

LEARN & GROW COURSECATALOG

FALL / WINTER | OCTOBER 2025 - MARCH 2026



The Villages®
Recreation & Parks



REGISTRATION START DATES
RESIDENTS MON | SEP 22 | 8:30AM
GENERAL PUBLIC FRI | SEP 26 | 8:30AM



TABLE OF CONTENTS

FAQs 4

Aquatics 5 - 6

Art 6 - 11

Crafts 12 - 15

Culinary 15 - 20

Dance 22 - 26

Gardening 26 - 28

Health & Wellness 28 - 36

History 36 - 43

Hobby 43 - 46

Language 47 - 48

Literature 48

Music 48 - 50

Philosophy & Psychology 50 - 53

Photography 54

Science 55

Speaker Series 21, 55 - 56

Sports 57

Technology 58 - 61

Travel 61

World Affairs 61

Writing 61

Registration Information 62 - 64

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. The Enrichment Academy is 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 participant's 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 into the classroom.)*
- **They encourage collaboration in the group.**
(They appreciate the opportunity to share their real-life situations, goals and personal objectives.)



FAQs

- Q: How do I register?**

A: Register Online at TheEnrichmentAcademy.org, in person at any **At Your Service Location** or by mail.
- Q: Who may attend The Enrichment Academy?**

A: Residents and the general public, 30 years or older, may register for our courses and programs.
- Q: Is there a fee to take a course/speaker series?**

A: Yes. There will be a charge for courses and speaker series. TEA is a self-supporting division of The Recreation and Parks department, with income supplied from the course and speaker series fees. Some courses may have an additional supply fee.
- Q: How may I learn more about programs and instructors/speakers?**

A: View detailed course information and learn more about our instructors on our website at TheEnrichmentAcademy.org.
- Q: Where will courses be held?**

A: All Enrichment Academy courses will be held at designated Recreation locations, or other approved locations.
- Q: How do I become an Instructor or Speaker?**

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

"Instructor's precise step-by-step instructions was fantastic and provided a great physical workout. I never learned how to twirl in high school, but now I can! Taking classes back to back was a blast, and every Saturday, I left feeling invigorated and eager for more!"

"Excellent lecture! Always very professional and provides a wealth of information. I have participated in several of his programs, and will continue to attend."

"I enthusiastically recommend this class; it's an exhilarating journey of joy and discovery!"

"Instructor has a positive attitude and sunny personality, that made it a joy to come to class each week. I always left each session with a smile!"

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
Ezell Recreation	Mulberry Grove Recreation
Fenney Recreation	Paradise Recreation
	Rohan Recreation
	Savannah 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. A specific pool noodle will be provided.

5 Days	Rohan Recreation			FEE: R \$30 G \$36
AQU1303	W	10/8-11/5	9:00 AM - 9:50 AM	
AQU1304	W	1/21-2/18	10:00 AM - 10:50 AM	

AQUA FIT BARRE & PILATES

Nelly Salazar

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

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5513	W	10/15-11/5	11:00 AM - 11:50 AM	
AQU5514	W	11/19-12/17	11:00 AM - 11:50 AM	
AQU5515	W	1/28-2/18	11:00 AM - 11:50 AM	
AQU5516	W	3/4-3/25	11:00 AM - 11:50 AM	

AQUA FIT TOTAL BODY CONDITIONING

Nelly Salazar

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

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5612	W	10/15-11/5	12:00 PM - 12:50 PM	
AQU5613	W	11/19-12/17	12:00 PM - 12:50 PM	
AQU5514	W	1/28-2/18	12:00 PM - 12:50 PM	
AQU5615	W	3/4-3/25	12:00 PM - 12:50 PM	

AQUA FIT TOTAL BODY STRETCH

Nelly Salazar

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

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5556	Th	11/20-12/18	10:00 AM - 10:50 AM	
AQU5557	Th	1/29-2/19	10:00 AM - 10:50 AM	
AQU5558	Th	3/5-3/26	10:00 AM - 10:50 AM	

AQUA FIT XTREME

Nelly Salazar

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

4 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU5636	Th	10/16-11/6	9:00 AM - 9:50 AM	
AQU5637	Th	11/20-12/18	9:00 AM - 9:50 AM	
AQU5638	Th	1/29-2/19	9:00 AM - 9:50 AM	
AQU5639	Th	3/5-3/26	9:00 AM - 9:50 AM	

AQUATIC BODY BLAST

Catherine Begin

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. Fun workout themes and awesome music - a wet, watery fitness party you don't want to miss!

5 Days	Rohan Recreation			FEE: R \$40 G \$46
AQU6002	M	3/9-4/6	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. The instructor provides all gear.

1 Day	Everglades Recreation			FEE: R \$63 G \$69
AQU2158	M	11/3	10:00 AM - 11:20 AM	
AQU2159	M	1/12	10:00 AM - 11:20 AM	

1 Day	Seabreeze Recreation			FEE: R \$63 G \$69
AQU2160	M	3/2	3:00 PM - 4:20 PM	

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
AQU1155	M	11/3	11:30 AM - 12:20 PM	
AQU1156	M	1/12	11:30 AM - 12:20 PM	

1 Day	Seabreeze Recreation			FEE: R \$63 G \$69
AQU1157	M	3/2	4:30 PM - 5:20 PM	



NEVER STOP LEARNING,
KEEP ON GROWING!

SWIM LESSONS: ADULT BEGINNING

Don Sheppard

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

6 Days	Everglades Recreation			FEE: R \$55 G \$61
AQU4034		M Th	10/13-10/30	10:00 AM - 10:35 AM
AQU4035		M Th	10/13-10/30	10:45 AM - 11:20 AM

SWIM LESSONS: ADULT BEGINNER ADVANCED

Don Sheppard

Beginner advanced swim lessons 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 are recommended.

6 Days	Everglades Recreation			FEE: R \$55 G \$61
AQU5024		M Th	10/13-10/30	11:30 AM - 12:05 PM
AQU5025		M Th	10/13-10/30	12:15 PM -12:50 PM

THERAPEUTIC AQUATIC BALANCE

Brad Collett

Ideal for anyone experiencing balance issues that impact daily life. Participants will enhance their balance strategies in the buoyant environment of the pool through static and dynamic exercises. Suitable for all fitness levels, a pool noodle is required for support and resistance. The program aims to improve strength, balance, and walking patterns to maintain daily activities.

4 Days	SeaBreeze Recreation			FEE: R \$45 G \$51
AQU3504		W	10/8-10/29	3:00 PM - 3:45 PM
AQU3505		W	2/25-3/18	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	Rohan Recreation			FEE: R \$35 G \$41
AQU1012		M	10/6-11/10	9:00 AM - 9:50 AM

6 Days	Everglades Recreation			FEE: R \$35 G \$41
AQU1013		M	2/2-3/9	10:00 AM - 10:50 AM



ART

ACRYLIC PAINTING: ABSTRACT PAINTING

Arrachme

NEW

We will harness your unique creative energy and guide you in creating an abstract painting that reflects your personal style. This space encourages self-expression, helping you unlock your creative potential and discover a vibrant style that is uniquely yours. No previous experience is necessary; all skill levels are welcome to join and create something meaningful. Call instructor Arrachme 828-230-6613 or visit www.arrachmeart.com/classes for supply list.

1 Day	Lake Miona Recreation			FEE: R \$65 G \$71
ART4910		Tu	12/16	12:30 PM - 4:00 PM

ACRYLIC PAINTING: AUNT BEE PAINTING

Arrachme

NEW

“Aunt Bee” is a painting from the “Memory Gardens” series, a signature series by your instructor, designed to help you honor special people in your life. Through abstract shapes and vibrant colors, you will create a unique piece representing your loved ones in a supportive environment where you can relax and enjoy the creative process. No previous experience is required. The finished painting will be a meaningful addition to your home or a heartfelt gift. Call instructor Arrachme 828-230-6613 or visit www.arrachmeart.com/classes for supply list.

1 Day	Lake Miona Recreation			FEE: R \$65 G \$71
ART4900		Tu	11/11	12:30 PM - 4:00 PM

ACRYLIC PAINTING: ILLUMINATED SEA GRASS

Arrachme

NEW

This painting captures the beauty of light as it gently casts its shadow on the sand, revealing the quiet dance between light and shadow. With each carefully chosen color and brushstroke, the artist pours their heart into bringing this natural moment to life, embracing the subtle, tender play of light as it touches the textured sand. The scene feels alive with warmth and depth, a quiet celebration of nature’s most delicate details. No previous experience is required. Call instructor Arrachme 828-230-6613 or visit www.arrachmeart.com/classes for supply list.

1 Day	Lake Miona Recreation			FEE: R \$65 G \$71
ART5060		Tu	10/28	12:30 PM - 4:00 PM

ACRYLIC PAINTING: ART OF ABSTRACTION

Arrachme

NEW

Embark on a personal journey to create an abstract painting that reflects your unique personality. We will explore dynamic movement through flowing lines and a mix of organic and geometric shapes. You’ll draw inspiration from legendary artists like Miró and De Kooning as you develop your piece. Starting with black and white, we will later introduce a full spectrum of colors. Students should bring the basic table setup listed in the materials. No previous experience is required. Call instructor Arrachme 828-230-6613 or visit www.arrachmeart.com/classes for supply list.

2 Days	Everglades Recreation			FEE: R \$130 G \$136
ART4940		Tu Th	3/3-3/5	1:30 PM - 4:00 PM

LEARN more about our
INSTRUCTOR and SPEAKER team.

Visit: TheEnrichmentAcademy.org > Our Team

ACRYLIC PAINTING: EVENING SEASCAPE PAINTING

Arrachme

NEW

Dive deep into the beauty of seascapes, exploring unique and creative approaches to capturing the ever-changing nature of water. Each wave painting session offers a fresh perspective, broadening your understanding of how to approach and interpret the sea from different angles. Paint a seascape that truly embodies the design principle of repetition with variation and harnesses the magic of transparent color. This class will provide the tools and guidance to bring your vision to life. Some prior experience is desired. Call instructor Arrachme 828-230-6613 or visit www.arrachmeart.com/classes for supply list.

2 Days	Everglades Recreation			FEE: R \$130 G \$136
ART4930	Tu Th	2/17-2/19	1:30 PM - 4:00 PM	

ACRYLIC PAINTING: PETAL POTS IN BLOOM PAINTING

Arrachme

NEW

Join us for a two-day creative journey filled with color! We'll start with playful exercises to help you create graceful, curved shapes on practice paper. Next, we'll dive into composition and the magic of color. By the end, you'll create a vibrant family of geraniums in cheerful pots, each sending a warm message. A fun class designed for artists of all levels who want to explore new techniques and let their creativity bloom. No prior experience is needed, just bring your passion! Call instructor Arrachme 828-230-6613 or visit www.arrachmeart.com/classes for supply list.

2 Days	Everglades Recreation			FEE: R \$130 G \$136
ART4920	Tu Th	1/20-1/22	1:30 PM - 4:00 PM	

ACRYLIC PAINTING: COLORFUL BUTTERFLY

Ro Martinez Rimes

NEW

Paint a very colorful butterfly and color wash for background using acrylic on canvas. Great for beginners as well as experienced artists. Supply fee \$15.00 includes a 9x12 canvas, sawtooth for hanging, use of stencils, brushes and paint payable to instructor at class. To view scheduled paintings, visit <https://romartinezart.wordpress.com/the-enrichment-academy>.

1 Day	SeaBreeze Recreation			FEE: R \$50 G \$56
ART2030	W	1/7	9:00 AM - 12:00 PM	

ACRYLIC PAINTING: FANCY FIN SEAHORSE

Ro Martinez Rimes

NEW

Paint a colorful background and seahorse using acrylic on canvas. Great for beginners or intermediate artists. Supply fee \$15.00 includes a 9x12 canvas, sawtooth for hanging, use of stencils, brushes and paint payable to instructor at class. To view scheduled paintings, visit <https://romartinezart.wordpress.com/the-enrichment-academy>.

1 Day	Fenney Recreation			FEE: R \$50 G \$56
ART2040	F	2/13	9:00 AM - 12:00 PM	

ACRYLIC PAINTING: FUN FLOWERS MIXED MEDIA

Ro Martinez Rimes

NEW

Paint a colorful abstract garden and color wash for background using acrylic on canvas, and recycled paper as part of the flowers. Great for beginners and experienced artists. Supply fee \$15.00 includes 11x14 canvas, sawtooth for hanging, use of stencils, brushes and paint payable to instructor at class. To view scheduled paintings, visit <https://romartinezart.wordpress.com/the-enrichment-academy>.

1 Day	SeaBreeze Recreation			FEE: R \$50 G \$56
ART2050	W	3/11	9:00 AM - 12:00 PM	

ACRYLIC PAINTING: EMBELLISH WOODEN CIGAR BOX

Ro Martinez Rimes

NEW

Paint and embellish a wooden cigar box adding beads, wooden forms and brass metal feet. Experiment with a variety of techniques. Great for beginners or intermediate artists. Supply fee \$15.00 includes instruction, cigar box (varying sizes 5x7 or larger), use of stencils, brushes, glue and paint payable to instructor at class. To view scheduled paintings, visit <https://romartinezart.wordpress.com/the-enrichment-academy>.

1 Day	Rohan Recreation			FEE: R \$50 G \$56
ART2010	W	11/12	9:00 AM - 12:00 PM	

ACRYLIC PAINTING: SPOOKTACULAR PAINTING

Ro Martinez Rimes

NEW

Have fun focusing on autumn colors, spooky trees, and pumpkins. Explore different techniques for creating the background and blending several colors to create the ground, fence, and pumpkins. The instructor will display her finished artwork and demonstrate it on a blank canvas. Suitable for all painting abilities; no painting experience required. Supply fee \$15.00 includes 11x14 canvas, sawtooth for hanging, use of stencils, brushes and paint payable to instructor at class. To view scheduled paintings, visit <https://romartinezart.wordpress.com/the-enrichment-academy>.

1 Day	Lake Okahumpka Recreation			FEE: R \$50 G \$56
ART2000	Sa	10/25	1:00 PM - 4:00 PM	

ACRYLIC PAINTING: WHIMSICAL OCTOPUS

Ro Martinez Rimes

NEW

Paint an abstract whimsical octopus using acrylic on canvas, experiment with a variety of techniques for the background. Great for beginners as well as experienced artists. Supply fee \$15.00 includes a 9x12 canvas, sawtooth for hanging, use of stencils, brushes, and paint payable to instructor at class. To view scheduled paintings, visit <https://romartinezart.wordpress.com/the-enrichment-academy>.

1 Day	SeaBreeze Recreation			FEE: R \$50 G \$56
ART2020	W	12/10	1:00 PM - 4:00 PM	

ACRYLICS BEGINNER: MATISSE/PICASSO

Kelly Dobson

NEW

These classes put a contemporary twist on master artists Matisse and Picasso's abstract techniques. Follow along with guided step-by-step instructions using whimsical and fun designs of your creation. Learn the joy of abstract art using a variety of drawing and painting tools to create simple, patterned designs, flat images, line art, and organic shapes. Suitable for all artistic levels; no painting experience required. All the necessary materials (acrylic paints, brush, pen/ pencil, disposable apron, canvas, palette tools, depending on the class) needed to complete the project are provided. Supply fee \$15.00, cash payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$75 G \$81
ART1800	Matisse Vase	F	10/10	10:00 AM - 12:00 PM
ART1820	Flowers & Foliage	F	12/5	10:00 AM - 12:00 PM
ART1840	Abstract Flowers	F	2/20	10:00 AM - 12:00 PM

1 Day	Fenney Recreation			FEE: R \$75 G \$81
ART1810	Picasso Vase	F	11/14	10:00 AM - 12:00 PM
ART1830	Fusion with Bird & Cat	F	1/16	10:00 AM - 12:00 PM
ART1850	Line Drawing Portraits	F	3/20	10:00 AM - 12:00 PM

Have Questions? Check the FAQs on PAGE

4

Course Supply Fee is in addition to class fee.

ART "IN" HISTORY

Paul Kroll

Designed to foster an appreciation for and knowledge of the visual arts by examining several artworks that have made an impact on history or were the result of the history-making effects on the artists and their works. Employing the vocabulary of the elements and principles of art/design, students will learn to "read" artworks by learning and developing the skills of seeing, describing, interpreting, and evaluating works of art and being enlightened by the journeys taken by the artists and their significant contributions to art "in" history.

3 Days	Lake Miona Recreation		FEE: R \$38 G \$44
ART1554	W	10/29-11/12	11:00 AM - 12:30 PM
ART1555	Sa	2/21-3/7	10:00 AM - 11:30 AM

BOB ROSS: FLORAL OIL PAINTING LEVEL 1

Daisy Rosario

NEW

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. Supply fee \$30.00 is payable to the instructor at class. No painting experience is required. To view scheduled paintings, visit <https://www.artisticaoils.com/beginners-florals-art>.

1 Day	Lake Miona Recreation		FEE: R \$65 G \$71
ART2750	Magnolia Decorum	Tu	11/18 1:00 PM - 4:00 PM
ART2760	Cherry Blossoms Blush	Tu	12/9 1:00 PM - 4:00 PM
ART2770	Ginger Tropics	Tu	1/13 1:00 PM - 4:00 PM
ART2780	Zannie Zinnias	Tu	2/10 1:00 PM - 4:00 PM
ART2790	Humming Hibiscus	Tu	3/10 1:00 PM - 4:00 PM

BOB ROSS: FLORAL OIL PAINTING LEVEL 2

Daisy Rosario

NEW

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 suitable for display. All painting supplies are provided. Supply fee \$30.00 is payable to the instructor at class. Prior oil painting experience or completion of Level 1 Beginner Floral Oils is highly recommended. To view scheduled paintings, visit <https://www.artisticaoils.com/intermediate-florals-lessons>.

1 Day	Lake Miona Recreation		FEE: R \$65 G \$71
ART2850	Fancy Pansies	Tu	1/20 1:00 PM - 4:00 PM
ART2860	Layered in Poppies	Tu	2/17 1:00 PM - 4:00 PM
ART2870	Hydrangeas in Spring	Tu	3/17 1:00 PM - 4:00 PM



BOB ROSS: PAINT LIKE BOB ROSS IN ONE DAY LANDSCAPES

Daniel Willcox

NEW

Paint like Bob Ross with Certified Ross Instructor (CRI®) Dan Willcox. Experience not required. First-time painters or skilled artists can have great success with Bob Ross's wet painting technique. We will utilize a variety of tools and learn several methods that excel in this style of painting. Each class will transform from a blank canvas to a finished masterpiece. All the necessary materials (canvas, easel, paints, brushes, disposable aprons, and more) are provided. Supply fee \$30.00 payable to instructor at class.

LAZY RIVER: A lazy river flows quietly through the forest. A relaxing scene that is truly a joy to paint.

1 Day	Lake Okahumpka Recreation		FEE: R \$65 G \$71
ART2405	Sa	11/8	9:00 AM-12:00 PM
ART2406	Sa	11/8	2:00 PM-5:00 PM
ART2407	Sa	12/13	9:00 AM-12:00 PM
ART2408	Sa	12/13	2:00 PM-5:00 PM

1 Day	Ezell Recreation		FEE: R \$65 G \$71
ART2409	W	3/18	9:00 AM-12:00 PM
ART2410	W	3/18	2:00 PM-5:00 PM

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!

1 Day	First Responders		FEE: R \$65 G \$71
ART2146	M	10/6	9:00 AM-12:00 PM

1 Day	Fenney Recreation		FEE: R \$65 G \$71
ART2147	W	10/8	9:00 AM-12:00 PM

1 Day	Lake Miona Recreation		FEE: R \$65 G \$71
ART2148	Tu	10/21	2:00 PM-5:00 PM
ART2150	Tu	2/3	2:00 PM-5:00 PM

1 Day	Mulberry Recreation		FEE: R \$65 G \$71
ART2149	Tu	12/9	2:00 PM-5:00 PM

NORTHERN LIGHTS: Experience mountains, with amazing reflections in the water and happy trees.

1 Day	Lake Okahumpka Recreation		FEE: R \$65 G \$71
ART2253	Sa	12/6	9:00 AM-12:00 PM
ART2254	Sa	1/17	9:00 AM-12:00 PM
ART2255	Sa	1/17	2:00 PM-5:00 PM
ART2256	Sa	2/7	9:00 AM-12:00 PM
ART2257	Sa	2/7	2:00 PM-5:00 PM

PURPLE SPLENDOR: A fantastic winter scene likely to have a mountain and cabin.

1 Day	Lake Okahumpka Recreation		FEE: R \$65 G \$71
ART2193	W	1/7	2:00 PM-5:00 PM

1 Day	Mulberry Recreation		FEE: R \$65 G \$71
ART2194	Tu	1/13	4:00 PM-7:00 PM

1 Day	Rohan Recreation		FEE: R \$65 G \$71
ART2195	W	2/11	9:00 AM-12:00 PM

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

1 Day	Everglades Recreation		FEE: R \$65 G \$71
ART2344	Tu	11/4	2:00 PM-5:00 PM

1 Day	Lake Okahumpka Recreation		FEE: R \$65 G \$71
ART2345	Su	11/9	1:00 PM-4:00 PM
ART2346	Sa	3/14	9:00 AM-12:00 PM
ART2347	Sa	3/14	2:00 PM-5:00 PM

COLORED PENCIL BEGINNERS LEVEL 1

Peter Kushner & Grace LeMieux

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 will provide individual instruction, demonstration, and written lessons printed to explain all class instructions. Supply fee **\$15.00** payable to the instructor at class.

5 Days	Eisenhower Recreation			FEE: R \$100 G \$106
ART4612		Tu	10/14-11/11	1:30 PM - 4:00 PM
ART4613		Tu	1/6-2/3	1:30 PM - 4:00 PM
5 Days	Ezell Recreation			FEE: R \$100 G \$106
ART4614		M	2/23-3/23	5:00 PM - 7:30 PM

COLORED PENCIL BEGINNERS LEVEL 2

Peter Kushner & Grace LeMieux

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 provide individual attention to assist in 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.

5 Days	Eisenhower Recreation			FEE: R \$100 G \$106
ART4657		Tu	11/18-12/16	1:30 PM - 4:00 PM
ART4658		Tu	3/3-3/31	1:30 PM - 4:00 PM

COLORED PENCIL ADVANCED LEVEL 3

Meg Hay & Pat Buckert

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

5 Days	Everglades Recreation			FEE: R \$100 G \$106
ART4682		M	2/9-3/9	10:00 AM - 12:30 PM

COLORED PENCIL ADVANCED LEVEL 4

Meg Hay & Pat Buckert

NEW

Paint with colored pencils on various types of paper: Mi Tientes in black and other tones, Pastelmat, suede board, and others. We will discuss various background techniques, explore using mixed media, and color selection will be studied. Students will create several small paintings based on the theme of botanicals. Two professional colored pencil artist instructors will lead this course, and written instructions will be provided. Supply fee **\$25.00** payable to instructor at class. Prerequisites: Colored Pencil 1, 2 and 3 or comparable experience. Course supplies registrant is required to bring to class are listed in the online description and on customer receipt.

5 Days	Lake Miona Recreation			FEE: R \$100 G \$106
ART4690		Th	10/2-10/30	1:00 PM - 3:30 PM

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

4



DRAWING FOR THE BEGINNER - HOW TO DRAW BUILDINGS

Paul Kroll

Using a linear perspective technique, you will develop the initial skills for drawing structures with depth. Yes, anyone can draw using this concept. Supplies participants are required to bring to class; 12"x18" drawing pad 18" Ruler, pencil, white eraser.

3 Days	Lake Miona Recreation			FEE: R \$38 G \$44
ART1582		Sa	11/1-11/15	12:30 PM - 2:00 PM
ART1583		Sa	1/17-1/31	12:30 PM - 2:00 PM

DRAWING: THE FUNDAMENTALS

Peter Kushner & Grace LeMieux

The 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, but are not limited to, seeing, perspective, light and shadow, positive and negative space, and using the grid method. Supply fee **\$15.00** payable to the instructor at class. The supplies the registrant is required to bring to class are listed in the online description and receipt.

5 Days	Ezell Recreation			FEE: R \$100 G \$106
ART4675		M	10/6-11/3	9:00 AM - 11:30 AM
ART4676		M	12/29-1/26	9:00 AM - 11:30 AM

DRAWING: THE FUNDAMENTALS 2

Peter Kushner & Grace LeMieux

This course builds upon techniques used in Fundamentals of Drawing to give participants a better understanding of textures and perspectives 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. Participants will be able to draw a landscape of their choice as a final project. Supply fee **\$15.00** payable to the instructor at class. The supplies registrant is required to bring to class are listed in the online description and receipt.

5 Days	Ezell Recreation			FEE: R \$100 G \$106
ART4802		M	11/17-12/15	9:00 AM - 11:30 AM
ART4803		M	2/23-3/23	9:00 AM - 11:30 AM



EVERYTHING YOU WANTED TO KNOW ABOUT ART: A LOVE AFFAIR WITH FRENCH ARTISTS

Jan Clanton

NEW

No one can resist the allure of French artists, can they? What is it: the pastel colors, the subject matter, the brushwork? It's more than that – their lives were romantic, bohemian, and risky! We will examine the lives and works of Monet, Renoir, and Cezanne, and explore Courbet, Caillebotte, and the Barbizon School. Participants will gain new insights into their favorites and discover new French artists to love! Class meets bi-weekly; meeting dates are listed online and on receipt.

5 Days	Pimlico Recreation			FEE: R \$100 G \$106
ART3540		W	1/14-3/11	9:30 AM - 11:00 AM

EVERYTHING YOU WANTED TO KNOW ABOUT ART: A MATTER OF TALENT

Jan Clanton

NEW

Many people think that only the great Masters of Art are European. They are making a grave mistake! Explore 200 years of great American art in this series, including artists like Copley, Cole, Church, Homer, Hassam, Whistler, Henri, Hartley, Davis, Rauschenberg, Johns, and Pop, and N.C. Wyeth, Andrew Wyeth, and Jamie Wyeth. These are just a few – we're going to celebrate American art! Class meets bi-weekly; meeting dates are listed online and on receipt.

5 Days	Pimlico Recreation			FEE: R \$100 G \$106
ART3530		W	10/22-12/17	9:30 AM - 11:00 AM

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
ART1415 Pumpkin		W	10/8	1:00 PM - 5:00 PM
ART1420 Holiday Wreath or Jelly Fish		W	11/12	1:00 PM - 5:00 PM
ART1425 Snowman or Penguin		W	12/10	1:00 PM - 5:00 PM
ART1313 Coastal Wave or FL Nature Scene		W	1/14	1:00 PM - 5:00 PM
ART1430 Turtle or Mermaid		W	2/11	1:00 PM - 5:00 PM
ART1435 Spring Floral		W	3/11	1:00 PM - 5:00 PM

MIXED MEDIA - WATERCOLOR BATIK PAINTING FOR BEGINNERS

Teri Stillwaugh

Watercolor batik is a fascinating painting technique that combines pen & 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 who 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	Everglades Recreation			FEE: R \$85 G \$91
ART1028		Sa	10/11	1:00 PM - 5:30 PM
ART1029		Sa	11/22	1:00 PM - 5:30 PM
ART1032		Sa	2/7	1:00 PM - 5:30 PM
ART1033		Sa	3/7	1:00 PM - 5:30 PM

1 Day	Lake Miona Recreation			FEE: R \$85 G \$91
ART1030		Tu	12/2	1:00 PM - 5:30 PM
ART1031		Tu	1/27	1:00 PM - 5:30 PM

OIL PAINTING: PAINT YOUR CAT OR DOG

Daisy Rosario

NEW

Paint your cat or dog with oil paints. Start by tracing a photocopy of your cat or dog onto a canvas using graphite paper, then fill in the details with small brushes. Learn how to match oil paint colors to those in your photocopy. The class lasts 4 hours and includes two 5-minute breaks. Tracing will take about 30 minutes. Bring an 8"x10" or 11"x14" color photocopy of your cat or dog, ensuring the face and neck are visible. Supply fee \$25.00 payable to the instructor in class for all painting supplies that will be provided.

1 Day	Lake Miona Recreation			FEE: R \$65 G \$71
ART2880 (DOG)		F	2/27	1:00 PM - 5:00 PM
ART2890 (CAT)		F	3/27	1:00 PM - 5:00 PM

ONE STROKE PAINTING FOR BEGINNERS & THE NOT SO NEW

Teri Stillwaugh

Learn Donna Dewberry's simple one-stroke technique! Certified instructor Teri will guide you in painting flowers, vines, leaves, blending colors, caring for brushes, and more. No experience is necessary. Supplies each participant is required to bring to class are listed in the online class description or contact the instructor at teristillwaugh@gmail.com or 352-396-2011. You may also contact the instructor a week before class to purchase supplies on the first day if available. Supply fee \$5.00 cash for worksheet patterns and an 8x10 canvas payable to the instructor at class.

2 Days	Everglades Recreation			FEE: R \$100 G \$106
ART5518		Tu	10/21-10/28	1:30 PM - 5:00 PM
ART5519		Sa	11/8-11/15	1:30 PM - 5:00 PM
ART5520		Sa	1/10-1/17	1:30 PM - 5:00 PM

2 Days	Lake Miona Recreation			FEE: R \$100 G \$106
ART5521		Tu	2/24-3/3	1:30 PM - 5:00 PM

NEVER STOP LEARNING,
KEEP ON GROWING!

ORIGAMI FOR THE BEGINNER

Paul Kroll

Origami (orukami) is the Japanese art of folding paper. In this beginner course, you will learn to create both flat and three-dimensional paper designs. The participant can expect to create 2-D and 3-D objects/designs from pieces of paper simultaneously, exercising hand-eye coordination, strengthening memory, providing social interaction, appreciating the multi-cultural influences of this art form.

3 Days	Lake Miona Recreation			FEE: R \$38 G \$44
ART1504	Sa	11/1-11/15	10:00 AM - 11:30 AM	
ART1505	Sa	1/17-1/31	10:00 AM - 11:30 AM	

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 on receipt.

14 Days	First Responders Recreation			FEE: R \$170 G \$176
ART1913	M Th	10/6-11/24	(M)2:00 PM-4:00 PM (Th)10:00 AM-12:00 PM	
ART1914	M Th	12/8-1/29	(M)2:00 PM-4:00 PM (Th)10:00 AM-12:00 PM	
ART1915	M Th	2/9-3/30	(M)2:00 PM-4:00 PM (Th)10:00 AM-12:00 PM	

WATERCOLOR - BEGINNERS JOURNEY

Ellen Miller

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

6 Days	Lake Okahumpka Recreation			FEE: R \$100 G \$106
ART2501	M	10/6-11/17	1:30 PM - 4:00 PM	
ART2502	M	2/2-3/16	1:30 PM - 4:00 PM	

WATERCOLOR PENCILS FUNDAMENTALS

Meg Hay & Ellen Miller

Join us as we explore the essential techniques of watercolor pencil painting, using watercolor pencils, a unique medium that is both a drawing and a painting tool. You will create several paintings as you learn the various techniques of watercolor pencils. Prerequisite: Colored Pencil 1 and 2 or equivalent. Supply fee \$15.00 payable to the instructor at class. The course supplies that the participant is required to bring to class are listed online and on the receipt.

5 Days	Everglades Recreation			FEE: R \$100 G \$106
ART4701	M	10/13-11/10	9:00 AM - 11:30 AM	
ART4702	M	1/5-2/2	9:00 AM - 11:30 AM	

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

4

ZENTANGLE: BEGINNERS CLASS 1

Trish O'Leary

NEW

Zentangle is a simple mindful drawing technique that uses five common shapes and repetition of those shapes to create beautiful pieces of art. In the process of doing Zentangle, you become relaxed, centered, and more focused. You will be given all the tools you need to begin. We will follow the 8-step method of Zentangle, learn a dozen or so patterns, and create two finished pieces. Previous art experience is not required. Supply fee \$5.00 payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$45 G \$51
ART3350	Sa	10/25	1:00 PM - 3:30 PM	
ART3351	Sa	12/6	1:00 PM - 3:30 PM	

ZENTANGLE: BEGINNERS CLASS 2

Trish O'Leary

NEW

Classic Zentangle art uses black pen and white paper to create. In this class we will shake that up, using black, tan and gray tiles (tiles are watercolor papers) and white, brown and metallic pens. You will learn techniques, tips, and tricks of working with these papers and pens to successfully create Zentangle art. You will be provided with all of the supplies needed. Some Zentangle experience is helpful, but not necessary. Supply fee \$10.00 payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$55 G \$61
ART3360	Sa	11/1	1:00 PM - 4:30 PM	
ART3361	Sa	12/13	1:00 PM - 4:30 PM	

ZENTANGLE: MINDFUL DRAWING MEETS MANDALAS

Christine Immordino

NEW

Join us for an immersive Zentangle® Mandala class where art and meditation beautifully intertwine. A mandala is a circular design made up of repeating patterns, shapes and lines that radiate from the center. In this guided session, we'll explore the harmonious structure of mandalas using the Zentangle Method, an intuitive, relaxing approach to drawing that requires no prior art experience. For more information, visit: createwithchrissy.com. Supply fee \$8.00 payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$35 G \$41
ART3200	Sa	1/10	10:00 AM - 1:00 PM	

ZENTANGLE: MINDFUL DRAWING TANGLED TREE LESSONS

Christine Immordino

NEW

In this inspiring Zentangle® class, we create a symbolic Tree of Life using the "Zentangle Method" where each line is drawn with intention, mindfulness, and creative flow. As we build our tree from root to canopy, we'll explore how the growth and wisdom of a tree reflect the journey of our own lives. For more information, visit: createwithchrissy.com. Supply fee \$8.00 payable to instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$35 G \$41
ART3151	Sa	3/14	10:00 AM - 1:00 PM	

Interested in becoming an
INSTRUCTOR or SPEAKER of
THE ENRICHMENT ACADEMY?

Visit: TheEnrichmentAcademy.org > Our Team

CRAFT

BLANKET - HAND KNIT CHUNKY BLANKET

Debbie Machtel

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"x 50". You will have a variety of colors to choose from! Supply fee **\$70.00** due to instructor at class.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
CRA1804	F	10/17	9:00 AM - 12:00 PM	
CRA1810	W	3/18	10:00 AM - 1:00 PM	
1 Day	Captiva Recreation			FEE: R \$15 G \$21
CRA1805	F	11/7	1:00 PM - 4:00 PM	
1 Day	Homestead Recreation			FEE: R \$15 G \$21
CRA1806	M	12/1	9:00 AM - 12:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1807	Th	12/4	9:00 AM - 12:00 PM	
1 Day	SeaBreeze Recreation			FEE: R \$15 G \$21
CRA1808	M	1/12	1:00 PM - 4:00 PM	
1 Day	Rohan Recreation			FEE: R \$15 G \$21
CRA1809	M	2/9	2:00 PM - 5:00 PM	

DOOR MATS

Debbie Machtel

Create a unique door mat that fits your personality! Mat sizes are 16x24. Registration will close one week before the class starts. You will then be emailed 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 you. Supply fee **\$40.00** due to instructor at class.

1 Day	Manatee Recreation			FEE: R \$15 G \$21
CRA1953	M	10/6	10:00 AM - 11:30 AM	
1 Day	Saluki Recreation			FEE: R \$15 G \$21
CRA1954	Th	11/13	1:30 PM - 3:00 PM	
1 Day	Sterling Heights Recreation			FEE: R \$15 G \$21
CRA1955	Th	12/4	1:30 PM - 3:00 PM	
1 Day	Churchill Street Recreation			FEE: R \$15 G \$21
CRA1956	Th	1/22	1:00 PM - 2:30 PM	
1 Day	Moyer Recreation			FEE: R \$15 G \$21
CRA1957	Th	3/19	2:00 PM - 3:30 PM	



EMBROIDERY FOR BEGINNERS

Debbie Machtel

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** due to instructor at class.

1 Day	Manatee Recreation			FEE: R \$15 G \$21
CRA1903	F	10/17	1:30 PM - 3:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
CRA1904	M	11/10	10:30 AM - 12:00 PM	
1 Day	Churchill Street Recreation			FEE: R \$15 G \$21
CRA1905	Th	1/22	10:30 AM - 12:00 PM	
1 Day	SeaBreeze Recreation			FEE: R \$15 G \$21
CRA1906	M	3/16	11:00 AM - 12:30 PM	

GREETING CARDS - SHAKER CREATIONS

Denise Socia

Participants will make 3 Shaker Cards. Hands-on guided instruction in class with written instruction provided to make three different all-occasion cards. Each class session offered will make new/different card designs. The supply fee includes everything you need to make the cards: a kit of cut papers, shaker elements, glue, tape, embellishments, and an envelope. Experience is not required. Students bring a small pair of scissors, a ruler, and tweezers. Supply fee **\$25.00** payable to the instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
CRA6709	Tu	10/14	10:00 AM - 12:30 PM	
CRA6714	Tu	12/16	10:00 AM - 12:30 PM	
1 Day	Franklin Recreation			FEE: R \$20 G \$26
CRA6710	Sa	10/25	1:00 PM - 3:30 PM	
1 Day	Eisenhower Recreation			FEE: R \$20 G \$26
CRA6711	W	11/12	10:00 AM - 12:30 PM	
1 Day	Manatee Recreation			FEE: R \$20 G \$26
CRA6712	Sa	11/22	1:00 PM - 3:30 PM	
1 Day	Aviary Recreation			FEE: R \$20 G \$26
CRA6713	W	12/3	1:00 PM - 3:30 PM	

JEWELRY: BEGINNING CHAINMAILLE JEWELRY

Jenean Monasch

Learn how to create your own jewelry! Master the basics of chain maille, including how to open and close rings and arrange them in a pattern to make bracelets, earrings, or pendants. Participants will learn three different weaves to create a bracelet, earrings, a keychain, a second pair of earrings using another weave, and a pendant. All necessary tools, jump rings, jewelry findings, and written instructions for each project will be provided. Supply fee **\$35.00** is payable to the instructor at class. An email will be sent before the class starts with details on what supplies the participant needs to bring to class.

3 Days	Fenney Recreation			FEE: R \$70 G \$76
CRA2012	W	1/7-1/21	10:00 AM - 12:00 PM	
3 Days	SeaBreeze Recreation			FEE: R \$70 G \$76
CRA2013	W	2/4-2/18	10:00 AM - 12:00 PM	

Course Supply Fee is in addition to class fee.

JEWELRY: COLORFUL MOSAIC-STYLE JEWELRY

Elizabeth Mason

NEW

Create your own one-of-a-kind wearable art pendant necklaces using beads, charms, Seaglass, sand and stones to make colorful abstract or impressionist miniature designs. Lots of examples will be shown and the process demonstrated, to provide you with creative inspiration. You'll create 2-3 pendants. Tools will be provided for use in class. All supplies included: pendant trays, adhesive, choice of beads, charms, and necklace cords or chains. Supply fee **\$15.00** payable to instructor at class.

1 Day	SeaBreeze Recreation			FEE: R \$25 G \$31
CRA6200	M	10/13	11:00 AM - 1:00 PM	

JEWELRY: CREATING WIREWRAPPED SEAGLASS JEWELRY

Elizabeth Mason

NEW

This fun class teaches you the basics of wire wrapping Seaglass, beach pottery or beach pebbles to create two to three pendant necklaces and a keychain. You'll learn all about Seaglass; how to choose and wrap wire; and how to embellish your design with tiny beads, charms and beautiful wire swirls. You'll leave not only with finished pieces, but with the wire wrapping skills to create jewelry using your own beach finds. Tools will be provided for use in class. An individual kit of core materials; jewelry findings, choice of Seaglass and beach pottery to create your pieces. Supply fee **\$10.00** payable to instructor at class.

1 Day	Everglades Recreation			FEE: R \$25 G \$31
CRA6220	W	1/21	11:00 AM - 1:00 PM	

JEWELRY: DESIGN AND STRING A BEADED PENDANT NECKLACE

Elizabeth Mason

NEW

Learn how to use a beadboard to plan your design; how to choose the length, bead materials, colors and shapes, the best wire for your beads, how to secure your beads and add a clasp. You'll leave with a gorgeous piece of jewelry! Tools and bead boards will be provided for use in the class. Supplies included are core jewelry findings and a wide selection of beads, charms and pendants to create your necklace. Supply fee **\$18.00** payable to the instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CRA6250	F	3/20	2:30 PM - 4:30 PM	

JEWELRY: MAKING JEWELRY USING PHOTOS, DRAWINGS AND GRAPHICS

Elizabeth Mason

NEW

Learn all the steps to creating beautiful jewelry using photographs or any printed graphics. You'll use a wide selection of Florida and coastal themed photographs provided by the instructor to create two necklaces and a pair of earrings. Learn how to size and print your image and the materials needed to set your image under glass in a jewelry setting. An individual kit of core materials and a wide selection of images to choose from. Tools will be provided for use during class. Supply fee **\$10.00** payable to the instructor at class.

1 Day	Everglades Recreation			FEE: R \$25 G \$31
CRA6230	W	1/21	2:30 PM - 4:30 PM	

JEWELRY: MAKING KUMIHIMO GLASS BEADED BRACELETS

Jenean Monasch & Mary Kay Fritts

NEW

Discover an ancient Japanese braiding technique and create unique bracelets! In this class, attendees will learn to make two types of glass-beaded Kumihimo bracelets: one featuring a single-color scheme and the other with a spiral design. All necessary tools and materials will be provided, including a Kumihimo disk, bobbins, glass beads, magnetic clasps, weights, cord, and glue. Supply fee **\$38.00** payable to the instructor. Students are required to bring their own scissors and a bead mat or a smooth cloth placemat/towel.

3 Days	Lake Okahumpka Recreation			FEE: R \$70 G \$76
CRA2100	M	1/5-1/19	1:00 PM - 4:00 PM	

3 Days	Rohan Recreation			FEE: R \$70 G \$76
CRA2101	M	2/9-2/23	1:00 PM - 4:00 PM	

JEWELRY: SEAGLASS JEWELRY AND GIFTS

Elizabeth Mason

NEW

Create four unique pieces using Seaglass: a personalized necklace, charm bangle, bookmark, and charm keychain. You'll learn all about the history and origins of ocean-tumbled Seaglass, how to use jewelry-making tools, some basic wire wrapping techniques, and ways to feature Seaglass in coastal jewelry and gifts. Tools will be provided for use in class. A kit of core materials and a wide choice of Seaglass and charms to create your pieces are included. Supply fee **\$12.00** payable to the instructor at class.

1 Day	SeaBreeze Recreation			FEE: R \$25 G \$31
CRA6210	M	10/13	2:30 PM - 4:30 PM	

JEWELRY: WIREWRAPPED TREE OF LIFE PENDANT NECKLACE

Elizabeth Mason

NEW

Create a stunning one-of-a-kind tree of life necklace using wire wrapping and beads. Learn how to form the basic circular or teardrop pendant form with wire; hammer this to harden and texture the shape; then wrap thinner wire to create a tree shape with trunk, branches, and bead leaves. Tools will be provided for use during class. Supply fee of **\$10.00** for aluminum or copper, or **\$25.00** for sterling silver, payable to the instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CRA6240	F	3/20	11:00 AM - 1:00 PM	



NEVER STOP LEARNING,
KEEP ON GROWING!

JUNK JOURNALING 101

Micki MacCumbee

NEW

What is Junk Journaling? Learn basic supplies needed, the elements, ephemera, embellishments, and binding. Learn to make pockets, snippet roll, snippet cluster, tip-ins, and hidden paperclip and dangles. Make a 4-6 page "theme" junk journal using plain white envelopes.

3 Days	Colony Cottage Recreation			FEE: R \$60 G \$66
CRA1330	Su	3/1-3/15		11:00 AM - 1:00 PM

MOSAICS: A MOSAIC HEART

Anita Andersen

NEW

Create a one-of-a-kind heart that would be a great Valentine's Day gift for someone special or for yourself. On a wooden heart (9x9.5 inches) ready to hang, you will mosaic this piece with a variety of materials, including glass gems, colorful tiles, ball chain, beads, and some surprises. Unleash your creativity by emphasizing "Fun Art." All supplies are provided. Supply fee **\$20.00** payable to the instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CRA9870	Tu	1/6		2:00 PM - 5:00 PM
1 Day	Eisenhower Recreation			FEE: R \$50 G \$56
CRA9871	M	1/19		2:00 PM - 5:00 PM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
CRA9872	Tu	2/3		2:00 PM - 5:00 PM

MOSAICS: BABY SEA TURTLE

Anita Andersen

NEW

For those who want to use their imagination, create a whimsical one-of-a-kind baby sea turtle with conventional and unconventional materials, including tiles, ball chain, crushed shells, beads, and other surprises. A wooden sea turtle (9x10 inches) will be provided, primed and ready to mosaic. When completed, you will leave with a very unique sea creature ready to hang or display. Supply fee **\$20.00** payable to the instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CRA9860	Tu	10/14		2:00 PM - 5:00 PM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
CRA9861	Th	10/30		2:00 PM - 5:00 PM
CRA9863	Tu	12/16		2:00 PM - 5:00 PM
1 Day	SeaBreeze Recreation			FEE: R \$50 G \$56
CRA9862	W	11/12		10:00 AM - 1:00 PM

MOSAICS: MOSAICS ANOTHER WAY

Anita Andersen

NEW

Join us for a unique mosaic class. Mosaics are usually created with stained glass and tiles, but this class breaks that mold by using a variety of conventional and unconventional materials. You will be creating a one-of-a-kind piece with beads, ball chain, tiles, glass gems, and even costume jewelry. Create something unusual and fun! No grouting necessary. All supplies are provided. Supply fee **\$20.00** payable to the instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CRA9880	M	2/23		2:00 PM - 5:00 PM
1 Day	Everglades Recreation			FEE: R \$50 G \$56
CRA9881	Th	3/5		2:00 PM - 5:00 PM
1 Day	Eisenhower Recreation			FEE: R \$50 G \$56
CRA9882	M	3/16		2:00 PM - 5:00 PM



QUILTING: POP TOP DOUBLED QUILT

Micki MacCumbee

NEW

Learn to make a Pop Top Block and double it. Using a Layer Cake (10-inch pre-cut fabric squares), make 6 Double Pop Top Blocks, add sashing, border, backing, stitch in the ditch, and self-binding to finish this unique throw-size quilt. Supply fee **\$5.00** payable to instructor at class for Pattern and Class Booklet. For fabric needs and a notion supply list, contact the instructor at **maccumbee313@gmail.com**.

3 Days	Colony Cottage Recreation			FEE: R \$60 G \$66
CRA1320	Su	12/21-1/4		11:00 AM - 1:30 PM
3 Days	Lake Miona Recreation			FEE: R \$60 G \$66
CRA1321	F	3/6-3/20		5:30 PM - 8:00 PM

QUILTING: START TO FINISH

Micki MacCumbee

NEW

Learn to make a 6-block beginner Sampler Quilt. Each class teaches quilting techniques and lessons. You will make a throw-size quilt, start to finish, and gain a broad base of beginner quilting skills. Supply fee **\$5.00** payable to instructor at class for Pattern and Class Booklet. For fabric needs and a notion supply list, contact the instructor at **maccumbee313@gmail.com**.

6 Days	Colony Cottage Recreation			FEE: R \$75 G \$81
CRA1300	Su	10/12-11/16		11:00 AM - 1:30 PM
6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
CRA1301	F	1/9-2/13		5:30 PM - 8:00 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 the instructor at class.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
CRA1117	M	10/6		2:00 PM - 3:30 PM
1 Day	Fenney Recreation			FEE: R \$15 G \$21
CRA1118	M	11/3		9:00 AM - 10:30 AM
1 Day	Everglades Recreation			FEE: R \$15 G \$21
CRA1119	Tu	12/16		3:00 PM - 4:30 PM
CRA1120	M	1/12		10:00 AM - 11:30 AM
CRA1121	M	2/9		9:00 AM - 10:30 AM
1 Day	SeaBreeze Recreation			FEE: R \$15 G \$21
CRA1122	M	3/16		4:00 PM - 5:30 PM

TURKISH MOSAIC LAMPS

Debbie Machtel

NEW

Immerse yourself in the art of Turkish lamp-making at a hands-on class where creativity meets tradition! Learn the ancient craft of assembling stunning mosaic lamps using vibrant glass pieces and beads, guided by skilled artisans. The table lamp is approximately 13" tall. Supply fee **\$70.00** payable to the instructor at class.

1 Day	Fish Hawk Recreation			FEE: R \$15 G \$21
CRA2200	F	10/3	1:30 PM - 3:30 PM	
1 Day	Aviary Recreation			FEE: R \$15 G \$21
CRA2201	F	11/21	1:00 PM - 3:00 PM	
1 Day	Homestead Recreation			FEE: R \$15 G \$21
CRA2202	F	12/12	1:00 PM - 3:00 PM	
1 Day	Coconut Cove Recreation			FEE: R \$15 G \$21
CRA2203	Th	1/29	10:00 AM - 12:00 PM	
CRA2205	Th	3/19	9:00 AM - 11:00 AM	
1 Day	SeaBreeze Recreation			FEE: R \$15 G \$21
CRA2204	M	2/16	4:00 PM - 6:00 PM	

WATERCOLORING CARDS WITH TOMBOW MARKERS

Kathy Dowbenko

Using markers, watercolor paper, water and embossed images, learn how to make 4 beautiful cards to wow your friends and family. All supplies are provided. Supply fee **\$15.00** payable to instructor at class.

1 Day	SeaBreeze Recreation			FEE: R \$25 G \$31
CRA6423	W	10/15	9:00 AM - 12:00 PM	
CRA6424	W	1/14	9:00 AM - 12:00 PM	
CRA6426	W	3/18	9:00 AM - 12:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
CRA6425	W	2/11	9:00 AM - 12:00 PM	

WHIPPED SOAP & SUGAR SCRUB

Debbie Machtel

NEW

Create a one-of-a-kind Whipped Soap and sugar scrub! Choose from over 10 scents and create a luxurious, light, fluffy whipped soap and sugar scrub. You will leave with an eight-ounce jar of each. Supply fee **\$35.00** payable to the instructor at class.

1 Day	Laurel Manor Recreation			FEE: R \$15 G \$21
CRA1150	F	10/3	9:00 AM - 10:30 AM	
1 Day	Fenney Recreation			FEE: R \$15 G \$21
CRA1151	F	11/21	10:00 AM - 11:30 AM	
CRA1152	F	12/12	10:00 AM - 11:30 AM	

Interested in becoming an
INSTRUCTOR or **SPEAKER** of
THE ENRICHMENT ACADEMY?

Visit: TheEnrichmentAcademy.org > Our Team

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
CUL8916	F	10/17	9:30 AM - 11:00 AM	
CUL8917	F	12/12	9:30 AM - 11:00 AM	
CUL8918	F	2/6	9:30 AM - 11:00 AM	

BEER TASTING - BARLEYWINES

Mark DeNote

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

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9481	Tu	1/20	5:30 PM - 7:30 PM	

BEER TASTING - BEERS OF FALL AND WINTER

Mark DeNote

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

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9441	Th	11/20	5:30 PM - 7:30 PM	

BEER TASTING - BEERS OF 7VENTH SUN BREWERY

Mark DeNote

NEW

One of Florida's most unique breweries, 7venth Sun Brewery has made a name for themselves with their diverse styles, their love of all beer styles, and their well-crafted sours. Join author, podcaster, and Certified Cicerone® Mark DeNote as he walks and tastes the class through some of 7venth Sun's beers. Supply fee **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9390	Th	3/26	2:30 PM - 4:30 PM	
CUL9391	Th	3/26	5:30 PM - 7:30 PM	

BEER TASTING - BEERS OF DOGFISH HEAD CRAFT BREWERY

Mark DeNote

NEW

One of the oldest craft breweries in the United States, Dogfish Head Craft Brewery has been making culinary-inspired beers since 1995. Join author and Certified Cicerone® as he samples the many beers of this historical craft brewery. Supply fee of **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9150	Tu	10/21	5:30 PM - 7:30 PM	

Course Supply Fee is in addition to class fee.

BEER TASTING - BEERS OF DUNEDIN

Mark DeNote

NEW

Dunedin, Florida has some of the oldest breweries in Florida and many do not distribute their beer. Join author and Certified Cicerone® Mark DeNote on a journey to this artsy area of Pinellas County and into your glass! Beer tasting in class will cover multiple styles of beer. Come and explore all of the flavors of this historical area. Supply fee **\$15.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9130	Th	10/2		5:30 PM - 7:30 PM

BEER TASTING - BEERS OF GEORGIA

Mark DeNote

NEW

Georgia is in the middle of its own craft beer boom because of some recent changes to their beer laws. What can you expect from the Peach State's breweries? Join author, podcaster, and Certified Cicerone® Mark DeNote as he walks and tastes the class through the beers of Florida's northern neighbor. Supply fee **\$15.00** payable to instructor at class.

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9380	Tu	2/3		5:30 PM - 7:30 PM

BEER TASTING - BEERS OF GREEN BENCH BREWING

Mark DeNote

NEW

One of Florida's most award-winning breweries is in St. Petersburg, and they have a lot to offer! Join author, podcaster, and Certified Cicerone® Mark DeNote as he walks and tastes the class through the many beers of this award-winning brewery. Supply fee **\$20.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9170	Th	11/6		5:30 PM - 7:30 PM

BEER TASTING - BEERS OF LOVE (CHOCOLATE)

Mark DeNote

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

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9282	Th	2/12		5:30 PM - 7:30 PM

BEER TASTING - BEERS THROUGHOUT HISTORY

Mark DeNote

NEW

Beer has not always been the same throughout history. While some beer styles have been lost, many have changed for changing audiences. Join author, podcaster, and Certified Cicerone® Mark DeNote on a trip through the beers that have changed over time and see how and why they have changed! Supply fee **\$20.00** payable to instructor at class.

1 Day	Ezell Recreation			FEE: R \$25 G \$31
CUL9360	Th	1/15		5:30 PM - 7:30 PM

NEVER STOP LEARNING,
KEEP ON GROWING!

BEER TASTING - BELGIAN DUBBELS & TRIPELS

Mark DeNote

NEW

Often made by monks, the Belgian Dubbel and Belgian tripel are two unique styles of beer. Join author, podcaster, and Certified Cicerone® Mark DeNote as he guides you through these often-imitated beer styles, walking and tasting along the way. Supply fee **\$20.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9190	Th	12/4		5:30 PM - 7:30 PM

BEER TASTING - BOCKS AND STRONG LAGERS

Mark DeNote

NEW

While they can be incredibly light beers of summer, lagers can also be made stronger for certain celebrations. Join author, podcaster, and Certified Cicerone® Mark DeNote as he walks and tastes the class through these stronger lagers. Supply fee **\$40.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9420	Th	2/5		5:30 PM - 7:30 PM

BEER TASTING - CELLAR RAID! SPECIAL BEERS

Mark DeNote

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

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL9314	Tu	12/9		5:30 PM - 7:30 PM

BEER TASTING - DESSERT BEERS

Mark DeNote

Do you like dessert? Who doesn't? What happens when dessert ingredients end up in beer? What happens when the beer has been aged in a barrel or has lots of fruit in it? Join author, podcaster, and Certified Cicerone® Mark DeNote as he walks and tastes the class through some of the most weird and wonderful dessert beers produced today. Supply fee **\$40.00** payable to instructor.

1 Day	Homestead Recreation			FEE: R \$25 G \$31
CUL9511	Th	3/19		5:30 PM - 7:30 PM



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

Mark DeNote

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

1 Day	Rohan Recreation			FEE: R \$25 G \$31
CUL9262	Th	10/30	2:00 PM - 4:00 PM	
CUL9263	Th	10/30	5:30 PM - 7:30 PM	

BEER TASTING - GREAT BEERS OF BELGIUM

Mark DeNote

Belgian beers have long inspired American craft brewers. Join author, podcaster 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
CUL5105	Tu	10/7	5:30 PM - 7:30 PM	

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL5106	Th	10/9	5:30 PM - 7:30 PM	

BEER TASTING - IMPERIAL STOUTS

Mark DeNote

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

1 Day	Riverbend Recreation			FEE: R \$25 G \$31
CUL9431	Th	11/13	5:30 PM - 7:30 PM	

BEER TASTING - LAGER-PALOOZA

Mark DeNote

The most popular styles of beer currently available have one thing in common: they're all lagers! Join author and Certified Cicerone® Mark DeNote as he talks about and leads sampling of some flavorful lagers, showcasing the versatility and variety of beers in this family. Supply fee **\$15.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$25 G \$31
CUL9009	Tu	3/10	5:30 PM - 7:30 PM	

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9010	Th	3/12	5:30 PM - 7:30 PM	

BEER TASTING - LOCAL BEERS JACKSONVILLE, FL

Mark DeNote

Join author, podcaster and Certified Cicerone® Mark DeNote to talk about and taste through some of the hottest beers pouring in one of Florida's hottest beer scenes right now: Jacksonville! Supply fee **\$15.00** payable to instructor at class.

1 Day	Odell Recreation			FEE: R \$25 G \$31
CUL9211	Tu	2/24	5:30 PM - 7:30 PM	

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

4

BEER TASTING - STRONG LAGERS

Mark DeNote

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

1 Day	Ezell Recreation			FEE: R \$25 G \$31
CUL9491	Th	2/19	5:30 PM - 7:30 PM	

BEER TASTING - WINTER TIPPLES

Mark DeNote

NEW

In the rest of the country, people experience the seasons. Just because we don't have seasons doesn't mean we can't enjoy hearty beers for the wintertime. Join author, podcaster, and Certified Cicerone® Mark DeNote on a trip through the hearty beers of the wintertime! Supply fee **\$40.00** payable to instructor at class.

1 Day	Aviary Recreation			FEE: R \$25 G \$31
CUL9290	Th	12/18	5:30 PM - 7:30 PM	

BOUGIE SUSHI

Dawne Loera

Full of fun and insight, using a bamboo roller, you will learn how to make the traditional cut roll, an inside-out roll, and a hand roll, while also mastering the art of preparing sushi rice. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7002	Sa	3/7	10:00 AM - 12:00 PM	

CHARCUTERIE MY HEART

Dawne Loera

Meat and cheese only with accoutrements that complement them. Learn about a variety of cheeses and their depth. We will discuss the meat options, how they pair with the cheeses, and the perfect add-ons to complement the board. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7032	Sa	12/6	10:00 AM - 12:00 PM	

CHOCOLATE BARS

Kelly Smith

NEW

This class will demonstrate the process of making chocolate bars, bonbons, and filled chocolates. Class participants will learn to pour and fill chocolate molds for bars and chocolates. Supply fee **\$15.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$35 G \$41
CUL8940	F	10/17	11:30 AM - 12:30 PM	
CUL8941	F	2/6	11:30 AM - 12:30 PM	

CHOCOLATE TREATS FOR VALENTINE'S DAY (DEMO)

Rosemary Deneen

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

1 Day	Homestead Recreation			FEE: R \$20 G \$26
CUL8707	Tu	1/20	1:00 PM - 2:30 PM	

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
CUL8708	F	2/6	1:00 PM - 2:30 PM	

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
CUL1263	F	10/17	9:30 AM - 11:00 AM	
CUL1265	F	12/12	9:30 AM - 11:00 AM	
CUL1267	F	2/20	9:30 AM - 11:00 AM	
1 Day	Lake Okahumpka Recreation			FEE: R \$25 G \$31
CUL1264	F	11/21	9:30 AM - 11:00 AM	
CUL1266	F	1/16	9:30 AM - 11:00 AM	
CUL1268	F	3/20	9:30 AM - 11:00 AM	

COOKIE DECORATING GINGERBREAD (HANDS-ON)

Rosemary Deneen

NEW

Pastry Chef Rose Deneen will teach this hands-on class on the basics of cookie decorating. Chef Deneen will supply 8 holiday-shaped gingerbread cookies, royal icing, additional decorations, and a box to take home cookies. A short demo will start the class, and then all students will decorate their cookies. Recipe hand-outs provided. Supply fee **\$20.00** payable to the instructor at class.

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CUL8810	F	11/7	1:00 PM - 2:30 PM	
1 Day	Homestead Recreation			FEE: R \$50 G \$56
CUL8811	Tu	11/18	1:00 PM - 2:30 PM	
1 Day	Lake Okahumpka Recreation			FEE: R \$50 G \$56
CUL8812	Th	12/11	1:00 PM - 2:30 PM	

COOKIE DECORATING HALLOWEEN (HANDS-ON)

Rosemary Deneen

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

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CUL8802	Tu	10/7	1:00 PM - 2:30 PM	
1 Day	Homestead Recreation			FEE: R \$50 G \$56
CUL8803	Tu	10/21	1:00 PM - 2:30 PM	



CUPCAKE WREATH DECORATING (HANDS-ON)

Rosemary Deneen

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

1 Day	Lake Miona Recreation			FEE: R \$50 G \$56
CUL8853	F	11/14	1:00 PM - 2:30 PM	
CUL8854	M	12/1	1:00 PM - 2:30 PM	
1 Day	Homestead Recreation			FEE: R \$50 G \$56
CUL8855	M	12/15	1:00 PM - 2:30 PM	

DON'T HURRY CURRY

Dawne Loera

NEW

Explore the spices of India by making a Chicken Curry served with rice that melts in your mouth. We will make Onion Bhaji to accompany it – a tasty side dish! Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7290	Sa	3/7	1:00 PM - 3:00 PM	

FALL INTO SOUP

Dawne Loera

NEW

Learn how to make a delicious Tuscan Kale Soup that warms the heart and a flavorful Taco Soup that combines several spices to create a robust flavor. These soups can be served as a starter, side, or main dish. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$25 G \$31
CUL7230	Sa	11/15	10:00 AM - 12:00 PM	

GOOD ‘OL FASHION PICNIC

Dawne Loera

NEW

We often engage in various activities and visit numerous places, but we sometimes overlook the classic portable foods. It’s time to change up your usual “go-to” dishes and explore some delicious options that travel well. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7250	Sa	12/6	1:00 PM - 3:00 PM	

ICE CREAM

Kelly Smith

Learn all about making and freezing different types of ice creams and sorbets. Includes a demonstration of making ice cream custard and freezing ice cream, and items to make with ice cream. Samples are provided. Supply fee **\$15.00** payable to instructor at class.

1 Day	Lake Okahumpka Recreation			FEE: R \$35 G \$41
CUL8965	F	11/14	9:30 AM - 11:00 AM	
CUL8966	F	1/9	9:30 AM - 11:00 AM	
CUL8967	F	3/13	9:30 AM - 11:00 AM	

LET’S GO TO MEXICO

Dawne Loera

Learn the classic Pico de Gallo dip to enjoy with tortilla chips. You will enjoy learning how to make Albondigas in a salsa rojo (red sauce) and delight in making a Puerco Verde in green sauce, recipes that go back centuries. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7012	Sa	10/25	10:00 AM - 12:00 PM	

LET’S POGO!

Dawne Loera NEW

A fun spin on Foods on a Stick! We will make a delicious Ranch Chicken, move into an Anti-Pasta Stick and turn a potato on its head and end with a scrumptious dessert stick. Perfect for those parties when you need a takeaway. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7280	Sa	2/7		1:00 PM - 3:00 PM

NEW YEAR, NEW ME SALADS

Dawne Loera NEW

Explore two new salads that you can take anywhere. The first will be an update on the traditional Arugula Salad with some tasty fruit. The second is the William Sonoma 5 P Salad. Learn new salads to start your new year off right. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7270	Sa	1/10		1:00 PM - 3:00 PM

SANTORINI MY SENSES

Dawne Loera NEW

We will make the beloved Spanakopita and classic Greek Salad, which is hearty, colorful, and delicious. We will round out this class with a beautiful interlaced rack of lamb, which is a showstopper! Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7105	Sa	2/7		10:00 AM - 12:00 PM

WARM MY HEART SOUPS

Dawne Loera NEW

We will make soup from around the world. Experience the flavors of Thailand with Tom Kha Gai, a coconut milk-based chicken soup, and a bountiful Red Cabbage Brisket soup – it’s not what you think. The flavors will WOW you! Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7240	Sa	11/15		1:00 PM - 2:30 PM

WAY DOWN SOUTH

Dawne Loera NEW

Give your taste buds a wake-up call! We will make a classic Gumbo and Red Beans and Rice and explore Creole and Cajun spices. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7260	Sa	1/10		10:00 AM - 12:00 PM

WOK THIS WAY

Dawne Loera NEW

Looking for a flavorful dish? We will delve into a traditional Kung Pao chicken accompanied by stir-fried rice. Learn the seasoning and spices that make up some traditional sauces to accompany these delicacies. Supply fee **\$15.00** payable to instructor at class.

1 Day	Homestead Recreation			FEE: R \$40 G \$46
CUL7220	Sa	10/25		1:00 PM - 3:00 PM

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

WINE LOVER’S: NORTHERN ITALIAN WINES

Charles Wittenberg NEW

Join Certified Wine Professional Charley Wittenberg in exploring the incredible wines from some of Italy’s most prestigious wine regions, including Tuscany, Veneto and the Piedmont. We will look at various wineries, the history of winemaking in northern Italy, and, of course, tasting six wines that represent the excellence of this area. Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1570	W	10/8		3:00 PM - 5:00 PM

WINE LOVER’S: SOUTHERN ITALIAN WINES

Charles Wittenberg NEW

Certified Wine Professional Charley Wittenberg continues our look at Italian wines, examining the impressive southern Italy wine regions like Abruzzo, Puglia, and Sicily. Some of Italy’s oldest wine making history has its roots in this beautiful region, and the wines being produced here today are fantastic, and we will be tasting six that demonstrate that! Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1580	W	10/22		3:00 PM - 5:00 PM

WINE LOVER’S: FRENCH BORDEAUX AND LOIRE VALLEY WINES

Charles Wittenberg NEW

Bordeaux, France, has long been recognized as perhaps the premier wine-producing region in the world, and Certified Wine Professional Charley Wittenberg will demonstrate the reasons for that. In addition, we will look at the very impressive Loire River Valley wine region and its excellent wines. Our six wine tastings will show the diversity of wines from these two amazing wine regions! Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1590	W	11/12		3:00 PM - 5:00 PM

WINE LOVER’S: FRENCH BURGUNDY, RHONE, AND PROVENCE WINES

Charles Wittenberg NEW

While Bordeaux is historically famous for its wines, the French regions of Burgundy, the Rhone Valley, and Provence have also enjoyed great success in producing some world-renowned wines! Certified Wine Professional Charley Wittenberg will share information on these incredible French wine regions, and we will taste six delicious, representative wines! Supply fee **\$15.00** payable to instructor at class.

1 Day	Colony Cottage Recreation			FEE: R \$25 G \$31
CUL1700	W	11/19		3:00 PM - 5:00 PM



WINE LOVER'S: THE AROMAS AND FLAVORS OF WINE

Charles Wittenberg

NEW

Most of us have asked ourselves, “why does this wine taste the way it does” or “how can a wine made with one kind of grape be so different from another wine made with the same type of grape?” In this session, Certified Wine Professional Charley Wittenberg will provide the answers to those questions. We will taste six different wines that demonstrate these aroma and flavor differences! Supply fee **\$15.00** payable to instructor at class.

1 Day

Ezell Recreation

FEE: R \$25 G \$31

CUL1710

W

12/10

3:00 PM - 5:00 PM

WINE LOVER'S: BIENVENIDOS! THE BEAUTY OF SPANISH WINES

Charles Wittenberg

NEW

Spain is gaining recognition for producing some of the best value wines in Europe, offering quality and taste at competitive prices. With a rich winemaking history, Spain ranks third globally in wine sales. In this class, we'll explore this success and sample six exceptional Spanish wines. A supply fee of **\$15.00** is payable to the instructor at the class.

1 Day

Ezell Recreation

FEE: R \$25 G \$31

CUL1720

W

12/17

3:00 PM - 5:00 PM

WINE LOVER'S: AMERICA'S WEST COAST WINE WONDERS

Charles Wittenberg

NEW

California is known for producing outstanding wines across the state, and its neighboring states of Oregon and Washington also boast impressive wine selections. Certified Wine Professional Charley Wittenberg will share valuable insights about the wines from each of these states, and we will taste six wonderful examples of the West Coast wines! Supply fee **\$15.00** payable to instructor at class.

1 Day

Colony Cottage Recreation

FEE: R \$25 G \$31

CUL1730

W

1/14

3:00 PM - 5:00 PM

WINE LOVER'S: GETTING MORE ENJOYMENT FROM WINE

Charles Wittenberg

NEW

Join Certified Wine Professional to review the basics, especially good for individuals who are new to drinking wine and an excellent refresher for those who are more seasoned veterans! As every great coach reminds their players, “Stay focused on the fundamentals!” We will do that, and sample six noteworthy wines in the process! Supply fee **\$15.00** payable to instructor at class.

1 Day

Colony Cottage Recreation

FEE: R \$25 G \$31

CUL1740

W

1/21

3:00 PM - 5:00 PM

WINE LOVER'S: THE WINES OF CHILE AND ARGENTINA

Charles Wittenberg

NEW

Since Christopher Columbus, European travelers have brought grapes for winemaking to the New World. While we know about U.S. wines, join Certified Wine Professional to explore the exceptional wines of Argentina and Chile, famous for Malbec and Carmenère. A supply fee of **\$15.00** is payable to the instructor at the class.

1 Day

Truman Recreation

FEE: R \$25 G \$31

CUL1750

W

2/4

3:00 PM - 5:00 PM

WINE LOVER'S: THE WONDERFUL WORLD OF WHITE WINES

Charles Wittenberg

NEW

The right white wine can make a good dinner GREAT, it can make a get-together UNFORGETTABLE, and it can make the hottest afternoon ENJOYABLE! Perfect for those who love white wines, and a great learning opportunity for those who haven't tried many white wines! We will talk about the many qualities that white wines have and taste six different white wines that cover the spectrum of the white wine world. Supply fee **\$15.00** payable to instructor at class.

1 Day

Everglades Recreation

FEE: R \$25 G \$31

CUL1760

W

2/18

3:00 PM - 5:00 PM

WINE LOVER'S: PINOT NOIR WINES FROM AROUND THE GLOBE

Charles Wittenberg

NEW

The French claim that “The Heart of Pinot Noir is in Burgundy,” but there are Pinot Noirs from all over the world that give them a run for that title. The Pinot Noir grape can be challenging for growers, but the flavors we find in Pinot Noir wines are simply phenomenal! We will explore this extraordinary wine and sample an array of Pinot Noirs from all over the globe, tasing their diverse flavors. Supply fee **\$15.00** payable to instructor at class.

1 Day

Colony Cottage Recreation

FEE: R \$25 G \$31

CUL1770

W

3/4

3:00 PM - 5:00 PM

WINE LOVER'S: DELICIOUSLY DELIGHTFUL, BUT “NOT SO COMMON”

Charles Wittenberg

NEW

When we're walking through the wine store, we see a bottle on the racks and think, “That looks interesting, I wonder what it tastes like?” Those “I think I'll buy this and try it” purchases often turn out to be some of our best choices! Wine Professional Charley Wittenberg will present six wines that he's “discovered” and talk about them as we sample them, promising to hold some very pleasant surprises. Supply fee **\$15.00** payable to instructor at class.

1 Day

Colony Cottage Recreation

FEE: R \$25 G \$31

CUL1780

W

3/18

3:00 PM - 5:00 PM

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NEVER STOP LEARNING,
KEEP ON GROWING!

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE 4



Dianne Jacoby
The Three Mrs. Flaglers
Thursday, October 23, 2025 | 6PM
Rohan Recreation



Dr. Dean Allen
Downton Abbey Abroad: How the British Ruled A Continent
Friday, November 7, 2025 | 1PM
Ezell Recreation



Bonnie Stein
Holocaust Memories: The Light of Hope
Thursday, November 20, 2025 | 6PM
Rohan Recreation



Michael O'Neill
Wild Encounters: Capturing Nature's Untamed Beauty
Thursday, December 18, 2025 | 2PM
Rohan Recreation



Charles Young & Cheryl Deknatel
Houdini's Last Handcuffs
Thursday, January 15, 2026 | 6PM
Rohan Recreation



William Albracht
Escape From Firebase Kate
Thursday, January 29, 2026 | 6PM
Rohan Recreation



Francis Gary Powers, Jr.
Bridge of Spies Film Screening With Commentary and Q&A
Friday, February 6, 2026 | 4PM
Lake Miona Recreation



JoAnn F. Peterson
The American Constitution Film Screening and Mercy Otis Warren Portrayal
Tuesday, February 17, 2026 | 6PM
Rohan Recreation



William & Sue Willis
Presidents and Their First Ladies: John and Abigail Adams
Thursday, February 19, 2026 | 6PM
Rohan Recreation



David Meinz
Love Your Heart
Tuesday, March 12, 2026 | 6PM
Rohan Recreation



H. Keith Melton
The Search For James Bond's "Q"?
Saturday, March 28, 2026 | 1PM
Eisenhower Recreation
(Fee: R \$15 • G \$18)



H. Keith Melton
Spy Like the CIA – Personal Safety and Awareness
Saturday, March 28, 2026 | 3PM
Eisenhower Recreation
(Fee: R \$15 • G \$18)

Detailed Speaker Series information on pages 55 - 56

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



REGISTER

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



DANCE

BALANCE LIKE A DANCER

Stephanie Montejano

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	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2751		W	2/18-3/18	3:00 PM - 4:00 PM

BALLET: BEGINNING LEVEL 1

Carolyn Hosman

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. Ballet shoes preferred, not required.

9 Days	Saddlebrook Recreation			FEE: R \$89 G \$95
DAN6021		F	10/3-12/12	3:30 PM - 4:30 PM
DAN6022		F	1/9-3/27	3:30 PM - 4:30 PM

9 Days	Fenney Recreation			FEE: R \$89 G \$95
DAN6412		M	10/6-12/1	4:15 PM - 5:15 PM
DAN6414		M	2/9-4/6	4:15 PM - 5:15 PM

8 Days	Fenney Recreation			FEE: R \$79 G \$81
DAN6413		M	12/8-2/2	4:15 PM - 5:15 PM

BALLET: BEGINNING LEVEL 2

Carolyn Hosman

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

9 Days	Fenney Recreation			FEE: R \$89 G \$95
DAN6518		M	10/6-12/1	3:00 PM - 4:00 PM
DAN6520		M	2/9-4/6	3:00 PM - 4:00 PM

8 Days	Fenney Recreation			FEE: R \$79 G \$81
DAN6519		M	12/8-2/2	3:00 PM - 4:00 PM

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



BALLET: INTERMEDIATE

Carolyn Hosman

Designed 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.

9 Days	Saddlebrook Recreation			FEE: R \$89 G \$95
DAN7516		F	10/3-12/12	2:00 PM - 3:15 PM
DAN7517		F	1/9-3/27	2:00 PM - 3:15 PM

BALLROOM: AMERICAN STYLE SAMBA

Stephanie Montejano

NEW

Dance to the rhythm of your heartbeat heard in the samba beat! Learn the basics, how to travel with samba walks and shake your hips and turn. Partner required; each participant requires registration.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN4450		Sa	10/4-11/1	1:00 PM - 2:00 PM

BALLROOM: BACHATA LEVEL 1

Stephanie Montejano

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.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN2501		Sa	10/4-11/1	2:15 PM - 3:15 PM

BALLROOM: BACHATA LEVEL 2

Stephanie Montejano

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.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN2551		Sa	11/22-12/20	1:00 PM - 2:00 PM

BALLROOM: BEAUTIFUL BOLERO

Stephanie Montejano

NEW

Learn one of the most romantic Latin dances that combines the elegance of Waltz with the sensuality of Rumba in this class perfect for beginners. You'll dance to love ballads by Michael Bolton, Joseph Feliciano, Eric Clapton, Michael Bubl , and more. Partner required; each participant requires registration.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN4400		Th	10/9-11/6	3:00 PM - 4:00 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.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2222		Sa	1/10-2/7	1:00 PM - 2:00 PM

Have Questions? Check the FAQs on PAGE

4



BALLROOM: FOXTROT & WALTZ

Stephanie Montejano **NEW**

Perfect one stop shop to learn the two most iconic ballroom dances & hit the dance floor. This course covers the basics, leading & following, and turns. Perfect for beginners. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$50 G \$56
DAN2180		Sa	2/21-3/21	2:15 PM - 3:30 PM

BALLROOM: KICKS & FLICKS TANGO

Stephanie Montejano **NEW**

The iconic dance inspired by the streets of Buenos Aires is featured in this class which combines American Style Tango with steps for traveling around the floor, and the flares of Argentine Tango. Great for beginners and those wanting to smooth out their tango. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN4420		Sa	1/10-2/7	2:15 PM - 3:15 PM

BALLROOM: SINGLE TIME SWING

Stephanie Montejano

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.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN2401		W	1/7-2/4	3:00 PM - 4:00 PM

BALLROOM: SLOWER QUICKSTEP FOR BEGINNERS

Stephanie Montejano **NEW**

Unlock the fun of Quickstep by learning to slower tempos making it easy and exciting to learn. You'll discover snazzy Quickstep moves that can be your secret weapon in other dances, too! Partner required; each participant requires registration.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN4460		M	11/17-12/22	3:30 PM - 4:30 PM

BALLROOM: SPICY SLOW SALSA

Stephanie Montejano **NEW**

Discover how to maintain fluidity and spice even at a slower tempo, allowing you to savor the iconic Salsa steps and movement. It's perfect for those who enjoy the rhythm of Salsa but prefer a more relaxed pace. Join us and add a touch of spice to your dance repertoire! Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN4430		W	2/18-3/18	4:15 PM - 5:15 PM

BALLROOM: TRAVELING WALTZ

Stephanie Montejano

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.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN2601		M	1/5-2/2	3:30 PM - 4:30 PM

BEMOVED – GENTLE

Shane Bland, Dion DiDonna, Trish Marjanich

Gentle BeMoved® is a 45-minute, mostly seated, low-impact dance fitness experience designed for seniors and adults with special needs. Reviewed by kinesiologists, it features a warm-up to activate core strength, improve balance, and increase flexibility; an engaging dance genre section; and a rejuvenating cool-down. Adaptable for all abilities, including those using mobility aids, it fosters joy, connection, and well-being through expressive, spirit-lifting movement.

6 Days	Aviary Recreation			FEE: R \$63 G \$69
DAN6317		F	10/3-11/7	11:00 AM - 11:45 AM
DAN6318		F	12/5-1/16	11:00 AM - 11:45 AM
DAN6319		F	2/6-3/13	11:00 AM - 11:45 AM

BEMOVED LEVEL 1

Shane Bland, Dion DiDonna, Trish Marjanich

BeMoved Dance® is a 60-minute, standing, low-impact movement class. Reviewed by kinesiologists, each session includes a breath-infused warm-up to build core strength, balance, and flexibility; a lively genre section with fun dance combinations; and a restorative cool-down. Suitable for all ages and abilities, BeMoved supports physical and mental wellness while inspiring joy, connection, and community.

6 Days	Aviary Recreation			FEE: R \$63 G \$69
DAN6220		F	10/3-11/7	12:00 PM - 1:00 PM
DAN6221		F	12/5-1/16	12:00 PM - 1:00 PM
DAN6222		F	2/6-3/13	12:00 PM - 1:00 PM

COUNTRY PARTNER DANCE BEGINNER

Maria Urbanic

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

7 Days	Franklin Recreation			FEE: R \$40 G \$46
DAN6718		Tu	10/21-12/2	1:00 PM - 1:50 PM

7 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6719		F	10/24-12/5	1:00 PM - 1:50 PM
DAN6720		F	12/12-1/23	1:00 PM - 1:50 PM
DAN6721		F	1/30-3/20	1:00 PM - 1:50 PM

COUNTRY PARTNER DANCE IMPROVER

Maria Urbanic

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

7 Days	Franklin Recreation			FEE: R \$40 G \$46
DAN6818	Tu	10/21-12/2	2:00 PM - 2:50 PM	
7 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6819	F	10/24-12/5	2:00 PM - 2:50 PM	
DAN6820	F	12/12-1/23	2:00 PM - 2:50 PM	
DAN6821	F	1/30-3/20	2:00 PM - 2:50 PM	

COUNTRY PARTNER DANCE IMPROVER PLUS

Maria Urbanic

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.

7 Days	Chatham Recreation			FEE: R \$40 G \$46
DAN6905	F	10/24-12/5	3:00 PM - 3:50 PM	
DAN6906	F	12/12-1/23	3:00 PM - 3:50 PM	
DAN6907	F	1/30-3/20	3:00 PM - 3:50 PM	

COUPLES DANCING FOR THE SQUARES

Stephanie Montejano

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 variety of band music played in the community. Partner required; each participant requires registration.

5 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN8401	Sa	2/21-3/21	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 performed. Choose what style is fun and comfortable for you! Partner required; each participant requires registration.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN8254	Sa	11/22-12/20	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. Bring appropriate shoes: tennis shoes or line dance sneakers (a shoe with not a lot of traction or tread).

5 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5580	M	10/13-11/10	9:15 AM - 10:15 AM	
DAN5581	M	1/19-2/16	9:15 AM - 10:15 AM	

DANCE PRACTICE SOCIAL DANCING

Stephanie Montejano

NEW

Students will learn the art of gracefully entering and navigating the dance floor. Gain insights into proper dance etiquette and engage in general dance practice. No prior experience is necessary, and a partner is not required.

1 Day	Hibiscus Recreation			FEE: R \$15 G \$21
DAN4440	Sa	1/24	11:00 AM - 12:30 PM	

EAST COAST SWING: BEGINNER 101

Andrea Thorne

This dance is the most popular of all dances for any occasion, taught at a slow pace and will be repeated for easy learning. This lesson is for those who have two left feet and have never danced East Coast Swing before, we are taking it down to the basics. Partner required; each participant requires registration.

6 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN3176	M	12/8-1/12	3:30 PM - 4:30 PM	

HULA HOOP DANCE FITNESS

Kiera Manna

Join us for an exhilarating Hula Hoop Dance Fitness class that combines fun, fitness, and fabulous dance moves, perfect for all fitness levels, whether you're a beginner or a seasoned hooper. Learn dynamic hula hoop techniques, impressive tricks, off-body moves using your hands, and hooping on your thighs, hips, and chest. We will focus on improving coordination, balance, and flexibility while burning calories and toning muscles. Get ready to spin, twirl, and dance your way to a healthier you. Bring your hula hoop or borrow or purchase from the instructor.

5 Days	Colony Cottage Recreation			FEE: R \$50 G \$56
DAN2904	Th	10/9-11/6	11:15 AM - 12:05 PM	

5 Days	Bacall Recreation			FEE: R \$50 G \$56
DAN2905	F	1/9-2/6	3:15 PM - 4:05 PM	



JAZZ DANCE FOR BEGINNERS

Wendy Stephens

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

5 Days	Aviary Recreation			FEE: R \$50 G \$56
DAN5559	Th	10/16-11/13	9:15 AM - 10:15 AM	
DAN5560	Th	1/22-2/19	9:15 AM - 10:15 AM	

LINE DANCE: BEGINNER INTRODUCTION

Michael Barr & Michele Burton

This class is ideal for beginners who want to learn the basics of line dancing. You'll start dancing by the first lesson while learning dance terminology. Various songs and dances will teach you essential skills to join other dancers in future classes or social events. The pace is gentle, and while you won't learn all the patterns in one session, you can expect to grasp the basics over 4-5 sessions. All sessions are introductory. Proper footwear required; no flip flops, dance shoes (optional).

5 Days	Bradenton Recreation			FEE: R \$45 G \$51
DAN5118	Tu	10/7-11/4	9:30 AM - 10:20 AM	

6 Days	Bradenton Recreation			FEE: R \$50 G \$56
DAN5119	Tu	11/18-12/23	9:30 AM - 10:20 AM	
DAN5120	Tu	1/6-2/10	9:30 AM - 10:20 AM	
DAN5121	Tu	2/24-3/31	9:30 AM - 10:20 AM	

LINE DANCE: BEGINNER EXPERIENCED

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 this session. Proper footwear required; no flip flops, dance shoes (optional).

5 Days	Bradenton Recreation			FEE: R \$45 G \$51
DAN6118	Tu	10/7-11/4	10:30 AM - 11:30 AM	

6 Days	Bradenton Recreation			FEE: R \$50 G \$56
DAN6119	Tu	11/18-12/23	10:30 AM - 11:30 AM	
DAN6120	Tu	1/6-2/10	10:30 AM - 11:30 AM	
DAN6121	Tu	2/24-3/31	10:30 AM - 11:30 AM	

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LINE DANCE: INTRODUCTION

Lisa McCammon

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

6 Days	Tierra Del Sol Recreation			FEE: R \$33 G \$39
DAN1105	Sa	10/4-11/8	11:30 AM - 12:30 PM	
DAN1106	Sa	3/7-4/11	11:30 AM - 12:30 PM	

LINE DANCE: LATIN

Stephanie Montejano

Exciting class for those who want to get out there and dance to the rhythm of Latin music. You'll learn easy to follow patterns and choreography plus styling using dances like: Salsa, Rumba, Swing and Tango. No partner needed.

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
DAN2254	Th	10/9-11/6	4:15 PM - 5:15 PM	

LINE DANCE: PIZZAZ

Michael Barr & Michele Burton

NEW

Do you want to look cooler on the dance floor? If you're an Improver level dancer (level 3 in recreational classes) and want to refine your moves, this class is for you! We'll focus on smooth movements, understanding body frame, grooving confidently, and turning with ease, all while having fun. Learn improver level line dances and incorporate these skills. Turning will be practiced, so if you want to avoid it, this class may not be suitable for you. Proper footwear required; no flip flops, dance shoes (optional).

6 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5160	W	1/7-2/11	11:00 AM - 12:15 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 is helpful. Bring appropriate shoes: tennis shoes or line dance sneakers (a shoe with not a lot of traction/tread).

5 Days	Aviary Recreation			FEE: R \$50 G \$56
DAN5616	Th	10/16-11/13	10:30 AM - 12:00 PM	

LINE DANCE: RHYTHM AND BLUES NEXT STEPS

Wendy Stephens

NEW

A continuation of Line Dance: Rhythm and Blues beginner's class, you will learn beginner and beginner-plus line dances set to smooth, soulful R & B music with a little bit of funk thrown in. Some dances may be longer than 32 counts. Some knowledge of line dancing steps will be helpful. Take your line dance skills to the next level in this funky, soulful class. Appropriate shoes are required.

5 Days	Aviary Recreation			FEE: R \$50 G \$56
DAN5630	Th	1/22-2/19	10:30 AM - 12:00 PM	

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

4

LINE DANCING FOR BEGINNERS

Robert Mast

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

6 Days	Big Cypress Recreation			FEE: R \$35 G \$41
DAN8509	Su	10/26-11/30	5:00 PM - 6:00 PM	
DAN8510	Su	12/7-1/11	5:00 PM - 6:00 PM	
DAN8511	Su	2/15-3/22	5:00 PM - 6:00 PM	

NIGHT CLUB TWO STEP: BEGINNER 101

Andrea Thorne

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

6 Days	Hibiscus Recreation			FEE: R \$40 G \$46
DAN3104	M	2/2-3/9	3:30 PM - 4:30 PM	

TAP DANCE: BEGINNERS

Wendy Stephens

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
DAN5510	Th	10/16-11/13	4:00 PM - 5:00 PM	
DAN5511	Th	1/22-2/19	4:00 PM - 5:00 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. Required: Tap shoes (slip-on or tie/lace-up tap shoes).

5 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5524	M	1/19-2/16	10:30 AM - 11:30 AM	

TAP DANCE: LEVEL 3

Wendy Stephens

For those who have successfully completed Tap Dance: Beginners and Level 2, and want to continue to learn more. New tap vocabulary and dance combinations set to music will be taught. By the end of these 5 weeks, you will have learned another tap dance routine to add to your tap dance repertoire. Required: Tap shoes (slip-on or tie/lace-up tap shoes).

5 Days	Manatee Recreation			FEE: R \$50 G \$56
DAN5534	M	10/13-11/10	10:30 AM - 11:30 AM	

TEXAS COUNTRY TWO STEP: BEGINNER 101

Andrea Thorne

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

6 Days	Churchill Street Recreation			FEE: R \$45 G \$51
DAN3131	W	10/29-12/10	3:30 PM - 4:30 PM	

WEST COAST SWING FOR BEGINNERS

Sherree Klein

West Coast Swing is a fun and versatile dance which can be danced to most genres of music! Lead/Follow techniques and fundamentals are stressed and fully explained to facilitate ease of learning. Basic moves are taught in precise easy movements to put it all together and dance by the end of the course. Music is not played during instruction so you can concentrate on movements. Partner required; each participant must register. Contact the instructor before registering if you need a partner.

6 Days	Captiva Recreation			FEE: R \$45 G \$51
DAN4115	Th	10/9-11/13	1:30 PM - 2:30 PM	

6 Days	Manatee Recreation			FEE: R \$45 G \$51
DAN4116	M	1/5-2/9	6:00 PM - 7:00 PM	

WEST COAST SWING FOR BEGINNER PLUS

Sherree Klein

Pick up where the Beginner class left off to learn additional basic moves and variations. Techniques are always stressed, and moves will still be taught in easy-to-learn steps. Some music will be incorporated into it. Strong knowledge of your basics is needed. Partner required; each participant requires registration. Contact the instructor before registering if you need a partner.

6 Days	Captiva Recreation			FEE: R \$45 G \$51
DAN4160	Th	2/12-3/26	1:30 PM - 2:30 PM	

GARDENING

BEST LOCAL LANDSCAPING PRACTICES - PART 1

Rondi Niles

DESIGN & IMPLEMENTATION. Whether you're looking to renovate your entire landscape, add a few plants, or just learn more about landscaping specifically for our local area, this course will provide instruction on how to proceed. Covered will be tips on Floridian differences, proper plant placement, how to use color, local hardscape options, approval guidelines, best planting timeframes, specialty gardens (butterflies, birds, bees), and more. Supply fee (optional) \$20.00 payable to instructor at class.

1 Day	Moyer Recreation			FEE: R \$38 G \$44
GAR1007	Sa	10/4	9:00 AM - 11:30 AM	
GAR1008	Sa	1/24	9:00 AM - 11:30 AM	

BEST LOCAL LANDSCAPING PRACTICES - PART 2

Rondi Niles

PLANTS & CARE. Landscaping is very different in central Florida than elsewhere! Get practical insights and insider tips, by a horticulturist and former local garden center seller, on plants that can be found and used successfully within our local community. Included are natives and butterfly plants. Also covered are vital tips on how to care for your plants. Supply fee (optional) \$20.00 payable to instructor at class.

1 Day	Moyer Recreation			FEE: R \$38 G \$44
GAR1107	Sa	10/11	9:00 AM - 11:30 AM	
GAR1108	Sa	1/31	9:00 AM - 11:30 AM	

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

BLOOMS & BLISS: BLOOMS & BASKET DELIGHTS

Andreia Muller

NEW

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

1 Day	Manatee Recreation			FEE: R \$50 G \$56
GAR4050		W	10/8	5:00 PM - 6:00 PM

BLOOMS & BLISS: NEST & NATURE PLANTER

Andreia Muller

NEW

Dish garden with fresh flowers create a beautiful, low-maintenance arrangement that can be displayed inside or outside, perfect for our fall and winter weather months. Supply fee **\$25.00** payable to instructor at class.

1 Day	Truman Recreation			FEE: R \$50 G \$56
GAR4110		W	1/7	5:00 PM - 6:00 PM

BLOOMS & BLISS: PUMPKIN AND FLOWERS

Andreia Muller

NEW

Create a pumpkin arrangement with faux flowers and a real pumpkin! An easy-to-follow course where participants will create a beautiful focal piece for a table, kitchen counter or a fireplace. Supply fee **\$25.00** payable to instructor at class.

1 Day	Manatee Recreation			FEE: R \$50 G \$56
GAR4070		W	11/5	5:00 PM - 6:00 PM

BLOOMS & BLISS: TEA TIME BLOSSOMS

Andreia Muller

NEW

Floral Teacup arrangement combining fresh flowers with vintage, decorative tea cups creates a charming, nostalgic project that's simple yet elegant. A great display piece. Supply fee **\$25.00** payable to instructor at class.

1 Day	Everglades Recreation			FEE: R \$50 G \$56
GAR4130		W	2/4	5:00 PM - 6:00 PM

NEVER STOP LEARNING,
KEEP ON GROWING!



BLOOMS & BLISS: TROPICAL BLISS ARRANGEMENT

Andreia Muller

NEW

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

1 Day	Manatee Recreation			FEE: R \$50 G \$56
GAR4150		W	3/11	5:00 PM - 6:00 PM

BLOOMS & BLISS: WREATHS AND WONDERS

Andreia Muller

NEW

Dried and fresh botanical wreath. A fun and easy way of mixing fresh evergreens, eucalyptus and baby's breath with dried winter 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	Truman Recreation			FEE: R \$50 G \$56
GAR4090		W	12/17	5:00 PM - 7:00 PM

GROWING FRESH HERBS

Rondi Niles

Don't you just love the taste and aroma of fresh herbs? Learn from a former farmers' market herb grower about how to grow, use, and store delicious and healthy Floridian herbs, including unique varieties. The focus (but not exclusively) will be on growing in containers or hydroponically. Supply Fee (optional) **\$14.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$38 G \$44
GAR3103		Sa	1/17	9:00 AM - 11:30 AM

GROWING FRESH VEGETABLES

Rondi Niles

Have trouble growing a tasty Floridian tomato? Learn from a former farmers' market vegetable plant grower on how to grow your own delicious vegetables, focusing (but not exclusively) on manageable container gardening. Hydroponic growing and microgreens will also be covered. Demo includes properly planting a tomato and how to seed microgreens. Supply fee (optional) **\$15.00** payable to instructor at class.

1 Day	Rohan Recreation			FEE: R \$38 G \$44
GAR2103		Sa	1/10	9:00 AM - 11:30 AM

LANDSCAPING FOR WILDLIFE: BIRDS

Lisa Sanderson

Are you an avid bird watcher or enjoy seeing birds come to your feeders? Learn how to attract birds to your landscapes and discover the plants that will support birds, 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	Rohan Recreation			FEE: R \$15 G \$21
GAR2555		M	10/13	10:00 AM - 12:00 PM

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

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	Rohan Recreation			FEE: R \$15 G \$21
GAR2605		M	11/10	10:00 AM - 12:00 PM

LANDSCAPING FOR WILDLIFE: LANDSCAPE DESIGN

Lisa Sanderson

Learn 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	Rohan Recreation			FEE: R \$15 G \$21
GAR2705		M	2/9	10:00 AM - 12:00 PM

LANDSCAPING FOR WILDLIFE: NATIVE BEES

Lisa Sanderson

While many people know about honeybees, this course 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. Learn about native bees you may see in your landscape and ways to attract them as pollinators, including plants.

1 Day	Rohan Recreation			FEE: R \$15 G \$21
GAR2655		M	1/12	10:00 AM - 12:00 PM

LANDSCAPING FOR WILDLIFE: NATIVE PLANTS FOR CENTRAL FLORIDA

Lisa Sanderson

We'll focus on native plants for Central Florida and review a variety of plant selections of native plants that attract and support wildlife including plants that can provide food, nesting sites, protection and space needed for birds, butterflies and native bees. Learn how to properly plant and prune plants.

1 Day	Rohan Recreation			FEE: R \$15 G \$21
GAR2755		M	3/9	10:00 AM - 12:00 PM

Interested in becoming an
INSTRUCTOR or **SPEAKER** of
THE ENRICHMENT ACADEMY?

Visit: TheEnrichmentAcademy.org > Our Team

NEVER STOP LEARNING,
KEEP ON GROWING!

HEALTH & WELLNESS

ACTIVATE YOUR BODY'S EMOTIONAL HEALING

Meredith Brubaker

NEW

What if your pain isn't physical and your anxiety or depression is just a symptom of trapped emotional energy? This class will help you identify and release that energy, often rooted in childhood. In a safe space, you'll practice individual exploration without group discussions or sharing personal stories. Bring water and wear comfortable clothing. You'll leave with tools to help manage your emotional well-being and promote healing.

1 Day	Trillium Recreation			FEE: R \$25 G \$31
HEA3130		Th	11/13	9:00 AM - 10:30 AM
HEA3131		Th	2/19	9:00 AM - 10:30 AM

ACTIVATE YOUR BODY'S HEALING ENVIRONMENT

Meredith Brubaker

NEW

Are you feeling overwhelmed by health challenges or concerned about future issues? This class will empower you to take charge of your healing. You'll learn how to create a healthy environment in your body, making it harder for disease to thrive. Bring water and wear comfortable clothing. This gentle, engaging class is suitable for everyone, even those who may not feel very energetic.

1 Day	Trillium Recreation			FEE: R \$25 G \$31
HEA3150		Th	12/11	9:00 AM - 10:30 AM
HEA3151		Th	3/5	9:00 AM - 10:30 AM

ACTIVATE YOUR BODY'S SUBCONSCIOUS HEALING WISDOM

Meredith Brubaker

NEW

Are you making the best decisions for your body when it comes to food, stress, and exercise? If not, your conscious mind may be holding you back. Learn to access the inner knowledge that guides you toward healthier choices. Bring water and wear comfortable clothing. This engaging class will empower you to implement positive changes in your habits and decisions.

1 Day	Trillium Recreation			FEE: R \$25 G \$31
HEA3110		Th	10/23	9:00 AM - 10:30 AM
HEA3111		Th	1/15	9:00 AM - 10:30 AM



AEROBIC WALKING AND RACEWALKING – INTRODUCTION

Bonnie Stein

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

1 Day	Lake Miona Recreation			FEE: R \$17 G \$23
HEA2016	F	10/17	9:00 AM - 10:15 AM	
HEA2018	F	1/16	9:30 AM - 10:45 AM	
HEA2020	F	3/13	9:30 AM - 10:45 AM	
1 Day	Riverbend Recreation			FEE: R \$17 G \$23
HEA2017	Sa	10/18	9:30 AM - 10:45 AM	
HEA2019	Sa	1/24	9:30 AM - 10:45 AM	
HEA2021	Sa	3/14	9:30 AM - 10:45 AM	

AEROBIC WALKING AND RACEWALKING FOR BEGINNERS (OUTDOOR)

Bonnie Stein

Transform your walking into a better workout. With the right tips, you can enjoy the fitness benefits of running while also enjoying walking. You will learn and practice the basics of racewalking at a pace that works for you. Racewalking is not competing; it focuses on using effective walking techniques to improve your fitness. Bonnie, a recognized racewalk instructor, shows you how to choose the right shoes and prevent injuries. Olympic racewalking techniques will also be taught, for faster and safer walks. All skill levels are welcome!

6 Days	Lake Miona Recreation			FEE: R \$108 G \$114
HEA6524	F	11/7-12/19	9:00 AM - 10:45 AM	
HEA6526	F	1/30-3/6	9:30 AM - 11:15 AM	
6 Days	Lake Okahumpka Recreation			FEE: R \$108 G \$114
HEA6525	Sa	11/8-12/20	9:30 AM - 11:15 AM	
HEA6527	Sa	1/31-3/7	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.

1 Day	Lake Miona Recreation			FEE: R \$42 G \$48
HEA7018	Sa	10/11	1:00 PM - 3:00 PM	
HEA7019	Sa	11/15	1:00 PM - 3:00 PM	
HEA7020	Sa	1/10	1:00 PM - 3:00 PM	
HEA7021	Sa	2/21	1:00 PM - 3:00 PM	
HEA7022	Sa	3/28	1:00 PM - 3:00 PM	

AN EVENING OF ART: VISUAL THINKING STRATEGIES

LeAnna DeAngelo

NEW

Visual Thinking Strategies (VTS) is a method that helps people improve awareness, communication, observation skills, and empathy. It started in museums and has expanded to education, business, and healthcare. Over 30 medical schools, including Harvard Medical School, teach it. Anyone can join; the sessions are enjoyable and require no art background. There are no right or wrong answers as we explore different paintings, photos, and texts together.

3 Days	Ezell Recreation			FEE: R \$40 G \$46
HEA2550	Th	10/16-10/30	6:00 PM - 7:15 PM	
HEA2551	W	11/5-11/19	6:00 PM - 7:15 PM	

BARRE WORKOUT BASICS

Debbie Souza

Shape, tone, and slim your body using classic ballet techniques with elements of barre fitness. In this workout, you'll perform quick and slow movements, isometric pulse holds, and active stretches. This low-impact exercise enhances balance, posture, flexibility, and muscle tone, making it suitable for all ages and fitness levels. We use studio barres for support, and each student will need to bring a yoga mat for a brief cooldown.

5 Days	Fenney Recreation			FEE: R \$55 G \$61
HEA8315	Th	10/9-11/6	2:30 PM - 3:30 PM	
HEA8316	Th	11/13-12/18	2:30 PM - 3:30 PM	
HEA8317	Th	1/8-2/5	2:30 PM - 3:30 PM	
HEA8318	Th	2/19-3/19	2:30 PM - 3:30 PM	

BATON TWIRLING 101

Kiera Manna

Join our beginner baton twirling class to learn twirls, spins, and tosses. Improve your coordination with step-by-step guidance. This class is great for joining a team, performing in parades, or trying something new. Enjoy a fun and supportive environment. Bring your baton to each class.

5 Days	Colony Cottage Recreation			FEE: R \$50 G \$56
HEA2954	Th	10/9-11/6	10:00 AM - 10:50 AM	
5 Days	Bacall Recreation			FEE: R \$50 G \$56
HEA2955	F	1/9-2/6	2:00 PM - 2:50 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 light weights to class.

4 Days	Sterling Heights Recreation			FEE: R \$48 G \$54
HEA1633	M	10/6-10/27	10:30 AM - 11:30 AM	
HEA1634	M	11/10-12/1	10:30 AM - 11:30 AM	
HEA1635	M	12/15-1/5	10:30 AM - 11:30 AM	
HEA1636	M	1/19-2/9	10:30 AM - 11:30 AM	
HEA1637	M	3/2-3/23	10:30 AM - 11:30 AM	



Have Questions? Check the FAQs on PAGE

4



CARDIO DRUMMING

Cynthia Duncan

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

6 Days		Lake Okahumpka Recreation		FEE: R \$50 G \$56	
HEA1023	Th	10/2-11/6	1:00 PM - 2:00 PM		
HEA1024	Th	1/8-2/19	1:00 PM - 2:00 PM		
HEA1025	Th	2/26-4/2	1:00 PM - 2:00 PM		

CARDIO DRUMMING!

Lisa McCammon

Cardio drumming is a fun, low-impact exercise that provides a cardio workout for people of all ages and abilities. You can do it while sitting, making it suitable for those with mobility issues. Bring your own exercise or yoga ball (45-75 cm, based on your height), a stable base like a 17 or 18-gallon plastic bucket with rope handles, and drumsticks or wooden spoons. For more information, email druminline2022@gmail.com.

6 Days		Tierra Del Sol Recreation		FEE: R \$50 G \$56	
HEA2124	Sa	10/4-11/8	10:00 AM - 11:00 AM		
HEA2126	Sa	3/7-4/11	10:00 AM - 11:00 AM		

6 Days		La Hacienda Recreation		FEE: R \$50 G \$56	
HEA2125	Sa	1/3-2/14	11:30 AM - 12:30 PM		

CHAIR YOGA

Kimberly Zak

Appropriate for beginners to advanced practitioners who have experience with yoga but may not have the mobility to transition to and from the floor. The chair is used for standing poses to assist with balance. For those who have practiced yoga, modified poses will be offered. Each class begins with breathwork to calm the mind/body and ends with a relaxing resting pose.

5 Days		Mulberry Grove Recreation		FEE: R \$50 G \$56	
HEA4517	M	10/6-11/10	1:00 PM - 2:00 PM		
HEA4518	M	1/19-2/16	1:00 PM - 2:00 PM		
HEA4519	M	3/2-3/30	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 their breath. Class will begin and end with a 5-minute meditation. Participants need to bring a yoga mat or a thin exercise mat to each class session.

6 Days		Sterling Heights Recreation		FEE: R \$60 G \$66	
HEA4571	Sa	10/11-11/15	11:00 AM - 12:00 PM		
HEA4573	Sa	1/10-2/14	11:00 AM - 12:00 PM		

6 Days		Homestead Recreation		FEE: R \$60 G \$66	
HEA4572	M	10/13-11/17	10:30 AM - 11:30 AM		
HEA4574	M	1/12-2/16	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 & Light Weight class. A lively and enjoyable routine that caters to all fitness levels. Light weights are recommended. No experience necessary. Benefits include: enhanced strength, flexibility, and range of motion. Tone muscles and improve breathing patterns. Boost circulation and overall well-being. Relieve stress, anxiety, and inflammation. Experience better sleep and increased energy.

6 Days		Churchill Street Recreation		FEE: R \$60 G \$66	
HEA3015	M	10/6-11/10	9:30 AM - 10:45 AM		
HEA3016	M	1/5-2/9	9:30 AM - 10:45 AM		
HEA3017	M	2/23-3/30	9:30 AM - 10:45 AM		

CHAKRAS DECODED: UNDERSTANDING YOURS

Kimberly Hoenie

The body's energy centers, or chakras, are influenced by our senses and daily experiences. They can become blocked or overstimulated, and understanding these energy centers can provide insight into our emotions. We will explore chakras through color theory, essential oils, chair yoga exercises, and individual testing to enhance awareness. Bring a yoga mat and pen/paper to class.

1 Day		Lake Okahumpka Recreation		FEE: R \$50 G \$56	
HEA4705	W	10/15	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
HEA1905	Sa	12/6-1/17	11:00 AM - 12:00 PM	
HEA1906	Sa	1/31-3/7	11:00 AM - 12:00 PM	

CORESCULPT

Joanie Husband

Core-centered full body workout designed to strengthen and tone your core, blending multiple fitness modalities: strength training, balance work, cardio, and stretching. Designed to offer the perfect mix of exercises that empower, energize, and help you take care of your body. Whether you are just starting or are 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
HEA2214	F	10/10-10/31	10:30 AM - 11:30 AM	
HEA2215	F	11/14-12/5	10:30 AM - 11:30 AM	
HEA2216	F	12/19-1/9	10:30 AM - 11:30 AM	
HEA2217	F	1/23-2/13	10:30 AM - 11:30 AM	
HEA2218	F	2/27-3/27	10:30 AM - 11:30 AM	

EFFICIENT AND PROFICIENT HILL WALKING

Bonnie Stein

NEW

For those who have completed Bonnie's 6-week Beginning Racewalking class and want to be more efficient at walking or hiking up and down hills. Learn how to protect your knees and back, and how to walk up or down hills quickly with more ease. You will learn to use these techniques for racewalking as well as hiking.

1 Day	Lake Miona Recreation			FEE: R \$19 G \$25
HEA5400	Sa	10/11	9:30 AM - 10:45 AM	
HEA5401	Sa	11/1	9:30 AM - 10:45 AM	
HEA5402	Sa	1/3	9:30 AM - 10:45 AM	
HEA5403	Sa	3/21	9:30 AM - 10:45 AM	

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. 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	Eisenhower Recreation			FEE: R \$17 G \$23
HEA5034	Sa	10/4	2:00 PM - 3:15 PM	
HEA5038	Sa	2/7	2:00 PM - 3:15 PM	
HEA5039	Sa	3/14	2:00 PM - 3:15 PM	

1 Day	Rohan Recreation			FEE: R \$17 G \$23
HEA5035	Sa	11/1	2:00 PM - 3:15 PM	
HEA5036	Sa	12/6	2:00 PM - 3:15 PM	
HEA5037	Sa	1/3	2:00 PM - 3:15 PM	

FOAM ROLLING/STRETCHING FOR IMPROVED EXERCISE

Bonnie Stein

For those who have taken Foam Rolling for Beginners class and are ready for the next level with instruction and practice. Working with the foam roller can reduce skeletal pain, improve circulation, increase range of motion, and improve mobility for walking, dancing, and sports. Participants 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.

3 Days	Rohan Recreation			FEE: R \$47 G \$53
HEA1157	M	11/3/11/17	3:30 PM - 4:45 PM	
HEA1158	M	2/16-3/2	3:30 PM - 4:45 PM	

GOLF FIT - 35 MINUTES A DAY FOR BETTER PLAY

Helga Malinsky

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.

4 Days	Eisenhower Recreation			FEE: R \$40 G \$46
HEA7112	Tu	10/28-11/18	9:00 AM - 10:00 AM	
HEA7113	Tu	1/13-2/3	9:00 AM - 10:00 AM	
HEA7114	Tu	2/24-3/24	9:00 AM - 10:00 AM	

HYPNOSIS - LEARN HYPNOSIS TO CHANGE YOUR LIFE

Heather McFall

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

3 Days	Aviary Recreation			FEE: R \$75 G \$81
HEA2406	W	10/15-10/29	3:00 PM - 4:30 PM	

3 Days	Lake Miona Recreation			FEE: R \$75 G \$81
HEA2407	W	1/7-1/21	6:00 PM - 7:30 PM	

3 Days	Colony Cottage Recreation			FEE: R \$75 G \$81
HEA2408	W	2/4-2/18	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.

6 Days	Lake Miona Recreation			FEE: R \$65 G \$71
HEA2327	Tu	10/14-11/18	10:00 AM - 11:30 AM	

6 Days	Saluki Recreation			FEE: R \$65 G \$71
HEA2328	W	2/4-3/11	10:00 AM - 11:30 AM	

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

4

INTRODUCTION TO ESSENTIAL OILS & THEIR USES

Kimberly Hoenie

NEW

Essential oils are a natural way to heal, aid & calm the physical, emotional & mental body. This introductory class on popular essential oils provides information, resources and usage in daily life. Class will include using essential oils to make calming spa products including a lavender sachet, mist and salt scrub. Supply fee \$5.00 payable to instructor at class.

1 Day	Bradenton Recreation			FEE: R \$25 G \$31
HEA4730		W	10/22	10:00 AM - 12:00 PM
1 Day	Lake Okahumpka Recreation			FEE: R \$25 G \$31
HEA4731		F	2/13	10:00 AM - 12:00 PM

KICKBOXING LOW IMPACT CARDIO

Joanie Husband

A challenging yet gentle workout that protects your joints! It combines the energy of cardio workouts with the artistry of boxing, all set to music in a welcoming group environment. Learn safe and correct form, technique, and core engagement, focusing on the boxing principles that can reshape your body and deliver results, without straining your movements. Each session will conclude with full-body stretches. Geared toward individuals with a higher level of fitness, modifications are available to ensure that everyone can participate.

6 Days	SeaBreeze Recreation			FEE: R \$72 G \$78
HEA1616		W	10/15-11/19	1:30 PM - 2:30 PM
HEA1618		W	1/7-2/11	1:30 PM - 2:30 PM
HEA1619		W	2/25-4/1	1:30 PM - 2:30 PM

4 Days	SeaBreeze Recreation			FEE: R \$48 G \$54
HEA1617		W	11/26-12/24	1:30 PM - 2:30 PM

LOWER GLUCOSE WITHOUT DRUGS USING INTEGRATIVE MEDICINE

William Shang

Do you have high blood sugar or a sweet tooth? Author and former Cornell physician, William Shang, MD will share his research in herbal medicine and American College of Sports Medicine certification in exercise medicine, to lower glucose in three interactive classes. Questions are encouraged. Required book purchased for \$12.00 "The Thin Prediabetic" payable to instructor at class.

3 Days	Manatee Recreation			FEE: R \$45 G \$51
HEA8205		M	11/10-11/24	7:00 PM - 8:30 PM

3 Days	Lake Miona Recreation			FEE: R \$45 G \$51
HEA8206		Tu	1/6-1/20	2:00 PM - 3:30 PM



MAINTAINING & IMPROVING KNEES, HIPS & SPINE

Josef DellaGrotte

NEW

This course teaches specific "core" based bio-mechanical movement exercises and practices for postural alignment, reducing stress and pains, while improving any movement performance with less effort, more endurance with aging. Practices include breathing-movement synchronicity, plus learning how to stay in relaxation mode.

3 Days	Mulberry Grove Recreation			FEE: R \$45 G \$51
HEA8410		Tu	11/4-11/18	2:00 PM - 3:30 PM
HEA8411		Tu	1/6-1/20	2:00 PM - 3:30 PM

MEDITATION FOR BEGINNERS

Joanna Collett

NEW

Discover Inner Peace and Empower Your Mind. Embrace stillness and clarity by letting go of life's noise and gaining control over your inner world. The greatest journey is within, know yourself and find calm, balance, and purpose. Start your path to self-mastery today.

4 Days	Lake Miona Recreation			FEE: R \$40 G \$46
HEA2800		W	10/8-10/29	9:30 AM - 10:15 AM

4 Days	Hibiscus Recreation			FEE: R \$40 G \$46
HEA2801		W	1/14-2/4	9:30 AM - 10:15 AM
HEA2802		W	2/18-3/11	9:30 AM - 10:15 AM

MEDITATION FOR HEALTH

Anne O'Hare

NEW

This course will present daily meditation as a foundational self-care practice. Dr. O'Hare will discuss what mediation is and how this practice can positively impact psychological, emotional, and physical health. Classes will include group meditation practice and interactive discussion. Participants will learn how the mind functions and how we can observe and ultimately control/cooperate with our mind to create positive experiences and life outcomes.

4 Days	St Tropez			FEE: R \$50 G \$56
HEA2750		Th	10/23-11/13	6:00 PM - 7:30 PM
HEA2751		Th	1/8-1/29	6:00 PM - 7:30 PM
HEA2752		Th	2/19-3/12	6:00 PM - 7:30 PM

MEDITATION & MINDFULNESS: CELEBRATING THE FALL SEASON

Kimberly Hoenie

NEW

Celebrate the fall season with mindfulness activities including making fresh mulling spices & macrame gratitude leaves. Entire session will be themed with gratitude and include specialized journaling exercises, breath work, and restful yoga Nidra (guided) meditation. Session is fully accessible whether preferring to practice Nidra on the floor or in a chair. Students are required to bring to class: Yoga mat for floor practice; comfy blanket(s); bolster or firm pillow.

1 Day	Rohan Recreation			FEE: R \$50 G \$56
HEA4740		W	11/19	9:30 AM - 12:30 PM

MEDITATION, YOGA & ESSENTIAL OILS, PART 2

Kimberly Hoenie

NEW

Course consists of alternating weeks of Meditative YIN Yoga and Active Gentle Yoga, culminating in Week 5 with a Rounding class that merges both styles for balance and energetic harmony. Each practice will incorporate essential oils to enhance the overall experience. We will discuss the benefits of the oils and how to apply them during practice. Participants will receive a set of essential oil samples to use in class each week. Supplies participants are required to bring to class: yoga mat, a yoga block, supportive blanket, bolster, or firm pillow.

5 Days	Lake Okahumpka Recreation			FEE: R \$75 G \$81
HEA4690		W	2/11-3/11	10:00 AM - 11:30 AM

PUT YOUR MIND ON A DIET

Bonnie Stein

A healthy size, physical well-being, and fitness can be achieved by using your mind effectively. Learn to harness your mental strength instead of relying solely on willpower to guide your body toward better health and your desired appearance. In this class, you will gain skills and the right mindset for success. Even if you have struggled with weight for years or think it's genetic, it's more about skill than willpower. Explore new ways to tackle diet challenges that can change how you feel and look. This class does not prescribe what to eat or offer a specific diet plan.

5 Days	SeaBreeze Recreation			FEE: R \$57 G \$63
HEA6604		Tu	10/7-11/4	10:30 AM - 11:45 AM
5 Days	Eisenhower Recreation			FEE: R \$57 G \$63
HEA6605		Th	11/6-12/11	3:00 PM - 4:15 PM
5 Days	Lake Miona Recreation			FEE: R \$57 G \$63
HEA6606		Tu	1/20-2/17	4:00 PM - 5:15 PM
HEA6607		Tu	3/3-3/31	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 and mastering Intermediate racewalking techniques. This Racewalk Coaching class includes racewalking warm-up, technique practice, drills, and specific walking stretches. Any walking pace is welcome for those who previously completed the Beginning class. Call Bonnie at **727-644-4155** for questions about eligibility.

4 Days	Lake Miona Recreation			FEE: R \$48 G \$54
HEA5306		W	11/5-12/3	9:00 AM - 10:15 AM
HEA5307		W	1/21-2/11	9:00 AM - 10:15 AM
HEA5308		W	3/4-3/25	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 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. Learn about Reiki, receive four attunements that will allow you to channel Reiki energy, and have time to practice using Reiki on yourself and others. Many continue to explore Reiki to further their spiritual journey, as it is a gentle and safe healing art. Supply fee **\$10.00** payable to the instructor at class.

4 Days	Ezell Recreation			FEE: R \$75 G \$81
HEA8005		Tu	1/6-1/27	4:00 PM - 5:30 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 energy system. Reiki Level 2 training and attunement focuses on more specifically directed use of Reiki energy, particularly mental, emotional healing, and remote healing. Students are given more tools for working with other people. Many continue to explore Reiki to further their spiritual journey as it is a gentle and safe healing art. Prerequisite: Reiki I. Supply fee **\$10.00** payable to instructor at class.

2 Days	Ezell Recreation			FEE: R \$65 G \$71
HEA8012		Tu	2/3-2/10	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. Pre-requisite: Reiki 1 and Reiki 2 class. Supply fee **\$5.00** payable to instructor at class.

2 Days	Ezell Recreation			FEE: R \$50 G \$56
HEA8022		Tu	3/3-3/10	4:00 PM - 5:30 PM

STRETCH & BARRE WORKOUT

Debbie Souza

Ballet inspired blends stretching, toning, bone building and strength training. Each class incorporates patterns and isometric movements that target specific muscle groups to improve strength, balance, flexibility, and posture. Yoga and deep breathing exercises are implemented which syncs our minds with our bodies. Low-impact and conducive to all fitness levels. Ballet barres (used for Barre work) provided. Participants bring lightweights (1 - 3 pounds) and a yoga mat to each class.

5 Days	Fenney Recreation			FEE: R \$55 G \$61
HEA8128		M	10/6-11/3	1:00 PM - 2:00 PM
HEA8129		Th	10/9-11/6	1:00 PM - 2:00 PM
HEA8130		Th	11/13-12/18	1:00 PM - 2:00 PM
HEA8131		M	11/17-12/15	1:00 PM - 2:00 PM
HEA8132		M	1/5-2/2	1:00 PM - 2:00 PM
HEA8133		Th	1/8-2/5	1:00 PM - 2:00 PM
HEA8134		M	2/16-3/16	1:00 PM - 2:00 PM
HEA8135		Th	2/19-3/19	1:00 PM - 2:00 PM

SUGAR BLUES

Maryann Holden

NEW

Join us for an engaging course exploring the hidden dangers of sugar on our health and simple strategies to reclaim energy and vitality. Led by Maryann Holden, Senior Healthy Aging Coach, this talk will empower you to make informed, healthier choices.

1 Day	Sterling Heights Recreation			FEE: R \$25 G \$31
HEA3250		Th	10/16	1:00 PM - 2:30 PM
1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HEA3251		Th	1/22	10:30 AM - 12:00 PM
1 Day	Ezell Recreation			FEE: R \$25 G \$31
HEA3252		F	3/6	1:00 PM - 2:30 PM

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

NEVER STOP LEARNING,
KEEP ON GROWING!

Course Supply Fee is in addition to class fee.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION PART 1

Amy Wixted

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

14 Days	Aviary Recreation			FEE: R \$30 G \$36
HEA1222	M W	10/6-11/19	8:30 AM - 9:20 AM	
HEA1223	M W	10/6-11/19	9:30 AM - 10:20 AM	
HEA1224	M W	1/5-2/18	8:30 AM - 9:20 AM	
HEA1225	M W	1/5-2/18	9:30 AM - 10:20 AM	

TAI CHI FOR ARTHRITIS AND FALL PREVENTION PART 2

Amy Wixted

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

8 Days	Aviary Recreation			FEE: R \$20 G \$26
HEA1262	M W	11/24-12/17	8:30 AM - 9:20 AM	
HEA1263	M W	11/24-12/17	9:30 AM - 10:20 AM	
HEA1264	M W	2/23-3/18	8:30 AM - 9:20 AM	
HEA1265	M W	2/23-3/18	9:30 AM - 10:20 AM	

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

Amy Wixted

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.

7 Days	Homestead Recreation			FEE: R \$12 G \$18
HEA1704	F	10/10-11/21	8:15 AM - 9:20 AM	
HEA1705	F	1/9-2/20	8:15 AM - 9:20 AM	

NEVER STOP LEARNING,
KEEP ON GROWING!



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

Helga Malinsky

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

5 Days	Allamanda Recreation			FEE: R \$40 G \$46
HEA7370	M	10/6-11/3	11:30 AM - 12:30 PM	
HEA7371	M	11/10-12/15	11:30 AM - 12:30 PM	
HEA7372	M	1/12-2/9	11:30 AM - 12:30 PM	
HEA7373	M	2/23-3/23	11:30 AM - 12:30 PM	

TAI CHI FOR THE SOUL

Derrick Void

Tai Chi is known for its numerous benefits; it increases balance, builds strength in the legs, enhances focus, and promotes better sleep, allowing individuals to gain more energy through slow-moving, rhythmic dance-like movements. Shifu Derrick is energetic and teaches in a way that allows everyone to learn rare ancient exercise movements that will help build a healthy lifestyle for longevity through positive daily habits.

8 Day	First Responders Recreation			FEE: R \$75 G \$81
HEA9017	Su Th	10/26-11/23	5:00 PM-6:00 PM	
HEA9018	Su Th	1/18-2/12	5:00 PM-6:00 PM	

TEN BONUS YEARS: ADD 10 HEALTHY YEARS TO YOUR LIFE

David Meinz

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, and the surprising Ten Steps to Longevity. A FUN, interactive class you will enjoy! Bring the required book "How You Can Add 10 Healthy Years to Your Life" to class or available for purchase at class.

4 Days	Sterling Heights Recreation			FEE: R \$50 G \$56
HEA1451	W	10/8-11/5	1:00 PM - 2:30 PM	

THE CONNECTION BETWEEN MENTAL HEALTH & SPIRITUALITY

Maryann Holden

NEW

Discover how spiritual practices like meditation, gratitude, and mindfulness can profoundly enhance mental well-being. This class explores the interplay between emotional health and spiritual growth, providing insights and guided exercises to foster inner peace and resilience.

1 Day	Moyer Recreation			FEE: R \$25 G \$31
HEA3350	Th	10/30	1:00 PM - 2:30 PM	

1 Day	Saluki Recreation			FEE: R \$25 G \$31
HEA3351	Th	2/12	1:00 PM - 2:30 PM	

TOTAL BODY FITNESS

Nancy Moore

Fast paced, challenging Total Body Workout to strengthen and tone the whole body using light hand weights, small resistance balls, tubes and loops. Flexibility and stretching at the end of each class. The music will be motivating and the goal is to build strong bones. Bring a mat, weights, small resistance ball and resistance tube to class. Balls **\$4.00** and tubes **\$11.00** available for purchase at class.

5 Days	SeaBreeze Recreation			FEE: R \$45 G \$51
HEA1808	Th	10/9-11/6	10:00 AM - 11:15 AM	
HEA1809	Th	1/8-2/5	10:00 AM - 11:15 AM	
HEA1810	Th	3/5-4/2	10:00 AM - 11:15 AM	

UNDERSTANDING FOOD LABELS: MAKING INFORMED CHOICES

Maryann Holden

NEW

Unlock the secrets behind food labels in this engaging course. Learn to decipher nutrition facts, ingredient lists, and packaging claims to make healthier, informed choices for you and your family. Gain practical tips, uncover common misconceptions, and leave feeling confident in navigating the grocery aisles!

1 Day	Sterling Heights Recreation			FEE: R \$25 G \$31
HEA3300	Th	11/6	1:00 PM - 2:30 PM	
1 Day	Manatee Recreation			FEE: R \$25 G \$31
HEA3301	Th	1/8	2:00 PM - 3:30 PM	
1 Day	Saluki Recreation			FEE: R \$25 G \$31
HEA3302	Th	3/12	2:00 PM - 3:30 PM	

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, 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
HEA5214	M	10/6-10/20	3:30 PM - 4:40 PM	
HEA5216	M	3/9-3/23	3:30 PM - 4:40 PM	
3 Days	Rohan Recreation			FEE: R \$42 G \$48
HEA5215	M	12/8-12/22	3:30 PM - 4:40 PM	

YOGA 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
HEA2657	Tu	10/28-11/18	2:00 PM - 3:00 PM	
HEA2658	Tu	1/13-2/10	2:00 PM - 3:00 PM	

YOGA FINDING PEACE IN THE NEW YEAR

Kimberly Hoenie

NEW

Celebrate the new year with this mini retreat to invite more peace and tranquility to the mind, body, and spirit. The event will explore mindful yogic activities including origami, mantras, guided meditations, and restorative yoga postures. Instructor will provide takeaways to incorporate the activities in your daily life. Accessible to those who wish to practice on the floor or in a chair. Bring yoga mat; yoga block; supportive blanket; bolster or firm pillow to class.

1 Day	Homestead Recreation			FEE: R \$50 G \$56
HEA4760	M	1/5	9:30 AM - 12:30 PM	

YOGA GENTLE HATHA FOR NEWBIES - LEVEL 1

Maryann Holden

Ease into yoga in this supportive, beginner-friendly class. Build strength, flexibility, and confidence at your own pace. No experience needed! Bring your own yoga mat and a beginner's mind.

6 Days	Saluki Recreation			FEE: R \$60 G \$66
HEA3069	W	10/8-11/12	6:00 PM - 7:30 PM	
HEA3070	W	2/25-4/1	6:00 PM - 7:30 PM	

YOGA GENTLE HATHA FOR NEWBIES - LEVEL II

Maryann Holden

NEW

Take your yoga journey to the next level! Perfect for those with some experience, this class focuses on alignment and flowing poses through breath-coordinated movement. Build confidence and deepen your practice. Yoga mat required

6 Days	Saluki Recreation			FEE: R \$60 G \$66
HEA3200	W	1/7-2/11	6:00 PM - 7:30 PM	

YOGA FOR MEN

Maryann Holden

NEW

Boost strength, flexibility, and peace of mind in our empowering Yoga for Men class. Find balance like never before. Research shows Yoga may help improve your golf swing. Join us to redefine your limits and unleash your potential. Participants are required to bring an exercise mat to each class.

4 Days	Homestead Recreation			FEE: R \$50 G \$56
HEA3370	M	10/20-11/10	1:00 PM - 2:15 PM	
HEA3371	M	1/12-2/2	1:00 PM - 2:15 PM	
HEA3372	M	2/23-3/16	1:00 PM - 2:15 PM	

YOGA POSTURES - EVERYTHING YOUR BODY NEEDS TO KNOW

Sheri Rowe

NEW

Join me to learn about yoga postures, their history, science, and anatomical benefits. Discover common postures, their medical benefits, and links to modern physical therapy. Explore alternative moves and learn about their Indian culture, including their Sanskrit names. In class, we will practice postures using new knowledge to fully appreciate and benefit from them. Bring an exercise/yoga mat to class.

6 Day	St Tropez Recreation			FEE: R \$60 G \$66
HEA3800	F	10/31-12/5	11:00 AM-12:00 PM	
HEA3801	F	1/9-2/20	11:00 AM-12:00 PM	
HEA3802	F	2/27-4/3	11:00 AM-12:00 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
HEA3517	Th	10/30-11/20	4:00 PM - 5:00 PM	
HEA3518	Th	1/22-2/12	4:00 PM - 5:00 PM	

YOGA THERAPY FOR ALZHEIMER'S/DEMENTIA

Kimberly Hoenie

NEW

Led by a certified yoga therapist and yoga alliance education provider, this Informational & Interactive class introduces yoga modalities that are appropriate for those dealing with Dementia or Alzheimer's disease. Class is offered to anyone interested including caregivers, patients, and yoga professionals. (3 CEU credits). Modalities discussed & practiced will include postures, breath work, mudras, meditation, essential oils, etc. Class will feature a full CHAIR yoga session incorporating condition-appropriate movements. Supplies: Yoga Mat; Yoga Blocks; Strap.

1 Day	Big Cypress Recreation			FEE: R \$50 G \$56
HEA4770	F	2/27	9:30 AM - 12:30 PM	

Have Questions? Check the FAQs on PAGE

4

YOGA VINYASA FLOW INTERMEDIATE/ADVANCED

Theresa Gaenzle NEW

Vinyasa yoga flow is a class based on linking poses together with sun salutations, standing poses, and most importantly, breathing. Students can expect a dynamic flow class taught in a warm room (not hot). This is an intermediate/advanced senior level. Prior experience is expected. Yoga philosophy and meditation will be included.

6 Days	Water Lily Recreation		FEE: R \$60 G \$66
HEA3400	Sa	10/18-11/22	10:00 AM - 11:15 AM
HEA3401	Sa	1/3-2/7	10:00 AM - 11:15 AM
HEA3402	Sa	2/21-3/28	10:00 AM - 11:15 AM

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 age-less & revitalized body. Yoga for balance, posture, and weight loss. Pilates Physical Mind Method to strengthen core muscles. Chi (energy) exercises to restore vital life energy. Meditation & Visualizing Techniques. Bring a Yoga Mat to class.

5 Days	Allamanda Recreation		FEE: R \$48 G \$54
HEA7415	M	10/6-11/3	9:30 AM - 11:00 AM
HEA7416	M	11/10-12/15	9:30 AM - 11:00 AM
HEA7417	M	1/12-2/9	9:30 AM - 11:00 AM
HEA7418	M	2/23-3/23	9:30 AM - 11:00 AM

HISTORY

ABRAHAM LINCOLN: A NEW BIRTH OF FREEDOM

Kevin Wood

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

1 Day	Eisenhower Recreation		FEE: R \$15 G \$21
HIS2502	W	2/18	1:00 PM - 2:30 PM
HIS2503	Th	2/19	1:00 PM - 2:30 PM

ABRAHAM LINCOLN: LINCOLN AS STORY-TELLER

Kevin Wood NEW

Abraham Lincoln, portrayed by renowned re-enactor Kevin Wood, shares our nation's history, his personal history, favorite stories, and jokes, that speak to the common and everyday human experiences the audience can easily relate to. They will make you laugh as you reflect on life, people, and the world we live in. Mr. Wood bears a remarkable resemblance to and extensive knowledge about "The Great Emancipator"!

1 Day	Eisenhower Recreation		FEE: R \$15 G \$21
HIS2510	W	2/18	3:00 PM - 4:30 PM

ABRAHAM LINCOLN: LINCOLN ON THE GETTYSBURG ADDRESS

Kevin Wood NEW

Abraham Lincoln, portrayed by renowned Kevin Wood, in this one-man re-enaction, discusses his most famous speech (debunking some myths along the way), including the background and context of his familiar phrases, other interesting events happening at the same time, and his manner of writing speeches. You will accompany Lincoln in both Washington, DC, and Gettysburg as he writes and then recites his memorable words. Mr. Wood bears a remarkable resemblance to The Great Emancipator and is knowledgeable about his life and times.

1 Day	Eisenhower Recreation		FEE: R \$15 G \$21
HIS2520	Th	2/19	3:00 PM - 4:30 PM

AMERICAN HERSTORY: BOUNDARY BASHING INNOVATORS

Lisa French NEW

American women have a remarkable ability to confront, overcome, and redefine social norms. While traditional texts capture the who, what, when, and where, it's the how that reveals the fascinating stories. Come listen to the untold tales of Grace Hopper, Madam C.J. Walker, Dorothy Shaver, and their extraordinary peers.

2 Days	Lake Miona Recreation		FEE: R \$30 G \$36
HIS2080	Th	3/5-3/12	1:00 PM - 2:30 PM

AMERICAN HERSTORY: FRANCES PERKINS & WOMEN OF THE NEW DEAL

Lisa French NEW

Frances Perkins was the first woman to serve in a Presidential Cabinet. As the architect of The New Deal, she and other key women helped navigate through particular difficult times, The Great Depression and WWII. Come meet Mrs. Perkins, Colonel Oveta Culp Hobby, Major Charity Adams and the female code breakers.

3 Days	Lake Miona Recreation		FEE: R \$40 G \$46
HIS2070	Th	2/5-2/19	1:00 PM - 2:30 PM



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KEEP ON GROWING!

AMERICAN HERSTORY: WOMEN OF THE WEST

Lisa French

NEW

The allure of the American West attracts adventurous and daring individuals. Discover the courageous and often unconventional women whose optimism, audacity, and determination led to remarkable lives. Some achieved great success, others made significant impacts, and all of them defied expectations. Notable examples include pioneering pilot “Pancho” Barnes, outspoken journalist Molly Ivins, and legendary singer Janis Joplin, among many others.

4 Days	Lake Miona Recreation			FEE: R \$60 G \$66
HIS2060	Th	10/16-11/6	1:00 PM - 2:30 PM	

ARMY AND CIVILIAN LIFE DURING THE CIVIL WAR ERA

Jack Ciotti

NEW

The Civil War Era was a challenging yet intriguing time in our history. This course explores all aspects of life during this period, including clothing, food, customs, social status, education, relationships, music, dances, and medical treatments.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9131	M	12/8	1:00 PM - 2:30 PM	

ARMY AND CIVILIAN LIFE DURING THE REVOLUTIONARY WAR

Jack Ciotti

NEW

Life was certainly not easy for both soldiers and civilians during the Revolutionary War Era. This course examines all aspects of life during that time, including clothing, food, customs, social status, education, relationships, and medical treatments.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9204	M	1/19	1:00 PM - 2:30 PM	

BOSTON TEA PARTY - THE SPARK OF A REVOLUTION

Michael Ryan

NEW

This course on the Boston Tea Party examines this pivotal event within its historical context. We will highlight the motivations behind the event and its overall impact on the American Revolution. Additionally, we will explore the influence of the relevant acts passed by the British Parliament and the actions of the Sons of Liberty.

1 Day	Rohan Recreation			FEE: R \$20 G \$26
HIS1910	W	10/15	10:00 AM - 12:00 PM	

CANARY ISLANDS: SPAIN’S FABULOUS CANARIES

Lisa Didier

NEW

Take a virtual tour of each island and discover the history, natural wonders, flora and fauna of the 7 beautiful and amazing Canaries.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9600	Th	1/29	1:30 PM - 3:00 PM	

CARIBBEAN HISTORY: COLUMBUS, CANNIBALS, CARGO

Lisa Didier

NEW

Find out why Columbus was returned to Spain in chains, why the Dutch needed salt, if the natives were cannibals, and many other historical facts about the islands of the Caribbean.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9610	Th	3/19	1:30 PM - 3:00 PM	

CHARLES DICKENS AND THE LONDON POOR

Gary Prager

NEW

A Study of Poverty and Squalor in Victorian England: The effects of the workhouse system and crime, which Charles Dickens experienced during his childhood, inspired his famous novels: “Oliver Twist”, “Great Expectations”, and “Hard Times”. This exposé raised public awareness and prompted government intervention, leading to social changes in London by the 20th century.

2 Days	Rohan Recreation			FEE: R \$50 G \$56
HIS1640	Th	1/8-1/15	1:30 PM - 3:00 PM	

CLARENCE DARROW - THE RELENTLESS DEFENDER OF OUTCASTS

Michael Ryan

NEW

Learn about the life and legal career of Clarence Darrow, focusing on his notable cases. It will highlight his defense of individuals and his advocacy for social justice and human rights. Additionally, we will discuss his controversial positions, including his views on evolution and capital punishment, and examine the impact of his work on American society.

1 Day	Rohan Recreation			FEE: R \$20 G \$26
HIS1970	W	2/25	10:00 AM - 12:00 PM	

CONSTITUTIONAL CONVENTION - THE MAKING OF A NATION

Michael Ryan

NEW

Explore the Constitutional Convention of 1787 covering the main goals of the delegates, the debates and compromises they made, and the resulting Constitution. We will look at the historical context, the problems with the Articles of Confederation, and the challenges faced by the new nation. Representation (whether it should be proportional or equal), the role of the executive branch, and slavery will be highlighted. We will finish by discussing the ratification process, the debate over the Bill of Rights, and the lasting impact of the Constitution on American government and society.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
HIS1950	W	11/19	10:00 AM - 12:00 PM	

DISCOVER CHURCHILL AND HIS GENERALS

James Press

NEW

It was a “rocky road to victory” between Churchill and his generals because Churchill was a difficult man to serve under. Who were his favorites, who did he despise and which of his generals made a difference in WWII?

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4120	Th	11/13	1:00 PM - 2:30 PM	

DISCOVER REBELS AGAINST THE CONFEDERACY

James Press

NEW

We will examine how Unionists in the South fought the Confederacy in Mississippi, Tennessee, Georgia and North Carolina. They conducted a guerrilla war and served in units raised in the South that served with the Union Army and General Sherman. It was neighbor against neighbor warfare.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4210	Th	1/15	1:00 PM - 2:30 PM	

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DISCOVER THE ADVENTURES OF LEWIS AND CLARK

James Press

NEW

We will analyze Thomas Jefferson’s role, how Lewis and Clark performed, how Sacagawea made a difference and how the Corps of Discovery changed America. As one writer noted: In extraordinary settings, a remarkable cast of characters encountered adversity of epic proportions and struggled through one adventure after another.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4110	Th	10/9		1:00 PM - 2:30 PM

DISCOVER THE GHOST MOUNTAIN BOYS IN WWII

James Press

NEW

We will examine how the US Army’s 32nd Division fought through the jungles of New Guinea and were the first to defeat the Japanese on land in the Pacific War. It was a difficult and unsung campaign fought in the harshest terrain in the Pacific War under a controversial commander.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4135	Th	3/12		1:00 PM - 2:30 PM

DISCOVER THE WWII DISCIPLES OF LAWRENCE OF ARABIA

James Press

NEW

Churchill longed for a Lawrence of Arabia in WW II and found two of them in North Africa and one in the jungles of Burma. They were all unconventional fighters, unique characters, and brilliant thinkers.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4190	Th	12/18		1:00 PM - 2:30 PM

DISCOVER TWO GENERALS WHO MADE A DIFFERENCE IN THE CIVIL WAR

James Press

NEW

We will examine how Generals Dodge and Thomas used their unique talents to help defeat the South. General Thomas became “The Rock Chickamauga” and General Dodge was the best railroad-builder and railroad-destroyer in the Civil War. He also created Sherman’s necktie.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
HIS4090	Th	2/12		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
HIS6014	W	3/18		1:00 PM - 2:30 PM

ESPIONAGE TECHNIQUES: TO GET A SPY

Donald Wyman

This presentation goes into great 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
HIS7055	W	11/5		1:00 PM - 2:30 PM

FIRST MOTHERS

Carolyn Ingham

NEW

The story of five women who gave birth to presidents of the United States, five women who shaped the little boys who became presidents. We’ll meet the formidable aristocrat Sarah Delano Roosevelt, the elegant and tragic matriarch Rose Kennedy, the courageous victim of spouse abuse, Dorothy Ford, the redoubtable Peace Corps volunteer, Lillian Carter, and the hard-living, hard-gambling Virginia Clinton Kelley.

5 Days	Lake Miona Recreation			FEE: R \$65 G \$71
HIS8570	Tu	3/3-3/31		4:00 PM - 5:30 PM

FLORIDA DURING THE CIVIL WAR

Jack Ciotti

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

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9190	M	11/17		1:00 PM - 2:30 PM
HIS9191	M	2/9		1:00 PM - 2:30 PM

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

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 and African American soldiers ended up fighting and dying here.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9259	M	10/20	1:00 PM - 2:30 PM	
HIS9260	Tu	3/10	1:00 PM - 2:30 PM	

FLORIDA'S DANGEROUS ANIMALS

Lisa Didier

NEW

Florida has 1.2 million animal species, 500 species are non-native, exotic, invasive and often dangerous. Learn about these "critters", the dangers they present to us, to our property/the environment, and what Florida and private citizens groups are doing to solve the problems.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9410	Th	10/16	1:30 PM - 3:00 PM	

FORGOTTEN COLONIES: EAST AND WEST FLORIDA

Cathy Salustri

NEW

When you think of The Sunshine State, do you associate it with Cajuns and gumbo? Florida often appears as an afterthought in American history. However, the state we now know as Florida has played a significant role in U.S. history since the Renaissance, making it one of the earliest settled areas in the country. This discussion explores how Florida was both the fourteenth and fifteenth colony.

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS2310	W	1/21	1:00 PM - 2:30 PM	

FRANK LLOYD WRIGHT: IN CHICAGO

Timothy Totten

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

1 Day	Rohan Recreation			FEE: R \$25 G \$31
HIS1563	Th	11/13	2:00 PM - 3:30 PM	

FRANK LLOYD WRIGHT: ALL THE WRIGHT DETAILS

Timothy Totten

Frank Lloyd Wright leveraged his influence and artistic skills to create virtually every piece that went into one of his designs. From the windows and the dishes to the furniture and even the dresses his clients would wear while entertaining in one of his spaces, Wright put his signature on everything. Enjoy the quirky stories, and how Wright chose to harmonize his unusual building designs with the items that would go inside, from Japanese art prints to intricate geometric glass window designs that reinforced the themes of motifs of his architecture.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1542	Tu	10/7	2:00 PM - 3:30 PM	

FRANK LLOYD WRIGHT: FALLINGWATER,FAMOUS ARCHITECTURAL DESIGN

Timothy Totten

Utilizing photos and 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	Rohan Recreation			FEE: R \$25 G \$31
HIS1584	W	1/21	2:00 PM - 3:30 PM	

FRANK LLOYD WRIGHT: USONIAN HOUSES

Timothy Totten

Utilizing photos and first-hand accounts from the architect's clients, Master Storyteller Timothy Totten details Frank Lloyd Wright's plan to revolutionize middle-class housing with a new version of the typical American house.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1410	Th	3/19	2:00 PM - 3:30 PM	

FRANK LLOYD WRIGHT: THE GUGGENHEIM MUSEUM LAST GREAT BUILDING

Timothy Totten

A controversial design for an unusual art collection, the Guggenheim Museum took famed American Architect Frank Lloyd Wright more than two decades to realize, with his death coming six 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 pictures and fascinating accounts by the players involved.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS1471	Tu	12/2	2:00 PM - 3:30 PM	

FREDERICK DOUGLASS - VOICE OF THE PEOPLE

Michael Ryan

Learn about the life and times of Frederick Douglass, highlighting his experiences from slavery to freedom and his influence on the abolitionist movement in antebellum America. The lecture discusses Douglass' 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, the impact Douglass had on slavery, and his use of photography to change the image in society.

1 Day	Rohan Recreation			FEE: R \$20 G \$26
HIS1901	W	1/21	10:00 AM - 12:00 PM	

FRENEMIES: FLORIDA'S TWO HENRIES

Cathy Salustri

NEW

Two railroads forever altered the Florida landscape: Henry Plant built the Plant System and Henry Flagler built the Florida East Coast Railroad. Learn about the two men who built them and their race to the finish line: South Florida. Cathy Salustri will focus on the effect both men had on Florida.

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS2330	F	2/13	1:00 PM - 2:30 PM	

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4

HAYMARKET RIOT - THE BOMBING THAT DIVIDED AMERICA

Michael Ryan

NEW

This talk will discuss the Haymarket Riot highlighting the event's historical context, the escalating tensions between labor and capital, and the tragic consequences of the bombing and subsequent trials. We will also explore the aftermath of this event, including the impact on immigration, the labor movement and public opinion.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
HIS1960		W	2/11	10:00 AM - 12:00 PM

HISTORY OF FAMOUS ISLAND PRISONS

Lisa Didier

NEW

1700s French, British, Spanish, and Portuguese empires established island prisons aka "colonies for the damned". Discover the history of 7 island prisons, some famous prisoners and the daring escapes.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9620		Th	3/5	1:30 PM - 3:00 PM

HISTORY OF MARDI GRAS

Lisa Didier

NEW

The evolution of Mardi Gras, the history, traditions, music and mayhem from its pagan beginnings in Ancient Rome to why/how it became a Christian celebration that traveled the world and ended up in New Orleans.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9490		Th	2/5	1:30 PM - 3:00 PM

INSIDE GERMANY: A NATION AT A CROSSROADS

Anette Isaacs

NEW

Nearly a year after Germany's pivotal election, the country continues to face significant political, economic, and social challenges. Energy transition, economic difficulties, immigration debates, and the rise of populist movements are key concerns. Historian Anette Isaacs will discuss the evolving political landscape and the election's lasting impact on Germany's future and its role in Europe and the world

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3755		F	1/16	9:00 AM - 10:30 AM

Have Questions? Check the FAQs on PAGE

4



INSIDE GERMANY: FROM ROOSEVELT TO THE TEDDY BEAR

Anette Isaacs

NEW

Teddy Bears are famously named after President Theodore Roosevelt, but few know that this beloved toy was created by an extraordinary German woman. Margarete Steiff overcame severe illness and challenges to build a globally recognized brand in the male-dominated 19th century. Historian Anette Isaacs tells her inspiring story!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3745		Th	1/15	7:00 PM - 8:30 PM

INSIDE GERMANY: HITLER BEHIND THE SCENES

Anette Isaacs

NEW

We will explore the lesser-known aspects of Adolf Hitler's life, with a focus on his youth and personal struggles, including his physical and mental health issues. Join German historian Anette Isaac as she examines how trauma, isolation, and illness influenced his worldview, providing a deeper understanding of the man behind the myth. This exploration invites us to consider how personal pain can lead to historical tragedy.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3725		Th	1/15	1:30 PM - 3:00 PM

INSIDE GERMANY: HOW BERTHA BENZ IGNITED THE AUTO AGE

Anette Isaacs

NEW

In 1888, Bertha Benz, a mother of five, became the first person to complete a long-distance journey by automobile, showcasing her husband Carl Benz's invention. Her bold adventure sparked a global revolution in transportation. Historian Anette Isaacs highlights Bertha's courage and determination in this groundbreaking journey.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3765		F	1/16	11:00 AM - 12:30 PM

INSIDE GERMANY: HITLER'S SOLDIERS IN AMERICA - GERMAN POWS

Anette Isaacs

NEW

German historian Anette Isaacs sheds light on a little-known chapter of World War II: the lives of over 400,000 German POWs held in more than 500 camps across the United States. Discover how these captured soldiers from Hitler's Wehrmacht adjusted to life in places as far-flung as Texas, Iowa, Georgia, and Florida. Explore surprising stories of friendship, resistance, and deep ideological divides between pro- and anti-Nazi prisoners. This eye-opening lecture reveals the human side of war in the most unexpected corners of the American home front.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HIS3735		Th	1/15	3:30 PM - 5:00 PM

JEFFERSONIAN DEMOCRACY

Debra Sherblom

NEW

Thomas Jefferson and Aaron Burr tied in electoral votes for the Presidency in 1800. Jefferson won Federalist support in the House of Representatives and became the nation's third President. Called the Revolution of 1800, Jefferson began an era marked by political realignment from a focus on Federalist ideals to Democratic Republican ideals. Considered one of America's foremost founders, Jefferson's focus on the common man, a limited government, a strict view of the Constitution, and individual liberties shaped the next eight years. How did Jefferson's actions during the era uphold or contradict views?

1 Day	Lake Miona Recreation			FEE: R \$18 G \$24
HIS7502		Tu	1/20	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
HIS7131		W	12/17	1:00 PM - 2:30 PM

JOHN BROWN - MADMAN, MARTYR OR TERRORIST?

Michael Ryan

Learn about the life and times of John Brown highlighting the key events taking place in antebellum America. We will discuss 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	Rohan Recreation			FEE: R \$20 G \$26
HIS1921		W	12/17	10:00 AM - 12:00 PM

KEY WEST: PIRATES, PATRIOTS AND PAINTERS

Cathy Salustri

NEW

While most people see Key West as a party destination, the tiny island on the edge of North America has a rich history, and its reputation as a party destination is only one part of the picture. Key West didn’t become a tourist mecca for undergrads, dropouts and drunks overnight ... it took planning and government assistance. Cathy Salustri will lead you through Key West’s early days, through its heyday as a wrecking community, its financial devastation, and into the Key West of today.

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS2320		W	1/21	3:00 PM - 4:30 PM

LAUGHTER AND LONGEVITY

Tim Walsh

NEW

Eddy Goldfarb is the 103-year-old inventor of the famous False Chattering Teeth toy, released in 1949. With over 800 inventions, including Kerplunk and Battling Tops, Eddy believes that creativity is the key to his longevity. In this class, Tim Walsh, an author and toy designer, will show a short documentary on Eddy and share stories from Eddy’s incredible life of laughter. Tim will present research to support his claims about the benefits of honing your creativity and lead exercises in game design and creative writing. Participants will leave feeling younger and full of laughter.

1 Day	SeaBreeze Recreation			FEE: R\$18 G \$24
HIS2200		Tu	1/27	1:30 PM – 3:00 PM

LAUNCHING THE SHIP OF STATE 1789-1800

Debra Sherblom

NEW

In 1789, George Washington was unanimously elected the first President of the United States by the Electoral College. Washington was more comfortable as a soldier than a politician but pledged to uphold the Constitution, the Bill of Rights, and public welfare. There was no precedent, no letter from a former President, and no Cabinet. What were Washington’s priorities? His Vice President John Adams succeeded him as President in 1796. How did his administration differ from Washington’s and how did these two administrations set the course for the Early Republic?

1 Day	Lake Miona Recreation			FEE: R \$18 G \$24
HIS7501		Tu	12/9	1:30 PM - 3:00 PM

MAKIN’ THE 60’S FAB WITH THE BEATLES

David Schwensen

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

1 Day	Rohan Recreation			FEE: R \$15 G \$21
HIS1122		Tu	3/3	4:00 PM-5:15 PM

OVERTHROW OF THE HAWAIIAN KINGDOM - A CENTURY OF STRUGGLE

Michael Ryan

NEW

This talk on the overthrow of the Hawaiian Kingdom will describe the events of 1893, when a group of American businessmen, with the support of the U.S. Minister to Hawaii and U.S. Marines overthrew the Hawaiian monarchy. We will discuss the role of Queen Lili’uokalani, the motivations of the coup organizers, and the subsequent events leading to the illegal annexation of Hawaii by the United States.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
HIS1980		W	3/11	10:00 AM - 12:00 PM

QUACKERY - THE WORST WAYS TO CURE EVERYTHING

Lisa Didier

NEW

Learn about “quacks” of the 1800s-1940s who grew rich selling poisonous syrups, elixirs, pills and salves and some who created dangerous products/procedures using radiation, electricity and even surgery.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9430		Th	10/30	1:30 PM - 3:00 PM

REVOLUTIONARY AND CIVIL WAR CINEMA

Jack Ciotti

Recall the memory of the films and television shows, from the silent era on, made by Hollywood studios. Some have been forgotten, and others have become classics. Clips are shown from films and television series as the instructor discusses the background on the making of these productions and how they reflected the times in which they were produced.

2 Days	Lake Miona Recreation			FEE: R \$25 G \$31
HIS9280		Tu	2/3-2/10	10:00 AM - 11:30 AM

ROGUE’S GALLERY OF AMERICA’S BETRAYERS

Donald Wyman

NEW

From the founding of our country to the to the Civil War, World War II and the Cold War, this lineup of treasonous Americans put personal ambition, financial gain, misplaced loyalty, ego or fame above and against the country that gave them freedom and opportunity.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6040		W	10/22	1:00 PM - 2:30 PM

SCOTLAND YEARS OF HISTORY

Lisa Didier

NEW

Join Prof Didier on a virtual tour of history that examines Scotland’s culture, castles, kilts, whiskey, golf, and even a pub crawl around Edinburgh.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9480		Th	1/8	1:30 PM - 3:00 PM

SEX AND THE SUPREME COURT

Carolyn Ingham

Learn about the epic history of how legislation and the Supreme Court have regulated sexual behavior and sexual expression, including censorship, since the 1800s. We will explore sexual morality, freedom, politics, and religion as determined by the Supreme Court. In addition to reviewing 40+ decisions and their impact on our lives, we'll spend time with the first two women appointed to the Supreme Court, Sandra Day O'Connor and Ruth Ginsburg.

5 Days	Lake Miona Recreation			FEE: R \$65 G \$71
HIS8503		Tu	10/7-11/4	4:00 PM - 5:30 PM

SEXPIONAGE: LOVE, LUST & TREASON

Donald Wyman

NEW

Sexpionage is the entrapment of a target into a clandestine relationship and then blackmailing the person to gain covert intelligence. Agents are trained in specific seduction techniques to set up vulnerable men and women to commit treason against their will. Actual case histories will show the steps involved in compromising people with access to state secrets, including a marine, a diplomat, and a former U.S president who had more than an eye for the ladies.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6060		W	12/3	1:00 PM - 2:30 PM

FAMOUS SINGERS: STORIES, STRUGGLES, AND SUCCESSES

James VanEmburch

NEW

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

1 Day	Lake Miona Recreation			FEE: R \$12 G \$18
HIS3205				
(Brenda Lee/Patsy Cline)	Th	11/6		6:00 PM-8:00 PM
HIS3215				
(Temptations/Four Tops)	Th	1/8		6:00 PM-8:00 PM

THE AMAZING AMAZON

Lisa Didier

NEW

Grab your hat and catch-net and travel back to the 1800s with the first naturalists to explore the Amazon. Hear about their adventures and see the rare and often bazaar specimens they introduced to the world and to medical science.

1 Day	Eisenhower Recreation			FEE: R \$25 G \$31
HIS9470		Th	11/20	1:30 PM - 3:00 PM

THE EVENTS THAT LEAD TO THE AMERICAN REVOLUTION

Debra Sherblom

NEW

After the Seven Years' War, or French and Indian War, in 1763, Britain controlled a vast North American empire but faced enormous debt and the high costs of garrisoning troops. Although tensions grew, revolution seemed unlikely as many colonists still identified as loyal Englishmen. Initially a debate over how to pay off war debt, the conflict evolved into an ideological struggle influenced by Enlightenment principles, particularly Republicanism and civic virtue. When did the Revolutionary War begin, and what was the turning point in the quest for independence?

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS7500		Tu	11/4	1:30 PM - 3:00 PM

THE GREAT IRISH POTATO FAMINE 1845-1852

Gary Prager

NEW

Poverty in Ireland has long been a persistent issue. Centuries of conquests, religious wars, and limited access to education have left the Irish population with very few economic opportunities. Most people did not own property and lacked any bargaining assets. A devastating potato blight destroyed the primary food source for many, while fish and grain were plentiful in England but subject to high tariffs. With thousands dying from starvation and related diseases, emigration became the only viable solution.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
HIS1620		Th	11/6	1:30 PM - 3:00 PM

THE HISTORY OF THE NFL

Dennis Deninger

NEW

From a semipro league to a global colossus in 100 years, the NFL has become the most-watched, most powerful American sports league. This class will tell the untold stories from the NFL's humble beginnings to its 1st TV contracts, the founding and merger with the AFL and the Super Bowl. You will get the behind-the-scenes stories and twists of fate that gave us today's NFL from a veteran ESPN producer.

1 Day	Ezell Recreation			FEE: R \$20 G \$26
HIS2700		M	1/12	9:00 AM - 10:30 AM
HIS2701		Th	1/29	9:00 AM - 10:30 AM
HIS2702		Th	2/12	9:00 AM - 10:30 AM

THE LONDON FOG: NATURAL & MAN-MADE DISASTERS

Gary Prager

NEW

The British Empire is known for its triumphs and tragedies, but many are unaware of the disasters that have impacted London. Natural events, such as plagues of smallpox and cholera, occurred alongside man-made tragedies like the Great Fire of 1666, the Great Stink of 1858, and the persistent fog and smog from 1840 to 1962. These events taught valuable lessons to the city and its citizens.

2 Days	Rohan Recreation			FEE: R \$50 G \$56
HIS1630		Th	2/12-2/19	1:30 PM - 3:00 PM

THE SIXTIES AND THE COUNTERCULTURE

Debra Sherblom

NEW

The 1960s witnessed an unprecedented youth movement that challenged traditional American values and institutions. In the wake of the fifties and the anxiety of the Cold War, Baby Boomers were coming of age and young people developed distinctive cultural expressions, political ideologies, and social behaviors that set them apart from their parents' generation. How did this counterculture transform American society?

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS7503		Tu	2/10	1:30 PM - 3:00 PM

THE SPORTS TIME TRAVELER - BASEBALL & SPORTS INNOVATIONS

Len Ferman

NEW

Len Ferman is a sports Time Traveler, as he takes you back in time virtually, via newspaper archives, to find compelling, heart-warming sports stories from 50-100 years ago. In this all-new experience, Len will share stories from his most recent travels to great baseball moments. He will also highlight some of the greatest sports innovations. Innovations that changed their sports.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
HIS4340		Tu	12/9	1:00 PM - 2:30 PM

Have Questions? Check the FAQs on PAGE

4

THE SPORTS TIME TRAVELER - GOLF & SPORTS DISCOVERIES

Len Ferman NEW

Sit back and enjoy a brand-new dynamic multimedia presentation by The Sports Time Traveler, Len Ferman. You'll feel as though you've traveled back in time by 50 to 100 years as Len shares one of his exciting stories from the world of golf and reveal some of his most interesting discoveries from his travels through sports history.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
HIS4350		Tu	12/9	3:30 PM - 5:00 PM

THE THING

Donald Wyman NEW

This Presentation includes stories about one of the greatest inventors of all time, two child prodigies, two countries, two world wars, a musical instrument you can play without ever touching it, a spy gear that was so far ahead of its time it went undiscovered for almost eight years and collected intelligence whenever it wanted to, and included travel all over Europe to the United States and the Russian Gulag.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6080		W	1/7	1:00 PM - 2:30 PM

THE WPA IN FLORIDA: DOWN BUT NEVER OUT

Cathy Salustri NEW

Florida's Great Depression actually started a few years before the rest of the country. To quote the country song, "somebody told us Wall Street fell/but we were so poor we couldn't tell." Not only did President Roosevelt's Works Progress Administration save Florida's economy, it forever altered the state and created some of the best public works projects and public spaces that still thrive today. This talk will show how the WPA created small positive changes, like sea walls and murals, as well as sweeping revitalizations, like the one that transformed Key West into the city we know today.

1 Day	Rohan Recreation			FEE: R \$18 G \$24
HIS2340		F	2/13	3:00 PM - 4:30 PM

THOMAS PAINE - THE VOICE OF REVOLUTION

Michael Ryan NEW

We will explore the life of Thomas Paine and his key writings, including "Common Sense," "The American Crisis," "The Rights of Man," and "The Age of Reason." Paine's influential role in the American Revolution and future global revolutions will be highlighted, along with his views on religion and society and their impact on the emerging industrial world.

1 Day	Lake Miona Recreation			FEE: R \$20 G \$26
HIS1940		W	10/22	10:00 AM - 12:00 PM

TURNCOATS & TRAITORS: 80 YEARS OF TREASON

Donald Wyman NEW

These three spies kept authorities and security departments fooled into thinking they were loyal employees, above suspicion. They were even given awards by their governments for outstanding performance, all the while knifing their employers in the back. How and why did they do it?

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6100		W	3/4	1:00 PM - 2:30 PM



WORLD WAR TWO SPIES: FROM MOST ADMIRERED TO MOST AMAZING

Donald Wyman NEW

This group of spies operated on behalf of their countries, motivated by various factors; their hatred for the Third Reich, a desire for revenge for the loss of a loved one, a deep love for their homeland, or simply out of habit. All served faithfully until the crises came to an end—or until their own fates took a different turn.

1 Day	Eisenhower Recreation			FEE: R \$18 G \$24
HIS6090		W	2/4	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
HOB9009		Sa	10/18-11/22	1:00 PM - 3:00 PM

ACTING CLASSES FOR NON-ACTORS: PART II

Dean Corbett

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. Prerequisite: Acting Classes for Non-Actors and/or those who have a theatre acting background.

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
HOB9031		Sa	2/7-3/14	1:00 PM - 3:00 PM

NEVER STOP LEARNING,
KEEP ON GROWING!

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.

1 Day	Manatee Recreation			FEE: R \$25 G \$31
HOB7343 (A)	M	10/13	10:00 AM - 12:00 PM	
HOB7363 (B)	M	1/19	10:00 AM - 12:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
HOB7383 (C)	M	3/23	10:00 AM - 12:00 PM	

BRIDGE: BASIC DUPLICATE BRIDGE

Debra Brunoehler

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

10 Days	Ezell Recreation			FEE: R \$100 G \$106
HOB2727	M W	10/20-11/19	9:00 AM - 11:00 AM	
10 Days	Lake Miona Recreation			FEE: R \$100 G \$106
HOB2728	M W	1/12-2/11	9:00 AM - 11:00 AM	

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	Bridgeport Recreation			FEE: R \$50 G \$56
HOB4520	W	10/15-11/5	3:30 PM - 4:30 PM	
HOB4521	W	1/7-1/28	3:30 PM - 4:30 PM	
4 Days	Chatham Recreation			FEE: R \$50 G \$56
HOB4522	W	2/4-2/25	3:30 PM - 4:30 PM	

Course Supply Fee is in addition to class fee.

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
HOB4411	F	2/27-3/20	3:30 PM - 4:30 PM	

CLOWNING AROUND: BASIC

John and Marjean Goulet, April Malara, David Stephan

NEW

Come have some fun! Learn how to bring joy and laughter to others. This hands-on approach will guide you through the basics of clowning. You will become proficient in costume development, makeup and public performance. You will also have an introduction to balloon animals, glitter tattoos, clown magic and juggling. Supply Fee \$35.00 payable to instructor at the 2nd class.

5 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB2207	Tu	10/14-11/11	2:00 PM - 5:00 PM	
5 Days	Allamanda Recreation			FEE: R \$50 G \$56
HOB2208	Th	1/15-2/12	2:00 PM - 5:00 PM	

MAGIC FOR BEGINNERS

Jeff Kublin

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

3 Days	Lake Miona Recreation			FEE: R \$88 G \$94
HOB2113	M	10/27-11/10	2:00 PM - 4:00 PM	
HOB2114	Tu	1/27-2/10	2:00 PM - 4:00 PM	
HOB2115	W	3/4-3/18	2:00 PM - 4:00 PM	

MAH JONGG 101: BEGINNERS

Carolyn Fornataro & Martha Whaley

Learn to play American Mah Jongg, a 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
HOB7321	W F	10/8-10/17	9:00 AM - 11:30 AM	
HOB7322	W F	1/14-1/23	9:00 AM - 11:30 AM	
HOB7323	W F	3/4-3/13	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
HOB7118	M	11/3	10:00 AM - 12:00 PM	
HOB7119	M	1/26	1:00 PM - 3:00 PM	



Have Questions? Check the FAQs on PAGE

4



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
HOB7264	M	12/1	10:00 AM - 12:00 PM	
HOB7265	M	2/2	1:00 PM - 3:00 PM	

MAH JONGG SKILL BUILDING-ALL LEVELS

Deborah Barnett

Build on your Mah Jongg knowledge and boost your game confidence in this interactive class designed for players of all levels. We will dive deeper into strategy, hand selection, defensive play, and quick decision-making to help you elevate your skills. Whether you're a newer player or more advanced, you'll learn techniques and tips to strengthen your play in a supportive, fun environment. Prerequisite: Completed any beginner's course. If you are unsure if this class is right for you, email the instructor at mahjongteacher1@gmail.com. Bring your NMJL Card.

4 Days	Ezell Recreation			FEE: R \$75 G \$81
HOB1572	F	10/17-11/7	12:30 PM - 3:00 PM	

4 Days	Canal Street Recreation			FEE: R \$75 G \$81
HOB1573	F	1/2-1/23	12:30 PM - 3:00 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
HOB7223	M	10/6	10:00 AM - 12:30 PM	
HOB7224	M	2/16	10:00 AM - 12:30 PM	

NUMEROLOGY: LANGUAGE OF NUMBERS

Frances Szarnicki

Students will learn to "read" numbers in a fashion similar to reading the alphabet. Beginners and experienced numerologists will appreciate this fresh approach to learning basic techniques. Using simple calculations we will explore how number codes in the name and birthdate affect our minds, emotions and the life choices we make. Book recommendation: NUMEROLOGY, Guide to Understanding the Language of Numbers by Fran Szarnicki.

4 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB7904	M	1/12-2/2	10:00 AM - 11:30 AM	

NUMEROLOGY: ADVANCED

Frances Szarnicki

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

4 Days	Lake Miona Recreation			FEE: R \$50 G \$56
HOB7943	M	2/9-3/2	10:00 AM - 11:30 AM	

REMOTE CONTROL SAILING – BEGINNING

John Mowry

Learn the basics of Remote Control (RC) Sailing in this 2-hour interactive hands-on course. Receive an in-depth overview of the different boat classes, reviewing the pros and cons of each, and associated costs. Participants will leave with a thorough overview of the operation of each boat and be ready to sail. Sample boats will be available for exploration. At the end of the course, potential sailors (Village Residents) may request to meet 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
HOB8003	W	10/15	9:00 AM - 11:00 AM	
HOB8005	W	3/18	9:00 AM - 11:00 AM	

1 Day	Churchill Street Recreation			FEE: R \$25 G \$31
HOB8004	Tu	1/13	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, one of the most popular card games in our community! This beginner 1-day class includes: Samba terms, Starting the game, Playing, Going out, and Scoring. Playing sessions will be offered in class.

1 Day	Rohan Recreation			FEE: R \$40 G \$46
HOB2320	M	10/27	8:30 AM - 12:30 PM	

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2321	M	11/10	8:30 AM - 12:30 PM	

LEARN MORE ABOUT OUR
INSTRUCTOR AND SPEAKER TEAM.

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NEVER STOP LEARNING,
KEEP ON GROWING!

SAMBA II: SUPER SAMBA AND SUPER DUPER SAMBA

Carolyn Fornataro & Martha Whaley

Double the fun class! Designed for those who have completed Samba I or have basic knowledge of Samba. This advanced 1-day class teaches you Super Samba, Super-Duper Samba, and learn the terms: Declare, Rollup, Complete, and Close. Two playing sessions will be offered in class.

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2407		Sa	2/21	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
HOB2605		M	2/23	9:00 AM - 12:30 PM

SAMBA IV: SAMBA QUEENS WITH BANKING

Carolyn Fornataro & Martha Whaley

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 teach you 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 the instructor at class.

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2651		M	1/12	8:30 AM - 12:30 PM

1 Day	Everglades Recreation			FEE: R \$40 G \$46
HOB2652		W	2/18	8:30 AM - 12:30 PM

SAMBA V: TRIPLE I PASS WITH SAMBA QUEEN AND ONE EYED JACKS

Carolyn Fornataro & Martha Whaley

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. 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	Manatee Recreation			FEE: R \$40 G \$46
HOB2681		M	10/20	8:30 AM - 12:30 PM
HOB2682		M	11/17	8:30 AM - 12:30 PM

1 Day	Rohan Recreation			FEE: R \$40 G \$46
HOB2683		Sa	2/7	12:00 PM - 4:00 PM

SAMBA VI: ONE EYED JACKS ELITE

Carolyn Fornataro & Martha Whaley

NEW

A NEW Samba game that builds on Triple I Pass with Samba Queens and One Eyed Jacks. The power of the One Eyed Jack will be explained, along with Passing, Banking, and much more. Bring your friends and learn the latest Samba game! Prerequisite: Samba V. Supply fee \$30.00 payable to the instructor at class.

1 Day	Manatee Recreation			FEE: R \$40 G \$46
HOB2690		M	2/9	8:30 AM - 12:30 PM
HOB2691		M	3/30	8:30 AM - 12:30 PM

Course Supply Fee is in addition to class fee.

STAND-UP COMEDY WORKSHOP

David Schwensen

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

1 Day	Rohan Recreation			FEE: R \$20 G \$26
HOB7402		Tu	3/3	6:00 PM-7:00 PM

WOODCARVING FOR BEGINNERS

Christopher Whillock

Learn a new hobby with this hands-on class. Learn basic techniques, safety, wood selection and more. Step by step instructions while you carve your own wooden spoon project. Tools available for use or purchase. All supplies (Wood, tools, etc) are provided at class and included in the course fee.

1 Day	Lake Miona Recreation			FEE: R \$75 G \$81
HOB1003		Th	2/5	10:00 AM - 1:00 PM
HOB1004		Th	2/5	2:30 PM - 5:30 PM

WOODCARVING – ADVANCED

Christopher Whillock

NEW

Join us for this hands-on class where you pick from a variety of projects and work one on one with Chris to complete. Learn new skills, helpful techniques and try something challenging. Project choices include: animals, figures, caricatures, relief, holiday, wood spirits, advanced whittling and more. Tools available for use and/or purchase. All supplies (wood, tools, etc) are provided at class and included in the course fee for one project. Prerequisite: Wood Carving for Beginners class or basic woodcarving experience required.

1 Day	Lake Miona Recreation			FEE: R \$75 G \$81
HOB1020		F	2/6	10:00 AM - 1:00 PM

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INSTRUCTOR or SPEAKER of
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LANGUAGE

CULTURE OF FRANCE FOR TRAVELERS

Susan Ferkel

Are you planning a trip to France or interested in French culture? Discover the fascinating aspects of French life, including language, art, culinary delights, music, fashion, literature, and a touch of history.

6 Days	Lake Miona Recreation			FEE: R \$65 G \$71
LAN4300	F	10/24-11/28	10:15 AM - 11:15 AM	
LAN4301	F	1/16-2/20	10:15 AM - 11:15 AM	
6 Days	Trillium Recreation			FEE: R \$65 G \$71
LAN4302	F	2/27-4/3	10:15 AM - 11:15 AM	

FRENCH (BEGINNER)

Susan Ferkel

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

10 Days	Lake Miona Recreation			FEE: R \$85 G \$91
LAN4109	M W	10/13-11/12	(M) 4:00 PM - 5:00 PM (W) 9:00 AM - 10:00 AM	
LAN4110	M W	1/19-2/18	(M) 4:00 PM - 5:00 PM (W) 9:00 AM - 10:00 AM	
10 Days	Ezell Recreation			FEE: R \$85 G \$91
LAN4111	M W	3/2-4/1	9:00 AM - 10:00 AM	

FRENCH (ADVANCED BEGINNER)

Susan Ferkel

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

10 Days	Lake Miona Recreation			FEE: R \$85 G \$91
LAN4136	M W	10/13-11/12	(M) 5:15 PM - 6:15 PM (W) 10:15 AM - 11:15 AM	
LAN4137	M W	1/19-2/18	(M) 5:15 PM - 6:15 PM (W) 10:15 AM - 11:15 AM	
10 Days	Ezell Recreation			FEE: R \$85 G \$91
LAN4138	M W	3/2-4/1	10:15 AM - 11:15 AM	

FRENCH (INTERMEDIATE)

Susan Ferkel

A continuation of beginner French. Students will develop skills in using verbs and tenses as applied to popular culture. They will build vocabulary, grammar, concepts, and sentence structure.

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
LAN4205	F	1/16-2/20	9:00 AM - 10:00 AM	
6 Days	Trillium Recreation			FEE: R \$60 G \$66
LAN4206	F	2/27-4/3	9:00 AM - 10:00 AM	

ITALIAN: BEGINNERS CONVERSATIONAL

Gianna (Joan) Ragona-Suarez

Acquire basic conversational phrases that will be easy to remember and enjoyable to learn. Focus is on speaking, pronouncing, and remembering phrases in just 6 weeks. Travel hints, useful phrases, and cultural insights are shared. Gianna has lived in Rome and taught Italian for over 15 years. Participants are encouraged to bring note-taking materials to class. Supply fee **\$10.00** for the handouts provided is payable to the instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
LAN2011	M	10/13-11/17	2:00 PM - 3:30 PM	
LAN2012	M	1/5-2/9	2:00 PM - 3:30 PM	

ITALIAN: CONVERSATIONAL II

Gianna (Joan) Ragona-Suarez

Recommended to have taken Beginners Italian Conversational before taking this class. Focus is 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. Gianna has lived in Rome and taught Italian for over 15 years. Participants are encouraged to bring note-taking materials to class. Supply fee **\$10.00** for the handouts provided is payable to the instructor at class.

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
LAN2305	M	2/16-3/23	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
LAN8008	W	10/8-10/29	4:00 PM - 5:30 PM	
4 Days	Ezell Recreation			FEE: R \$75 G \$81
LAN8009	W	1/7-1/28	4:00 PM - 5:30 PM	

SPANISH 1 & 2 REVIEW

Elisa Fireman

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. 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. Contact the instructor for the syllabus. Supply fee **\$10.00** payable to the instructor at class.

4 Days	Lake Miona Recreation			FEE: R \$65 G \$71
LAN8072	W	12/3-12/24	4:00 PM - 5:30 PM	
4 Days	Ezell Recreation			FEE: R \$65 G \$71
LAN8073	W	3/4-3/25	4:00 PM - 5:30 PM	

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4

SPANISH 2

Elisa Fireman

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

4 Days	Lake Miona Recreation			FEE: R \$75 G \$81
LAN8025		W	11/5-11/26	4:00 PM - 5:30 PM
4 Days	Ezell Recreation			FEE: R \$75 G \$81
LAN8026		W	2/4-2/25	4:00 PM - 5:30 PM

SPANISH 3

Elisa Fireman

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

4 Days	Ezell Recreation			FEE: R \$75 G \$81
LAN8041		W	3/4-3/25	6:00 PM - 7:30 PM

LITERATURE

MURDER 101 - INTRO TO MYSTERY AND MAYHEM

Dr. Frank Ancona

This introduction to mystery and mayhem covers "whodunits." The class offers an overview of the mystery genre, tips for writing, and hands-on exercises with short mysteries. You will also learn about Edgar Allan Poe's connection to a real-life murder case. This will help you become a detective at home and try to solve an unsolved homicide from over a hundred and eighty years ago.

1 Day	Ezell Recreation			FEE: R \$15 G \$21
LIT1526		Tu	11/4	1:00 PM - 2:30 PM
LIT1527		Sa	12/6	1:00 PM - 2:30 PM
1 Day	Rohan Recreation			FEE: R \$15 G \$21
LIT1528		Tu	1/27	1:00 PM - 2:30 PM
1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
LIT1529		F	3/13	1:00 PM - 2:30 PM



MUSIC

BAGPIPES

John P 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. Beginning students are taught from 5:30pm – 6:30pm, experienced players 6:30pm - 8:00pm. Instrument is required. There will be an expense of less than **\$100.00** for the purchase of recommended instrument and tutor book for beginners.

10 Days	Saddlebrook Recreation			FEE: R \$15 G \$21
MUS1012		Th	10/9-12/18	5:30 PM - 8:00 PM
MUS1013		Th	1/8-3/12	5:30 PM - 8:00 PM

FROM "O SOLE MIO TO SINATRA"

Donna Imerisek & Mara Adler

NEW

Participants will enjoy melodies that evoke childhood memories while exploring the fun of Neapolitan classical music. Three talented musicians, including a guest from Naples, Italy, will lead an interactive performance. We will play songs from the 1500s to Frank Sinatra, taking you from Southern Italy to New York. Participants can sing along to favorites like "O Sole Mio" and "That's Amore" and discover the connections between these songs. Gain a deeper understanding of Neapolitan classical music and its influence on singers like Frank Sinatra and Dean Martin, while also enjoying the experience.

2 Days	Rohan Recreation			FEE: R \$40 G \$46
MUS2100		F	2/20-2/27	10:00 AM - 11:30 AM

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
MUS7020		M	10/6-11/3	8:00 AM - 9:00 AM
MUS7021		W	10/15-11/5	8:00 AM - 9:00 AM
MUS7022		M	1/12-2/2	8:00 AM - 9:00 AM
4 Days	Ezell Recreation			FEE: R \$95 G \$101
MUS7023		W	1/14-2/4	8:00 AM - 9:00 AM

GUITAR: II

David Williams

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

4 Days	Everglades Recreation			FEE: R \$95 G \$101
MUS7214		M	12/1-12/22	8:00 AM - 9:00 AM
MUS7215		M	2/16-3/9	8:00 AM - 9:00 AM

Course Supply Fee is in addition to class fee.

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4



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
MUS7510	M	10/6-11/3	9:15 AM - 10:15 AM
MUS7511	M	1/12-2/2	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
MUS7710	M	12/1-12/22	9:15 AM - 10:15 AM
MUS7711	M	2/16-3/9	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
MUS7807	M	10/6-11/3	10:30 AM - 11:30 AM
MUS7808	M	1/12-2/2	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
MUS7904	M	12/1-12/22	10:30 AM - 11:30 AM
MUS7905	M	2/16-3/9	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	Rohan Recreation		FEE: R \$25 G \$31
MUS3005	W	11/12-11/19	1:00 PM - 3:30 PM

2 Days	Fish Hawk Recreation		FEE: R \$25 G \$31
MUS3006	F	1/23-1/30	1:00 PM - 3:30 PM

MOUNTAIN DULCIMER INTRODUCTION

Jolie Fischer

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

6 Days	Everglades Recreation		FEE: R \$40 G \$46
MUS8953	Tu	10/14-11/18	1:30 PM - 3:00 PM

MOUNTAIN DULCIMER MORE

Jolie Fischer

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

6 Days	Everglades Recreation		FEE: R \$40 G \$46
MUS8972	Tu	2/17-3/24	1:30 PM - 3:00 PM

MUSICAL RULER - READING MUSIC

Kevin O'Connell

Learn how to read music through a musical ruler (measurement) method. Once you learn the musical ruler, you will understand rhythm, and then read music. Students will be provided a short paragraph and a piece of music to read. No one has ever read this music flawlessly. It will then be shown why, and the musical ruler will be explained. At the end of the lecture, students will be able to read music provided by the instructor. Supply fee **\$4.00** payable to the instructor at class.

1 Day	Lake Miona Recreation		FEE: R \$20 G \$26
MUS8719	Th	10/23	10:00 AM - 11:15 AM
MUS8720	Th	1/15	10:00 AM - 11:15 AM

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

NEVER STOP LEARNING,
KEEP ON GROWING!

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 \$40 G \$46
MUS8910	F	10/17-11/14	1:30 PM - 3:30 PM	
MUS8911	F	2/6-3/6	1:30 PM - 3:30 PM	

SING - IF YOU WANT TO SING, YOU CAN!

David Bankard & Mick Griffin

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

6 Days	Lake Miona Recreation			FEE: R \$60 G \$66
MUS9109	M	10/6-11/17	6:30 PM - 8:00 PM	

6 Days	Rohan Recreation			FEE: R \$60 G \$66
MUS9110	M	1/5-2/9	2:00 PM - 3:30 PM	

6 Days	Allamanda Recreation			FEE: R \$60 G \$66
MUS9111	Th	2/26-4/2	2:00 PM - 3:30 PM	

UKULELE - FIRST STEP

Tim Robinson & Carol Brady

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

6 Days	Lake Miona Recreation			FEE: R \$75 G \$81
MUS4128	W	10/1-11/5	1:30 PM - 3:00 PM	
MUS4129	W	1/7-2/11	1:30 PM - 3:00 PM	
MUS4130	W	3/4-4/8	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
MUS7122	W	11/12-12/17	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
PHI8009	Th	10/23	2:00 PM - 4:00 PM	
PHI8010	M	2/16	2:00 PM - 4:00 PM	

BE! BRAIN ENRICHMENT COURSE

Tweet Coleman

“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
PHI4012	Tu	1/6-1/27	6:00 PM - 8:00 PM	

BRAIN BOOTCAMP

Tweet Coleman

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 \$30 G \$36
PHI4102	Tu	11/11-11/18	1:00 PM - 3:00 PM	
PHI4103	F	3/13-3/20	1:00 PM - 3:00 PM	

BUILDING A BALANCED RELATIONSHIP WITH OTHERS

Helen Zimniewicz

Enhance your confidence and build balanced relationships by exploring different types of connections. Learn the importance of boundaries, identify relationship ruptures, and discover strategies for repair. Acquire assertive communication skills and become more comfortable expressing emotions, while understanding how neurobiology influences our daily interactions.

4 Days	Lake Miona Recreation			FEE: R \$40 G \$46
PHI4529	F	11/21-12/12	1:00 PM - 2:30 PM	
PHI4600	W	2/11-3/11	10:00 AM - 11:30 AM	

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BUILDING A COMPASSIONATE RELATIONSHIP WITH YOURSELF

Helen Zimniewicz

This course provides essential insights to foster a compassionate connection with yourself. You'll learn to address the narratives that influence you, enabling thoughtful responses instead of reactions. The course emphasizes recognizing emotions as allies, managing stress, and practicing mindfulness. explore different facets of your personality for greater self-awareness, with neurobiology included to illustrate how your brain and body work together for overall wellness.

5 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHI4509		F	10/10-11/7	10:00 AM - 11:30 AM
PHI4510		F	2/13-3/13	10:00 AM - 11:30 AM

CONGRATULATIONS ON YOUR RETIREMENT! NOW WHAT?

Nancy Stampahar

This class focuses on the non-financial aspects of retirement, helping you discover your identity beyond your career. You'll learn to navigate the five stages of retirement and avoid common pitfalls. This is your chance to create a meaningful and enjoyable lifestyle. A comprehensive workbook will guide you in crafting a personalized plan based on your unique interests and skills.

1 Day	Rohan Recreation			FEE: R \$25 G \$31
PHI1507		Th	11/6	2:00 PM - 4:00 PM

1 Day	Allamanda Recreation			FEE: R \$25 G \$31
PHI1508		Th	2/26	10:00 AM - 12:00 PM

EMPOWER YOUR POWER

Nancy Stampahar

NEW

Are you ready to release guilt, regret, perfectionism, worry, and self-doubt to focus on your desires and happiness? This personal growth class is for anyone who wants to discover inner strength and embrace this stage of life. Learn how to let go of situations that are not in your control, silence your inner critic, set boundaries confidently, and step into your authentic self. Each participant will receive a workbook to reference after the class.

1 Day	Saluki Recreation			FEE: R \$25 G \$31
PHI2430		Th	10/23	2:00 PM - 4:00 PM

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
PHI2431		Tu	1/27	2:00 PM - 4:00 PM

ENHANCE YOUR INTUITION – BEGINNING

Elisa Fireman

Learn the different types of intuition, which type is your strongest, and techniques to strengthen and deepen your intuition. You will be introduced to grounding and breathing techniques and receive guidance as we practice. Supply fee **\$10.00** payable to the instructor at class.

3 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHI4806		Tu	10/7-10/21	4:00 PM - 5:15 PM

ENHANCE YOUR INTUITION – INTERMEDIATE

Elisa Fireman

Continuing the journey, we will learn about our nervous system and its impact on intuition, the pineal gland, and nutrition for intuition. We will continue techniques to strengthen your intuition, too! Supply fee **\$10.00** payable to the instructor at class.

3 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHI4823		Tu	11/4-11/18	4:00 PM - 5:15 PM

ENHANCE YOUR INTUITION – ADVANCED

Elisa Fireman

In our third course, we will keep strengthening our intuition with practical exercises to help develop our intuition and learn about the use of music and intuition. You will create a plan to help maintain and further your progress. Supply fee **\$10.00** payable to the instructor at class.

3 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHI4831		Tu	12/2-12/16	4:00 PM - 5:15 PM

EXPLORING THE AFTERLIFE

Roberta Moore

Have you ever wondered what happens when people pass on? It seems impossible to know, but we do have a good deal of information available to us. People who have died temporarily and who have had Near-Death Experiences (NDEs) provide rich descriptions of their journeys. Many who report After-Death Communications (ADCs), usually from their loved ones, provide more confirmation of the afterlife, and End-of-Life Visions reinforce our understanding. This class will emphasize the exploration of NDEs through lecture, video clips, and discussion. It will answer your curiosity about the afterlife, help relieve your grief, and reduce your fear of death.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
PHI3209		Th	10/9	10:00 AM - 11:30 AM
PHI3211		Th	3/5	10:00 AM - 11:30 AM

1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
PHI3210		Th	1/8	10:00 AM - 11:30 AM

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

EXPLORING THE AFTERLIFE CONTINUED

Roberta Moore

This course continues the exploration of Near-Death Experiences (NDEs) and other phenomena in greater depth. People who have died temporarily and who have had Near-Death Experiences (NDEs) provide rich descriptions of their journeys. Many who report After-Death Communications (ADCs), usually from their loved ones, provide more confirmation of the afterlife, and End-of-Life Visions reinforce our understanding. Through lecture, video clips, and discussion, this course will answer your curiosity about the afterlife, help relieve your grief, and reduce your fear of death. This class is for you, whether you have attended the first class or not. There is no prerequisite.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
PHI3256	Th	10/16	10:00 AM - 11:30 AM	
PHI3258	Th	3/19	10:00 AM - 11:30 AM	
1 Day	Eisenhower Recreation			FEE: R \$15 G \$21
PHI3257	Th	1/29	10:00 AM - 11:30 AM	

FRIENDSHIP STRATEGIES

Nancy Stampahar

Whether you’re an introvert or an extrovert seeking to connect with like-minded individuals, this engaging class will help you step out of your shell and find your tribe. You’ll learn key principles from Dale Carnegie’s “How to Win Friends & Influence People,” along with effective conversation starters and strategies to foster new friendships and enhance your current relationships. Each participant will receive a comprehensive workbook for future reference.

1 Day	Ezell Recreation			FEE: R \$25 G \$31
PHI1653	Tu	10/21	2:00 PM - 4:00 PM	
1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
PHI1654	Tu	2/10	2:00 PM - 4:00 PM	

HANDLING DIFFICULT SITUATIONS

Helen Zimniewicz

Life is filled with difficult situations. Focusing on how childhood experiences can impact your health and well-being, we’ll use the ACE survey to identify steps to address concerns, explore trauma responses from a neurological perspective, and learn resilience skills for navigating challenges with confidence. Each class integrates neurobiology to promote a compassionate response toward yourself and others.

4 Days	Lake Miona Recreation			FEE: R \$40 G \$46
PHI4534	M	11/17-12/8	1:00 PM - 2:30 PM	
PHI4535	F	1/9-1/30	10:00 AM - 11:30 AM	

HOW TO LIVE A LIFE OF KINDNESS

Lindsay Collier

Carrying out acts of kindness can be immensely rewarding and can 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
PHI8206	Th	1/22	2:00 PM - 4:00 PM	

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INTRODUCTION TO THE ENNEAGRAM

Charlotte Norris

In this introductory series, learn the structure of the Enneagram and how to understand your behavior and that of others. Dive into the 9 Personality Profiles plus triads, wings, and arrows. Self-awareness leads to better relationships. Prerequisite: online test, either the Riso-Hudson Type Indicator (RHET) version 2.5 **\$20.00** or WEPPS at **WEPPS.COM \$15.00**.

3 Days	Lake Miona Recreation			FEE: R \$35 G \$41
PHI9733	Tu Th	11/4-11/11	10:00 AM - 12:00 PM	
PHI9734	Tu Th	1/13-1/20	10:00 AM - 12:00 PM	

LANGUAGE OF DREAMS

Dr. Frank Ancona

Our spoken language is structured, just like our dreams. While waking life uses words, dreams communicate through symbolic images that you can learn to understand. You are the best interpreter of your own dreams, which can reveal important messages about life, health, and well-being. Participants can share their dreams with the class or privately and are encouraged to ask questions and provide feedback.

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
PHI6124	F	10/17	1:00 PM - 2:30 PM	
PHI6127	Th	3/26	1:00 PM - 2:30 PM	

1 Day	Rohan Recreation			FEE: R \$15 G \$21
PHI6125	Sa	11/15	1:00 PM - 2:30 PM	

1 Day	Ezell Recreation			FEE: R \$15 G \$21
PHI6126	F	1/16	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
PHI8107	M	3/16	2:00 PM - 4:00 PM	

MINDFULNESS - THE SCIENCE OF HEALTH & HAPPINESS

Tweet Coleman

Does every mind need Mindfulness? Yes, the perks of mindfulness are tangible and repeatable. Mindfulness can be a powerful tool for depression, anxiety and pain. Mindfulness practice will help to manage “monkey brain” and bring about peace and enhanced well-being. This is a fun, interactive class.

2 Days	Lake Miona Recreation			FEE: R \$30 G \$36
PHI2111	Th	12/11-12/18	6:00 PM - 8:00 PM	
PHI2112	Tu	2/17-2/24	6:00 PM - 8:00 PM	

PHILOSOPHY AND DOSTOEVSKY’S “THE BROTHERS KARAMAZOV”

Michael Henry

Many people regard Dostoevsky’s *The Brothers Karamazov* as the greatest novel ever written due to its exploration of various types of fatherhood and the complexities of the human soul grappling with good and evil, as well as belief and atheism. Central to this work is the renowned story “The Grand Inquisitor,” in which a man claiming to love humanity condemns Christ for burdening people with the weight of freedom. To truly appreciate this masterpiece, it’s recommended to read either the translation by Michael R. Katz or that by Richard Pevear and Larissa Volokhonsky.

8 Days	Lake Miona Recreation			FEE: R \$40 G \$46
PHI2135	W	1/14-3/11	10:00 AM - 11:30 AM	

NEW

PLATO’S DIALOGUES ON IMMORTALITY

Michael Henry

NEW

Plato’s “The Phaedo” discusses the nature and immortality of the soul just before Socrates’ execution. In “The Symposium”, speeches about Love (Eros) lead to Socrates’ argument that the soul’s love for Beauty indicates its immortality. “The Meno” argues that our souls existed before birth and will continue after death. This course will critically analyze these arguments for immortality. No prior knowledge of philosophy is required, and readings will be available online.

6 Days	Lake Miona Recreation			FEE: R \$30 G \$36
PHI2145		Tu	10/7-11/18	10:00 AM - 11:30 AM

SLIGHT SHIFT IN THINKING - 4-WEEK TRANSFORMATIVE JOURNEY

Dennis & Maryann Holden

NEW

Join Author and Spiritual Coach Dennis Holden and Holistic Health Coach Maryann Holden for a transformative 4-week course, “A Slight Shift in Thinking.” Unlock your potential and enhance your relationships with lessons on: Relationship to Self: Improve every relationship, starting with yourself. Change Your Mind About Your Mind: Gain new insights and reshape your thoughts. Loving Another as Yourself: Discover the power of self-love and its impact. Heart to Heart Communication: Enhance connections with meaningful communication. Recommended book, not required “A Slight Shift in Thinking” by Dennis Holden.

4 Days	Bradenton Recreation			FEE: R \$65 G \$71
PHI2310		W	11/12-12/3	10:30 AM - 12:00 PM

4 Days	Lake Miona Recreation			FEE: R \$65 G \$71
PHI2311		Tu	1/6-1/27	10:30 AM - 12:00 PM

TAO TE CHING - THE CLASSIC MANUAL OF THE ART OF LIVING

Dennis Holden

NEW

Join Dennis Holden, Spiritual Life Coach, for an enlightening course of Lao-tzu’s timeless wisdom. Gain balance, perspective, and a serene spirit by aligning with the Tao. Experience the transformative power of the Tao Te Ching and embark on a journey to inner peace and understanding. Required book to bring to class “Tao Te Ching” by Stephen Mitchell.

4 Days	Everglades Recreation			FEE: R \$65 G \$71
PHI2320		Th	10/9-10/30	10:00 AM - 11:30 AM

4 Days	Aviary Recreation			FEE: R \$65 G \$71
PHI2321		Th	2/26-3/19	10:00 AM - 11:30 AM

THE ARTIST’S WAY

Lisa Lehman

Join Lisa Lehman for a twelve-week journey of self-discovery and creativity. Based on the book “The Artist’s Way” by Julia Cameron, this program has helped countless individuals overcome their creative blocks and fears. Through practical tools and exercises, Lisa will guide you in reconnecting with your passions and dreams. You’ll develop journaling practice and be part of a supportive community of fellow participants. Participants bring their own copy of “The Artist’s Way” by Julia Cameron and a 6 x 8 size journal to class.

12 Days	Lake Miona Recreation			FEE: R \$120 G \$126
PHI5103		Tu	1/6-3/24	1:00 PM - 3:00 PM

THE POWER OF HEALTHY HABITS

Tweet Coleman

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
PHI4025		Th	10/9	6:00 PM - 8:00 PM
PHI4026		Th	2/12	6:00 PM - 8:00 PM

THE POWER OF PURPOSE - DISCOVER WHAT BRINGS YOU FULFILLMENT

Nancy Stampahar

NEW

This engaging class will share tools to live a more meaningful life through exploring your experiences and understanding how they shape your journey. By understanding the steps to finding purpose, you will discover unique possibilities for greater fulfillment and joy in your golden chapter. Each participant will receive a workbook to reference after the class.

1 Day	Everglades Recreation			FEE: R \$25 G \$31
PHI2420		Tu	1/13	2:00 PM - 4:00 PM

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
PHI2421		Tu	3/10	2:00 PM - 4:00 PM

THE POWER OF THE SUBCONSCIOUS MIND

John Maiorino

New scientific evidence demonstrates how you may acquire and use natural brain power to build your brain muscles and slow the aging process to achieve better health and happiness with the potential for a longer life. These sessions will illustrate what happens in the human body through videos and live applications so that you can strengthen your brain at any age.

1 Day	Coconut Cove Recreation			FEE: R \$30 G \$36
PHI1416		Sa	10/25	1:00 PM - 2:30 PM

1 Day	Aviary Recreation			FEE: R \$30 G \$36
PHI1417		Sa	1/17	1:00 PM - 2:30 PM

WOMEN: THE FIRST TRULY THINKING HUMAN BEINGS

Dr. Frank Ancona

NEW

The belief that we are Homo sapiens (thinking man) is misleading; we are actually Femina sapiens (thinking woman). This course investigates prehistoric artifacts to reveal “the greatest story never told”: that women were the first true thinkers. It also highlights the lasting influence of primal Goddess culture, which endures despite historical suppression and the dominance of male deities.

1 Day	Rohan Recreation			FEE: R \$15 G \$21
PHI4106		Th	10/23	1:00 PM - 2:30 PM

1 Day	Lake Miona Recreation			FEE: R \$15 G \$21
PHI4107		Tu	12/16	1:00 PM - 2:30 PM
PHI4108		Sa	2/7	1:00 PM - 2:30 PM

1 Day	Ezell Recreation			FEE: R \$15 G \$21
PHI4109		Tu	3/17	1:00 PM - 2:30 PM

NEVER STOP LEARNING,
KEEP ON GROWING!

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PHOTOGRAPHY

BASIC PHOTO EDITING WITH LUMINAR NEO SOFTWARE

John "Swede" Spoltore

Many impressive photos you see are enhanced using photo editing software. This class will focus on Luminar Neo, which works on both PC and Mac as a standalone application or a plugin. It's affordable, easy to learn, and fun to use. We will cover basic editing techniques such as cropping, exposure, contrast, color saturation, and converting images to black and white, sepia, or selective color. Additionally, we will explore special effects like sky replacement, layering, and masking. You don't need to be a computer expert to use Luminar Neo. Instructor is a professional photographer and certified photographic counselor.

2 Days	Lake Miona Recreation			FEE: R \$80 G \$86
PHO3112		M Tu	11/3-11/4	6:30 PM - 8:30 PM
PHO3113		W Th	2/11-2/12	9:30 AM - 11:30 AM

DSLR PHOTOGRAPHY: INTRO & INTERMEDIATE

John "Swede" Spoltore

Change your photography from being a "Photo Taker" to a "Photo Maker". This 8-hour, 4-session photography course will cover introductory through intermediate photography for owners of "Digital Single Lens Reflex" Mirror & Mirrorless cameras, plus "Bridge" cameras. Camera topics: shooting modes, exposure, white balance, ISO, shutter speeds, apertures, camera menus, shooting techniques, photo accessories, managing your photos on your computer, and more. Also featured: Live Photo Shooting, and photo e-mails/videos sent to the students. Bring your digital camera with fully charged batteries and the camera manual to class. The instructor is a Professional Photographer and Certified Photographic Counselor.

4 Days	Lake Miona Recreation			FEE: R \$120 G \$126
PHO2137		M W	10/6-10/15	9:30 AM - 11:30 AM
4 Days	Ezell Recreation			FEE: R \$120 G \$126
PHO2138		W F	1/14-1/23	9:30 AM - 11:30 AM
4 Days	SeaBreeze Recreation			FEE: R \$120 G \$126
PHO2139		M Tu	3/23-3/31	6:30 PM - 8:30 PM

PHOTO EDITING WITH LIGHTROOM CLASSIC: ADVANCED EDITING TOOLS

James Warner

A complete survey of the Masking Tools and the latest Artificial Intelligence tools to make your images all they can be. Learn useful time saving workflow tips and time saving techniques for improving batch processing of landscapes, portraits and street photography more fun. Step-by-step examples on how and why different tools are used to enhance your images to bring out their full impact.

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHO5222		M F	3/23-3/27	10:00 AM - 11:30 AM

PHOTO EDITING WITH LIGHTROOM CLASSIC: BEG/INT USERS

James Warner

Perform global adjustments like cropping, adjusting of exposure, sharpening and color correction. Get introduced to the latest Artificial Intelligence tools that give you control over fine modifications to specific areas within an image to reveal the "heart" of the image.

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHO5211		M F	3/16-3/20	10:00 AM - 11:30 AM



PHOTO EDITING WITH LIGHTROOM CLASSIC: ORGANIZE PHOTO LIBRARY

James Warner

Locate, download, edit or share any image you have taken with just a few clicks! Gain control over you image collection through tagging, sizing, exporting to off-site storage sites and retrieving them at anytime, anywhere! Mac and PC applicable, basic computer skills are a prerequisite.

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
PHO5233		M F	3/9-3/13	10:00 AM - 11:30 AM

UNDERSTANDING THE "BIG FOUR" DIGITAL CAMERA SETTINGS

John "Swede" Spoltore

Whether you're using a Digital Point & Shoot, DSLR, or Bridge camera, all rely on the "Big Four" settings: ISO, White Balance, Shutter Speed, and Aperture (f-stop). Understanding their relationship will enhance your creativity in digital photography. This course includes student participation, plus instructor-provided emails and video training. By mastering these settings, you can significantly improve your images. Bring your digital camera with fully charged batteries and your manual to class. The instructor is a professional photographer and Certified Photographic Counselor.

1 Day	Lake Miona Recreation			FEE: R \$40 G \$46
PHO3128		M	12/1	6:30 PM - 8:30 PM
1 Day	Rohan Recreation			FEE: R \$40 G \$46
PHO3129		M	2/23	9:30 AM - 11:30 AM

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4

SCIENCE

BUGS & BODIES: THE REAL CSI

Richard Merritt

This course explores how insects and related arthropods can be used as evidence in legal cases and crime solving. We will focus on the three main subdisciplines of forensic entomology: Stored Product, Urban, and Medicolegal Entomology. A key emphasis will be on how these organisms help determine the time between death and the discovery of a body in murder investigations. The course may include graphic material, such as photographs and videos of crime scenes and decomposing bodies, along with real case studies to illustrate important concepts.

4 Days	Lake Miona Recreation			FEE: R \$50 G \$56
SCI2204	Tu Th	11/4-11/18	1:00 PM - 3:00 PM	
SCI2205	Tu Th	2/17-2/26	1:00 PM - 3:00 PM	

MEET YOUR LOCAL WILDLIFE

Jim Davis

“Meet Your Local Wildlife” offers an engaging introduction to the common wildlife found in Central Florida and across the Sunshine State. Each session provides an in-depth look at a different group of wildlife, exploring the state’s threatened and endangered species, the challenges they face, and conservation efforts underway. Soar into the world of birds of prey, including the iconic bald eagle, mysterious owls, and other raptors that rule the skies. Learn how non-native animals and plants are impacting Florida’s ecosystems and what you can do to help manage them. Explore Florida’s diverse mammalian wildlife, including the elusive Florida black bear, stealthy bobcat, and more charismatic creatures of the wild. Discover the fascinating world of Florida’s cold-blooded residents, featuring alligators, snakes, and other native reptiles. Gain insights into the insects and plants that pose risks to humans and pets, what to watch for, and how to stay safe. Instructor Jim Davis is a native Floridian, an award-winning wildlife photographer, and the County Extension Director for UF/IFAS Extension Sumter County.

1 Day	Lake Okahumpka Recreation			FEE: R \$15 G \$21
SCI9045	Reptiles	W	10/8	1:00 PM - 3:00 PM
SCI9055	Mammals	W	11/19	1:00 PM - 3:00 PM
SCI8900	Invasive Species	W	12/17	1:00 PM - 3:00 PM
SCI8910	Imperiled Species	W	1/21	1:00 PM - 3:00 PM
SCI9074	Florida’s Raptors	W	2/18	1:00 PM - 3:00 PM
SCI9091	Native Plants	W	3/18	1:00 PM - 3:00 PM

SPEAKER SERIES

THE THREE MRS. FLAGLERS

Dianne Jacoby

Meet Henry Flagler as only his wives knew him through a one-woman performance by historical dramatist Dianne Jacoby. The story of empire builder Henry Morrison Flagler comes to life in this historical drama in three acts. Henry’s tremendous drive and magnificent accomplishments during Florida’s glorious Gilded Age are seen through the eyes of his three captivating wives. Each beautifully gowned lady tells of her years with the man who took the blank canvas of Florida and created a rich man’s paradise.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1120	Th	10/23	6:00 PM - 7:15 PM	

DOWNTON ABBEY ABROAD: HOW THE BRITISH RULED A CONTINENT

Dr. Dean Allen

Based on his best-selling book, author and historian Dr. Dean Allen presents this fully illustrated talk, which has entertained and inspired international audiences around the world. Reminiscent of how the “West was won” in the US, it describes the incredible story of how the British, as pioneers, used their influence and class system (as portrayed in Downton Abbey) to civilize large parts of the world in the 19th Century. Dean’s fabulous presentation focuses on the story of James Logan, a young Scottish entrepreneur who made his name and fortune in South Africa during the diamond and gold rush of the late 1800s. It is a story not to be missed!

1 Day	Ezell Recreation			FEE: R \$12 G \$15
SPS1121	F	11/7	1:00 PM - 2:15 PM	

HOLOCAUST MEMORIES: THE LIGHT OF HOPE

Bonnie Stein

Bonnie Stein, daughter of two Holocaust survivors, shares her personal journey of remembrance and healing. Her story begins in Miami and leads her to Berlin, where she connects children of Holocaust survivors with descendants of Nazi perpetrators. Growing up, Bonnie heard stories about the Holocaust and has spent over twenty years focused on Holocaust education. Her account, in the book “Journeys of Transformation,” emphasizes facing painful histories and remembering in a way that allows us to move forward. As we mark the 87th anniversary of Kristallnacht this November, Bonnie’s message is: the past can live within you, but you don’t have to live in the past.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1122	Th	11/20	6:00 PM - 7:15 PM	

WILD ENCOUNTERS: CAPTURING NATURE’S UNTAMED BEAUTY

Michael O’Neill

Embark on a gripping adventure with top wildlife photographer and author Michael Patrick O’Neill, who will showcase heart-stopping images of wildlife in their untamed habitats and share the skill, patience, and reverence behind every stunning shot. He blends adventure, art, humor, and masterful storytelling, leaving you inspired to protect our vanishing wild places. With over 30 years of experience in the field, he has won all the major awards in his specialty, and his images have been published in National Geographic Magazine, BBC Wildlife, Discovery, The New York Times, and numerous other publications.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1123	Th	12/18	2:00 PM - 3:15 PM	

HOUDINI’S LAST HANDCUFFS

Charles Young & Cheryl Deknatel

Join authors Charlie and Cheryl Young in Houdini’s Last Handcuffs, where they present a captivating blend of historical fiction and fantasy set in 1950s Manhattan. Harry Houdini, who passed away in 1926, makes a remarkable return on Halloween in 1958 with the help of mysterious handcuffs. His mission is to uncover his scientific formulas, as they are key to his comeback. As the unexpected unfolds, a thrilling chase ensues, with the pursuit of Houdini’s notebook revealing secrets, mystique, and adventure. Houdini’s Last Handcuffs is a riveting journey into a world where magic meets science.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1124	Th	1/15	6:00 PM - 7:15 PM	

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

ESCAPE FROM FIREBASE KATE

William Albracht

In the autumn of 1969, three North Vietnamese regiments surrounded Firebase Kate in the Central Highlands of South Vietnam. The 150 defenders held off the enemy for five days. Facing critical shortages of water and ammunition, Captain Albracht led a daring nighttime breakout through enemy lines without any support—a feat unprecedented in the Vietnam War. The lecture will focus on leadership and decision-making during this battle.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1125	Th	1/29		6:00 PM - 7:15 PM

BRIDGE OF SPIES FILM SCREENING WITH COMMENTARY AND Q&A

Francis Gary Powers, Jr.

Join us for a unique event, a film screening of the movie “Bridge of Spies,” featuring commentary by professional author and speaker Francis Gary Powers Jr. During the Cold War, the Soviet Union captures U.S. pilot Francis Gary Powers after shooting down his U-2 spy plane. Sentenced to 10 years in prison, Powers’ only hope is New York lawyer James Donovan (Tom Hanks), recruited by a CIA operative to negotiate his release. Directed by Steven Spielberg. Francis Gary Powers, Jr. consulted on this film. During the program, he will discuss the movie, talk about being on set and working with the cast and crew, offering a behind-the-scenes look into what motivated Spielberg to make this movie.

1 Day	Lake Miona Recreation			FEE: R \$12 G \$15
SPS1126	F	2/6		4:00 PM - 7:00 PM

THE AMERICAN CONSTITUTION FILM SCREENING AND MERCY OTIS WARREN PORTRAYAL

JoAnn F. Peterson

The historical documentary reveals the dramatic story of the Framers and their high-stakes compromises, which continue to influence every aspect of our world today. David Garrigus, an award-winning filmmaker, emphasizes, “There are many deeply partisan divisions over the interpretation of the Constitution, but the facts surrounding what occurred in Philadelphia in 1787 are largely undisputed. They provide us with a shared history that every American should know and cherish.” A screening of “The American Constitution” aims to educate and engage the audience by providing the historical context surrounding the creation of the Constitution, featuring Mercy Otis Warren’s portrayal leading the Preamble to the Constitution.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1127	Tu	2/17		6:00 PM - 8:00 PM

PRESIDENTS AND THEIR FIRST LADIES: JOHN AND ABIGAIL ADAMS

William & Sue Wills

William and Sue Wills, returning speakers, present historical characters, capturing the personality and experiences of presidents and their first ladies. The Wills have brought life to the stories of 35 different Presidential couples over the last 30+ years. Join us for a dramatic speaking performance on the personal side of the 2nd President and First Lady, John and Abigail Adams. General Admission Seating.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1128	Th	2/19		6:00 PM - 7:15 PM

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LOVE YOUR HEART

David Meinz

Heart disease is one of the leading health concerns and surprisingly affects a higher percentage of women than men. Traditional methods of managing cholesterol, including the use of statin medications, may not be sufficient for everyone. Fortunately, advancements in technology now enable us to detect heart disease much earlier. Join international health promotion expert David Meinz as he shares insights on how to extend your life by effectively addressing heart disease.

1 Day	Rohan Recreation			FEE: R \$12 G \$15
SPS1129	Th	3/12		6:00 PM - 7:15 PM

THE SEARCH FOR JAMES BOND’S “Q”?

H. Keith Melton

Q is one of the most iconic characters in the James Bond films and novels, serving as the head of Q Branch—later known as Q Division—the fictional research and development arm of the British Secret Service (MI6). This group creates high-tech gadgets, weapons, and vehicles used by James Bond. “Q” stands for “Quartermaster,” similar to “M,” which is a codename. Q appears in 22 of the 25 official Eon Productions Bond films. Desmond Llewelyn played Q from 1963 until he died in 1999, followed briefly by John Cleese and then Ben Whishaw in the modern reboot. We will explore the origin of the term “Q” and the real-life inspirations behind the character. We’ll also examine memorable gadgets from the films, such as exploding pens and jetpacks, and ask if they are real or just movie inventions. Do similar devices exist today? How close is Bond’s technology to real intelligence equipment?

1 Day	Eisenhower Recreation			FEE: R \$15 G \$18
SPS1130	Sa	3/28		1:00 PM - 2:30 PM

SPY LIKE THE CIA – PERSONAL SAFETY AND AWARENESS

H. Keith Melton

This fast-paced, eye-opening presentation reveals how CIA tradecraft, the same tools and techniques used by professional intelligence officers, can be applied to enhance your personal safety, awareness, and decision-making in everyday life. We will cover key skills from CIA training, including situational awareness, personal defense, safe hotel practices, and emergency escape techniques. Learn to recognize manipulation and deception in person and online using visual and practical tools you can use right away. We’ll also discuss the spy mindset, focusing on mental preparation and calmness under pressure. Whether you travel often or want to be more self-reliant, this presentation will help you live smarter and safer. No cloak and dagger required—just fundamental skills for the real world.

1 Day	Eisenhower Recreation			FEE: R \$15 G \$18
SPS1131	Sa	3/28		3:00 PM - 4:30 PM





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
SPO2016	F	10/24	1:00 PM - 3:00 PM
SPO2017	F	1/16	1:00 PM - 3:00 PM
SPO2018	F	2/27	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 class.

6 Days	Canal Street Recreation		FEE: R \$65 G \$71
SPO2150	Tu	10/7-11/11	9:00 AM - 11:00 AM
SPO2151	Tu	12/2-1/20	9:00 AM - 11:00 AM
SPO2152	Tu	2/3-3/10	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 class.

6 Days	Canal Street Recreation		FEE: R \$65 G \$71
SPO3130	W	12/3-1/21	9:00 AM - 11:00 AM
SPO3131	W	2/4-3/11	9:00 AM - 11:00 AM

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 Days	Ezell Recreation		FEE: R \$40 G \$46
SPO4115	M, Tu, Th	11/3-11/6	Times Vary/Mornings

3 Days	Rohan Recreation		FEE: R \$40 G \$46
SPO4116	M, Tu, Th	3/2-3/5	Times Vary/Mornings

THINK YOUR WAY TO BETTER PICKLEBALL

David Satka

The author of Winning Pickleball will share a variety of practical tips and strategies that players can use to immediately improve their game, without requiring additional practice. Designed to benefit both relatively inexperienced players and those who have been playing for a long time and want to improve their results. Players with physical ailments will receive guidance on how to succeed despite mobility challenges. Participants are encouraged to bring materials for taking notes.

1 Day	Rohan Recreation		FEE: R \$18 G \$24
SPO6003	M	1/26	3:30 PM-5:00 PM

1 Day	Ezell Recreation		FEE: R \$18 G \$24
SPO6004	Th	2/26	3:30 PM-5:00 PM

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Course Supply Fee is in addition to class fee.

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4

TECHNOLOGY

AI AND ROBOTS: UNDERSTANDING THE FUTURE HAPPENING TODAY

Emil Beloglavec **NEW**

Get ready to explore tomorrow's technology today in an engaging course! We'll simplify the worlds of Artificial Intelligence and Robotics, showing you how they influence your daily life. Discover the AI behind tools like smartphone navigation and email spam filters, and see how robots are assisting in surgeries and even vacuuming our homes. We'll discuss how these technologies are shaping the future by improving healthcare, enhancing safety, and supporting independent living.

2 Days	Ezell Recreation			FEE: R \$40 G \$46
TEC2700	W	10/22-10/29	1:30 PM - 3:30 PM	

AI FOR SENIORS - HANDS ON APPROACH

Michael Roth **NEW**

This hands-on course will introduce students to at least five AI products, including Microsoft Cohost, Google Gemini, Perplexity, and Descript. We'll cover account setup, text generation, graphics, audio and video editing with Descript, AI photo editing with Cyberlink Photo Director, and music creation using Audacity. Due to rapid advancements in AI, we may adjust the tools covered. Students must bring laptops or tablets with Microsoft Edge, Google Chrome, and Firefox installed before classes begin. Apple's Safari browser may experience compatibility issues with AI sites and not recommended for this class. Students will be required to connect to the dedicated Wi-Fi at the facility. A supply fee of **\$15.00** is payable to the instructor at the start of the class.

3 Days	Lake Miona Recreation			FEE: R \$85 G \$91
TEC7154	Th	2/12-2/26	10:00 AM - 12:00 PM	

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
TEC1006	W	3/11-3/25	5:00 PM - 6:00 PM	



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
TEC3260	Th	10/2	2:00 PM - 4:00 PM	
TEC3261	Th	10/30	11:30 AM - 1:30 PM	
TEC3262	Tu	11/4	11:30 AM - 1:30 PM	
TEC3263	Tu	12/9	9:00 AM - 11:00 AM	
TEC3264	Th	1/8	2:00 PM - 4:00 PM	
TEC3265	Th	2/5	9:00 AM - 11:00 AM	
TEC3266	Th	3/5	11:30 AM - 1:30 PM	

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
TEC6119	Th	10/16	9:00 AM - 11:00 AM	
TEC6120	Th	11/6	2:00 PM - 4:00 PM	
TEC6121	Th	1/8	11:30 AM - 1:30 PM	
TEC6122	Th	2/5	11:30 AM - 1:30 PM	
TEC6123	Th	3/5	2:00 PM - 4:00 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
TEC4212	Th	10/30	2:00 PM - 4:00 PM	
TEC4213	Th	1/22	9:00 AM - 11:00 AM	
TEC4214	Th	2/26	11:30 AM - 1:30 PM	
TEC4215	Tu	3/24	9:00 AM - 11:00 AM	

APPLE IPHONE & IPAD: CUSTOM SETTINGS

JC Conklin

Everyone uses these devices differently, and in this class, we will explore ways to express yourself on your iPhone and iPad. Learn to create short clips to display on the front of your phone and to set up 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 delve in-depth into Apple IDs and passwords.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3157	Th	10/16	2:00 PM - 4:00 PM	
TEC3158	Th	12/11	11:30 AM - 1:30 PM	
TEC3159	Th	1/22	2:00 PM - 4:00 PM	
TEC3160	Tu	2/24	9:00 AM - 11:00 AM	

APPLE IPHONE & IPAD: INTERMEDIATE

JC Conklin

For those who feel familiar with their iPhone or iPad but still want to learn about all the features they're not aware of, from optimizing battery life to increasing text size, understanding dictation, and creating shortcuts for anything. Reminders, notifications, innovative features, and Notes will also be covered. As life continues to pile up all the "To Do's," we find we are constantly juggling more and more - let's fix that.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3207	Th	11/6	11:30 AM - 1:30 PM	
TEC3208	Th	1/29	9:00 AM - 11:00 AM	
TEC3209	Th	2/26	2:00 PM - 4:00 PM	
TEC3210	Tu	3/24	11:30 AM - 1:30 PM	

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

JC Conklin

Designed for absolute beginners who need to get started with your new device, no prior knowledge is required; 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 such as making calls, sending messages, connecting to Wi-Fi, and optimizing battery life. Discover how to adjust settings, download apps, and maintain your device's security. This is the perfect class to take before "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
TEC3304	Th	10/2	9:00 AM - 11:00 AM	
TEC3305	Tu	12/11	11:30 AM - 1:30 PM	
TEC3306	Tu	2/24	11:30 AM - 1:30 PM	
TEC3307	Th	3/26	2:00 PM - 4:00 PM	

APPLE IPHONE AND IPAD: ORGANIZING YOUR PHOTOS

JC Conklin

Learn how to manage and organize your digital photo collection. We will look at simple ways to sort and organize your pictures, making it easy to find your favorite memories. I will guide you in creating albums, deleting duplicate photos, and using the search tool. You will also learn how to back up your photos safely to keep them protected. Whether you are new to organizing pictures or want to improve your skills, this class will help you feel confident in managing your photo library!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3355	Th	10/2	11:30 AM - 1:30 PM	
TEC3356	Th	12/11	9:00 AM - 11:00 AM	
TEC3357	Tu	1/27	9:00 AM - 11:00 AM	
TEC3358	Th	2/26	9:00 AM - 11:00 AM	
TEC3359	Th	3/26	11:30 AM - 1:30 PM	

APPLE PAGES INTRODUCTION (WORD PROGRAM)

JC Conklin

A guide through the basics of a powerful word-processing and page-layout application. Learn how to create and customize documents like journals and birthday cards using intuitive tools. And how to use dictation for writing, organize content, format text, and include images to enhance your documents. Get tips for working seamlessly across your iPhone, iPad, and Mac and troubleshoot common issues. Whether you are new to Pages or looking to refine your skills, this class will help you create professional and polished documents with confidence!

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC3405	Tu	12/9	11:30 AM - 1:30 PM	
TEC3406	Th	1/29	2:00 PM - 4:00 PM	
TEC3407	Th	3/26	9:00 AM - 11:00 AM	



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
TEC3720	Th	10/16	11:30 AM - 1:30 PM	
TEC3721	Th	1/8	9:00 AM - 11:00 AM	
TEC3722	Th	2/5	2:00 PM - 4:00 PM	
TEC3723	Th	3/5	9:00 AM - 11:00 AM	

CHATGPT, ASK ME ANYTHING!

Mike Sarokin

ChatGPT is one of the most exciting and controversial technologies introduced in recent years. Millions of people around the world are exploring this technology, and we will do the same. In this session, we will clarify some myths and discuss the controversies surrounding it. Let's ask ChatGPT any questions and see where the conversation 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	Lake Miona Recreation			FEE: R \$25 G \$31
TEC2061	W	11/19	1:00 PM - 3:00 PM	
TEC2064	F	1/23	1:00 PM - 3:00 PM	
TEC2066	Th	2/12	1:00 PM - 3:00 PM	
TEC2068	Th	3/12	1:00 PM - 3:00 PM	

1 Day	Franklin Recreation			FEE: R \$25 G \$31
TEC2062	Tu	12/16	2:00 PM - 4:00 PM	
TEC2063	Tu	1/6	2:00 PM - 4:00 PM	
TEC2065	Tu	2/3	2:00 PM - 4:00 PM	
TEC2067	Tu	3/3	2:00 PM - 4:00 PM	

Have Questions? Check the FAQs on PAGE

CHATGPT, LET'S EXPLORE MORE

Mike Sarokin

NEW

If you frequently use ChatGPT, Microsoft Copilot, or similar AI tools in your daily life or work, or you've attended my ChatGPT, Ask Me Anything class, this highly interactive class is for you! We'll dive into the latest features of ChatGPT and other AI models while creating a collaborative space for participants to share their insights, experiences, and best practices. Whether you're looking to discover other things that ChatGPT can do or simply exchange ideas with like-minded individuals, this session promises to be both informative and engaging.

1 Day	Lake Miona Recreation			FEE: R \$25 G \$31
TEC2100	Th	12/18	1:00 PM - 3:00 PM	
TEC2102	Tu	2/17	1:00 PM - 3:00 PM	
1 Day	Franklin Recreation			FEE: R \$25 G \$31
TEC2101	Tu	1/20	2:00 PM - 4:00 PM	
TEC2103	Tu	3/24	2:00 PM - 4:00 PM	

CYBER SECURITY - STAYING SAFE ONLINE

Steven Mintz

Join us for an in-depth exploration of cybersecurity and how to stay safe online. Discover the dangers of public Wi-Fi, the issue of "juice jacking," and how to identify phone and AI scams, and spot real versus fake hyperlinks. We'll discuss safe online banking, QR codes, the importance of multi-factor authentication (MFA), how to create secure passwords, and best practices for email and social media security. Learn to recognize skimmers on ATMs, and hear real cybercrime stories. Participants are encouraged to bring materials for taking notes.

2 Days	Colony Cottage Recreation			FEE: R \$50 G \$56
TEC2206	W F	10/22-10/24	10:30 AM - 12:00 PM	
2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
TEC2207	Tu Th	11/18-11/20	10:30 AM - 12:00 PM	
TEC2210	Tu Th	2/17-2/19	10:30 AM - 12:00 PM	
2 Days	Rohan Recreation			FEE: R \$50 G \$56
TEC2208	W F	12/17-12/19	1:30 PM - 3:00 PM	
TEC2211	M W	3/16-3/18	10:30 AM - 12:00 PM	
2 Days	SeaBreeze Recreation			FEE: R \$50 G \$56
TEC2209	M W	1/19-1/21	1:30 PM - 3:00 PM	

DROPBOX

Jay Gerhard

Dropbox is a FREE app that lets you save, organize, view, and share files on your computer and almost all of your electronic devices (iPads, android tablets, smartphones, etc.). You can access your files anywhere in the world via the Internet. Hands-on training: learn how to install Dropbox, get files in, create folders, and share your files with others. Keep your music sheets on Dropbox as well. iPad or tablet is suggested for class.

3 Days	Lake Miona Recreation			FEE: R \$60 G \$66
TEC1062	W	11/5-11/19	5:00 PM - 6:00 PM	

FORSORE 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 required for class.

3 Days	Lake Miona Recreation			FEE: R \$60 G \$66
TEC1156	W	1/14-1/28	5:00 PM - 6:00 PM	

EXCEL FOR BEGINNERS

Charlie Durante

NEW

Designed to introduce you to the basic concepts for using Excel. It will cover a variety of topics; formatting, creating and understanding basic formulas, functions and graphs. It will introduce you to the benefits of using Excel to track items, costs, budgets and charts to make the information easier to read. Both PC and MAC users are welcome. Bring your fully charged laptop or device with Excel installed to each class.

4 Days	Lake Miona Recreation			FEE: R \$80 G \$86
TEC7600	F	10/10-10/31	1:30 PM - 3:30 PM	
TEC7601	F	1/9-1/30	1:30 PM - 3:30 PM	

EXCEL INTERMEDIATE

Charlie Durante

NEW

Explore intermediate features that build on the beginner class. You will learn advanced formatting for themes, numbers, cells and new functions like IF and PMT, focusing on the order of operations for accurate formulas. Conditional formatting will highlight important information, and we'll discuss how to improve printing for clearer reports. By the end, you'll be able to create or update spreadsheets for managing a budget or tracking your golf scores! Prerequisite: Excel for Beginners or basic Excel knowledge. Both PC and MAC users are welcome. Bring your fully charged laptop or device with Excel installed to each class.

4 Days	Lake Miona Recreation			FEE: R \$80 G \$86
TEC7620	F	2/13-3/6	1:30 PM - 3:30 PM	

GOOGLE GETTING STARTED - DIGITAL SKILLS FOR EVERYDAY LIFE

Joelle Sanders

NEW

Join us for a friendly, step-by-step introduction to essential Google Tools that help you stay connected with your family and organize your daily life. In this beginner-friendly course, you'll learn to send and receive emails with Gmail, keep track of appointments and family events with Google Calendar, and safely store and share photos and documents using Google Drive. Participants will need to bring a laptop with the ability to connect to the facility's WiFi during class. Supply fee **\$10.00** payable to instructor at class.

4 Days	Lake Miona Recreation			FEE: R \$100 G \$106
TEC1600	W	10/15-11/5	5:30 PM - 7:00 PM	
TEC1601	W	1/28-2/18	5:30 PM - 7:00 PM	
TEC1602	W	3/4-3/25	5:30 PM - 7:00 PM	

MAC MADE EASY

JC Conklin

Are you new to the Mac, or would you like to learn how to work more productively and effectively with it? In these three sessions, you will discover how to customize and navigate your Mac, work with essential apps, manage files and folders, ensure your information privacy and security, and make the best use of iCloud for syncing and backing up your data. 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
TEC4411	Tu Th	10/30-11/6	9:00 AM - 11:00 AM	
TEC4412	Tu Th	1/22-1/29	11:30 AM - 1:30 PM	

NEVER STOP LEARNING,
KEEP ON GROWING!

MICROSOFT WINDOWS 101: YOUR GUIDE TO WINDOWS

Jim Dean

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. Bring your fully charged Windows laptop to each class.

2 Days	Lake Miona Recreation			FEE: R \$50 G \$56
TEC7506	M	10/20-10/27	10:00 AM - 12:00 PM	
TEC7507	W	1/7-1/14	10:00 AM - 12:00 PM	
TEC7508	M	3/9-3/16	10:00 AM - 12:00 PM	

PODCASTING 101 FOR BEGINNERS

Michael Roth

Learn essential skills for creating professional-sounding podcasts. Participants will explore the differences between audio and video formats, choose a syndicator for distribution, and discover easy ways to create intros, outros, music, and announcements. We will demonstrate podcast creation using Descript. A supply fee of \$20.00 is payable to the instructor at the start of the class.

3 Days	Bradenton Recreation			FEE: R \$60 G \$66
TEC7109	W	1/7-1/21	10:00 AM - 11:30 AM	

SELLING ON EBAY 101

Barbara Quick

An introduction to eBay, providing guidance on how to navigate the site. We will cover how to identify your item and research its value. Additionally, we will explain how to set up an account for buying and selling items and how to address any problems that may arise. Finally, we will list an item in class to demonstrate the entire process.

2 Days	Rohan Recreation			FEE: R \$50 G \$56
TEC3013	Th	10/9-10/16	2:00 PM - 3:30 PM	
TEC3014	Th	3/12-3/19	2:00 PM - 3:30 PM	

TRAVEL

CRUISING 101: YOUR GUIDE TO SMOOTH SAILING

Jennifer Wann

NEW

With close proximity to cruise ports, it's easier than ever to set sail! Discover how to choose the best cruise line for your vacation style, find unbeatable deals (without using a travel agent), and make the most of the inclusion packages. Learn essential tips for planning, packing, exploring ports of call, and arranging transportation to disembarkation ports. Plus, unlock insider secrets by using casino slot play to earn free cruises! Whether you're a beginner or looking to elevate your cruise game, this course has everything you need to sail smarter.

1 Day	SeaBreeze Recreation			FEE: R \$50 G \$56
TRA1000	Sa	10/25	9:00 AM - 12:00 PM	
TRA1002	Sa	3/7	12:00 PM - 3:00 PM	
1 Day	Ezell Recreation			FEE: R \$50 G \$56
TRA1001	Sa	1/24	12:00 PM - 3:00 PM	

Course Supply Fee is in addition to class fee.

Have Questions? Check the FAQs on PAGE

4

WORLD AFFAIRS

GREAT DECISIONS 2026

Roger Kass

The topics for the Great Decisions 2026 program are designed to engage participants in discussions about world affairs. The facilitator, Roger Kass, is an experienced leader from the Foreign Policy Association (FPA). The specific topics for the 2026 program will be determined by the FPA. Supply fee \$40.00 per person covers the FPA briefing book and materials payable to the instructor at the first class.

9 Days	Everglades Recreation			FEE: R \$100 G \$106
WOR1106	Th	1/8-3/5	9:00 AM - 10:30 AM	
9 Days	Riverbend Recreation			FEE: R \$100 G \$106
WOR1107	Th	1/8-3/19	7:00 PM - 8:30 PM	

THE MIDDLE EAST: ISRAEL AND THE "ARAB WORLD"

Roger Kass

This course provides insights into Islam and explores the conflicts between Israel and its neighbors in the Middle East. We will examine the region's history, the religion of Islam, and the establishment of the Jewish state of Israel. Topics will include the identity of the "Palestinians" and the significance of the "Gaza Strip." The instructor, Roger Kass, has lived in the region and previously taught a class at The Enrichment Academy titled "Insights Into Islam and Middle East Culture."

9 Days	Everglades Recreation			FEE: R \$100 G \$106
WOR2121	Th	1/8-3/5	11:00 AM - 12:00 PM	

WRITING

JAPANESE HAIKU, TANKA AND MORE

Justine Sandburg

Explore Japanese Haiku and Tanka, two timeless and ever-fresh forms of poetry. What distinguishes a Haiku beyond being just a 3-line poem? What sets a Tanka apart from merely being a 5-line poem? Bring your imagination and writing tools as we engage in class discussions and individual practice projects. We'll have fun along the way as we develop our self-expression skills.

4 Days	Lake Miona Recreation			FEE: R \$25 G \$31
WRI2502	Tu	2/3-2/24	10:00 AM - 11:00 AM	





REGISTRATION INFORMATION

THE ENRICHMENT ACADEMY

is committed to helping participants acquire knowledge for growth in mind, body, or spirit. Prior to registering, we encourage you to become familiar with our Registration Information Guidelines.

REGISTRATIONS:

Course registrations are on a first-come, first-served basis. Being mindful of course start times and registration periods will help with registration deadlines. Registrations are complete when payment information has been received and confirmed. The Enrichment Academy guarantees seats to only those with payment.

HOW TO REGISTER:

For your convenience, we have three easy ways to register.

ONLINE - TheEnrichmentAcademy.org. View the curriculum/course catalog and register 24/7.

IN-PERSON - Walk-in registrations available at any **At Your Service Location** from 8:30AM-4PM Monday-Friday and 8:30AM - 12PM Saturday & Sunday (*For locations see page 4*).

MAIL - You may mail your completed registration form to:
The Enrichment Academy, 3571 Kiessel Road,
The Villages, FL 32163. Do not mail cash as a form of payment. Please remember, mailing your registration does not guarantee you a spot in a course. We encourage you to call 352-674-1800 to confirm your registration is received. Please allow 3-5 business days after mailing before calling.

ACCEPTED FORMS OF PAYMENT:

Cash, Check made payable to "VCDD," Mastercard, Visa, Discover and American Express.

FEES:

Course fees are noted with each advertised course, and are collected at time of registration. Please note that some courses also call for supplies or supply fees at an additional cost to the participant. Supply fees are to be paid to the instructor the first day of class and are nonrefundable. There is a \$30 fee imposed per item for returned checks.

COURSE CONFIRMATIONS:

Participants will receive course confirmation receipt by email. If you do not receive a confirmation receipt, visit your online account or email TheEnrichmentAcademy@DistrictGov.org. Review your course information and all registered activities by accessing your online account at anc.apm.activecommunities.com/DistrictGov.org.

COURSE CANCELLATION/CHANGE POLICY:

Although we make every attempt not to cancel events, The Enrichment Academy reserves the right to change any schedule without advance notice, or cancel any course that does not meet minimum enrollment requirements. We reserve the right to postpone or combine courses, limit registrations, and to change instructors. Participants are notified of any cancellations and receive a full refund, which will be issued by check or credit card. It may take up to thirty (30) business days for a cancellation refund to be processed.

REFUND POLICY:

All participant driven refunds are subject to a cancellation penalty (50% of advertised course fee) per event. The Enrichment Academy must be notified up to six (6) full business days prior to the first day of the event (not counting the day of class) for eligible refund. Eligible refund amount is 50% of the advertised course fee.

- Not all requests for refunds can be accommodated.
- Refund policies are enforced regardless of the number of students registered for the course.
- No refunds are possible after six (6) business days prior to the first day of the event or thereafter.
- Registrations are not transferable between participants.
- It may take up to thirty (30) business days for a refund to be processed.
- Refunds will be issued by check or credit card.
- Any membership or supply fees are non-refundable.
- No other refunds or credits will be granted, for any reason, at any time.
- No discount will be given for missed classes, or if participant is unable to attend a rescheduled make-up class.

*To request a refund, email
TheEnrichmentAcademy@DistrictGov.org
or call 352-674-1800 8:30AM - 4PM Monday - Friday*

TRANSFER POLICY:

All participant driven transfers are subject to a \$10 non-refundable transfer fee* per event if The Enrichment Academy is notified up to six (6) full business days prior to the first day of the event being transferred out of (not counting the day of class).

- Not all requests for transfers can be accommodated, and completion of transfer depends on space availability of event requested to be transferred into.
- Transfer policies are enforced regardless of the number of students registered for a course.
- No transfers are possible after six (6) business days prior to the first day of the event or thereafter.
- The transfer business day policy applies to the event being transferred out of, not being enrolled into.

*To request a transfer, email
TheEnrichmentAcademy@DistrictGov.org
or call 352-674-1800 8:30AM - 4PM Monday - Friday*

WAIT LIST:

If a course is full, you may request to be placed on a waiting list. If space becomes available, you will be contacted with an option to register. Payment will be collected at that time. Please do not attend a course unless you have registered. Wait List status DOES NOT enroll you into a course or automatically place you in the next available course.

HOW TO REGISTER



MAKE-UP CLASSES:

Postponed classes by instructor, or postponements due to emergencies, holidays or special activities, will be made up by the instructor. Class dates missed by the participant will not be made up.

REQUESTS FOR ACCOMMODATIONS:

The Villages Community Development Districts (VCDD) will in compliance with the law, upon request, provide appropriate aids and services leading to effective communication for qualified persons with disabilities so they can participate equally in VCDD programs, services, and activities, including qualified sign language interpreters, assistive listening systems, documents in braille, and other ways of making information and communications accessible to people who have speech, hearing, or vision impairments. The type of auxiliary aid or service provided will vary in accordance with the length and complexity of the communication involved.

Any individual registered for a class with The Enrichment Academy who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate must:

- Indicate on registration form at time of registration that they require an accommodation.
- Contact The Enrichment Academy as soon as possible, but no later than 72 hours before the scheduled event.

While the VCDD will attempt to give primary consideration to the request of the individual, some of the accommodation requests offered by the VCDD include:

- Assisted Listening Systems – Assisted listening systems are available at all facilities operated by the VCDD.
- Qualified Interpreters – The VCDD will provide a qualified interpreter, upon request, in compliance with the law.
- Other Auxiliary Aids & Services – Additional services offered by the VCDD may include: printed written materials or materials in electronic format provided by email.

To request an accommodation, email
TheEnrichmentAcademy@DistrictGov.org,
call 352-674-1800 8:30AM - 4PM Monday- Friday,
or by mail at:
3571 Kiessel Road, The Villages, FL 32163

This catalog is intended as a general guide for the organization, programs, courses, and policies, all of which are subject to change without notice. Visit the registration website for detailed course information and availability. We regret any errors in printing, but accept no liability for them. All information contained in this catalog should be verified with The Enrichment Academy.

THE ENRICHMENT ACADEMY is a self-supporting department, with income supplied from the course fees. No other funds are received for the operations or curriculum of The Enrichment Academy.

Have Questions? Check the FAQs 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

BY MAIL:

The Enrichment Academy
3571 Kiessel Road
The Villages, FL 32163

IN-PERSON:

AT YOUR SERVICE LOCATIONS MONDAY - FRIDAY | 8:30AM - 4PM

Colony Cottage Recreation
Eisenhower Recreation
Everglades Recreation
Ezell Recreation
Fenney Recreation
La Hacienda Recreation
Lake Miona Recreation

Laurel Manor Recreation
Mulberry Grove Recreation
Paradise Recreation
Rohan Recreation
Savannah Recreation
SeaBreeze Recreation



WEEKEND LOCATIONS:

SATURDAY & SUNDAY 8:30AM - 12PM

La Hacienda Recreation
Lake Miona Recreation
Eisenhower Recreation

Everglades Recreation
Rohan Recreation

How to Register Online

FOR RECREATION EVENTS & ACTIVITIES

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



1 CREATE AN ACCOUNT

- Go to DistrictGov.org > Recreation, Parks & Golf > Recreation
- Scroll to Helpful Resources and click **Register Now** in the Online Registration box.
- In the new window, click **Sign In/Up** then the **Don't have an account? Join** link at the bottom.
- Fill out all required fields and create a password. All information should be related to the Resident including name, address & phone number.
- Read and accept the Terms of Use and click **Create Account** button.
- You will automatically receive an email after submitting your request. Click on the **Activate Now** button in the email to verify and activate your account.

2 REGISTER FOR AN ACTIVITY

- Click on the **Sign In/Up** button and sign in with your account information (log in name is your email address).
- Click the **Activities** button on the registration home page and select the activity that you would like to enroll in. *For faster selection, type keywords in the Activity Search box.*
- Click the **Enroll Now** button if you wish to register.
- Confirm provided details and click **Add to Cart**.
- Confirm your activity name, date and time, enrollee and price. *From this screen you may remove activities from your cart or view more and add them to your cart.*
- Click **Check Out** to pay for activities and finalize your spot.
 - Online registrations accept credit card payments only.
 - In-person registrations accept cash, check or credit card payments.
- Check your email for your confirmation receipt.
 - Confirmation receipt will include any additional necessary information pertaining to the activity.

**IN-PERSON
REGISTRATION
LOCATIONS**

Ezell
Fenney
La Hacienda
Olympia
SeaBreeze

Colony Cottage
Eisenhower
Everglades
Lake Miona
Laurel Manor
Mulberry Grove
Paradise*
Rohan
Savannah

**Closed until further notice*

Contact Recreation & Parks for cancellations and/or changes to activities.
Please read cancellation policy provided on receipt prior to calling Recreation & Parks.

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FOR MORE INFO: RecreationDepartment@DistrictGov.org | 352-674-1800 | DistrictGov.org