

# LEARN & GROW COURSECATALOG

SPRING / SUMMER | APRIL 2025 - SEPTEMBER 2025



The Villages<sup>®</sup>  
Recreation & Parks



## REGISTRATION START DATES

RESIDENTS MON | MAR 24 | 8:30AM

GENERAL PUBLIC FRI | MAR 28 | 8:30AM



# TABLE OF CONTENTS

FAQ's .....	4
Aquatics .....	5 - 6
Art .....	6 - 10
Crafts.....	10 - 12
Culinary .....	12 - 15
Dance .....	15 - 19
Gardening .....	19 - 20
Health & Wellness .....	22 - 28
History .....	29 - 33
Hobby .....	33 - 36
Language .....	36 - 37
Literature.....	37
Music .....	38 - 39
Philosophy & Psychology.....	39 - 42
Photography .....	42
Science.....	42
Speaker Series.....	42 - 43
Sports .....	44
Technology .....	44 - 47
World Affairs.....	47
Writing .....	48
Registration Information .....	50 - 52

## 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](http://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](http://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](http://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    |                      |
| Eisenhower Recreation     | Lake Miona Recreation     |                      |
| Everglades Recreation     | Laurel Manor Recreation   | Rohan Recreation     |
| Ezell Recreation          | Mulberry Grove Recreation | Savannah Recreation  |
| Fenney Recreation         | Paradise Recreation       | SeaBreeze Recreation |

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

- 3 BY MAIL: 3571 Kiessel Road | The Villages 32163**



# AQUATICS

## AQUA CORE & MORE

*Jeanette Hofmann*

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
AQU1301	W	4/2-4/30		9:00 AM-9:50 AM
AQU1302	W	5/14-6/11		9:00 AM-9:50 AM

## AQUA YOGA

*Caryn Martin*

This course incorporates yoga asanas (poses), breathwork and meditation in the water. Designed for those who might experience limited range of motion (ROM) due to arthritis, joint pain and muscular discomfort. Slow mindful movements are used to reduce wear and tear on the joints while allowing the participant to fully experience stretching without pain. Nekdoodles are suggested for class.

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU9116	Th	7/17-8/7		10:00 AM-10:50 AM

## AQUATIC BODY BLAST

*Catherine Begin*

**NEW**

Get ready to "S'WET"™. This workout is guaranteed to get your heart thumping and your muscles pumping, using the resistance of the water and your own body. Not to mention fun workout themes and awesome music - this is a wet, watery fitness party you don't want to miss.

5 Days	Everglades Recreation			FEE: R \$40 G \$46
AQU6000	Th	7/3-7/31		9:00 AM-9:50 AM
AQU6001	Th	8/28-9/25		9:00 AM-9:50 AM

## DISCOVER SCUBA

*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
AQU2155	Th	5/15		9:30 AM-10:50 AM
AQU2156	W	7/16		9:30 AM-10:50 AM
AQU2157	M	9/8		9:30 AM-10:50 AM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## NEKDOODLE FUN

*Caryn Martin*

Nekdoodle neck float swimming collar provides soft cushion and support for the head and neck during aqua exercises. This class will explore the many ways you can use the Nekdoodle from floating meditation to strength and resistance work. Bring your Nekdoodle to class. Contact instructor at **301-254-5300** for information to purchase your Nekdoodle.

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU9152	M	6/16-7/14		9:00 AM-9:50 AM
AQU9153	Th	8/21-9/11		10:00 AM-10:50 AM

## SNORKELING

*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
AQU1152	Th	5/15		11:00 AM-11:50 AM
AQU1153	W	7/16		11:00 AM-11:50 AM
AQU1154	M	9/8		11:00 AM-11:50 AM

## 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 fear of the water and develop basic swim skills (freestyle/crawl). Caps for women, and swim goggles for all participants.

6 Days	Everglades Recreation			FEE: R \$55 G \$61
AQU4025	M W	4/28-5/14		10:00 AM-10:35 AM
AQU4026	M W	4/28-5/14		10:45 AM-11:20 AM
AQU4027	M W	5/26-6/11		10:00 AM-10:35 AM
AQU4028	M W	6/23-7/9		10:00 AM-10:35 AM
AQU4029	M W	6/23-7/9		10:45 AM-11:20 AM
AQU4030	M W	7/21-8/6		10:00 AM-10:35 AM
AQU4031	M W	8/18-9/3		10:00 AM-10:35 AM
AQU4032	M W	8/18-9/3		10:45 AM-11:20 AM
AQU4033	M W	9/15-10/1		10:00 AM-10:35 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
AQU5018	M W	4/28-5/14	11:30 AM-12:05 PM	
AQU5019	M W	5/26-6/11	10:45 AM-11:20 AM	
AQU5020	M W	6/23-7/9	11:30 AM-12:05 PM	
AQU5021	M W	7/21-8/6	10:45 AM-11:20 AM	
AQU5022	M W	8/18-9/3	11:30 AM-12:05 PM	
AQU5023	M W	9/15-10/1	10:45 AM-11:20 AM	

## SWIM WORKOUT

### Don Sheppard

For proficient swimmers, come enjoy a 35-minute swim workout consisting of kicks, pulls and full stroke. Swim goggles recommended.

6 Days	Everglades Recreation			FEE: R \$55 G \$61
AQU4509	M W	5/26-6/11	11:30 AM-12:05 PM	
AQU4510	M W	7/21-8/6	11:30 AM-12:05 PM	
AQU4511	M W	9/15-10/1	11:30 AM-12:05 PM	

## THERAPEUTIC AQUATIC BALANCE

### Brad Collett

**NEW**

Great class for participants who want to improve their balance through aquatic balance strategies, utilizing the buoyancy the water provides. We will learn and practice static and dynamic balance exercises to help improve stability, increase strength, and improve walking patterns to help maintain your function in the community. Open to all levels of fitness. Pool noodle required, bring your own or available at facility.

4 Days	SeaBreeze Recreation			FEE: R \$45 G \$51
AQU3500	W	5/14-6/4	3:00 PM-3:45 PM	
AQU3501	W	6/18-7/9	3:00 PM-3:45 PM	
AQU3502	W	7/23-8/13	3:00 PM-3:45 PM	
AQU3503	W	8/27-9/17	3:00 PM-3:45 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
AQU1010	M	4/7-5/12	9:00 AM-9:50 AM	
AQU1011	W	8/13-9/17	9:00 AM-9:50 AM	

Learn more about our  
Instructor and Speaker team.

Visit: [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) > Our Team



## ART

### ACRYLIC PAINTING: BEACH SEASCAPE

#### Arrachme

Dive into the art of capturing a midtone seascape, mastering the subtle dance of brush techniques that bring shores and horizons alive. Discover the palette that evokes the essence of a Florida Beach, blending color values to mirror the sun-kissed sands and the rhythmic ebb and flow of the sea. Unleash your creativity and immerse yourself in the magic of acrylics as you craft your own captivating seascape masterpiece. No previous experience is needed. All levels are welcome. Call instructor Arrachme at **828-230-6613** or visit [arrachmeart.com/classes](http://arrachmeart.com/classes) for supply list.

1 Day	Lake Miona Recreation			FEE: R \$65 G \$71
ART5055		Tu	4/29	12:30 PM-4:00 PM

### ACRYLIC PAINTING: EXPRESSIONS OF THE SOUL

#### Betty Costa

Explore the beauty and magic of your creative self through painting. Choosing your personal colors, shapes and lines with an intuitive approach, you will discover deeper levels of your primary self and build new bridges to your imagination. No previous experience is required. Course supplies registrant is required to bring to class are listed in the online description and customer receipt. Any questions about the class/supplies, contact the instructor at **603-759-4090**.

5 Days	Lake Miona Recreation			FEE: R \$75 G \$81
ART1110		M	4/21-5/19	8:30 AM-10:30 AM

### ACRYLIC PAINTING: SERENITY BUTTERFLY – ADVANCED

#### Ro Martinez Rimes

**NEW**

A fun class for experienced artists. Use acrylic on canvas to paint an abstract butterfly with linear op-art background. Experiment with a variety of techniques. All materials provided: 9x12 canvas, sawtooth for hanging, use of stencils, brushes and paint during class. Supply fee **\$15.00** payable to instructor at class.

2 Days	Lake Okahumpka Recreation			FEE: R \$80 G \$86
ART1700		Sa	4/19-4/26	9:00 AM-12:00 PM

Course Supply Fee is in addition to class fee.

**ACRYLIC PAINTING: TURTLES ARE BEAUTIFUL – INTERMEDIATE***Ro Martinez Rimes***NEW**

A fun class for artists with some experience. Use acrylic on canvas to paint an abstract underwater turtle scene. Learn a variety of techniques. All materials provided: 9x12 canvas, sawtooth for hanging, use of stencils, brushes and paint during class. Supply fee **\$15.00** payable to instructor at class.

<b>1 Day</b>	<b>Lake Okahumpka Recreation</b>			<b>FEE: R \$50 G \$56</b>
ART1720	Sa	5/24		9:00 AM-12:00 PM

**ART "IN" HISTORY***Paul Kroll*

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 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.

<b>3 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$38 G \$44</b>
ART1552	M	5/5-5/19		11:00 AM-12:30 PM
ART1553	W	9/10-9/24		1:30 PM-3:00 PM

**BOB ROSS: FLORAL OIL PAINTING LEVEL 1 BEGINNERS***Daisy Rosario***NEW**

This is a foundational skill building course to guide participants in the creation of beginner level floral oil paintings utilizing the wet-on-wet technique. Attendees will explore the use of brush techniques to paint different flowers with a modern flair using distinctive backgrounds, colors, and fading grades. All painting supplies are provided, and a supply fee of **\$30.00** is payable to the instructor in class. No painting experience required. To view scheduled paintings, visit [artisticaoils.com/beginners-florals-art](http://artisticaoils.com/beginners-florals-art).

<b>1 Day</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$65 G \$71</b>
ART2700	Tu	5/8		1:00 PM-4:00 PM
ART2710	Th	6/5		1:00 PM-4:00 PM
ART2720	Th	7/10		1:00 PM-4:00 PM
ART2730	Th	8/7		1:00 PM-4:00 PM
ART2740	Th	9/4		1:00 PM-4:00 PM

**BOB ROSS: FLORAL OIL PAINTING LEVEL 2 INTERMEDIATE***Daisy Rosario***NEW**

This is the second level of the Floral Oil Painting course, proposed to deepen your understanding of floral oil compositions. In this stage, we explore and expand with advanced flowers, perspectives, diverse backgrounds and containment still using the wet-on-wet technique and allowing for a dynamic and fluid painting style. The aim is to create contemporary artworks that are suitable for display in homes, offices, or galleries. All painting supplies are provided, and a supply fee of **\$30.00** is payable to the instructor in class. Prior oil painting experience or completion of Level 1 Beginner Floral Oils is highly recommended. To view scheduled paintings, visit [artisticaoils.com/intermediate-florals-lessons](http://artisticaoils.com/intermediate-florals-lessons).

<b>1 Day</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$65 G \$71</b>
ART2800	Th	5/15		1:00 PM-4:00 PM
ART2810	Th	6/12		1:00 PM-4:00 PM
ART2820	Th	7/17		1:00 PM-4:00 PM
ART2830	Th	8/14		1:00 PM-4:00 PM
ART2840	Th	9/11		1:00 PM-4:00 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 instructor at class. Course supplies registrant is required to bring to class are listed in the online description and customer receipt.

<b>5 Days</b>	<b>Colony Cottage Recreation</b>			<b>FEE: R \$100 G \$106</b>
ART4610	Tu	6/3-7/1		5:00 PM-7:30 PM

<b>5 Days</b>	<b>Eisenhower Recreation</b>			<b>FEE: R \$100 G \$106</b>
ART4611	Tu	7/15-8/12		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 instructor at class. Course supplies registrant is required to bring to class are listed in the online description and customer receipt.

<b>5 Days</b>	<b>Eisenhower Recreation</b>			<b>FEE: R \$100 G \$106</b>
ART4655	Tu	4/22-5/20		1:30 PM-4:00 PM
ART4656	Tu	8/26-9/23		1:30 PM-4:00 PM

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

Have Questions? Check the FAQ's on PAGE

**4**

Course Supply Fee is in addition to class fee.

## COLORED PENCIL BASIC PORTRAIT

Sue Franz & Pat Buckert

NEW

Using the skills of colored pencil technique, students learn how to paint a portrait. You will learn how to draw each part of the face and develop skin tone. Demonstration and written instructions will help you to improve your skills. Prerequisite: Colored Pencil 2 or equivalent. Supply fee **\$15.00** payable to instructor at class. Course supplies the registrant is required to bring to class are listed in the online description and customer receipt.

6 Days Lake Miona Recreation FEE: R \$100 G \$106  
ART4500 Th 4/10-5/15 1:00 PM-4:00 PM

## DRAWING: FOR THE BEGINNER - HOW TO DRAW BUILDINGS

Paul Kroll

NEW

Using the technique of linear perspective, you will develop the initial skills for drawing structures with depth. Yes, anyone can draw using this concept.

3 Days Lake Miona Recreation FEE: R \$38 G \$44  
ART1580 Sa 4/12-4/26 12:30 PM-2:00 PM  
ART1581 W 9/10-9/24 11:00 AM-12:30 PM

## 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 Ezell Recreation FEE: R \$100 G \$106  
ART4673 M 4/14-5/12 9:00 AM-11:30 AM  
ART4674 M 6/2-6/30 9:00 AM-11:30 AM

## DRAWING: THE FUNDAMENTALS 2

Mary Tougas & Peter Kushner

NEW

This 5-week course builds upon techniques used in Fundamentals of Drawing to give participants more understanding of textures, and perspective in nature. Each class will cover a different skill while building on previous lessons. Lessons covered include, but are not limited to, learning and using the geometric grid to make drawings larger or smaller than the reference photo, how to render clouds, sky, mountains, trees and water. This will lead to the participants being able to draw a landscape of their choice as a final project. 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 Ezell Recreation FEE: R \$100 G \$106  
ART4800 F 4/18-5/16 1:00 PM-3:30 PM  
ART4801 F 5/30-6/27 1:00 PM-3:30 PM



## 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. Students will learn the joy of art through simple, easy and fun techniques. We will paint on a variety of mediums, i.e. flowerpot, crate and canvas; sizes vary. 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  
ART1650 Cup of Sunshine F 4/18 10:00 AM-12:00 PM  
ART1670 Sea Turtle Paddle F 6/20 10:00 AM-12:00 PM  
ART1690 Bonjour Canvas F 8/15 10:00 AM-12:00 PM

1 Day Ezell Recreation FEE: R \$60 G \$66  
ART1660 Ladybug Bin/Box F 5/16 10:00 AM-12:00 PM  
ART1680 Starry Wine Canvas F 7/18 10:00 AM-12:00 PM

## FUN WITH GLASS AND RESIN

Sharon Parsley & Arlene Dennis

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 **\$40.00** payable to instructor at class.

1 Day Lake Okahumpka Recreation FEE: R \$30 G \$36  
ART1312 Coastal or Flamingo W 4/9 1:00 PM-5:00 PM  
ART1370 Patriotic Theme W 5/14 1:00 PM-5:00 PM  
ART1380 Beach Happy Place W 6/11 1:00 PM-5:00 PM  
ART1390 Cocktail Glass W 7/9 1:00 PM-5:00 PM  
ART1400 Old Florida Nature W 8/13 1:00 PM-5:00 PM  
ART1410 Halloween Gnome W 9/10 1:00 PM-5:00 PM

Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.

Course Supply Fee is in addition to class fee.



## MIXED MEDIA - WATERCOLOR BATIK PAINTING FOR BEGINNERS

Teri Stillwaugh

Watercolor batik is a fascinating painting technique that combines pen & 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. This fun and exciting class is for anyone that wants to discover the fun of watercolor batik! 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 **\$10.00** cash payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$85 G \$91
ART1023	Tu	4/22		1:00 PM-5:30 PM
ART1024	Tu	6/10		1:00 PM-5:30 PM
ART1025	Tu	7/15		1:00 PM-5:30 PM
ART1026	Tu	8/19		1:00 PM-5:30 PM

## ONE STROKE PAINTING FOR BEGINNERS & THE NOT SO NEW

Teri Stillwaugh

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 registrant is to bring to class are listed in the online description or request from instructor by email/text: [teristillwaugh@gmail.com](mailto:teristillwaugh@gmail.com) or **352-396-2011**. Students may contact the instructor 1 week prior to class date to purchase supplies on the first day of class, supplies subject to availability. Supply fee **\$5.00** cash payable to instructor at class for worksheet patterns and 8x10 canvas.

2 Day	Lake Miona Recreation			FEE: R \$100 G \$106
ART5512	Tu	5/20-5/27		1:00 PM-4:30 PM
ART5513	Tu	6/24-7/1		1:00 PM-4:30 PM
ART5514	Tu	7/29-8/5		1:00 PM-4:30 PM
ART5515	Tu	8/26-9/2		1:00 PM-4:30 PM

## ORIGAMI FOR THE BEGINNER

Paul Kroll

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. Now is your chance to get into the fold.

3 Days	Lake Miona Recreation			FEE: R \$38 G \$44
ART1502	Sa	4/12-4/26		10:00 AM-11:30 AM
ART1503	M	5/5-5/19		1:30 PM-3:00 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## PAINT LIKE BOB ROSS IN ONE DAY - LANDSCAPES

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. We will use a variety of tools and learn several of the techniques that perform so magnificently in this style of painting. Each class will go from blank canvas to finished masterpiece. All the materials needed (canvas, easel, paints, use of brushes, disposable apron, and more) are provided. Supply fee **\$30.00** payable to instructor at class.

**Lakeside Sunrise:** Paint a beautiful sky with the classic distant foothills, mirror like reflections and the happy trees.

**Lazy River:** A lazy river flows quietly through the forest. A relaxing scene that is truly a joy to paint.

**My First Painting:** Classic Bob Ross landscape scene with a beautiful blue sky, big bold mountain, distant footy-hills, happy trees and awesome reflection in the water!

**Serenity:** A rippling brook breaks the silence of the forest as the misty magical light of morning illuminates the woods.

**Woodland Peace:** Our reference painting for this class comes from the last season of The Joy of Painting that was finished by Nic Hankins. The scene is deep in the woods, amazing rays of light zinging through the happy trees.

1 Day	Lake Okahumpka Recreation			FEE: R \$65 G \$71
ART2460	Lakeside Sunrise	Sa	7/12	9:00 AM-12:30 PM
ART2461	Lakeside Sunrise	Sa	7/12	2:00 PM-5:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$65 G \$71
ART2400	Lazy River	Sa	4/12	9:00 AM-12:30 PM
ART2401	Lazy River	Sa	4/12	2:00 PM-5:30 PM
ART2402	Lazy River	Sa	9/20	9:00 AM-12:30 PM
ART2403	Lazy River	Sa	9/20	2:00 PM-5:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$65 G \$71
ART2144	My First Painting	Sa	8/16	9:00 AM-12:30 PM
ART2145	My First Painting	Sa	8/16	2:00 PM-5:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$65 G \$71
ART2420	Serenity	Sa	5/10	9:00 AM-12:30 PM
ART2421	Serenity	Sa	5/10	2:00 PM-5:30 PM
ART2422	Serenity	Su	5/11	1:00 PM-4:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$65 G \$71
ART2440	Woodland Peace	Sa	6/21	9:00 AM-12:30 PM
ART2441	Woodland Peace	Sa	6/21	2:00 PM-5:30 PM

1 Day	Everglades Recreation			FEE: R \$65 G \$71
ART2442	Woodland Peace	Su	6/22	1:00 PM-4:30 PM

## WATERCOLORS - BEGINNERS JOURNEY

Ellen Miller

NEW

This course is designed to acquaint the beginning artist with the magic of watercolor painting. No experience is needed, just the desire to paint. Supply fee **\$15.00** payable to instructor at class. Course supplies registrant is required to bring to class are listed in the online description and customer receipt. Come join me on our watercolor exploration!

6 Days	Lake Okahumpka Recreation			FEE: R \$100 G \$106
ART2500		M	4/14-5/19	1:00 PM-3:30 PM

Course Supply Fee is in addition to class fee.

## ZENTANGLE MINDFUL DRAWING FOR BEGINNERS

Jacki Rose

NEW

Relax, let go and have fun with a basic Zentangle class for beginners. Zentangle is an easy-to-learn, relaxing & fun way to create beautiful images by drawing structured patterns. No artistic experience needed. You will be taught using a Micron 01 Black Pen, Zentangle Paper Tile, Pencil & Tortillion (blending stump). This class is being offered twice, but each one will be different, feel free to register for both! Includes all necessary supplies. Supply fee **\$5.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
ART3125		Th	4/3	1:00 PM-3:30 PM

1 Day	Sterling Heights Recreation			FEE: R \$45 G \$51
ART3126		W	5/7	1:00 PM-3:30 PM

## ZENTANGLE MINDFUL DRAWING LETTERS (ORNAMENTAL LETTERS)

Christine Immordino

Zentangle meditative drawing is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. In this class, you'll learn the ornamental and embedded Zentangle letters technique. Tangle your favorite letters, initials or short words. Perfect for adding that special touch! Relax, focus and have fun! Supply fee **\$10.00** cash payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$55 G \$61
ART3135		Sa	5/3	10:00 AM-1:00 PM

## ZENTANGLE MINDFUL DRAWING TANGLED DREAMS (DREAMCATCHER)

Christine Immordino

Zentangle meditative drawing is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns. In this class, you'll draw a beautiful dream catcher using Zentangle patterns, while learning about the lore of the Native Indian dream catcher and its purpose then and now in society. Relax, focus and have fun! Supply fee **\$10.00** cash payable to instructor at class.

1 Day	Allamanda Recreation			FEE: R \$55 G \$61
ART3141		Sa	6/7	10:00 AM-1:00 PM

## ZENTANGLE LABYRINTH

Trish O'Leary

NEW

We will briefly examine the meaning of labyrinths and their use throughout history. Using our own watercolor labyrinth, we will take a "virtual walk" along the path using Zentangle patterns to guide the way. Each pattern will be taught, one stroke at a time, for everyone to follow, whether a beginner or an experienced tangler. All the materials needed to complete the class are provided. Supply fee **\$15.00** payable to the instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$55 G \$61
ART3300		Th	6/5	9:00 AM-1:00 PM
ART3301		Sa	6/28	12:30 PM-4:30 PM
ART3302		Th	7/31	12:30 PM-4:30 PM

# CRAFTS

## BLANKET - HAND KNIT CHUNKY BLANKET

Debbie Machtel

NEW

Who doesn't like to cuddle up with a soft, chunky blanket? It is even better when you have made it yourself. Learn how to make a chunky knit blanket from scratch by using only your hands, no needles are required. Each blanket will be made from 5 skeins of Lion Brand Chunky Knit Yarn and will be approximately 40"x50". You will have a variety of colors to choose from! Supply fee **\$60.00** payable to the instructor at class.

1 Day	Rohan Recreation			FEE: R \$15 G \$21
CRA1800		M	4/7	10:00 AM-1:00 PM

1 Day	Saluki Recreation			FEE: R \$15 G \$21
CRA1801		W	6/4	1:00 PM-4:00 PM

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1802		F	8/29	1:00 PM-4:00 PM

## DOOR MATS

Debbie Machtel

NEW

Create a unique door mat that fits your personality! Mat sizes are 16x24. Registration will close one week ahead of the class. You will then be emailed and asked to select the design of your choice and personalization if needed. If a response is not received for your choice, a generic "Welcome" design will be prepared for your workshop. Supply fee **\$40.00** payable to the instructor at class.

1 Day	Burnsed Recreation			FEE: R \$15 G \$21
CRA1950		W	5/7	3:00 PM-4:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$15 G \$21
CRA1951		W	7/16	3:00 PM-4:30 PM

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1952		Tu	9/16	3:00 PM-4:30 PM

## EMBROIDERY FOR BEGINNERS

Debbie Machtel

NEW

Come learn the basics of this beautiful art form with us. Guests will learn the 3 most popular stitches, as well as take home a mini embroidery kit (hoop, needles, threader, etc.) to practice anytime and anywhere! Supply fee **\$35.00** payable to the instructor at class.

1 Day	Burnsed Recreation			FEE: R \$15 G \$21
CRA1900		W	5/7	1:00 PM-2:30 PM

1 Day	Lake Okahumpka Recreation			FEE: R \$15 G \$21
CRA1901		W	7/16	1:00 PM-2:30 PM

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1902		Tu	9/16	1:00 PM-2:30 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

Course Supply Fee is in addition to class fee.

## REETING CARDS - SHAKER CREATIONS

Denise Socia

**NEW**

Participants will make 3 Shaker Cards. Hands-on guided instruction in class with written instruction provided. Three different all occasion cards will be offered. The supply fee includes everything you need to make these cards including the kit of cut papers, shaker elements, glue, tape, embellishments and an envelope. No experience required. Students bring a sharp small pair of scissors, a ruler, and tweezers. Join me in making these fun shaker cards! Supply fee **\$25.00** payable to the instructor at class.

1 Day	Rohan Recreation			FEE: R \$20 G \$26
CRA6700	W	4/9	10:00 AM-12:30 PM	
CRA6704	W	6/11	10:00 AM-12:30 PM	

1 Day	SeaBreeze Recreation			FEE: R \$20 G \$26
CRA6702	W	5/7	10:00 AM-12:30 PM	

1 Day	Everglades Recreation			FEE: R \$20 G \$26
CRA6701	Sa	4/26	1:00 PM-3:30 PM	
CRA6703	Sa	5/17	1:00 PM-3:30 PM	
CRA6706	Sa	7/12	1:00 PM-3:30 PM	
CRA6708	Sa	9/13	1:00 PM-3:30 PM	

1 Day	Ezell Recreation			FEE: R \$20 G \$26
CRA6705	F	6/27	10:00 AM-12:30 PM	
CRA6707	Th	8/7	10:00 AM-12:30 PM	

## MOSAICS - GLASS ON GLASS

Anita Andersen

**NEW**

In this one-day class, you will learn how to create a mosaic picture on an 8X10 picture frame using stained glass, tiles, beads, and other materials. I will provide you with a couple of patterns to choose from and you will follow that pattern on glass to create a one-of-a-kind mosaic piece. There will be some cutting and nipping. We will discuss types of glues, and I'll give you tips on how to avoid grouting. No experience is necessary. Supply fee **\$15.00** payable to the instructor in class.

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CRA9830	Tu	4/8	1:00 PM-4:00 PM	
CRA9831	Th	5/1	1:00 PM-4:00 PM	

1 Day	Everglades Recreation			FEE: R \$50 G \$56
CRA9832	M	5/12	10:00 AM-1:00 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. Students are required to purchase and bring sculpting tools, brushes, apron and cloth table cover to class. Supply list registrant is required to bring to class are listed in the online description and customer receipt.

14 Days	First Responders Recreation			FEE: R \$170 G \$176
CRA1712	M Th	4/7-5/29	(M) 2:00 PM-4:00 PM	
(Th)			10:00 AM-12:00 PM	

## QUILTING: BEGINNING INTERMEDIATE 101

Penny Byrnes

The quilt we will be making is about 100"x100" and has one 9 1/2" block which includes a 16 patch. You may use any colors and can make the quilt smaller. Students will be required to visit [quiltedtwins.com](http://quiltedtwins.com), go to "free patterns", select "Hanging Birdhouses" or "Rails in Focus". The pattern contains all the information for notions and fabric requirements needed to make this quilt. Print the pattern and bring it to class. Prerequisite: Basic knowledge of sewing and a working sewing machine to bring to each class. For questions, text Penny at **352-250-8433**.

6 Days	Fenney Recreation			FEE: R \$65 G \$71
CRA1652	Hanging Birdhouses	F	4/11-5/23	8:30 AM-11:00 AM
CRA1653	Rails in Focus	F	6/6-7/18	8:30 AM-11:00 AM

## SCENT MIXOLOGY! SINGLE WICK CANDLES

Debbie Machtel

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 Okahumpka Recreation			FEE: R \$15 G \$21
CRA1103	W	4/23	1:00 PM-2:30 PM	

1 Day	Everglades Recreation			FEE: R \$15 G \$21
CRA1104	Th	5/22	1:00 PM-2:30 PM	

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1105	Th	6/19	1:00 PM-2:30 PM	
CRA1106	Tu	9/9	1:00 PM-2:30 PM	

## SCENT MIXOLOGY! THREE WICK CANDLES

Debbie Machtel

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	Everglades Recreation			FEE: R \$15 G \$21
CRA1113	Th	4/17	1:00 PM-2:30 PM	
CRA1116	Tu	8/5	1:00 PM-2:30 PM	

1 Day	SeaBreeze Recreation			FEE: R \$15 G \$21
CRA1114	W	5/14	10:00 AM-11:30 AM	
CRA1115	W	6/11	1:00 PM-2:30 PM	

Course Supply Fee is in addition to class fee.

## 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 **\$15.00** payable to instructor at class.

1 Day	SeaBreeze Recreation			FEE: R \$25 G \$31
CRA6417		W	4/9	9:00 AM-12:00 PM
CRA6419		W	6/11	9:00 AM-12:00 PM

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CRA6418		W	5/28	9:00 AM-12:00 PM
CRA6422		W	9/10	9:00 AM-12:00 PM

# CULINARY

## 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
CUL8913		F	4/11	10:00 AM-12:00 PM
CUL8914		F	6/13	10:00 AM-12:00 PM
CUL8915		F	8/22	10:00 AM-12:00 PM

## BEER TASTING - BEERS OF CALUSA BREWING

*Mark Denote*

**NEW**

Sarasota's Calusa Brewing has been setting the standard in Florida for many classic and innovative beer styles from hazy IPAs to English Brown Ales. Join author and Certified Cicerone® Mark DeNote as we taste and discuss some of Calusa Brewing's most notable and recent beers. Supply fee **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9540		Th	9/18	5:30 PM-7:30 PM

## BEER TASTING - BEERS OF THE TRAPPIST MONKS

*Mark Denote*

**NEW**

Some of the most sought-after and lauded breweries are run by Trappist Monks in Belgium and beyond. Join author and Certified Cicerone® Mark DeNote as we taste and discuss some of the most lauded beers from these monastic brewers. Supply fee **\$40.00** fee payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9520		Th	8/7	5:30 PM-7:30 PM

## BEER TASTING - GERMAN LAGERS

*Mark Denote*

September usually begins the traditional Oktoberfest celebration, so what better time to explore the lagering traditions of Germany?! Join author and Certified Cicerone Mark DeNote as we taste and discuss the lagers of Germany and beyond - no lagers are verboten! Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9356		Th	9/4	5:30 PM-7:30 PM

## BEER TASTING - GREAT BEERS OF BELGIUM

*Mark Denote*

Belgian beers have long inspired American craft brewers. Join author and Certified Cicerone Mark DeNote as he talks about and leads sampling of some of the latest beers on the market and their Belgian inspirations. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL5104		Th	8/21	5:30 PM-7:30 PM

## BEER TASTING - IPAS AND BEYOND!

*Mark Denote*

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 hop-forward beers. Come and explore all of the flavors of the most popular style of craft beer in the USA! Supply fee of **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9119		Tu	6/3	5:30 PM-7:30 PM

## BEER TASTING - LOCAL BEERS THE VILLAGES

*Mark Denote*

Join author and Certified Cicerone Mark DeNote to talk about and taste through some of the best beers right on your doorstep. This class will talk about the breweries in closest proximity to The Villages and sample their beers. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9226		Tu	9/9	5:30 PM-7:30 PM

## BEER TASTING - LOCAL BEERS: TAMPA'S NEWEST BREWERIES

*Mark Denote*

Tampa Bay is the beating heart of craft beer innovation in the Sunshine State, and it is only getting more breweries joining the community. Join author and Certified Cicerone® Mark DeNote as we taste and discuss some of the most recent additions to the Tampa Bay brewing community. Supply fee **\$15.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9321		Th	4/3	5:30 PM-7:30 PM

Have Questions? Check the FAQ's on PAGE

4

Course Supply Fee is in addition to class fee.

Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.

### BEER TASTING: BEERS OF BOULEVARD BREWING

Mark Denote

**NEW**

Missouri's Boulevard Brewing is one of the most prolific and underappreciated breweries available in Florida. Join author and Certified Cicerone® Mark DeNote as we taste and discuss some of Boulevard Brewing's most notable and recent beers, including their barrel program. Supply fee **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9160		Th	5/8	5:30 PM-7:30 PM

### BEER TASTING: BEERS OF SIERRA NEVADA BREWING

Mark Denote

**NEW**

Sierra Nevada Brewing is one of the original pioneers of craft beer, and they continue their legacy of innovation. Join author and Certified Cicerone® Mark DeNote as we taste and discuss some of Sierra Nevada Brewing's most notable and recent beers. Supply fee **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9140		Th	4/24	5:30 PM-7:30 PM

### BEER TASTING: SMALL BATCH BEERS BLIND TASTING

Mark Denote

**NEW**

Join author and Certified Cicerone Mark DeNote on a trip through blind tasting of several rounds of beers and see the difference blind tasting makes. Supply fee **\$40.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9180		Th	5/22	5:30 PM-7:30 PM

### CHARCUTERIE CUPS (HANDS-ON)

Rosemary Deneen

**NEW**

Learn how to create personal charcuterie cups for your next party or event! Chef Rose Deneen will help you build (6) individual charcuterie cups, using a variety of meats, cheeses, fruits, vegetables and more! All foods and supplies are provided, as well as a guideline to perfect food matchups, as well as a box to bring them all home. Supply fee **\$20.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$45 G \$51
CUL7800		Th	4/17	3:00 PM-4:30 PM
CUL7802		Tu	6/24	1:00 PM-2:30 PM

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
CUL7801		Th	5/15	1:00PM-2:30 PM
CUL7803		Tu	7/29	1:00 PM-2:30 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!



### 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
CUL1257		F	4/18	9:30 AM-11:00 AM
CUL1259		F	6/13	9:30 AM-11:00 AM
CUL1261		F	8/15	9:30 AM-11:00 AM

1 Day	Lake Okahumpka Recreation			FEE: R \$25 G \$31
CUL1258		F	5/9	9:30 AM-11:00 AM
CUL1260		F	7/11	9:30 AM-11:00 AM
CUL1262		F	9/5	9:30 AM-11:00 AM

### COOKIE DECORATING SUMMERTIME (HANDS-ON)

Rosemary Deneen

Pastry Chef Rose Deneen will teach this hands-on class the basics of cookie decorating. Chef Deneen will supply 8 summertime theme baked cookies, royal icing and additional decorations, and a box to take home cookies. Chef Deneen will demonstrate a variety of icing techniques and then students will decorate their own cookies. The techniques are general decorating ideas that can be used throughout the year. Bring an apron. Recipe hand-outs provided. Supply fee **\$20.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$45 G \$51
CUL8663		F	4/25	2:00 PM-4:00 PM
CUL8665		Tu	6/17	2:00 PM-4:00 PM

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
CUL8664		F	5/9	10:00 AM-12:00 PM

Course Supply Fee is in addition to class fee.

## CURRYING FLAVOR: FROM KALE TO KORMA

Caryn Dugan & Dr. James Loomis

**NEW**

A chickpea korma and a curry kale salad class. The korma is a crowd favorite and a fabulous batch cook option. With the kale salad, I will demonstrate how to prepare it so that everyone loves it! Jim will provide all the science/health benefits behind the ingredients. Supply fee **\$10.00** payable to instructor at class.

1 Day	Ezell Recreation			FEE: R \$25 G \$31
CUL1150		F	4/18	10:00 AM-12:00 PM

## FLORAL BOUQUET CUPCAKE DECORATING (HANDS-ON)

Rosemary Deneen

**NEW**

Pastry Chef Rose Deneen will teach this hands-on class how to pipe floral decorations on cupcakes and then create a pull-apart bouquet of flowers with the cupcakes. Chef Deneen supplies the cupcakes, icing, pastry bags with tips and a box to take cupcakes home. Recipe hand-outs provided via email. Supply fee **\$20.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
CUL7900		Tu	4/8	10:00 AM-12:00 PM
CUL7902		Th	7/10	1:00 PM-3:00 PM

1 Day	Homestead Recreation			FEE: R \$45 G \$51
CUL7901		M	6/2	1:00 PM-3:00 PM

## FRUIT & VEGETABLE GRAZING TRAYS (DEMO)

Rosemary Deneen

Pastry Chef Rose Deneen will demonstrate how to create beautiful displays of fresh fruits, as well as vegetable and cheese trays for the upcoming holidays! Learn how to use simple cookie cutters to cut fruits into works of art! Discover how some simple kitchen tools can make show-stopping veggies and cheeses! How-To handouts 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 \$25 G \$31
CUL8694		Th	7/3	1:00 PM-2:30 PM

1 Day	Homestead Recreation			FEE: R \$45 G \$51
CUL8693		F	5/23	3:00 PM-4:30 PM
CUL8695		F	7/25	3:00 PM-4:30 PM

## ICE CREAM

Kelly Smith

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
CUL8962		F	5/16	10:00 AM-12:00 PM
CUL8963		F	7/18	10:00 AM-12:00 PM
CUL8964		F	9/12	10:00 AM-12:00 PM

## WINE LOVER'S: AMERICA'S WEST COAST WINE TREASURES

Charley Wittenberg

**NEW**

We previously explored California wines; in this class, Certified Wine Professional Charley Wittenberg will expand our horizons by looking at the amazing wines coming to us from Oregon and Washington state. The wines from the Columbia River Valley and the Willamette Valley of these Northwest Pacific states are truly world class, and worth examining. We will look at the history and winemaking of the region and taste six impressive wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1560		W	9/17	3:00 PM-5:00 PM

## WINE LOVER'S: GREAT SUMMERTIME WINES

Charley Wittenberg

**NEW**

As summer brings high temperatures and humidity, many people may find heavy wines less appealing. Join us to discover some fantastic wines that are perfect for hot afternoons or evenings. With Certified Wine Professional Charley Wittenberg, we will explore why these wines are exceptional and tasting six wines that are ideal for summertime. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1540		W	6/11	3:00 PM-5:00 PM

## WINE LOVER'S: INTRODUCTION TO FRENCH WINES

Charley 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 talk about 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
CUL1451		W	5/7	3:00 PM-5:00 PM

## WINE LOVER'S: INTRODUCTION TO ITALIAN WINES

Charley 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
CUL1431		W	4/16	3:00 PM-5:00 PM



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

*Course Supply Fee is in addition to class fee.*

## WINE LOVER'S: MORE AMAZING CONTEMPORARY RED BLEND WINES

Charley Wittenberg

**NEW**

This class is a follow on to our earlier "The Beauty of Red Blend Wines" presentation. Certified Wine Professional Charley Wittenberg will delve a little deeper into the growth in popularity of these wonderful wines. This will go beyond the material from the earlier class, and we will be looking at some different, amazing Red Blend wines and the delicious outcomes of blending grapes which complement each other! We will be tasting six excellent wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1550	W	7/2		3:00 PM-5:00 PM

## WINE LOVER'S: MORE FRENCH WINES

Charley Wittenberg

**NEW**

This class will be an expansion on the material presented in our earlier "Introduction to French Wines" presentation, taking a dive deeper into the wonderful French winemaking story beyond the material from the introduction class, and tasting six different French wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1530	W	5/28		3:00 PM-5:00 PM

## WINE LOVER'S: MORE ITALIAN WINES

Charley Wittenberg

**NEW**

This class is a follow-on to our "Introduction to Italian Wines" presentation, expanding on what we learned about this wonderful winemaking country. Going beyond the material from the introduction class, looking at different aspects of Italy's amazing winemaking heritage and tasting six different Italian wines. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1520	W	4/23		3:00 PM-5:00 PM



## WINE LOVER'S: INTRODUCTION TO EMERGING RED WINES

Charley 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 (but not so well known) red wines. Along with the discussion, we will be sampling six interesting 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

### BALANCE LIKE A DANCER

Stephanie Montejano

**NEW**

Discover the elegant balance techniques of a dancer that can be applied from the dance floor to the sidewalk. Anyone can benefit from this creative fun course on the fundamentals of graceful balance.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN2750	Th	7/10-8/7		3:00 PM-4:00 PM

### 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. Footwear: Ballet shoes are preferred, not required.

8 Days	Saddlebrook Recreation			FEE: R \$79 G \$85
DAN6019	F	4/11-6/13		3:30 PM-4:30 PM
DAN6020	F	6/27-9/5		3:30 PM-4:30 PM

8 Days	Fenney Recreation			FEE: R \$79 G \$85
DAN6409	M	4/7-6/2		4:15 PM-5:15 PM
DAN6410	M	6/9-7/28		4:15 PM-5:15 PM
DAN6411	M	8/4-9/29		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
DAN6515	M	4/7-6/2		3:00 PM-4:00 PM
DAN6516	M	6/9-7/28		3:00 PM-4:00 PM
DAN6517	M	8/4-9/29		3:00 PM-4:00 PM

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

Course Supply Fee is in addition to class fee.

**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.

<b>8 Days</b>	<b>Saddlebrook Recreation</b>			<b>FEE: R \$79 G \$85</b>
DAN7513	F	4/11-6/13	2:00 PM-3:15 PM	
DAN7514	F	6/27-8/22	2:00 PM-3:15 PM	

<b>4 Days</b>	<b>Saddlebrook Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN7515	F	8/29-9/26	2:00 PM-3:15 PM	

**BALLROOM: BACHATA LEVEL 1***Stephanie Montejano***NEW**

Perfect for ABSOLUTE Beginners. One of the EASIEST spicy 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.

<b>5 Days</b>	<b>Hibiscus Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2500	Sa	4/12-5/10	2:15 PM-3:15 PM	

**BALLROOM: BACHATA LEVEL 2***Stephanie Montejano***NEW**

Get ready to learn fancy footwork, spins, and NEW combos that will take your Bachata moves to the next level! This dance fiesta is tailor-made for seasoned dancers, welcoming students from previous classes. Partner required; each participant requires registration.

<b>5 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2550	Sa	5/24-6/21	1:00 PM-2:00 PM	

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

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.

<b>5 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2221	Th	7/10-8/7	4:15 PM-5:15 PM	

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

Get ready to strut your stuff in the intermediate class! We're learning fancy new moves, dazzling turns, and entertaining combos that will jazz up your Foxtrot. It's a dance extravaganza tailor-made for seasoned dancers, and students. Partner required; each participant requires registration.

<b>5 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2300	Th	4/10-5/8	4:30 PM-5:30 PM	

**BALLROOM: FOXTROT & WALTZ LEVELS I & II***Stephanie Montejano*

Master two of the most elegant Ballroom Dances and dazzle at weddings, cruises and parties! Make an impression on the dance floor with easy turns, patterns then apply them to both fast and slow music tempos with ease. Partner required; each participant requires registration.

<b>5 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$50 G \$56</b>
DAN2154	Th	4/10-5/8	3:00 PM-4:15 PM	

**BALLROOM: SWING TIME SWING***Stephanie Montejano***NEW**

Learn a swing style that's easy on the knees, and full of rock n' roll fun! This course covers popular turns, steps, and combos that can be adapted to old school plus contemporary music. Partner required; each participant requires registration.

<b>5 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2400	Th	5/22-6/19	3:00 PM-4:00 PM	

**BALLROOM: TANGO***Stephanie Montejano*

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 add heat to your styling. Great for beginners and those wanting to smooth out their tango. Partner required; each participant requires registration.

<b>5 Days</b>	<b>Hibiscus Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2282	Sa	7/12-8/9	2:15 PM-3:15 PM	

**BALLROOM: TRAVELING WALTZ***Stephanie Montejano***NEW**

Tired of being stuck in one place during a Waltz? Break out of the box in this class specializing in traveling progressive Waltz steps to move around the dance floor. Partner required; each participant requires registration.

<b>5 Days</b>	<b>Hibiscus Recreation</b>			<b>FEE: R \$40 G \$46</b>
DAN2600	Sa	7/12-8/9	1:00 PM-2:00 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.

<b>6 Days</b>	<b>Aviary Recreation</b>			<b>FEE: R \$60 G \$66</b>
DAN6314	F	4/11-5/16	11:00 AM-11:45 AM	
DAN6315	F	5/30-7/11	11:00 AM-11:45 AM	
DAN6316	F	7/25-8/29	11:00 AM-11:45 AM	

NEVER STOP  
LEARNING,

KEEP ON  
GROWING!

Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.



**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
DAN6217	F	4/11-5/16	12:00 PM-1:00 PM	
DAN6218	F	5/30-7/11	12:00 PM-1:00 PM	
DAN6219	F	7/25-8/29	12:00 PM-1:00 PM	

**CHAIR DANCING: TAKE A SEAT AND MOVE YOUR FEET***Wendy Stephens***NEW**

Do you love to dance, but don't dance anymore due to balance issues or limited mobility? Now is your chance to get back on the dance floor. In this class you will dance from a seated position in a chair. You will learn fun, energetic dance moves like the charleston, salsa, cha cha, and kick ball change just to name a few. You will also use your upper body and arms in this class.

5 Days	Aviary Recreation			FEE: R \$50 G \$56
DAN5700	Th	4/10-5/8	9:15 AM-10:15 AM	
DAN5701	Th	5/15-6/12	9:15 AM-10:15 AM	
DAN5702	Th	7/10-8/7	9:15 AM-10:15 AM	
DAN5703	Th	8/14-9/18	9:15 AM-10:15 AM	

**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.

6 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6715	F	5/23-6/27	1:00 PM-1:50 PM	
DAN6716	F	7/11-8/15	1:00 PM-1:50 PM	
DAN6717	F	8/29-10/10	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.

6 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6815	F	5/23-6/27	2:00 PM-2:50 PM	
DAN6816	F	7/11-8/15	2:00 PM-2:50 PM	
DAN6817	F	8/29-10/10	2:00 PM-2:50 PM	

**COUNTRY PARTNER DANCE IMPROVER PLUS***Maria Urbanic*

This course is designed for 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.

6 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6903	F	5/23-6/27	3:00 PM-3:50 PM	
DAN6904	F	7/11-8/15	3:00 PM-3:50 PM	

**COUPLES DANCING FOR THE SQUARES***Stephanie Montejano***NEW**

Join the nightly party and learn how to dance together at the Squares. This course will cover dance steps, turns, and expert tips that are easy to adapt to the huge variety of band music played every evening here at The Villages. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN8400	Sa	4/12-5/10	1:00 PM-2:00 PM	

**CRUISE DANCE JAM***Stephanie Montejano*

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. Learn what steps you can use and how to identify what dance is played. You can now pick what is fun and comfortable for you. Partner required; each participant requires registration.

5 Days	Lake Miona Recreation			FEE: R \$40 G \$46
DAN8253	Sa	5/24-6/21	2:15 PM-3:15 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. Appropriate footwear: 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
DAN5548	M	5/12-6/9	9:15 AM-10:15 AM	
DAN5549	M	8/18-9/15	9:15 AM-10:15 AM	



Have Questions? Check the FAQ's on PAGE

**4**

## HULA HOOP DANCE FITNESS

Kiera Manna

**NEW**

Join us for an exhilarating Hula Hoop Dance Fitness class that combines fun, fitness, and fabulous dance moves! This class is perfect for all fitness levels, whether you're a beginner or a seasoned hooper. You'll learn dynamic hula hoop techniques, including impressive tricks, off-body moves using your hands, and hooping on your thighs, hips, and chest. Our session focuses on improving coordination, balance, and flexibility while burning calories and toning muscles. Come and experience the joy of hula hooping in a supportive and energetic environment. Bring your own hula hoop or available for purchase from the instructor on the first day of class.

5 Days	Lake Miona Recreation			FEE: R \$50 G \$56
DAN2900	F	4/18-5/16	10:00 AM-10:50 AM	
DAN2901	M	6/2-7/7	5:00 PM-5:50 PM	
DAN2902	F	7/11-8/8	10:00 AM-10:50 AM	
DAN2903	M	8/11-9/8	5:00 PM-5:50 PM	

## HUSTLE: FOUR-COUNT BEGINNER

Andrea Thorne

**NEW**

A four-count hustle, more of a walking type dance, unlike the 3-count dance of the 70's which was high energy. It will be incorporating East coast Swing moves to a hustle count. If you have done East Coast Swing (or not) you will find it very easy. A fun dance to learn! Shoes that slide are recommended. No flip flops/ backless sandals. Partner required; each participant requires registration.

6 Days	Hibiscus Recreation			FEE: R \$45 G \$51
DAN4300	M	4/7-5/12	3:30 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. This high-energy class 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/sneakers, or line dance sneakers

5 Days	Aviary Recreation			FEE: R \$50 G \$56
DAN5557	Th	5/15-6/12	10:30 AM-11:30 AM	
DAN5558	Th	8/14-9/18	10:30 AM-11:30 AM	

Have Questions? Check the FAQ's on PAGE

4

## 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 5-week session, different songs and different dances are used while teaching the basics needed to join dancers in other classes or at the square. The pace of the class is gentle and comfortable. You will not learn all these patterns in one 5-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.

5 Days	Bradenton Recreation			FEE: R \$38 G \$44
DAN5116	Tu	4/8-5/6	9:30 AM-10:20 AM	
DAN5117	Tu	5/13-6/10	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 5-week session. Proper footwear required.

5 Days	Bradenton Recreation			FEE: R \$38 G \$44
DAN6116	Tu	4/8-5/6	10:30 AM-11:30 AM	
DAN6117	Tu	5/13-6/10	10:30 AM-11:30 AM	

## LINE DANCE: INTERMEDIATE WITH STYLING

Michael Barr & Michele Burton

**NEW**

If you are a level 3 or 4 dancer in the recreational classes, relax, style, and improve your line dancing. During this 5-week session, focus on learning line dances while applying styling to each dance. For example: Nightclub, Waltz, and Swing rhythms each have their own styling to make them look unique. The focus is on the quality of movement (3-4 dances taught during this session).

5 Days	Hibiscus Recreation			FEE: R \$38 G \$44
DAN5150	W	4/9-5/7	3:00 PM-4:15 PM	

## 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	Aviary Recreation			FEE: R \$50 G \$56
DAN5614	Th	4/10-5/8	10:30 AM-12:00 PM	
DAN5615	Th	7/10-8/7	10:30 AM-12:00 PM	



NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## 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! Required: Tap shoes (slip-on or tie/lace up tap shoes).

5 Days	Fenney Recreation			FEE: R \$50 G \$56
DAN5508		M	5/12-6/9	1:00 PM-2:00 PM
DAN5509		M	8/18-9/15	1:00 PM-2:00 PM

## TAP DANCE: BEGINNERS LEVEL 2

### Wendy Stephens

Are you ready to take your tap-dancing skills to the next level? This is a continuation of the beginner tap class, practicing basic tap steps with additional combinations. Students will learn new tap vocabulary, become more comfortable with movement, and develop a strong foundation of tap technique. Pre-requisite: Completion of at least 3 class sessions of Tap Dance: Beginners. Bring appropriate shoes: tap shoes (can be slip-on or tie/lace up tap shoes)

5 Days	Fenney Recreation			FEE: R \$50 G \$56
DAN5523		M	7/7-8/4	1:00 PM-2:00 PM

## TAP DANCE: LEVEL 3

### Wendy Stephens

You have successfully completed Tap Dance: Beginners and Tap Dance: Beginners Level 2. You are on a roll now. Continue learning more fantastic tap steps with Level 3. Students will continue learning new tap vocabulary and dance combinations set to music. By the end of these 5 weeks, you will have learned another tap dance routine to add to your tap dance repertoire. Bring appropriate shoes: tap shoes (can be slip-on or tie/lace up tap shoes)

5 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5532		M	5/12-6/9	10:30 AM-11:30 AM
DAN5533		M	8/18-9/15	10:30 AM-11:30 AM

## 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 course, you will be able to put the moves together to dance! Music is not played during instruction. Partner required; each participant requires registration.

6 Days	Captiva Recreation			FEE: R \$40 G \$46
DAN4112		Th	4/10-5/15	1:30 PM-2:30 PM
DAN4113		Th	5/29-7/3	1:30 PM-2:30 PM
DAN4114		Th	7/17-8/21	1:30 PM-2:30 PM

Learn more about our  
Instructor and Speaker team.

Visit: [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) > Our Team



## GARDENING

### BLOOMS & BLISS: DRIED BOTANICALS WREATH

#### Andie Muller

NEW

A fun and easy way mixing fresh eucalyptus and baby's breath with dried floral material to make a wreath. Participants will create their own wreath to hang up as a welcoming piece or use as a centerpiece. Supply fee **\$25.00** payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
GAR4100		Tu	7/1	10:00 AM-12:00 PM

### BLOOMS & BLISS: ELEGANT FRESH FLOWER BOUQUETS

#### Andie Muller

NEW

A classic and easy-to-follow workshop where participants will create beautiful hand-tied bouquets with roses, carnations, fresh greenery, and much more. Supply fee **\$25.00** payable to instructor at class.

1 Day	Ezell Recreation			FEE: R \$50 G \$56
GAR4060		Tu	5/6	10:00 AM-11:00 AM

### BLOOMS & BLISS: FLORAL TEACUP ARRANGEMENT - FAUX FLOWER

#### Andie Muller

NEW

Combining flowers with vintage, decorative teacups create a charming, nostalgic project that's simple yet elegant. A great display piece. Supply fee **\$25.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$50 G \$56
GAR4120		W	8/6	10:00 AM-11:00 AM

### BLOOMS & BLISS: FLORAL BASKET ARRANGEMENT

#### Andie Muller

NEW

Participants will design their own inspired baskets using fresh flowers and accents. Supply fee **\$25.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$50 G \$56
GAR4040		W	4/2	10:00 AM-11:00 AM

Course Supply Fee is in addition to class fee.



### BLOOMS & BLISS: PLANTER/ DISH GARDEN WITH FRESH FLOWERS

Andie Muller

**NEW**

Create a beautiful low-maintenance arrangement that can be displayed inside or outside, perfect for warm-weather months. Supply fee **\$25.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$50 G \$56
GAR4080		W	6/4	10:00 AM-11:00 AM

### BLOOMS & BLISS: TROPICAL FLOWERS

Andie Muller

**NEW**

The bright colors and bold shapes of tropical flowers bring a vibrant summer vibe, perfect for entertaining or brightening your home. You will learn how to manipulate palm fronds and ferns as well, to create a beautiful visual statement piece. Supply fee **\$25.00** payable to instructor at class.

1 Day	Saluki Recreation			FEE: R \$50 G \$56
GAR4140		W	9/3	10:00 AM-11:00 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/bird houses, and identification of birds you may see in your landscape.

1 Day	Everglades Recreation			FEE: R \$15 G \$21
GAR2554		M	4/14	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
GAR2604		M	5/12	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
GAR2704		M	7/14	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 lifecycle 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
GAR2654		M	6/9	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
GAR2754		M	8/11	10:00 AM-12:00 PM

Have Questions? Check the FAQ's on PAGE

4

Course Supply Fee is in addition to class fee.

NEVER STOP  
LEARNING,

KEEP ON  
GROWING!



**Dianne Jacoby**  
*Martha Jane's Cracker Florida*  
Thursday, April 10, 2025 | 6PM  
Rohan Recreation



**Elizabeth Randall**  
*An Ocklawaha River Odyssey*  
Thursday, June 19, 2025 | 6PM  
Rohan Recreation



**Dr. James Loomis & Caryn Dugan**  
*Nutri-Kitchen: Where Science Meets Flavor*  
Thursday, April 17, 2025 | 6PM  
Ezell Recreation



**Mary Flynn**  
*A Peek Behind the Magic*  
Thursday, June 26, 2025 | 6PM  
Rohan Recreation



**Cathy Salustri**  
*Roadside Attractions: Vintage Florida Part I*  
Thursday, May 8, 2025 | 6PM  
Rohan Recreation



**Nigel West**  
*The White House and 10 Downing Street*  
Wednesday, July 9, 2025 | 6PM  
Rohan Recreation  
(Fee: R \$15 • G \$18)



**Thomas Cruise**  
*Secret Service: Assassinations to Arrests*  
Thursday, May 15, 2025 | 6PM  
Rohan Recreation



**Larry Cook**  
*8 Presidents Most People Know Nothing About*  
Thursday, July 17, 2025 | 6PM  
Rohan Recreation



**Cathy Salustri**  
*Roadside Attractions: Vintage Florida Part II*  
Thursday, August 21, 2025 | 6PM  
Rohan Recreation

Detailed Speaker Series information on pages 43 - 44

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



**REGISTER**

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



# HEALTH & WELLNESS

## 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.

<b>1 Day</b>	<b>Riverbend Recreation</b>			<b>FEE: R \$17 G \$23</b>
HEA2014	F	3/28		9:30 AM-10:45 AM

<b>1 Day</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$17 G \$23</b>
HEA2015	F	9/26		9:30 AM-10:45 AM

## AEROBIC WALKING AND RACEWALKING FOR BEGINNERS (INDOORS)

**Bonnie Stein**

Learn how to transform your exercise walking into more of a workout. You can get all the fitness benefits of running by walking. 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 how to protect your knees and back while walking. Learn Olympic racewalking techniques and tips to make your own walk faster and safer. All levels welcome!

<b>6 Days</b>	<b>Eisenhower Recreation</b>			<b>FEE: R \$108 G \$114</b>
HEA6532	Sa	7/12-8/16		1:00 PM-2:45 PM

## AEROBIC WALKING AND RACEWALKING FOR BEGINNERS (OUTDOORS)

**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!

<b>6 Days</b>	<b>Riverbend Recreation</b>			<b>FEE: R \$108 G \$114</b>
HEA6521	Th	4/3-5/8		4:00 PM-5:45 PM

<b>6 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$108 G \$114</b>
HEA6522	F	4/4-5/9		9:00 AM-10:45 AM

<b>6 Days</b>	<b>Lake Okahumpka Recreation</b>			<b>FEE: R \$108 G \$114</b>
HEA6523	Sa	4/5-5/10		9:30 AM-11:15 AM

## AGE-LESS YOGA FACE

**Helga Malinsky**

Recent studies support the idea 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.

<b>1 Day</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$42 G \$48</b>
HEA7015	Sa	4/5		1:00 PM-3:00 PM
HEA7016	Sa	5/3		1:00 PM-3:00 PM
HEA7017	Sa	6/7		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 cooldown.

<b>5 Days</b>	<b>Fenney Recreation</b>			<b>FEE: R \$55 G \$61</b>
HEA8314	Th	4/10-5/8		2:30 PM-3:30 PM

## BATON TWIRLING 101

**Kiera Manna**

**NEW**

Discover the art of baton twirling, perfect for beginners to learn basic skills and techniques. You will learn and practice twirls, spins, and tosses, and improve your hand and body coordination through guided step by step instruction to help you build a strong foundation while having fun. A great class if you want to join a team, perform in parades, or try something new. Enjoy baton twirling in a friendly and supportive environment. Bring your baton to each class.

<b>5 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$50 G \$56</b>
HEA2950	F	4/18-5/16		11:15 AM-12:05 PM
HEA2951	M	6/2-7/7		6:15 PM-7:05 PM
HEA2952	F	7/11-8/8		11:15 AM-12:05 PM
HEA2953	M	8/11-9/8		6:15 PM-7:05 PM

## BODYSULPT

**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.

<b>4 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$48 G \$54</b>
HEA1629	F	5/16-6/13		10:00 AM-11:00 AM
HEA1631	F	8/8-8/29		10:00 AM-11:00 AM

<b>4 Days</b>	<b>Water Lily Recreation</b>			<b>FEE: R \$48 G \$54</b>
HEA1630	M	7/7-7/28		10:30 AM-11:30 AM

Have Questions? Check the FAQ's on PAGE

4

## CARDIO DRUMMING

*Cynthia Duncan*

Full body cardio workout to promote 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](mailto:dennisdunc@aol.com)

6 Days	Lake Okahumpka Recreation			FEE: R \$50 G \$56
HEA1020	Th	4/10-5/15		1:00 PM-2:00 PM
HEA1021	Th	5/29-7/10		1:00 PM-2:00 PM
HEA1022	Th	7/24-9/4		1:00 PM-2:00 PM

## 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 [drumline2022@gmail.com](mailto:drumline2022@gmail.com).

6 Days	Tierra Del Sol Recreation			FEE: R \$50 G \$56
HEA2121	Sa	5/3-6/7		10:00 AM-11:00 AM
HEA2122	Sa	6/21-7/26		10:00 AM-11:00 AM
HEA2123	Sa	8/9-9/13		10:00 AM-11:00 AM



## CHAIR YOGA

*Kimberly Zak*

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
HEA4515	Th	5/22-6/26		1:00 PM-2:00 PM

## CHAIR YOGA

*Marcie Forster*

This moderately paced, lively chair yoga class modifies traditional yoga poses making the class accessible to beginners and experienced practitioners. Balancing and spinal flexibility poses will enhance your confidence and well-being. From seated we will transition to standing using the chair to assist and support us as we improve balance. Clear instructions allow students to enter poses for stretching with breath. Class will begin and end with a 5-minute meditation. Participants bring a mat to each class session.

6 Days	Sterling Heights Recreation			FEE: R \$60 G \$66
HEA4565	Sa	4/5-5/10		11:00 AM-12:00 PM
HEA4567	Sa	6/7-7/12		11:00 AM-12:00 PM
HEA4569	Sa	8/9-9/13		11:00 AM-12:00 PM

6 Days	Homestead Recreation			FEE: R \$60 G \$66
HEA4566	M	4/7-5/12		10:30 AM-11:30 AM
HEA4568	M	6/9-7/14		10:30 AM-11:30 AM
HEA4570	M	8/11-9/15		10:30 AM-11:30 AM

## CHAIR YOGA WITH LIGHT WEIGHTS

*Maryann Holden*

Discover the perfect blend of movement and mindfulness in our Chair Yoga with 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
HEA3012	M	4/7-5/12		9:30 AM-10:50 AM
HEA3013	M	5/26-6/30		9:30 AM-10:50 AM
HEA3014	M	7/14-8/18		9:30 AM-10:50 AM

## CHAKRA CLEARING

*Gianna (Joan) Ragona-Suarez*

Our bodies contain 7 main energy centers known as Chakras. Each Chakra correlates to a specific body area, function and energy. When a Chakra is "blocked" our emotional, physical and mental energies are thrown out of balance. Through sound, meditation and gentle movement we can bring harmony back to the afflicted area to create healing, balance and renewed energy.

3 Days	Allamanda Recreation			FEE: R \$60 G \$66
HEA1502	Tu	6/10-6/24		10:00 AM-11:00 AM

3 Days	Colony Cottage Recreation			FEE: R \$60 G \$66
HEA1503	Tu	8/12-8/26		10:00 AM-11:00 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	Lake Okahumpka Recreation			FEE: R \$50 G \$56
HEA4704	F	5/23	9:30 AM-12:30 PM	

## CLASSICAL STRETCH/AGING BACKWARDS - BEGINNER LEVEL 1

Debbie LaMonica

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. The program consists of challenging, safe, dynamic, effective exercises, preferably done barefoot or with gripper type footies. Through gentle, focused continuous movement, you will begin to move easier, improve your posture, energy level and more. Bring a mat.

6 Days	SeaBreeze Recreation			FEE: R \$60 G \$66
HEA1903	Sa	4/12-5/17	11:00 AM-12:00 PM	
HEA1904	Sa	5/31-7/5	11:00 AM-12:00 PM	

## CLASSICAL STRETCH/AGING BACKWARDS - BEGINNER LEVEL 2

Debbie LaMonica

**NEW**

Classical Stretch by Essentrics® | Aging Backwards® is a full-body fitness program designed to increase range of motion, rebalance your body, and improve circulation all while lengthening and strengthening muscle - preferably barefoot or you can wear gripper type footies. The focus is on flexibility, mobility, and agility by moving joints. The dynamic, intense exercises contribute to overall health and wellness. PRE-REQUISITE: Classical Stretch/Aging Backwards - Beginner Level 1. Bring a mat and stretch band.

6 Days	SeaBreeze Recreation			FEE: R \$60 G \$66
HEA1930	Sa	4/12-5/17	12:30 PM-1:30 PM	
HEA1931	Sa	7/19-8/23	11:00 AM-12:00 PM	

## COMMUNICATING WITH YOUR DOCTOR

Dr. Frank Ancona

**NEW**

Learn tips on how to prepare for doctor's appointments to get the most out of your visit. Appointments can be difficult to book, and visits seem to be "rushed" after a lot of waiting. Thus, more than ever patients and practitioners need to communicate, and work together to understand each other. This session walks you through step-by-step, from choosing doctors to post visit follow-ups. Participants are encouraged to share questions/comments.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
HEA2700	Sa	5/10	1:00 PM-2:30 PM	

1 Day	Ezell Recreation			FEE: R \$15 G \$21
HEA2701	Tu	8/19	1:00 PM-2:30 PM	

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## CORESCULPT

Joanie Husband

**NEW**

Core-centered full body workout designed to strengthen and tone your core, blending multiple fitness modalities: strength training, balance work, cardio, and stretching. Delivering a well-rounded approach to fitness, this class is designed to offer the perfect mix of exercises that empower, energize, and help you take care of your body. Whether you are just starting out or a seasoned fitness enthusiast, this class is accessible to all levels. Each movement can be adapted to match your needs and abilities, ensuring a workout that challenges and supports your fitness needs.

4 Days	Allamanda Recreation			FEE: R \$48 G \$54
HEA2210	F	4/11-5/2	10:00 AM-11:00 AM	
HEA2211	F	6/27-7/25	10:00 AM-11:00 AM	

4 Days	Water Lily Recreation			FEE: R \$48 G \$54
HEA2212	M	8/11-9/1	10:30 AM-11:30 AM	

## 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	Seabreeze Recreation			FEE: R \$12 G \$18
HEA1274	Tu	4/15	1:00 PM-2:00 PM	

## FOAM ROLLING INTRODUCTION

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
HEA5029	Sa	4/5	2:00 PM-3:15 PM	
HEA5030	Sa	5/3	2:00 PM-3:15 PM	
HEA5031	Sa	6/7	2:00 PM-3:15 PM	
HEA5032	Sa	8/23	2:00 PM-3:15 PM	
HEA5033	Sa	9/20	2:00 PM-3:15 PM	





## FOAM ROLLING/STRETCHING FOR IMPROVED EXERCISE

*Bonnie Stein*

For those who have taken Foam Rolling Introduction class and are ready for the next level. 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 in this class and bring any size foam roller, 2 Yoga blocks, and fitness/yoga mat to class.

<b>3 Days</b>	<b>Rohan Recreation</b>			<b>FEE: R \$47 G \$53</b>
HEA1155	M	5/5-5/19	3:30 PM-4:45 PM	
HEA1156	M	7/14-7/28	3:30 PM-4:45 PM	

## GOLF FIT - 35 MINUTES A DAY FOR BETTER PLAY

*Helga Malinsky*

**NEW**

Learn the importance of a pre-game warm-up. Practice some Tai Chi moves for greater energy and balance. Learn standing and sitting Yoga poses for flexibility and strength. Finish with a relaxation technique for better future golf games.

<b>4 Days</b>	<b>Eisenhower Recreation</b>			<b>FEE: R \$40 G \$46</b>
HEA7110	Tu	4/22-5/13	1:30 PM-2:30 PM	
<b>4 Days</b>	<b>SeaBreeze Recreation</b>			<b>FEE: R \$40 G \$46</b>
HEA7111	Tu	6/3-6/24	10:00 AM-11:00 AM	

## 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.

<b>1 Day</b>	<b>Ezell Recreation</b>			<b>FEE: R \$15 G \$21</b>
HEA2317	Sa	4/26	1:00 PM-2:30 PM	
<b>1 Day</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$15 G \$21</b>
HEA2318	Tu	6/3	1:00 PM-2:30 PM	
HEA2350	Sa	9/13	1:00 PM-2:30 PM	
<b>1 Day</b>	<b>Rohan Recreation</b>			<b>FEE: R \$15 G \$21</b>
HEA2319	Tu	7/22	1:00 PM-2:30 PM	

## HOURGLASS WORKOUT

*Stephanie Montejano*

**NEW**

A Latin dance workout that's easy on the knees and joints to the rhythmic beats of merengue, rumba, samba and bachata, encouraging every participant to let loose, burn calories, and get that hourglass figure.

<b>5 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$40 G \$46</b>
HEA1360	Th	5/22-6/19	4:15 PM-5:15 PM	

## HYPNOSIS - LEARN HYPNOSIS TO CHANGE YOUR LIFE

*Heather McFall*

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 a 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.

<b>3 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$75 G \$81</b>
HEA2403	W	4/16-4/30	4:00 PM-5:30 PM	
HEA2404	W	5/21-6/4	6:00 PM-7:30 PM	
<b>3 Days</b>	<b>Colony Cottage Recreation</b>			<b>FEE: R \$75 G \$81</b>
HEA2405	W	7/23-8/6	3:00 PM-4:30 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.

<b>6 Day</b>	<b>Churchill Street Recreation</b>			<b>FEE: R \$65 G \$71</b>
HEA2326	Th	7/17-8/21	10:30 AM-12:00 PM	

## IS IT DEMENTIA?

*Melissa Denham, The Villages Health*

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.

<b>1 Day</b>	<b>SeaBreeze Recreation</b>			<b>FEE: R \$12 G \$18</b>
HEA1281	Tu	8/26	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 is 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.

<b>6 Days</b>	<b>SeaBreeze Recreation</b>			<b>FEE: R \$72 G \$78</b>
HEA1610	W	4/30-6/11	1:30 PM-2:30 PM	
HEA1612	W	6/18-7/30	1:30 PM-2:30 PM	
HEA1614	W	8/6-9/10	1:30 PM-2:30 PM	
<b>6 Days</b>	<b>Fenney Recreation</b>			<b>FEE: R \$72 G \$78</b>
HEA1611	Th	5/22-6/26	1:30 PM-2:30 PM	
HEA1613	Th	7/10-8/14	1:30 PM-2:30 PM	
HEA1615	Th	8/28-10/2	1:30 PM-2:30 PM	

*Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.*



## MAGICAL MANDALAS: MINDFULNESS IN ACTION

*Kimberly Hoenie*

Mandalas have been used for centuries as a method to journey within oneself. This magical session will include exploring mandalas in many forms with a focus on self-reflection and self-realization. A mandala Yin yoga practice will allow the physical body to express itself through the mystery of the mandala. The day will also include the sacred art of painting mandala stones as well as exploring labyrinths (also a mandala!) The instructor will provide take-home materials. Join us to include a little magic, exploration, and fun in your life! Bring a yoga mat, yoga block, supportive blanket or bolster. Supply fee **\$5.00** payable to instructor at class.

<b>1 Day</b>	<b>Lake Okahumpka Recreation</b>			<b>FEE: R \$50 G \$56</b>
HEA4681	F	4/25	9:30 AM-12:30 PM	
<b>1 Day</b>	<b>Saluki Recreation</b>			<b>FEE: R \$50 G \$56</b>
HEA4682	W	7/9	9:30 AM-12:30 PM	

## MEDITATION & YOGA: HEALING THROUGH THE CHAKRAS

*Kimberly Hoenie*

The Chakras are energy centers in the body that receive, process & information from/to the outside world. Each week will focus on stimulating & balancing one or more chakras. Sessions will include Gentle yoga postures, Meditation & Pranayama. Instructor will include takeaways to incorporate the healing practice during the week. The final week will include a full body Chakra healing class. Bring a Yoga mat, Yoga block, supportive blanket or bolster.

<b>5 Days</b>	<b>Lake Okahumpka Recreation</b>			<b>FEE: R \$75 G \$81</b>
HEA4621	W	5/7-6/4	10:00 AM-11:30 AM	

## MEDITATION & YOGA: SUMMER SOLSTICE CLASS

*Kimberly Hoenie*

**NEW**

Shifting from the spring season of new beginnings to the summer season of movement and doing, our energetic bodies may need some stimulation towards movement. This extended yoga class will begin with sun salutations modified to suit your personal practice. Additional gentle asanas will be incorporated to honor this season of sun and light. The active portion of the class will be followed by a themed, restful Yoga Nidra practice. Bring a yoga mat, bolster or pillow, blankets, blocks, strap.

<b>1 Day</b>	<b>Ezell Recreation</b>			<b>FEE: R \$30 G \$36</b>
HEA4800	F	6/20	10:00 AM-12:00 PM	

## 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.

<b>1 Day</b>	<b>Saluki Recreation</b>			<b>FEE: R \$30 G \$36</b>
HEA4011	W	5/7	1:00 PM-4:00 PM	
HEA4012	W	8/20	1:00 PM-4:00 PM	

Have Questions? Check the FAQ's on PAGE

4

Course Supply Fee is in addition to class fee.

## PUT YOUR MIND ON A DIET

*Bonnie Stein*

**NEW**

A significant component of becoming the size you wish to be - your powerful mind. Discover how to use your mind power instead of your will power to steer your body toward good health, well-being, and a body size that you are aiming towards. Learn a Skillset along with the Mindset that will allow you to be successful. Even if you have been overweight for years, tried dozens of diets, or genetic related, you'll discover it can be less about will power, and more about skill power. Learn and practice new ways to approach the diet challenge to help change the way you feel and eventually the way you look.

<b>5 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$57 G \$63</b>
HEA6600	Tu	4/8-5/6	10:30 AM-11:45 AM	
HEA6601	Tu	5/20-6/17	6:30 PM-7:45 PM	
HEA6602	Tu	7/1-7/29	10:30 AM-11:45 AM	
<b>5 Days</b>	<b>Rohan Recreation</b>			<b>FEE: R \$57 G \$63</b>
HEA6603	Tu	8/5-9/2	6:30 PM-7:45 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.

<b>4 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$48 G \$54</b>
HEA5304	W	4/9-4/30	9:00 AM-10:15 AM	
HEA5305	W	5/7-5/28	9:00 AM-10:15 AM	

## REIKI - LEVEL 1

*Elisa Fireman*

Taught in the Traditional Usui style, Reiki involves the transfer of energy from the practitioner's palms to their own energy system. Reiki has three levels: 1, 2, & 3. Reiki Level 1 is the basic level where you have life-long access to Reiki energy and the ability to use Reiki energy to heal yourself and others. During Reiki Level 1, you'll learn about Reiki, receive four attunements that will allow you to channel Reiki energy and time to practice using Reiki on yourself and others. Many continue to explore Reiki to further their own spiritual journey, as it is a gentle and safe healing art.

<b>4 Days</b>	<b>Ezell Recreation</b>			<b>FEE: R \$75 G \$81</b>
HEA8003	W	5/7-5/28	4:00 PM-5:30 PM	

<b>4 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$75 G \$81</b>
HEA8004	W	7/16-8/6	6:00 PM-7:30 PM	

## REIKI - LEVEL 2

*Elisa Fireman*

Taught in the Traditional Usui style, Reiki involves the transfer of energy from the practitioner's palms to their own energy system. Reiki Level 2 training and attunement focuses on more specifically directed use of the Reiki energy, particularly mental emotional healing, and remote healing. Students are given more tools for working with other people and for the world community. Many continue to explore Reiki to further their own spiritual journey as it is a gentle and safe healing art. PREREQUISITE: Reiki I class.

<b>2 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$75 G \$81</b>
HEA8011	W	8/27-9/3	4:00 PM-5:30 PM	

**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. Prerequisite: Reiki 1 and Reiki 2 classes. Supply fee **\$5.00** payable to instructor at class.

<b>1 Day</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$50 G \$56</b>
HEA8021	Sa	9/13	1:00 PM-4:00 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.

<b>5 Days</b>	<b>Fenney Recreation</b>			<b>FEE: R \$55 G \$61</b>
HEA8126	M	4/7-5/5	1:00 PM-2:00 PM	
HEA8127	Th	4/10-5/8	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.

<b>14 Days</b>	<b>Aviary Recreation</b>			<b>FEE: R \$30 G \$36</b>
HEA1220	M W	4/7-5/21	8:30 AM-9:20 AM	
HEA1221	M W	4/7-5/21	9:30 AM-10:20 AM	

**TAI CHI FOR ARTHRITIS AND FALL PREVENTION PART 1 & 2 REVIEW***Amy Wixted, The Villages Health*

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.

<b>6 Days</b>	<b>Homestead Recreation</b>			<b>FEE: R \$12 G \$18</b>
HEA1702	F	4/11-5/16	8:15 AM-9:20 AM	
HEA1703	F	8/22-9/26	8:15 AM-9:20 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.

<b>8 Days</b>	<b>Aviary Recreation</b>			<b>FEE: R \$20 G \$26</b>
HEA1260	M W	9/3-9/29	8:30 AM-9:20 AM	
HEA1261	M W	9/3-9/29	9:30 AM-10:20 AM	

**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

<b>5 Days</b>	<b>Allamanda Recreation</b>			<b>FEE: R \$40 G \$46</b>
HEA7368	M	4/7-5/5	11:30 AM-12:30 PM	
HEA7369	M	6/2-6/30	11:30 AM-12:30 PM	

**TEN BONUS YEARS: ADD 10 HEALTHY YEARS TO YOUR LIFE***David Meinz***NEW**

Health promotion expert David Meinz shows you how to add years to your life and life to your years. You will discover a new perspective on what you eat, what seven supplements are recommended, how to lose inches, grocery store tips and the surprising Ten Steps to Longevity. A FUN, interactive class you will enjoy! Bring the required book "Ten Bonus Years: Add 10 Healthy Years to Your Life" to class or available for purchase at class.

<b>5 Days</b>	<b>Lake Miona Recreation</b>			<b>FEE: R \$50 G \$56</b>
HEA1450	W	5/28 - 6/25	1:00 PM-2:30 PM	

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





## 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
HEA5211		M	4/14-4/28	3:30 PM-4:40 PM
3 Days	Allamanda Recreation			FEE: R \$42 G \$48
HEA5212		M	6/2-6/16	3:30 PM-4:40 PM
3 Days	Bacall Recreation			FEE: R \$42 G \$48
HEA5213		M	8/4-8/18	3:30 PM-4:40 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 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

## TEN KUNG FU FITNESS MOVES

### Derrick Void

**NEW**

Burn fat and calories in this unique cardio fitness program consisting of 10 form movements. When practiced daily, you may increase energy and mobility in your joints and tendons, improve your memory through muscle memory and help coordinate the body, mind, posture and balance. Fitness moves include twisting, punching and kicking style movements. Perfect cardio class for beginners or if you are looking for a new style of exercise to add to your fitness routine.

8 Days	Mulberry Grove Recreation			FEE: R \$75 G \$81
HEA9200		M Th	4/7-5/1	7:00 PM-8:00 PM
HEA9201		M Th	5/12-6/5	7:00 PM-8:00 PM
HEA9202		M Th	6/16-7/10	7:00 PM-8:00 PM
HEA9203		M Th	7/21-8/14	7:00 PM-8:00 PM
HEA9204		M Th	8/25-9/18	7:00 PM-8:00 PM

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

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

## 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
HEA2653		Tu	4/15-5/6	2:00 PM-3:00 PM
HEA2654		Tu	5/20-6/10	2:00 PM-3:00 PM
HEA2655		Tu	7/8-7/29	2:00 PM-3:00 PM
HEA2656		Tu	8/12-9/2	2:00 PM-3:00 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	Canal Street Recreation			FEE: R \$40 G \$46
HEA3513		Th	4/17-5/8	4:00 PM-5:00 PM
HEA3514		Th	5/29-6/19	4:00 PM-5:00 PM
HEA3515		Th	7/10-7/31	4:00 PM-5:00 PM
HEA3516		Th	8/14-9/4	4:00 PM-5:00 PM

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

### Helga Malinsky

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

5 Days	Allamanda Recreation			FEE: R \$48 G \$54
HEA7413		M	4/7-5/5	9:30 AM-11:00 AM
HEA7414		M	6/2-6/30	9:30 AM-11:00 AM

*Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.*

# HISTORY

## 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  
HIS6005 W 4/30 1:00 PM-2:30 PM

## CODES & CIPHERS THAT CHANGED WORLD HISTORY

*Donald Wyman*

This presentation traces the evolution of encryption by the Egyptians, Persians, Greeks, British and Scotch royalty; unique use by Native Americans; Revolutionary and Civil War Leaders and Spies; how it brought America into WWI; the role it played prior to and during WWII; Navajo Code Talking and including today's encipherment techniques used by the CIA and other Foreign Intelligence Services and their spies worldwide.

1 Day Eisenhower Recreation FEE: R \$18 G \$24  
HIS7180 W 9/3 1:00 PM-2:30 PM

## ELIZABETH FRIEDMAN: THE WORLD'S GREATEST CODEBREAKER

*Donald Wyman*

From a farm in Indiana to the Nation's Capital as Cryptographer-in-Charge, she led the way in solving one code after another. WW I German codes, prohibition codes, prohibition kingpins, mobsters and gangsters, drug lords, all fell before her uncanny ability to crack even the cleverest codes and ciphers. Languages were no barrier. She broke the entire South American Clandestine radio network and three WWII German Enigma codes, not with a computerized machine, but with a paper and pencil.

1 Day Eisenhower Recreation FEE: R \$18 G \$24  
HIS7140 W 8/20 1:00 PM-2:30 PM

## ELIZABETH VAN LEW: AMERICA'S SECOND SPYMASTER

*Donald Wyman*

Elizabeth Van Lew was America's second spymaster; Washington was the first. Elizabeth Van Lew, Virginia born aristocrat, educated in Philadelphia, abhorred slavery and when the War broke out hated to see the Union broken apart. She followed all the protocols that a CIA Case Officer does today, but did it 150 years ago, all in a courageous effort to bring resolution to this bloody, tumultuous page in American history. To honor her, she is enshrined in the United States Military Intelligence Hall of Fame.

1 Day Eisenhower Recreation FEE: R \$18 G \$24  
HIS7077 W 8/6 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  
HIS6013 W 5/28 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  
HIS7054 W 6/4 1:00 PM-2:30 PM

## ESPIONAGE TECHNIQUES: TRICKS OF THE TRADE

*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 tradecraft, imagination and creativity.

1 Day Eisenhower Recreation FEE: R \$18 G \$24  
HIS7031 W 5/7 1:00 PM-2:30 PM

## FAMOUS GANGSTERS: HOW THEY LIVED AND DIED

*Lisa Didier*

A vivid history of gangsters in America including post-Civil War gangs, the birth of America's Cosa Nostra, building Las Vegas and Florida's narcotics Queen.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS9043 Th 6/19 1:30 PM-3:00 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

Have Questions? Check the FAQ's on PAGE

4

## 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  
HIS9110 M 7/14 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  
HIS9258 M 6/9 1:00 PM-2:30 PM

## FRANK LLOYD WRIGHT: CLIENT'S PERSPECTIVE BUILDING WITH WRIGHT

*Timothy Totten*

**NEW**

From homeowners like Catherine & Herbert Jacobs, who commissioned two houses, to businessman Harold Price, Sr., whose work with the architect resulted in two houses and a 19-story skyscraper, Wright's clients include everyone from the quietest housewife to the world's best-known celebrities. Totten will bring to life the exciting and often nail-biting adventure of engaging the great architect and navigating the pitfalls of confused contractors, unwilling banks, and local building codes to collaborate on a livable piece of art.

1 Day Lake Miona Recreation FEE: R \$25 G \$31  
HIS1450 M 4/7 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  
HIS1583 Tu 8/12 2:00 PM-3:30 PM

## FRANK LLOYD WRIGHT: GOES TO HOLLYWOOD

*Timothy Totten*

From failed negotiations for movie set design to plans for flashy film star houses, Wright's numerous attempts to "make it big in Hollywood" highlight an architect using every avenue available to spread his design philosophies and build a legacy. Through stories of industry giants like Marilyn Monroe, Mike Todd, and Cecille B. DeMille, Totten weaves a fascinating story of determined ambition and thwarted dreams.

1 Day Lake Miona Recreation FEE: R \$25 G \$31  
HIS1514 Th 5/22 2:00 PM-3:30 PM

## 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  
HIS1593 Tu 7/22 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  
HIS1525 Th 6/26 2:00 PM-3:30 PM

## 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  
HIS1505 Tu 6/10 2:00 PM-3:30 PM



## 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  
HIS1535 Tu 7/1 2:00 PM-3:30 PM

## FRANK LLOYD WRIGHT: THE GUGGENHEIM MUSEUM LAST GREAT BUILDING

*Timothy Totten*

**NEW**

A controversial design for an unusual art collection, the Guggenheim Museum took famed American Architect Frank Lloyd Wright more than 2 decades to realize, with his death coming 6 months shy of the unique building's completion. Storyteller Timothy Totten will bring to life the tortured and unique story of the controversial museum through 100+ pictures and more than a dozen fascinating accounts by the players involved.

1 Day Lake Miona Recreation FEE: R \$25 G \$31  
HIS1470 F 5/16 10:00 AM-11:30 AM

## FREDERICK DOUGLASS - VOICE OF THE PEOPLE

*Michael Ryan*

**NEW**

Learn about the life and times of Frederick Douglass, highlighting Douglas's experiences from slavery to freedom and his influence on the abolitionist movement in antebellum America. The lecture discusses Douglass's ability to capture the realities of slavery through his writings. Participants can expect to gain a deeper understanding of life in the pre-civil war, Civil War and Reconstruction eras of the United States along with the impact Douglass had on slavery. It also will provide information on Douglass's use of photography to change the image of African Americas in society.

1 Day Lake Miona Recreation FEE: R \$20 G \$26  
HIS1900 W 5/7 10:00 AM-12:00 PM

## HISTORIC ORLANDO

*Elizabeth Randall*

**NEW**

Orlando's historic districts are separate throughout the city, yet its landmarks and its memories unite them. Images of Orlando from 1875 to 2022 paint a picture of its landscape dotted with cattle and orange trees exploding into a bustling city. While some authors claim that Orlando's history is lost, these images show how the city's Historic Preservation Board has safeguarded many cultural and architectural treasures. Arcadia's Past and Present series makes such local comparisons available, offering a special view of American life by placing historical images side by side with contemporary photographs.

1 Day Rohan Recreation FEE: R \$18 G \$24  
HIS1800 W 5/21 1:00 PM-2:15 PM

## HISTORY OF FORENSIC SCIENCE

*Lisa Didier*

Using historic murders, Professor Didier explains the evolution of criminal forensic sciences including 1st mug shots, fingerprints, toxicology, trace evidence and 1st murder conviction using DNA.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS5108 Th 4/17 1:30 PM-3:00 PM

## HISTORY OF FORENSIC SCIENCE-PART 2

*Lisa Didier*

Learn about the newest forensic tools, a career in forensic science, body farms and cleaning up the crime scene.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS5125 Th 5/1 1:30 PM-3:00 PM

## HISTORY OF MEDICINE: HEROES, QUACKS AND CURES

*Lisa Didier*

This program explores the evolution of human medicine from early Egyptians to present day miracles of science.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS5225 Th 6/12 1:30 PM-3:00 PM

## HISTORY OF SCOTLAND

*Lisa Didier*

The history/culture of Scotland including the history of golf, whiskey, kilts, famous pubs and the stories of the ghosts who still haunt them.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS9372 Th 7/17 1:30 PM-3:00 PM

## HISTORY'S MILESTONES: HOLOCAUST

*James Press*

We'll examine how and why the Holocaust happened. In addition, we'll discuss if WW I and WW II provided the opportunity and motivation for genocidal Nazi policies. Finally, we'll examine Adolf Hitler's role and the other key Nazis who committed the "most well documented crime in history."

1 Day Eisenhower Recreation FEE: R \$15 G \$21  
HIS4185 Th 4/10 1:00 PM-2:30 PM

## HISTORY'S MILESTONES: SAS DESERT COMMANDOS

*James Press*

We'll discuss how England's "rogue warriors" of the Special Air Services made a difference in the desert war in North Africa against the Africa Korps and the harsh terrain. We'll also meet a Scottish aristocrat who created this fearless commando unit called the SAS with the motto "Who Dares Wins."

1 Day Eisenhower Recreation FEE: R \$15 G \$21  
HIS4500 Th 5/8 1:00 PM-2:30 PM

## HISTORY'S MILESTONES: THE 1ST AIR COMMANDOS OF WWII

*James Press*

The 1st Air Commandos were one of the most unique US Army Air Force units in WWII. They were trained to fight in the China Burma India Theater of war and support British special forces. We'll discuss eggbeaters, flying bulldozers, grasshoppers and many "firsts" in air operations. They laid the groundwork for today's USAF Special Operations with the motto: Any Place, Any Time, Anywhere.

1 Day Eisenhower Recreation FEE: R \$15 G \$21  
HIS4550 Th 5/22 1:00 PM-2:30 PM

Have Questions? Check the FAQ's on PAGE

4

## HISTORY'S MILESTONES: THE HANOI HILTON: A DEN OF SPIES

James Press

We'll investigate how US prisoners of war in the infamous Hanoi Hilton prison established a two-way communication network with the CIA during the Vietnam War. Let's see how James Stockdale and his wife became a "couple in espionage" and how they helped our air war with the aid of the CIA. We'll also look at the methods and gadgets that were used by the CIA.

1 Day Eisenhower Recreation FEE: R \$15 G \$21  
HIS4260 Th 6/5 1:00 PM-2:30 PM

## HOLLYWOOD'S GOLDEN AGE: STARS, SECRETS AND SCANDALS

Lisa Didier

Discover the "back-story" concerning movie studios, the stars they created and the murders, mysteries and mayhem of Hollywood's Golden Age.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS9351 Th 8/14 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 led 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  
HIS7130 W 4/23 1:00 PM-2:30 PM

## JOHN BROWN - MADMAN, MARTYR OR TERRORIST?

Michael Ryan

NEW

Learn about the life and times of John Brown highlighting the key events taking place in antebellum America. The lecture discusses Brown's upbringing, his influence on the abolitionist movement that was taking hold in the United States in the years preceding the Civil War and culminates with Brown's raid on Harper's Ferry and subsequent hanging. Participants will gain a clearer perspective into the complexities of John Brown and be able to decide for themselves whether he was a madman, a martyr or a terrorist.

1 Day Lake Miona Recreation FEE: R \$20 G \$26  
HIS1920 W 5/21 10:00 AM-12:00 PM

## KEY WEST: THEN AND NOW

Lisa Didier

Why did Spanish ships refuse to land on this tropical paradise for almost 200 years? How did a resident of Key West become Florida's first millionaire? Even if you have visited Key West, this presentation offers many surprises and amusing anecdotes

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS9343 Th 8/21 1:30 PM-3:00 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## KNIGHTS TEMPLAR

Lisa Didier

The truth about a royal prince, the Knights Templar and the beginning of the Age of Discovery.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS5250 Th 7/31 1:30 PM-3:00 PM

## MADAMS IN AMERICA (1ST CEOS OF SERVICE INDUSTRY)

Lisa Didier

NEW

From "gentlemen's clubs" to gold town "cat houses", discover how madams ran their houses, took care of their "daughters", and became the richest women in America.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS5160 Th 5/15 1:30 PM-3:00 PM

## MADAMS IN AMERICA: NEW ORLEANS, FRISCO AND ALASKA (PART 2)

Lisa Didier

NEW

More history about famous madams, the dangers of the trade and the woman who began the sex-slave trade in America.

1 Day Eisenhower Recreation FEE: R \$25 G \$31  
HIS5180 Th 5/29 1:30 PM-3:00 PM

## MURDER IN ST. AUGUSTINE - THE MYSTERIOUS DEATH OF ATHALIA PONSELL LINDSLEY

Elizabeth Randall

NEW

The murder of Athalia Ponsell Lindsley is notorious more than four decades after it occurred. The only eyewitness said a man attacked Lindley with a machete in broad daylight on the front steps of her white mansion. Gossip swirled that neighbor Frances Bemis knew who killed Lindsley and would notify authorities. Bemis was later murdered on her nightly walk. Police arrested only one suspect for Lindley's murder, which remains unsolved to this day.

1 Day Rohan Recreation FEE: R \$18 G \$24  
HIS1810 W 5/21 3:00 PM-4:15 PM

## SPRINGS: AN EXPLORATION OF FLORIDA'S WATERY TREASURES

Cathy Salustri

NEW

Why do springs matter? What's the difference between a spring and boil, lake, or vents? How many springs does Florida have? Travel writer Cathy Salustri takes you on a virtual tour to her favorite springs and explains how springs function, why we have so many in Florida, and why they're vital to our state.

1 Day Rohan Recreation FEE: R \$18 G \$24  
HIS2300 Th 5/8 2:00 PM-3:30 PM

## THE CIA MUSEUM: THE THIRD PRIVATE TOUR

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 they 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  
HIS7005 W 7/2 1:00 PM-2:30 PM





### THE CIA MUSEUM: THE FOURTH AND FINAL TOUR

*Donald Wyman*

A unique tour with different artifacts and background stories revealed and colorfully illustrated by Dr. Don Wyman, CIA Retiree who was in the Agency when most of these events were happening. This is the final tour of an ongoing series that contains new clandestine items and missions previously highly classified in full color and with unique illustrations created to show how they were carried out to combat smothering enemy surveillance.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS7104		W	7/23	1:00 PM-2:30 PM

### THE OVERTHROW OF THE HAWAIIAN KINGDOM

*Michael Ryan*

**NEW**

This lecture will cover the overthrow of the Hawaiian Kingdom in 1898. It will begin with a short history of the Hawaiian Islands including the unification of the islands by King Kamehameha, western contact (Capt. James Cook), and the influx of missionaries to the islands.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
HIS1930		W	5/14	10:00 AM-12:00 PM

### THE PLIGHT OF THE PANTHER: HERE, KITTY KITTY!

*Cathy Salustri*

**NEW**

In the 1970s, the fate of the Florida panther was all but set in stone: with only 20 panthers left in Florida, the panther gene pool was not robust. Bringing in Texas panthers has revived the species, and although doubts about shrinking habitat have some believing the panther is nevertheless doomed, in March of 2017, a biologist consulting for the FWC caught a female panther and two kittens on camera north of the Caloosahatchee River, something that hasn't happened in 40 years. The Florida panther has the chance to be the grandest success story or the best-documented tragedy in the history of the natural world, and the cat's fate lies now with voters, not only in Florida but across the United States.

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS2325		Th	8/21	2:00 PM-3:30 PM

### THE SPORTS TIME TRAVELER – FOOTBALL AND BOXING

*Len Ferman*

**NEW**

Len Ferman is a sports historian who bills himself as The Sports Time Traveler. It's "tongue-in-cheek," as he doesn't purport to be a real time traveler. He simulates time travel in his stories that are based on research from newspaper archives about events that took place 50 – 100 years ago. In this presentation, he takes the audience back in time as he shares two of his best stories from his 300+ published archive.

1 Day	Truman Recreation			FEE: R \$15 G \$21
HIS4330		Tu	7/22	1:00 PM-2:30 PM

### THE SPORTS TIME TRAVELER – GOLF AND BASEBALL

*Len Ferman*

**NEW**

Sit back and enjoy a dynamic multi-media presentation from The Sports Time Traveler - Len Ferman. You will feel like you went back in time, 50 – 100 years as Len will share two of his most exciting stories from his 300+ published archive about golf and baseball.

1 Day	Truman Recreation			FEE: R \$15 G \$21
HIS4320		Tu	7/22	3:30 PM-5:00 PM

### TURNCOATS & TRAITORS: THE MOST DANGEROUS SPIES

*Donald Wyman*

**NEW**

This program reveals three spies whose betrayal to America spread over almost 80 years, and yet, few people have ever heard their names. They feigned loyalty and made their effort so convincing that they were given promotions and awards from the secret agencies that they worked for so diligently. How and why, they chose their loyalties and were able to carry out their deception for so long is an amazing story.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS7070		W	6/18	1:00 PM-2:30 PM

## 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
HOB9007		Sa	4/12-5/17	1:00 PM-3:00 PM
HOB9008		Sa	8/9-9/13	1:00 PM-3:00 PM

Have Questions? Check the FAQ's on PAGE

4

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

## ACTING CLASSES FOR NON-ACTORS: PART II

Dean Corbett

NEW

This course follows the basic class for non-actors with more detailed work in scene study and character development. Memorization, staging and specific acting techniques are emphasized, as well as creating a character with the use of props, costumes and make-up. This class introduces "Improvised Performance" in which scenes, acts and plays are created by the actors' own words and actions. This Part II course is for those who attended the basic Acting Classes for Non-Actors, and those who have had a theatre acting background.

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
HOB9030	Sa	5/31-7/5	1:00 PM-3:00 PM	

## BRAIN GAMES

Martha Whaley

Wake up your brain! Do you need ideas of activities to stimulate your brain other than Crossword Puzzles and Mah Jongg? Brain Games may include Riddles, Jokes and Groaners, Categories, TV Quiz, Quotes, Logic, Rebus puzzles and much more. Join us as we laugh, think and work our brain. Each class has multiple different activities to get your brain working. Bring your friends and sign up for all three classes!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HOB7342 (A)	M	6/2	10:00 AM-12:00 PM	
HOB7362 (B)	M	7/7	10:00 AM-12:00 PM	
HOB7382 (C)	M	9/15	10:00 AM-12:00 PM	

## CHESS

Matthew Noble

A comprehensive introduction to the game of chess to include the rules of the game, 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	Chatham Recreation			FEE: R \$50 G \$56
HOB4518	W	4/16-5/7	3:30 PM-4:30 PM	
HOB4519	W	6/18-7/9	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. We will also learn about some of the chess greats and their most famous games.

4 Days	Bridgeport Recreation			FEE: R \$50 G \$56
HOB4410	F	8/15-9/5	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! Learn 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 to instructor at the 2nd class.

8 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB2206	Tu	7/29-9/16	6:00 PM-8:00 PM	

## 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 not required. For information about the course and recommended supplies contact: Don Wiley, at [Don@goldwingnut.com](mailto:Don@goldwingnut.com) 352-661-6175.

4 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB5016	W F	4/2-4/11	9:00 AM-11:00 AM	
HOB5018	W F	7/30-8/8	9:00 AM-11:00 AM	
HOB5019	W F	9/3-9/12	9:00 AM-11:00 AM	

4 Days	Rohan Recreation			FEE: R \$50 G \$56
HOB5017	W F	5/14-5/23	9:00 AM-11:00 AM	

## 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](mailto:Don@goldwingnut.com) 352-661-6175.

4 Days	Laurel Manor Recreation			FEE: R \$125 G \$131
HOB5410	W F	4/30-5/9	9:00 AM-11:00 AM	

4 Days	Rohan Recreation			FEE: R \$125 G \$131
HOB5411	W F	6/4-6/13	9:00 AM-11:00 AM	
HOB5412	W F	8/20-8/29	9:00 AM-11:00 AM	

Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.



## DRONE FLYING STEP 3 - LITCHI AND AUTONOMOUS FLIGHT

*Don Wiley*

Flyers will learn the use of the flying app called Litchi. A companion app to DJI Go4 and DJI FLY, adding functionalities, and enhancing features. Litchi takes the power of these flying machines to the next level. Once you understand the basics of flying your drone using DJI Go4 or DJI FLY, it's time to add Litchi to your toolbox. Student supplies needed: DJI drone compatible with Litchi, a laptop for use during class with Google Chrome browser and Google Earth Pro installed, the Litchi app. For information contact Don, at [Don@goldwingnut.com](mailto:Don@goldwingnut.com) 352-661-6175.

4 Days	Lake Miona Recreation			FEE: R \$125 G \$131
HOB5606		W	6/25-7/16	9:00 AM-11:30 AM

## MAH JONGG 101: BEGINNERS

*Carolyn Fornataro*

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 to play. 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
HOB7319		W F	4/23-5/2	9:00 AM-11:30 AM
HOB7320		W F	6/11-6/20	9:00 AM-11:30 AM

## 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
HOB7116		M	6/30	10:00 AM-12:00 PM
HOB7117		M	8/4	10:00 AM-12:00 PM

## 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
HOB7261		M	4/21	10:00 AM-12:00 PM
HOB7262		M	5/12	10:00 AM-12:00 PM
HOB7263		M	8/11	10:00 AM-12:00 PM

## MAH JONGG SKILL BUILDING-ALL LEVELS

*Deborah Barnett*

**NEW**

Build your Mah Jongg Skills following the National Mah Jongg League rules and learn to play like a pro. Pre-requisites: You must have taken a full beginner course prior to taking this class. Bring your 2025 National Mah Jongg League Card to class. If you don't have a 2025 Card yet, Instructor will have copies to use during the class.

4 Days	Riverbend Recreation			FEE: R \$75 G \$81
HOB1570		F	4/11-5/2	1:00 PM-3:30 PM

4 Days	Rohan Recreation			FEE: R \$75 G \$81
HOB1571		F	5/16-6/6	3:30 PM-6:00 PM

## MAHJ X

*Martha Whaley*

Mahj X is a thrilling evolution to our beloved Mah Jongg game. It offers players 7 new rules (which you will like!), increased opportunities to switch hands, increased chances of winning, reduce player frustration, and improve your enjoyment of the games. Spoiler Alert \* (Everyone starts with a Joker). Register your entire group so you will all be playing after this session. Each participant requires registration. Experienced players only!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HOB7222		M	7/28	9:30 AM-12:00 PM

## REMOTE CONTROL SAILING – BEGINNING

*John Mowry*

**NEW**

In this 2-hour interactive hands-on course, participants will learn the basics of Remote Control (RC) Sailing. They will receive an in-depth overview of the different classes of boats, reviewing the pros and cons of each, along with associated costs. Participants will leave with a thorough overview of the operation of each boat and ready to sail. Sample boats will be available for exploration. At the end of the course, potential sailors will be able to indicate interest in meeting at the pond for hands-on sailing practice with members of The Villages Model Yacht Club at a future date.

1 Day	Everglades Recreation			FEE: R \$25 G \$31
HOB8000		Sa	4/26	9:00 AM-11:00 AM
HOB8002		Sa	7/19	9:00 AM-11:00 AM

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HOB8001		Tu	5/20	9:00 AM-11:00 AM

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

*Carolyn Fornataro & Martha Whaley*

Join your neighbors and learn to play Samba in this 1-day class. Samba is one of the most popular card games in The Villages. The course will include: Samba terms, Starting the game, Playing, Going out, and Scoring. The course will include an actual playing session. Join the fun and learn Samba!

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2317		M	4/14	8:30 AM-12:30 PM
HOB2318		M	6/16	8:30 AM-12:30 PM
HOB2319		M	8/18	8:30 AM-12:30 PM

Have Questions? Check the FAQ's on PAGE

4

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

## 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	Manatee Recreation			FEE: R \$40 G \$46
HOB2406		Sa	5/17	12:00 PM-4:00 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	Ezell Recreation			FEE: R \$40 G \$46
HOB2604		M	9/8	9:00 AM-12:30 PM

## SAMBA IV: SAMBA QUEENS WITH BANKING

Carolyn Fornataro & Martha Whaley

**NEW**

Ready for a higher level of skill in Samba? Queens is a Samba game for those who play "Super Duper Samba" and are looking for more. Using the "official rules", this class will incorporate the Samba rules and will teach you all the twists and turns that make this game so popular. Time is allowed for a playing and scoring session. Prerequisite: Super Duper knowledge. Supply fee **\$20.00** payable to instructor at class.

1 Day	Everglades Recreation			FEE: R \$40 G \$46
HOB2650		W	6/25	8:30 AM-12:30 PM

## SAMBA V TRIPLE I PASS WITH SAMBA QUEEN AND ONE-EYED JACKS

Carolyn Fornataro & Martha Whaley

**NEW**

Manny Muro (the creator of Samba) has done it again! This game builds on "Queens with Banking" (a Prerequisite for this class) and walks you through the official rules, including one-eyed Jacks vs. two-eyed Jacks, Passing, and much more. This is quickly becoming the most popular Samba game in The Villages. Time is allowed for a playing and scoring session. Prerequisite: Knowledge of Samba Queen. Supply fee **\$30.00** payable to instructor at class.

1 Day	Water Lily Recreation			FEE: R \$40 G \$46
HOB2680		F	9/26	8:30 AM-12:30 PM



## LANGUAGE

### FRENCH FOR BEGINNERS 1A

Sandrine White

Learn the basics of French with a native speaker who has taught for more than 30 years. Develop vocabulary and grammar while practicing everyday conversation with fun activities. Supply fee **\$10.00** for printed material payable to instructor at class.

4 Days	Lake Miona Recreation			FEE: R \$70 G \$76
LAN4401		W	4/9-4/30	3:30 PM-5:00 PM

4 Days	Ezell Recreation			FEE: R \$70 G \$76
LAN4402		Tu	7/29-8/19	3:30 PM-5:00 PM

### FRENCH FOR BEGINNERS 1B

Sandrine White

**NEW**

Continue your journey in learning the basics of French with a native speaker who has taught for more than 30 years. Expand your discourse by developing more vocabulary and grammar while practicing everyday conversation with fun activities. Supply fee of \$10 for printed material payable to instructor at the first day of class.

4 Days	Lake Miona Recreation			FEE: R \$70 G \$76
LAN4525		W	5/7-5/28	3:30 PM-5:00 PM

4 Days	Ezell Recreation			FEE: R \$70 G \$76
LAN4526		Tu	8/26-9/16	3:30 PM-5:00 PM

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

Learn more about our  
Instructor and Speaker team.

Visit: [TheEnrichmentAcademy.org](https://TheEnrichmentAcademy.org) > Our Team

Course Supply Fee is in addition to class fee.

## 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 **\$10.00** payable to the instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
LAN2009	M	4/7-5/12		2:00 PM-3:30 PM
LAN2010	M	6/16-7/21		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
LAN2304	M	8/4-9/8		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
LAN8006	F	5/2-5/23		10:00 AM-11:30 AM

4 Days	Ezell Recreation			FEE: R \$75 G \$81
LAN8007	W	5/7-5/28		6:00 PM-7:30 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	Ezell Recreation			FEE: R \$75 G \$81
LAN8023	W	6/11-7/2		4:00 PM-5:30 PM

4 Days	Lake Miona Recreation			FEE: R \$75 G \$81
LAN8024	W	7/16-8/6		4:00 PM-5:30 PM

## SPANISH 1 & 2 REVIEW

*Elisa Fireman*

**NEW**

Have you taken Spanish 1 and 2 but need additional practice? Would you like to take the Spanish 3 course but need a refresher or a bit more confidence? This course is designed for those of you who need just that. There will be ample opportunity to improve your proficiency in your oral language and listening skills, grammar and vocabulary and written practice. We'll review the areas covered in the Spanish 1 and 2 courses and go in depth as needed. Please contact the instructor for the syllabus for this course. Supply fee **\$10.00** payable to instructor at class.

4 Days	Ezell Recreation			FEE: R \$65 G \$71
LAN8070	Tu	7/15-8/5		3:00 PM-4:30 PM

4 Days	Lake Miona Recreation			FEE: R \$65 G \$71
LAN8071	W	8/27-9/17		6:00 PM-7:30 PM

## SPANISH FOR TRAVELERS

*Elisa Fireman*

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 **\$10.00** payable to instructor at class.

4 Days	Ezell Recreation			FEE: R \$75 G \$81
LAN8052	W	6/11-7/2		6:00 PM-7:30 PM

# LITERATURE

## MURDER 101 - INTRO TO MYSTERY AND MAYHEM

*Dr. Frank Ancona*

An introduction to mystery and mayhem, provides everything you want to know about "Whodunits." The class is a hybrid that combines an overview of the genre including 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	Water Lily Recreation			FEE: R \$15 G \$21
LIT1521	W	3/26		1:00 PM-2:30 PM

1 Day	Rohan Recreation			FEE: R \$15 G \$21
LIT1522	Tu	5/6		1:00 PM-2:30 PM

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
LIT1523	Sa	6/14		1:00 PM-2:30 PM
LIT1524	F	8/8		1:00 PM-2:30 PM

1 Day	Ezell Recreation			FEE: R \$15 G \$21
LIT1525	Tu	9/9		1:00 PM-2:30 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

Have Questions? Check the FAQ's on PAGE

4

Course Supply Fee is in addition to class fee.

# MUSIC

## BAGPIPES

*John Mistler*

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.

11 Days	Saddlebrook Recreation			FEE: R \$15 G \$21
MUS1010	Th	4/10-6/19	5:30 PM-8:30 PM	
MUS1011	Th	6/26-9/11	5:30 PM-8:30 PM	

## 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
MUS7016	M	4/21-5/12	8:00 AM-9:00 AM	
MUS7017	M	8/4-8/25	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
MUS7212	M	6/2-6/23	8:00 AM-9:00 AM	
MUS7213	M	8/4-8/25	9:15 AM-10:15 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
MUS7509	M	4/21-5/12	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
MUS7709	M	6/2-6/23	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
MUS7805	M	4/21-5/12	10:30 AM-11:30 AM	
MUS7806	M	8/4-8/25	10:30 AM-11:30 AM	

## GUITAR: VI

*David Williams*

Guitar VI will introduce the student to chord inversions, where and how they're used. As always, there will be new tunes. Students should have their own guitar.

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7903	M	6/2-6/23	10:30 AM-11:30 AM	

## KARAOKE FOR BEGINNERS

*Bill Osterhold*

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	Lake Miona Recreation			FEE: R \$25 G \$31
MUS3002	F	4/11-4/18	1:00 PM-3:00 PM	

2 Days	Colony Cottage Recreation			FEE: R \$25 G \$31
MUS3003	W	5/7-5/14	1:00 PM-3:00 PM	

2 Days	Sterling Heights Recreation			FEE: R \$25 G \$31
MUS3004	W	7/9-7/16	1:00 PM-3:00 PM	



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

*Course Supply Fee is in addition to class fee.*

## 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 instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
MUS8717		Th	4/17	10:00 AM-11:15 AM
MUS8718		Th	6/12	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 at class.

5 Days	Lake Miona Recreation			FEE: R \$25 G \$31
MUS8909		F	4/25-5/23	1:30 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 **\$13.00** payable to instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
MUS4127		W	6/4-7/9	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 **\$14.00** payable to instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
MUS7121		W	4/16-5/21	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
PHI8008		M	4/21	2:00 PM-4:00 PM

## BRAIN BOOTCAMP

Tweet Coleman Ed.D.

Brain Bootcamp is designed to enhance cognitive abilities and to promote mental agility. The activities will encourage social interaction in a fun and engaging way. Discussions on lifestyle changes for better cognitive health. Take-home tools for continued mental engagement will be provided. Come dressed in comfortable clothing and be ready to explore new techniques through light group movement.

2 Days	Lake Miona Recreation			FEE: R \$93 G \$99
PHI4100		Tu	5/20-5/27	1:00 PM-3:00 PM
PHI4101		Th	9/11-9/18	1:00 PM-3:00 PM

## BE! BRAIN ENRICHMENT COURSE

Tweet Coleman Ed.D.

"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 brain's processes of working memory, verbal fluency, long term memory, reasoning, problem solving and creativity (includes a comprehensive workbook). Supply fee **\$20.00** payable to instructor at class.

4 Days	Lake Miona Recreation			FEE: R \$93 G \$99
PHI4010		Tu	4/15-5/6	6:00 PM-8:00 PM
PHI4011		Th	7/10-7/31	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 the various kinds of connections that can enrich your life; learn steps to build healthy relationships; recognize the importance of boundary skills; identify ruptures in relationships and learn ways to repair them; acquire healthy assertive communication skills; 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
PHI4527		F	5/23-6/13	1:00 PM-2:30 PM
PHI4528		Th	7/24-8/14	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 how to address the stories that affect you and transform them so that you can respond rather than react; help identify and work with emotions as partners rather than enemies; learn how time urgency can negatively affect your relationship with yourself; stress management and mindfulness skills; investigate parts of your personality for better understanding. Neurobiology will be included in this course 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
PHI4507		Th	4/24-5/22	10:00 AM-11:30 AM
PHI4508		F	6/20-7/25	1:00 PM-2:30 PM

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

Course Supply Fee is in addition to class fee.

## 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 Colony Cottage Recreation FEE: R \$25 G \$31  
PHI1506 Tu 6/17 2:00 PM-4:00 PM

## EMBRACING YOUR WORTH: UNLOCKING CONFIDENCE & SELF-ACCEPTANCE

*Lisa Lehman*

**NEW**

In this class, we will explore the core themes of Jamie Kern Lima's inspiring memoir, *Worthy*, a book that empowers readers to embrace their true selves, break free from limiting beliefs, and step into their full potential. Through group discussions, reflections, and practical exercises, you'll discover how to apply the lessons from the book to your own life. Please bring a copy of *Worthy* and an open mind and heart ready for growth and transformation.

4 Days Lake Miona Recreation FEE: R \$120 G \$126  
PHI5150 Tu 4/8-4/29 1:00 PM-3:00 PM

## FRIENDSHIP STRATEGIES

*Nancy Stampahar*

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 Manatee Recreation FEE: R \$25 G \$31  
PHI1652 Th 5/8 2:00 PM-4:00 PM



## GUIDE TO IMPROVING EMOTIONAL INTELLIGENCE

*John Maiorino*

This educational program was drafted from the discovery and outcomes of one of the most powerful life changing skills that you can master at any age. Whereas IQ almost never improves with age or education, EI grows with knowledge and practice. This program will introduce you to steps you can take to master this skill to develop deeper relationships, better health and a longer life. Optional: Recommended workbook available on-line "Guide to Emotional Intelligence (EI)" by Dr. Laura Delzonio.

3 Days Allamanda Recreation FEE: \$59 G 65  
PHI1403 Sa 6/14-6/28 6:00 PM-8:00 PM

3 Days Lake Miona Recreation FEE: \$59 G 65  
PHI1404 Th 8/14-8/28 6:00 PM-8:00 PM

## HANDLING DIFFICULT SITUATIONS

*Helen Zimmewicz*

Life is filled with difficult situations. Handling Difficult Situations is a 4-class series discussing how events in childhood 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 with more confidence and strength. Neurobiology will be incorporated into each class to help you have a more compassionate response for yourself and others.

4 Days Lake Miona Recreation FEE: R \$40 G \$46  
PHI4532 F 4/25-5/16 1:00 PM-2:30 PM  
PHI4533 Tu 6/17-7/8 1:00 PM-2:30 PM

## HEALTHY AGING

*John Maiorino*

**NEW**

This Series includes years of research on aging, and how it can be controlled by learning about the processes that lead to disease and illness as we mature and how we have learned to control those processes. Topics Covered Include: Session One: Longevity and how we age, Session Two: Living Better and living longer, Session Three: Steps to Improving your physical health.

3 Days Lake Miona Recreation FEE: R \$59 G \$65  
PHI2350 Sa 5/10-5/24 6:00 PM-8:00 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 the 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  
PHI8205 M 5/19 2:00 PM-4:00 PM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!



## 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, which you can learn to understand because you are the only one who can know what your dreams mean. You will 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  
PHI6120 Tu 4/15 1:00 PM-2:30 PM

1 Day Lake Miona Recreation FEE: R \$15 G \$21  
PHI6121 F 5/30 1:00 PM-2:30 PM  
PHI6123 Tu 8/26 1:00 PM-2:30 PM

1 Day Rohan Recreation FEE: R \$15 G \$21  
PHI6122 F 7/11 1:00 PM-2:30 PM

## 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  
PHI8106 Tu 9/16 2:00 PM-4:00 PM

## MINDFULNESS - THE SCIENCE OF HEALTH & HAPPINESS

*Tweet Coleman Ed.D.*

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 the "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  
PHI2109 Tu 6/17-6/24 6:00 PM-8:00 PM  
PHI2110 Th 8/21-8/28 6:00 PM-8:00 PM

## PHILOSOPHICAL IDEAS ABOUT GOD

*Michael Henry*

**NEW**

For more than two thousand years philosophers have speculated about God's existence and attributes and debated whether belief in God is rational. This course is a survey of the most important philosophical ideas, arguments, and beliefs about divine reality. No prior knowledge of philosophy is required. Readings are on the internet.

6 Days Lake Miona Recreation FEE: R \$25 G \$31  
PHI2130 Tu 4/8-5/20 10:00 AM-11:30 AM

Learn more about our  
Instructor and Speaker team.

Visit: [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) > Our Team

## 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 Lake Miona Recreation FEE: R \$25 G \$31  
PHI1606 Th 7/10 10:00 AM-12:00 PM

## THE POWER OF HEALTHY HABITS

*Tweet Coleman Ed.D.*

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  
PHI4023 Th 4/10 6:00 PM-8:00 PM  
PHI4024 Tu 8/5 6:00 PM-8:00 PM

## THE POWER OF PURPOSE-DISCOVER WHAT BRINGS YOU FULFILLMENT

*Nancy Stampahar*

**NEW**

This engaging class will give you the tools to live your life in more meaningful ways. You will look at your life experiences and see how they have been a driving force in your life's journey. By understanding the steppingstones to purpose, you will discover your possibilities are unique to you and the journey you have traveled. You will leave with practical ideas to enjoy your golden chapter with greater fulfillment and bliss. Each participant will receive a comprehensive workbook to reference after the class.

1 Day Lake Miona Recreation FEE: R \$25 G \$31  
PHI2300 Tu 9/9 10:00 AM-12:00 PM

## THOUGHTS ON GOOD AND EVIL

*Alan McEvoy*

**NEW**

This presentation is a humorous and insightful reflection on our understanding of "Good" and "Evil" in a complex world. The presenter's personal journey echoes our collective experience on the role of religion, art, poetry and philosophy in guiding us toward shared moral codes. Fun, funny, and instructive, something for all to enjoy.

1 Day Rohan Recreation FEE: R \$20 G \$26  
PHI2500 F 3/28 10:00 AM-11:30 AM

## THREE INFLUENTIAL MORAL PHILOSOPHIES

*Michael Henry*

**NEW**

Is a morally good life necessarily happier than one that is not as good? And what makes a person's life morally good? Three important moral theories with different answers to these questions concerning the nature and source of moral good are Utilitarianism, Natural Law, and the Kantian morality of rational law. This course will explain the origins and development of these theories and analyze their assumptions and implications for life in the modern world. No prior knowledge of philosophy is required. Readings are on the internet.

6 Days Lake Miona Recreation FEE: R \$25 G \$31  
PHI2140 W 6/4-7/9 10:00 AM-11:30 AM

## 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 Lake Miona Recreation FEE: R \$25 G \$31  
PHI1625 Tu 8/19 10:00 AM-12:00 PM

# 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. Luminar NEO works on both PC's and Mac computers, can be used 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 covered: 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 Day SeaBreeze Recreation FEE: R \$80 G \$86  
PHO3111 M Tu 4/28-4/29 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 Colony Cottage Recreation FEE: R \$120 G \$126  
PHO2136 M Tu 5/5-5/13 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
SCI9073	Florida Raptors	W	4/16	1:00 PM-3:00 PM
SCI9054	Mammals	W	5/21	1:00 PM-3:00 PM
SCI9082	Florida Birds	W	6/18	1:00 PM-3:00 PM
SCI9044	Reptiles	W	7/16	1:00 PM-3:00 PM
SCI9063	Insects & Arthropods	W	8/20	1:00 PM-3:00 PM
SCI9024	Backyard Birds	W	9/17	1:00 PM-3:00 PM

# SPEAKER SERIES

## MARTHA JANE'S CRACKER FLORIDA

*Dianne Jacoby*

Historical dramatist Dianne Jacoby will introduce the audience to Martha Jane Pacetti, a Florida Cracker who lived through the Indian Wars and the Civil War, meeting noteworthy individuals and having tragic and amusing adventures. Martha Jane, Florida Cracker, shares stories about her brief childhood, her marriage at 14, and the fishing guide business she and her husband ran.

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1100 Th 4/10 6:00 PM-7:15 PM

## NUTRI-KITCHEN: WHERE SCIENCE MEETS FLAVOR

*Dr. James Loomis & Caryn Dugan*

Join Nutrition's favorite team for an unforgettable cooking demonstration! Jim the Doc will explain the science behind each step of the recipe in easy-to-understand language, while Caryn the Chef demonstrates how to apply that science in the kitchen. This unique approach helps attendees understand both the reasons for and methods of incorporating more plant-based foods into their diets, highlighting how this may effectively prevent, treat, and even reverse many chronic diseases.

1 Day Ezell Recreation FEE: R \$12 G \$15  
SPS1101 Th 4/17 6:00 PM-7:15 PM

## ROADSIDE ATTRACTIONS: VINTAGE FLORIDA PART I

*Cathy Salustri*

Travel to Florida's roadside attractions of yesteryear, some of which still exist for your nostalgic pleasure. This talk looks at parrot jungles, chimp farms and, of course, the only city of live mermaids in the world. In addition to some colorful pictures from yesteryear, this presentation includes history of Florida's beloved attractions and the men and women who founded them.

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1102 Th 5/8 6:00 PM-7:15 PM

## SECRET SERVICE: ASSASSINATIONS TO ARRESTS

*Thomas Cruise*

Join professional crime analyst, Tom Cruise in an intriguing presentation about the history of the USSS. From its formation in 1865 to solely curtail counterfeit currency to the changes over the 159 years of the agency. Learn astonishing facts about the assassinations and attempts on presidents, unique criminal cases, arrests, and polygraph examinations made by the real Tom Cruise during his 22-year career.

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1103 Th 5/15 6:00 PM-7:15 PM

## AN OKLAWAHA RIVER ODYSSEY

*Elizabeth Randall*

Photojournalists Bob and Liz Randall explored Florida's ancient and enchanting Ocklawaha River for two years. Their journey provides an inside look at the rich recreational resources of the river, its wildlife, and the people, past and present, who contributed to its history and welfare. Along the way, they met artists, environmentalists, captains, law enforcement officials, conservationists, filmmakers, historians, and local descendants whose lives are inextricably intertwined with the prehistoric river. From its subterranean and aquatic past to the Seminole Indian Wars, the steamboat era, and political struggles, many voices are integral to the river's survival and to one of the longest environmental conflicts in Florida history.

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1104 Th 6/19 6:00 PM-7:15 PM

## A PEEK BEHIND THE MAGIC

*Mary Flynn*

Join Disney insider Mary Flynn as she provides a unique glimpse into the behind-the-scenes happenings at Disney, both past and present. From the days when Walt first conceived of his beloved mouse to today, you'll find quirky anecdotes and fascinating details that are sure to delight. Discover the creative solutions Walt devised when he faced budget constraints for essential trees and flowers in his designs. Learn how he reacted when his cherished character was pirated by a dishonest distributor. And find out the surprising methods builders used to construct the Contemporary Resort. You'll be amazed at what they did!

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1105 Th 6/26 6:00 PM-7:15 PM

Learn more about our  
Instructor and Speaker team.

Visit: [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) > Our Team

## THE WHITE HOUSE AND 10 DOWNING STREET

*Nigel West*

Join Nigel West, internationally renowned speaker from England, for a fascinating presentation on the "special relationship" between the UK and the USA. This talk will explore the exchange of secret intelligence and the sharing of atomic secrets. In the postwar era, secret agencies eavesdropped across the globe and developed a comprehensive communications interception program known as "the Five Eyes." This operation extended into counterintelligence during the Cold War and contributed to the development of nuclear deterrents. Discover the secret history of Anglo-American cooperation and this unique intelligence alliance, which began in 1940 with two FBI officers who were initiated into Britain's most closely guarded, potentially war-winning secrets.

1 Day Rohan Recreation FEE: R \$15 G \$18  
SPS1106 W 7/9 6:00 PM-7:15 PM

## 8 PRESIDENTS MOST PEOPLE KNOW NOTHING ABOUT

*Larry Cook*

Throughout American history, there have been 45 men to hold the office of President of the United States. Out of these 45, some such as George Washington and Abraham Lincoln have remained at the forefront of history while others like Millard Fillmore and Chester Arthur have been obscured by time. Learn about eight of our Nations' Commanders in Chief that have fallen into the recesses of history and are rarely talked about and recognized today.

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1107 Th 7/17 6:00 PM-7:15 PM

## ROADSIDE ATTRACTIONS: VINTAGE FLORIDA PART II

*Cathy Salustri*

Building on the popularity of the first Vintage Florida roadside attraction talk, this presentation explores other memorable roadside attractions cherished by many Floridians. From Fairyland to Xanadu, there is plenty of vintage Florida to discover.

1 Day Rohan Recreation FEE: R \$12 G \$15  
SPS1108 Th 8/21 6:00 PM-7:15 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	Rohan Recreation			FEE: R \$15 G \$21
SPO2015		F	4/25	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	Canal Recreation			FEE: R \$65 G \$71
SPO2147		Tu	4/8-5/13	9:00 AM-11:00 AM
SPO2148		Tu	5/27-7/1	9:00 AM-11:00 AM
SPO2149		Tu	7/29-9/9	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, Prerequisite: Billiards Beginner. 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
SPO3129		W	7/16-8/20	9:00 AM-11:00 AM

Course Supply Fee is in addition to class fee.



## DRAGON BOAT BASICS

*Chuck Stevens*

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 Day	Ezell Recreation			FEE: R \$40 G \$46
SPO4113		M	5/19-5/21	Times Vary/Mornings
SPO4114		M	7/21-7/23	Times Vary/Mornings

## THINK YOUR WAY TO BETTER PICKLEBALL

*David Satka*

Participants can expect to learn numerous tips that will immediately improve their pickleball games, all without practicing. This seminar is for all levels of players but particularly insightful to players who have stagnated at their current level. Players slowed by various physical ailments will also learn tips on how to succeed with mobility issues.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
SPO6002		Th	4/17	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
TEC1005		W	9/10-9/24	5:00 PM-6:00 PM

Learn more about our  
Instructor and Speaker team.

Visit: [TheEnrichmentAcademy.org](https://TheEnrichmentAcademy.org) > Our Team

## APPLE IPHONE & IPAD: BASICS

JC Conklin

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
TEC3256	Th	4/10		2:00 PM-4:00 PM
TEC3257	Tu	4/29		9:00 AM-11:00 AM
TEC3258	Th	6/12		11:30 AM-1:30 PM
TEC3259	Th	8/7		9:00 AM-11:00 AM

## APPLE IPHONE & IPAD: CAMERA AND PHOTOS

JC Conklin

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
TEC6115	Tu	4/1		11:30 AM-1:30 PM
TEC6116	Tu	5/6		9:00 AM-11:00 AM
TEC6117	Th	6/19		2:00 PM-4:00 PM
TEC6118	Th	8/7		11:30 AM-1:30 PM

## APPLE IPHONE & IPAD: CONTACTS AND CALENDARS

JC Conklin

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
TEC4209	Th	4/24		2:00 PM-4:00 PM
TEC4210	Tu	5/6		11:30 AM-1:30 PM
TEC4211	Th	8/7		2:00 PM-4:00 PM



NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## APPLE IPHONE & IPAD: CUSTOM SETTINGS

JC Conklin

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 creating 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
TEC3153	Tu	4/1		9:00 AM-11:00 AM
TEC3154	Th	5/8		11:30 AM-1:30 PM
TEC3155	Th	7/17		11:30 AM-1:30 PM
TEC3156	Th	8/14		9:00 AM-11:00 AM

## APPLE IPHONE & IPAD: INTERMEDIATE

JC Conklin

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 - lets fix that.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3203	Tu	4/1		2:00 PM-4:00 PM
TEC3204	Th	5/8		9:00 AM-11:00 AM
TEC3205	Th	6/19		11:30 AM-1:30 PM
TEC3206	Tu	8/12		9:00 AM-11:00 AM

## APPLE IPHONE AND IPAD: I JUST GOT AN IPHONE/IPAD - NOW WHAT?

JC Conklin

NEW

Designed for absolute beginners who need to get started with your new device, no prior knowledge is needed, we'll start from the very basics. Together, we'll explore how to turn your device on and off, navigate the home screen, and use essential features like making calls, sending messages, and connecting to Wi-Fi. We'll learn about ways to make your battery last. I'll show you how to adjust settings, download apps, and keep your device secure. This is the perfect class to take before the Introduction to iPhone and iPad. It will leave you feeling confident and ready to explore more advanced features!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3300	Th	4/10		9:00 AM-11:00 AM
TEC3301	Th	5/8		2:00 PM-4:00 PM
TEC3302	Tu	6/10		11:30 AM-1:30 PM
TEC3303	Tu	8/5		11:30 AM-1:30 PM



## APPLE IPHONE AND IPAD: ORGANIZING YOUR PHOTOS

JC Conklin

Learn how to take control of your digital photo collection. Together, we'll explore simple ways to sort and organize your pictures, so it's easy to find your favorite memories when you need them. I'll guide you step by step through creating albums, deleting duplicates, and using the search tool effectively. You'll also learn how to back up your photos safely to ensure they're always protected. Whether you're new to organizing photos or just want to sharpen your skills, this class will help you feel confident managing your photo library!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3350		Th	4/10	11:30 AM-1:30 PM
TEC3351		Th	5/22	9:00 AM-11:00 AM
TEC3352		Th	6/12	2:00 PM-4:00 PM
TEC3353		Th	7/17	2:00 PM-4:00 PM
TEC3354		Tu	8/12	11:30 AM-1:30 PM

## APPLE PAGES (WORD PROGRAM) INTRODUCTION

JC Conklin

**NEW**

A guide through the basics of this powerful word-processing and page-layout app. We'll explore how to create and customize documents like journals, birthday cards, and more using the app's intuitive tools and features. From basic lists to event flyers, you can do it all with ease. Learn how to write documents without even touching your keyboard using dictation. Organize your content, format text, and include images. You'll also learn tips for working seamlessly across your iPhone, iPad, and Mac, and troubleshooting common issues. Whether you're new to Pages or looking to sharpen your skills, this class will help you feel confident creating professional and polished documents!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3400		Tu	4/22	9:00 AM-11:00 AM
TEC3401		Th	5/22	2:00 PM-4:00 PM
TEC3402		Th	6/19	9:00 AM-11:00 AM
TEC3403		Th	7/17	9:00 AM-11:00 AM
TEC3404		Th	8/14	11:30 AM-1:30 PM

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

## APPLE WATCH

JC Conklin

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
TEC3716		Th	4/24	9:00 AM-11:00 AM
TEC3717		Th	5/22	11:30 AM-1:30 PM
TEC3718		Tu	6/17	11:30 AM-1:30 PM
TEC3719		Tu	8/5	9:00 AM-11:00 AM

## ARTIFICIAL INTELLIGENCE (AI) INTRODUCTION

Michael Roth

Artificial Intelligence (AI) 101 will take students through using at least five AI systems. These include: Microsoft Cohost, Claude 3, Google Gemini, Descript, InVideo and Llama. We will set up an account and simple text editing audio and video editing using Descript and AI Photo editing with Cyberlink Photo Director. As the state of AI development changes almost daily, we may have to change which AIs are covered due to advances in the world of AI. This is a hands-on course. Students should bring their laptops or tablets. Windows, Android and web-based devices using the Google Chrome browser. Apple Safari browser may or may not work properly. Supply fee **\$15.00** payable to instructor on first day.

2 Days	Lake Miona Recreation			FEE: R \$60 G \$66
TEC7151		Th	4/10-4/17	10:00 AM-12:00 PM
TEC7152		Th	9/11-9/18	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 some of 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 along with the rest of the class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
TEC2059		W	4/2	10:00 AM-12:00 PM

## CYBER SECURITY - STAYING SAFE ONLINE

Steven Mintz

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 on ATM machines. Real cybercrime stories will be shared.

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
TEC2202		M W	4/21-4/23	10:30 AM-12:00 PM
TEC2205		Tu Th	9/9-9/11	1:00 PM-2:30 PM

2 Days	Churchill Recreation			FEE: R \$50 G \$56
TEC2203		M W	5/19-5/21	10:30 AM-12:00 PM

2 Days	Rohan Recreation			FEE: R \$50 G \$56
TEC2204		W F	6/11-6/13	1:00 PM-2:30 PM

Course Supply Fee is in addition to class fee.

## DROPBOX

Jay Gerhard

Dropbox is a FREE app that lets you save, organize, view and share files on your computer and almost ALL 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  
TEC1061 W 5/14-5/28 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 app needed for class.

3 Days Lake Miona Recreation FEE: R \$60 G \$66  
TEC1155 W 7/9-7/23 5:00 PM-6:00 PM

## MAC MADE EASY

JC Conklin

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  
TEC4409 Tu Th 4/22-4/29 11:30 AM-1:30 PM  
TEC4410 Tu Th 6/10-6/17 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 learn the elements required to create their own quality podcast. We will examine the difference between audio & video podcasts. They will learn how to pick a syndicator for podcast distribution. They will learn easy ways to create intros, outro, music, announcements and more! We will demonstrate podcast creation using Descript. Supply fee of \$20.00 payable to instructor on first day.

3 Days Colony Cottage Recreation FEE: R \$60 G \$66  
TEC7108 Th 5/8-5/22 10:00 AM-11:30 AM

NEVER STOP  
LEARNING,  
KEEP ON  
GROWING!

## MICROSOFT WINDOWS 101: YOUR GUIDE TO WINDOWS

Jim Dean

NEW

This course is designed to help individuals become more comfortable using Microsoft Windows and enhance their foundational skills. Throughout this course, participants will learn the essential functions and features of the Windows operation system, enabling them to navigate and utilize their computer efficiently and confidently.

2 Day Lake Miona Recreation FEE: R \$50 G \$56  
TEC7500 W 4/9-4/16 10:00 AM-11:30 AM  
TEC7502 M 5/19-5/26 10:00 AM-11:30 AM  
TEC7503 W 6/11-6/18 10:00 AM-11:30 AM  
TEC7504 W 8/6-8/13 10:00 AM-11:30 AM

2 Day Everglades Recreation FEE: R \$50 G \$56  
TEC7501 W 4/30-5/7 2:00PM-3:30 PM  
TEC7505 W 8/27-9/3 2:00 PM-3:30 PM

## WORLD AFFAIRS

### THE MIDDLE EAST: ISRAEL AND THE "ARAB WORLD" CANCELLED

Roger Kass

An objective look at the issues and appreciation of the challenges and choices facing Israel. Providing insight and understanding of the history of the region, the legacy of colonialism, the lack of democracy in most of the countries in the region, and the hopeful and failed peace talks, including the Camp David Peace Accords and the more recent Abraham Accords. The objective of the course is to provide insights into the Gordian knot, often referred to simply as the Israeli Palestinian conflict.

5 Days Everglades Recreation FEE: R \$80 G \$86  
WOR2120 Th 4/24-5/22 10:00 AM-11:30 AM

Course Supply Fee is in addition to class fee.



# WRITING

## BRING YOUR ANCESTORS TO LIFE

*Patricia Charpentier*

You have boxes, folders, and binders filled with priceless genealogical data. Add to that, the stories you've gleaned from family members, and you end up with amazing tales to tell. Learn ways to transform genealogical research into interesting and compelling narratives. Please note: This class does not teach you how to do genealogical research. It focuses only on the data and stories you already have. No previous writing experience is required.

1 Day	Rohan Recreation			FEE: R \$35 G \$41
WRI2340		Sa	9/20	1:00 PM-4:00 PM

## JAPANESE HAIKU, TANKA AND MORE

*Justine Sandburg*

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 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
WRI2501		Tu	6/3-6/24	10:00 AM-11:00 AM

## PUT YOUR MEMORIES ON THE PAGE

*Patricia Charpentier*

**NEW**

This workshop gets your life story writing juices flowing. I bring writing prompts designed to tap into long-forgotten memories and give you a short time to begin writing the story triggered by the prompt. A few volunteers read what they've written, and then we do it all over again. By design, you walk out of the workshop with the beginnings of five or more stories you can finish later. No previous writing experience is required.

1 Day	Rohan Recreation			FEE: R \$35 G \$41
WRI2320		Sa	7/19	1:00 PM-4:00 PM

## QUIET YOUR INTERNAL WRITING CRITIC

*Patricia Charpentier*

**NEW**

We all have one or more internal critics whispering in our ears: Who do you think you are? You're not good at this. No one is interested in you and on and on. We'll never write a word if we listen to and believe them. Listen to me instead. Your stories are important. They matter. Learn how to quiet these internal critics, write your life stories, and feel proud of what you've accomplished. No previous writing experience is required!

1 Day	Rohan Recreation			FEE: R \$35 G \$41
WRI2300		Sa	6/21	1:00 PM-4:00 PM

## SHOW DON'T TELL YOUR LIFE STORIES

*Patricia Charpentier*

Show don't tell is a familiar adage in writing circles, but what does it mean? How do I do it? What's the benefit? When is telling necessary? Find the answers to these questions and many more as we study the work of accomplished authors who both show and tell at just the right times. Then, apply that new knowledge to your stories. No previous writing experience is required.

4 Days	Colony Cottage Recreation			FEE: R \$63 G \$69
WRI2381		Th	8/14-9/4	11:00 AM-1:00 PM

## 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
WRI2108	<b>CANCELLED</b>	Th	5/15-6/5	2:00 PM-4:00 PM
WRI2109		Th	8/14-9/4	2:00 PM-4:00 PM

## YOUR WRITING VOICE **CANCELLED**

*Patricia Charpentier*

**NEW**

Your writing voice is how you sound on the page. Is it funny, serious, emotional, positive, objective, personal, or do you not know how to describe it? That's not unusual. This four-week class studies published writers and how they create their unique voices. You'll also learn to recognize and develop your own voice. No previous writing experience is required.

4 Days	Colony Cottage Recreation			FEE: R \$63 G \$69
WRI2360		Th	5/15-6/5	11:00 AM-1:00 PM



*Interested in becoming an Instructor  
or Speaker of The Enrichment Academy?  
Visit [TheEnrichmentAcademy.org](http://TheEnrichmentAcademy.org) for more information.*



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





# 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](http://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](mailto:TheEnrichmentAcademy@DistrictGov.org). Review your course information and all registered activities by accessing your online account at [anc.apm.activecommunities.com/DistrictGov.org](http://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](mailto: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](mailto: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](mailto: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

4

## 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](http://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



*The Enrichment Academy, Socials, Events, Camp Villages, Outdoor Excursions, Leagues, & more!*

### 1 CREATE AN ACCOUNT

- Go to [DistrictGov.org](http://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

  
Ezell  
Fenney  
La Hacienda  
SeaBreeze

  
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.

© 2023 Village Center Community Development District. All Rights Reserved. REC628

The Villages®  
Recreation & Parks



FOR MORE INFO: [RecreationDepartment@DistrictGov.org](mailto:RecreationDepartment@DistrictGov.org) | 352-674-1800 | [DistrictGov.org](http://DistrictGov.org)