

The student will be introduced to the basic research charts, how to use them properly, how and where to begin their research, how to organize the results, and how to share their research with others (possible projects). This course is strongly recommended for all students new to genealogy as it provides a base for other genealogy classes offered through this program.

Ancestry.com Build and Manage a Tree

Jim & Terry Willard

2 class dates

GEN102A	W	2/3-2/10	1-3PM
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M: \$32; NM: \$37
Computer Lab

In this class, you will learn how to start your tree, determine privacy settings, add and edit your facts, locate new information, add and link media, and print your tree. Students may bring their own Mac or Windows laptops to class, or use a Windows 10 computer in the lab. If you need to use a computer in the lab, let the office know when you register.

Ancestry.com Searching

Jim & Terry Willard

2 class dates

GEN100A	W	3/17-3/24	1-3PM
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M: \$32; NM: \$37
Computer Lab

Topics include tips on navigating the website, searching for data, finding the best categories of records, and using any records found. Students may bring their own fully charged laptop (Windows or Mac), and they must know their Ancestry username and password. Windows 10 computers are available in the lab. If you need to use one, let the office know when you register.

Getting the Most From FamilySearch.org

Jim & Terry Willard

2 class dates

GEN111A	W	4/14-4/21	1-3PM
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M: \$32; NM: \$37
Computer Lab

Students will learn to use the free searchable databases the site has to offer from locations around the world as well as other site features such as the catalog, digitized family and local history books, and the exceptional instructional material the site contains. Students may bring a Mac or Windows laptops to class, or use a Windows 10 computer in the lab for this course. Inform the office at registration if you need to use a computer.

Build and Manage a Family Tree on Familysearch.org

Jim & Terry Willard

2 class dates

GEN123A	W	3/3-3/10	10AM-12PM
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M: \$32; NM: \$37
Computer Lab

In this class, students will learn how to start their trees, determine privacy settings, add and edit their facts, locate new information, add and link media, and print their trees. Note Students will need to bring their personal laptops with charger to class and know their FamilySearch.org username and password.

**DON'T DELAY,
REGISTER TODAY!**

Family Tree Maker 2019 Part 1 New!
Jim & Terry Willard M: \$52; NM: \$57
 4 class dates Computer Lab
 GEN119A M 2/1-2/22 1:30-3PM

This class is designed for the students who want to use FTM 2019 to organize their family history research. Class topics include entering data, correcting data entry mistakes, sourcing the data, adding media (pictures, video, etc.), and basic printing projects. All students must bring their own laptop to class (Mac or Windows) with FTM 2019 already installed as this is a hands-on course.

Family Tree Maker 2019 Part 2 New!
Jim & Terry Willard M: \$52; NM: \$57
 4 class dates Computer Lab
 GEN120A M 3/1-3/22 1:30-3PM

Among the topics covered in this course are the various data entry options, using the FTM 2019 Tools, conducting on-line research from within FTM, and learning to print some of the advanced printing report options including preparing a family history book. All students must bring their own laptop to class (Mac or Windows) with FTM 2019 already installed as this is a hands-on course.

HOBBIES

GOLD! A Global Treasure New!
Dr. Don Wyman M: \$10; NM: \$15
 1 class date Cypress Hall
 HOB140A F 1/22 10-11:30AM

This colorful program answers the following questions What is gold? How and where is it found? Who has the most of it? How and where is it used? What are some of the oldest known artifacts? The biggest nugget? The most valuable coins? What is gold's relationship to dollars and what are some of the commercially produced color combinations? What about its future? All of these are answered and shown in full, living color!

Introduction to Golf
Matt Hibbs M: \$2; NM: \$7
 1 class date Room 3
 HOB108A M 2/22 11AM-12PM
 HOB108B M 5/17 11AM-12PM

Join PGA professionals Matt Hibbs and Russ Smith for a PowerPoint presentation on the basics of golf. If you are interested in learning the game of golf, but are too intimidated to step foot on the course, then this is the class for you. Topics will include rules, etiquette, lingo, fundamentals and much more. This is a great way to begin a wonderful relationship with a sport for life.

Snorkeling
Heath Davenport M: \$32; NM: \$37
 1 class date The Ranch Pool
 HOB125A F 2/5 2-2:50PM
 HOB125B F 4/2 2-2:50PM

HOB125C F 6/4 2-2:50PM
 Learn to snorkel, or improve your skills. This course will cover the basics and advanced techniques. This is a great course before you go on a cruise, or to teach your grandchildren. All gear is provided, or participants are welcome to bring their own. Students should bring a swimsuit and towel to class. Note: Participants should be comfortable in the water. Weak swimmers should bring a flotation device to class.

Discover Scuba
Heath Davenport M: \$57; NM: \$62
 1 class date The Ranch Pool
 HOB126A F 2/5 1-1:50PM
 HOB126B F 4/2 1-1:50PM
 HOB126C F 6/4 1-1:50PM

Have you ever wanted to try Scuba Diving in a nice shallow pool? Here's your opportunity. Participants will get the opportunity to see how to put scuba gear together, and then play around in a pool where they can always just stand up. For those that fall in love with this course, the next step is the Scuba Certification course. Note: Participants need to bring a swimsuit and towel, and snorkel gear if they have it.

Football for the Armchair Fan (or the Person Who Has to Endure It) New!
DL Havlin M: \$5; NM: \$10
 1 class date Live Oak Hall / Online (H)
 HOB139A Tu 3/30 11AM-12PM
 HOB139AH Tu 3/30 11AM-12PM

 To paraphrase an old movie title "Why I stopped enduring and learned to understand football."
 Tired of watching what appears to be complete chaos? This course will give you some insight into what you're watching. It will help you understand the "foreign language" used by sportscasters to describe what's happening. Learn why players are in a three-point stance. What your power line is. That fold blocking has nothing to do with paper. Why quarterbacks are described as "naked" when it's obvious they have a uniform on. Sign up, have some fun, and learn more than your family fan knows! Vocabulary handout included.

Growing Fresh Vegetables New!
Rondi Niles M: \$47; NM: \$52
 1 class date Room 5
 GAR151A Tu 2/9 9:30AM-12PM

Come learn from a former farmers' market vegetable plant grower on how to grow your own delicious vegetables, focusing (but not exclusively) on manageable container gardening. Participants will seed a choice of vegetables, and properly transplant a tomato to take home. See www.gardening-inspirations.com/Workshops for sample photos. Note: All supplies are included.

The Wonderful World of Herbs **New!**

Rondi Niles M: \$47; NM: \$52
1 class date Room 5
GAR152A Th 3/18 9:30AM-12PM

Come learn from a former farmers' market herb grower about how to grow, use, and store delicious and healthy herbs. Afterwards you'll create your own herb container garden for a mostly sunny location to take home. Bring your own container 14-16" wide and 8-12" deep- must have drainage holes. If you prefer, you may bring your herbs home to plant instead. See www.gardening-inspirations.com/Workshops for sample photos. Note: Most supplies are included, except the container. Participants may purchase additional supplies at class, if desired.

Successful Orchid Growing

Walter E. Clark M: \$2; NM: \$7
1 class date Room 5
GAR127A Tu 3/23 10AM-12PM

Many people believe orchids are difficult to grow. Some are, but many are not. Do you know which are which? Attend this class to find out. Find out what to look for when buying an orchid. Then, after taking it home, how to water and feed it, and how much light it needs, and much more. This class is geared to answering all of your orchid questions.

How to Repot My Orchid

Walter E. Clark M: \$2; NM: \$7
1 class date Room 5
GAR145A F 4/9 10AM-12PM

If you have grown orchids for a while, you may have plants that seem to be growing out of their pots. Do they need to be repotted? How do I do that without killing them? This class will walk through the repotting process in a hands-on step-by-step workshop. Learn proper repotting techniques. Bring your orchid plant(s) that need repotting. There will be a \$10 supply fee payable to the instructor for a new pot, and some orchid bark.

Cold Process Soap Making 101

Donna Sabo M: \$18; NM: \$23
1 class date Studio 3
HOB129A M 2/8 1-3:30PM
HOB129B M 4/12 1-3:30PM

Cold process soap making is part chemistry and part artistry. Don't fear-you don't have to be a scientist or an artist to make soap. You just need to know a few basic principles and safety precautions. Enroll in this class and learn the art and science of soap making. Upon completion, you will have the knowledge to make your own cold process soaps at home. Each student takes home 2 bars of soap. Note: There is a \$7 supply fee payable to the instructor.

Butters, Balms, Bars

Donna Sabo M: \$27; NM: \$32
1 class date Studio 3
HOB136A Tu 2/9 1-3:30PM
HOB136B Tu 4/13 1-3:30PM

Come learn how to make body care with all natural ingredients, including beeswax, shea butter, and coconut oil. This class is for you whether you're a newbie or have already experimented making your own body products. Once you start, you'll never go back to store-bought products! In class you will learn how to make a balm, a lotion bar, and a luxurious body butter. You will also receive a packet of recipes and tips. Note: There is a \$10 supply fee payable to the instructor.

Raising the Bar (DIY Natural Health & Beauty Bars)

Donna Sabo M: \$27; NM: \$32
1 class date Studio 3
HOB137A W 2/10 1-4PM
HOB137B W 4/14 1-4PM

When it comes to health, it's not just about what we put in our bodies that matters. It's about what we put on our bodies, too. Let's replace toxic products with DIY natural lotion bars. Enroll in this class and learn how to make all natural health and beauty bars. Each student receives a total of five assorted DIY bars. Note: There is a \$15 supply fee payable to the instructor.

Tap Dance- Level 1

Penny Berton M: \$37; NM: \$42
6 class dates Room 5
DAN115A M 1/4-2/8 4-5PM
DAN115B W 2/24-3/31 11:30AM-12:30PM
DAN115C W 4/7-5/12 10-11AM

Have you ever wanted to tap? Now you can! You will be dancing to music of all genres and doing routines the very first week. Basic terminology, balance, rhythm, counting and timing are taught and reinforced in every class. Worksheets will be given out along with step-by-step written routines.

Tap Dance- Level 2

Penny Berton M: \$37; NM: \$42
6 class dates Room 5
DAN116A M 1/4-2/8 2:30-3:30PM
DAN116B M 2/22-3/29 4-5PM
DAN116C W 4/7-5/12 11:30AM-12:30PM

After completing the beginner tap program, classes will progress with additional terminology, more complex combinations, rhythms and routines. Balance will be improved as well as your ability to watch and pick up more quickly.

Tap Dance- Level 3 **New!**

Penny Berton

M: \$37; NM: \$42
Room 5

6 class dates

DAN117A	M	1/4-2/8	1-2PM
DAN117B	M	2/22-3/29	2:30-3:30PM
DAN117C	M	4/5-5/10	4-5PM

Once levels 1 and 2 are completed, you will have a good foundation of tap dancing and tap terminology. Counting will be emphasized to help you understand how to fit the steps you have learned to any music. Muscle memory and recall will start to kick in. The love of tap will have you hooked.

Tap Dance- Level 4 **New!**

Penny Berton

M: \$37; NM: \$42
Room 5

6 class dates

DAN118A	M	2/22-3/29	1-2PM
DAN118B	M	4/5-5/10	2:30-3:30PM

You have now completed levels 1, 2, and 3. Congratulations! It's time to put all the fundamentals together to learn the very popular and exciting "Time Step" you've seen in all those fantastic musicals! With the basics behind you, it's time to let those feet take over and dance, dance, dance!

Tap Dance- Level 5 **New!**

Penny Berton

M: \$37; NM: \$42
Room 5

6 class dates

DAN119A	M	4/5-5/10	1-2PM
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You now have what it takes to be a "Hoofer." Previously learned steps such as the Maxi Ford, Broadway, Irish, and Military Time Step will start to become second nature to you as we'll now work on speed, a Capella routines, and "harmonizing" with our feet.

IFAS

Master Gardener Series: Attracting Birds to Your Yard **New!**

Helen Ogren

M: Free; NM: \$5
Online

1 class date

IFA155A	W	1/6	10-11AM
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It's winter in Florida. Learn to identify and attract the native and migratory birds that will visit your yard and our natural areas. Additionally, we will discover ways to incorporate biodiversity into the landscape which supports happy, healthy wild birds.

Master Gardener Series: Caring For Your House Plants **New!**

Pat Burns

M: Free; NM: \$5
Online

1 class date

IFA156A	W	2/3	10-11AM
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Have you had bad luck trying to add foliage to your indoor spaces? Join us to learn about suitable houseplants and proper care for long term success. We will discuss the do's and don'ts as well as ways

to maximize your use of greenery indoors.

Master Gardener Series: Herbs In Your Garden **New!**

Sheena Schlegel

M: Free; NM: \$5
Online

1 class date

IFA105A	W	3/3	10-11AM
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Edibles come in all shapes and sizes, incorporating them into your home and landscape is easier than you may think! We will discuss a variety of herbs, how to take care of them for optimum harvest, and what to do with them with they are ready to harvest.

Master Gardener Series: Caring for Orchids **New!**

Audrey Edwards

M: Free; NM: \$5
Online

1 class date

IFA157A	W	4/7	10-11AM
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Do you worry about getting the most out of your orchid varieties? Orchids provide a stunning array of delicate blooms both indoors and outdoors. Join us to learn best practices to have healthy orchids.

Master Gardener Series: Bonsai Basics **New!**

John Holcombe

M: Free; NM: \$5
Online

1 class date

IFA158A	W	5/5	10-11AM
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Figuring out bonsai plants is an art that takes many years to perfect. Join us to learn the basics of beginning bonsai and how to properly care for these plants for years to come.

Master Gardener Series: The Challenges of Summer Gardening in Florida **New!**

Audrey Edwards

M: Free; NM: \$5
Online

1 class date

IFA159A	W	6/2	10-11AM
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Does summertime leave your garden aspirations a little let down? Don't worry, you are not alone. The Florida heat challenges even the best gardeners. Learn about plants that will outshine the summer sun and how to utilize maintenance to your advantage so you can enjoy your landscape without overheating.

Tree Selection, Care, and Pruning **New!**

Maxine Hunter

M: Free; NM: \$5
Online

1 class date

IFA151A	W	2/17	10-11:30AM
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Join us to learn about suitable trees of all sizes that can be maintained in your landscape. We will discuss selecting good trees and how to establish and prune them.

Nuisance Wildlife in Central Florida

Maxine Hunter

M: Free; NM: \$5

1 class date

Online

IFA109A W 4/21 10-11:30AM



Do you worry about wildlife in your backyard? Do you want to learn more about identifying and deterring them? Join us to learn about common wildlife and causes for concern.

Citrus for Florida Homeowners **New!**

Maxine Hunter

M: Free; NM: \$5

1 class date

Online

IFA154A W 6/16 10-11:30AM



Join us to learn about citrus varieties that can be maintained in your landscape. We will discuss selecting good trees, disease and pest problems, current research, as well as maintenance of healthy trees.

Winterizing Your Florida Landscape

Amanda Marek

M: Free; NM: \$5

1 class date

Online

IFA126A W 1/20 10-11:30AM



It's winter in Florida and although it may be mild, your lawn and landscape require different care this time of the year. Join us to learn the Do's and Dont's of lawn and landscape care in winter.

Birds, Blooms, and Butterflies **New!**

Amanda Marek

M: Free; NM: \$5

1 class date

Online

IFA152A W 3/17 10-11:30AM



Welcome to la Florida, "land of flowers!" In this fun presentation, we'll learn about some of the most common and fascinating birds and butterflies you may encounter and the blooms that attract them the most.

To Water or Not To Water **New!**

Amanda Marek

M: Free; NM: \$5

1 class date

Online

IFA153A Tu 5/18 10-11:30AM



Figuring out how much to water your lawn and landscape can be tricky. Join us today to learn how to best irrigate your yard so you're not wasting water or money.

PUBLIC SAFETY

AARP Driver Safety Program

Nancy McKay

AARP Members: \$22; Others: \$27

2 class dates

Room 1

PUB101A	Th, F	1/28-1/29	1-4PM
PUB101B	Th, F	2/25-2/26	1-4PM
PUB101C	Th, F	3/25-3/26	1-4PM
PUB101D	Th, F	4/29-4/30	1-4PM
PUB101E	Th, F	5/27-5/28	1-4PM
PUB101F	Th, F	6/17-6/18	1-4PM

This class is either a one or two-day class. The AARP Driver Safety Program is a classroom-based refresher designed especially for drivers age 50 plus. Tuition includes the Driver Safety workbook and a recorded certificate. (Note successful completion of this class may result in an insurance rate reduction.) If you are an AARP member the cost is \$22; if you are not a member the cost is \$27. Please bring your AARP card and driver's license to class.

Identifying and Avoiding Scams

Michael Lominack

M: \$2; NM: \$7

1 class date

Room 3

PUB126A Tu 2/9 10-11AM

There are so many scams out there these days. People fall for them, time and time again. This course is intended to help participants identify and avoid being taken advantage of or losing their life savings. Scammers can be very persistent and this course will give participants some tools to be safe.

Be Scam Smart Protect, Detect and Report

Kristina Young

M: \$2; NM: \$7

1 class date

Room 2

PUB127A Tu 1/19 10-11AM

PUB127B Tu 3/16 10-11AM

PUB127C Tu 5/18 10-11AM

Attend this course to learn what to watch for with scams, fraud and identity theft. Learn how this impacts everyone, and who to call if it happens. This course will also cover the latest scams. This is a great opportunity to get questions answered, and is sponsored by SHINE & Elder Options.

Seniors & Crime

Douglas Hart

M: \$2; NM: \$7

1 class date

Room 4

PUB125A Tu 2/9 1:30-3:30PM

PUB125B F 5/14 9:30-11:30AM

Crime against seniors is an ongoing problem with over \$3B lost in just 2018. This involves scams, frauds, identity theft, contractors, etc. Learn about ways to protect yourself, as well as to hear about current problems and examples. The instructor comes from both a national, as well as a international background, with professional certifications CISA (Certified Information Systems Auditor) and CFE (Certified Fraud Examiner).

DISTANCE LEARNING TYPES:



HYBRID



VIRTUAL



PRE-RECORDED

TRAVEL & CULTURE

Armchair Travel: Netherlands and France- In Search of Vincent Van Gogh **New!**

Dr. Evelyn B Kelly

M: \$5; NM: \$10

1 class date

Live Oak Hall

TRV218A Tu 1/19

10-11AM

So who was this man who never sold a painting in his life and committed suicide at the age of 37? We will look at the life of this unhappy boy- the son of a Dutch minister and minister himself- as he creates 2100 drawings and 860 oil paintings. The instructor's favorite painting is "The Starry Night." You may see others that will become your favorite.

Armchair Travel: France- In Search of Claude Monet **New!**

Dr. Evelyn B Kelly

M: \$5; NM: \$10

1 class date

Live Oak Hall

TRV219A Tu 2/2

10-11AM

In 1888, Claude Monet bought a house on two acres and called it Giverny. He became passionate about nature, and his style of impressionism evolved to show it. Born in Paris, but rejected by the artists of his time, he searched to find himself in many countries, including serving in the French Foreign Legion. We will look at his life and love of nature.

Armchair Travel: Paris- In Search of Mary Cassatt **New!**

Dr. Evelyn B Kelly

M: \$5; NM: \$10

1 class date

Cypress Hall

TRV220A Tu 2/16

10-11AM

A woman painter in 1868? No way! Mary, the daughter of a wealthy banker, enrolled in the Pennsylvania Academy of Fine Arts and was disgusted with the narrow-mindedness and nastiness of the male students and faculty. Even her own father said he would rather see her dead than become an artist. So she left her native Pennsylvania and moved to Paris. Mary holds a unique place among American artists both as a female painter and impressionist.

Armchair Travel: Spain- In Search of Pablo Picasso **New!**

Dr. Evelyn B Kelly

M: \$5; NM: \$10

1 class date

Live Oak Hall

TRV221A Tu 3/2

10-11AM

Sometimes, a painting will evoke emotions and strong responses. The instructor felt that when she presented the painting Guernica to a group of students. This is probably the most famous painting in the world. In this session we will look at the life of Picasso- whose father was also a painter and artist. Pablo's first words were "piz piz"- he wanted a pencil (in Spanish lapiz means "pencil") to draw.

Armchair Travel: In Search of El Greco **New!**

Dr. Evelyn B Kelly

M: \$5; NM: \$10

1 class date

Live Oak Hall

TRV222A Tu 3/16 10-11AM

Born on the Isle of Crete, which was ruled by Venice, El Greco made his way to Spain and claimed Toledo as his hometown. There, he developed a unique style of expressionism and cubism. He painted one of the most famous landscape paintings of all times- View over Toledo.

Armchair Travel: East Tennessee Adventure

Dr. Evelyn B Kelly

M: \$5; NM: \$10

Entire Term

Online Recording

TRV173A

Available 24-7



East Tennessee's history is forged by the Appalachian and Smoky Mountains. Knoxville and Chattanooga are the main cities, but it is the cool mountain streams and country and back roads that are fascinating. Summer is great, but it is the fall and the changing of the colors that draws most attention-peak time is the middle of October.

Armchair Travels: Magnificent Norway and Sweden- Overland

Dr. Evelyn B Kelly

M: \$5; NM: \$10

Entire Term

Online Recording

TRV210A

Available 24-7



We will learn about the Vikings' territory with its famous history including those made famous by Nazi invasion, the spy center of the resistance, the laboratory of the famous chemist Nobel and the home of musician Edvard Grieg.

Armchair Travel: Oh, Savannah!

Dr. Evelyn B Kelly

M: \$5; NM: \$10

Entire Term

Online Recording

TRV212A

Available 24-7



Savannah is one of the most fascinating cities in the South. It was saved from the wrath of Sherman's army because a group of city officials told them if they would spare their town, they would not resist. Today, you can see 22 parks, antebellum mansions, homes of famous people, and some of the best places to eat. You may want to visit the pirate museum or even experience Midnight in the Garden of Good and Evil.

Surviving Summers In Central Florida **New!**

Dr. Evelyn B Kelly

M: \$5; NM: \$10

Entire Term

Online Recording

TRV211A

Available 24-7



We will look at how to avoid and handle bites (those pesky mosquitoes, yellow jackets, black flies, ticks) and avoid other critters such as snakes. We will look at heat-related conditions. We will end with the danger of mold in the house and how to avoid it. Bring questions along for a discussion with this long-time Marion County resident- a survivor of 65 Florida summers.

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#13746 - 8/20

Everything Yellowstone **New!**

Carla Traudt M: \$10; NM: \$15
1 class date Room 4
TRV223A W 1/20 10:30AM-12PM

Let's explore the history, the legends, the wild, and the science of Yellowstone National Park. Yellowstone is our first National Park designated March 1st, 1872 "For the benefit and enjoyment of all." Carla's first visit was in 1962 and in 2019, she finished her 12th year living and working in Yellowstone. Carla is a "Certified Interpretive Guide" specializing in Yellowstone. Please join the discussion. Information, fun facts, and photos abound.

Florida Historic Places and Museums

DL Havlin M: \$5; NM: \$10
1 class date Live Oak Hall / Online (H)
TRV208A W 2/3 9-10AM
TRV208AH W 2/3 9-10AM



Like to learn about Florida's history? Do it yourself with this program to help you! This presentation provides a way for the attendees to learn about Florida's historic places... all 500 plus. The state is divided into five regions that a person or family can explore individually in three-day adventures. Contact information is provided along with some "don't miss" recommendations. The historic places are defined and information is provided so individuals can select those venues in which they have the most interest.

Discovering the Amazon **New!**

Lisa Didier M: \$13; NM: \$18
1 class date Room 2
HIS256A M 2/22 1:30-3PM

Grab your hat and catch net and travel with the first naturalists to the heart of the Amazon jungle. Hear about their adventures and see the rare and often bazaar creatures they discovered and introduced to the world.

Which River Cruise is Right for You?

Dianna Miller M: \$2; NM: \$7
1 class date Room 4
TRV213A Tu 1/26 10-11:30AM

Ever have trouble deciding which cruise and cruise line to take? This course will introduce you to the features, inclusions, and differences between the major river cruise lines you see and hear about.

Make the Most from a Scenic Rail Vacation

Dianna Miller M: \$2; NM: \$7
1 class date Room 4
TRV214A Tu 2/16 10-11:30AM

Traveling by rail through the United States, Canada and Europe can be the vacation of a lifetime. This course will help you make the most of a rail vacation that fits your budget and time frame.

Touring Alaska by Land and Sea **New!**

Dianna Miller M: \$2; NM: \$7
1 class date Room 4
TRV215A Tu 3/16 10-11:30AM

Whales, glaciers, and pristine landscapes. This is what you will find in Alaska, aptly named the "The Last Frontier." The course will explore touring options by land or sea or both, so you can determine which is the right option for you.

Travel for Foodies **New!**

Dianna Miller M: \$2; NM: \$7
1 class date Room 4
TRV216A Tu 4/20 10-11:30AM

Are you a "foodie?" Are you looking for a unique eating and drinking experience or would you like to cook with a chef? This course will explore different options for culinary travel in different parts of the world.

Your Italian Journey **New!**

Dianna Miller M: \$2; NM: \$7
1 class date Room 4
TRV217A Tu 5/18 10-11:30AM

From the canals of Venice to the Roman Colosseum, Italy is one of the most iconic places you will ever visit. This course will help you make the most out of planning a journey to the Italian peninsula with tips on what to see, when to visit, and fun facts to make your vacation perfect.

Japanese Tea Ceremony (Cha-No-Yu)

Shizuka Campagna M: \$22; NM: \$27
Entire Term Online Recording
TRV196A Available 24-7



In this program, you will be participating in the ritualistic ceremony of Japanese powdered green tea preparations and presentation. A brief history of Cha-No-Yu as well as descriptions of the utensils used will be demonstrated throughout the performance. Please join us for an evening of harmony, respect, purity and tranquility.

Kimono Experience

Shizuka Campagna M: \$22; NM: \$27
Entire Term Online Recording
TRV197A Available 24-7



The kimono is a traditional Japanese garment and the national dress of Japan. Learn the Chinese and Korean fashion influence that resulted in the kimono in 300AD, and how silk kimonos are made today using the traditional process. Specific kimonos need to be worn for specific occasions. Through kimono trivia, we will have fun learning.

VOLUNTEERING

Reading Pals Training Share the Joy of Reading!

Jan Hathaway

M: Free; NM: Free
Room 4

1 class date
VOL104A W 1/27 1:30-3:30PM

ReadingPals make a difference in the life of a struggling kindergarten reader and you can too!! Share your love of reading. Books can take you on anywhere on a journey. Share the journey with a kindergartner.

Older and Bolder: Seniors Volunteering and Working in State and National Parks

Carla Traudt

M: \$10; NM: \$15
Cypress Hall

1 class date
VOL107A M 2/22 10:30AM-12PM

Always wanted a awesome backyard? Do you like to sit around the campfire toasting s'mores with new friends? Enjoy interacting with visitors helping them have an experience they will remember the rest of their lives? Find out what it is like behind the scenes of our national and state parks and how you can be part of the staff that supports our parks.

Pets and Patients- A Winning Combination

Beverly Lafferty

M: Free; NM: Free
Room 4

1 class date
VOL117A W 1/27 10-11AM
VOL117B W 6/2 10-11AM

In this presentation, you'll learn about pet programs offered by Hospice of Marion County and how you can get involved!

Volunteers for Veterans

Beverly Lafferty

M: Free; NM: Free
Room 4

1 class date
VOL112A W 2/17 10-11AM

Hospice of Marion County is a Level 4 Partner in the National We Honor Veterans Program. In this class you'll hear about all the different ways we honor our Veteran patients, and hear first-hand experiences from one of our Veteran volunteers about the recognition ceremonies, Vet to Vet visits, and other patriotic moments we provide. You'll also learn how you can become a Volunteer for Veterans.

Join the Hospice of Marion County Thrift Store Volunteer Team **New!**

Beverly Lafferty

M: Free; NM: Free
Cypress Hall

1 class date
VOL118A W 4/21 10-11AM

Learn about how you can volunteer at the Hospice of Marion County Thrift Stores and why these stores are important to our community and hospice patient programs. Love a bargain? Join our team of volunteers, make new friends and help us serve our community, patients and families.



VOLUNTEER AT MTP

MTP IS ON THE LOOKOUT FOR VOLUNTEERS TO HELP ENSURE THE SUCCESS OF OUR EDUCATIONAL PROGRAMS.

SEVERAL WAYS TO VOLUNTEER INCLUDE:

**CLASS HOST
GREETER / REGISTRAR
EVENT HELPER
OFFICE HELPER
... AND MORE!**

INTERESTED?

**CONTACT AMANDA MARIGLIA,
VOLUNTEER COORDINATOR, AT
(352) 861-9751**



OUT & ABOUT

BEHIND-THE-SCENES

AdventHealth Ocala Hospital Tour

Natalie McComb

M: \$2; NM: \$7
Field Trip

1 class date

BUS136A	Th	1/14	2:30-3:30PM
BUS136B	Th	4/15	2:30-3:30PM

A tour of AdventHealth Ocala offers the opportunity to see firsthand important departments like the updated Emergency Department, Cardiac Catheterization Lab, and Neonatal Intensive Care Unit (NICU). Attendees will meet at 2:15 p.m. in the Palmer (Main) Lobby located at 1500 SW 1st Avenue, Ocala. Complimentary valet parking is available.

Marion Cultural Alliance- Gallery Tour

Jaye Baillie

M: \$2; NM: \$7
Field Trip

1 class date

BUS138A	W	1/20	10:30-11:30AM
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Marion Cultural Alliance's mission is to champion, convene, and create opportunities for artists and arts organizations. MCA also operates Brick City Center for the Arts, a popular art gallery, located in historic downtown Ocala. Monthly rotating exhibits feature the art by regional artists. Join us as we meet Executive Director, Jaye Baillie and the Gallery and Events Manager, Ashley Justiniano and take a tour of the January exhibit, Horse Fever Artists-Where Are They Now. MCA introduced the Horse Fever Project, our community's first public art project in 2001. The exhibit will feature artwork from Horse Fever artists. Attendees will also learn about MCA's 20th Anniversary Project, HF 20/20 which is introducing up to 20 new horses to the 'herd.' Please meet at Brick City Center for the Arts, located at 23 SW Broadway St. Ocala, FL 34471. Participants are welcome to have lunch on own following the tour.

Tri-Eagle Sales Behind-the-Scenes Talk and Tour

Ken Daley

M: \$2; NM: \$7
Field Trip

1 class date

BUS133A	Th	2/4	4-5PM
BUS133B	Th	5/13	4-5PM

Tri-Eagle distributes over 1,000 brands of beer, wine, spirits and non-alcoholic beverages over a 13 county area. Come hear a presentation, tour the facility and then wrap up with a sampling of the products. Participants should arrive at 1314 SW 17th Street in Ocala by 3:30pm. Employee/guest parking is located on SW 15th Ave, across from Radiology Associates (1818 SW 15th Ave). Signs will direct participants to the meeting room in the Learning Center.

Backstage Tour at Circle Square Cultural Center

Jo Salyers, Gary Pierre

M: \$2; NM: \$7
CSCC

1 class date

CMT114A	Tu	2/9	12-1:30PM
CMT114B	Tu	5/25	12-1:30PM

The Cir Sq Cultural Ctr brings world-class performers to Ocala, FL. Come behind the scenes with Jo Salyers, Gary Pierre, and Gary Manges to see the 'green' rooms, where performers do make-up and costuming. Learn about the front of the house and back stage equipment management. The team shares information about how shows are booked, sometimes years in advance, and what it takes to bring a group to the Cultural Center stage. Hear insider stories about show production, which are interesting as well as entertaining! After attending this class, you will never again think about a concert in the same way.

EDUCATIONAL DESTINATIONS

Thoroughbreds Farm Tour

Thomas Sweeney

M: \$57; NM: \$62
Field Trip

1 class date

TRI135A	W	1/13	9AM-2PM
TRI135B	W	2/10	9AM-2PM
TRI135C	W	3/10	9AM-2PM
TRI135D	W	4/14	9AM-2PM
TRI135E	W	5/12	9AM-2PM
TRI135F	W	6/16	9AM-2PM

Join Tom Sweeney, President of the Thoroughbred Owners of Florida and Owner/Racing Mgr. of Port Royal Racing for an amazing horse farm tour. Start at the Ocala Breeders' Sale (OBS) Training Center to watch racers train on the

one-mile synthetic racetrack. Visit the Florida Thoroughbred Breeders Mini-Museum for a brief history lesson. Then, off to see two multimillion-dollar Thoroughbred farms and visit the incredible Stallions, Mares, yearlings and foals. After that, a short ride back to the restaurant for a nice lunch, on own. Participants will meet Tom at the MTP Education Center to follow in own vehicle 8415 SW 80th Street. There is some walking. Wear comfortable shoes and bring a bottle of water.

Understanding Construction Tour: Manning Building Supplies Truss Factory and Door Shop

Robert Colen M: \$2; NM: \$7
 1 class date Field Trip
 TRI161A Th 3/18 9-11AM

Trusses are the structural component of the house that provide the framework for the roofing system. In this class, we will visit the Manning Building Supplies Truss Plant here in Ocala to see the manufacturing process first-hand. We will learn how trusses are designed and assembled. Closed toe shoes are required. The environment is loud and partially outdoors. Meeting location: Manning Building Supplies Inc 2200 NE 25th Ave, Ocala, FL 34470, United States.

Learn & Go: Kika Silva Pla Planetarium

James Albury M: \$5; NM: \$10
 1 class date Field Trip
 TRI118A F 4/9 2-3:30PM

At Kika Silva Pla Planetarium, located at Santa Fe College in Gainesville, you will meet your guide to the stars, James Albury. He will take you on a journey through our galaxy beneath a 34 ft. dome using two planetarium projectors. Join us for a special trip to view a show selected by Planetarium Coordinator, James Albury. Directions will be provided to students by email prior to the class.

NATURE

History and Lore of Ichetucknee River

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI121A Tu 1/12 10AM-12PM

On this 3.5 mile kayak/canoe exploration of the upper Ichetucknee, we will enjoy some of North Florida's most stunningly beautiful waterways while learning about its interesting geological formations, including beautiful limestone outcroppings and seven named springs. Paddlers will also hear some of the rich history that has made this one of Florida's most famous rivers. For 14,000 yrs, these waters have quenched the thirst of Indians, Spanish missionaries and DeSoto's conquistadors! Meeting time (at launch site) 10 AM. There is a \$5 Park Fee. Trip duration 2 hours. Difficulty: Easy paddle, going downstream with the current. Skill level: Good for beginners.

The Lore and History of Silver River

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI119A Tu 2/2 10AM-12:30PM
 TRI119B Tu 4/6 10AM-12:30PM

This will be a slow-poking exploration, geared toward inquisitive paddlers who are more interested in learning wild lore than covering distance. Unlike our other paddle tour/classes, this one will only cover a couple of miles in total, allowing time to drift, observe and learn about the river's plants, animals, archaeology, history and other wild lore. If you want to see more of the river and learn a bit less of its wild lore, I recommend one of the other great courses offered in this catalog. Meeting time (at launch site) 10 AM. There is a \$6 Park Fee. Trip duration 2.5 hours. Difficulty: Easy paddle, going downstream and then returning against a light current. Skill level: Good for beginners

Springs & Wildlife of Chassahowitzka River

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI123A Tu 2/23 10AM-1PM

Chassahowitzka is a true gem of wild Florida. On this easy-paced kayak/canoe tour, you'll learn about resident plant and animal species and learn some of the area's rich prehistory and history. Like all of Florida's spring-fed rivers, the "Chaz" is in trouble. We will discuss the problems facing this natural wonder and what we can do to help save it. Basic lessons included for beginners. Meeting time (at launch site) 10 AM. There is a \$5 park fee. Trip duration 2.5 - 3 hours. Difficulty: Easy paddle, going downstream and then returning against a light current. Skill level: Good for beginners.

Island Hopping the Cedar Keys

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI130A Tu 3/16 10AM-1:30PM

Unlike other coastal regions, where civilization crowds along the shore, nature still rules in the Cedar Keys area of Florida's Big Bend. It's a low, wet country where the "shore line" defies definition, ever-changing, shrinking and expanding, with the ebb and flow of tides. Difficulty: Open water is easy if calm weather. We won't go if the forecast is too windy (or inclement in any way). Skill level: Good for beginners. Meeting time (at launch site) 10 AM

Your Registration Receipt has Important Information! Please Make Sure to Review Your Receipt for Specific Course Information

Suncoast Keys World of the Mangroves

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI120A Tu 4/27 10AM-1PM

Salt water environments require unique and interesting adaptations of the plants and animal species that live in them. Nowhere in North-Central Florida are these adaptations more beautifully revealed than in mangrove forests of the Suncoast Keys on Central Florida's Gulf Coast, which makes it an ideal environment for kayak exploration. Please meet at the launch site at 10 AM. The trip duration is 2.5 - 3 hours. Difficulty: Open water is easy if calm weather. We won't go if the forecast is too windy (or inclement in any way). Skill level: Good for beginners & pros alike.

Sholom Park: Walk and Talk

Robert Colen, Christy Shearer M: Free; NM: \$5
 1 class date Field Trip
 CMT117A F 3/26 10AM-12PM
 CMT117B F 4/23 10AM-12PM

Sholom Park is a wonderful gift to the community. A place of striking beauty, it has also been a source of inspiration and peace. Come and learn about the thought that went into its development and the hope that it would inspire. Take a guided nature walk through the facility with Robert Colen. See the park in a new way in theory and in use. Once you learn about the park, it may just teach you something about yourself.

Cross Creek The World of Marjorie Kinnan Rawlings

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI122A Tu 5/18 9-11:30AM

On this kayak/canoe tour of Cross Creek and portions of Orange and Lochloosa Lakes, we'll explore the wild realm made famous by Pulitzer prize winning author, Marjorie Kinnan Rawlings. The charming creek, beautiful lake vistas and abundant wildlife remain little changed since the early - mid 1900's, when Rawlings lived here and wrote such Florida classics as *The Yearling* and *Cross Creek*. Good for beginners, basic lessons included. Please meet at the launch site at 9 AM. The trip is 2 - 2.5 hours. The difficulty: Easy paddle, going downstream and then returning against a light current.

History & Lore of the Withlacoochee River

Lars Anderson M: \$46; NM: \$51
 1 class date Field Trip
 TRI140A Tu 6/8 9AM-12:30PM

Paddling Withlacoochee River, it is soon clear why it was designated, in 2006 as an "Outstanding Florida Waterway." On this 3- 3.5 hour paddle, we will pass through habitats ranging from extensive, open marshes loaded with water birds of all sort and deeply shaded river hardwood forests that, in places, form a nearly complete over-canopy. This wealth of history, archaeology and wild plant and animal lore we discuss on this tour makes it one of our favorites. Please meet at the launch site at 9 AM. This is an easy, out-and-back paddle that ends at the same site from which we launch. The gentle current is easy to paddle against on the upstream portion of the trip. Skill level: Good for beginners and pros alike.

Juneteenth Celebration at **Master the Possibilities**
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150 Years of Black History

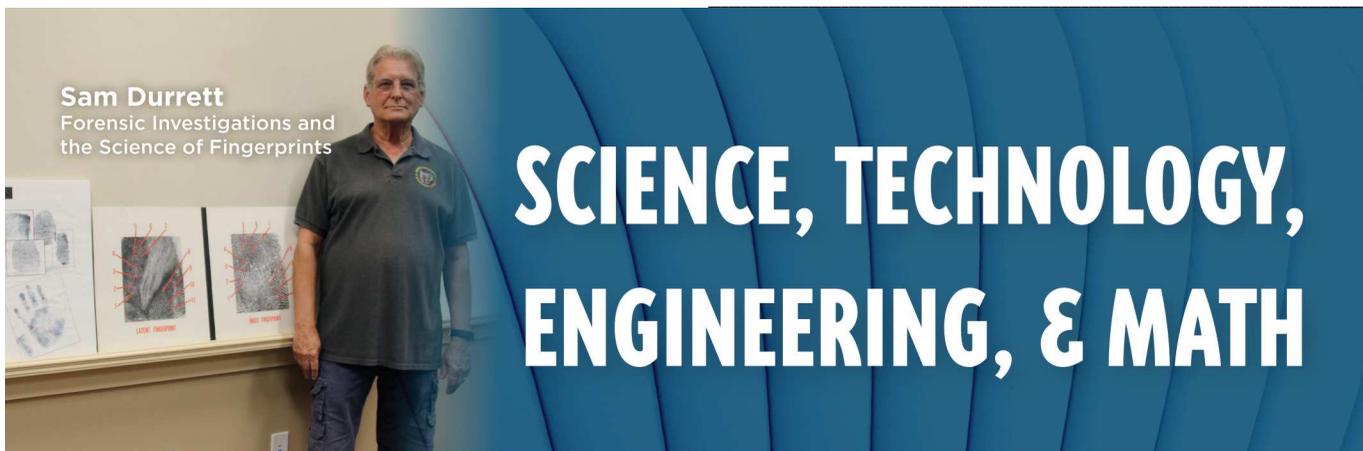
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DUKE ENERGY



Sam Durrett
Forensic Investigations and
the Science of Fingerprints

SCIENCE, TECHNOLOGY, ENGINEERING, & MATH

ANDROID DEVICES

Android Device Basics How Do I Use This Thing?

Art Rojas M: \$35; NM: \$40
2 class dates Room 1
AND102A Th 2/4-2/11 1-2:30PM
AND102B Th 5/20-5/27 10:30AM-12PM

Learn how to get your Android smartphone or tablet up and running! Navigate and use applications, including important ones like the radio, calculator, books and GPS. Discover tips, tricks and shortcuts to help you make the most of your phone. Learn about some of the best features of the phone, like the camera and smart controls. Come back with questions in week two to learn about other applications you would like to use. This class is for beginner and intermediate level users.

APPLE DEVICES

The iPad For the Absolute Beginner

Jim & Terry Willard M: \$22; NM: \$27
1 class date Computer Lab
APL112A W 1/20 1-3PM
APL112B W 3/31 1-3PM

This class will introduce the absolute iPad beginner to getting started, adjusting some of the important settings, and learning some easy tricks and tips for making the iPad more enjoyable to use. Students must bring their fully charged iPad to class.

Organizing and Managing Your Digital Photos on the iPad

Jim & Terry Willard M: \$22; NM: \$27
1 class date Computer Lab
APL113A W 4/7 1-3PM

In this class, participants will learn to manage and organize photos on the iPad by editing photos, creating folders, sharing photos through social media, creating shared folders for use with selected friends, and managing personal photos in the iCloud. This class is for iPads only, so bring to class a fully charged iPad.

iPhone I

Jim Stueber M: \$40; NM: \$45
2 class dates Computer Lab
APL108A Tu, Th 2/2-2/4 11AM-12:30PM
APL108B Tu, Th 4/6-4/8 11AM-12:30PM
APL108C Tu, Th 6/1-6/3 11AM-12:30PM

This hands-on course will cover simple aspects of the iPhone, including iPhone 5, 6, 7, 8 and 10. It also covers the S and Plus models. We will cover the simple to the advanced like Changing your Sleep Mode/Auto lock; Ringer Volume; How to answer; Hang up; Change ring tones; Checking the weather; Contact list; Speaker Phone; Put someone on hold; Check your messages; Greetings; Moving Apps to another page; Check your calendar; and Maintenance. Bring your fully charged iPhone to class.

iPhone II

Jim Stueber M: \$40; NM: \$45
2 class dates Computer Lab
APL109A Tu, Th 2/9-2/11 1-2:30PM
APL109B Tu, Th 4/13-4/15 1-2:30PM
APL109C Tu, Th 6/8-6/10 1-2:30PM

This hands-on course will cover simple aspects of the iPhone. Phones covered Include iPhone 5, 6, 7, 8, 10, and the S and Plus models. We will cover the simple to the advanced E-Mailing; text messaging; the internet; playing music; GPS; updating; downloading apps; taking photos; taking videos; Siri; FaceTime and more. Note: Bring your fully charged iPhone to class.

**CLASSES ARE ADDED
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TO SEE THE LATEST ADDITIONS TO OUR
CATALOG

Apple Watch: New Medical Device and More

Chris Kilbride

M: \$2; NM: \$7

Entire Term

Online Recording

APL114A

Available 24-7



Have you been considering the purchase of a new Apple Watch? The Apple Watch has been around for several years, but now it has been upgraded to an FDA Class 2 medical device which can detect falls and irregular heart rhythm. This class will discuss all the Apple Watch features, which could assist you in your everyday living and help you keep track of your health.

INTERNET & CLOUD COMPUTING

Best Options for Streaming TV

Jim & Terry Willard

M: \$22; NM: \$27

1 class date

Computer Lab

WEB119A W 1/13

1-3PM

WEB119B W 3/3

1-3PM

This class will examine the numerous streaming options available to us, cover exactly what is needed for equipment (if any), and how much we should expect to pay. There will be ample time for student questions. This class is by demonstration and handouts; no computers or tablets are required.

Ten Ways to Protect Your Identity Online

Jim & Terry Willard

M: \$22; NM: \$27

1 class date

Computer Lab

WEB120A W 2/17

1-3PM

Whether managing financial accounts, shopping for a good deal, or connecting with friends and family through social media, this class will help you protect your personal information on-line. Class is by demonstration and handouts; no computers or tablets are required.

Using Your iPad/iPhone The iCloud

Jim & Terry Willard

M: \$22; NM: \$27

1 class date

Computer Lab

APL111A W 2/24

1-3PM

APL111B W 4/21

10AM-12PM

This course answers two basic questions What is the Apple iCloud? How can I make it work for me? This is a hands-on class with step by step handouts and ample time for student questions. Students must know their Apple ID and password and bring their fully charged iPad/iPhone with them to class.

MATHEMATICS

Amazing Math Puzzles and Brain Teasers

New!

Dr. Daniel Lack

M: \$2; NM: \$7

3 class dates

Room 4

MAT103A F 6/11-6/25

1-2:30PM

Imagine entertaining friends and family with amazing math puzzles that may convince them that you are either a genius or a magician! You will practice presenting many math puzzles and brain teasers and you will learn the mathematical reasons why they work the way they do. This is an opportunity to learn number theory and algebra in a fun way!

MACINTOSH COMPUTERS

Mac Basics

Jim Stueber

M: \$40; NM: \$45

2 class dates

Computer Lab

COM112A Tu, Th 2/2-2/4

1-2:30PM

COM112B Tu, Th 4/6-4/8

1-2:30PM

COM112C Tu, Th 6/1-6/3

1-2:30PM

This course will cover the basics to advanced information about using a Mac computer. This will include the Finder; the Launchpad; Safari; Mac mail; the calendar; iTunes; system preferences; SIRI; the calendar; and the App Store.

NATURAL SCIENCE

The Higgs Boson And Beyond

New!

Bob Zannelli

M: \$5; NM: \$10

6 class dates

Live Oak Hall

SCI182A M 1/18-2/22

10:30AM-12PM

The Successful Search for the Higgs Boson is a triumph of Particle Physics, a quest that began at the beginning of the 20th century. In this course, aided by Teaching Company videos with Sean Carroll, we will explore the real meaning of this discovery. We will learn why Physicists theorized about the existence of the Higgs field. This will bring us to the question, what is the real nature of physical reality. Is everything in the universe, including people and plants really just quantum fields interacting and producing events we call fundamental particles? Are the ordinary objects we experience everyday really just an emergent reality of something very different at the fundamental level?

Forensic Investigations and The Science of Fingerprints

New!

Samuel Gerald Durrett

M: \$2; NM: \$7

1 class date

Room 3

SCI180A W 2/10

2-3:30PM

Modern criminal investigations rely greatly on the crime laboratories and forensic sciences that are available. One of the oldest forensics and yet still the most reliable is the study of the uniqueness friction ridge structures that appear in our fingerprints, palm prints and footprints. Learn about the history of and uses of this forensic science in solving the mysteries from the past and the present.

Biology of Cancer

Glenn Cohen

M: \$2; NM: \$7

1 class date

Room 5

SCI174A F 2/19

10AM-12PM



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#13752-1/21

All cancer cells share the properties of dividing without stopping and spreading into surrounding tissues. Cancer cells compete for the body's resources without contributing to its functions and crowd out normal cells. We will review how genetics, mutations, internal and external signaling can generate cancer and also discuss treatments that counteract uncontrolled cell division, aberrant signaling, and promote cell death.

All About Hair

Glenn Cohen M: \$2; NM: \$7
1 class date Room 5
NAT164A F 3/26 10AM-12PM

The class will discuss common questions about hair What is the cellular structure of hair? How does hair grow? How do we inherit hair color? Why does our hair become gray? Why do some humans become bald? What is the normal daily hair loss? Why does our hair thin as we age? What are the racial differences in hair structure? Why is hair curly or straight? Why are some babies born with hair while others born are almost bald?

Beneath the Waves- Beautiful, Bizarre and Dangerous **New!**

Lisa Didier M: \$13; NM: \$18
1 class date Room 2
SCI183A M 5/24 1:30-3PM

Discover beautiful, bizarre, and dangerous creatures that live on reefs or deep in the ocean. Prof. Didier explains fish

that glow in the dark, a shrimp with hammers, bizarre walking fish and the truth about sharks.

OTHER COMPUTING SYSTEMS

Open Tech Campus

Jim Shook
1 class date

Course	Day	Time	Room
TEC106A1	Th	1/7	3:30-4:30PM
TEC106A2	Th	1/7	4:30-5:30PM
TEC106A3	Th	1/7	5:30-6:30PM
TEC106B1	Th	1/21	3:30-4:30PM
TEC106B2	Th	1/21	4:30-5:30PM
TEC106B3	Th	1/21	5:30-6:30PM
TEC106C1	Th	2/4	3:30-4:30PM
TEC106C2	Th	2/4	4:30-5:30PM
TEC106C3	Th	2/4	5:30-6:30PM
TEC106D1	Th	2/18	3:30-4:30PM
TEC106D2	Th	2/18	4:30-5:30PM
TEC106D3	Th	2/18	5:30-6:30PM
TEC106E1	Th	3/4	3:30-4:30PM
TEC106E2	Th	3/4	4:30-5:30PM
TEC106E3	Th	3/4	5:30-6:30PM
TEC106F1	Th	3/18	3:30-4:30PM
TEC106F2	Th	3/18	4:30-5:30PM
TEC106F3	Th	3/18	5:30-6:30PM
TEC106G1	Th	4/8	3:30-4:30PM
TEC106G2	Th	4/8	4:30-5:30PM
TEC106G3	Th	4/8	5:30-6:30PM
TEC106H1	Th	4/22	3:30-4:30PM
TEC106H2	Th	4/22	4:30-5:30PM

M: \$10; NM: \$15
Living Room

TEC106H3	Th	4/22	5:30-6:30PM
TEC106I1	Th	5/6	3:30-4:30PM
TEC106I2	Th	5/6	4:30-5:30PM
TEC106I3	Th	5/6	5:30-6:30PM
TEC106J1	Th	5/20	3:30-4:30PM
TEC106J2	Th	5/20	4:30-5:30PM
TEC106J3	Th	5/20	5:30-6:30PM
TEC106K1	Th	6/3	3:30-4:30PM
TEC106K2	Th	6/3	4:30-5:30PM
TEC106K3	Th	6/3	5:30-6:30PM
TEC106L1	Th	6/17	3:30-4:30PM
TEC106L2	Th	6/17	4:30-5:30PM
TEC106L3	Th	6/17	5:30-6:30PM

Join us on Thursday evenings for one-on-one help with your technology issues. Jim Shook, from MTP, will be here to help with issues regarding your computing devices. Whether it's computers, phones or tablets, register for a one-hour, one-on-one session.

OUR UNIVERSE

Astronomy 101: An Introduction

Jim Di Paolo M: \$30; NM: \$35
6 class dates Room 1

SCI169A	Tu	1/5-2/9	1:30-3PM
SCI169B	Tu	3/2-4/6	3:15-4:45PM

This course will review our place in the universe, starting with the constellations and the wonders they offer. We'll learn about galaxies, nebulae, star clusters and other deep-sky objects. We'll track the earth's orbital motion, the cause of season changes, the motions of our moon's lunar phases and the cause of solar and lunar eclipses. Great course for beginners!

Astronomy 102: The Planets

Jim Di Paolo M: \$30; NM: \$35
6 class dates Room 1

SCI171A	Tu	3/2-4/6	1:30-3PM
SCI171B	Tu	5/4-6/8	3:15-4:45PM

Discover the wonders that the planets have to offer in our solar system. Explore the inner planets, Mercury and Venus. We'll take an in-depth look at Mars and its surface features, Jupiter and its amazing moons and explore the beautiful rings of Saturn. We'll tour the outer two ice planets, Uranus and Neptune, then travel back to the Earth and our Moon.

Astronomy 103: Radiation and Spectra **New!**

Jim Di Paolo M: \$30; NM: \$35
6 class dates Room 1

SCI179A	Tu	1/5-2/9	3:15-4:45PM
SCI179B	Tu	5/4-6/8	1:30-3PM

This course will take an in-depth look at the field of spectroscopy, the structure of the atom and the formation of spectral lines. Astronomical instruments will be discussed, including both visible light detectors and radio telescopes. Learn how astronomers analyze starlight using spectra to measure stellar radius, composition, and motion.

Note It's recommended that students without any astronomy background should take Astronomy 101 and 102 prior to signing up for this course.

PROGRAMS & SOFTWARE

App Series: Handy Apps for Staying Healthy

Art Rojas M: \$15; NM: \$20
1 class date Room 1
WEB105A Th 2/4 3-4:30PM

Integrate fitness and technology in this overview of some of the latest and greatest apps that will help you maintain a healthy lifestyle. Discover some recommended apps for diet logging and weight loss, tracking mileage if you enjoy running, heart rate monitors, and pedometers. You'll also learn about some recommended accessories to help make the most of the apps. The apps will be both Android and iOS friendly and can be utilized on both smartphones and tablets. Bring your device for a hand-on experience.

Apps for Music, Movies, and More!

Art Rojas M: \$15; NM: \$20
1 class date Room 2
WEB107A Th 5/20 1-2:30PM

The media available to our devices is so vast that entertainment is now at our fingertips, letting us play fun games on our device or catch up on the latest season of our favorite shows. You can get your news at any time you want, and turn up the volume with some tunes. Come learn about some of the ways to copy the image from your mobile device to your big screen TV, and some of the ways to make your entertainment center smart and connected. Get the scoop on the best apps to get movies and music on our devices.

App Series: Traveling With Technology

Art Rojas M: \$15; NM: \$20
1 class date Room 2
WEB116A Th 5/27 1-2:30PM

You can plan your entire vacation online from the convenience of a smart phone or tablet. From apps that help us find hotel and airplane tickets, to applications that will help us during travel, like money conversion calculators, GPS, maps, and translators. The connection is important. Make the most out of your next trip with some handy planning apps to help you get around.

Facebook Basics: Using the Facebook App on the iPad

Jim & Terry Willard M: \$32; NM: \$37
2 class dates Computer Lab
WEB124A M 2/8-2/15 10AM-12PM

Session 1 Topics Managing your account, understanding privacy settings, finding, adding and editing friends, how to do basic postings and messages. Session 2 Working with photos and posts, liking/unliking, finding friends birthdays. NOTE: Students are reminded to bring to class their

Facebook log-in information and their email log-in information (usernames and passwords) and will need to bring their ipads and charger to class.

Facebook Basics On a Computer

Jim & Terry Willard M: \$32; NM: \$37
 2 class dates Computer Lab
 TEC124A W 3/17-3/24 10AM-12PM

Session 1 topics Managing your account, understanding privacy settings, finding, adding and editing friends, how to do basic posting and messages. Session 2 Working with photos and posts, liking/unliking, finding friends' birthdays. Students may bring their own laptop to class (Windows or Mac). Windows 10 computers are available in the lab. If you need to use one, let the office know when you register. Note: Students are reminded to bring to class their Facebook login information and their email login information (username and passwords).

Photoshop Elements Basics

Jim Stueber M: \$52; NM: \$57
 2 class dates Computer Lab
 PRO102A Tu, Th 2/9-2/11 3-4:30PM
 PRO102B Tu, Th 4/13-4/15 3-4:30PM
 PRO102C Tu, Th 6/8-6/10 3-4:30PM

In this basics class, participants will be introduced to the Expert Mode in Photoshop Elements 2020. Learn how to use the most common tools in this mode, how to add text to a picture, how to use layers, etc. This is a fun and easy way to learn Photoshop. Any version of Photoshop Elements can be used. It is recommended that you have Photoshop Elements on your computer at home, so you can practice after each class.

TECHNOLOGY & ENGINEERING

Crime Scene Investigation (CSI) in the Real World **New!**

Samuel Gerald Durrett M: \$2; NM: \$7
 1 class date Room 3
 SCI181A W 2/24 2-3:30PM

Proper crime scene investigation, evidence collection and documentation are key components to any criminal investigation. This is where the case begins and where it may often quickly end if the CSI isn't conducted properly. A brief overview of this recently popularized science will be provided and discussions of the techniques and methods for conducting investigations covering all types of crimes from the first notification to the expert testimony in court.

AARP Smart DriverTEK Workshop

Chet Kowalski M: \$2; NM: \$7
 1 class date Computer Lab
 TEC112A M 3/15 10-11:30AM
 TEC112B M 4/12 1-2:30PM

Understand how the newest car technology works can keep you and your family safer and make you more confident

behind the wheel. This 90-minute workshop is an easy, interactive way to stay up-to-date on the safety features in your current or future car!

WINDOWS COMPUTERS

Windows 10 Basics with Stue

Jim Stueber M: \$40; NM: \$45
 2 class dates Computer Lab
 COM113A Tu, Th 2/9-2/11 11AM-12:30PM
 COM113B Tu, Th 4/13-4/15 11AM-12:30PM
 COM113C Tu, Th 6/8-6/10 11AM-12:30PM

In this course, we will be Starting and shutting Down Windows; Browsing the Internet with Edge; Saving favorites to the favorites bar; Opening and Closing programs; Adding and removing items from the start screen and the taskbar; Finding your documents folder; Searching for files with Cortana; How to use Cortana; Snap windows to multitask; Use task view; Make a virtual desktop; Setting up the "mail app;" Checking the Internet connection; and more.

Windows 10 in Pieces: Make Windows 10 Work For You- The Task Bar

Jim & Terry Willard M: \$22; NM: \$27
 1 class date Computer Lab
 COM116A W 1/27 10AM-12PM

Tap into the usefulness of the Windows 10 Task Bar to make routine computer tasks simpler and more productive. Learn to use quick launch, task view, and Cortana, as well as how to customize the task bar and control the notification area. Students may bring their own Windows 10 laptops. Windows 10 computers are available in the lab. If you need to use one, let the office know when you register.

Windows 10 in Pieces: Make Windows 10 Work For You- File Explorer & File History

Jim & Terry Willard M: \$22; NM: \$27
 1 class date Computer Lab
 COM117A W 2/24 10AM-12PM

Tap into the usefulness of the Windows 10 File Explorer and File History to better organize and protect your valuable computer data. Also, students will learn how to rearrange their files and folders and how to personalize their appearance with color coding. Students may bring their own Windows 10 laptops. Windows 10 computers are available in the lab. If you need to use one, let the office know when you register.

Organizing and Managing Your Digital Photos With the Windows 10 Photo App **New!**

Jim & Terry Willard M: \$22; NM: \$27
 1 class date Computer Lab
 COM115A W 3/10 1-3PM

Participants will learn to manage and organize photos on the Windows 10 computer by editing photos, creating folders, sharing personal photos through social media, and managing how to store personal photos on OneDrive.



Keeping Current
on Events

SOCIAL SCIENCES

CURRENT EVENTS

Keeping Current on Events

Sandy Carey, Barbara Weston, Joan Sigafos

M: \$2; NM: \$7
Room 1

11 class dates

CUR101A W 1/6-6/2 11AM-12PM

Meets Jan. 6, 20, Feb. 3, 17, March 3, 17, April 7, 21, May 5, 19, June 2.

CUR101B Th 1/14-6/10 T 11AM-12PM

Meets Jan. 14, 28, Feb. 11, 25, March 11, 25, April 15, 29, May 13, 27, June 10.

Do you like to keep up with current events? Join us to discuss and share ideas that affect us and the world we live in—and you don't have to be an expert! We will discuss local, state, national and international news in a civil, open-minded environment. Discussion will be moderated by two facilitators.

Visions and Visionaries Science as a Candle in the Dark

Dr Martin Hoffert

M: \$2; NM: \$7
Online

12 class dates

CUR157A W 1/6-6/9 3-5PM

Meets every other Wednesday online via GoToMeeting



This course argues that innovation can solve humanity's urgent problems by combining the hard work of science with the thrill of inspiration.

TEDxOcala Salon: Fresh Ideas Worth Sharing

Joe Bartosh

M: \$2; NM: \$7
Room 4

4 class dates

CUR112A F 1/8-1/29 9-10:30AM

CUR112B F 2/5-2/26 9-10:30AM

CUR112C F 3/5-3/26 9-10:30AM

CUR112D F 4/9-4/30 9-10:30AM

CUR112E F 5/7-5/28 9-10:30AM

CUR112F F 6/4-6/18 9-10:30AM

View two engaging TED Talks in a salon-type setting where

free-thinkers spark each other's minds through spirited presentations and conversation. Be stimulated and become better educated and acquainted. TED has again popularized this concept with TEDx-local, independently organized events—in vibrant learning communities all over the world. Participants are sure to leave motivated and meaningfully connected with the world around us.

News Flash

Pat Russell

M: \$5; NM: \$10
Room 2

6 class dates

CUR165A Tu 1/12-6/8 1-2PM

Meets Jan. 12, Feb. 9, March 9, April 13, May 18, June 8.

We have serious issues in our country. People seem unable to have a discussion without getting upset. In this class we will try to overcome that. Once a month we will have an in-depth discussion on a current issue. The purpose of this class is not to change minds, but to gain knowledge from each other.

The Coffee Hour

Pat Russell

M: \$5; NM: \$10
Room 5

6 class dates

CUR153A M 1/18-6/14 9-10AM

Meets Jan. 18, Feb. 15, March 15, April 19, May 17, June 14.

Once a month we will have a discussion to exchange information on current issues. We will not try to change minds, instead we will welcome all opinions. The group will select the topic to be discussed each month. This course meets the third Monday of each month.

Inside a U.S. Embassy, The Life of a Foreign Service Diplomat **New!**

Samuel Gerald Durrett

M: \$2; NM: \$7
Room 3

1 class date

CUR166A W 3/24 2-3:30PM

The United States has the most diplomatic missions of any country in the world, including 169 of the 193 members of the United Nations and maintains "interest sections" in embassies of other countries in other locations, such as

Syria and Iran. These diplomatic missions are better known as "Embassies" and are staffed by dedicated foreign service officers and specialists. The majority of Americans do not know what the Foreign Service is or understand what goes on in a U.S. Embassy. This lecture will discuss the operations of our Embassies around the world and the Foreign Service Officers who serve our country from abroad.

Disney Saves the Everglades: The Untold Story of Disney's Conservation Efforts New!

Cathy Salustri M: \$13; NM: \$18
 1 class date Online
 CUR167A M 4/26 1-2:30PM



When you think of Walt Disney World, do you think of parades, princesses, and parties? You should also think of conservation, wildlife and the Everglades. Learn how the Walt Disney World Company is helping restore the natural flow of the Florida Everglades.

Death- A Monthly Discussion

Emmett Coyne M: \$5; NM: \$10
 5 class dates Room 4
 CUR164A M 1/25-5/24 1:30-2:30P
Meets Jan. 25, Feb. 22, March 22, April 26, May 24.

Are we doomed to be victims to the inevitable? Silently passive to our fate? Is it possible to be an agent to one's impending death? Most persons prefer not to discuss death directly but rather deny and avoid any personal engagement with it, especially sharing with others. Most work feverishly to keep busy, distracted from this personal coming event. A possible path to being an agent is the openness to reflect with others our rational and irrational concerns. This is not a presentation, as a monthly discussion based on articles by George Yancy of Emory University, published in the New York Times. Participants will be asked to read one article each month, which will be emailed prior to meeting.

Slavery In the American Experience

Emmett Coyne M: \$2; NM: \$7
 2 class dates Room 4
 CUR159A F 2/5-2/12 1:30-3PM

The Founding Fathers' fatal flaw was allowing slavery, while not condoning it. This subject is not for children. Adult Americans need to understand it. Yet, most had extremely poor exposure to this dominant issue of American identity. It has been the stumbling block to the lack of domestic tranquility in our society today. Understanding the past is the prelude to the future. "A nation cannot choose its past. It can only choose its future."

The Historical Struggle to Keep America White

Emmett Coyne M: \$2; NM: \$7

1 class date Room 4
 CUR158A F 3/12 1:30-3PM

The 1790 naturalization act allowed any free white person to become a citizen of the new republic; all others need not apply. Since then there was a protracted effort to keep America white. This session examines the many efforts to maintain a white America despite the diversity of its immigrants. How does one interpret "e pluribus Unum?" The rise of a militant white supremacy today is not new. It was present throughout our history. As it undermined domestic tranquility in the past, so it does today.

The Struggle For Equality in the American Experience

Emmett Coyne M: \$2; NM: \$7
 1 class date Room 4
 CUR163A F 3/26 1:30-3PM

If there is one word that sums up the American experience, it is equality. Unfortunately, it has been more an ideal than a lived reality. Jefferson wrongly claimed that equality is "self-evident." Not all Americans in the past, or today, subscribe to equality. This presentation examines how a hierarchy of persons and wealth undermine the unique American vision of egalitarianism. What happens to "a dream deferred?" Which way America? Equal? Elite? The future is in our hands, minds, and hearts.

Introduction to the 2021 Tokyo Summer Olympics: History, Science, and Glory New!

Dr. Jose A Gaudier M: \$2; NM: \$7
 1 class date Live Oak Hall
 CUR168A Th 6/10 6-7PM

This lecture takes us through the history of the Olympics games while focusing on what provides competitive advantages. It covers performing enhancing agents as well as techniques, equipment, training programs and physical characteristics that provide superior performance. Part of the discussion covers how changes in techniques have provided advantages for some individual as well as team sports. This is a perfect lecture for the Olympic years and a treat for Olympic fans. If you are interested in sports and Olympic history, this is for you.

China and the United States

Frank DiPiero M: \$2; NM: \$7
 Entire Term Online Recording
 CUR730A Available 24-7



Relations between the United States and China are arguably the most important bilateral relationship in world affairs in the 21st century. China's global economic importance and rising political and military power have come about during the time that the United States became the sole superpower.

Whether the two powers will support international peace and development and pursue more cooperative ties, or will

become antagonistic as their interests compete, or will pursue some other path in world affairs is the subject of ongoing debate among specialists and policy makers in both countries. This presentation will look at the relationship between these two countries as it was, how it is now, and what it may become in the future.

Russian Hybrid Warfare and its Implications for NATO and The United States

Frank DiPiero M: \$2; NM: \$7
 Entire Term Online Recording
 CUR722A Available 24-7



Russia has been employing 'hybrid warfare' against her neighbors (most notably Ukraine), Western Europe, NATO and the United States. Learn what hybrid warfare consists of and how Russia is using it to achieve her strategic goals. Through the Kremlin's use of a hybrid strategy, Russia now poses an alarming security threat to NATO and to the U.S.

The Islamic Republic of Iran

Frank DiPiero M: \$2; NM: \$7
 Entire Term Online Recording
 CUR721A Available 24-7



Join Frank DiPiero as we look at how the Islamic Republic of Iran is largely responsible for the ongoing crises in the Middle East, from Iraq to Gaza, and the destabilization of Syria, Lebanon, Iraq, the Arabian Peninsula and parts of North Africa. Participants will also discuss the potential for the fall of the regime and what U.S. policies might hasten this fall.

Understanding Vladimir Putin And Russia Under Putin

Frank DiPiero M: \$2; NM: \$7
 Entire Term Online Recording
 CUR720A Available 24-7



In order to understand Russia today, it is necessary to understand Vladimir Putin: What motivates him? How does he operate? What are his goals? What makes him tick?

The answers to these questions will help us to make sense of the the US - Russian relationship of the past 20 years and what the future of our relationship might be.

PARAPSYCHOLOGY

Basic Feng Shui & Feng Shui New Year Tips

Yvonne Phillips M: \$16; NM: \$21
 1 class date Cypress Hall
 PAR181A M 1/18 10-11:30AM

Want to learn Feng Shui that you can do immediately? This class will show you the way! You will learn basic Feng Shui and you also will learn tips for the New Year. No previous class is necessary.

Basic Feng Shui & the Art of Relationships

New!

Yvonne Phillips M: \$16; NM: \$21
 1 class date Cypress Hall
 PAR182A W 2/17 10-11:30AM

Want to learn Feng Shui that you can do immediately? This class will show you the way! You will learn basic Feng Shui and tips for relationships. No previous class is necessary.

A Message of Love Through Photographs

Lori Szepelak M: \$2; NM: \$7
 1 class date Room 4
 PAR177A F 1/22 1-2PM

For anyone who has ever lost someone they have loved with all of their heart, they want to know their loved one is okay. Through photographs, their beautiful spirit can come through but you have to know what to look for! Seeing is believing! This uplifting workshop with several personal stories and photographs profiled will open your eyes and your heart to what is possible. All you have to do is be open to the wonderful possibilities that await you.

Lucid Dreaming: Another Altered State of Mind

Colleen Pallamary M: \$10; NM: \$15
 1 class date Room 2
 PAR172A F 2/12 10-11:30AM
 PAR172B Tu 5/25 10-11:30AM

Explore the realms of dream states and learn how your dreams can effect your waking life. How does symbology affect dream interpretations? Is lucid dreaming different than precognitive dreams? What happens in the hypnogogic state just before you fall asleep? Learn how to keep a dream journal and have fun delving into your own subconscious universe.

Human Design Introduction

Colleen Griffin M: \$17; NM: \$22
 1 class date Studio 3
 PAR101A Th 1/14 12:30-2:30PM
 PAR101B Th 1/21 1:30-3:30PM

Human Design is a science of self-discovery that will help participants gain enormous insights into their unique nature. Learn about the 5 Types and their strategies, the 9 Centers and their functions, the "not-self" emotions. Receive practical information that can be immediately applied to life. In order to receive the most benefit from this class, you will need to know your birth date, birth time, and birth location.

Human Design 102: Five Types Workshop

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR111A Th 1/28 2-5PM

The easiest way to begin benefiting from Human Design is

to know your Type and to follow the Strategy for your type. In Human Design, there are five personality Types, each with a unique Strategy for maneuvering through life. Each Type has a different role to play when interacting with others. These roles are designed to interact perfectly. This class is all about understanding the Five Types and the characteristics of each Type. Note In order to receive the most benefit from this class, you will need to know your birth date, birth time and birth location.

Human Design 103: The Nine Centers

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR115A Th 2/4 2-5PM

Would you like to have a deeper understanding of your gifts, talents, vulnerabilities, and weaknesses? Learning more about the nine centers in your Human Design body graph chart may provide answers to these important questions. The chart can reveal the truth of who you really are, outline your strengths and weaknesses and show your potential for growth. In order to receive the most benefit from this class, you will need to know your birth date, birth time and birth location. Note Prerequisite-Intro to Human Design

Human Design 104: Decisions, Decisions, Decisions

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR133A Th 2/11 2-5PM

In this workshop, you will learn how to use your Human Design Decision Making Authority to make decisions that are correct for you. Prerequisite Human Design Introduction, or 5 Types.

Human Design 105: The Twelve Profiles

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 1
 PAR126A Th 2/18 2-5PM

In Human Design there are 12 different personality Profiles. Your profile will tell you about the major life themes that you will encounter, your learning style, and the way you are designed to interact with others and your environment. Knowing your profile will help you to see some of the themes that you will experience as you move towards fulfilling your purpose. In order to receive the most benefit from this class you will need to know your birth date, birth time and birth location. Prerequisite Human Design Introduction or 5 Types.

Human Design 106: Introduction to Circuitry

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR128A Th 2/25 2-5PM

Within the channels of the Human Design body graph lie the secrets to human behavior and evolution. Much like the

electrical wiring of a house, each channel in the Human Design body graph is part of a circuit, each having its own unique function, purpose and experience. There are three major circuit groups, the Individual, the Collective and the Tribal. Each of these circuits has a unique function in the evolution and spreading of information, values and survival strategies. Prerequisite Students must first take Human Design Intro or 5 Types.

Human Design 107: Individual Circuitry

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR127A Th 3/11 2-5PM

In this class we will journey further into the amazing world of Human Design as we unravel the mysteries of the gates & channels in both the Knowing Circuit & the Centering Circuit. Prerequisite Human Design Introduction and Intro to Circuitry. Please note that this is an advanced level class and not appropriate for beginners.

Human Design 108: Tribal Circuitry

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR129A Th 3/18 2-5PM

In this advanced level Human Design class you will journey deeper into the world of Human Design as we learn the meaning of the gates and channels that comprise the Tribal Circuit. Please note that this is an advanced level class and not appropriate for beginners. Note Students must first take Intro to Human Design & Intro to Circuitry.

Human Design 109: Collective Circuitry

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR130A Th 3/25 2-5PM

In this advanced level Human Design class you will journey deeper into the world of Human Design as we explore the gates and channels that comprise the Collective Circuit. Note This is an advanced level class and not appropriate for beginners. Prerequisites Students must first take Intro to Human Design & Intro to Circuitry.

Human Design 110: Advanced Level Grand Review

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR131A Th 4/1 2-5PM

This class is a review for advanced level human design students. It will cover topics that we have discussed in the previous classes. We will go over types, centers, profiles, circuitry, gates, definition, and authorities. Prerequisite Students must first take Human Design Introduction.

Human Design 111: The Story of You
Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR132A Th 4/8 2-5:30PM

Join Human Design Specialist **Colleen Griffin** in this advanced level Human Design class where you will learn to write the story revealed in your Human Design body graph chart. Prerequisite Students must first take Human Design Introduction, and Intro to Circuitry.

Human Design 112: How to do a Human Design Chart Reading-Advanced Level

Colleen Griffin M: \$22; NM: \$27
 1 class date Room 3
 PAR140A Th 4/22 2-5PM

In this advanced level Human Design workshop, learn how to do level one chart readings. By the end of class, participants will know how to introduce friends and family to Human Design through an introductory level chart reading. Note There is a \$25 manual fee payable to the instructor the day of class. Prerequisite Students must have completed Human Design 111.

Human Design Chat and Chew Discussion Group

Colleen Griffin M: \$12; NM: \$17
 1 class date Studio 3
 PAR176A Th 4/15 2-5PM

Are you a Human Design enthusiast? Would you enjoy having an opportunity to gather with others who are living life by Human Design rather than by default? Then sign up for this fun afternoon full of formal discussions, informal chatting, snacking and Human Design trivia.

SOCIOLOGY

Choosing Your Charity Carefully

Bob Layne M: \$2; NM: \$7
 1 class date Live Oak Hall
 SOC118A Th 2/25 10AM-12PM

Most people want good value for money spent. Very often when it comes to donations we respond emotionally and may not accomplish what we intend. This presentation will review why we give, where to give, and what to expect from our generosity. We will examine charity evaluators and other means to maximize the benefits of our donations and avoid fraud.

Multiple Learning Approaches

There are several options for participating in classes.

In Person

A traditional class where students visit a facility or location to attend an MTP class or event at a designated time, date, and place.

Live Virtual



A live virtual class or event is provided to students solely by a computer, tablet or phone. These classes are scheduled for a specific date and time. Registered students will receive a link via email to the live virtual class or event at least three (3) business days before the event starts. Use that link at the scheduled date and time to enter the virtual classroom. Students can see and hear the instructor, receive materials, and for specific courses, see and hear other participants.

Hybrid



The hybrid class provides the option of attending online, or attending in-person for the same event. The program is scheduled at a specific date and time. Hybrid classes in this catalog display two choices, one for "in-person," the other for online. The online section ends with the letter "H." The in-person choice may fill up, but the online choice will remain available.

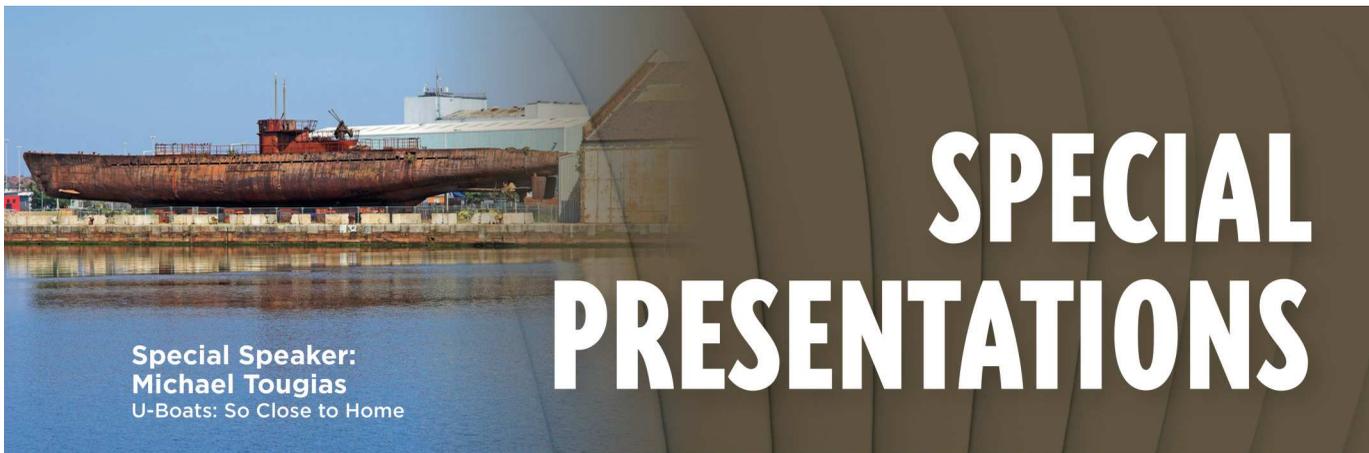
Pre-recorded



Pre-recorded classes provide the convenience of viewing the course at any time with an internet-connected computer, tablet or phone. After registration, students receive a link and password to the recording within the registration receipt. The expiration date for the recording is also included. Depending on arrangements with the instructor, downloadable handouts and the means to pose questions to the instructor may be available.

Look for the legend icon next to the course description indicating the type of class.

In-person classes have no icon.



Special Speaker:
Michael Tougas
 U-Boats: So Close to Home

SPECIAL PRESENTATIONS

SPECIAL EVENTS

Born to Rein- Film Screening and Presentation with the Filmmakers **New!**

Melody Dobson, Jody Lamp M: Free; NM: Free
 1 class date CSCC

SPE168A M 2/8 1-3PM



Award-winning film, Born to Rein, captures John Nerud's humble Nebraska-upbringing to amazing rise in the thoroughbred horse racing and breeding

industry at Tartan Farm in Ocala, Florida. The film features Mr. Nerud's life on a working family ranch, to rodeo cowboy to renowned trainer, breeder, and co-founder of the Breeders' Cup. Join MTP for the Florida premiere film screening, followed by a virtual Q & A session with the filmmakers, Melody Dobson and Jody Lamp.

NASA: Beyond the Pale Blue Dot- Seeing Distant Planets **New!**

Jim Shook M: Free; NM: Free
 1 class date Room 4

SPE185A W 2/24 1-2:30PM

MTP Staff presents a recording of the JPL Von Karman lecture series that celebrates the famous "Pale Blue Dot" image taken by NASA's Voyager mission. The lecture then turns to the quest to photograph another Earth – an exoplanet orbiting another star – as its own pale blue dot. After viewing the recording, join us for a discussion about perspective: the value of what a single pixel can tell us and what it can make us feel.

State of the Arts in Marion County **New!**

Jaye Baillie M: \$2; NM: \$7
 1 class date Live Oak Hall

SPE113A W 3/24 3-5PM

Across all the arts, times are changing. Shifts are occurring to make art more accessible, more fun, interactive and inter-generational. Art can be found in public places like



parks, roof tops, and sidewalks. Art is popping up unexpectedly like flash mobs in public venues, crocheted creations over trees, chalk sidewalk art, abandoned art for the taking and more! Genres are crossing lines such as integrating movie

with theatre through shadow casts. Explore the latest in emerging trends in the art scene from various organization leaders in Marion County. Learn about what they have in store for the future. See website for full agenda and list of panelists.

National Geographic Live! Between River & Rim: Hiking the Grand Canyon **New!**

MTP Staff M: Free; NM: Free
 1 class date Room 4

SPE184A W 4/28 1:30-3PM

Few people have ever completed a thru-hike of the Grand Canyon, and now National Geographic explorers Kevin Fedarko and Pete McBride know why: The 750-mile hike quickly proved to be the most difficult undertaking of their lives. Join Fedarko and McBride as they comically recount their brutal adventure and shed light on the myriad of threats facing Grand Canyon National Park.

Wisdom Traditions- What Are the Sacred Arts and Sciences?

Vanessa Fuller-Brown, Dr. Scott Olsen, Charlene Johnson M: \$2; NM: \$7

1 class date Live Oak Hall
 SPE175A F 6/18 1-3:30PM

The World's Wisdom Traditions contain transformational principles designed to assist in resonance with the harmonies of nature and cosmos in one's quest for awakening and enlightenment. These Sacred Arts and Sciences include yoga, astrology, alchemy, sacred geometry, the hero's journey, ceremonial and intuitive arts, rhythmic movement, chanting, and shamanic sound as tools for creative self-actualization.

VISITING SPEAKERS

The Story of a Holocaust Survivor

Ericka Yeger

M: \$5; NM: \$10

1 class date

CSCC

SPE120A

W

1/27

1-3PM

Sarah Nussbacher was born in 1923 in Transylvania/Hungary and passed away in 2007 in Israel. In 1943, Sarah and her entire family were taken to Auschwitz. Sarah was over 70 years old when she finally was ready to talk about her memories. Why was she deported to Auschwitz? How did she survive? Why did it all happen? Come and hear about Sara's life before, during, and after the Holocaust as Ericka Yeger presents her mother's story. The program will begin with a memorial ceremony that will honor the victims and survivors of the Holocaust.



U-Boats So Close to Home **New!**

Michael Tougias

M: \$5; NM: \$10

1 class date

Live Oak Hall / Online (H)

SPE180A

W

3/3

1-2:30PM

SPE180AH

W

3/3

1-2:30PM

In May of 1942, a German U-boat commanded by 29-year-old Erich Wurdemann, cruised along the coast of Florida, sinking ships off the Coast. But this submarine was the first to pass the Florida Keys, enter the Gulf of Mexico and go all the way to the mouth of the Mississippi River. Michael J. Tougias, bestselling author and co-author of 24 books, presents a dramatic presentation based on his co-authored book *So Close to Home*, an American family's World War II story of survival and the U-boat that attacked them. Tougias will use slides of the attack, the survivors, and the rescue to make this "an edge-of-your seat" multi-media program.



From the Mayflower to King Philip's Indian War **New!**

Michael Tougias

M: \$5; NM: \$10

1 class date

Cypress Hall / Online (H)

SPE181A

Th

3/4

1-2:30PM

SPE181AH

Th

3/4

1-2:30PM

November of 2020 marked the 400th Anniversary of the Pilgrims landing in Plymouth and establishing the first permanent colonial settlement in the New World. Crucial to their success was the friendship of Wampanoag leader Massasoit. Ironically, Massasoit's son Metacom, also known as Philip, went to war with the colonies to try and regain their tribal land. This war, known as King Philip's War, had the highest casualty rate per capita of any war fought by Americans including the Civil War. The war was also the first major war in America.



Overview of the Ocala Metro Economy **New!**

Kevin T. Sheilley

M: \$2; NM: \$7

1 class date

CSCC

SPE182A

W

4/14

1-2:30PM



Join Kevin T. Sheilley, President and CEO of the Ocala/Marion County Chamber & Economic Partnership for a special presentation. Learn what drives the fast-growing local economy, why it is important, and how it impacts you.

"A Journey" A Musical One-Woman Show Written & Performed by Kimberly Wilson **New!**

Kimberly Wilson, Bert Perkins

M: \$2; NM: \$7

1 class date

CSCC

SPE178A

Th

6/17

7-9PM

Children 12 and under admitted free of charge with an adult registration.



"A JOURNEY" performed by Kimberly Wilson, skillfully tells of the struggles and influence of Black womanhood with strength, dignity and pride. Seven women, seven pivotal generations, present their stories through song, movement and dialogue and how ultimately their faith, hope, and calling help shape the America we know today. Included in this journey are historical reflections from a Native African Queen, Harriet Tubman, Rosa Parks, Maya Angelou, and more. This event will be opened by local performers. Spoken word will be presented by Amira Sims, Psychology, Humanities and Social Sciences Professor at College of Central Florida. And the guest choir will feature Joivan Jimenez with friends. This event is sponsored by the Bridges Project of Ocala-Marion County.

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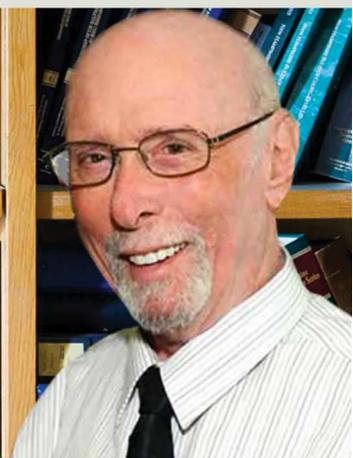
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