



LEARN & GROW COURSE CATALOG

FALL / WINTER | OCTOBER 2024 - MARCH 2025



The Villages[®]
Recreation & Parks



REGISTRATION START DATES

RESIDENTS MON | SEP 23 | 8:30AM

GENERAL PUBLIC FRI | SEP 27 | 8:30AM



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OUR STORY

The Enrichment Academy offers a variety of educational enrichment opportunities to fulfill our resident's passion for learning. In 2017, The Village Center Community Development Districts Board directed the Recreation & Parks Department to establish a new division of lifestyle services focusing on community enrichment education. A fee-based division providing innovative and active programming that supports the community's growth and interests. Courses and speaker series complement the existing resident-led lifestyle and recreation services, providing even more choices for our community to enjoy.

OUR MISSION

“Committed in helping stimulate and empower participants to learn new skills and become fulfilled in learning through knowledge, mastery, and growth.”

OUR PURPOSE

“To provide and preserve community enrichment and the active lifestyle in The Villages Community, Florida’s Friendliest Hometown®.”

OUR VISION

“To create a dynamic personal enrichment culture that meets individual participants’ needs, while being a cornerstone for learning.”



NEVER STOP **LEARNING,**
KEEP ON **GROWING!**

6 KEY FACTORS OF COMMUNITY EDUCATION FOR STUDENTS

The Enrichment Academy team welcomes you to a world of fun, friendships and learning! Our recreation staff is here to help you explore the variety of services and facilities we offer to enhance your active lifestyle in Florida’s Friendliest Hometown.

- **Students are self-directed.** *(They know what they want to learn.)*
- **They are learners who utilize their own knowledge and experience in the classroom.**
- **They are goal-oriented.**
- **They look at the relevancy of each class topic.**
(They align the relevancy with their own personal objectives.)
- **They are practical.** *(They interject real life situations in the classroom.)*
- **They encourage collaboration in the group.**
(They appreciate the opportunity to share their real life situations, goals and personal objectives.)



FAQs

Q: How do I register?

A: Register Online at TheEnrichmentAcademy.org, in person at any **At Your Service Location** or by mail.

Q: Who may attend The Enrichment Academy?

A: Residents and the general public, 30 years or older, may register for our courses and programs.

Q: Is there a fee to take a course/speaker series?

A: Yes. There will be a charge for courses and speaker series. TEA is a self-supporting division of The Recreation and Parks department, with income supplied from the course and speaker series fees. Some courses may have an additional supply fee.

Q: How may I learn more about programs and instructors/speakers?

A: View detailed course information and learn more about our instructors on our website at TheEnrichmentAcademy.org.

Q: Where will courses be held?

A: All Enrichment Academy courses will be held at designated Recreation locations, or other approved locations.

Q: How do I become an Instructor or Speaker?

A: All prospective instructors and speakers are required to complete an application available on our website TheEnrichmentAcademy.org, or at any **At Your Service Location**. Applications are accepted year round and reviewed bi-annually.

Q: What are people saying about our courses?

"Dore is an excellent teacher, fully explaining each technique and encouraging us to create our own pieces. We had a fun time and enjoyed seeing each other's creations. I feel fully able to join a pottery club. Thank you Dore!"

"Marcie's classes are well organized and does an excellent job explaining the movements. I always feel great after attending and practice some of the movements at home."

"Positive attitude and sunny personality, made it a joy to come to dance class each week. I always left each session with a smile!"

"Very knowledgeable instructor! Great handouts, clear step by step demonstrations. Samples were delicious. I have already made 2 of the recipes!"

3-WAYS TO REGISTER!

- 1 ONLINE REGISTRATION**
TheEnrichmentAcademy.org
View the course catalog and register for classes 24/7 on our website!

2 IN PERSON: MONDAY - FRIDAY 8:30AM - 4PM

Visit any of these **At Your Service Locations**

Colony Cottage Recreation	La Hacienda Recreation	Rohan Recreation
Eisenhower Recreation	Lake Miona Recreation	Savannah Recreation
Everglades Recreation	Laurel Manor Recreation	SeaBreeze Recreation
Ezell Recreation	Mulberry Grove Recreation	
Fenney Recreation	Paradise Recreation	

SAT & SUN 8:30AM - 12PM: La Hacienda, Lake Miona, Eisenhower, Everglades and Rohan

3 BY MAIL: 3571 Kiessel Road | The Villages 32163

The Villages
Recreation & Parks
AT YOUR SERVICE

AQUATICS

AQUA CORE & MORE

Jeanette Hofmann

NEW

A unique aquatic workout that combines the benefits of water resistance with the versatility and buoyancy of a medium density pool noodle. This low impact routine is perfect for individuals looking to strengthen their core, tone muscles and improve overall flexibility. The buoyancy of the water combined with the resistance of the noodle creates a challenging yet fun workout suitable for all fitness levels. Specific pool noodle will be provided.

5 Days	Everglades Recreation			FEE: R \$30 G \$36
AQU1300	W	1/8-2/5	11:00 AM-11:50 AM	

AQUA FIT BARRE, PILATES AND STRETCH

Nelly Salazar

Combines Barre, Pilates and Stretching exercises to regain and/or maintain flexibility, balance and an amazing postural and core strength. With minimal joint impact, the heart, muscles, and lymphatic system will work together, and some inches may get cut off your waistline! Aqua noodle required, bring your own or available at facility.

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5509	W	10/16-11/6	10:00 AM-10:50 AM	
AQU5510	W	11/13-12/11	10:00 AM-10:50 AM	
AQU5511	W	1/29-2/19	10:00 AM-10:50 AM	
AQU5512	W	3/5-3/26	10:00 AM-10:50 AM	

AQUA FIT TOTAL BODY CONDITIONING

Nelly Salazar

Perfect for any fitness level as the water will help decide how hard you want to work-out based on how hard you push! Starts with a warm-up, a vigorous cardio segment, then challenging movements using different equipment to improve your strength and muscle tone, then a cool down. Foam dumbbells (Buoy), and noodles, required. Water shoes recommended.

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5609	W	10/16-11/6	11:00 AM-11:50 AM	
AQU5610	W	11/13-12/11	11:00 AM-11:50 AM	
AQU5611	W	3/5-3/26	11:00 AM-11:50 AM	

AQUA FIT TOTAL BODY STRETCH

Nelly Salazar

Aqua Fit Total Body Stretch consists of 4 different programs where each class session builds on the one before it, with static and dynamic stretching exercises. Participants need to attend all classes to complete the program. No equipment is necessary.

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5553	Th	11/14-12/12	10:00 AM-10:50 AM	
AQU5554	Th	1/30-2/20	10:00 AM-10:50 AM	
AQU5555	Th	3/6-3/27	10:00 AM-10:50 AM	

AQUA FIT XTREME

Nelly Salazar

Aqua exercise involving a variety of segments of strength, cardio exercises, and active recovery that will challenge your comfort zone. Accompanied with energetic, fun music, it will improve your aerobic and anaerobic capacity. Aqualogix* drag resistance equipment (ABS hand bells & leg fins) provided at facility.

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5632	Th	10/17-11/7	9:00 AM-9:50 AM	
AQU5633	Th	11/14-12/12	9:00 AM-9:50 AM	
AQU5634	Th	1/30-2/20	9:00 AM-9:50 AM	
AQU5635	Th	3/6-3/27	9:00 AM-9:50 AM	

DISCOVER SCUBA

Nancy "Heath" Davenport

This experience is a great way to fulfill a lifetime dream or decide if you want to become a certified diver - all in just four feet of water. Instructor provides all gear.

1 Day	Everglades Recreation			FEE: R \$63 G \$69
AQU2152	M	11/18	10:00 AM-10:50 AM	
AQU2153	M	1/6	10:00 AM-10:50 AM	

1 Day	SeaBreeze Recreation			FEE: R \$63 G \$69
AQU2154	M	3/3	3:00 PM-3:50 PM	

SAF AQUA DRUMS VIBES®

Jeanette Hofmann

A unique aqua fitness program using isometric muscle contraction, allowing participants to control the movement and increase the training intensity. We use specific grips, positions, exercises and specially designed weighted drumsticks to fully engage the body. Requirement: Drumsticks specific to the course are available for purchase for **\$10.00** payable to the instructor on the first day of class or purchase from **Indigoaquatics.com**. No other sticks are approved for use in class.

6 Days	Everglades Recreation			FEE: R \$30 G \$36
AQU1215	W	10/9-11/13	9:00 AM-9:50 AM	

6 Days	SeaBreeze Recreation			FEE: R \$30 G \$36
AQU1216	W	2/12-3/19	3:00 PM-3:50 PM	

SNORKELING

Nancy "Heath" Davenport

Learn to snorkel or improve your skills with advanced techniques. Great if you are taking a cruise or teaching your grandchildren. Enjoy the underwater world of beautiful fish and coral. All equipment is provided.

1 Day	Everglades Recreation			FEE: R \$63 G \$69
AQU1149	M	11/18	11:00 AM-11:50 AM	
AQU1150	M	1/6	11:00 AM-11:50 AM	

1 Day	SeaBreeze Recreation			FEE: R \$63 G \$69
AQU1151	M	3/3	4:00 PM-4:50 PM	

SWIM LESSONS: ADULT BEGINNING

Don Sheppard

For those who have fear of the water or can swim a little. The course will help participants overcome their fear of the water and develop basic swimming skills (freestyle/crawl). Caps for women, and swim goggles for all participants.

6 Days	Everglades Recreation			FEE: R \$55 G \$61
AQU4023	M, Th	10/7-10/24	10:00 AM-10:35 AM	
AQU4024	M, Th	10/7-10/24	10:45 AM-11:20 AM	

SWIM LESSONS: ADULT ADVANCED BEGINNER

Don Sheppard

This course is for those who can swim but want to refine their freestyle skills to include proper stroke form, breathing, and increasing endurance. Participants should be able to swim at least one length of the pool. Caps for women, and swim goggles for all participants.

6 Days	Everglades Recreation			FEE: R \$55 G \$61
AQU5016	M, Th	10/7-10/24	11:30 AM-12:05 PM	



SWIM: FLUID MECHANICS OF SWIMMING

John Wasilak

NEW

Designed for recreational lap swimmers, triathletes, or competitive master's swimmers who want to improve their efficiency in the water. At the end of the three-week course, you will see improvements in stroke technique and swimming times. The class will take a scientific approach to the bio-mechanics of all four complete strokes focusing on the six principals common to all strokes. Lecture at the beginning of each class followed by swimming drills in the pool.

3 Days SeaBreeze Recreation FEE: R \$65 G \$71

AQU1400	W	1/15-1/29	3:00 PM-3:50 PM
AQU1401	W	3/5-3/19	4:00 PM-4:50 PM

WATER WARRIOR BOOT CAMP

Jeanette Hofmann

An aquatic exercise program utilizing Aqualogix* drag resistance equipment (ABS hand bells & leg fins) that turn the pool into a gym. This equipment puts the user in control - the harder they push the more challenging the workout. Drag equipment is effective for all fitness levels to improve muscle strength and endurance.

6 Days Everglades Recreation FEE: R \$35 G \$41

AQU1008	M	10/7-11/11	9:00 AM-9:50 AM
AQU1009	M	2/3-3/10	10:00 AM-10:50 AM

ART

ACRYLIC - BIRCH TREE FOREST

Arrachme

NEW

A classic enjoyable journey in painting a walk through a forest of birch trees. Begin your path with a subtle graduation of unexpected color change. Learn to develop a solid understanding of painting while creating personalized art. Build natural painted birch trees from bark to eyes. This process was designed by your instructor, and it went on to be awarded nationally in a printed USA hardbound book. One lucky student will win their very own copy. No previous experience needed. All levels welcome. Call instructor **828-230-6613** or visit arrachmeart.com/classes for supply list.

1 Day Lake Miona Recreation FEE: R \$65 G \$71

ART5025	Tu	10/22	12:30 PM-4:00 PM
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ACRYLIC - DEEP WATER PAINTING

Arrachme

NEW

Acrylics can be used in many ways to enhance the balance between transparent and opaque waves. Learn how to use graduating acrylic paint layers to enhance dimensions and highlights in deep water waves. Enjoy a gentle reminder of a favorite vacation where moving water was mesmerizing, peaceful and the waves captured your continuous gaze. No previous experience needed. All levels welcome. Call instructor at **828-230-6613** or visit arrachmeart.com/classes for supply list.

1 Day Lake Miona Recreation FEE: R \$65 G \$71

ART5035	Tu	12/10	12:30 PM-4:00 PM
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NEVER STOP
LEARNING,
KEEP ON
GROWING!

ACRYLIC - FLOATING UNDERWATER SAND AND SEA

Arrachme

NEW

Embrace the feeling of snorkelers and swimmers as they gaze upwards with acrylic paint and a canvas of your choosing. Beams of light dance and sway, creating an ethereal glow that illuminates the world below. Learn to paint ripples of sand on the ocean floor. No previous experience needed. All levels welcome. Students are required to bring the required listed basic table set up and acrylic paints. Call instructor **828-230-6613** or visit arrachmeart.com/classes for supply list.

2 Days Everglades Recreation FEE: R \$130 G \$136

ART5045	Tu, Th	2/18-2/20	1:30 PM-4:00 PM
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ACRYLIC - PAPER PAINT AND COLD WAX ABSTRACT

Arrachme

NEW

Create a textural rhythm by combining acrylic paint and unique papers on canvas. Combine paint and mediums organically developing transparent subtle layers that reveal portions of text and unique inked papers. Use a variety of established techniques to produce a one-of-a-kind personal masterpiece including sanding and cold wax buffing. No previous experience needed. All levels welcome. Students are required to bring the required listed basic table set up and **\$20.00** to class for the included supplies on the first day. Call instructor **828-230-6613** or visit arrachmeart.com/classes for supply list.

2 Days Everglades Recreation FEE: R \$130 G \$136

ART5050	Tu, Th	3/18-3/20	1:30 PM-4:00 PM
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ACRYLIC - TEXTURE AND TEXTILE

Arrachme

NEW

Unleash your creativity onto a canvas by sculpting with provided textile. Abstract shapes come together with applied and developed layers using mediums and acrylic paints. Learn new ways to express yourself with techniques and applied skill until your intuition organically takes hold. No previous experience needed. All levels welcome. Students are required to bring the required listed basic table set up and **\$20.00** to class for the included supplies on the first day. Call instructor at **828-230-6613** or visit arrachmeart.com/classes for supply list.

2 Days Everglades Recreation FEE: R \$130 G \$136

ART5040	Tu, Th	1/21-1/23	1:30 PM-4:00 PM
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ALCOHOL INKS - BEGINNER

Teri Stillwaugh

You'll be amazed at how much fun and how EASY it is to create free-form abstract designs using Alcohol Inks on various surfaces such as tiles, foil, and acetate! No experience or supplies needed, bring apron. Supply fee **\$10.00** payable to instructor at class.

1 Day Lake Miona Recreation FEE: R \$35 G \$41

ART3114	Tu	11/12	1:00 PM-3:30 PM
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1 Day Everglades Recreation FEE: R \$35 G \$41

ART3115	Tu	12/3	1:00 PM-3:30 PM
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ART "IN" HISTORY

Paul Kroll

NEW

The course is designed to foster deeper appreciation for and knowledge of the visual arts by examining several artworks that have made impacts on history or were the results of history making impacts on the artists and their works. Employing the vocabulary of the elements and principle of art/design, students will learn to "read" artworks by learning and developing the skills of seeing, describing, interpreting and evaluating works of art; and being enlightened by the journeys taken by the artists and their significant contributions in art "in" history.

3 Days Lake Miona Recreation FEE: R \$38 G \$44

ART1550	F	11/8-11/22	12:30 PM-2:00 PM
ART1551	Th	3/6-3/20	9:30 AM-11:00 AM

CALLIGRAPHY - BEGINNING BROAD-EDGE

Linda McVicar

Learn the strokes basic to most calligraphic hands or styles. Using a dip pen and ink, students will learn two different hands of lettering: uncial and bookhand and the basic terminology of calligraphy. Supply fee **\$20.00** payable to instructor at class. Course supplies participant is required to bring to class: pencil (#2 or HB), ruler, eraser (white).

4 Days	Lake Miona Recreation			FEE: R \$45 G \$51
ART1211		F	11/8-12/6	3:00 PM-5:00 PM

CALLIGRAPHY - BEGINNING BRUSH LETTERING

Linda McVicar

Using a pointed brush, students will learn basic strokes, using pressure and release. They will learn basic terminology used in calligraphy and will learn the italic hand. Supply fee **\$10.00** payable to instructor at class. Course supplies participant is required to bring to class: pencil (#2 or HB), ruler, eraser (white), notebook or mixed media paper.

4 Days	Lake Miona Recreation			FEE: R \$45 G \$51
ART1201		M	11/11-12/2	3:00 PM-5:00 PM

CALLIGRAPHY - CONTINUING BROAD-EDGE

Linda McVicar

After a quick review of basic strokes, students will learn the variations that occur in the italic and black letter hands. Supply fee **\$8.00** payable to instructor at class. Course supplies participant is required to bring to class: pen holder, pen nib, ink, pad of paper, #2-pointed brush.

5 Days	Lake Miona Recreation			FEE: R \$55 G \$61
ART1221		F	1/10-2/7	3:00 PM-5:00 PM

CALLIGRAPHY - WHAT'S NEXT?

Linda McVicar

This class goes beyond continuing calligraphy to explore variations in italic, blackletter and flourishing. We will also look at versals, which are decorated capitals. Supply fee **\$10.00** payable to instructor at class. Course supplies participant must bring to class listed in the online description and customer receipt.

NEW

5 Days	Lake Miona Recreation			FEE: R \$55 G \$61
ART1230		F	2/21-3/21	3:00 PM-5:00 PM

COLORED PENCIL BEGINNERS LEVEL 1

Meg Hay & Peter Kushner

Learn the basics of colored pencil painting! Layer and blend with pencils as you create your own finished colored pencil artwork. Then learn to transform your finished art into personalized greeting cards. No art experience needed. Two experienced colored pencil artists to provide individual instruction, demonstration and written lessons printed to explain all class instructions. Supply fee **\$15.00** payable to instructors first day of class. Course supplies registrant is required to bring to class are listed in the online description and on receipt.

5 Days	Eisenhower Recreation			FEE: R \$100 G \$106
ART4608		Tu	10/15-11/12	1:30 PM-4:00 PM
ART4609		Tu	2/25-3/25	1:30 PM-4:00 PM



COLORED PENCIL BEGINNERS LEVEL 2

Meg Hay & Peter Kushner

Using the skills learned from the Level 1 course, students will learn to use the Color Wheel, the importance of Highlights and Shadows, Burnishing, Embossing and Dusting, while creating your own finished Colored Pencil artwork pieces. Two experienced artists to provide individual attention to assist your learning. Demonstrations and written lessons explain all class instructions. Prerequisite: Colored Pencil Level 1 course. Supply fee **\$15.00** payable to instructors the first day of class. Course supplies registrant is required to bring to class are listed in the online description and on receipt.

5 Days	Eisenhower Recreation			FEE: R \$100 G \$106
ART4654		Tu	1/14-2/11	1:30 PM-4:00 PM

COLORED PENCIL 3

Meg Hay & Patricia Buckert

Develop skills to independently create your own Colored Pencil painting, including choosing and editing photos, selecting colors, and various methods for backgrounds. You will complete a painting after demonstrations, receive individual attention as well as written instructions. Prerequisite: Colored Pencil 1 and 2 or equivalent. Supply fee **\$15.00** payable to instructor first day of class. Course supplies participant is required to bring to class are listed online and on receipt.

5 Days	Fenney Recreation			FEE: R \$100 G \$106
ART4681		F	2/21-3/21	9:00 AM-11:30 AM

DRAWING: THE FUNDAMENTALS

Mary Tougas & Peter Kushner

This 5-week beginner course is about having fun with a hands-on approach while learning about the components and techniques of drawing. Each class will cover a different skill while building on previous lessons. Lessons covered include seeing perspective, light and shadow, positive and negative space and using the grid method. Supply fee **\$15.00** payable to the instructor. Course supplies registrant is required to bring to class are listed in the online description and registration receipt.

5 Days	Lake Miona Recreation			FEE: R \$100 G \$106
ART4672		M	11/4-12/2	9:00 AM-11:30 AM

EVERYTHING YOU WANTED TO KNOW ABOUT ART-POTPOURRI OF ARTISTS

Jan Clanton

NEW

Artist series will introduce participants to French Impressionism at the turn of the 20th century with an American twist! Ever walk into a portrait gallery and think? Dull... Here are three portraitists that will blow your socks off! Edward Hopper is the master of silence, Alice Neel and Joan Mitchell had very different views on Abstraction and David Hockney makes art FUN again!

5 Days	Pimlico Recreation			FEE: R \$100 G \$106
ART3520		W	10/16-12/11	9:30 AM-11:00 AM

Have Questions? Check the FAQ's on PAGE

4

EVERYTHING YOU WANTED TO KNOW ABOUT ART - RIVALRY IN ART

Jan Clanton

NEW

Artist series that explores the differences between competition and rivalry. Do you delight in familiar places and things? Or do you relish traveling to new and intriguing places? Constable and Turner, artist contemporaries, saw the world differently and their vision stuns us today! Additionally, we will explore Manet, the realist and Degas. Steiglitz, O'Keeffe were married, but who really wore the britches in this family and Pollock and DeKooning, the bad boys of the modern art world. Finally, Freud and Bacon painted portraits that were like no others.

5 Days	Pimlico Recreation			FEE: R \$100 G \$106
ART3525		W	1/8-3/5	9:30 AM-11:00 AM

FUN ART: BASIC ACRYLIC PAINTING

Kelly Dobson

NEW

Let your inner "Michelangelo" out! Follow along as you are guided step-by-step using a variety of brush tools to inspire your creativity. Your canvas comes with a design outline on it to get you started. In this course, students will learn the joy of art through simple, easy and fun techniques. No artistic experience required. All levels welcome. Everyone walks away with a completed work of art at the end of each class. Supply fee **\$30.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$60 G \$66
ART1600 (Crazy Witches)		F	10/11	10:00 AM-12:00 PM
ART1620 (Winter Birdhouse)		F	1/17	10:00 AM-12:00 PM
ART1640 (Spring Cactus)		F	3/21	10:00 AM-12:00 PM

1 Day	Saluki Recreation			FEE: R \$60 G \$66
ART1610 (Harvest Blue Fall Pumkin)		F	11/15	10:00 AM-12:00 PM
ART1630 (Highlander)		F	2/21	10:00 AM-12:00 PM

FUN WITH GLASS AND RESIN

Arlene Dennis & Sharon Parsley

In this fun hands-on course, students will learn to design, create and take home a unique piece of 8" x 10" wall art. Pieces may include vinyl, metal, silk, paper, and resin components, along with cut, fused and crushed glass. Each piece is finished with a coat of epoxy resin. Supply fee of **\$40.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$30 G \$36
ART1320 (Golf Theme)		W	10/9	1:00 PM-5:00 PM
ART1330 (Christmas Tree/Wreath)		W	11/13	1:00 PM-5:00 PM
ART1340 (Santa Gnome)		W	12/11	1:00 PM-5:00 PM
ART1311 (Coastal Wave)		W	1/8	1:00 PM-5:00 PM
ART1350 (Floral)		W	2/12	1:00 PM-5:00 PM
ART1360 (Easter Rabbit)		W	3/12	1:00 PM-5:00 PM

MIXED MEDIA - WATERCOLOR BATIK PAINTING FOR BEGINNERS

Teri Stillwaugh

Watercolor batik is a fascinating painting technique that combines pen and ink, watercolor and melted wax on rice paper to create a design. After the design is painted, it is followed by wax application over the painted design, then ironed to remove the wax and reveal the free form batik look. Students will have designs to choose from and will go home with a practice piece and a finished 8x10 painting. No experience or supplies required, bring an apron and lots of old newspapers. Supply fee of **\$20.00** payable to instructor at class.

1 Day	Everglades Recreation			FEE: R \$35 G \$41
ART1020		Tu	10/15	1:00 PM-5:30 PM
ART1021		Th	2/6	1:00 PM-5:30 PM

ONE STROKE PAINTING FOR BEGINNERS & THE NOT SO NEW

Teri Stillwaugh

NEW

This technique was developed by Donna Dewberry, 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; flowers, vines, leaves, blend colors, care for brushes, and much more. No previous painting experience is necessary. Students are required to bring their own supplies. Required supplies listed in the online description and customer receipt or email teristillwaugh@gmail.com to reserve purchase at class. Supply fee **\$5.00** payable to instructor at class.

2 Days	Everglades Recreation			FEE: R \$50 G \$56
ART5510		Tu	1/28-2/4	1:00 PM-4:30 PM

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
ART5511		Tu	3/4-3/11	1:00 PM-4:30 PM

ORIGAMI FOR THE BEGINNER

Paul Kroll

NEW

Origami (orukami - paper folding) is the Japanese term for this ancient art of paper folding. This one-of-a-kind course is geared for the absolute beginner. The participant can expect to create 2-D and 3-D objects/designs from pieces of paper simultaneously gaining an appreciation of exercising of hand-eye coordination, strengthening of memory, providing social interaction, developing a sense of accomplishment and appreciating the multi-cultural influences of this art form.

3 Days	Lake Miona Recreation			FEE: R \$38 G \$44
ART1500		M	10/14-10/28	9:30 AM-11:00 AM
ART1501		W	1/22-2/5	12:30 PM-2:00 PM



PAINT LIKE BOB ROSS IN ONE DAY

Daniel Willcox

NEW

Paint like Bob Ross with Certified Ross Instructor (CRI®) Dan Willcox. No experience required. First-time painter or skilled artist can have great success with Bob Ross wet on wet painting technique. Each class will go from blank canvas to finished masterpiece. All the materials needed (canvas, easel, paints, use of brushes, disposable apron, etc.) are provided. Supply fee **\$30.00** payable to instructor at class.

FROZEN BEAUTY (Cabin): Paint a truly graceful scene, an icy pond and weather-worn cabin that appear to be a time capsule of days long gone.

1 Day Lake Okahumpka Recreation FEE: R \$65 G \$71

ART2380	Sa	1/25	9:00 AM-12:30 PM
ART2381	Sa	1/25	2:30 PM-6:00 PM
ART2382	Su	2/9	1:00 PM-4:30 PM

SPLENDOR OF AUTUMN: Experience the wonder of a late summer's day where shades of lavender and golden, warm fall colors unite in an array of fabulous beauty.

1 Day Lake Okahumpka Recreation FEE: R \$65 G \$71

ART2320	Sa	11/30	9:00 AM-12:30 PM
ART2321	Sa	3/8	9:00 AM-12:30 PM
ART2322	Sa	3/8	2:30 PM-6:00 PM

STORM ON THE HORIZON (Beach): Visit this gusty, sandy beach and see how the approaching menacing clouds hug the great sea and sky ahead.

1 Day Lake Okahumpka Recreation FEE: R \$65 G \$71

ART2300	W	10/2	1:00 PM-4:30 PM
ART2301	Sa	2/8	9:00 AM-12:30 PM
ART2302	Sa	2/8	2:30 PM-6:00 PM

TRANQUILITY COVE: Experience the tranquility of a lovely meadow, pond and happy birch trees.

1 Day Lake Okahumpka Recreation FEE: R \$65 G \$71

ART2340	Sa	11/30	2:30 PM-6:00 PM
ART2341	Sa	1/18	9:00 AM-12:30 PM
ART2342	Sa	1/18	2:30 PM-6:00 PM

WILDERNESS DAY: Step into the wilderness with Bob Ross and enjoy the peace and beauty that refreshes the soul.

1 Day Lake Okahumpka Recreation FEE: R \$65 G \$71

ART2360	Sa	12/7	9:00 AM-12:30 PM
ART2361	Sa	12/7	2:30 PM-6:00 PM
ART2362	Su	3/16	1:00 PM-4:30 PM

WATERCOLOR PENCILS FUNDAMENTALS

Meg Hay & Ellen Miller

NEW

Explore using watercolor pencils, a unique medium which is both a drawing and a painting tool. You will create several paintings as you learn the various techniques of watercolor pencil. A set of at least 12 or more professional grade watercolor pencils, brushes and other supplies required. Prerequisite: Colored Pencil 1 and 2 or equivalent. Supply fee **\$15.00** payable to instructor first day of class. Course supplies participant is required to bring to class are listed online and on receipt.

5 Days Fenney Recreation FEE: R \$100 G \$106

ART4700	F	1/10-2/14	9:00 AM-11:30 AM
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WATERCOLORS: LET'S FIND THE ARTIST IN YOU!

Suzanne Svejcar

Join us for a fun time painting step by step while finding the artist in you. The direction is "UP" in an exciting, comfortable atmosphere, finding joy in self-expression. We will be completing two paintings: 1 floral and 1 non-floral. All levels are welcome, and no drawing skills are needed. The list of supplies participant is required to purchase and bring to class are listed in the online description and on the customer receipt. The estimated cost for the required supplies is **\$100.00**. If there are questions about the course or supplies, call the instructor **352-391-5778**.

4 Days Lake Miona Recreation FEE: R \$80 G \$86

ART2111	Th	10/10-10/31	1:00 PM-3:30 PM
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4 Days First Responders Recreation FEE: R \$80 G \$86

ART2112	Tu	1/7-1/28	9:00 AM-11:30 AM
ART2113	Tu	2/4-2/25	9:00 AM-11:30 AM
ART2114	Tu	3/4-3/25	9:00 AM-11:30 AM

ZENTANGLED MINDFUL DRAWING

Christine Immordino

NEW

Zentangle meditative drawing is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. It promotes creativity, focus and well-being. Each class will explore how Zentangle relates to the subject matter. Join me and delve into the wonderful world of Zentangle! Supply fee **\$10.00** payable to instructor at class.

1 Day Lake Miona Recreation FEE: R \$55 G \$61

ART3170 (Greeting Cards)	Sa	11/16	10:00 AM-1:00 PM
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1 Day Aviary Recreation FEE: R \$55 G \$61

ART3180 (Inspirational Word)	Sa	12/14	10:00 AM-1:00 PM
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1 Day Colony Cottage Recreation FEE: R \$55 G \$61

ART3190 (Whimsical Gardens)	Sa	1/18	10:00 AM-1:00 PM
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CRAFTS

JEWELRY: BEGINNING CHAIN MAILLE

Jenean Monasch

Participants will learn the basics of chain Maille jewelry making; opening and closing jump rings using jewelry pliers (included in supply fee). Participants will complete a bracelet and matching earrings in a beginning weave, a keychain and earrings in a second weave and a pendant in a third weave. Supply fee **\$35.00** payable to the instructor at the first class covers jewelry pliers, and all jump rings and jewelry findings.

3 Days Fenney Recreation FEE: R \$60 G \$66

CRA2009	W	1/8-1/22	10:00 AM-12:00 PM
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3 Days Eisenhower Recreation FEE: R \$60 G \$66

CRA2010	M	2/10-2/24	2:00 PM-4:00 PM
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NEVER STOP
LEARNING,

KEEP ON
GROWING!

Interested in becoming an Instructor
or Speaker of The Enrichment Academy?
Visit TheEnrichmentAcademy.org for more information.

MOSAICS 101

Anita Andersen

Mosaics is a form of art expression created by assembling small pieces of glass, tiles, stones and other materials into a colorful work of art. In this one-day class, learn the fun of creating your own "one of a kind" piece of art. An overview will include design, surfaces, materials, tools, grouting and safety. No experience is needed, and all supplies are provided. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Eisenhower Recreation			FEE: R \$50 G \$56
CRA9804	M	11/18	1:30 PM-4:30 PM	
1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CRA9805	Tu	1/21	1:00 PM-4:00 PM	
CRA9806	Tu	3/18	1:00 PM-4:00 PM	

MOSAIC HEART

Anita Andersen

NEW

Create a one-of-a-kind 8 x 8-inch mosaic heart that can be placed on your front door, lanai or any wall in your home. The base for the heart is wood and will be sealed so that it can be placed outdoors. You will begin by creating a pattern on the piece and then decorating it with tiles, stained glass and other materials. No experience necessary and all materials will be provided. Supply fee **\$15.00** payable to instructor at class.

1 Day	SeaBreeze Recreation			FEE: R \$50 G \$56
CRA9850	W	10/9	10:00 AM-1:00 PM	
CRA9851	W	12/11	9:00 AM-12:00 PM	
1 Day	Everglades Recreation			FEE: R \$50 G \$56
CRA9852	M	2/10	9:30 AM-12:30 PM	

POTTERY BEGINNER HAND BUILDING

Dore Dumas

Beginning instruction in hand building pottery, use of tools, glazes and equipment. Students will learn how to make pinch, coil and slab pots. Decorate, glaze and kiln fire your pieces. Clay and use of assorted glazes are provided. Supply list participant is required to bring to class listed in the online description and on the receipt.

12 Days	First Responders Recreation			FEE: R \$150 G \$156
CRA1709	M, Th	10/7-11/14	2:00 PM-4:00 PM 10:00 AM-12:00 PM	
CRA1710	M, Th	12/2-1/9	2:00 PM-4:00 PM 10:00 AM-12:00 PM	
CRA1711	M, Th	2/3-3/13	2:00 PM-4:00 PM 10:00 AM-12:00 PM	

QUILTING: BEGINNING INTERMEDIATE 101

Penny Byrnes

The quilt we will be making consists of one 12 1/2"x12 1/2" block and is made up of 12 blocks which creates a quilt 56" x 70". This quilt has cornerstones, sashing and piano keys for the border. The students will be required to visit quiltedtwin.com, go to "free patterns", select "Ribbon Stars 'n Keys". The pattern contains all the notion and fabrics needed to make this quilt. Print pattern and bring to class. The student must have a basic knowledge of sewing and a working sewing machine to bring to each class. For questions, text Penny **352-250-8433**.

6 Days	Fenney Recreation			FEE: R \$65 G \$71
CRA1651	F	10/11-11/22	8:30 AM-11:00 AM	



QUILTING: ADVANCED BEGINNER-INTERMEDIATE 102

Penny Byrnes

This quilt is 90" x 106" and consists of three blocks - courthouse steps block, a pinwheel variation block, and a 16-patch block. Students will be required to visit quiltedtwin.com, go to "free patterns", print off "Autumn Impressions", and bring to class. The student must have a basic knowledge of sewing and a working sewing machine to bring to class. The pattern contains notion and fabrics needed to make this quilt. Choose whatever colors you like. For questions, text Penny **352-250-8433**.

6 Days	Fenney Recreation			FEE: R \$65 G \$71
CRA1601	W	1/29-3/5	9:00 AM-11:00 AM	

SCENT MIXOLOGY! SINGLE WICK CANDLES

Debbie Machtel

NEW

Challenge your sense of smell to create two of your very own single wick candles. Choose/combine from over 20 different oils to create your very own scent. All candles will be approximately 7.5 ounces of soy wax in a glass vessel with metal screw on lid. Dried flowers will also be provided to add to your candles. Supply fee **\$25.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1100	Tu	10/15	1:00 PM-2:30 PM	
1 Day	Everglades Recreation			FEE: R \$15 G \$21
CRA1101	M	12/9	9:00 AM-10:30 AM	
1 Day	Lake Okahumpka Recreation			FEE: R \$15 G \$21
CRA1102	M	2/10	1:00 PM-2:30 PM	

SCENT MIXOLOGY! THREE WICK CANDLES

Debbie Machtel

NEW

Challenge your sense of smell to create one three wick candle. Choose/combine from over 20 different oils to create your very own scent. All candles will be approximately 9 ounces of soy wax in a vintage wooden dough bowl. Dried flowers will also be provided to add to your candles. Supply fee **\$45.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$15 G \$21
CRA1110	M	11/11	1:00 PM-2:30 PM	
1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1111	Tu	1/14	1:00 PM-2:30 PM	
1 Day	Everglades Recreation			FEE: R \$15 G \$21
CRA1112	M	3/10	9:00 AM-10:30 AM	

WATERCOLORING CARDS

Kathy Dowbenko

Using watercolor paper and markers, create unique themed greeting cards. No experience necessary. All paper/envelopes and embossed images will be provided. Markers provided or bring your own. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CRA6414	M	1/13	10:00 AM-1:00 PM	
1 Day	Ezell Recreation			FEE: R \$25 G \$31
CRA6415	M	2/10	2:00 PM-5:00 PM	
1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
CRA6416	M	3/17	2:00 PM-5:00 PM	

Have Questions? Check the FAQ's on PAGE

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CULINARY

APPETIZERS FOR EVERY GUEST

LuAnn Duncan

NEW

Come learn some great ideas for appetizers that can be served to guests with food restrictions. Taste flavorful foods everyone can enjoy.

1 Day	Aviary Recreation			FEE: R \$20 G \$26
CUL1600		Th	12/5	10:00 AM-12:00 PM
1 Day	Coconut Cove Recreation			FEE: R \$20 G \$26
CUL1601		Th	2/27	10:00 AM-12:00 PM

BEAN TO BAR CHOCOLATE MAKING

Kelly Smith

This course will show you the fascinating process of transforming cacao beans into dark chocolate. The class will include a demonstration of the chocolate making process from the cacao bean, as well as items to make with the newly created chocolate. Samples will be provided to take home. Supply fee **\$15.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$35 G \$41
CUL8909		F	10/18	10:00 AM-12:00 PM
CUL8910		F	12/13	10:00 AM-12:00 PM
CUL8911		F	1/10	10:00 AM-12:00 PM
CUL8912		F	2/7	10:00 AM-12:00 PM

BEER TASTING - BEERS OF ANGRY CHAIR BREWING

Mark Denote

NEW

One of Florida's most unique breweries, Angry Chair Brewing, has made a name for themselves with their dessert beers, their use of adjunct ingredients, and their well-crafted lagers. Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through some of Angry Chair's beers. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9500		Th	3/13	5:30 PM-7:30 PM

BEER TASTING - BEERS OF DADE CITY BREW HOUSE

Mark Denote

NEW

One of Florida's youngest craft breweries is a hidden gem in Pasco County, Dade City Brew House! Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through the beers of this award-winning brewery. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9450		Th	12/12	5:30 PM-7:30 PM

BEER TASTING - BEERS OF FALL AND WINTER

Mark Denote

NEW

Beer is the perfect complement to the dinner table for Thanksgiving and Christmas! Join author, podcaster, and Certified Cicerone Mark DeNote as he talks and tastes the class through beers of the Fall and Winter season. (Pumpkin beers are optional.) Supply fee of **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9440		Th	11/21	5:30 PM-7:30 PM



BEER TASTING - STRONG LAGERS

Mark Denote

NEW

Lagers are usually known as light and flavorful beers that are great for everyday drinking. But what happens when brewers get inspired and strengthen lagers for special occasions? Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through some of the most unique lagers produced today. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Manatee Recreation			FEE: R \$25 G \$31
CUL9490		Tu	2/25	5:30 PM-7:30 PM

BEER TASTING - DESSERT BEERS

Mark Denote

NEW

Do you like dessert? What happens when dessert ingredients end up in beer or when the beer has been aged in a barrel or has lots of fruit in it? Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through some of the most weird and wonderful dessert beers produced today. Supply fee of **\$40.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9510		Th	3/20	5:30 PM-7:30 PM

BEER TASTING - BARLEYWINES

Mark Denote

NEW

One of the strongest styles of beer, the barleywine goes back to the English brewing tradition. Usually released in limited quantities, its revered by beer lovers worldwide. Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through this storied beer style. Supply fee of **\$40.00** payable to instructor.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9480		Th	2/6	5:30 PM-7:30 PM

BEER TASTING - BEERS OF LOVE (CHOCOLATE)

Mark Denote

Valentine's Day is in the air and while wine usually gets all the attention, beer is just as ready sample, sip, and enjoy! Join author and Certified Cicerone Mark DeNote for a journey through the beers of love, beers that have some aspect of Valentine's Day in them. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9281		Th	2/13	5:30 PM-7:30 PM

BEER TASTING - BELGIAN BEER PART II

Mark Denote

NEW

Some of the best beers in the world come from Belgium. Since one class was not enough time to cover all of Belgium's beers, this class will continue the journey began in Great Beers of Belgium (although anyone can attend). Join author, podcaster, and Certified Cicerone Mark DeNote on a trip through the breweries of Belgium! Supply fee **\$15.00** payable to instructor at class.

1 Day	Truman Recreation			FEE: R \$25 G \$31
CUL5110		Tu	1/14	5:30 PM-7:30 PM

BEER TASTING - CELLAR RAID! SPECIAL BEERS

Mark Denote

Just in time for the holidays is a class full of special beers! Join author and Certified Cicerone Mark DeNote as he pulls beers from his personal collection and his travels to sample and discuss. Class will be limited to 16 attendees and carry a **\$100.00** supply fee to cover the cost of rare, vintage, and unavailable beers samples.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9313		Tu	12/17	5:30 PM-7:30 PM

BEER TASTING - DON'T BE AFRAID OF THE DARK BEERS

Mark Denote

It's Halloween time and time to talk about "dark" beers from malty lagers to barrel-aged deliciousness. This class will focus on the sweet flavors in beer (no trick-or-treat bags required). Join author and Certified Cicerone Mark DeNote as he talks about where the flavors in beer come from and sample some of the sweetest beers available. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Ezell Recreation			FEE: R \$25 G \$31
CUL9261		Th	10/24	5:30 PM-7:30 PM

BEER TASTING - FLORIDA LIMITED BEERS

Mark Denote

NEW

Some of the best beers in the Sunshine State are only available in limited supply. Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through some of Florida's most limited beers. Supply fee of **\$40.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9460		Th	1/9	5:30 PM-7:30 PM

BEER TASTING - HAZY IPAS

Mark Denote

NEW

A new beer class for lovers of hops! Join author and Certified Cicerone Mark DeNote on a journey through the hop fields and into your glass! Beer tasting in class will cover multiple styles of Hazy IPAs and all their variants. Come and explore all the flavors of the most popular style of craft beer in the USA! Supply fee of **\$40.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9400		Th	10/3	5:30 PM-7:30 PM

BEER TASTING - IMPERIAL STOUTS

Mark Denote

NEW

Imperial Stouts are loaded with malt flavor and can take on a myriad of flavors in or out of a barrel. Join author, podcaster, and Certified Cicerone Mark DeNote as he samples Imperial Stouts from around the world in this style-focused class. Supply fee of **\$40.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9430		Th	11/7	5:30 PM-7:30 PM

BEER TASTING - LOCAL FLORIDA BEERS

Mark Denote

NEW

Florida now has almost 500 craft breweries! What can you expect from Florida's breweries? Join author, podcaster, and Certified Cicerone Mark DeNote as he walks and tastes the class through the beers of the Sunshine State. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Ezell Recreation			FEE: R \$25 G \$31
CUL9470		Th	1/23	5:30 PM-7:30 PM

BEER TASTING - THE POWER OF MALT

Mark Denote

NEW

Malted barley is one of the most important ingredients in beer. Have you ever wondered exactly what flavor barley contributes? Join author, podcaster, and Certified Cicerone Mark DeNote as he walks through a taste test of various barley varieties and their flavors. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9410		Tu	10/15	5:30 PM-7:30 PM

BOUGIE SUSHI

Dawne Loera

When it comes to sushi this class is exactly what you are looking for. We will begin with a variation of cut rolls. You will learn how to make sushi rice and how to utilize a bamboo roller. Explore the differences between nori and soy paper. We will make traditional rolls, hand rolls and inside out rolls with complimentary sauces to accompany them. You will not leave hungry! Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7001		Sa	2/15	11:00 AM-1:00 PM

CHOCOLATE TREATS FOR VALENTINE'S DAY (DEMO)

Rosemary Deneen

Pastry Chef Rose Deneen will demonstrate how to prepare a variety of homemade chocolate treats for your loved ones. Learn how to make truffles, a simple chocolate mousse, chocolate-dipped strawberries and more! Chef Deneen will discuss the best type of chocolate to use for each treat. Recipe handouts provided and tasting samples at the end of the program. Supply fee **\$20.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
CUL8705		F	1/24	2:00 PM-3:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$20 G \$26
CUL8706		Th	2/13	10:00 AM-11:30 AM

COFFEE HOME ROASTING AND TASTING

David O'Neil

A presentation of coffee history, principal world growing regions, the top-rated single origin coffees and a discussion of coffee roasting with a full roast demonstration. Participants will be able to taste fresh roasted and brewed coffee from seven major growing regions of the world. Supply fee **\$5.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
CUL1252		F	10/11	9:30 AM-11:00 AM
CUL1254		F	1/10	9:30 AM-11:00 AM
CUL1256		F	3/14	9:30 AM-11:00 AM

1 Day	Lake Okahumpka Recreation			FEE: R \$25 G \$31
CUL1253		F	11/22	9:30 AM-11:00 AM
CUL1255		F	2/21	9:30 AM-11:00 AM

COOKIE DECORATING HALLOWEEN (HANDS-ON)

Rosemary Deneen

NEW

Pastry Chef Rose Deneen will teach this hands-on class the basics of cookie decorating. Chef Deneen will supply 8 Halloween-themed baked cookies, royal icing and additional decorations, as well as a box to take home cookies. A short demo will start the class and all students decorate their own cookies. Please bring an apron. Recipe hand-outs provided. Supply fee **\$20.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
CUL8800		Tu	10/15	2:00 PM-4:00 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$45 G \$51
CUL8801		W	10/23	1:30 PM-3:30 PM

Have Questions? Check the FAQ's on PAGE

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CUPCAKE WREATH DECORATING (HANDS-ON)

Rosemary Deneen

NEW

Pastry Chef Rose Deneen will teach this hands-on class to create a pull-apart cupcake wreath. Chef Deneen will supply the baked cupcakes, decorating tips, icing and additional decorations, as well as a box to take the cupcake wreath home. A short demo will start the class and all students decorate their own cupcakes. Please bring an apron, if desired. Recipe hand-outs provided. Supply fee of **\$20.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$45 G \$51
CUL8850	Th	11/21	1:00 PM-3:00 PM	
1 Day	Homestead Recreation			FEE: R \$45 G \$51
CUL8851	M	12/2	10:00 AM-12:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
CUL8852	F	12/13	10:00 AM-12:00 PM	

DON'T FORGET US LETTUCE!

Dawne Loera

NEW

Relish the delights the islands and sea have to offer. We will begin with coconut seasoned shrimp, incorporating mangos, cilantro and more to bring a bold combination of complimentary flavors. Then we move into the popular Chinese Chicken Salad, bringing the cleanest freshest ingredients to the forefront. A few ingredients we will become familiar with are napa cabbage, water chestnuts and bean sprouts. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7075	Sa	3/15	11:00 AM-1:00 PM	

FINGER FOODS

Dawne Loera

NEW

Finger Foods are delicious! In this class we will make mouthwatering bacon wrapped dates. We will then move into a different type of bruschetta which tops the rest. We will finish with mini-Beef Wellingtons to die for. Come try some great finger foods that will boost any of your entertaining events. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7055	Sa	12/7	2:00 PM-4:00 PM	

GINGERBREAD ORNAMENT COOKIE DECORATING (HANDS-ON)

Rosemary Deneen

NEW

Pastry Chef Rose Deneen will teach this hands-on class the basics of cookie decorating. Chef Deneen will supply 8 holiday-shaped gingerbread cookies with holes for hanging, royal icing and additional decorations, as well as a box to take home cookies. A short demo will start the class and all students decorate their own cookies. Materials for hanging cookies are not provided. Bring an apron if desired. Recipe hand-outs provided. Supply fee of **\$20.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
CUL8820	Tu	11/12	10:00 AM-12:00 PM	
1 Day	Lake Okahumpka Recreation			FEE: R \$45 G \$51
CUL8821	Th	12/5	1:00 PM-3:00 PM	
1 Day	Homestead Recreation			FEE: R \$45 G \$51
CUL8822	M	12/9	10:00 AM-12:00 PM	



GREEK - A PIECE OF GREECE

Dawne Loera

NEW

Let's make a piece of Greece by starting with the traditional Spanakopita. We will blend flavorful feta cheese, spinach and other ingredients to create this light filling pastry puff. We will then try our hand at Falafel, add a bite sized Mediterranean meatball and homemade Tzatziki sauce to fill our pita. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7035	Sa	10/5	11:00 AM-1:00 PM	

GREEK - IT'S ALL GREEK TO ME!

Dawne Loera

We will begin our journey to Greece with a bold Greek Salad. We will move into a traditional Dolmas otherwise known as stuffed grape leaves, and to dip these delights we will make a Babaganush from scratch to be scooped up with pita bread. Greek food is one of the healthiest foods around. Try it, you might just like it. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7061	Sa	10/26	11:00 AM-1:00 PM	

GREEK - MY BIG FAT GREEK COOKBOOK

Dawne Loera

NEW

We will begin our journey to Greece beginning with Spanakopita encased in a flaky pastry. We will enjoy making a traditional Greek salad. You will learn to perfect the beautiful, laced Rack of Lamb. The Mediterranean diet is one of the healthiest around. Opa! Tasting samples available to enjoy. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7100	Sa	11/9	2:00 PM-4:00 PM	

KISSING COUSINS

Dawne Loera

This class launches from the basis of dumplings, great appetizers, add-ons, and lazy night snacky dinners. Learn how to make Tungs Tongs, beautiful colorful cellophane spring rolls with aromatic herbs of cilantro and mint accompanied by a tasty peanut sauce. We will work on folding and rolling techniques. Learn a traditional dip and its secret ingredient perfectly paired with dumplings and end with gyoza, great for driveway parties! Tasting samples available to enjoy. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7021	Sa	11/9	11:00 AM-1:00 PM	

LET'S GO TO MEXICO

Dawne Loera

We will learn the staple recipe of Pico de Gallo Salsa to enjoy with tortilla chips. We will make Chile Relleno, one of the oldest Mexican recipes. You will learn how to make delicious Empanadas. We will enjoy hearty tasting samples. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7011	Sa	10/5	2:00 PM-4:00 PM	

OLE ALL DAY

Dawne Loera

NEW

Travel the roads of Spain as we create light crisp potato croquettes, we will meander around Spanish albondigas in a red sauce. These are some of the Spanish delights that showcase the windows of the eateries along the promenade of Spain. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7065	Sa	11/23	11:00 AM-1:00 PM	

MAKING MEALS AT HOME

LuAnn Duncan

NEW

Make flavorful meals at home in minutes. Working in groups of up to 4 people in this hands-on cooking class, learn to make recipes you can easily duplicate in your own kitchen.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL1350	Th	2/6	10:00 AM-12:00 PM	
1 Day	Allamanda Recreation			FEE: R \$25 G \$31
CUL1351	Th	3/13	10:00 AM-12:00 PM	

QUICK AND EASY MEALS AT HOME

LuAnn Duncan

No one wants to spend hours in the kitchen making "every day" meals at home. Get some ideas for quick and new recipes you can use every day to add variety to your meals. Demonstration style class, samples provided.

1 Day	Saluki Recreation			FEE: R \$20 G \$26
CUL1309	Th	12/12	10:00 AM-12:00 PM	
1 Day	Allamanda Recreation			FEE: R \$20 G \$26
CUL1310	Th	2/13	10:00 AM-12:00 PM	

SALAD BALLAD

Dawne Loera

NEW

This is not your regular table salad course; these salads are going to leave you speechless. We will begin with an Italian orzo salad, working with kalamata olives, sun-dried tomatoes and more. Then on to the hall of fame with a steak salad that turns the world of salad on its head combining the marinated flavors of steak and gorgonzola to name a few. Come experience salad in a whole new light. Supply fee **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7095	Sa	1/18	2:00 PM-4:00 PM	

TAKE ME TO THE TASTE OF ISRAEL

Dawne Loera

NEW

Israeli food is one of the most incredible, flavorful delights which awakens your palate. We will work with the spices of Coriander, Cumin, Turmeric, Sumac and more to make a traditional Schwarma that is sure to make your mouth water. We will venture into a traditional Greek salad while creating a tasty homemade hummus accompanied by Naan to scoop up every morsel. Supply fee **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7085	Sa	2/15	2:00 PM-4:00 PM	

TEA FOR TWO AND TWO FOR TEA

Dawne Loera

NEW

A fresh spin on long-standing well-known delights of finger sandwiches, tasty, fun, and bite sized. Ideal for High Tea, social gatherings and lazy dinners. We will try new versions and learn how to incorporate vegetables into the mix, uncommon spreads and unsung heroes. This course will teach some new tricks. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7090	Sa	12/7	11:00 AM-1:00 PM	

NEVER STOP
LEARNING,

KEEP ON
GROWING!

THAI ONE ON!

Dawne Loera

Come explore the East as Chef Dawne demonstrates how to create fun dishes that spark the epicurean intrigue. We will be working with cellophane wraps accompanied by a tasty dip to create delicious Clear Spring Rolls, Chicken Satay with Peanut Dipping Sauce and Pad Thai. These dishes will allow us to try different Asian spices and seasonings while working with ingredients we don't use very often. Supply fee **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7051	Sa	11/23	2:00 PM-4:00 PM	

THAI TWO ON!

Dawne Loera

NEW

We will venture across the sea to experience aromatic seasonings possibly not known to you. In this class we will be working with a variety of flavors for example; lemon grass, Thai chilis, coconut, curry, turmeric and Thai basil to name a few. We will enjoy the traditional Thai cellophane salad and Bang Bang Shrimp. Supply fee **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7080	Sa	1/18	11:00 AM-1:00 PM	

VEGETARIAN LIBRARIAN - ALWAYS MY NOSE IN A COOKBOOK!

Dawne Loera

NEW

So many exciting new recipes to delve into in the veggie world. In this course we will discuss meat alternatives and gain exposure to some meat replacements that taste great. We will begin our journey with handmade vegan dumplings and then take a spin around a new version of the classic Philly cheese steak. Supply fee of **\$10.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7045	Sa	3/15	2:00 PM-4:00 PM	

WE ALL SCREAM FOR ICE CREAM

Kelly Smith

NEW

This course is all about Ice Cream, making and freezing different types of ice creams, and fun toppings. Includes a demonstration of making custard and freezing ice cream, and things to make with ice cream. Samples provided. Supply fee **\$15.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$35 G \$41
CUL8960	F	11/15	10:00 AM-12:00 PM	
CUL8961	F	3/14	10:00 AM-12:00 PM	

WINE: INTRODUCTION TO WINE - A JOURNEY

Walter Bost

Those attending the wine class would be a wine Enthusiast, those wanting to learn of food and wine pairing, and anyone wanting to explore and learn about the world of wine! Premium wine tasting on day 2.

2 Day	Lake Miona Recreation			FEE: R \$70 G \$76
CUL8102	M, W	2/10-2/12	2:00 PM-5:00 PM	

WINE LOVER'S: INTRODUCTION TO THE WORLD OF WINE

Charles Wittenberg

NEW

Join Certified Wine Professional Charley Wittenberg as we launch the Wine Lover's Series with an overview of wines from around the world. We will examine the history of winemaking, discuss ways in which wine can be most enjoyed, and, most importantly, sample six wines selected to demonstrate the spectrum of wines today. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1400	W	10/9	3:00 PM-5:00 PM	

WINE LOVER'S: INTRODUCTION TO CALIFORNIA WINES*Charles Wittenberg***NEW**

California's wines are known and enjoyed around the globe. Certified Wine Professional, Charley Wittenberg will discuss the winemaking industry in California, identify the state's primary grape varieties and wine styles, and we will enjoy samples of six wines to gain an appreciation for what California wines are all about! Supply fee **\$15.00** payable to instructor at class.

1 Day	Big Cypress Recreation			FEE: R \$25 G \$31
CUL1410		W	10/30	3:00 PM-5:00 PM

WINE LOVER'S: INTRODUCTION TO THE GEOGRAPHY WINES*Charles Wittenberg***NEW**

Wine is enjoyed around the globe. Explore an in-depth look at where grapes grow, and wines are produced. We will gain an appreciation for why a particular wine (like cabernet sauvignon or chardonnay) produced in one region will be different from the same type of wine produced elsewhere. We will enjoy samples of six wines to gain an appreciation for why that is so. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1420		W	11/13	3:00 PM-5:00 PM

WINE LOVER'S: INTRODUCTION TO ITALIAN WINES*Charles Wittenberg***NEW**

The ancient Italians, even before Julius Caesar, made, drank, and loved wine. With Certified Wine Professional Charley Wittenberg, we will examine the amazing winemaking industry in Italy, and see why they are a leading producer of wines for the world today. As always, the best part of the presentation will be our tasting of six Italian wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1430		W	11/20	3:00 PM-5:00 PM

WINE LOVER'S: INTRODUCTION TO FLAVOR ELEMENTS IN WINES*Charles Wittenberg***NEW**

You've had Pinot Noir at a restaurant and liked it, and at the next restaurant you visit, you order a Pinot Noir and it doesn't taste like the previous one you enjoyed. Why? Certified Wine Professional Charley Wittenberg will explain winemaking variations that lead to the fact that no two bottles of wine taste the same! We sample six wines to see those elements. Supply fee **\$15.00** payable to instructor at class.

1 Day	Ezell Recreation			FEE: R \$25 G \$31
CUL1440		W	12/4	3:00 PM-5:00 PM

WINE LOVER'S: INTRODUCTION TO FRENCH WINES*Charles Wittenberg***NEW**

The French have long believed that they make the best wines in the world, and many people around the globe agree. Certified Wine Professional, Charley Wittenberg will share the amazing history of winemaking in Bordeaux, Burgundy, the Rhone Valley, the Loire River Valley and other French wine regions, and why they are a leading producer of wines in today's world. We will be tasting six representative French wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1450		W	12/18	3:00 PM-5:00 PM

**WINE LOVER'S: INTRODUCTION TO SPANISH WINES***Charles Wittenberg***NEW**

Spanish wines are some of the world's best values today! In this presentation, Certified Wine Professional, Charley Wittenberg will outline the Spanish winemaking history, its grapes and wine producing regions. We will be sampling six Spanish wines to see what a great bargain they are. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL1460		F	1/17	3:00 PM-5:00 PM

WINE LOVER'S: INTRODUCTION TO SOUTH AMERICAN WINES*Charles Wittenberg***NEW**

Europe has a long history of wine production, and their explorers brought wine and winemaking to the New World. While we focus primarily on American wines, Argentina and Chile, our neighbors to the south, make some wonderful wines. Certified Wine Professional, Charley Wittenberg will introduce you to South American wines and we will sample some good ones. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL1470		W	1/29	3:00 PM-5:00 PM

WINE LOVER'S: THE BEAUTY OF RED BLEND WINES*Charles Wittenberg***NEW**

Each grape variety has its own flavor characteristics, and winemakers around the world have long recognized the delicious outcomes of blending grapes which complement each other. Blends provide us with great flexibility, and Certified Wine Professional Charley Wittenberg is going to explore some of those benefits as we taste test six interesting red blend wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL1480		Sa	2/8	3:00 PM-5:00 PM

WINE LOVER'S: HINTS ON HOSTING WINE TASTING PARTY*Charles Wittenberg***NEW**

A really great way to spend time with friends is by hosting a Wine Tasting Party! To help you get the most from a Wine Tasting get-together, Certified Wine Professional Charley Wittenberg will share helpful hints and suggestions and taste some great party wines as we go. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL1490		Tu	2/25	3:00 PM-5:00 PM

WINE LOVER'S: INTRODUCTION TO SPARKLING WINES*Charles Wittenberg***NEW**

The Benedictine Monk, Dom Perignon, was making sparkling wine in the Champagne region of France in the late 1600s. Since then, wine makers around the globe have developed some excellent sparkling wines (i.e., Spanish Cava, Italian Prosecco, etc.). Certified Wine Professional, Charley Wittenberg, will relate the history and the winemaking processes for various sparkling wines, and we will be sampling six sparkling wines to see how they compare. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL1500		W	3/12	2:30 PM-4:30 PM

Have Questions? Check the FAQ's on PAGE **4**

WINE LOVER'S: INTRODUCTION TO EMERGING RED WINES*Charles Wittenberg***NEW**

When somebody says, "Red Wine", we tend to think about Cabernet Sauvignon, Merlot, Pinot Noir, Malbec or Zinfandel. In this presentation, Certified Wine Professional, Charley Wittenberg, will talk about those varietals, and look at some wonderful (not so well known) red wines. Along with the discussion, we will sample six red wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL1510		Tu	3/25	3:00 PM-5:00 PM

DANCE

BALLET: BEGINNING LEVEL 1*Carolyn Hosman*

This class is a safe and gentle way to strengthen muscles, improve flexibility and balance, build core body strength, improve posture and increase energy. The format of the class starts with exercises at the barre, then in the center for balance and control.

7 Days	Saddlebrook Recreation			FEE: R \$69 G \$75
DAN6016		F	10/4-11/29	3:15 PM-4:15 PM
DAN6017		F	12/6-1/31	3:15 PM-4:15 PM
DAN6018		F	2/7-4/4	3:15 PM-4:15 PM

8 Days	Fenney Recreation			FEE: R \$79 G \$85
DAN6406		M	10/7-11/25	4:15 PM-5:15 PM
DAN6407		M	12/2-1/27	4:15 PM-5:15 PM
DAN6408		M	2/3-3/24	4:15 PM-5:15 PM

BALLET: BEGINNING LEVEL 2*Carolyn Hosman*

This course is for students who have completed several sessions of Beginning: Level 1 or have a recommendation from the instructor.

8 Days	Fenney Recreation			FEE: R \$79 G \$85
DAN6512		M	10/7-11/25	3:00 PM-4:00 PM
DAN6513		M	12/2-1/27	3:00 PM-4:00 PM
DAN6514		M	2/3-3/24	3:00 PM-4:00 PM

BALLET: INTERMEDIATE*Carolyn Hosman*

This course is for students who have some knowledge of basic ballet positions and steps. It includes barre and floor work and is a full body workout. Steps across the floor will be revisited and new ones added.

7 Days	Saddlebrook Recreation			FEE: R \$69 G \$75
DAN7510		F	10/4-11/29	2:00 PM-3:00 PM
DAN7511		F	12/6-1/31	2:00 PM-3:00 PM
DAN7512		F	2/7-4/4	2:00 PM-3:00 PM

BALLROOM: BACHATA*Stephanie Montejano***NEW**

One of the easiest fun dances to learn with impressive turns and steps that you can use to any music. Perfect for those who want to start dancing together with little to no experience and two left feet. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2450		Sa	10/12-11/9	2:15 PM-3:15 PM
DAN2451		W	2/19-3/19	3:00 PM-4:00 PM

BALLROOM: CHA CHA CHA*Stephanie Montejano***NEW**

Jump into the fun rhythms of Cha Cha Cha and learn simple steps that will make your dance partner shine. Perfect for beginners and those who want an up-close experience with this exciting class. Partner required; each participant requires registration.

5 Days	Bridgeport Recreation			FEE: R \$40 G \$46
DAN2220		W	10/9-11/13	4:15 PM-5:15 PM

BALLROOM: FOXTROT*Stephanie Montejano***NEW**

Dive into the charm of the joyful Foxtrot while learning to dance to legendary crooners like Frank Sinatra and more. This course covers the basics, leading & following, and those fancy turns. Perfect for beginners. Partner required; each participant requires registration.

5 Days	Bacall Recreation			FEE: R \$40 G \$46
DAN2110		M	11/11-12/16	12:30 PM-1:30 PM

5 Days	Lake Miona Recreation			FEE: R \$40 G \$46
DAN2111		F	1/10-2/7	11:15 AM-12:15 PM

BALLROOM: HUSTLE*Stephanie Montejano***NEW**

Jump into the Hustle, the thrilling dance that has inspired so many! Get ready to learn those legendary moves and spins that have wowed dancers for ages. Perfect for new dancers and seasoned pros looking to refresh their dance moves! Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2230		Sa	1/11-2/8	2:15 PM-3:15 PM

BALLROOM: RUMBA*Stephanie Montejano***NEW**

Get ready to groove your way through the dance floor with the sultry moves of the Rumba! Dive into these easy to learn steps that will spruce up your dance moves to any slow or upbeat songs you'll hear at the squares, weddings, and cruises. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2240		Sa	10/12-11/9	1:00 PM-2:00 PM
DAN2241		Sa	1/11-2/8	1:00 PM-2:00 PM

BALLROOM: SALSA*Stephanie Montejano***NEW**

We make learning this hot popular dance easy by slowing down the tempo while learning new patterns. This dance can be used to spice up your dancing at the squares or any crowded floor. Partner required; each participant requires registration.

5 Days	Bacall Recreation			FEE: R \$40 G \$46
DAN2260		M	11/11-12/16	11:15 AM-12:15 PM

BALLROOM: SWING, SWING, SWING*Stephanie Montejano*

Take your Swing to the next level in this exciting class that covers all new turns, holds, and how to navigate the floor with stronger lead/follow techniques primarily in Single Time Swing. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2353		W	2/19-3/19	4:15 PM-5:15 PM



BALLROOM: TANGO

Stephanie Montejano

NEW

The iconic dance inspired by the streets of Buenos Aires is featured in this class which covers how to travel around the floor and how to add heat to your styling. Great for beginners and those wanting to smooth out their tango. Partner required; each participant requires registration.

5 Days	Bridgeport Recreation			FEE: R \$40 G \$46
DAN2280	W	10/9-11/13	3:00 PM-4:00 PM	
5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2281	Sa	2/15-3/15	2:15 PM-3:15 PM	

BALLROOM: WALTZ

Stephanie Montejano

Discover the elegant and romantic waltz, a wonderful dance ideal for beginners with minimal to no experience. This dance course covers the fundamentals, leading and following techniques, as well as impressive turns. Partner required; each participant requires registration.

5 Days	Lake Miona Recreation			FEE: R \$40 G \$46
DAN8327	F	10/11-11/8	1:00 PM-2:00 PM	
DAN8328	F	1/10-2/7	12:30 PM-1:30 PM	

BEMOVED – GENTLE

Shane Bland, Dion DiDonna, Trish Marjanch

BeMoved Gentle® is a 45-minute mostly seated low-impact kinesiologist-reviewed movement class. You will experience BeMoved's warm-up, genre, and cool-down. The warm-up infuses breath and movement artistically choreographed to activate core strength, improve balance, and flexibility. The Genre section uses engaging dance combinations, and the cool-down brings your workout full circle, leaving you balanced and feeling rejuvenated.

6 Days	Aviary Recreation			FEE: R \$60 G \$66
DAN6310	F	10/4-11/8	11:00 AM-11:45 AM	
DAN6311	F	11/15-12/20	11:00 AM-11:45 AM	
DAN6312	F	12/27-1/31	11:00 AM-11:45 AM	
DAN6313	F	2/7-3/14	11:00 AM-11:45 AM	

BEMOVED LEVEL 1

Shane Bland, Dion DiDonna, Trish Marjanch

BeMoved Dance® is a 60-minute standing low-impact kinesiologist-reviewed movement class. You will experience BeMoved's warm-up, genre, and cool-down. The warm-up infuses breath and movement artistically choreographed to activate core strength, improve balance, and flexibility. The Genre section uses engaging dance combinations, and the cool-down brings your workout full circle, leaving you balanced and feeling rejuvenated.

6 Days	Aviary Recreation			FEE: R \$60 G \$66
DAN6213	F	10/4-11/8	12:00 PM-1:00 PM	
DAN6214	F	11/15-12/20	12:00 PM-1:00 PM	
DAN6215	F	12/27-1/31	12:00 PM-1:00 PM	
DAN6216	F	2/7-3/14	12:00 PM-1:00 PM	

BEMOVED LEVEL 1 PLUS

Shane Bland, Dion DiDonna, Trish Marjanch

BeMoved PLUS® offers more active choreography than the Level 1 class in a 60-minute standing low-impact kinesiologist-reviewed movement class. We will experience BeMoved's warm-up, genre, and cool-down with more choreography and movement. The warm-up infuses breath and movement artistically choreographed to activate core strength, improve balance, and flexibility. The Genre section uses engaging dance combinations, and the cool-down brings your workout full circle, leaving you balanced and feeling rejuvenated.

6 Days	Aviary Recreation			FEE: R \$60 G \$66
DAN6253	F	10/4-11/8	1:15 PM-2:15 PM	
DAN6254	F	11/15-12/20	1:15 PM-2:15 PM	
DAN6255	F	12/27-1/31	1:15 PM-2:15 PM	
DAN6256	F	2/7-3/14	1:15 PM-2:15 PM	

COUNTRY PARTNER DANCE BEGINNER

Maria Urbanic

Do you want to learn Country Partner Dance, but don't know where to start? Then this is the course for you! Dance steps will be introduced, then dance patterns, and we will put them together to learn some easy beginner dances. Partner required; each participant requires registration.

7 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6712	F	10/4-11/15	1:00 PM-1:50 PM	
DAN6713	F	12/6-1/17	1:00 PM-1:50 PM	
DAN6714	F	1/31-3/14	1:00 PM-1:50 PM	

COUNTRY PARTNER DANCE IMPROVER

Maria Urbanic

This course is for couples who want to continue their learning experience with Country Partner Dance. Dance steps and some dance patterns are a prerequisite. I'll teach new dances that are a little more challenging! Partner required; each participant requires registration.

7 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6812	F	10/4-11/15	2:00 PM-2:50 PM	
DAN6813	F	12/6-1/17	2:00 PM-2:50 PM	
DAN6814	F	1/31-3/14	2:00 PM-2:50 PM	

COUNTRY PARTNER DANCE IMPROVER PLUS

Maria Urbanic

NEW

This course is designed for the couples who wish to continue their Country Partner Dance with more advanced dances. Participants should be very familiar with Country Partner Dance steps including some level of Country Partner dancing. Partner required; each participant requires registration.

5 Days	Chatham Recreation			FEE: R \$28 G \$34
DAN6900	F	10/4-11/1	3:00 PM-3:50 PM	
DAN6901	F	12/13-1/10	3:00 PM-3:50 PM	
DAN6902	F	1/31-3/7	3:00 PM-3:50 PM	

CRUISE DANCE JAM

Stephanie Montejano

NEW

Social dancing to today's contemporary music. You will learn a creative way to apply various step patterns from a variety of dances to today's variety of rhythms and music. What steps you can use, how to know what dance is played. Contemporary music is played at wedding receptions, cruises, reunions, Village Town Squares. You can now pick what is fun and comfortable for you. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN8251	Sa	2/15-3/15	1:00 PM-2:00 PM	

DANCE MOVES BASIC

Wendy Stephens

This fun, energetic dance class is for the non-dancer, previous dance experience not required. If you are interested in trying dance for the first time in a less formal atmosphere, this is the class for you! Learn how to move our bodies to fun, upbeat music. Designed to help loosen up muscles, gain rhythm, and have fun in an aerobic workout. Bring appropriate shoes: tennis shoes or line dance sneakers (a shoe with not a lot of traction or tread).

5 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5546		M	10/7-11/4	9:15 AM-10:15 AM
DAN5547		M	2/17-3/17	9:15 AM-10:15 AM

EAST COAST SWING: BEGINNER - CANCELLED

Steve & Jan Brown

This 90-minute 7-week beginner class will focus on learning basic easy-to-follow steps, leads, and turns. East Coast Swing is time-tested, versatile, and applicable for music played at any venue. The dance pace is appropriate for all levels, and the step-by-step instruction is casual and fun. Shoes that slide or dance socks are recommended. Partner required; each participant requires registration.

7 Days	Lake Okahumpka Recreation			FEE: R \$49 G \$55
DAN9108		Sun	10/20-12/1	3:00 PM-4:30 PM
DAN9109		Sun	1/5-2/16	3:00 PM-4:30 PM

EAST COAST SWING: INTERMEDIATE - CANCELLED

Steve & Jan Brown

This 90-minute 5-week intermediate class is a follow-up to the beginner course, or for those who already know basic East Coast Swing steps and simple turns. Students will be taught new fun turns with a focus on refining their moves. Shoes that slide or dance socks are recommended. Partner required; each participant requires registration.

5 Days	Lake Okahumpka Recreation			FEE: R \$42 G \$48
DAN9204		Sun	3/2-3/30	3:00 PM-4:30 PM

JAZZ DANCE FOR BEGINNERS

Wendy Stephens

Beginner Jazz is a great place to start exploring the world of dance with techniques and moves that are easy to learn. A high-energy class that will work on posture, technique, musicality, and coordination. Each class will include a warm-up, stretches, isolations, across the floor movements, and instruction in technique. We end with a choreographed dance set to music. Bring appropriate shoes: jazz shoes, jazz sneakers, or line dance sneakers.

5 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5555		M	10/7-11/4	10:30 AM-11:30 AM
DAN5556		M	2/17-3/17	10:30 AM-11:30 AM

LINE DANCE: INTRODUCTION

Michael Barr & Michele Burton

This class is for you if you have never line danced and want to learn the basics. You'll be dancing after the first lesson as you start to learn the lingo of dance. In each 6-week session, different songs and different dances are used while teaching the basics needed to join dancers in other classes. The pace of the class is gentle and comfortable. Not all patterns are learned in one 6-week session, it can take up to 4-5 sessions to learn all the basics. All sessions are at the introductory level. Proper footwear required.

6 Days	Bradenton Recreation			FEE: R \$45 G \$51
DAN5112		Tu	10/1-11/5	9:30 AM-10:20 AM
DAN5113		Tu	11/12-12/17	9:30 AM-10:20 AM
DAN5114		Tu	1/7-2/18	9:30 AM-10:20 AM
DAN5115		Tu	2/25-4/1	9:30 AM-10:20 AM

LINE DANCE: EXPERIENCED BEGINNER

Michael Barr & Michele Burton

Pick up where the introductory class left off. Use the basic patterns of the Intro class, plus build more line dance patterns into your knowledge base. This class is for those who have spent 3-5 sessions in the Introduction to Line Dance Class, or for those who are already comfortable with the basic patterns. Depending on the class there may be one "challenge" dance (improver level dance) presented in a 6-week session. Proper footwear required.

6 Days	Bradenton Recreation			FEE: R \$45 G \$51
DAN6112		Tu	10/1-11/5	10:30 AM-11:30 AM
DAN6113		Tu	11/12-12/17	10:30 AM-11:30 AM
DAN6114		Tu	1/7-2/18	10:30 AM-11:30 AM
DAN6115		Tu	2/25-4/1	10:30 AM-11:30 AM

LINE DANCE: RHYTHM AND BLUES

Wendy Stephens

Do you like smooth, soulful music and line dancing? When you combine these two joys, you get Rhythm and Blues Soul Line Dancing. Learn easy line dances set to smooth, soulful R & B music. Beginner line dance class, some knowledge of line dance steps are helpful. Bring appropriate shoes: tennis shoes or line dance sneakers (a shoe with not a lot of traction or tread).

5 Days	Water Lily Recreation			FEE: R \$50 G \$56
DAN5612		Th	10/10-11/7	10:30 AM-11:30 AM
DAN5613		Th	2/13-3/13	10:30 AM-11:30 AM

LINE DANCING FOR BEGINNERS

Robert Mast

This course is designed to teach the new dancer (or those who do not think they can dance) the fundamentals of line dance. This will be a fun course!

6 Days	Big Cypress Recreation			FEE: R \$35 G \$41
DAN8506		Sun	11/3-12/8	5:00 PM-6:00 PM
DAN8507		Sun	12/29-2/2	5:00 PM-6:00 PM
DAN8508		Sun	2/16-3/23	5:00 PM-6:00 PM

LINE DANCING: INTRODUCTION

Lisa McCammon

Learn the basics of this fun, low impact activity with a group of others who are just starting out. The pace is slow, with lots of repetition and review. In one semester you will do most common beginner steps and some popular dances done on the squares. Wear comfortable clothing and shoes with closed backs. For more information, email dancinsfun@gmail.com.

6 Days	Tierra Del Sol Recreation			FEE: R \$33 G \$39
DAN1103		Sa	11/9-12/14	11:30 AM-12:30 PM
DAN1104		Sa	1/4-2/8	11:30 AM-12:30 PM

NIGHT CLUB TWO STEP: BEGINNER 101

Andrea Thorne

This slow dance is very easy to learn. We add some lovely moves so that both partners look good. Become the envy on the dance floor. Lead and follow instructions will be repeated for ease of learning. Dance shoes preferred or shoes that slide. Partner required; each participant requires registration.

6 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN3103		M	11/18-12/23	3:30 PM-4:30 PM

Have Questions? Check the FAQ's on PAGE **4**

TAP DANCE: BEGINNERS

Wendy Stephens

Beginner Tap Dance class offers the opportunity to discover the joy of tap dancing for those who have never danced or may have less than one year tap experience. You will learn tap vocabulary, timing, rhythm and more. If you have always wanted to be a tap dancer, this fun, energetic class is for you! Tap shoes (slip-on or tie/lace up) required.

5 Days	Fenney Recreation			FEE: R \$50 G \$56
DAN5506	Th	10/10-11/7		4:00 PM-5:00 PM
DAN5507	Th	2/20-3/20		4:00 PM-5:00 PM

TEXAS COUNTRY TWO STEP: BEGINNER 101

Andrea Thorne

This exciting moderately paced dance is easy to learn. If you can walk fast, then you are halfway there. Patterns will be added weekly and repeated at a slow pace. Bring shoes that slide. Partner required; each participant requires registration.

6 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN3129	M	10/7-11/11		3:30 PM-4:30 PM
DAN3130	M	1/6-2/10		3:30 PM-4:30 PM

WEST COAST SWING 101

Sherree Klein

West Coast Swing is a wonderful, fun and versatile dance which can be done to most genres of music! Lead/follow techniques are stressed and fully explained. Each move is broken down to facilitate learning. All basic moves are taught, as well as some variations. By the end of the session, you will be able to put the moves together to dance! Partner required; each participant requires registration.

6 Days	Captiva Recreation			FEE: R \$40 G \$46
DAN4111	Th	1/9-2/13		1:30 PM-2:30 PM

WEST COAST SWING: BEGINNER 101

Andrea Thorne

Different than East Coast as this is danced to very slow music. I teach slowly and repeat patterns often. Although a little complicated to learn at first, it will soon become your favorite dance socially. Dance shoes with leather/suede soles preferred (no backless footwear). Partner required; each participant requires registration.

7 Days	Hibiscus Recreation			FEE: R \$45 G \$51
DAN4202	M	2/17-3/31		3:30 PM-4:30 PM

GARDENING

BEST LOCAL LANDSCAPING PRACTICES - PART 1

Rondi Niles

DESIGN & IMPLEMENTATION. Whether you're looking to renovate your entire landscape, add a few plants, or just learn more about landscaping specifically for our local area, this course will provide instruction on how to proceed. Covered will be tips on Floridian differences, proper plant placement, how to use color, local hardscape options, approval guidelines, best planting time frames, specialty gardens (butterflies, birds, bees), and more. Supply fee (optional) of \$12.00 payable to instructor at class.

1 Day	Moyer Recreation			FEE: R \$38 G \$44
GAR1005	Sa	10/5		9:00 AM-11:30 AM
1 Day	Manatee Recreation			FEE: R \$38 G \$44
GAR1006	Sa	2/15		9:00 AM-11:30 AM

BEST LOCAL LANDSCAPING PRACTICES - PART 2

Rondi Niles

PLANTS & CARE. Landscaping is very different in central Florida than elsewhere! Get practical insights and insider tips, by a horticulturist and former local garden center seller, on plants that can be found and used successfully within our local community. Included are natives and butterfly plants. Also covered are vital tips on how to care for your plants. Supply fee (optional) of \$12.00 payable to instructor at class.

1 Day	Moyer Recreation			FEE: R \$38 G \$44
GAR1105	Sa	10/12		9:00 AM-11:30 AM
1 Day	Manatee Recreation			FEE: R \$38 G \$44
GAR1106	Sa	2/22		9:00 AM-11:30 AM

BLOOMS AND BLISS: PERMANENT BOTANICAL

Andreia Muller

NEW

Flower Wreath: Combine the beauty of fresh eucalyptus with colorful flowers in this wreath-making class. Participants will learn how to intertwine fragrant eucalyptus with seasonal blooms to create aromatic and visually captivating door decor. Supply fee of \$25.00 payable to instructor at class.

1 Day	Fenney Recreation			FEE: R \$50 G \$56
GAR4010	W	10/16		9:00 AM-10:00 AM
GAR4011	W	11/20		10:00 AM-11:00 AM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
GAR4012	Th	1/16		6:00 PM-7:00 PM
1 Day	Rohan Recreation			FEE: R \$50 G \$56
GAR4013	W	2/26		9:00 AM-10:00 AM

BLOOMS AND BLISS: SUCCULENT GARDEN

Andreia Muller

NEW

Succulent Garden: Discover the beauty of succulents in this terrarium-making class. Participants will learn how to design and assemble miniature gardens using an assortment of succulent plants, rocks, and sand, creating low-maintenance terrariums that bring a touch of nature indoors. Supply fee of \$25.00 payable to instructor at class.

1 Day	Fenney Recreation			FEE: R \$50 G \$56
GAR4030	W	10/30		9:00 AM-10:00 AM
1 Day	Lake Okahumpka Recreation			FEE: R \$50 G \$56
GAR4031	W	12/4		1:00 PM-2:00 PM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
GAR4032	Th	1/30		6:00 PM-7:00 PM
1 Day	Rohan Recreation			FEE: R \$50 G \$56
GAR4033	W	3/12		9:00 AM-10:00 AM

BLOOMS AND BLISS: TOPIARY

Andreia Muller

NEW

Topiary Teatime: Combine floral design with topiary techniques to create whimsical floral topiaries perfect for tabletop decor. Participants will learn how to manipulate and shape the flowers and foliage to create eye-catching topiary arrangement. Supply fee \$25.00 payable to instructor at class.

1 Day	Fenney Recreation			FEE: R \$50 G \$56
GAR4000	W	10/9		9:00 AM-10:00 AM
1 Day	Rohan Recreation			FEE: R \$50 G \$56
GAR4001	W	11/13		10:00 AM-11:00 AM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
GAR4002	Th	1/9		6:00 PM-7:00 PM
1 Day	Seabreeze Recreation			FEE: R \$50 G \$56
GAR4003	W	2/5		9:00 AM-10:00 AM

BLOOMS AND BLISS: TROPICAL FLOWERS

Andreia Muller

NEW

Tropical Paradise Centerpieces: Transport yourself to a tropical paradise with vibrant floral centerpieces inspired by exotic blooms. Participants will learn how to incorporate tropical flowers, foliage, and accents into centerpieces, adding a touch of island flair to any space. Supply fee of **\$25.00** payable to instructor at class.

1 Day	Fenney Recreation			FEE: R \$50 G \$56
GAR4020		W	10/23	9:00 AM-10:00 AM
1 Day	Lake Okahumpka Recreation			FEE: R \$50 G \$56
GAR4021		W	11/6	1:00 PM-2:00 PM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
GAR4022		Th	1/23	6:00 PM-7:00 PM
1 Day	Rohan Recreation			FEE: R \$50 G \$56
GAR4023		W	3/5	9:00 AM-10:00 AM

BONSAI 101 FOR BEGINNERS

William Geiler

NEW

This course is for beginners in Bonsai - No experience is necessary. The course will cover: Bonsai history, species, soil, pots, tools, care and more. Modern America Bonsai, hands on class. Supply fee of **\$25.00** payable to instructor at class for Bonsai tree and use of tools.

6 Days	Homestead Recreation			FEE: R \$25 G \$31
GAR1200		M	10/7-11/11	2:00 PM-3:00 PM
6 Days	Franklin Recreation			FEE: R \$25 G \$31
GAR1201		Tu	1/14-2/18	2:00 PM-3:00 PM

GROWING FRESH HERBS

Rondi Niles

Don't you just love the taste and aroma of fresh herbs? Learn from a former farmers' market herb grower about how to grow, use, and store delicious and healthy Floridian herbs, including unique varieties. The focus (but not exclusively) will be on growing in containers or hydroponically. Supply Fee (optional) of **\$12.00** payable to instructor at class.

1 Day	Moyer Recreation			FEE: R \$38 G \$44
GAR3102		Sa	2/8	9:00 AM-11:30 AM

GROWING FRESH VEGETABLES

Rondi Niles

Have trouble growing a tasty Floridian tomato? 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. Hydroponic growing and microgreens will also be covered. The demo includes properly planting a tomato and how to seed microgreens. Supply fee (optional) of **\$12.00** payable to instructor at class.

1 Day	Moyer Recreation			FEE: R \$38 G \$44
GAR2102		Sa	2/1	9:00 AM-11:30 AM

LANDSCAPING FOR WILDLIFE: BIRDS

Lisa Sanderson

Are you an avid bird watcher or enjoy seeing birds come to your feeders. Attend this class as part of the Landscaping for Wildlife series to learn how to attract birds to your landscapes. Discover the plants that will support birds including those that promote nesting, food and protection. We'll discuss creating landscapes with vertical layering of plants and space, information on bird feeders/houses and identification of birds you may see in your landscape.

1 Day	Everglades Recreation			FEE: R \$15 G \$21
GAR2553		M	10/14	10:00 AM-12:00 PM



LANDSCAPING FOR WILDLIFE: BUTTERFLIES

Lisa Sanderson

You may see a great variety of butterflies in your landscape. This Landscaping for Wildlife class will discuss butterfly diversity and conservation, and the importance of butterflies. You'll learn 11 ways to attract butterflies to your landscape including reasons for plant selections and diversity of flowers, plants for nectar and larval food, as well as considering other food sources. You'll also learn about some of the butterflies you'll find in your Central Florida landscape.

1 Day	Everglades Recreation			FEE: R \$15 G \$21
GAR2603		M	11/11	10:00 AM-12:00 PM

LANDSCAPING FOR WILDLIFE: LANDSCAPE DESIGN

Lisa Sanderson

In this Landscaping for Wildlife class, you'll learn about some of the concepts of landscape design including the principles and elements of design, site analysis and site measurement. There will be a hands-on activity on measuring sites. We'll also talk about container gardens, their design and adapting for the season.

1 Day	Everglades Recreation			FEE: R \$15 G \$21
GAR2703		M	1/20	10:00 AM-12:00 PM

LANDSCAPING FOR WILDLIFE: NATIVE BEES

Lisa Sanderson

While many people know about honeybees, this Landscaping for Wildlife class will cover the differences between honeybees, wasps, hover flies and native bees. Learn about the reasons for bee decline, information on native bees generally and the native bee life cycle and nesting habits. You'll learn about a few of the native bees you may see in your landscape as well as ways to attract them as pollinators including plants.

1 Day	Everglades Recreation			FEE: R \$15 G \$21
GAR2653		M	12/16	10:00 AM-12:00 PM

LANDSCAPING FOR WILDLIFE: NATIVE PLANTS FOR CENTRAL FLORIDA

Lisa Sanderson

In this Landscaping for Wildlife class, we'll focus on native plants for Central Florida, we'll review a variety of plant selections of native plants for your landscape that attract and support wildlife including those plants that can provide food, nesting sites, protection and space needed for birds, butterflies and native bees. This class focused on plants will also cover how to properly plant and prune plants.

1 Day	Everglades Recreation			FEE: R \$15 G \$21
GAR2753		M	2/17	10:00 AM-12:00 PM

Speaker Series



Nigel West

GARBO: The Spy Who Saved D-Day | 1PM

VENONA: The Greatest Secret Of The Cold War | 3PM

Saturday, October 19, 2024

Seabreeze Recreation

FEE: R \$15 G \$18 (per presentation)



Alycyn Culbertson

Attracting Butterflies To Your Garden

Thursday, November 14, 2024 | 2PM

Rohan Recreation



Michael O'Neill

Where The Wild Things Are

Friday, December 6, 2024 | 1PM

Ezell Recreation



Andy Katz

Photography: It's About the Light

Thursday, January 16, 2025 | 6PM

Rohan Recreation

FEE: R \$15 G \$18



David Kroese

America's National Park System: 5,000 Mile Exploration

Friday, January 17, 2025 | 3PM

Everglades Recreation



Victoria Mobley

Flares, Flowers and Funk: In The 70s

Vintage Fashion Show

Thursday, January 30, 2025 | 6PM

Rohan Recreation



Gary Powers

Spy Pilot: Francis G. Powers U-2 Incident & Cold War Legacy

Thursday, February 6, 2025 | 6PM

Everglades Recreation



William & Sue Wills

Presidents & Their First Ladies:

Jimmy & Rosalynn Carter

Thursday, February 13, 2025 | 6PM

Rohan Recreation



John Barclay

Photography: Through The Lens Of Love

Thursday, March 6, 2025 | 6PM

Everglades Recreation

FEE: R \$15 G \$18



JoAnn Peterson

Unsung Hero: Frances Perkins, Mother Of Social Security

Thursday, March 13, 2025 | 6PM

Rohan Recreation



H. Keith Melton

Murder In Mexico: Spies, Assassins

And The Crime Of The Century | 1PM

Spies, Lies and Robots: The Rise Of

AI CHATBOTS | 4PM

Saturday, March 22, 2025

Eisenhower Recreation

FEE: R \$15 G \$18 (per presentation)

Detailed Speaker Series information on pages 44 - 45

Registration Fees: Resident \$12 • General Public \$15 (Unless otherwise noted)



REGISTER

• *IN PERSON: At Your Service Locations*
• *ONLINE: TheEnrichmentAcademy.org*



HEALTH & WELLNESS

ACTIVATE YOUR BODY'S HEALING ENERGY

Meredith Brubaker

Spring Forest Qigong is a revolutionary and modernized form of Qigong developed by International Master Chunyi Lin. These simple but powerful movements activate your innate healing energy and help your body to rejuvenate naturally. Experience these movements with a Spring Forest Qigong Certified Healer. Wear comfortable clothing, we will be practicing Qigong movements during the class time.

2 Days	Trillium Recreation		FEE: R \$50 G \$56
HEA3106	Th	10/17-10/24	9:30 AM-11:30 AM
HEA3107	Th	1/16-1/23	9:30 AM-11:30 AM

AEROBIC WALKING AND RACEWALKING – INTRODUCTION

Bonnie Stein

Have you been walking for exercise and want to get more benefits? Join us for a practical peek into Bonnie's popular 6-week walking class. Whatever pace you can do with regular walking, you can be faster and more efficient once you master a few simple, yet powerful techniques. Aerobic Walking and Racewalking for fitness will give you all the benefits of running with walking. This introduction is appropriate for all fitness levels and those new to exercise.

1 Day	Lake Miona Recreation		FEE: R \$17 G \$23
HEA2009	F	10/18	9:00 AM-10:15 AM
HEA2010	F	1/10	9:30 AM-10:45 AM
HEA2011	F	3/21	9:30 AM-10:45 AM

1 Day	Riverbend Recreation		FEE: R \$17 G \$23
HEA2012	Sa	10/19	9:30 AM-10:45 AM
HEA2013	Sa	1/11	9:30 AM-10:45 AM
HEA2014	F	3/28	9:30 AM-10:45 AM

AEROBIC WALKING AND RACEWALKING FOR BEGINNERS (OUTDOOR)

Bonnie Stein

Learn how to transform your exercise walking into more of a workout. In this 6-week course, you will learn and practice basic racewalking form at a pace that is right for you. Racewalking does not require racing; it's about utilizing effective walking techniques to enhance your exercise walking proficiency. Bonnie, a nationally recognized racewalk instructor, will teach you how to pick a proper shoe, prevent injuries, and more. Learn Olympic racewalking techniques and tips to make your own walk faster and safer. All levels welcome!

6 Days	Lake Miona Recreation		FEE: R \$108 G \$114
HEA6517	F	11/1-12/6	9:00 AM-10:45 AM
HEA6518	F	1/31-3/7	9:30 AM-11:15 AM

6 Days	Lake Okahumpka Recreation		FEE: R \$108 G \$114
HEA6519	Sa	11/2-12/14	9:30 AM-11:15 AM
HEA6520	Sa	2/1-3/29	9:30 AM-11:15 AM

AGE-LESS YOGA FACE

Helga Malinsky

Recent studies support that facial exercises make you look years younger. Learn isometric exercises, facial acupressure points, several face massage techniques. Eye, neck and shoulder exercises. Yoga to bring nourishing blood flow into the face. Bring a mirror to class.

1 Day	Lake Miona Recreation		FEE: R \$42 G \$48
HEA7012	Sa	11/16	1:00 PM-3:00 PM
HEA7013	Sa	1/18	1:00 PM-3:00 PM
HEA7014	Sa	2/22	1:00 PM-3:00 PM

BARRE WORKOUT BASICS

Debbie Souza

A ballet inspired workout designed to replicate a ballet barre class to sculpt, reshape, and slim the entire physique. The structural positions and movements demonstrated utilize century old ballet techniques incorporated with a hint of barre fitness, movements, holds and active stretching. Low impact, moderate pace to help improve balance, posture, flexibility, and overall muscle tone. Appropriate for all ages and fitness levels. In-class studio barres provided, participants bring a yoga mat to each class for the brief center floor cool down.

5 Days	Fenney Recreation		FEE: R \$55 G \$61
HEA8310	Th	10/10-11/7	2:30 PM-3:30 PM
HEA8311	Th	11/14-12/19	2:30 PM-3:30 PM
HEA8312	Th	1/9-2/6	2:30 PM-3:30 PM
HEA8313	Th	2/20-3/20	2:30 PM-3:30 PM

BODYSULPT – BEGINNER

Joanie Husband

A full body workout that incorporates many modalities of fitness. We will strength train, focus on balance and core, cardio and stretching. Designed with the best mix of training to strengthen and tone all while having fun and getting a great endorphin release. Appropriate for all fitness levels, everything we do can be modified or advanced to meet each participant's fitness level. Bring a mat and lightweights to class.

4 Days	Water Lily Recreation		FEE: R \$48 G \$54
HEA1625	M	10/7-10/28	10:30 AM-11:30 AM

4 Days	Allamanda Recreation		FEE: R \$48 G \$54
HEA1626	F	11/8-11/29	10:00 AM-11:00 AM
HEA1627	F	1/10-1/31	10:00 AM-11:00 AM
HEA1628	F	3/7-3/28	10:00 AM-11:00 AM

BODYSULPT - LEVEL 2

Joanie Husband

NEW

A full body workout geared to those who have taken Bodysculpt beginner or are currently active in fitness programs. We will expand on strength training, balance, cardio and stretching. Designed with the best mix of training to strengthen and tone all while having fun and getting a great endorphin release. Appropriate for all intermediate/advanced fitness levels, everything we do can be modified or advanced to meet each participant's fitness level. Bring a mat and lightweights to class.

4 Days	Water Lily Recreation		FEE: R \$48 G \$54
HEA2200	M	11/4-11/25	10:30 AM-11:30 AM

4 Days	Allamanda Recreation		FEE: R \$48 G \$54
HEA2201	F	12/6-12/27	10:00 AM-11:00 AM
HEA2202	F	2/7-2/28	10:00 AM-11:00 AM

CARDIO DRUMMING

Cynthia Duncan

Full body cardio workout promotes flexibility, strengthening and toning of muscles, core strengthening, and increased cardio capacity/endurance. Drumming is the means to exercise using different types of music to make exercising fun. Participants will need a 65cm exercise ball, 17-gallon bucket, and drumsticks. Questions contact Cindy Duncan at dennisdunc@aol.com.

6 Days	Lake Okahumpka Recreation		FEE: R \$50 G \$56
HEA1016	Th	10/3-11/14	1:00 PM-2:00 PM
HEA1017	Th	1/2-2/6	1:00 PM-2:00 PM
HEA1018	Th	2/20-3/27	1:00 PM-2:00 PM

Have Questions? Check the FAQ's on PAGE **4**

CARDIO DRUMMING!

Lisa McCammon

Cardio drumming is a low impact, self-paced exercise with cardio benefits. This fun activity can be enjoyed by women and men of all ages and abilities and can be done sitting down, so people with mobility, dexterity, and balance issues can participate. You will need your own exercise/yoga ball from 45-75cm (based on your height), a stable base for your ball (17- or 18-gallon plastic bucket with rope handles), and drumsticks (or wooden spoons). Equipment is available locally or online. For additional information email druminline2022@gmail.com.

6 Days	Tierra Del Sol Recreation		FEE: R \$50 G \$56
HEA2116	Sa	11/9-12/14	10:00 AM-11:00 AM
HEA2117	Sa	1/4-2/8	10:00 AM-11:00 AM
HEA2118	Sa	2/15-3/22	10:00 AM-11:00 AM
HEA2119	Sa	2/15-3/22	11:30 AM-12:30 PM

CHAIR YOGA

Kristina Berano

This class is appropriate for beginners to experienced practitioners of Yoga. Instructions are clear and easy to follow. The chair is used as a tool rather than a crutch and modifications will be offered to ease off or go deeper into the postures. There will be no transitioning to the floor. Strong focus on controlled and directed breathing techniques. Each class will end with a guided relaxation. Bring a yoga tie and two matching yoga blocks to class.

6 Days	First Responders Recreation		FEE: R \$60 G \$66
HEA4512	Th	10/10-11/21	5:30 PM-6:30 PM
HEA4513	Th	1/9-2/13	5:30 PM-6:30 PM
HEA4514	Th	2/20-4/3	5:30 PM-6:30 PM

CHAIR YOGA

Marcie Forster

Chair yoga modifies traditional yoga poses so that these can be done while seated. Balancing and spinal flexibility poses will enhance your confidence and well-being. Clear instructions allow every student to be successful. We will be seated or standing with no transition to the floor. Each class will begin and end with a 5-minute meditation. Participants bring a mat to each class session.

6 Days	Homestead Recreation		FEE: R \$60 G \$66
HEA4562	M	10/7-11/11	10:30 AM-11:30 AM
HEA4563	M	1/13-2/17	10:30 AM-11:30 AM

6 Days	Sterling Heights Recreation		FEE: R \$60 G \$66
HEA4561	Sa	10/5-11/16	11:00 AM-12:00 PM
HEA4564	Sa	1/18-2/22	11:00 AM-12:00 PM



CHAIR YOGA WITH LIGHT WEIGHTS

Maryann Holden

Discover the perfect blend of movement and mindfulness in our chair yoga and light weights class. A lively and enjoyable routine that caters to all fitness levels. Light weights recommended. No experience necessary.

6 Days	Churchill Street Recreation		FEE: R \$60 G \$66
HEA3009	M	10/14-11/25	9:30 AM-10:50 AM
HEA3010	M	1/6-2/10	9:30 AM-10:50 AM
HEA3011	M	2/24-3/31	9:30 AM-10:50 AM

CHAKRAS DECODED: UNDERSTANDING YOURS

Kimberly Hoenie

The energy centers of the body are stimulated by our senses and the things we encounter each day. These centers or Chakras can become blocked or overstimulated chakras. Understanding our own energetic body can offer new insight on how and why we feel as we do. This class explores basic awareness of the Chakras through color theory, essential oils, chair yoga exercises and individual testing to expand personal awareness. Participants bring a yoga mat and pen/paper to class.

1 Day	Saluki Recreation		FEE: R \$50 G \$56
HEA4702	M	12/2	9:30 AM-12:30 PM

1 Day	Homestead Recreation		FEE: R \$50 G \$56
HEA4703	M	1/6	9:30 AM-12:30 PM

CHAKRAS RETREAT: VALENTINE'S DAY HEART

Kimberly Hoenie

NEW

This mini retreat will focus on Anahata, the Heart Chakra to create more space for love, compassion, forgiveness and self-acceptance. The workshop includes Gentle yoga & Yin postures, meditation, essential oils, pranayama and a few surprises. Join us for this special event celebrating your heart on Valentines Day. Bring a Yoga Mat, Yoga Block and supportive blanket or bolster. Supply fee of **\$5.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation		FEE: R \$50 G \$56
HEA4720	F	2/14	10:00 AM-1:00 PM

CLASSICAL STRETCH/AGING BACKWARDS – BEGINNER

Debbie LaMonica

NEW

Classical Stretch by Essentrics® | Aging Backwards® is a unique fitness program designed to improve range of motion, increase flexibility, mobility, agility and rebalance your body by lengthening and strengthening your muscles and loosening your joints. Through gentle, focused continuous movement, you will begin to move easier, improve your posture, energy level and more. Bring a mat, stretch band and small pillow for neck support and/or sit cushioning during floor work.

6 Days	SeaBreeze Recreation		FEE: R \$60 G \$66
HEA1900	Sa	10/26-11/30	11:00 AM-12:00 PM
HEA1901	Sa	12/14-1/18	11:00 AM-12:00 PM
HEA1902	Sa	2/1-3/15	11:00 AM-12:00 PM

DEMENTIA 101: SYMPTOMS AND CAREGIVING

Melissa Denham The Villages Health

Learn the common signs and symptoms of dementia and how to relay that information to your healthcare provider. Dementia caregivers will learn of a newer medical diagnosis called "caregiver stress syndrome." We will discuss the symptoms, who is at risk and how to lower your risk.

1 Day	Rohan Recreation		FEE: R \$12 G \$18
HEA1273	M	11/18	1:00 PM-2:00 PM



FOAM ROLLING FOR BEGINNERS

Bonnie Stein

Would you like to get rid of aches and pains with an inexpensive tool that you can utilize in your own home on your own time? Foam rolling has been shown to effectively reduce skeletal pain, improve circulation, increase range of motion, and improve mobility. Whether you love walking, running, bicycling, dancing, pickleball, or golf, foam rolling can help you make the most out of your activity while reducing pain. Participant to bring any size foam roller, 2 Yoga blocks, and Yoga mat to class.

1 Day	Rohan Recreation			FEE: R \$17 G \$23
HEA5023		Sa	10/19	2:00 PM-3:15 PM
HEA5024		Sa	11/16	2:00 PM-3:15 PM
HEA5025		Sa	12/14	2:00 PM-3:15 PM
HEA5026		Sa	1/11	2:00 PM-3:15 PM
1 Day	Eisenhower Recreation			FEE: R \$17 G \$23
HEA5027		Sa	2/8	2:00 PM-3:15 PM
HEA5028		Sa	3/8	2:00 PM-3:15 PM

FOAM ROLLING/STRETCHING FOR IMPROVED EXERCISE

Bonnie Stein

NEW

For those who have taken Foam Rolling for Beginners class and are ready for the next level with instruction and practice. Working with the foam roller can reduce skeletal pain, improve circulation, increase range of motion, and improve mobility for walking, dancing, and sports. Participant must be able to get on the floor and bring any size foam roller, 2 Yoga blocks, and fitness/yoga mat to class.

3 Days	Rohan Recreation			FEE: R \$47 G \$53
HEA1153		M	11/11-11/25	3:30 PM-4:45 PM
3 Days	Ezell Recreation			FEE: R \$47 G \$53
HEA1154		M	1/27-2/10	3:30 PM-4:45 PM

HEALTHIER YOU: THE IMPORTANCE OF SLEEP AND DREAMS

Dr. Frank Ancona

Sleep/dream deprivation presents deleterious health concerns and especially a yin/yang connection to immune health. The importance of sleep and dreams is the most misunderstood necessity of life. The needs for shelter, food, water, and air are all clearly recognized and valued, but the importance of sleep and dreams is too often overlooked. This intensive session will provide the information you need for better sleep, dreams, and health.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
HEA2313		Sa	10/12	1:00 PM-2:30 PM
1 Day	Rohan Recreation			FEE: R \$15 G \$21
HEA2314		W	11/13	1:00 PM-2:30 PM
1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
HEA2315		W	1/15	1:00 PM-2:30 PM
1 Day	Water Lily Recreation			FEE: R \$15 G \$21
HEA2316		W	2/12	1:00 PM-2:30 PM

HYPNOSIS - LEARN HYPNOSIS TO CHANGE YOUR LIFE

Heather McFall

NEW

The basic self-hypnosis course will teach you what hypnosis is and how it works. In class you will learn and practice how to change your attitudes and beliefs so you can feel, think and act in your life. This will be real practical application of self-hypnosis for self-help. It can be used to reduce stress, lose weight, manage pain or improve confidence in any area of life.

3 Days	Bacall Recreation			FEE: R \$75 G \$81
HEA2400		W	10/9-10/23	6:00 PM-7:30 PM
3 Days	Lake Miona Recreation			FEE: R \$75 G \$81
HEA2401		W	1/15-1/29	3:00 PM-4:30 PM
3 Days	Allamanda Recreation			FEE: R \$75 G \$81
HEA2402		W	2/19-3/5	6:00 PM-7:30 PM

INTEGRATIVE NUTRITION: WHOLE LIFE APPROACH/HEALTH & HAPPINESS

Maryann Holden

This course is loaded with valuable insights into nutritional theories, simple ways to nurture your body and holistic approaches to maximize health, offering a play by play for proper nutrition and personal growth. Includes many easy-to-follow recipes. Required book participant to purchase and bring to class: Integrative Nutrition: A Whole Life Approach to Health and Happiness.

6 Days	SeaBreeze Recreation			FEE: R \$65 G \$71
HEA2324		W	1/8-2/12	10:00 AM-11:30 AM
6 Days	Saluki Recreation			FEE: R \$65 G \$71
HEA2325		W	2/26-4/2	10:00 AM-11:30 AM

IS IT DEMENTIA?

Melissa Denham The Villages Health

NEW

Learn about "normal aging" and some changes that are not part of the normal aging process. We will also discuss what other health conditions can cause memory changes as well as things to do to keep your brain healthy.

1 Day	Lake Miona Recreation			FEE: R \$12 G \$18
HEA1280		Tu	12/3	1:00 PM-2:00 PM

KICKBOXING LOW IMPACT CARDIO

Joanie Husband

This class will challenge and sculpt you without impacting your joints! Designed with the fun and energy of cardio workouts, the art and dance of boxing, set to music and in a welcoming group environment. We will learn safe and correct form, technique and core engagement; the principles of boxing that carve your body and guarantee results all while being gentle in our movements. Each session will conclude with full body stretches. Geared towards those of a higher level of fitness, this class can be done by anyone with modifications.

4 Days	SeaBreeze Recreation			FEE: R \$48 G \$54
HEA1605		W	10/2-10/23	1:30 PM-2:30 PM
HEA1607		W	1/8-1/29	1:30 PM-2:30 PM
HEA1608		W	2/5-2/26	1:30 PM-2:30 PM
HEA1609		W	3/5-3/26	1:30 PM-2:30 PM
6 Days	Seabreeze Recreation			FEE: R \$72 G \$78
HEA1606		W	11/13-12/18	1:30 PM-2:30 PM

Have Questions? Check the FAQ's on PAGE

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LOWER GLUCOSE USING INTEGRATIVE MEDICINE

William Shang

NEW

Do you have high blood sugar or a sweet tooth? Cornell physician and author, William Shang, MD will share his research in herbal medicine and American College of Sports Medicine certification in exercise medicine, to lower glucose in three interactive classes. Learn different strategies outside of dieting. Supply fee **\$11.00** for required book "The Thin Prediabetic" payable to the instructor first day of class.

3 Days	Manatee Recreation			FEE: R \$45 G \$51
HEA8203	M	11/11-11/25	7:00 PM-8:30 PM	

3 Days	Big Cypress Recreation			FEE: R \$45 G \$51
HEA8204	W	1/29-2/12	2:00 PM-3:30 PM	

MEDITATION, YOGA & ESSENTIAL OILS

Kim Hoenie

Each week will incorporate a different style of yoga including YIN, Restorative, Meditation, Yoga Nidra, and Gentle with essential oils introduced to enhance the experience. The benefits of the oils and using them during the practice will be discussed. Students will be given an essential oil sample set to be used each week in class.

5 Days	Lake Okahumpka Recreation			FEE: R \$75 G \$81
HEA4641	W	1/8-2/5	10:00 AM-11:30 AM	

PERSONAL SAFETY PROGRAM

Alycyn Culbertson & Tracy McDaniel

The Personal Safety Program will include information and tips on situational awareness, visualization, reactionary gap and confidence. Hands-on self-defense instruction is included. Optional participation or observe to learn offensive strikes, softening techniques, defense from the ground and more.

1 Day	Riverbend Recreation			FEE: R \$30 G \$36
HEA4009	Tu	10/1	2:00 PM-5:00 PM	
HEA4010	Tu	1/21	2:00 PM-5:00 PM	

PILATES BASICS FOR A STRONG, FLEXIBLE BODY

Carolyn Goldstein

Are you looking to have a strong core, flat abs, increased flexibility, body strength and improved focus? If so, this new basic Pilates class is for you! You will learn the Basic Mat Pilates Program and receive handouts to keep for your continued practice. Registrants are required to bring their own Pilates mat (thicker than yoga mats) to class.

4 Days	Everglades Recreation			FEE: R \$45 G \$51
HEA3710	W	1/15-2/5	4:00 PM-5:00 PM	
HEA3711	W	2/26-3/26	4:00 PM-5:00 PM	

RACEWALKING INTERMEDIATE #1

Bonnie Stein

For anyone who has completed Bonnie's 6-week Beginning Racewalking class and wants to take their walking to the next level by learning & mastering Intermediate racewalk techniques. This Racewalk Coaching class includes racewalking warm up, technique practice, drills and specific walking stretches. Any walking pace is welcome for those who previously completed the Beginning class. Call Bonnie at **727-644-4155** for questions about eligibility.

4 Days	Lake Miona Recreation			FEE: R \$47 G \$53
HEA5302	W	10/30-11/20	9:00 AM-10:15 AM	
HEA5303	W	2/5-2/26	9:00 AM-10:15 AM	

REIKI - LEVEL 3

Elisa Fireman

This is the final level of Reiki. In Reiki Level 3, you receive the final attunement, practice with the enhanced Reiki energy and learn energy techniques to foster healing. This is a perfect course for prior Reiki practitioners who would like a re-attunement. Pre-requisite: Reiki 1 and Reiki 2 class. Supply fee of **\$5.00** payable to instructor at class.

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HEA8020	Sa	10/26-11/2	4:00 PM-5:15 PM	

STRETCH & BARRE WORKOUT

Debbie Souza

The Stretch and Barre workout is ballet inspired and blends stretching, toning, bone building and strength training. Each class incorporates patterns and isometric movements that target specific muscle groups. This pattern of exercise helps to improve strength, balance, flexibility, and posture. Yoga and deep breathing exercises are also implemented. Low-impact, conducive to all fitness levels. Bring light weights (1-3 pounds) and a yoga mat to class.

5 Days	Fenney Recreation			FEE: R \$55 G \$61
HEA8118	M	10/7-11/4	1:00 PM-2:00 PM	
HEA8119	Th	10/10-11/7	1:00 PM-2:00 PM	
HEA8120	Th	11/14-12/19	1:00 PM-2:00 PM	
HEA8121	M	11/18-12/16	1:00 PM-2:00 PM	
HEA8122	M	1/6-2/3	1:00 PM-2:00 PM	
HEA8123	Th	1/9-2/6	1:00 PM-2:00 PM	
HEA8124	M	2/17-3/17	1:00 PM-2:00 PM	
HEA8125	Th	2/20-3/20	1:00 PM-2:00 PM	

TAI CHI FOR ARTHRITIS AND FALL PREVENTION PART 1

Amy Wixted The Villages Health

Tai Chi for Arthritis and Fall Prevention is a beginner Tai Chi program focused on mindful movement. Tai Chi is recommended by the Center for Disease Control and Prevention for better balance and recommended by the National Arthritis Foundation for improved flexibility. The program can be modified for those preferring to sit for all or part of the exercise.

14 Days	Aviary Recreation			FEE: R \$30 G \$36
HEA1216	W, M	10/30-12/18	8:30 AM-9:20 AM	
HEA1217	W, M	10/30-12/18	9:30 AM-10:20 AM	
HEA1218	M, W	1/6-2/19	8:30 AM-9:20 AM	
HEA1219	M, W	1/6-2/19	9:30 AM-10:20 AM	

TAI CHI FOR ARTHRITIS AND FALL PREVENTION PART 2

Amy Wixted The Villages Health

Tai Chi for Arthritis and Fall Prevention Part 2 is for those who have completed the original program and are looking for a more challenging course to improve coordination and Tai Chi skill.

8 Days	Aviary Recreation			FEE: R \$20 G \$26
HEA1256	W, M	10/2-10/28	8:30 AM-9:20 AM	
HEA1257	W, M	10/2-10/28	9:30 AM-10:20 AM	
HEA1258	M, W	2/24-3/19	8:30 AM-9:20 AM	
HEA1259	M, W	2/24-3/19	9:30 AM-10:20 AM	

TAI CHI FOR ARTHRITIS AND FALL PREVENTION PART 1 & 2 REVIEW

Amy Wixted The Villages Health

NEW

Tai Chi for Arthritis and Fall Prevention Part 1 and Part 2 review is for those who have completed both Part 1 and Part 2 courses and are looking for ongoing practice on the combined forms from beginning to end. No new forms will be taught during this course.

6 Days	Homestead Recreation			FEE: R \$12 G \$18
HEA1700	F	10/18-11/22	8:30 AM-9:20 AM	
HEA1701	F	1/10-2/14	8:30 AM-9:20 AM	

TAI CHI FOR THE SOUL

Derrick Void

Tai Chi is known for its benefits; increased balance, builds strength in legs, and focus, gaining more energy from slow moving rhythmic dancelike movements. It increases chi, oxygen, and promotes better sleep. Shifu Derrick is energetic and teaches in a way that everyone can learn rare ancient exercise movements that will help build a healthy lifestyle for longevity with positive daily habits.

8 Days	Mulberry Grove Recreation			FEE: R \$75 G \$81
HEA9014	M, Th	11/11-12/12	7:00 PM-8:00 PM	
HEA9015	Th, M	1/9-2/3	7:00 PM-8:00 PM	
HEA9016	Th, M	2/13-3/13	7:00 PM-8:00 PM	

TAI CHI/QIGONG PRACTICE - HEALING BODY, MIND, & SPIRIT

Helga Malinsky

Tai Chi/Qi Gong translates as energy work that will activate major energy centers in the human body. Beginning with therapeutic breathwork and ending with meditation, all exercises can be done seated or standing. Benefits are greater flexibility, balance, improved circulation, stress control, plus great mental focus.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
HEA7365	M	11/18-12/16	11:30 AM-12:30 PM	
HEA7366	M	1/13-2/10	11:30 AM-12:30 PM	
HEA7367	M	2/24-3/24	11:30 AM-12:30 PM	

THE ROLE OF INTUITION IN OUR DAILY LIFE

Elisa Fireman

In this 2-hour engaging and interactive course, we will explore the role of intuition in our daily life, define intuition, the different types of intuition and how it has been used in stereotypical ways. We'll probe questions such as if we are using our intuition to guide us as we age. We'll explore the benefit of a daily practice to "check in" a simple technique and look at the areas of our life where intuition can deepen our experience of life, how to embrace it, and more.

1 Day	Ezell Recreation			FEE: R \$20 G \$26
HEA8034	W	4/2	6:00 PM-8:00 PM	

TOTAL BODY FITNESS

Nancy Moore

Fast paced, challenging Total Body Workout to strengthen and tone the whole body using light hand weights, small resistance balls, tubes and loops. Flexibility and stretching at the end of each class. The music will be motivating, and the goal is to build strong bones. Bring a mat, weights, small resistance ball and resistance tube to class. Balls and tubes available for purchase at class.

6 Days	Sterling Heights Recreation			FEE: R \$48 G \$54
HEA1805	Th	11/7-12/19	11:00 AM-12:15 PM	

6 Days	SeaBreeze Recreation			FEE: R \$48 G \$54
HEA1806	Th	1/9-2/20	10:00 AM-11:15 AM	
HEA1807	Th	2/27-4/3	10:00 AM-11:15 AM	

VISION TRAINING FOR DRIVING SAFELY AND SPORTS PERFORMANCE

Dr. Lawrence D. Lampert

Learn about how there's much more to vision than reading an eye chart. Visual skills training has been shown to reduce car accidents and improve sports performance. An in-depth description of visual skills, studies, and simple eye exercises will be presented by a leading expert. Bring 2 flashlights to class.

1 Day	Everglades Recreation			FEE: R \$25 G \$31
HEA1483	W	11/13	10:00 AM-11:30 AM	
HEA1485	W	2/26	10:00 AM-11:30 AM	

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HEA1484	W	1/8	10:00 AM-11:30 AM	

WALK BETTER, MOVE BETTER, FEEL BETTER

Bonnie Stein

Whether you want to use walking as exercise or to get from place to place more easily, there are proper walking techniques that can improve your posture, balance, mobility, and even your pace. Bonnie Stein, fitness walking instructor and nationally recognized Racewalk coach has been teaching all ages how to improve their walking exercise for 30+ years. In this indoor class, you will learn how to protect your knees and back, and how to get more benefit from your walking.

3 Days	Sterling Heights Recreation			FEE: R \$42 G \$48
HEA5208	M	10/7-10/21	3:30 PM-4:40 PM	

3 Days	Rohan Recreation			FEE: R \$42 G \$48
HEA5209	M	12/2-12/16	3:30 PM-4:40 PM	

3 Days	Allamanda Recreation			FEE: R \$42 G \$48
HEA5210	M	3/3-3/17	3:30 PM-4:40 PM	

YOGA FOR BEGINNERS

Cathleen O'Neill

This class focuses on core yoga poses to help with strength and flexibility in the back and hips for greater ease in everyday movement. Participants are required to bring a yoga mat, yoga blocks and strap to class.

4 Days	Colony Cottage Recreation			FEE: R \$40 G \$46
HEA2650	Tu	10/8-10/29	2:30 PM-3:30 PM	

4 Days	Odell Recreation			FEE: R \$40 G \$46
HEA2651	F	1/10-1/31	2:30 PM-3:30 PM	

YOGA STANDING (NO MAT)

Cathleen O'Neill

Standing yoga poses to improve flexibility, posture, balance and core. No yoga mat or props needed for this class.

4 Days	Bacall Recreation			FEE: R \$40 G \$46
HEA3511	Th	10/24-11/14	4:00 PM-5:00 PM	

4 Days	Allamanda Recreation			FEE: R \$40 G \$46
HEA3512	Th	1/9-1/30	4:00 PM-5:00 PM	

YOGA GENTLE HATHA YOGA FOR NEWBIES

Maryann Holden

NEW

Gentle Hatha Yoga is a soothing and accessible style of yoga that focuses on gentle movements, mindful breathing, and relaxation. This practice is perfect for anyone, regardless of age or physical condition. There's a stronger emphasis on stretching, seated poses, and low-impact movements with modifications to prevent injuries. It promotes relaxation, reduces stress, and enhances overall well-being. Bring a fitness mat, yoga blocks and a beginner's mind to class.

6 Days	Saluki Recreation			FEE: R \$65 G \$71
HEA3062	W	10/16-11/20	6:00 PM-7:15 PM	
HEA3063	W	1/8-2/12	6:00 PM-7:15 PM	
HEA3064	W	2/26-4/2	6:00 PM-7:15 PM	

YOGA STRETCH AND RESTORE

Kristina Berano

Join Kristina for this full body Yoga stretch and restore. This class will take place completely on the floor, in both seated and supine positions. There will be a heavy focus on breathing and meditation. Students are asked to wear appropriate workout clothes that they can move in. Students must bring a yoga mat and a yoga strap. Students are encouraged to bring a 'zafu' (meditation cushion) to class or at least a rolled-up towel. Sweater/shawl/blanket and socks are also encouraged for final relaxation.

6 Days	First Responders Recreation			FEE: R \$60 G \$66
HEA4752	M	10/14-11/18	5:30 PM-6:30 PM	
HEA4753	M	1/6-2/10	5:30 PM-6:30 PM	

YOGA: YO.PI.CHI.MED = FLEXIBLE FOREVER

Helga Malinsky

This workout bundles together four important fitness routines, all of them necessary for achieving a strong age-less and revitalized body. Yoga for balance, posture and weight loss. Pilates Physical Mind Method to strengthen core muscles. Chi (energy) exercises to restore vital life energy. Meditation and Visualizing Techniques. Bring a yoga mat to class.

5 Days	Allamanda Recreation			FEE: R \$48 G \$54
HEA7410	M	11/18-12/16	9:30 AM-11:00 AM	
HEA7411	M	1/13-2/10	9:30 AM-11:00 AM	
HEA7412	M	2/24-3/24	9:30 AM-11:00 AM	

YOUNG FOREVER: THE SECRETS TO LIVING YOUR LONGEST HEALTHIEST LIFE

Maryann Holden

NEW

Discover the secrets to a vibrant life! Dive into Dr. Mark Hyman's groundbreaking guide as we work through his latest book, Young Forever: The Secrets to Living Your Longest, Healthiest Life. You will discover the root causes that address aging at its core and longevity strategies that will match your health span to your lifespan. Join the journey to a healthier, more vibrant you! Required book to purchase and bring to class: Young Forever: The Secrets to Living Your Longest, Healthiest Life by Dr Mark Hyman.

6 Days	Saluki Recreation			FEE: R \$70 G \$76
HEA2330	W	10/16-11/20	10:00 AM-11:30 AM	

HISTORY

ABRAHAM LINCOLN: A NEW BIRTH OF FREEDOM

Kevin Wood

NEW

Abraham Lincoln, portrayed by renowned re-enactor Kevin Wood, relates the history of the United States during his time, from his childhood on the frontier to the turbulent years from 1854 to 1865 which nearly destroyed our young nation but instead eventually resulted in a "new birth of freedom". Mr. Lincoln quotes from his best-known speeches and writings and brings history to life. Mr. Wood bears a remarkable resemblance to "the Great Emancipator" and is extremely knowledgeable about his life and times.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS2501	W	2/19	1:00 PM – 2:00 PM	

ABRAHAM LINCOLN: SLAVERY, EMANCIPATION, AND EQUALITY

Kevin Wood

NEW

Abraham Lincoln, portrayed by renowned re-enactor Kevin Wood, shares his ever-evolving perspectives on slavery, emancipation, and equality. He summarizes the long history of slavery in North America and discusses his own political views on slavery and emancipation and how these shifted over time, focusing especially on monumental events of his presidency such as the Emancipation Proclamation and the Thirteenth Amendment.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS2525	W	2/19	3:00 PM – 4:00 PM	

The Enrichment Academy is committed to helping participants acquire knowledge for growth in mind, body, or spirit.

AFTERNOON TEA - DOWNTON ABBEY INSPIRED

Barbara Gulley

NEW

The tea talk will showcase the customs, dress and etiquette in the time of Downton Abbey. Barb Gulley, owner of Barb's Tea Service, a tea education business in Southeastern Michigan and contributor to Tea Time Magazine, will share her visits to the "real Downton Abbey", Highclere Castle, and interviews with the Lady Carnarvon, current countess of Highclere. The presentation will cover the timeline of the series as well as the themes of the Downton Abbey movies, including what is expected when entertaining Royals. Tea provided.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
HIS1000	F	1/24	2:00 PM-3:30 PM	

ALL ABOARD! CATCH THE WESTBOUND TRAIN WITH THE HARVEY GIRLS

Lisa French

NEW

The adventurous story of an enterprising entrepreneur, an imaginative architect, one foresighted President and dozens of intrepid young women who opened the Southwest and the Grand Canyon for America- one train ride at a time. Fred Harvey, Mary Colter, Theodore Roosevelt, and the legendary Harvey Girls!

3 Days	Lake Miona Recreation			FEE: R \$40 G \$46
HIS2190	Th	3/6-3/20	1:00 PM-2:30 PM	

AMELIA EARHART: THE SKIES THE LIMIT

Donald Wyman

"America's Sweetheart", an icon, and a trailblazer both as a pilot and as a promoter of safe travel for everyone. Amelia set the example by fearlessly setting world records and an example for all women to follow. The details of what happened to her before, during and after that fateful round-the-world flight will be revealed in living color. The "mystery of history" revealed at last.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6004	W	10/23	1:00 PM-2:30 PM	

ARMY AND CIVILIAN LIFE DURING THE CIVIL WAR ERA

Jack Ciotti

NEW

The Civil War Era was a trying but also a fascinating period in our history. This course covers all aspects of life during this time period, including clothing, food, customs, status, education, relationships, music, dances, and medical treatments.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9130	M	12/2	1:00 PM-2:30 PM	

ARMY AND CIVILIAN LIFE DURING THE REVOLUTIONARY WAR

Jack Ciotti

Living was certainly not easy for soldiers and civilians alike during our Revolutionary War Era. This course covers all aspects of life during this time period including clothing, food, customs, status, education, relationships, and medical treatments.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9203	M	2/17	1:00 PM-2:30 PM	

BRITS BEHAVING BADLY: THE FEMALE EDITION

Lisa French

NEW

Come explore the audacious adventurers, the barrier bashers, and the mistresses of mayhem. Some are well known names with "more to their story" and others are more obscure. Some combated evildoers, some created tales of evildoers and others were perpetrators themselves. Pamela Churchill, Gertrude Bell, Beryl Markham, Sarah Caldwell, Dorothy Sayers, Linda Calvey and the Canary Girls of WWI to name a few.

4 Days	Lake Miona Recreation			FEE: R \$60 G \$66
HIS2170	Th	1/23-2/13	1:00 PM-2:30 PM	

BUCCANEERS OF THE SPANISH MAIN*Lisa Didier***NEW**

True stories of the first “pirates of the Caribbean” answer the questions why they went into the business and how they brought the most powerful country in the known world to the brink of financial ruin.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8910	Th	10/17	1:30 PM-3:00 PM	

CHINA 1421 - DID CHINA DISCOVER AMERICA?*Lisa Didier***NEW**

Did the Chinese discover America decades before Columbus? Examine this controversial theory from Gavin Menzies best seller, The Year China Discovered the World. First, hear the story behind Menzies’ theory; then a strong rebuttal using Menzies’ own facts and charts. In the end, it will remain for you to decide.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8930	Th	12/12	1:30 PM-3:00 PM	

CLASSIC HOLLYWOOD FILMS FROM THE 1930’S - 1950’S - CANCELLED*Gary Koca*

Join Gary Koca in this fascinating presentation on 100 classic Hollywood films. With an emphasis on his favorite 20 movies from three decades, participants will learn interesting film facts and the stars who appeared in them. Gary’s selected collection includes a variety of genres and popular movie stars. Audience participation is welcomed.

1 Day	Fish Hawk Recreation			FEE: R \$15 G \$21
HIS5153	Tu	2/18	4:00 PM-5:30 PM	

COSTA RICA: NATURE’S WONDERLAND*Lisa Didier***NEW**

Visit the rainforests of Costa Rica and learn about the bizarre and beautiful creatures that inhabit the most diverse ecosystem on earth. Also, included are the history, culture and crafts of the amazing Indians of Costa Rica’s San Blas Islands.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8950	Th	1/16	1:30 PM-3:00 PM	

OPPENHEIMER’S NIGHTMARE: THE GERMAN ATOM BOMB*Robert Burnham***NEW**

In 1938, three years before America entered World War II, Germany assembled a nuclear project team, becoming the only nation closing in on the secret to the atomic bomb. Dr Oppenheimer, driven by this chilling knowledge, birthed the Manhattan Project - a desperate counterpunch against the Nazi bomb. You will learn what happened to derail Hitler’s efforts to dominate the world with this wonder weapon. Born from a decade of meticulous research alongside historians and atomic scientists, this presentation unveils the untold story of the Nazi’s thwarted nuclear ambitions.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
HIS1300	Tu	10/22	2:00 PM-3:15 PM	

1 Day	Rohan Recreation			FEE: R \$15 G \$21
HIS1301	Tu	2/4	2:00 PM-3:15 PM	

DISCOVER LAWRENCE OF ARABIA AND DESERT WARFARE*James Press*

Who was Lawrence of Arabia, what motivated him, who helped him and how did he wage war in the Middle East? We’ll also examine how he changed the course of WW I, the postwar period and how he influenced desert warfare in WW II.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4081	Th	11/14	1:00 PM-2:30 PM	
HIS4082	Th	3/6	1:00 PM-2:30 PM	

DISCOVER RECONSTRUCTION A NEW WAR*James Press***NEW**

Let’s examine one of the most divisive periods in our history as the North and South went through political and social revolutions that went from hope to terror and created over a hundred years of heart wrenching struggle for civil rights.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4200	Th	10/10	1:00 PM-2:30 PM	

DISCOVER SHERMAN - VILLAIN OR HERO?*James Press*

Was William Tecumseh Sherman a hero or a villain? Was Sherman the “father” of total war? What motivated him, how did he overcome obstacles in his life and how did he earn Ulysses S Grants trust? Let’s also examine how and why Sherman’s March changed the course of the Civil War and military history.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4161	Th	11/7	1:00 PM-2:30 PM	

DISCOVER THE “LOST CAUSE” A CIVIL WAR FABLE*James Press*

We’ll examine how current historians are reviewing the Lost Cause explanation for why the South fought the Civil War and how it affects us today. We’ll also look at what is being taught in schools today about the Civil War. Finally, we’ll discuss why Confederate statues are coming down and Army bases were renamed.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4021	Th	1/9	1:00 PM-2:30 PM	

DISCOVER THE DOUBLE V CAMPAIGN IN WWII*James Press***NEW**

In observance of Black History Month we’ll examine how courageous African American men and women fought a Double V Campaign. They fought for victory against America’s enemies and demanded equality for African Americans at home. Their amazing heroism helped transform our nation and our US military. You will meet some amazing trailblazers in our session.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4240	Th	2/20	1:00 PM-2:30 PM	

DISCOVER THE POW EXPERIENCE IN WWII*James Press*

We’ll examine the experiences of WW II prisoners of war on both the Allied and Axis sides. As one historian said: “More prisoners were taken in WW II than any other conflict. Millions of soldiers, sailors, airmen and civilians were held in captivity, and their fate depended on when and where they were captured, and sometimes their nationality or race.”

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4250	Th	12/5	2:00 PM-3:30 PM	

EGYPTIAN HISTORY: 3,000 YEARS OF HISTORY*Lisa Didier***NEW**

Prof Didier explains where, why and how pyramids built, the beauty secrets of early Egyptians, why mummies were important and why it wasn’t always good to be the King of Egypt

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8960	Th	2/6	1:30 PM-3:00 PM	

Have Questions? Check the FAQ’s on PAGE

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ERNIE PYLE: EYEWITNESS TO WORLD WAR II

Carolyn Ingham

NEW

Ernie Pyle was a giant among World War II reporters. He was a troubled man who struggled with real demons and a tortured marriage, but he was as famous as Eisenhower or McArthur, or Nimitz. He was universally read, and universally loved. He was our eyewitness, our interpreter, and our teacher. He told us what our fighting boys were experiencing, thinking and feeling, and he did so with tenderness and salty humor. When he was killed on Okinawa, Americans mourned him as much as we did our wartime president, FDR.

2 Days	Lake Miona Recreation			FEE: R \$30 G \$36
HIS8530	Tu	10/1-10/8		4:00 PM-5:30 PM

ESPIONAGE TECHNIQUES: HOW IT REALLY WORKS

Donald Wyman

This presentation reveals the depth and types of skills needed by CIA personnel to use clandestine operations to collect intelligence in difficult - to near-impossible - situations in foreign countries. All this while under 24-hour surveillance by anti-espionage professionals. It also reveals a variety of those secret (now unclassified) successes that were accomplished against all odds by the clever use of trade craft, imagination and creativity.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS7030	W	12/18		1:00 PM-2:30 PM

ESPIONAGE TECHNIQUES: SPIES SOUGHT & CAUGHT

Donald Wyman

This presentation explores the primary characteristic trait that opens a person to spying. Learn the major targets of searching and spotting; the four primary recruiting methods, and the training and handling procedures used once the spy is recruited. Examples of each of the four recruitment techniques are revealed using both American and Soviet Spies and the results of their spying.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6012	W	1/22		1:00 PM-2:30 PM

ESPIONAGE TECHNIQUES: TO GET A SPY

Donald Wyman

This presentation goes into detail on the steps that a CIA case officer employs in acquiring someone in a foreign country with access to valuable information, unavailable in any other way, to spy for the United States. It reveals the meticulous planning and clever techniques used to transfer that intelligence safely and securely, without compromising it, or jeopardizing both parties over long periods of time.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS7053	W	2/5		1:00 PM-2:30 PM

FAMOUS SINGERS: STORIES, STRUGGLES, AND SUCCESSES

James VanEmburch

NEW

Join Jim VanEmburch who will take you on a journey through the fascinating, successful, yet troubled lives of famous singers of the 50's and 60's, where you will learn the stories of their lives and things about them you never knew. All were at the top of the charts and sang the music of our lives!

1 Day	Lake Miona Recreation			FEE: R \$12 G \$18
HIS3200 (Marvin Gaye/Sam Cooke)	Th	1/23		6:00 PM-8:00 PM
HIS3210 (Connie Francis/Bobby Darin)	Th	1/30		6:00 PM-8:00 PM

FLORIDA DURING THE CIVIL WAR

Jack Ciotti

Florida played an interesting role in the Civil War. The instructor, dressed in a Marion County uniform, tells that story, not only about the armies, navies, and battles, but also of civilian life. The population not only dealt with shortages, but with the death and destruction the war brought to Florida's sparsely populated towns, from Fernandina to Key West.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9158	Tu	11/19		1:00 PM-2:30 PM
HIS9159	Tu	2/25		1:00 PM-2:30 PM

FLORIDA DURING THE REVOLUTIONARY WAR

Jack Ciotti

Florida remained a loyal British Colony during our Revolutionary War. Learn of the colorful characters involved in the conflict, the struggles of Tory refugees, and how Maryland and Pennsylvania Loyalists, German, British, French, Spanish Native American, and African American soldiers ended up fighting and dying here.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9256	Tu	11/12		1:00 PM-2:30 PM
HIS9257	M	3/10		1:00 PM-2:30 PM

FRANK LLOYD WRIGHT IN CHICAGO

Timothy Totten

The famous American Architect Frank Lloyd Wright started his career as a fresh-faced apprentice to several influential Chicago architects, including the revolutionary Louis Sullivan. Under Sullivan's tutelage, Wright rose to his early prominence and soon broke out on his own as the leader of the Prairie School of Architecture in the Midwest. Through photos and special accounts, Totten will illustrate Wright's early career, his influence on Chicago and what shaped his own ideas of architecture and design for the next 70 years of his career.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1562	W	12/18		9:00 AM-10:30 AM

FRANK LLOYD WRIGHT: AULDBRASS: A MODERN PLANTATION DESIGN

Timothy Totten

Utilizing hundreds of photos and fascinating stories, expert Timothy Totten details the story of architect Frank Lloyd Wright's work in South Carolina to build an expansive and fully-working plantation for C. Leigh Stevens in the 1940's.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1567	M	1/13		2:00 PM-3:30 PM

FRANK LLOYD WRIGHT: FALLINGWATER FAMOUS ARCHITECTURAL DESIGN

Timothy Totten

Utilizing photos and dozens of first-hand accounts from the clients and Wright's apprentices, Master Storyteller Timothy Totten weaves together the fascinating story of the design and building of one of America's most famous and treasured buildings.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1582	W	2/19		2:00 PM-3:30 PM

NEVER STOP
LEARNING,
KEEP ON
GROWING!

FRANK LLOYD WRIGHT: IMPERIAL HOTEL

Timothy Totten

Over the course of eight years, Architect Frank Lloyd Wright built an impressive hotel for the Emperor of Japan. Through historic photos and eyewitness accounts, Master Storyteller Timothy Totten recounts the origins of the project, reveals the extensive design work that detailed the enormous hotel, and reconstructs with a digital artist this masterpiece of Tokyo architecture lost to history and the wrecking ball.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1592		Th	3/6	2:00 PM-3:30 PM

FRANK LLOYD WRIGHT: IN YOUR BACKYARD FLORIDA EDITION

Timothy Totten

Through photos and enthralling anecdotes and stories, Master Storyteller Tim Totten brings to life the 20+ year journey to bring forth a college campus in the sunshine state that now boasts the largest single-site collection of the architect's work anywhere in the world. Special attention is also paid to an ancillary project that arose from Wright's Florida visits, the Spring House.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1524		Tu	11/5	9:00 AM-10:30 AM

FRANK LLOYD WRIGHT: THE GENIUS OF FRANK LLOYD WRIGHT

Timothy Totten

In this riveting talk, master storyteller Tim Totten utilizes dozens of intriguing stories and fascinating photos to illustrate the life and artistic work of America's most prolific architect. From his early upbringing in rural Wisconsin to his meteoric rise in turn-of-the-century Chicago, and from the depths of personal tragedy to the highest heights of professional accomplishment, Totten weaves the details of love, adultery, murder, and the Emperor of Japan to create a dazzling tapestry of a truly American life.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1504		M	10/7	2:00 PM-3:30 PM

FRANK LLOYD WRIGHT: THE SPIRITUAL ARCHITECTURE

Timothy Totten

Contrary to his public persona as a potential scoundrel, famed American Architect Frank Lloyd Wright was entrusted with the commissions of more than a dozen churches and spiritual spaces. From the soaring Beth Sholom Synagogue outside of Pittsburgh to the intimate Danforth Chapel at Florida Southern College, Wright was responsible for sanctuaries for a wide range of religious groups. Through photos and experiences, Totten will illustrate Wright's beliefs and the ways he differentiated space for specific congregations.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1572		F	1/24	9:00 AM-10:30 AM

FRANK LLOYD WRIGHT: THE WRIGHT WOMEN

Timothy Totten

This entertaining talk details the lives of the four women Frank Lloyd Wright loved through photos and stories of the houses he built for them. From the devoted mother of six, Catherine, to the fiercely independent and scholarly Mamah, from the tortured Miriam to his final bedrock wife, Olgivanna, Wright's life and career follows the trajectory of his relationships with these four remarkable women.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1534		Tu	12/3	2:00 PM-3:30 PM

HIDDEN TREASURES OF THE WORLD

Lisa Didier

A history of treasures lost, treasures found and hidden treasures still waiting to be discovered. Learn true stories about treasure hunters who received jail time, injuries and even death for their efforts.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9173		Th	2/13	1:30 PM-3:00 PM

HISTORY OF AUSTRALIA: LEGENDS, FACTS, MURDERS AND MAYHEM

Lisa Didier

NEW

Who discovered Australia? Why did England create a prison colony and who was sent there? Also included are stories re the gold rush, a rum rebellion, bushwhackers and cannibals.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8900		Th	10/3	1:30 PM-3:00 PM

HISTORY OF NEW FRANCE

Lisa Didier

NEW

Discover the explorers, the villains and the heroes who claimed a wild land for France. Learn how the French flag flew over more than half of the North American Continent and how France lost all.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8920		Th	11/21	1:30 PM-3:00 PM

HISTORY OF TEA, COFFEE & CHOCOLATE: LIFE'S LITTLE PLEASURE

Lisa Didier

NEW

The history wars fought, and fortunes won and lost to obtain three of life's little pleasures, tea, coffee and chocolate. Discover the origins, history and health benefits gained by indulging in these three of life's little pleasures.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS8940		Th	12/19	1:30 PM-3:00 PM

INSIDE GERMANY: EVERYDAY LIFE IN NAZI GERMANY

Anette Isaacs

Eighty years after the end of World War II, most of today's research on Nazi Germany is focused on its system of terror that ultimately led to the death and destruction of millions of people. While we will discuss the role of governmental surveillance and brutality, we want to first and foremost explore what daily life was like for ordinary citizens in the 1930s and 40s, thus gaining insights into how the German people were oscillating between normality and terror and how the Nazis were able to turn the country into a brutal and horrific dictatorship.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3715		Th	1/16	1:30 PM-3:00 PM

INSIDE GERMANY: UNVEILING HITLER'S NAZI-ISLAMIST ALLIANCE

Anette Isaacs

NEW

Embark on an enlightening journey as German historian Anette Isaacs delves into the clandestine alliance between Nazi leaders and Islamic forces during World War II. Unravel the intricate web of Nazi ideology and Islamic antisemitism in the tumultuous years of the 1930s and 1940s, shedding light on a chapter of history often overlooked. This captivating exploration of the past and its reverberations in contemporary geopolitics illuminates the ongoing battle against extremism and deepens understanding of global dynamics.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3720		Th	1/16	3:30 PM-5:00 PM

INSIDE GERMANY: EICHMANN BEFORE JERUSALEM

Anette Isaacs

Although he did not belong to the highest leadership circle, Adolf Eichmann is commonly referred to as the "architect of the Holocaust." Who was this man? Did he just represent the "banality of evil" as author Hannah Arendt so famously expressed it? Or was he indeed a fanatical and utterly brutal Nazi, as recent historical research suggests. Join German Historian Anette Isaacs for a compelling discussion of the decade Eichmann spent in Buenos Aires, which will reveal crucial insights into the mind of one of the world's most callous mass murderers.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3730		Th	1/16	7:00 PM-8:30 PM

INSIDE GERMANY: 1945 – THE YEAR THAT SHAPED NEW GERMANY

Anette Isaacs

The year 1945 which saw the end of World War II - proved to be pivotal for the transformation of Germany from a brutal belligerent dictatorship to a flourishing and pacifist democracy. Join German Historian Anette Isaacs for a fascinating discussion of how key events like the bombing of Dresden, the Potsdam Conference, and the beginning of the Nuremberg trials played a crucial role in this remarkable process.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3740		F	1/17	9:00 AM-10:30 AM

INSIDE GERMANY: ISRAEL AND GERMANY-UNLIKELY FRIENDSHIP

Anette Isaacs

Sixty years ago, Germany and Israel tentatively embarked on diplomatic relations. What initially appeared improbable has since matured into a flourishing friendship and a robust economic alliance. This narrative of reconciliation is illuminated through the lens of German Historian Anette Isaacs, who reveals her nation's confronting of its Nazi legacy and the weight of collective guilt. Join her as she delves into the poignant yet indispensable process that paved the way for a profound new chapter in German-Israeli relations, a testament to resilience and the power of reconciliation.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3750		F	1/17	11:00 AM-12:30 PM

INTRODUCTION TO THE GREAT CRIMES AND TRIALS OF SCOTLAND YARD

Gary Prager

This class will present the beginnings of policing in 19th century England and the creation of the Metropolitan Police Department at Scotland Yard. It will also examine early crime detection, the science of fingerprinting and the detection of poisons. We will explore famous crimes and the trial and punishment of murderers in the U.K. from the late 1800's to the 1940's and introduce famous hangmen and the infamous Tower of London. This early background led to practices still utilized today.

2 Days	Eisenhower Recreation			FEE: R \$50 G \$56
HIS1602		Th	1/23-1/30	1:00 PM-3:00 PM

ITALIAN RENAISSANCE: PLOTS, POISON AND POWER

Lisa Didier

Welcome to the Renaissance; 200 years that gave the world man's most glorious artistic achievements. But, instead of the beauty, this program reveals the people, the power, the plots and the murders that fueled the dark side of the magnificent Renaissance.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9302		Th	3/13	1:30 PM-3:00 PM

JFK ASSASSINATION: DID OSWALD DO IT?

Donald Wyman

The JFK assassination has been a 60-year-old Mystery of History. Did Oswald do it? Did he act alone? If not, who else was involved? What lead up to the murder and who were the people involved? Was it a single mastermind or the work of a cabal? And many more questions and revelations about the murder of an American President on US soil.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS7129		W	11/20	1:00 PM-2:30 PM

KATHERINE GRAHAM

Carolyn Ingham

NEW

Katherine Graham was the stereotypical "poor little rich girl" whose mother constantly denigrated her for not being smart or attractive enough, diminishing Kay's every accomplishment. Kay married the brilliant philanderer, Phil Graham, who treated her as poorly as her mother did. Somehow this intimidated, insecure woman transformed herself into a real powerbroker. As the owner of the Washington Post, she printed the Pentagon Papers, courageously encouraged the Watergate investigation and is seen by many as the woman who brought down President Nixon.

2 Days	Lake Miona Recreation			FEE: R \$30 G \$36
HIS8550		Tu	11/5-11/12	4:00 PM-5:30 PM

KATHERINE LUTHER-THE FIRST LADY OF THE REFORMATION

Ruth Leininger

This portrayal of the amazing life of Katherine Luther depicts the reality of German life in a historical, amusing way in the early 1500's. Through Katherine, participants will gain insight into her young life, marriage to Martin Luther and the impact she made in the Government and Church.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
HIS5102		M	2/10	10:00 AM-11:00 AM

LOVE, LUST, AND POLITICS

Carolyn Ingham

NEW

This is a class about political power and promiscuity. It's about risk taking behavior and the psychological profile of 12 presidents and 9 other powerful politicians who risked everything with their affairs. It's about their wives and girlfriends, including two mistresses who were murdered. It's also about the media who vilified some politicians' behavior and ignored or helped to hide philandering behavior of others.

5 Days	Lake Miona Recreation			FEE: R \$63 G \$69
HIS8560		Tu	3/4-4/1	4:00 PM-5:30 PM

MAKIN' THE 60'S FAB WITH THE BEATLES

Dave Schwensen

Get ready to go back in time to a decade of change and the music group that made it happen. Baby Boomers were on the front lines and seated in front rows as John, Paul, George and Ringo invaded North America-and it was never the same since. We'll return to the early 1960's with a look back at the headlines, popular music and what it is now called "pop culture." Once the stage was set and the planets aligned, America discovered a new breed of teen idols on February 9, 1964, when The Beatles performed on "The Ed Sullivan Show."

1 Day	Rohan Recreation			FEE: R \$15 G \$21
HIS1121		Tu	3/4	6:00 PM-7:15 PM

Have Questions? Check the FAQ's on PAGE

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MEDICAL MILESTONES: THE GIANTS OF MEDICINE*Gary Prager & Barbara Quick***NEW**

On day one this fascinating class will introduce the giants of medicine. Their endeavors gave us the basis for the medical care we receive today. We meet Galen, Harvey, Lister and Pasteur who introduce us to the earliest treatments of medical maladies. On day two, a leap forward to the mid 1800's and the discovery of anesthesia brings us to William Halstead, the father of modern surgery, and his counterparts that laid the foundation for today's medical advancements.

2 Days Sterling Heights Recreation FEE: R \$50 G \$56
 HIS1700 Th 2/13-2/20 1:00 PM-3:00 PM

NORSEMEN: HISTORY OF THE VIKING TERROR & TREASURES*Lisa Didier***NEW**

Viking facts and fiction re who they were, their ships, weapons, navigation, how they dressed for battle and the treasures they left behind.

1 Day Eisenhower Recreation FEE: R \$25 G \$31
 HIS8970 Th 2/27 1:30 PM-3:00 PM

OPERATION "VICTORY TRAIL" MAY 26, 1967*George Massey*

Overview of a typical special forces A-Team with a detailed account of building the A-Team camp in Vietnam, 1967. Participant will get an understanding of planning, coordination, and execution of a military operation conducted in a combat environment.

1 Day Lake Miona Recreation FEE: R \$20 G \$26
 HIS1679 W 1/22 10:00 AM-11:30 AM
 HIS1680 Th 2/20 2:00 PM-3:30 PM

OUR CONSTITUTION - FREEDOM'S HOPE*James Dragon***NEW**

The United States Constitution of 1789 is the world's longest enduring written charter of government. The Constitution's genius begins with recognizing both the virtues and limitations of human nature. It establishes a system of government that channels human nature toward the good of all. Learn about the world's oldest national Constitution, still in use, and how the Framers brilliant design was biblically inspired.

4 Days Fish Hawk Recreation FEE: R \$40 G \$46
 HIS1400 Th 10/10-10/31 3:00 PM-4:30 PM

PIONEER WOMEN*Carolyn Ingham*

This is the story of wives, mothers, prostitutes, and mail order brides who made the 2,400-mile trip across the continent in the mid-1800s. Imagine a 6-8-month journey in a wagon with no springs, in 100-degree heat, through drenching summer storms. This is the story of these brave, flesh and blood women.

2 Days Lake Miona Recreation FEE: R \$30 G \$36
 HIS8540 Tu 10/15-10/22 4:00 PM-5:30 PM

SPORTS TIME TRAVELER: BASEBALL, FOOTBALL AND BASKETBALL*Len Ferman***NEW**

Sports historian Len Ferman is The Sports Time Traveler. He travels back in time virtually, via newspaper archives, to uncover and bring back to life heart-warming stories about great athletes from 50 - 100 years ago. Len will share exciting stories he has researched from three different sports; baseball, football and basketball. Each will be told through a dynamic multi-media presentation.

1 Day Rohan Recreation FEE: R \$15 G \$21
 HIS4300 Tu 1/7 1:00 PM-2:30 PM

SPORTS TIME TRAVELER: GOLF, TRACK & FIELD AND THE OLYMPICS*Len Ferman***NEW**

Len Ferman will deliver a dynamic presentation as The Sports Time Traveler, taking you on a virtual trip back in time. Studying newspaper stories from 50 - 100 years ago, Len will share his heart-warming and exciting stories about great athletes from the past in golf, track and field, and The Olympics. A dynamic multi-media presentation will enhance the gripping tales.

1 Day Rohan Recreation FEE: R \$15 G \$21
 HIS4310 Tu 1/7 3:30 PM-5:00 PM

THE BARBIZON HOTEL: THE ADDRESS WHERE LIVES WERE LAUNCHED*Lisa French*

From the Roaring Twenties until the Mid-70's, the famous women-only residential Manhattan hotel was THE place to start the life of your dreams in the Big Apple. There were aspiring authors, budding artists, a handful of husband hunters interspersed with women determined to craft their own independent destinies. The Unsinkable Molly Brown, Eudora Welty, Elaine Stritch, Princess Grace Kelly and dozens more all checked in.

4 Days Lake Miona Recreation FEE: R \$60 G \$66
 HIS2151 Th 10/24-11/21 1:00 PM-2:30 PM

THE BLITZ OF LONDON AND RAMPANT CRIME WORLD WAR II 1940-44*Gary Prager*

It is commonly believed the Blitz of London and other U.K. cities during World War II brought out the best of the civilian population. While true, there was a dark side of criminality that is not as well known. Robbery, looting, black marketing, fraud and murder flourished on a scale not seen before or since. This presentation will delve into many fascinating facts presenting a unique perspective of events of this time and the government's response.

1 Day Rohan Recreation FEE: R \$25 G \$31
 HIS1611 Th 11/7 2:00 PM-4:00 PM

THE CIA MUSEUM: THE FINAL TOUR (PART 3)*Donald Wyman*

This third "Private Tour" has the widest selection of Spy Gear than all the rest, including artifacts from the CIA and "acquired" devices from East German, Russian, and other foreign government intelligence agencies. These are cutting edge devices not available, and never seen by the public. Devices so creative and inventive that required the most scientific, even devious minds to imagine, and then create, to solve espionage challenges around the world.

1 Day Eisenhower Recreation FEE: R \$18 G \$24
 HIS7004 W 2/26 1:00 PM-2:30 PM

THE CIA MUSEUM: THE FINAL PRIVATE TOUR? (PART 4)*Donald Wyman*

On the occasion of the CIA's 75th Anniversary of its creation, Don Wyman was invited to attend the festivities and retour the "not open to the public" CIA Museum. As a result, this tour #4 will include items declassified and added over the past couple of years and he will reveal those previously, highly classified artifacts and the stories behind them. Will this be the final CIA Museum Tour?

1 Day Eisenhower Recreation FEE: R \$18 G \$24
 HIS7103 W 3/26 1:00 PM-2:30 PM

NEVER STOP
LEARNING,

HOBBY

ACTING CLASSES FOR NON-ACTORS

Dean Corbett

You don't have to be an actor to learn acting techniques that can help you in other endeavors of your life. Learn how to take command before a group or audience, including speech, movement, presentation, delivery and improvisation. Discover memorization techniques, focus and relaxation exercises. Through monologues and scene work, become at ease with performing. Learn how to interpret a script, how to develop a character and bring life to the words you are reciting while having fun!

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
HOB9005		Sa	10/19-11/23	1:00 PM-3:00 PM
HOB9006		Sa	2/8-3/15	1:00 PM-3:00 PM

BRAIN GAMES

Martha Whaley

Do you need ideas of activities to stimulate your brain other than Crossword puzzles and Mah Jongg? This class is for you. Each class has different multiple activities to get your brain working. Examples may include: Concentration, Riddles, Word Relations, Rebus puzzles, The Price is ???, Categories, Syllables, and many more. Join us as we laugh, think and work our brain.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HOB7231 (#1)		M	10/7	10:00 AM-12:00 PM
HOB7232 (#2)		M	1/20	10:00 AM-12:00 PM
HOB7233 (#3)		M	3/24	10:00 AM-12:00 PM

BRIDGE: BASIC DUPLICATE BRIDGE

Debra Brunoehler

Learn the fundamentals of bidding and play of the cards. Each lesson introduction followed by four hands played specific to the lesson material. A student completing this course will be able to enjoy the game in any social setting or the many beginning games provided by The Villages Duplicate Bridge Club. The last half of the class will introduce specific duplicate conventions; Stayman, Transfer, Pre-Emptying, and more. Required textbook "Bidding in the 21st Century" by Audrey Grant available for purchase for **\$15.00** at the first class.

8 Days	Ezell Recreation			FEE: R \$100 G \$106
HOB2725		Tu	10/1-11/19	9:30 AM-12:00 PM
HOB2726		Tu	1/14-3/4	9:30 AM-12:00 PM

CHESS

Matthew Noble

A comprehensive introduction to chess to include the rules, basic strategy and introduction to more advanced concepts. Research has found that chess can play a valuable part in continuing education. Chess can teach discipline, increase self-confidence, improve decision making abilities, and enhance organizational skills.

4 Days	Bridgeport Recreation			FEE: R \$50 G \$56
HOB4515		W	10/9-10/30	3:30 PM-4:30 PM
HOB4516		W	1/8-1/29	3:30 PM-4:30 PM

4 Days	Chatham Recreation			FEE: R \$50 G \$56
HOB4517		W	2/5-2/26	3:30 PM-4:30 PM



CHESS: ADVANCED

Matthew Noble

This course will continue to build upon the concepts explored in the Chess Introduction Course. The class will explore more advanced concepts like pins, forks, skewers, and sacrifices. The lectures will also look at some of the chess greats and some of their most famous games.

4 Days	Bridgeport Recreation			FEE: R \$50 G \$56
HOB4408		F	11/8-11/29	3:30 PM-4:30 PM
HOB4409		F	2/28-3/28	3:30 PM-4:30 PM

CLOWNING AROUND: BASIC

Sharon Dwyer & Rebecca Montgomery

This class will teach you the basics of clowning. If you want to be a clown and perform for others, just dress up for your grandchildren, perform at parties or just plain put a smile on someone's face, then this class is for YOU! This class will help you to achieve the skills needed to apply make-up, put together your costume, the skill of selling a joke; put together props and introduce you to some slight of hand tricks, and puppetry. Supply Fee **\$35.00** payable at the 2nd class.

8 Days	Bridgeport Recreation			FEE: R \$50 G \$56
HOB2204		Tu	10/8-11/26	6:00 PM-8:00 PM
HOB2205		Tu	2/4-3/25	6:00 PM-8:00 PM

DOGGIE DECORUM

Marilyn Gaffney

Does your dog react inappropriately to people, golf carts, other dogs, various other situations? Are those encounters embarrassing? This class, taught by an instructor certified by the National Association of Dog Obedience Instructors, is for humans only. A demo dog will be present. Learn how to extinguish undesirable behaviors and teach your dog to be polite and proper, while building a stronger relationship with your four-legged family member.

2 Days	Lake Miona Recreation			FEE: R \$65 G \$71
HOB6532		Tu	11/5-11/12	3:00 PM-5:00 PM
HOB6533		Tu	1/21-1/28	3:00 PM-5:00 PM
HOB6534		Tu	3/4-3/11	3:00 PM-5:00 PM

KEEP ON
GROWING!



DRONE FLYING STEP 1 - DRONE BASICS

Don Wiley

Drone Flying Step 1 is designed for new and prospective drone flyers. This course covers general drone information, rules, and regulations for flying, guidance for buying your first drone, basic flying skills, and best practices. Drone ownership is not required. For information about the course and recommended supplies contact: Don Wiley, at Don@goldwingnut.com or **352-661-6175**.

4 Days Fenney Recreation FEE: R \$50 G \$56

HOB5014	W, F	1/8-1/17	9:00 AM-11:00 AM
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4 Days Rohan Recreation FEE: R \$50 G \$56

HOB5015	W, F	2/19-2/28	9:00 AM-11:00 AM
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DRONE FLYING STEP 2 FLY - FLYING WITH DJI FLY

Don Wiley

Drone Flying Step 2 FLY is for owners of DJI drones that use the DJI FLY app to fly their aircraft. This class focuses on the configuring, operating, and flying of these powerful aircraft using the DJI FLY software. Student supplies needed: DJI drone that uses DJI FLY and tablet/phone display device. Supported aircraft to Mavic Mini series, Mavic Air, 2, 2S & 3, Mavic 3 series, DJI FPV and Avata. For more information about the course contact: Don Wiley, at Don@goldwingnut.com or **352-661-6175**.

4 Days Fenney Recreation FEE: R \$125 G \$131

HOB5408	W, F	1/29-2/7	9:00 AM-11:00 AM
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4 Days Rohan Recreation FEE: R \$125 G \$131

HOB5409	W, F	3/12-3/21	9:00 AM-11:00 AM
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LEARN TO SPEAK DOG

Marilyn Gaffney

Teach your dog appropriate and life-saving behaviors. Learn to communicate with your dog in a language understood by canines. This class is for humans only. A demo dog will be present. Instructor will teach and demonstrate the psychology of dog training, using positive training techniques, which you can apply with your dog. Lifesaving commands, such as come and boundary training, plus behaviors noted by participants, will be addressed. Help your canine companion become an even better member of your family.

4 Days Lake Miona Recreation FEE: R \$95 G \$101

HOB6509	Tu	10/29-11/19	1:00 PM-2:30 PM
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HOB6510	Tu	1/7-1/28	1:00 PM-2:30 PM
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HOB6511	Tu	2/18-3/11	1:00 PM-2:30 PM
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MAGIC FOR BEGINNERS

Jeff Kublin

This course is intended for individuals with little or no experience with magic. Over the three weekly sessions, the participants will learn various formats of magic including cards, ropes, coins and other props. You will be able to amaze your friends and grandchildren. Each session is a prerequisite to the next session. Supply fee of **\$20.00** payable to the instructor at class.

3 Days Lake Miona Recreation FEE: R \$88 G \$94

HOB2110	M	10/28-11/11	2:30 PM-4:00 PM
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HOB2111	M	1/27-2/10	2:30 PM-4:00 PM
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HOB2112	W	2/19-3/5	2:30 PM-4:00 PM
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MAH JONGG 101: BEGINNERS

Carolyn Fornataro & Martha Whaley

Learn to play American Mah Jongg, a very popular game in the community. Terms include Charleston, Bam, Dots, Walls, East, etc. along with rules of the game. Grab your friends and learn how easy this game is when taught correctly. We will have you playing in two weeks. No Mah Jongg card or Mah Jongg set needed to enroll.

4 Days Water Lily Recreation FEE: R \$100 G \$106

HOB7315	W, F	10/9-10/18	9:00 AM-11:30 AM
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HOB7316	W, F	1/15-1/24	9:00 AM-11:30 AM
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HOB7317	W, F	2/19-2/28	9:00 AM-11:30 AM
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HOB7318	W, F	3/12-3/21	9:00 AM-11:30 AM
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MAH JONGG 102: WINNING STRATEGIES

Martha Whaley

This interactive course is geared as a refresher course and gives more assistance to novice players. It includes setting up the tiles, passing tiles, deciding on a hand, rules of the game, and winning strategies. Also included is a section on playing faster. Basic knowledge of American Mah Jongg is needed for this course.

1 Day Lake Miona Recreation FEE: R \$30 G \$36

HOB7112	Tu	10/22	10:00 AM-12:00 PM
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HOB7113	M	12/16	10:00 AM-12:00 PM
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HOB7114	M	2/17	10:00 AM-12:00 PM
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MAH JONGG 103: CARD ANALYSIS

Martha Whaley

This class takes an in-depth look at the current American Mah Jongg card. Discover some of the secrets of passing tiles, deciding on a hand, changing hands and more. Play with more confidence! Win more hands!

1 Day Lake Miona Recreation FEE: R \$30 G \$36

HOB7259	M	10/28	10:00 AM-12:00 PM
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HOB7260	M	1/27	10:00 AM-12:00 PM
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MAH JONGG: ADVANCED STRATEGIES

Deborah Barnett

NEW

This interactive course takes the beginner to intermediate player to the next level. Learn strategies that will change the way you set up your tiles, play the Charleston, use Jokers and Flowers. Learn the secrets to fresh tiles, safe tiles, hot tiles and more. Learn all about "tells" and the edge they give you. This course will also prepare you to play with the most advanced players socially or in tournaments. Need a current NMJL card or may purchase one from the instructor for **\$15.00**.

4 Days Moyer Recreation FEE: R \$75 G \$81

HOB1550	Sa	10/12-11/2	12:00 PM-1:30 PM
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4 Days Ezell Recreation FEE: R \$75 G \$81

HOB1551	F	1/17-2/7	1:00 PM-2:30 PM
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4 Days Rohan Recreation FEE: R \$75 G \$81

HOB1552	Sun	2/23-3/16	11:00 AM-12:30 PM
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*Interested in becoming an Instructor
or Speaker of The Enrichment Academy?
Visit TheEnrichmentAcademy.org for more information.*

MAH JONGG: NAVIGATING THE CHARLESTON

Deborah Barnett

NEW

Learn the art of the Charleston through an expert instructor who will take you through the steps of forming your tiles choosing which tiles to pass, which tiles not to pass, stopping the Charleston and more. Need a current NMJL card or may purchase one from the instructor for **\$15.00**.

4 Days	Moyer Recreation			FEE: R \$75 G \$81
HOB1500	Sa	10/12-11/2	10:00 AM-11:30 AM	
4 Days	Ezell Recreation			FEE: R \$75 G \$81
HOB1501	F	1/17-2/7	3:00 PM-4:30 PM	
4 Days	Rohan Recreation			FEE: R \$75 G \$81
HOB1502	Sun	2/23-3/16	9:00 AM-10:30 AM	

NUMEROLOGY: LANGUAGE OF NUMBERS

Frances Szarnicki

Students will learn to read numbers in a manner that is very similar to reading the alphabet. Beginners and experienced numerologists will appreciate this fresh approach to learning basic techniques. Using simple calculations, we will explore the programming set up in the name and the birthdate. Numbers outline how we look, how we act, how we think, and how we feel. Clearly, each of us has a certain mission to complete in this life. Discover your mission through Numerology.

4 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB7903	M	1/13-2/3	10:00 AM-11:30 AM	

NUMEROLOGY: ADVANCED

Frances Szarnicki

Expand your numerology vocabulary with the double-digit system. Here you will develop an in-depth understanding of how numbers speak with each other and create outcomes from that communication. You will learn to calculate the lessons that each of us must go through to graduate from the earth school classroom. The preprogrammed time periods outlined by numbers determine whether we are blessed with love, money, happiness, or a certain lifestyle in retirement. Once you have this knowledge you will never go back to single digit numerology.

4 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB7942	M	2/10-3/10	10:00 AM-11:30 AM	

SAMBA I: LEARN TO SAMBA AND I DON'T MEAN DANCE

Carolyn Fornataro & Martha Whaley

Participants will learn to play Samba, one of the most popular card games in The Villages. The course will include Samba terms, starting the game, playing the game, going out and scoring. The course will include an actual playing session. Join in the fun and learn Samba.

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2313	M	10/14	9:00 AM-12:30 PM	
HOB2315	M	1/13	9:00 AM-12:30 PM	
HOB2316	M	2/10	9:00 AM-12:30 PM	
1 Day	Water Lily Recreation			FEE: R \$40 G \$46
HOB2314	M	11/4	9:00 AM-12:30 PM	

SAMBA II: SUPER SAMBA AND SUPER-DUPER SAMBA

Carolyn Fornataro & Martha Whaley

In this class, you will have double the fun! This class is designed for those that have completed Samba I or have basic knowledge of Samba. This advanced 1-day class teaches you Super Samba and Super-Duper Samba. You will also learn the terms: Declare, Rollup, Complete and Close. This course will have two playing sessions to prepare you to play Super Samba and Super-Duper Samba with your friends.

1 Day	Water Lily Recreation			FEE: R \$40 G \$46
HOB2405	M	12/2	8:30 AM-12:30 PM	

SAMBA III: SAMBA TIPS, STRATEGIES & MORE!

Carolyn Fornataro & Martha Whaley

Samba Tips, Winning Strategies and more. Loaded with insights for Samba players of all levels. How to communicate with your partner, picking up the pile and going out to win. Practice scenarios to challenge you. Open playing session included.

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2603	M	3/10	9:30 AM-12:30 PM	

STAND-UP COMEDY WORKSHOP

Dave Schwensen

NEW

This is an interactive program that entertains and tickles the funny bone by encouraging audience volunteers to take a memorable turn in the stand-up comedy spotlight. Sharing tips, techniques, and top-secret information from his comedy workshops for The Funny Bone Comedy Clubs, you will have the opportunity to become the "star" of this fast paced and energetic showcase of laughter. Bring your sense of humor, and for extra fun, a favorite joke!

1 Day	Rohan Recreation			FEE: R \$20 G \$26
HOB7401	Th	2/27	6:00 PM-7:00 PM	

WOODCARVING FOR BEGINNERS

Christopher Whillock

NEW

Learn a new hobby with this hands-on class. Basic techniques, safety, wood selection and more. Step by step instructions while you carve your own wooden spoon project. Tools available for use or purchase. All supplies (Wood, tools, etc) are provided at class and included in the course fee. A separate supply fee is not required.

1 Day	Ezell Recreation			FEE: R \$75 G \$81
HOB1000	Tu	2/11	1:00 PM-4:00 PM	

1 Day	Lake Miona Recreation			FEE: R \$75 G \$81
HOB1001	Th	2/13	9:00 AM-12:00 PM	

HOME & ENTERTAINING

COASTAL CREATION: INTERIOR COASTAL LOOK EVERYONE LOVES!

Chris Cooper

How to bring that relaxed coastal vibe that works perfectly in Florida into your home! Get great tips for color, fabrics, rugs, art, and accessories that will encourage you to take your shoes off and feel like you live in a resort! We will cover how to identify your own personal coastal style, sources, and how to put it all together!

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
HOM1512	Tu	10/15	10:00 AM-11:30 AM	

1 Day	Rohan Recreation			FEE: R \$45 G \$51
HOM1513	M	3/10	10:00 AM-11:30 AM	

NEVER STOP
LEARNING,
KEEP ON
GROWING!

DECLUTTER AND ORGANIZE

LuAnn Duncan

Downsizing can be hard, and we tend to fill all available storage. Imagine the fun you'll have when everything is organized and looks the way you want it to look.

2 Day	Lake Okahumpka Recreation			FEE: R \$15 G \$21
HOM4605	Th	1/9-1/16	10:00 AM-12:00 PM	

DRIVEWAY POTLUCK PARTY FOODS

LuAnn Duncan

Having a driveway pot-luck party is a great way to meet your neighbors or spend time with your friends. Choosing the best foods to take can be a challenge. Some foods are safer than others and making something that stays safe, looks good and tastes good will help make a successful party! UF IFAS Extension Master Food and Nutrition Volunteers plan to assist with this program.

1 Day	Allamanda Recreation			FEE: R \$20 G \$26
ENT1355	Th	1/23	10:00 AM-12:00 PM	

1 Day	Coconut Cove Recreation			FEE: R \$20 G \$26
ENT1356	Th	3/27	10:00 AM-12:00 PM	

HOME MAKEOVER: UPDATE YOUR HOME FAST AND BUDGET FRIENDLY

Chris Cooper

It's easy to change things up and transform your home quickly for much less than you would think! Fast cosmetic changes that are very easy to achieve can make such a difference. Includes top 40 ways to create magic and make your home yours! Sources, solutions, and creative ideas in personalizing your home to your style and create a consistent, cohesive plan.

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
HOM1522	Th	11/14	10:00 AM-11:30 AM	

PULLING YOUR HOME TOGETHER

Chris Cooper

Let award winning designer Chris Cooper be your personal design consultant for a month! Over 4 weeks, we will evaluate your individual design challenge and explore options and solutions in pulling your home together into a style that reflects you and your new lifestyle. We will explore design concepts, color, solutions, sources, furniture placement, how to work with what you have, and how to create that "wow" factor. We will develop a cohesive plan and address budget in developing your own personal style. Extensive handouts. Supply fee of **\$10.00** payable to instructor in class.

4 Days	Lake Miona Recreation			FEE: R \$100 G \$106
HOM1503	F	2/7-2/28	10:00 AM-11:30 AM	

STRESS FREE ENTERTAINING

Chris Cooper

Over the course of 4 weeks, we will plan your next party or fantasy party. You will receive a step-by-step guide with professional tips on how to create and plan the most memorable and exciting parties that everyone will want to come to. Become a party master and truly enjoy your own party with confidence and style! Always a party last class. Supply fee of **\$23.00** payable to instructor at class.

4 Days	Lake Miona Recreation			FEE: R \$100 G \$106
ENT1602	Tu	1/7-1/28	10:00 AM-11:30 AM	

Learn more about our
Instructor and Speaker team.

Visit: TheEnrichmentAcademy.org > Our Team

LANGUAGE

AMERICAN SIGN LANGUAGE (ASL) BASIC LEVEL I

Katherine Montesino

Designed to develop the skills and knowledge needed to communicate in American Sign Language. ASL Basics is an introductory level course that establishes a novice range of communication skills. Emphasis on cultural practices distinct to those that approach the world from a visual perspective. Topics include: history and culture of the D/Deaf community, basic greetings and questions, sign the manual alphabet and role of facial expression and body language.

6 Days	Eisenhower Recreation			FEE: R \$75 G \$81
LAN1110	M	9/30-11/4	10:00 AM-11:30 AM	
LAN1111	Sun	1/5-2/16	1:00 PM-2:30 PM	
LAN1112	M	1/6-2/17	10:00 AM-11:30 AM	
LAN1113	M	2/24-4/7	11:30 AM-1:00 PM	

AMERICAN SIGN LANGUAGE (ASL) CONTINUATION LEVEL II

Katherine Montesino

Continuation of the Basic Conversational ASL that develops a novice range of communication skills with the ability to expand discourse based on prior knowledge. Emphasis on cultural behaviors and practices distinct to those that approach the world from a visual perspective. Continued expansion on ASL vocabulary, grammar, mouth morphemes with the introduction of spatial structures in ASL and considerations in deaf history and culture.

6 Days	Eisenhower Recreation			FEE: R \$75 G \$81
LAN1204	Sun	9/29-11/3	1:00 PM-2:30 PM	
LAN1205	Sun	2/23-3/30	3:00 PM-4:30 PM	
LAN1206	M	1/6-2/17	12:00 PM-1:30 PM	

AMERICAN SIGN LANGUAGE (ASL) ADVANCED LEVEL III

Katherine Montesino

The content in this course builds upon the foundation established in the ASL Basics and Continuation levels I and II. Emphasis will be on expanding vocabulary, conversational phrases, the use of space in ASL, time and money numbers, along with an introduction to the role of depiction in ASL. Also included will be further exploration of deaf history, culture and community. Students will begin utilizing ASL conversational techniques to include spatial awareness.

6 Days	Eisenhower Recreation			FEE: R \$75 G \$81
LAN1252	Sun	9/29-11/3	3:00 PM-4:30 PM	
LAN1253	Sun	1/5-2/16	3:00 PM-4:30 PM	
LAN1254	M	2/24-4/7	10:00 AM-11:30 AM	

AMERICAN SIGN LANGUAGE (ASL) ADVANCED LEVEL IV

Katherine Montesino

This ASL advanced level builds on the foundations established in the previous ASL courses to further develop expressive and receptive skills by applying various everyday topics to ASL concepts, facial and body postures, mouth morphemes, patterns and uses of numbers, spatial structure and idioms with the goal of developing ASL fluency. Deaf cultural values and perspectives will continue to be discussed.

6 Days	Eisenhower Recreation			FEE: R \$75 G \$81
LAN1261	Sun	2/23-3/30	1:00 PM-2:30 PM	



FRENCH (BEGINNER)

Susan Ferkel

Learn to speak, read, and write the French language to use when traveling or just for pleasure. Hints from travel to France, history and anecdotes included. Participants can expect to have fun learning and practicing with classmates as they develop vocabulary and grammar.

10 Days	Lake Miona Recreation	FEE: R \$85 G \$91		
LAN4106	M, W	10/7-11/13	4:00 PM-5:00 PM	9:00 AM-10:00 AM
LAN4107	M, W	1/6-2/5	4:00 PM-5:00 PM	9:00 AM-10:00 AM
LAN4108	M, W	3/3-4/2	4:00 PM-5:00 PM	9:00 AM-10:00 AM

FRENCH (ADVANCED BEGINNER)

Susan Ferkel

This course is for those not quite ready for intermediate. We will continue learning to speak, read, and write the French language to use when traveling or just for pleasure. Additional hints from travel to France, history and anecdotes included. Participants will have fun learning and practicing with classmates as they develop vocabulary and grammar.

10 Days	Lake Miona Recreation	FEE: R \$85 G \$91		
LAN4134	M, W	1/6-2/5	5:15 PM-6:15 PM	10:15 AM-11:15 AM
LAN4135	M, W	3/3-4/2	5:15 PM-6:15 PM	10:15 AM-11:15 AM

ITALIAN: BEGINNERS CONVERSATIONAL

Gianna (Joan) Ragona-Suarez

Learn basic conversational phrases that will be easy to remember and fun. Join with a friend, bring a journal, a pen and be ready to speak phrases in 6 weeks. Gianna has taught Italian for 10+ years. Supply fee of **\$10.00** payable to the instructor at class.

6 Days	Lake Miona Recreation	FEE: R \$75 G \$81		
LAN2007	M	10/14-11/18	2:00 PM-3:30 PM	
LAN2008	M	1/6-2/10	2:00 PM-3:30 PM	

ITALIAN: CONVERSATIONAL II

Gianna (Joan) Ragona-Suarez

Recommended to have completed beginners conversational. This course will focus on sentence construction, vocabulary and verb conjugation, deepening the ability to speak and understand. Includes travel phrases, cultural insights and fun usage of native phrases. Supply fee **\$10.00** payable to the instructor at class.

6 Days	Lake Miona Recreation	FEE: R \$75 G \$81		
LAN2303	M	2/17-3/31	2:00 PM-3:30 PM	

SPANISH 1

Elisa Fireman

Spanish 1 integrates all the modalities of Spanish, speaking, reading, writing, and listening, to help the students achieve a basic level of proficiency. Students will study the most elementary concepts of grammar, vocabulary, dialogue, and culture, focusing on activities and routines used in daily life and home. Supply fee **\$10.00** payable to instructor at class.

4 Days	Lake Miona Recreation	FEE: R \$75 G \$81		
LAN8003	W	10/9-11/6	4:00 PM-5:30 PM	

4 Days	Ezell Recreation	FEE: R \$75 G \$81		
LAN8004	W	1/8-1/29	4:00 PM-5:30 PM	

SPANISH 2

Elisa Fireman

Spanish II is a continuation of the Spanish I course. The course is designed to help participants develop listening, speaking, reading and writing skills. The course includes the development of all modalities of the language, with a heavy emphasis on grammatical structures and verb tenses. Supply fee **\$10.00** payable to instructor at class.

4 Days	Lake Miona Recreation	FEE: R \$75 G \$81		
LAN8021	W	11/13-12/4	4:00 PM-5:30 PM	

4 Days	Ezell Recreation	FEE: R \$75 G \$81		
LAN8022	W	2/5-2/26	4:00 PM-5:30 PM	

SPANISH 3

Elisa Fireman

NEW

Participants will continue developing listening, speaking, reading and writing skills, with a heavy emphasis on conversational usage. Supply fee **\$10.00** payable to instructor at class.

4 Days	Ezell Recreation	FEE: R \$75 G \$81		
LAN8040	W	3/5-4/2	4:00 PM-5:30 PM	

SPANISH FOR TRAVELERS

Elisa Fireman

NEW

Are you traveling to a Spanish-speaking country and would like to be able to converse a bit in Spanish? This fun, easy-paced course will teach you how to order in a restaurant, ask for and understand directions, plus vocabulary and expressions to use when you go shopping. Supply fee of **\$10.00** payable to instructor at class.

4 Days	Lake Miona Recreation	FEE: R \$75 G \$81		
LAN8050	W	10/9-11/6	6:00 PM-7:30 PM	
LAN8051	W	11/13-12/4	6:00 PM-7:30 PM	

LITERATURE

GEOFFREY CHAUCER AND THE CANTERBURY TALES

Linda Griffin, PhD

NEW

Geoffrey Chaucer is a writer for all ages. He wrote in a time period (1300's) much like our own, threat of wars, diseases, labor disputes, high taxes, dangerous new ideas, etc. His most famous work was Canterbury Tales, about a composite of persons from that time who are traveling from London to Canterbury to see the shrine of St. Thomas a Becket. Along the way they each tell a tale, demonstrating a variety of styles and genres. The tales are entertaining and informative about life in medieval England. No text purchase or prior reading required. Fun, interactive class!

3 Days	Ezell Recreation	FEE: R \$45 G \$51		
LIT1610	Tu	2/4-2/18	3:00 PM-4:30 PM	

The Enrichment Academy is committed to helping participants acquire knowledge for growth in mind, body, or spirit.

MURDER 101 - INTRO TO MYSTERY AND MAYHEM

Dr. Frank Ancona

This presentation, an introduction to mystery and mayhem, provides everything you want to know about "Whodunits". The class is a hybrid in that it combines an overview of the genre including a little history, hints about writing a great mystery, and class exercises consisting of "minute" mysteries to solve. Additionally, an overview of Edgar Allan Poe's involvement in a real-life murder case will provide attendees with all the information they need, so that when at home, they can put on their detective hats and take a shot at unraveling a homicide that is till this day, over a hundred and eighty years later, still unsolved.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
LIT1518		W	10/30	1:00 PM-2:30 PM
1 Day	Rohan Recreation			FEE: R \$15 G \$21
LIT1519		W	12/4	1:00 PM-2:30 PM
1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
LIT1520		Sa	1/25	1:00 PM-2:30 PM
1 Day	Water Lily Recreation			FEE: R \$15 G \$21
LIT1521		W	3/26	1:00 PM-2:30 PM

THE MULTI-TALENTED MARK TWAIN

Linda Griffin, PhD

NEW

Mark Twain was a gifted writer of short stories, novels and essays. We will look at these three genres to see his talent and how his life influenced his writing. Copies of short stories and essays as well as excerpts from novels will be provided. PowerPoint and DVD selections will add to the course.

3 Days	Ezell Recreation			FEE: R \$45 G \$51
LIT1600		Tu	1/7-1/21	3:00 PM-4:30 PM

MUSIC

BAGPIPES

Kevin Selfridge

This course will include instruction in playing the Highland Bagpipe. Participants who have some bagpipe experience, as well as those who have not played for a few years are welcome. Instrument required. There will be an expense of less than **\$100.00** for the purchase of recommended instrument and tutor book for beginners.

10 Days	Saddlebrook Recreation			FEE: R \$15 G \$21
MUS1008		Th	10/3-12/26	5:30 PM-8:30 PM
MUS1009		Th	1/9-3/13	5:30 PM-8:30 PM

ELECTRIC BASS: I

David Williams

For those who want to be part of a group that plays popular music but aren't interested in the guitar. This course will be your introduction to playing the electric bass so you can become part of a musical duo or combo. Bring your electric bass to class.

6 Days	Everglades Recreation			FEE: R \$130 G \$136
MUS8003		M	11/11-12/23	10:30 AM-11:30 AM

NEVER STOP
LEARNING,

KEEP ON
GROWING!

GUITAR: I

David Williams

We start immediately playing the guitar. Over the course of four weeks the student will be introduced to both chords and strum patterns which they will use to assist in their learning of a few songs. Along the way, other interesting and important music topics will be discussed including basic music theory. Students must own their own guitar and bring a 3-ring binder to class.

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7012		M	11/11-12/9	8:00 AM-9:00 AM
MUS7013		M	2/10-3/3	8:00 AM-9:00 AM
MUS7014		M	3/10-3/31	8:00 AM-9:00 AM

GUITAR: II

David Williams

Building off of Guitar I, the student will learn additional chords and more complex strum patterns. As in LGI, new songs will be used to maximize the students learning experience. As in LGI new theory topics will be discussed. Prerequisite: Students should have either completed Learn To Play The Guitar or Guitar I and have their own guitar.

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7210		M	12/30-1/20	8:00 AM-9:00 AM

GUITAR: III

David Williams

We will begin with a recap of LGI & LGII. This will be followed by the introduction of a few commonly used guitar tools with accompanying new songs. There will also be a continuation of introducing new chords and more complicated strums. Students must own their own guitar and bring a 3 -ring binder to class.

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7507		M	11/11-12/9	9:15 AM-10:15 AM
MUS7508		M	2/10-3/3	9:15 AM-10:15 AM

GUITAR: IV

David Williams

The focus of this class will be on movable chord shapes (barre chords) and learning songs that use them. As in the previous 3 sessions, new theory topics will be discussed. Students should have their own guitar.

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7708		M	12/30-1/20	9:15 AM-10:15 AM

GUITAR: V

David Williams

Guitar V class will continue with new tunes and chord shapes to add to the student's repertoire. It will introduce some basic improvisation tools to use while playing with others. Students should have their own guitar.

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7804		M	3/10-3/31	9:15 AM-10:15 AM

GUITAR: IMPROVISATION-BEGINNER PART 1

David Williams

This course is designed for those players interested in playing solos, adding fills and "jamming". Students should have a reasonable understanding of picking single note melodies and at least the beginnings of playing not just in the 1st position. Students must own their own guitar and bring a 3-ring binder to class.

6 Days	Everglades Recreation			FEE: R \$130 G \$136
MUS8303		M	12/30-2/3	10:30 AM-11:30 AM

KARAOKE FOR BEGINNERS

Bill Osterhold

NEW

This course will get you ready to WOW your friends the next time you step up to a karaoke microphone. Learn the ins and outs of handling a microphone, projecting your voice and picking the right songs. Other tips will be reviewed that help make karaoke easy and stress free.

2 Days	Sterling Heights Recreation			FEE: R \$25 G \$31
MUS3000	W	10/2-10/9	1:00 PM-3:00 PM	
2 Days	Bradenton Recreation			FEE: R \$25 G \$31
MUS3001	W	1/15-1/22	10:30 AM-12:30 PM	

MOUNTAIN DULCIMER INTRODUCTION

Jolie Fischer

If you have ever wanted to give playing an instrument a try, the Mountain Dulcimer is for you! We will work on basic techniques, playing skills, listening, playing with others and more. All will get you playing in a short time. Tuning will be DAD. If you don't own a dulcimer, some are available to rent for 6-weeks. Supply fee **\$15.00** for printed material payable to instructor at first class.

6 Days	Everglades Recreation			FEE: R \$40 G \$46
MUS8952	Tu	1/7-2/11	1:30 PM-3:00 PM	

MOUNTAIN DULCIMER MORE

Jolie Fischer

This class will continue to emphasize strumming and theory related to the layout of the dulcimer and look at new chords. We will look at playing tunes on the middle and base string. We will continue to look at placement of fingers to economize movement. Also, we will introduce playing in a different key with the help of a capo. Participant to bring 3-ring binder, music stand and chromatic tuner to class. Supply fee of **\$15.00** payable to instructor at first class.

6 Days	Everglades Recreation			FEE: R \$40 G \$46
MUS8971	Tu	2/18-3/25	1:30 PM-3:00 PM	

MUSICAL RULER - READING MUSIC

Kevin O'Connell

Learn how to read music through a musical ruler (measurement) method. Once you learn the musical ruler, you will understand rhythm, and then read music. Students will be provided a short paragraph and piece of music to read. No one has ever read this music flawlessly. It will then be shown why, and the musical ruler explained. At the end of the lecture, students will be able to read music provided by instructor. Supply fee **\$3.00** payable to the instructor at class.

1 Day	Rohan Recreation			FEE: R \$20 G \$26
MUS8715	Th	11/7	10:00 AM-11:15 AM	
1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
MUS8716	Th	1/23	10:00 AM-11:15 AM	

SIGHT READING THE VOCAL MUSIC SCORE

William Presley

Learn to recognize and interpret the instructions for singers contained in a vocal music score. The class focuses on the elements of the staff and clefs; notes and rests; sharps, flats, scales and the key signature; rhythm, tempo and so much more. By the end of the course, the student will be able to successfully sight read and sing a typical vocal score. The course is suitable for novice and early intermediate level students. Supply fee **\$16.00** payable to instructor.

5 Days	Lake Miona Recreation			FEE: R \$25 G \$31
MUS8907	F	10/4-11/1	1:30 PM-3:30 PM	
MUS8908	Th	2/13-3/13	1:30 PM-3:30 PM	

SING - IF YOU WANT TO SING, YOU CAN!

David Bankard & Michael Griffin

Singing is a skill anyone can learn! This course will teach you how to find your pitch; use your posture and breath control to improve your sound; develop a pleasing tone and become comfortable singing in public. All in a fun, patient and no-pressure environment designed to make singing enjoyable.

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
MUS9106	M	10/7-11/11	6:30 PM-8:00 PM	
MUS9108	W	2/19-3/26	6:30 PM-8:00 PM	
6 Days	Rohan Recreation			FEE: R \$60 G \$66
MUS9107	M	1/6-2/17	2:00 PM-3:30 PM	

UKULELE - FIRST STEP

Tim Robinson & Carol Brady

Designed to teach participants basic ukulele chords, strumming techniques and variations to make playing their ukuleles more enjoyable. For soprano, concert and tenor ukuleles. Loaner ukuleles are available from Tim upon request. Supply fee of **\$13.00** payable to instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
MUS4124	W	10/2-11/6	1:30 PM-3:00 PM	
6 Days	Bridgeport Recreation			FEE: R \$75 G \$81
MUS4125	W	1/8-2/12	1:30 PM-3:00 PM	
MUS4126	W	2/26-4/2	1:30 PM-3:00 PM	

UKULELE - NEXT STEP

Tim Robinson & Carol Brady

Designed to take the participants into more advanced chords, strumming techniques, tablature and variations that can be utilized, to embellish and personalize ukulele playing while participating with the various ukulele and music clubs. Loaner ukuleles are available from Tim upon request. Supply fee of **\$14.00** payable to instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
MUS7120	W	11/13-12/18	1:30 PM-3:00 PM	



PHILOSOPHY & PSYCHOLOGY

ADD HUMOR TO YOUR LIFE; ADD LIFE TO YOUR HUMOR

Lindsay Collier

Your sense of humor is one of the most powerful assets available to you. Learn why it is important, the nature and forms of humor, and some very creative ways to supercharge your own sense of humor. Full of laughs and you will leave with dozens of ways to enhance your life through humor. The techniques shared are very different, creative, and lots of fun to boot.

1 Day	Lake Miona Recreation			FEE: R \$30 G \$36
PHI8006		W	10/16	2:00 PM-4:00 PM
PHI8007		W	2/19	2:00 PM-4:00 PM

BE! BRAIN ENRICHMENT COURSE

Tweet Coleman, EdD

“Keep Your Mind and Memory Sharp” by Linda Sasser, Ph.D. professionally facilitated by Tweet Colman, Ed.D. Learn about lifestyle practices for maintaining brain health, improving attention, mindfulness, speed of processing. Memory techniques and engaging exercises to strengthen the brains processes of working memory, verbal fluency, long term memory, reasoning, problem solving and creativity (includes a comprehensive workbook). Supply fee of **\$20.00** payable to instructor at class.

5 Days	Lake Miona Recreation			FEE: R \$93 G \$99
PHI4009		Tu	2/4-3/4	6:00 PM-8:00 PM

BUILDING A BALANCED RELATIONSHIP WITH OTHERS

Helen Zimmewicz

Gain skills to create balanced relationships with others while feeling more confident and grounded. Identify types of connections; learn steps to build healthy relationships; boundary skills; identify ruptures in relationships and learn ways to repair them; improve communication; and gain skills to be more comfortable sharing emotions. Neurobiology will be incorporated and knowledge about how our nervous system interacts with our day-to-day functions to achieve balance.

4 Days	Lake Miona Recreation			FEE: R \$40 G \$46
PHI4525		F	11/15-12/13	1:00 PM-2:30 PM
PHI4526		W	2/26-3/19	1:00 PM-2:30 PM

BUILDING A COMPASSIONATE RELATIONSHIP WITH YOURSELF

Helen Zimmewicz

This course is filled with information to help you achieve a compassionate connection with yourself. Learn to identify and address the stories that affect you and transform them to respond rather than react; help identify and work with emotions as partners; urgency impact; stress management/ mindfulness skills; and so much more. Neurobiology will be included to help you understand how your brain and body are an integral part of achieving wellness.

5 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHI4505		F	10/4-11/1	1:00 PM-2:30 PM
PHI4506		W	1/15-2/12	1:00 PM-2:30 PM

Learn more about our
Instructor and Speaker team.

Visit: TheEnrichmentAcademy.org > Our Team

CONGRATULATIONS ON YOUR RETIREMENT! NOW WHAT?

Nancy Stampahar

It is time to create your second act, or perhaps your 3rd or 4th, into a retirement lifestyle that will bring you greater meaning, purpose, and joy. This “Retirement 101” course will help you discover your non-career identity, navigate the 5 Stages of Retirement, and stay out of the 10 Common Retirement Sand Traps. You will receive a comprehensive workbook to help you create a fulfilling lifestyle game plan based on your unique interests, skills, and abilities.

1 Day	Saluki Recreation			FEE: R \$25 G \$31
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PHI1504		Th	10/17	1:00 PM-3:00 PM
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1 Day	Allamanda Recreation			FEE: R \$25 G \$31
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PHI1505		Th	2/27	10:00 AM-12:00 PM
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CREATE YOUR OWN VISION BOARD

Peg Harvey

Creating a vision board is a fun and powerful way to start the new year. This course begins by explaining how and why creative visualization works. Then, you’ll assemble a purposeful collage of inspirational images and messages representing your dreams and goals for the upcoming year. If you can see it, you can be it! Supply fee of **\$10.00** payable to instructor day of class.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
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PHI1150		Th	1/9	9:00 AM-12:00 PM
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PHI1151		W	1/29	9:00 AM-12:00 PM
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ENHANCE YOUR INTUITION – BEGINNING

Elisa Fireman

In Enhance Your Intuition (Beginning) you’ll learn the different types of intuition, which type is your strongest and techniques to strengthen and deepen your intuition. You’ll be introduced to grounding and breathing techniques and will receive guidance as we practice. Supply fee of **\$5.00** payable to instructor at class.

3 Days	Ezell Recreation			FEE: R \$50 G \$56
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PHI4805		W	1/8-1/22	6:00 PM-7:15 PM
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ENHANCE YOUR INTUITION – INTERMEDIATE

Elisa Fireman

Continuing the journey, we’ll learn about our nervous system and its impact on intuition, the pineal gland and nutrition for intuition. We’ll continue techniques to strengthen your intuition, too! Supply fee of **\$5.00** payable to instructor at class.

3 Days	Ezell Recreation			FEE: R \$50 G \$56
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PHI4822		W	2/5-2/19	6:00 PM-7:15 PM
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ENHANCE YOUR INTUITION – ADVANCED

Elisa Fireman

NEW

In our third course, we’ll keep strengthening our intuition. We’ll have practical exercises to help you develop your intuition while we learn about the use of music and intuition. You’ll create a plan that will help you maintain and further your progress once you finish the course. Supply fee of **\$5.00** payable to instructor at class.

3 Days	Ezell Recreation			FEE: R \$50 G \$56
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PHI4830		W	3/5-3/26	6:00 PM-7:15 PM
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EXPLORING THE AFTERLIFE

Roberta Moore

Have you ever wondered what happens when people pass on? People who have died temporarily, and who have had Near-Death Experiences (NDEs) provide rich descriptions of their journeys. Many who report After-Death Communications (ADCs), provide more confirmation of the afterlife and help reinforce our understanding. This class will emphasize the exploration of NDEs through lecture, video clips, and discussion. It will answer your curiosity about the afterlife, help relieve your grief, and reduce your fear of death.

1 Day	Lake Miona Recreation	FEE: R \$15 G \$21		
PHI3206	Th	10/10	10:00 AM-11:30 AM	
PHI3207	Th	1/23	10:00 AM-11:30 AM	
1 Day	Eisenhower Recreation	FEE: R \$15 G \$21		
PHI3208	Th	3/6	10:00 AM-11:30 AM	

EXPLORING THE AFTERLIFE CONTINUED

Roberta Moore

This course continues the exploration of Near-Death Experiences (NDEs) and other phenomena in greater depth. People who have died temporarily, and who have had NDEs provide descriptions of their journeys. Through lecture, video clips, and discussion, this course will answer your curiosity about afterlife, help relieve your grief, and reduce your of death. This class is for you, whether you have attended the first class or not; no pre-requisite.

1 Day	Lake Miona Recreation	FEE: R \$15 G \$21		
PHI3253	Th	10/17	10:00 AM-11:30 AM	
PHI3254	Th	1/30	10:00 AM-11:30 AM	
1 Day	Eisenhower Recreation	FEE: R \$15 G \$21		
PHI3255	Th	3/13	10:00 AM-11:30 AM	

FRIENDSHIP STRATEGIES

Nancy Stampahar

NEW

Whether you are an introvert or extrovert wanting to find "your people", this engaging class will help you come out of your shell and discover how to find your tribe and nurture healthy friendships. You will leave armed with an understanding of Dale Carnegie's, "How to Win Friends & Influence People" principles and effective conversation starters and strategies to foster new friends, enrich your current relationships, and build a connected sense of community. Each participant will receive a comprehensive workbook.

1 Day	Coconut Cove Recreation	FEE: R \$25 G \$31		
PHI1650	Th	10/24	10:00 AM-12:00 PM	
1 Day	Truman Recreation	FEE: R \$25 G \$31		
PHI1651	Tu	2/25	1:00 PM-3:00 PM	

FROM CIA TO GENEALOGY: TIPS TO RESEARCH YOUR ANCESTRY

Lisa Maddox

Instructor will provide a presentation about genealogy. She will start by covering her background as a CIA Officer, and how her skills and experiences prepared her for genealogical research. She will reveal tips about how to research your family history, along with dynamic case studies to highlight techniques and approaches.

1 Day	Ezell Recreation	FEE: R \$15 G \$21		
PHI4551	F	10/25	1:30 PM-3:00 PM	

HANDLING DIFFICULT SITUATIONS

Helen Zimmewicz

NEW

Life is filled with difficult situations. We will discuss how past events can affect your present health and well-being using the ACE survey and identify steps you can take to repair some of the concerns; looking at trauma responses from a brain perspective and identifying repair skills; addressing major issues related to medical diagnoses and how to navigate through them; and explore resilience skills to help handle difficult situations. Neurobiology will be incorporated to help you have a more compassionate response for yourself and others.

4 Days	Lake Miona Recreation	FEE: R \$40 G \$46		
PHI4530	Th	10/10-10/31	1:00 PM-2:30 PM	
PHI4531	F	2/28-3/21	1:00 PM-2:30 PM	

HOW TO LIVE A LIFE OF KINDNESS

Lindsay Collier

Carrying out acts of kindness can be immensely rewarding and has the capacity to change and enhance your life. This course is based on book, Kindness Rocks; How to Lead a Life of Kindness. You will leave with dozens of creative ideas on how to make kindness a major driving force in your life.

1 Day	Lake Miona Recreation	FEE: R \$30 G \$36		
PHI8204	W	1/29	1:00 PM-3:00 PM	

INTRODUCTION TO THE ENNEAGRAM

Charlotte Norris

In this basic series, learn the structure of the Enneagram and how to understand your behavior and others. Dive into the 9 Personality Profiles plus triads, wings and arrows. Self-awareness leads to better relationships. Prerequisite: online test either Riso-Hudson Type Indicator, RHET version 2.5 (**\$20.00**) or WEPPS at **WEPPS.COM** (**\$15.00**)

3 Days	Trillium Recreation	FEE: R \$35 G \$41		
PHI9732	W	1/15-1/29	1:00 PM-3:00 PM	

LANGUAGE OF DREAMS

Dr. Frank Ancona

This one session class will help you understand your dreams. Our spoken language is structured, and so is our dream imagery, but whereas waking life communicates through words, our dreams communicate through symbolic images. Learn how dreams communicate to awaken you to important messages about life, health, and mental wellbeing. Participants can voluntarily share their dreams with the class or privately and are encouraged to ask questions and share comments.

1 Day	Ezell Recreation	FEE: R \$15 G \$21		
PHI6116	W	10/16	1:00 PM-2:30 PM	
1 Day	Rohan Recreation	FEE: R \$15 G \$21		
PHI6117	W	11/20	1:00 PM-2:30 PM	
1 Day	Lake Miona Recreation	FEE: R \$15 G \$21		
PHI6118	W	1/8	1:00 PM-2:30 PM	
1 Day	Water Lily Recreation	FEE: R \$15 G \$21		
PHI6119	Sa	3/8	1:00 PM-2:30 PM	



Have Questions? Check the FAQ's on PAGE **4**

LIVING YOUR LIFE TO THE FULLEST

Lindsay Collier

It's been said that aging is an extraordinary process where you become the person you always should have been. In this course, explore dozens of creative ways to make that happen and help you "Grow Young". You will leave with many creative ways to live a happy, fun-filled, exciting, and long life.

1 Day	Lake Miona Recreation			FEE: R \$30 G \$36
PHI8105		W	3/12	1:00 PM-3:00 PM

MINDFULNESS - THE SCIENCE OF HEALTH & HAPPINESS

Tweet Coleman, EdD

Does every mind need Mindfulness? Yes, the perks of mindfulness are tangible and repeatable. Mindfulness can be a powerful tool for depression, anxiety and pain. Mindfulness practice will help to manage "monkey brain" and bring about peace and enhanced well-being. This is a fun, interactive class.

2 Days	Lake Miona Recreation			FEE: R \$30 G \$36
PHI2108		W	1/29-2/5	6:00 PM-8:00 PM

PHILOSOPHY FOR BEGINNERS

Michael Henry

NEW

If you took a course or two in philosophy a long time ago and would like to learn more, or even if you have never studied philosophy but enjoy discussing and debating the important questions in human life, you will find this course interesting and stimulating. It will introduce you to several important and also accessible works by major philosophers of ancient Greece and Rome that raise and propose different answers to some of the most fundamental questions regarding how we ought to live. All the readings are available on the internet.

6 Days	Lake Miona Recreation			FEE: R \$25 G \$31
PHI1300		Tu	10/8-11/19	10:00 AM-11:30 AM

RE-TIRE-MENT TO RE-ENERGIZE-MENT

Nancy Stampahar

Are you feeling unmotivated and looking for ways to help get yourself going? This energizing and engaging class will help you recognize critical success factors needed to embrace aging and retirement, as well as the #1 driver needed to move you forward. Utilizing James Clear's, Atomic Habits, and BJ Fogg's, Tiny Habits techniques, you will leave empowered and equipped with success-making habits and routines to shift your re-TIRE-ment into your re-ENERGIZE-ment. Each participant will receive a comprehensive workbook.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
PHI1604		F	11/1	10:00 AM-12:00 PM

1 Day	Homestead Recreation			FEE: R \$25 G \$31
PHI1605		F	1/17	3:00 PM-5:00 PM

SOCRATES FOR EVERYONE

Michael Henry

NEW

Probably the most famous philosopher in history, Socrates lived and was eventually executed during turbulent times in Athens. To a great extent his life's work - daily questioning, discussion, and debate in search of truth - was a response to the moral disorders and uncertainties in Athenian society. He said at his trial, "The unexamined life is not worth living for a human being." In this course you will find out what he meant by reading and discussing some of Plato's early dialogues, and you can decide whether you think Socrates' philosophy remains relevant twenty-four centuries after his death.

6 Days	Lake Miona Recreation			FEE: R \$25 G \$31
PHI1350		W	2/12-3/19	10:00 AM-11:30 AM

THE ARTIST'S WAY

Lisa Lehman

Join Lisa Lehman for a twelve-week journey of self-discovery and creativity. Based on the book "The Artist's Way" by Julia Cameron, this program has helped countless individuals overcome their creative blocks and fears. Through practical tools and exercises, Lisa will guide you in reconnecting with your passions and dreams. You'll develop journaling practice and be part of a supportive community of fellow participants. Participants bring their own copy of "The Artist's Way" by Julia Cameron and a 6 x 8 size journal to class.

12 Days	Lake Miona Recreation			FEE: R \$120 G \$126
PHI5102		Tu	1/7-3/25	1:00 PM-3:00 PM

THE POWER OF HEALTHY HABITS

Tweet Coleman, EdD

In this course you will learn to strengthen your good habits and eliminate bad habits. You will unlock your full potential and transform your life as you discover and cultivate habits that promote physical, mental and emotional well-being.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
PHI4022		Tu	1/7	6:00 PM-8:00 PM

THE POWER OF THE SUBCONSCIOUS MIND

John Maiorino

New scientific evidence demonstrates how you may acquire and use natural brain power to build your brain muscles and slow the aging process to achieve better health and happiness with the potential for a longer life. These sessions will illustrate what happens in the human body through videos and live applications so that you can strengthen your brain at any age.

1 Day	Aviary Recreation			FEE: R \$29 G \$35
PHI1413		Sa	10/26	1:00 PM-2:30 PM

1 Day	Bradenton Recreation			FEE: R \$29 G \$35
PHI1414		Sa	1/25	1:00 PM-2:30 PM

1 Day	Bacall Recreation			FEE: R \$29 G \$35
PHI1415		Sa	2/22	1:00 PM-2:30 PM

WHEN LIFE GIVES YOU LEMONS

Nancy Stampahar

Learn how to adapt and thrive through the toughest times to help you cope and overcome whatever life throws your way. In this engaging class, you will learn how to bounce back from the lemons you have been given and move forward. Explore powerful techniques that empower you to make a U-turn in life, as you get back on track toward confidence, happiness, and inner peace. Each participant will receive a comprehensive workbook.

1 Day	Pimlico Recreation			FEE: R \$25 G \$31
PHI1623		Tu	12/10	1:00 PM-3:00 PM

1 Day	Aviary Recreation			FEE: R \$25 G \$31
PHI1624		F	3/21	1:00 PM-3:00 PM

WHY MEDIATION?

Charlotte Norris

NEW

Why Mediation provides an overview of the benefits of the process, and what to expect when choosing mediation over litigation or arbitration. Mediation is a flexible alternative that allows the parties to control the outcome instead of placing important decisions in the hands of a judge, jury or arbitrator. Participants will also learn the application of mediation techniques in a variety of situations.

1 Day	Trillium Recreation			FEE: R \$45 G \$51
PHI9750		W	11/6	1:00 PM-2:30 PM

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
PHI9751		W	2/5	10:00 AM-11:30 AM

PHOTOGRAPHY

BASIC PHOTO EDITING WITH LUMINAR NEO SOFTWARE

John "Swede" Spoltore

Often, outstanding photo images you see don't come directly from the camera, most are enhanced with photo editing software. This 4 ½ hr. class will focus on Luminar NEO photo editing software that works on both PC's and Mac computers, as a "Stand Alone" or "Plug In". Basic photo editing covered: cropping, exposure, contrast, color saturation, converting images to B&W and so much more. Special editing effects: sky replacement, layers, masking, special effects, portraiture enhancement and more. Ownership of NEO is not required for the class. If owned, laptops are welcome.

2 Days	Colony Cottage Recreation	FEE: R \$80 G \$86		
PHO3108	M, Tu	10/7-10/8	6:30 PM-8:30 PM	
PHO3109	M, Tu	12/9-12/10	9:30 AM-11:30 AM	
2 Days	Everglades Recreation	FEE: R \$80 G \$86		
PHO3110	M, Tu	2/24-2/25	6:30 PM-8:30 PM	

DSLR PHOTOGRAPHY: INTRO & INTERMEDIATE

John "Swede" Spoltore

Change your photography from being a "Photo Taker" to a "Photo Maker". This 8 ½ hr. class covers using "DSLR" and "Bridge" digital cameras. Camera topics: shooting modes, exposure, white balance, ISO, shutter speeds, apertures, camera menus, shooting techniques, photo accessories, and managing your photos on your computer. Also featured: student participation plus photo e-mails & videos sent to the students. The first three class sessions will be 2 hrs. and the fourth session will be 2 ½ hrs with "Live Shooting". Bring your digital camera with fully charged batteries and camera manual to class.

4 Days	Rohan Recreation	FEE: R \$120 G \$126		
PHO2133	M, Tu	11/11-11/19	9:30 AM-11:30 AM	
4 Days	Lake Miona Recreation	FEE: R \$120 G \$180		
PHO2134	M, Tu	1/13-1/21	6:30 PM-8:30 PM	
PHO2135	M, Tu	3/10-3/18	9:30 AM-11:30 AM	

PHOTO EDITING WITH LIGHTROOM CLASSIC - INTERMEDIATE LEVEL

James Warner

Perform adjustments like cropping, exposure, sharpening, and color correction. Refine specific areas within an image to lighten or darken areas, create vignettes and remove blemishes to bring out the "heart" of the image.

2 Days	Lake Miona Recreation	FEE: R \$50 G \$56		
PHO5250	Tu	2/4-2/11	10:00 AM-11:30 AM	

PHOTO EDITING WITH LIGHTROOM CLASSIC: ADVANCED EDITING TOOLS

James Warner

A complete survey of the Masking Tools and the latest Artificial Intelligence tools to make your images all they can be. Learn useful time saving workflow tips and time saving techniques for improving batch processing of landscapes, portraits and street photography more fun. Step-by-step examples on how and why different tools are used to enhance your images to bring out their full impact.

2 Days	Lake Miona Recreation	FEE: R \$50 G \$56		
PHO5221	Tu, F	3/4-3/7	10:00 AM-11:30 AM	

PHOTO EDITING WITH LIGHTROOM CLASSIC: ORGANIZE PHOTO LIBRARY

James Warner

Locate, download, edit or share any image you have taken with just a few clicks! Gain control over you image collection through tagging, sizing, exporting to off-site storage sites and retrieving them at anytime, anywhere! Mac and PC applicable, basic computer skills are a prerequisite.

2 Days	Rohan Recreation	FEE: R \$50 G \$56		
PHO5231	M, F	1/27-1/31	10:00 AM-11:30 AM	
2 Days	Lake Miona Recreation	FEE: R \$50 G \$56		
PHO5232	Tu, F	3/11-3/14	10:00 AM-11:30 AM	

UNDERSTANDING THE "BIG FOUR" DIGITAL CAMERA SETTINGS

John "Swede" Spoltore

Digital cameras are controlled by the "Big Four" camera settings. This class focuses on DSLR & Bridge type cameras and will discuss and demonstrate camera settings of ISO, white balance, shutter speeds and apertures (f:stops). Once you understand these settings and correlation, your digital photo shooting will become more creative and versatile. Includes student participation with their cameras and instructor provided photo e-mails and video training. Master the "Big Four" camera settings and master your digital images. Bring your camera with fully charged batteries and camera manual to class.

1 Day	Lake Miona Recreation	FEE: R \$40 G \$46		
PHO3126	Tu	10/1	6:30 PM-8:30 PM	
1 Day	SeaBreeze Recreation	FEE: R \$40 G \$46		
PHO3127	W	2/12	9:30 AM-11:30 AM	

SCIENCE

MEET YOUR LOCAL WILDLIFE

Jim Davis & Nancy Kolkebeck

Embark on a captivating journey with "Meet Your Local Wildlife," where we delve into the fascinating wildlife inhabiting The Villages, Sumter, and the surrounding Florida counties. Guiding you through this adventure, instructors Jim Davis and Nancy Kolkebeck. Jim, serving as the County Extension Director for UF/IFAS Extension Sumter County, brings a wealth of expertise as a Natural Resources Agent. Nancy Kolkebeck, a Certified Florida Master Naturalist and resident of The Villages, adding a local touch to our exploration of the diverse wildlife in our community. Get ready to unravel the secrets of your surroundings and connect with the incredible wildlife that calls this area home!

1 Day	Lake Okahumpka Recreation	FEE: R \$15 G \$21		
SCI9072 (Florida's Raptors)	W	10/16	1:00 PM-3:00 PM	
SCI9043 (Reptiles)	W	11/20	1:00 PM-3:00 PM	
SCI9053 (Mammals)	W	12/11	1:00 PM-3:00 PM	
SCI9023 (Backyard Birds)	W	1/15	1:00 PM-3:00 PM	
SCI9010 (Florida's Native Birds)	W	2/19	1:00 PM-3:00 PM	
SCI9090 (Native Plants)	W	3/19	1:00 PM-3:00 PM	



Have Questions? Check the FAQ's on PAGE 4

SPEAKER SERIES

GARBO: THE SPY WHO SAVED D-DAY

Nigel West

Nigel West, globally renowned speaker from England recounts the extraordinary true story of the double agent codenamed GARBO who headed a German espionage network in England, comprising of 27 sub-agents in the months before D-Day. Operating his clandestine wireless transmitter, GARBO persuaded his controllers that the Normandy landings were a diversionary feint, and that the main assault would take place 200 miles away, a fortnight later, at the end of June 1944. GARBO's information led Hitler to cancel a massive Nazi armored counterattack. GARBO went into hiding at the end of the war, under the protection of the British Security Service, MI5. Who was he, and what happened to him?

1 Day	Seabreeze Recreation			FEE: R \$15 G \$18
SPS1085	Sa	10/19		1:00 PM-2:15 PM

VENONA: THE GREATEST SECRET OF THE COLD WAR

Nigel West

Join globally renowned speaker from England, Nigel West in the greatest secret of the Cold War. In 1943, a group of American cryptographers based at Arlington Hall solved the Japanese weather code and turned their attention to Soviet communications encrypted with supposedly unbreakable one-time pads. The project, designated VENONA, would last until 1979, and would not be declassified until 1995. The operation exposed hundreds of spies, including three moles in FDR's administration. Two elementary mistakes made in Moscow made VENONA possible and resulted in the identification of Soviet spies across the globe.

1 Day	Seabreeze Recreation			FEE: R \$15 G \$18
SPS1086	Sa	10/19		3:00 PM-4:15 PM

ATTRACTING BUTTERFLIES TO YOUR GARDEN

Alycyn Culbertson

Join Alycyn Culbertson, an expert gardener with 25 years of experience in gardening for butterflies, to explore what plants will draw and keep butterflies in your garden. Participants will receive information on the top nectar plants that thrive in our local climate, host plants, and their corresponding butterfly species.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1087	Th	11/14		2:00 PM-3:15 PM

WHERE THE WILD THINGS ARE

Michael O'Neill

Join award-winning wildlife photographer, Michael Patrick O'Neill, as he takes you on an unforgettable journey to the most remote corners of the world, to photograph exotic and elusive wildlife and learn what is like to live on the edge and succeed in this field.

1 Day	Ezell Recreation			FEE: R \$12 G \$15
SPS1088	F	12/6		1:00 PM-2:15 PM

PHOTOGRAPHY: IT'S ABOUT THE LIGHT

Andy Katz

There are many elements that go into a great photograph. Join Andy Katz, professional photographer and author of 15 books with images on over 6 million album covers, in a fascinating presentation about the light in your images. We will explore when the best time to shoot, how to use light to your advantage, and what to do when the light is bad. The aim of this talk is a toolbox for taking better photographs and understanding light.

1 Day	Rohan Recreation			FEE: R \$15 G \$18
SPS1089	Th	1/16		6:00 PM-7:15 PM

AMERICA'S NATIONAL PARK SYSTEM 5,000 MILE EXPLORATION

David Kroese

Join returning speaker David Kroese who shares remarkable experiences and stories from over 5,000 miles of spectacular hikes exploring the 430+ National Park Service units. Against the backdrop of striking scenery and a rapidly evolving present-day culture, we address strengths and current issues in our national park system.

1 Day	Everglades Recreation			FEE: R \$12 G \$15
SPS1090	F	1/17		3:00 PM-4:15 PM

FLARES, FLOWERS AND FUNK: IN THE 70S VINTAGE FASHION SHOW

Victoria Mobley

For many, the tumultuous 70's was a time of political and social unrest, but it was also a time for music, dancing and fashion. Bell bottoms, platforms and prints were all the rage, and the fabric of choice was polyester. Put on your boogie shoes as we welcome Fashion and the Automobile, illustrating the history of all those wild and crazy fashions of the 1970s!

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1091	Th	1/30		6:00 PM-7:15 PM

SPY PILOT: FRANCIS G. POWERS U-2 INCIDENT & COLD WAR LEGACY

Gary Powers

During his 1-hour presentation, Gary Powers will talk about the Cold War, U-2 Incident, the Spielberg movie Bridge of Spies that depicts his father's exchange for Soviet Spy Rudolph Abel, the misinformation that surrounded his father, and what he has done the past 30 years to set the record straight.

1 Day	Everglades Recreation			FEE: R \$12 G \$15
SPS1092	Th	2/6		6:00 PM-7:15 PM

PRESIDENTS AND THEIR FIRST LADIES: JIMMY AND ROSALYNN CARTER

William & Sue Wills

William and Sue Wills, returning speakers, present historical characters, capturing the personality and experiences of presidents and their first ladies. The Wills have brought life to the stories of 36 different Presidential couples over the last 30 years. Join us for a dramatic speaking performance on the personal side of 39th President and First Lady, Jimmy and Rosalynn Carter.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1093	Th	2/13		6:00 PM-7:15 PM

PHOTOGRAPHY: THROUGH THE LENS OF LOVE

John Barclay

If you are like me, you've probably chased after images, even images you might have seen searching for inspiration on social media. You have likely gone out with expectations, only to be disappointed when the conditions were not right, or you did not find what you anticipated. Photography is a creative art form. I have been learning to fall in love with, rather than just photograph what I am drawn to. How does the love of my subjects influence my photography? It boils down to this; photograph what makes my heart sing. I will share stories and my thoughts from a 20-year journey to where I now look through the lens of love.

1 Day	Everglades Recreation			FEE: R \$15 G \$18
SPS1094	Th	3/6		6:00 PM-7:15 PM

Have Questions? Check the FAQ's on PAGE

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UNsung HERO: FRANCES PERKINS, MOTHER OF SOCIAL SECURITY

JoAnn Peterson

"Meet" the first female U. S. Cabinet member, Secretary of Labor Frances Perkins, as portrayed by JoAnn F. Peterson. Known as the "Mother of Social Security," Perkins' legacy impacts every American and lives on through child labor laws, unemployment insurance, minimum wage, the 40-hour work week, worker's compensation, workplace safety laws, and old age pension. On Franklin D. Roosevelt's Cabinet, she relentlessly championed many of the New Deal programs which helped the nation weather the Great Depression. Q&A follows the Chautauqua portrayal.

1 Day	Rohan Recreation			FEE: R \$12 G\$15
SPS1095		Th	3/13	6:00 PM-7:15 PM

MURDER IN MEXICO: SPIES, ASSASSINS, AND THE CRIME OF THE CENTURY

H. Keith Melton

Join globally renowned speaker, H. Keith Melton in an evening of revelation and intrigue that will unveil the final secrets behind the assassination of Leon Trotsky. After forty years of meticulous research, H. Keith Melton unearthed the ice-axe used in the murder and gained exclusive access to unpublished letters from Trotsky's personal guards and classified documents. This presentation will reveal the clandestine activities of Ramon Mercader, the Soviet assassin who infiltrated Trotsky's inner circle and carried out the assassination. Learn the final, previously unanswered details of the assassination and how it paved the way for the greatest Soviet intelligence operation of the century, the theft of the US secrets for the atomic bomb. Following the presentation, attendees will have the unique opportunity to take a photo with the same 1928 Austrian ice-axe used in the murder.

1 Day	Eisenhower Recreation			FEE: R \$15 G\$18
SPS1096		Sa	3/22	1:00 PM-2:30 PM

SPIES, LIES, AND ROBOTS: THE RISE OF AI CHATBOTS

H. Keith Melton

AI chatbots have emerged as a significant challenge to national security, evolving from simple customer service tools to sophisticated entities capable of mimicking human behavior. Join H. Keith Melton in a fascinating presentation about the transformation AI poses and the dilemma for counterintelligence efforts, infiltrating various communication channels. We'll explore the evolution of AI chatbots and the threats they pose across different communication channels. Learn how counterintelligence agencies are addressing this growing threat and adapting national security policies to the dynamic landscape of technological espionage.

1 Day	Eisenhower Recreation			FEE: R \$15 G\$18
SPS1097		Sa	3/22	4:00 PM-5:30 PM

NEVER STOP
LEARNING,
KEEP ON
GROWING!

SPORTS

BASIC BICYCLE MAINTENANCE AND SAFETY

Gerry Lachnicht

Learn basic bicycle safety and maintenance to help keep both you and your bike in good shape! League-certified instructors will cover rules of the road and important safety considerations, along with basic maintenance, including brake checks and maintenance, tire inflation and changing a flat, chain cleaning, and other routines to keep your bicycle in top condition. Students are encouraged to bring their own bikes, and the instructors will help with individual maintenance issues as time permits. NOTE: eBike maintenance issues will not be covered in this course.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
SPO2012		F	10/25	1:00 PM-3:00 PM

1 Day	Rohan Recreation			FEE: R \$15 G \$21
SPO2013		F	1/17	1:00 PM-3:00 PM
SPO2014		F	2/14	1:00 PM-3:00 PM

BILLIARDS: BEGINNER

Kenneth Boguski

Learn basic billiard techniques, including stance, cue control, aiming and stroke. Cut, bank and combination shots will also be demonstrated. Cue ball manipulation: follow, draw and stop shots will also be taught. Supply fee **\$3.00** payable to instructor at the first class for printed handouts provided.

6 Days	Saddlebrook Recreation			FEE: R \$65 G \$71
SPO2144		Tu	10/8-11/12	9:00 AM-11:00 AM
SPO2145		Tu	12/3-1/21	9:00 AM-11:00 AM
SPO2146		Tu	2/11-3/18	9:00 AM-11:00 AM

BILLIARDS: INTERMEDIATE

Kenneth Boguski

Review beginner capabilities. Develop banking, speed control, cut shots, natural position, english. Hands-on training and handout materials. Supply fee **\$3.00** payable to instructor at the first class for printed handouts provided.

6 Days	Canal Street Recreation			FEE: R \$65 G \$71
SPO3127		W	12/4-1/22	9:00 AM-11:00 AM
SPO3128		W	2/12-3/19	9:00 AM-11:00 PM

BILLIARDS (BEGINNING)

John Wasilak

Instruction on the fundamentals and proper technique of pocket billiards. All the basic bridges will be covered, along with working on speed and positioning of the cue ball for the next shot (including follow, draw and english). Rules, terminology and playing games including: 8-ball, 9 ball, 14-1 (continuous), and one pocket. Cue sticks available for use at the facility or bring your own to class. Supply fee of **\$5.00** payable to the instructor at class.

6 Days	Riverbend Recreation			FEE: R \$65 G \$71
SPO2204		M, Th	1/6-1/23	9:00 AM-10:15 AM
SPO2205		M, Th	2/3-2/20	9:00 AM-10:15 AM
SPO2206		M, Th	3/3-3/20	9:00 AM-10:15 AM



BILLIARDS (INTERMEDIATE)

John Wasilak

Review of the fundamentals covered in the Beginning Billiards class. Bank shots will be covered with a presentation on the Diamond System and how to use the technique to help with the more difficult shots. Cue sticks available for use at the facility or bring your own to class. Supply fee of **\$5.00** payable to the instructor.

6 Days	Riverbend Recreation	FEE: R \$65 G \$71		
SPO2254	M, Th	1/6-1/23	11:00 AM-12:15 PM	
SPO2255	M, Th	2/3-2/20	11:00 AM-12:15 PM	
SPO2256	M, Th	3/3-3/20	11:00 AM-12:15 PM	

DRAGON BOAT BASICS

Sally Maust

Learn about one of the fastest growing, high energy, "core" focused team sports in the United States - Dragon Boating. In a 60-minute classroom setting, followed by two 60-minute paddling sessions on Lake Miona and Lake Sumter, you will learn the basics; safety, terms, stroke style, common practice drills, and boat commands. Experience the strength of 20 paddlers paddling as one, feeling the swing of the boat.

3 Days	Ezell Recreation	FEE: R \$40 G \$46		
SPO4111	M	11/4-11/7	Times Vary/Mornings	
SPO4112	M	3/3-3/6	Times Vary/Mornings	

THINK YOUR WAY TO BETTER PICKLEBALL

David Satka

NEW

Participants can expect to learn numerous tips that will immediately improve their pickleball games, all without practicing. This lecture style course is for all levels of players, particularly insightful to players who have stagnated at their current level. Players slowed by various ailments will also learn tips on how to succeed with mobility challenges.

1 Day	Colony Cottage Recreation	FEE: R \$25 G \$31		
SPO6000	Tu	11/12	4:00 PM-5:30 PM	
1 Day	Ezell Recreation	FEE: R \$25 G \$31		
SPO6001	Th	11/14	4:00 PM-5:30 PM	

TECHNOLOGY

AMAZON ECHO

Jay Gerhard

The Amazon Echo is an electronic personal assistant connected to the internet/cloud that allows voice interaction to ask questions and perform tasks. Hands-on training: Learn how to create lists, use a calendar, play music, connect lights, doorbell cameras (with Echo SHOWS), create routines and more. Learn how to use Echo/Alexa devices to get the most out of this incredible technology. Home WiFi and Amazon account are needed to operate Echo device.

3 Days	Lake Miona Recreation	FEE: R \$60 G \$66		
TEC1004	W	3/5-3/19	5:00 PM-6:00 PM	

APPLE IPHONE & IPAD: BASICS

JC Conklin

NEW

This class is offered as separate focuses on Mac, or iPhone and iPad. Each one takes you from the surface of navigation, exploration, and if you're coming from a PC, the comparison between. We dive into ways to make your use easier: making bookmarks for easy access sites, keyboard shortcuts, making folders, connecting devices, updates, Bluetooth, and much more. Recommend taking this class first if you're new to Apple Technology. The goal is to make sure you feel confident in knowing there is no wrong way to use your device.

1 Day	Lake Miona Recreation	FEE: R \$25 G \$31		
TEC3250	Th	10/10	9:00 AM-11:00 AM	
TEC3251	Th	10/24	11:30 AM-1:30 PM	
TEC3252	Th	1/9	9:00 AM-11:00 AM	
TEC3253	Th	1/30	9:00 AM-11:00 AM	
TEC3254	Th	2/6	11:30 AM-1:30 PM	
TEC3255	Th	3/13	2:00 PM-4:00 PM	

APPLE IPHONE & IPAD: INTERMEDIATE

JC Conklin

NEW

This is for those who feel as though they are very familiar with their iPhone, iPad but still want to know about all those things that are out there that they don't know; from optimizing your battery, increasing the text size of everything, to understanding dictation, and creating shortcuts to anything. Reminders, notifications, smart features, and Notes will also be covered. As life continues to pile up all the "To Do's", we find we are constantly juggling more and more - let's fix that.

1 Day	Lake Miona Recreation	FEE: R \$25 G \$31		
TEC3200	Th	11/14	2:00 PM-4:00 PM	
TEC3201	Th	1/23	9:00 AM-11:00 AM	
TEC3202	Th	2/13	11:30 AM-1:30 PM	
TEC3203	Th	3/20	2:00 PM-4:00 PM	

APPLE IPHONE & IPAD: CAMERA AND PHOTOS

JC Conklin

NEW

Learn how to use all the features of the camera in your iPhone, and then how to access those photos in the Photos app on your iPad, edit and enhance them, organize them into albums, and share your photos with family and friends.

1 Day	Lake Miona Recreation	FEE: R \$25 G \$31		
TEC6112	Th	10/17	11:30 AM-1:30 PM	
TEC6113	Th	1/23	11:30 AM-1:30 PM	
TEC6114	Th	2/20	2:00 PM-4:00 PM	
TEC6115	Th	3/20	11:30 AM-1:30 PM	

APPLE IPHONE & IPAD: CONTACTS AND CALENDARS

JC Conklin

NEW

Learn how to use the many useful features in the Apple Contacts and Calendars apps on your iPhone and iPad, sync them and access them across all your devices, and easily share appointments and calendars with your family and close friends, using iCloud.

1 Day	Lake Miona Recreation	FEE: R \$25 G \$31		
TEC4206	Th	11/14	11:30 AM-1:30 PM	
TEC4207	Th	1/30	2:00 PM-4:00 PM	
TEC4208	Th	3/13	9:00 AM-11:00 AM	



Have Questions? Check the FAQ's on PAGE **4**



APPLE IPHONE & IPAD: CUSTOM SETTINGS

JC Conklin

NEW

Everyone uses these devices differently; in this class we will explore ways to express yourself in your iPhone and iPad. Learn to make short clips of your grandkids to show up on the front of your phone, to create smart folders in email that only notify you when someone important reaches out. The sky is the limit, and as you understand more of the potential, you will truly see the many ways these devices can make your life easier. This class will go in depth into apple ids and passwords.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3150	Th	10/17	9:00 AM-11:00 AM	
TEC3151	Th	1/23	2:00 PM-4:00 PM	
TEC3152	Th	2/13	2:00 PM-4:00 PM	
TEC3153	Th	3/20	9:00 AM-11:00 AM	

APPLE IPHONE & IPAD: STAYING IN TOUCH

JC Conklin

NEW

Learn to stay in touch, from navigating Face Timing calls like a champ, to custom vibration ringtones for your special someone, to sending pictures, videos and other special things. This class also dives briefly into other apps that offer great opportunities to connect, like playing games with a grandchild, setting up weekly jokes to be sent to them, and many more.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3110	Th	10/10	11:30 AM-1:30 PM	
TEC3111	Th	11/14	9:00 AM-11:00 AM	
TEC3112	Th	1/9	2:00 PM-4:00 PM	
TEC3113	Th	2/6	2:00 PM-4:00 PM	

APPLE WATCH

JC Conklin

NEW

The Apple Watch has been re-designed and re-engineered to help you be more active, healthy, and connected. Learn how you can use and benefit from all the new productivity, health, and fitness features in your Apple Watch.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3711	Th	10/24	9:00 AM-11:00 AM	
TEC3712	Th	1/9	11:30 AM-1:30 PM	
TEC3713	Th	1/30	11:30 AM-1:30 PM	
TEC3714	Th	2/20	11:30 AM-1:30 PM	
TEC3715	Th	3/13	11:30 AM-1:30 PM	

ARTIFICIAL INTELLIGENCE (AI) INTRODUCTION

Michael Roth

NEW

Artificial Intelligence (AI) 101 will take students through using at least five AI systems. These include: Microsoft Cohost, Claude 3, Google Gemini, Descript, and Llama, how to set up an account and simple text editing audio and video editing using Descript. We will also demo Dall-e. Supply fee **\$15.00** payable to instructor at class. Recommended to bring your laptop or tablet.

2 Days	Lake Miona Recreation			FEE: R \$60 G \$66
TEC7150	F	10/18-10/25	10:00 AM-12:00 PM	

CHATGPT, ASK ME ANYTHING!

Mike Sarokin

ChatGPT is one of the hottest (and controversial) technologies to be introduced in recent years. Millions of people globally are exploring this technology, and we will too. We will clear up some of the myths and discuss the controversies. Let's ask ChatGPT anything and see where it takes us! We will also explore other emerging technologies similar to ChatGPT such as Google Gemini. Feel free to bring your phone, laptop, or tablet to explore with the class.

1 Day	Franklin Recreation			FEE: R \$25 G \$31
TEC2054	Tu	11/12	2:00 PM-4:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC2055	M	12/9	10:00 AM-12:00 PM	
1 Day	Rohan Recreation			FEE: R \$25 G \$31
TEC2056	Th	1/9	2:00 PM-4:00 PM	
1 Day	Bacall Recreation			FEE: R \$25 G \$31
TEC2057	Th	2/6	1:00 PM-3:00 PM	
1 Day	Ezell Recreation			FEE: R \$25 G \$31
TEC2058	Tu	3/18	2:00 PM-4:00 PM	
1 Day	Aviary Recreation			FEE: R \$25 G \$31
TEC2059	W	4/2	10:00 AM-12:00 PM	

CHERISHING MEMORIES - CREATE A PHOTO WEBSITE

Mike Sarokin

Many of us have thousands of photos and videos on our phone and computer. Learn how to share your photos and videos with family and friends by creating your own customized website. Prerequisite activity to load your photos to google photos before class begins is required to be completed as early as possible. Visit <https://prememories.sarokin.com> for details and a tutorial. Bringing a phone and/or laptop to class is encouraged, not required. You don't need to be a computer expert but need to be comfortable using a computer.

3 Days	Franklin Recreation			FEE: R \$60 G \$66
TEC2082	Tu	12/3-12/17	2:00 PM-4:00 PM	
3 Days	Lake Miona Recreation			FEE: R \$60 G \$66
TEC2083	Tu	1/14-1/28	10:00 AM-12:00 PM	
3 Days	Rohan Recreation			FEE: R \$60 G \$66
TEC2084	Th	3/6-3/20	2:00 PM-4:00 PM	

NEVER STOP
LEARNING,
KEEP ON
GROWING!

CYBER SECURITY - STAYING SAFE ONLINE

Steven Mintz

NEW

A deep dive into the world of cyber security and staying safe online. Learn the pitfalls of using public Wi-Fi at airports, restaurants, etc. What is "juice jacking" and how to handle phone calls asking for personal information. How to spot real hyperlinks from fake hyperlinks. Safe internet banking. What are MFA's, what is a secure password? Email, SMS texting, Facebook, virus protection. How to spot skimmers at ATM machines. Real cybercrime stories will be shared.

2 Day Eisenhower Recreation FEE: R \$50 G \$56
TEC2200 M, W 10/14-10/16 2:00 PM-3:30 PM

2 Day Lake Miona Recreation FEE: R \$50 G \$56
TEC2201 Tu, Th 3/4-3/6 10:00 AM-11:30 AM

DROPBOX

Jay Gerhard

Dropbox is a FREE app that lets you save, organize, view and share files on your computer and almost all of your electronic devices (iPads, android tablets, smartphones, etc.). You can access your files anywhere in the world via the internet. Hands-on training: learn how to install Dropbox, get files in, create folders and share your files with others. Keep your music sheets on Dropbox, too. iPad or tablet suggested for class.

3 Days Lake Miona Recreation FEE: R \$60 G \$66
TEC1060 W 11/6-11/20 5:00 PM-6:00 PM

FORSCORE MUSIC APP FOR IPADS ONLY

Jay Gerhard

ForScore is an iPad-ONLY app that lets you keep all your sheet music in one place on your iPad, organized and annotated. Hands-on training for importing songs, creating setlists for gigs and linking PDF songs to recordings so you can "play along" with the sheet music.

iPad & ForScore needed for class.

3 Days Lake Miona Recreation FEE: R \$60 G \$66
TEC1154 W 1/8-1/22 5:00 PM-6:00 PM

MAC MADE EASY

JC Conklin

NEW

Are you new to Mac? Or, would you like to learn how you can work with your Mac more productively and effectively? In these four sessions, you will learn how to customize and navigate your Mac, work with key apps, files and folders, ensure your information privacy and security, and how best to use iCloud to sync and backup all your information. Bring your fully charged MacBook (and iPad if you have one), Apple ID and Password.

3 Days Lake Miona Recreation FEE: R \$75 G \$81
TEC4407 Th 10/10-10/24 2:00 PM-4:00 PM
TEC4408 Th 2/6-2/20 9:00 AM-11:00 AM

PODCASTING 101 FOR BEGINNERS

Michael Roth

Learn basic beginner skills on how to create professional sounding podcasts. Participants will develop a storyboard and inventory each element to create their very own Podcast called "My Life Story". We will examine the difference between streaming and downloading to decide on the preferred syndication method, explore Podcasting websites (Windows based systems), create intro music, announcements and more! Supply fee of \$20.00 payable to instructor.

3 Days Rohan Recreation FEE: R \$60 G \$66
TEC7107 Th 2/13-2/27 1:30 PM-3:00 PM

SELLING ON EBAY 101

Barbara Quick

An introduction to eBay with explanation of navigating the site. How to identify your item and research the value. How to set up an account so you can buy and sell. How to handle problems that may arise. We will list an item in class to see full method.

2 Days Rohan Recreation FEE: R \$50 G \$56
TEC3010 Th 10/3-10/10 2:00 PM-3:30 PM
TEC3011 Th 1/9-1/16 2:00 PM-3:30 PM
TEC3012 Th 3/13-3/20 2:00 PM-3:30 PM

WATCH YOUR HOME MOVIES ON TV

Laney Waller

NEW

Technology offers several ways to watch old and new videos and photo slideshows from our televisions. Participants will learn what technical solutions exist and decide what solution best suits their needs. Then the instructor will advise what tools they need to "Do It Themselves" (DIY) or choose another service to simplify the process. As an example, we will demonstrate a TV APP which allows a person to watch videos and photo slideshows with a simple tap from their remote. Bring your laptop or Mac computer devices.

2 Days Lake Miona Recreation FEE: R \$45 G \$51
TEC1500 M, W 11/4-11/6 10:00 AM-11:30 AM

TRAVEL

CULTURE OF FRANCE FOR TRAVELERS

Susan Ferkel

Planning a trip to France or interested in the French culture? Learn the exciting aspects of French life; including language, art, culinary treats, music, fashion, literature, and a touch of history.

6 Days Lake Miona Recreation FEE: R \$65 G \$71
TRA7104 F 10/11-11/15 10:15 AM-11:15 AM
TRA7105 F 1/10-2/14 10:15 AM-11:15 AM

6 Days Trillium Recreation FEE: R \$65 G \$71
TRA7106 F 2/28-4/4 10:15 AM-11:15 AM

WORLD AFFAIRS

GREAT DECISIONS 2025

Roger Kass

The topics for Great Decisions 2025 are designed to involve you in a discussion of world affairs. Your facilitator is Roger Kass, an experienced facilitator with the Foreign Policy Association. The topics for 2025 Great Decisions program, selected by the FPA are to be determined. Supply fee \$35.00 per person, for the FPA briefing book and materials, payable to the instructor the first day of class.

9 Days Everglades Recreation FEE: R \$100 G \$106
WOR1104 Th 1/23-3/20 9:00 AM-10:30 AM

9 Days Lake Miona Recreation FEE: R \$100 G \$106
WOR1105 Th 1/23-3/20 7:00 PM-8:30 PM



INSIGHTS INTO ISLAM & MIDDLE EAST CULTURE

Roger Kass

This course offers insights into and a better understanding of the issues, attitudes, and culture of the part of the world referred to as the Middle East. We will explore and discuss the history of the region and of the religion. This is not a course on the religion of Islam.

8 Days	Everglades Recreation			FEE: R \$100 G \$106
WOR2102	Th	1/23-3/13		11:00 AM-12:30 PM

WRITING

ELEMENTS OF FICTION WRITING

Paul Byall

This course will explore the elements of fiction, including plot, point of view, summary vs scene, dialogue and imagery. Students will learn how to develop characters and transform an idea into a full-fledged story. Instructor will provide handouts.

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
WRI2203	Sa	10/12-11/16		4:00 PM-5:30 PM
WRI2204	Sa	1/18-2/22		4:00 PM-5:30 PM

JAPANESE HAIKU, TANKA AND MORE

Justine Sandburg

NEW

Join me for a four-week exploration of Japanese Haiku and Tanka, two venerable yet always new forms of poetry. What makes a Haiku more than a 3-line poem? What makes a Tanka more than a 5-line poem? Bring your imagination and writing tools as we explore in class and on our own on practice projects. We'll have fun along the way, developing our self-expression muscles.

4 Days	Lake Miona Recreation			FEE: R \$25 G \$31
WRI2500	Tu	2/4-2/25		10:00 AM-11:00 AM

WRITE YOUR LIFE STORIES

Patricia Charpentier

Do you have stories you want to write but are unsure of where or how to start? You're not alone. Join me to learn some of the many approaches to writing your life stories, how to retrieve long-forgotten memories, painlessly organize your stories, tell an anecdote in an interesting and creative way, and so much more. Join this exciting course and walk out with the beginnings of your life story. No previous writing experience is necessary.

4 Days	Colony Cottage Recreation			FEE: R \$63 G \$69
WRI2106	W	10/23-11/20		11:00 AM-1:00 PM

4 Days	Rohan Recreation			FEE: R \$63 G \$69
WRI2107	W	1/29-2/19		10:00 AM-12:00 PM

WRITE YOUR LIFE STORY IN LISTS

Patricia Charpentier

NEW

What if I told you writing your life stories can be as easy as making a list? We write lists all the time and can use the simple, everyday tool of list-making to tell our life stories. This fun, hands-on workshop takes list-making to a new level. You will learn how to tell a story using only lists, discover ways to use lists both as starting and ending points, and see the benefits of writing lists in several workshop exercises. Use this simple, easy, and effective tool to tell others who you are and how you became your wonderful self.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
WRI2260	Sun	10/6		2:00 PM-5:00 PM



WRITING THE TOUGH STUFF

Patricia Charpentier

NEW

You've already lived it, why would you want to relive it on the page? Many don't, but there are many reasons to put the experiences into words. Writing is not therapy, but it is therapeutic. You will see, understand, and gain insight as you commit the experience to paper and may find freedom on the other side. Learn how to write as a survivor of hurts, both large and small; how to care for yourself as you write, and how to take ownership of your story. No previous writing experience is required.

4 Days	Rohan Recreation			FEE: R \$63 G \$69
WRI2250	W	1/29-2/19		1:00 PM-3:00 PM

WRITING MORE THAN A NAME ON A PAGE

Patricia Charpentier

NEW

People who populate our life stories give life and energy to what we write. They are the vehicles that carry our stories, and the reader feels our experiences through them. These important people deserve to be more than just a name on a page. They need to be real-life human beings the reader can feel, hear, and know. In this fun, hands-on workshop, you learn how to bring people to life. No previous writing experience is necessary.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
WRI2290	Sun	3/16		2:00 PM-5:00 PM

YOUR LIFE STORY IN PHOTOGRAPHS

Patricia Charpentier

NEW

Remember that box of old photographs under the bed? Don't know what to do with them? Grab a handful of those old black and whites (but they do not have to be old or black and white) and bring them to this class where we'll look at ways to tell your life stories by combining images and words. You'll also learn how to look at photographs with an eye for story. No previous writing experience is required for this fun, hands-on class.

4 Days	Colony Cottage Recreation			FEE: R \$63 G \$69
WRI2200	W	10/23-11/20		2:00 PM-4:00 PM



REGISTRATION INFORMATION

THE ENRICHMENT ACADEMY

is committed to helping participants acquire knowledge for growth in mind, body, or spirit. Prior to registering, we encourage you to become familiar with our Registration Information Guidelines.

REGISTRATIONS:

Course registrations are on a first-come, first-served basis. Being mindful of course start times and registration periods will help with registration deadlines. Registrations are complete when payment information has been received and confirmed. The Enrichment Academy guarantees seats to only those with payment.

HOW TO REGISTER:

For your convenience, we have three easy ways to register.

ONLINE - TheEnrichmentAcademy.org. View the curriculum/course catalog and register 24/7.

IN-PERSON - Walk-in registrations available at any **At Your Service Location** from 8:30AM-4PM Monday-Friday and 8:30AM - 12PM Saturday & Sunday (**For locations see page 4**).

MAIL - You may mail your completed registration form to:
The Enrichment Academy, 3571 Kiessel Road,
The Villages, FL 32163. Do not mail cash as a form of payment. Please remember, mailing your registration does not guarantee you a spot in a course. We encourage you to call 352-674-1800 to confirm your registration is received. Please allow 3-5 business days after mailing before calling.

ACCEPTED FORMS OF PAYMENT:

Cash, Check made payable to "VCDD," Mastercard, Visa, Discover and American Express.

FEES:

Course fees are noted with each advertised course, and are collected at time of registration. Please note that some courses also call for supplies or supply fees at an additional cost to the participant. Supply fees are to be paid to the instructor the first day of class and are nonrefundable. There is a \$30 fee imposed per item for returned checks.

COURSE CONFIRMATIONS:

Participants will receive course confirmation receipt by email. If you do not receive a confirmation receipt, visit your online account or email TheEnrichmentAcademy@DistrictGov.org. Review your course information and all registered activities by accessing your online account at anc.apm.activecommunities.com/DistrictGov.org.

COURSE CANCELLATION/CHANGE POLICY:

Although we make every attempt not to cancel events, The Enrichment Academy reserves the right to change any schedule without advance notice, or cancel any course that does not meet minimum enrollment requirements. We reserve the right to postpone or combine courses, limit registrations, and to change instructors. Participants are notified of any cancellations and receive a full refund, which will be issued by check or credit card. It may take up to thirty (30) business days for a cancellation refund to be processed.

REFUND POLICY:

All participant driven refunds are subject to a cancellation penalty (50% of advertised course fee) per event. The Enrichment Academy must be notified up to six (6) full business days prior to the first day of the event (not counting the day of class) for eligible refund. Eligible refund amount is 50% of the advertised course fee.

- Not all requests for refunds can be accommodated.
- Refund policies are enforced regardless of the number of students registered for the course.
- No refunds are possible after six (6) business days prior to the first day of the event or thereafter.
- Registrations are not transferable between participants.
- It may take up to thirty (30) business days for a refund to be processed.
- Refunds will be issued by check or credit card.
- Any membership or supply fees are non-refundable.
- No other refunds or credits will be granted, for any reason, at any time.
- No discount will be given for missed classes, or if participant is unable to attend a rescheduled make-up class.

*To request a refund, email
TheEnrichmentAcademy@DistrictGov.org
or call 352-674-1800 8:30AM - 4PM Monday - Friday*

TRANSFER POLICY:

All participant driven transfers are subject to a \$10 non-refundable transfer fee* per event if The Enrichment Academy is notified up to six (6) full business days prior to the first day of the event being transferred out of (not counting the day of class).

- Not all requests for transfers can be accommodated, and completion of transfer depends on space availability of event requested to be transferred into.
- Transfer policies are enforced regardless of the number of students registered for a course.
- No transfers are possible after six (6) business days prior to the first day of the event or thereafter.
- The transfer business day policy applies to the event being transferred out of, not being enrolled into.

*To request a transfer, email
TheEnrichmentAcademy@DistrictGov.org
or call 352-674-1800 8:30AM - 4PM Monday - Friday*

WAIT LIST:

If a course is full, you may request to be placed on a waiting list. If space becomes available, you will be contacted with an option to register. Payment will be collected at that time. Please do not attend a course unless you have registered. Wait List status DOES NOT enroll you into a course or automatically place you in the next available course.

HOW TO REGISTER



MAKE-UP CLASSES:

Postponed classes by instructor, or postponements due to emergencies, holidays or special activities, will be made up by the instructor. Class dates missed by the participant will not be made up.

REQUESTS FOR ACCOMMODATIONS:

The Villages Community Development Districts (VCDD) will in compliance with the law, upon request, provide appropriate aids and services leading to effective communication for qualified persons with disabilities so they can participate equally in VCDD programs, services, and activities, including qualified sign language interpreters, assistive listening systems, documents in braille, and other ways of making information and communications accessible to people who have speech, hearing, or vision impairments. The type of auxiliary aid or service provided will vary in accordance with the length and complexity of the communication involved.

Any individual registered for a class with The Enrichment Academy who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate must:

- Indicate on registration form at time of registration that they require an accommodation.
- Contact The Enrichment Academy as soon as possible, but no later than 72 hours before the scheduled event.

While the VCDD will attempt to give primary consideration to the request of the individual, some of the accommodation requests offered by the VCDD include:

- Assisted Listening Systems – Assisted listening systems are available at all facilities operated by the VCDD.
- Qualified Interpreters – The VCDD will provide a qualified interpreter, upon request, in compliance with the law.
- Other Auxiliary Aids & Services – Additional services offered by the VCDD may include: printed written materials or materials in electronic format provided by email.

To request an accommodation, email
TheEnrichmentAcademy@DistrictGov.org,
call 352-674-1800 8:30AM - 4PM Monday- Friday,
or by mail at:
3571 Kiessel Road, The Villages, FL 32163

This catalog is intended as a general guide for the organization, programs, courses, and policies, all of which are subject to change without notice. Visit the registration website for detailed course information and availability. We regret any errors in printing, but accept no liability for them. All information contained in this catalog should be verified with The Enrichment Academy.

THE ENRICHMENT ACADEMY is a self-supporting department, with income supplied from the course fees. No other funds are received for the operations or curriculum of The Enrichment Academy.

Have Questions? Check the FAQ's on PAGE

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REGISTER FOR A COURSE TODAY!

The Enrichment Academy is committed to helping participants acquire knowledge for growth in mind, body, or spirit. It is a self-supporting department, with income supplied from the course fees. No other funds are received for the operations or curriculum of The Enrichment Academy. Prior to registering, please become familiar with our Registration Information Guidelines.

Course registrations are on a first-come, first-served basis. Being mindful of course start times and registration periods will help with registration deadlines. Registrations are not complete until payment information has been received and confirmed. The Enrichment Academy is unable to hold spots in a course without payment.

ONLINE:

TheEnrichmentAcademy.org

BY MAIL:

The Enrichment Academy
3571 Kiessel Road
The Villages, FL 32163

IN-PERSON:

AT YOUR SERVICE LOCATIONS MONDAY - FRIDAY | 8:30AM - 4PM

Colony Cottage Recreation
Eisenhower Recreation
Everglades Recreation
Ezell Recreation
Fenney Recreation
La Hacienda Recreation
Lake Miona Recreation

Laurel Manor Recreation
Mulberry Grove Recreation
Paradise Recreation
Rohan Recreation
Savannah Recreation
SeaBreeze Recreation



WEEKEND LOCATIONS:

SATURDAY & SUNDAY 8:30AM - 12PM

La Hacienda Recreation
Lake Miona Recreation
Eisenhower Recreation

Everglades Recreation
Rohan Recreation

How to Register Online

FOR RECREATION EVENTS & ACTIVITIES



Socials, Events, Camp Villages, The Enrichment Academy, Outdoor Excursions, Leagues, & more!

1 CREATE AN ACCOUNT

- Go to DistrictGov.org > Recreation, Parks & Golf > Recreation
- Scroll to Helpful Resources and click **Register Now** in the Online Registration box.
- In the new window, click **Sign In/Up** then the **Don't have an account? Join** link at the bottom.
- Fill out all required fields and create a password. All information should be related to the Resident including name, address & phone number.
- Read and accept the Terms of Use and click **Create Account** button.
- You will automatically receive an email after submitting your request. Click on the **Activate Now** button in the email to verify and activate your account.

2 REGISTER FOR AN ACTIVITY

- Click on the **Sign In/Up** button and sign in with your account information (log in name is your email address).
- Click the **Activities** button on the registration home page and select the activity that you would like to enroll in. *For faster selection, type keywords in the Activity Search box.*
- Click the **Enroll Now** button if you wish to register.
- Confirm provided details and click **Add to Cart**.
- Confirm your activity name, date and time, enrollee and price. *From this screen you may remove activities from your cart or view more and add them to your cart.*
- Click **Check Out** to pay for activities and finalize your spot.
 - Online registrations accept credit card payments only.
 - In-person registrations accept cash, check or credit card payments.
- Check your email for your confirmation receipt.
 - Confirmation receipt will include any additional necessary information pertaining to the activity.

IN-PERSON REGISTRATION LOCATIONS

The Villages Recreation & Parks AT YOUR SERVICE

Ezell
Fenney
La Hacienda
SeaBreeze

The Villages Recreation & Parks AT YOUR SERVICE

Colony Cottage
Eisenhower
Everglades
Lake Miona
Laurel Manor
Mulberry Grove
Paradise
Rohan
Savannah

Contact Recreation & Parks for cancellations and/or changes to activities.
Please read cancellation policy provided on receipt prior to calling Recreation & Parks.

The Villages®
Recreation & Parks



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FOR MORE INFO: RecreationDepartment@DistrictGov.org | 352-674-1800 | DistrictGov.org