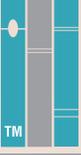


Master the  
**Possibilities** 

*Leading in Lifelong Learning*

# HARVEST OF KNOWLEDGE

FOR COURSES FROM JULY THROUGH DECEMBER 2021



**Bert Lamothe**  
*Stained Glass Classes*

**Greg Gwilt**  
*Pottery Classes*

Register for classes 24/7 at [www.MasterthePossibilities.org](http://www.MasterthePossibilities.org)



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#12392 - 7/21

# Welcome to our July - December 2021 Catalog!

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

It is never too late to learn something new!

## Our Mission

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

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

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



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

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

## The Director's Corner

Welcome to our Harvest of Knowledge curriculum this July through December. Here at Master the Possibilities, most of our learning opportunities are in this exact type of environment. When those in the classroom harvest knowledge, they are bringing to the learning experience prior knowledge about the topic, and then sharing ideas and thoughts on the subject matter for a chance to learn more. The process of learning, understanding and self-awareness can positively impact a person in many ways.

Harvesting knowledge promotes mental and educational growth, helps keep the brain nimble, and gives stimulating opportunity to either more clarity or a newfound learned moment. Learning helps to broaden horizons and encourage self-development. It has been said that once a person learns something, that person helps gain mastery through the teaching of that learning to someone else. That is why sharing in the classroom is such an integral part of the learning experience.

This catalog boasts more than 725 learning opportunities for those who desire to learn and make educational progress. Our team of faculty and staff have strived to produce a curriculum that helps students explore different topics and seek clarity on things not yet known or understood. There are certain significant events the latter part of 2021 that especially fosters both learning and teaching of others in the classroom.

Be part of the 20th anniversary conversation of 9/11. Learn more about Pearl Harbor on its 80th anniversary. Participate in a Current Events course and discuss with peers the challenges of society today. Visit a history course to learn more about how we have evolved to our world today.

I challenge you to be part of our Harvesting of Knowledge this term. Be curious. Explore different topics and skillsets. Ask for further understanding or clarity. Be part of the teaching process in the classroom. Try new things. Keep learning and reflecting.

A popular quote by Albert Einstein really resonates with our Harvest of Knowledge theme and lifelong learning as a whole, "Intellectual growth should commence at birth and only cease at death."

*Michelle Shideler*

MTP Director of Education

### Notice of Nondiscrimination Policy for Students

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

#### Waiver of Liability

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

#### MTP Rules of Courtesy

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

- Be mindful of MTP staff and staff policies.
- Please make sure all cell phones are either on vibrate or off during class time.
- In the classroom, everyone's opinion counts.
- It's ok to disagree, but not be disagreeable.
- Give others the attention and respect they deserve while speaking. Stay positive and focused.
- The instructor sets the format in the classroom.
- Please leave the classroom the way you found it.

**Failure to adhere to these guidelines may result in a student being excused by faculty or staff, without a refund.**

## Table of Contents

Classes within the catalog are in topic level and date order. A complete list of classes by date order is on our website with indexed page numbers where they can be found in the main part of the catalog. The online catalog at [www.masterthepossibilities.org](http://www.masterthepossibilities.org) has a list of classes in date order, as well as classes grouped by subject area.

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## Legend (indicates type of class)



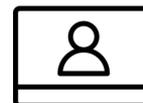
Hybrid



Pre-Recorded



Live Virtual



Remote

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

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

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

# New Classes Added Year Round!

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

All new classes can be found using the link below:

<http://bit.ly/MTPNewClassList>



[www.masterthepossibilities.org](http://www.masterthepossibilities.org)

## Four Ways to Register and Pay

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

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

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

**Over the Phone:** Register by calling our main office at (352) 861-9751 9 a.m.- 4 p.m. Monday- Friday.

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

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

-or-

**Call (352) 861-9751 to register!**

## Course Refund Policy

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

Students who cancel after the business day rule before a class, or do not attend the class, forfeit the full tuition paid. Students who qualify may request a credit to apply to future classes, a credit back to the credit card used at the time of registration, or a check for check/cash transactions. Note: There will be a \$3 processing fee applied to all refund requests. If Master the Possibilities cancels a class at any time, full tuition paid by the student will be issued to the student, unless the student prefers to receive credit for a future course, or apply the amount as a tax-deductible donation to support lifelong learning. All credit balances will automatically be paid to the student by the end of each term. Please allow three weeks for processing checks and credit card refunds.

## Member and Non-Member Fee Status

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

## Registration is Required for All Classes - Even Free Ones

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

## Information about New or Added Courses

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

**MASTER THE POSSIBILITIES, INC.**

**8415 SW 80th St., Suite 2, Ocala, FL 34481**

**(352) 861-9751 / [registrar@masterthepossibilities.org](mailto:registrar@masterthepossibilities.org)**

## Multiple Learning Approaches

There are several options for participating in classes.

### In-Person

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

### Remote Instructor

With this approach, students attend in the classroom, but the instructor(s) teach(es) from a remote location. These classes are scheduled for a specific date and time. The instructor's presentation is displayed for students to see and hear in the classroom. Questions to and interaction with the instructor is usually available.

### Live Virtual

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

### Hybrid

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

### Pre-recorded

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

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

**MTP uses these tools for hybrid and live virtual classes:**



## Respect Intellectual Property

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

## Virtual Classroom Etiquette

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

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

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

### Need more information on live virtual or hybrid classes?

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

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



**THE MTP STAFF**



## ART WORKSHOPS

**Creative Wisdom, A Visionary Painting Experience *New!***  
**Vanessa Fuller-Brown** M: \$166; NM: \$171  
 3 class dates Studio 9  
 PAI272A W, Th, F 11/10-11/12 9AM-3PM

Nature as muse, this is a guided creative immersion into the wisdom teachings of nature. Acrylic painting, creative meditation, sound healing practices, journaling, touch drawing and relaxing creative flow. No previous artistic experience is required. All materials are supplied. The program includes at least one morning of interactive creativity in nature outdoors at Sholom Park, weather permitting.

## DRAWING

**Drawing with Jan- Beginners**  
**Jan Obrebski** M: \$96; NM: \$101  
 5 class dates Studio 9  
 DRA 127A F 8/6-9/3 1-3PM

In this beginners class, students will learn line building, basic strokes, contour, value, perspective, composition, and final details. Please see the website for a list of materials to bring to class.

## GLASS

**Beyond Beginner Stained Glass: Nighttime Lab**  
**Donna Josephson** M: \$116; NM: \$121  
 8 class dates Studio 1  
 GLA 125A Tu, Th 7/6-7/29 5:30-8:30PM

Have a special stained glass project in mind? Have the skills but might need a little help? A Stained Glass Lab will be offered for eight nights. Bring all your own supplies for your pattern no larger than 23 x 16. Bring all your own consumables: glass, chemicals, solder, flux, foil, wire, hangers, grinder bits, framing material, cleaning supplies, etc. You will be able to use MTP's grinders and basic tools. And instructor will be available for advice but will not be teaching.

## Stained Glass Suncatcher Plant Stake: Step 1(A)

**Bert Lamothe** M: \$56; NM: \$61  
 2 class dates Studio 1  
 GLA102A Tu, W 8/3-8/4 10AM-1PM  
 GLA102B W, F 12/1-12/3 10AM-1PM



This class is for those who have never worked with Stained Glass, or simply need a refresher course. Instruction is in the Tiffany copper foil method. Students will be taken step-by-step through pattern preparation, cutting and fitting glass, foiling, and soldering. Students will take home a beautiful stained-glass plant stake. There is a \$10.00 supply fee. Please wear old clothes and closed-toe shoes. Prerequisite- Must be able to use hand tools, i.e. pliers, soldering irons.

## Beg. Stained Glass- Suncatchers: Step 1(B)

**Bert Lamothe** M: \$56; NM: \$61  
 2 class dates Studio 1  
 GLA105A Tu, W 8/3 & 8/4 2-5PM  
 GLA105C W, F 12/1 & 12/3 2-5PM  
 1 class date Studio 1  
 GLA105B Sa 10/2 10AM-5PM

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

## Stained Glass Beg. Panel- 20 piece Maximum, 12" x 12": Step 2

**Bert Lamothe** M: \$106; NM: \$111  
 6 class dates Studio 1

GLA 108A M, Tu 8/9-8/24 10AM-1PM  
Meets Aug. 9, 10, 16, 17, 23, 24.

GLA 108B Th, F 10/21-11/5 10AM-1PM



Meets Oct. 21, 22, 28, 29 Nov. 4, 5.

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

### Holiday Stained Glass Suncatcher Workshop: Step 2

**Bert Lamothe** M: \$38; NM: \$43

1 class date Studio 1

GLA 122A F 9/10 10AM-5PM

GLA 122B F 10/1 10AM-5PM

2 class dates Studio 1

GLA 122C M, Tu 11/15 & 11/16 10AM-1PM

Let's get ready for the Holiday gift giving season! Workshop is open to previous MTP Suncatcher students only. In this fastpaced workshop, you may complete as many suncatcher type ornaments as you can. Many patterns will be available. There is a \$5.00 supply fee. Let's have some fun! Prerequisite: Must have completed a stained glass project within the last 3 months. Must be capable of working independently.

### Stained Glass- Basic/Int. Workshop: Step 3

**Bert Lamothe** M: \$106; NM: \$111

6 class dates Studio 1

GLA 118A M, Tu 8/9-8/24 2-5PM

Meets Aug. 9, 10, 16, 17, 23, 24.

GLA 118B Th, F 10/21-11/5 2-5PM

Meets Oct. 21, 22, 28, 29, Nov. 4, 5.

This workshop is designed for those who have previously taken a beginner stained glass class. Instruction is for the copper foil method of construction. Projects and patterns will be determined during the first class. Project size cannot exceed 16" x 22," due to table space. Students must either have their own supplies: chemicals, solder, framing metal, and glass, or coordinate with instructor for the materials fee specific to project. Prerequisite: Must have stained glass experience within the last 3 years.

### Stained Glass Adv. Suncatchers: Step 3

**Bert Lamothe** M: \$88; NM: \$93

4 class dates Studio 1

GLA 128A M, Tu, W, Th 10/4-10/7 1-5PM  
Meets Oct. 4, 5, 6, 7.

GLA 128B M, Tu, W, Th 11/8-11/11 1-5PM  
Meets Nov. 8, 9, 10, 11.

GLA 128C M, Tu, W, Th 12/6-12/9 1-5PM  
Meets Dec. 6, 7, 8, 9.



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

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

**Bert Lamothe** M: \$116; NM: \$121

5 class dates Studio 1

GLA 126A M, Tu, W 9/13-9/21 1-5PM

Meets Sept. 13, 14, 15, 20, 21.

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

**Your Registration Receipt  
has Important Information!**

**Please Make sure to  
Review Your Receipt  
for Specific Course  
Information**

# PAINTING

## Acrylic/Oils

### Acrylic Painting

**Connie Ferreira**

M: \$66; NM: \$71

5 class dates

Studio 9

PAI405A M 7/12-8/9 1:30-3:30PM

First class meets in Studio 3. Others meet in Studio 9.

PAI405B M 8/16-9/20 1:30-3:30PM

No Class Sept. 6th.

PAI405C M 9/27-10/25 1:30-3:30PM

PAI405D M 11/1-11/29 1:30-3:30PM

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

### Acrylic on Parchment Paper

**Tina Carchia**

M: \$46; NM: \$51

1 class date

Studio 9

PAI256A M 7/26 9AM-1PM

PAI256B M 10/11 9AM-1PM

PAI256C M 12/13 9AM-1PM



Here's something really NEW. It's acrylic painting on printed parchment paper. There is no sketching or drawing as a traceable pattern is provided along with the use of all supplies needed for this class. Please see the website to view all project images. Topics include: July- Flamingo on Dictionary Page; October- Deck the Halls on Music Sheet; December- Silent Night on Music Sheet.

### Oil on Canvas

**Tina Carchia**

M: \$61; NM: \$66

1 class date

Studio 9

PAI183A M 10/18 9AM-1PM

Tina will be teaching oil painting using Water Mixable Oil Paints, which act just like regular oil paints, except there is no use of any chemical solvents to thin paints or wash brushes. There is no sketching or drawing. A traceable pattern is provided, along with the use of all supplies needed, including an 11" x 14" canvas. Tina will take you "step-by-step" to a completed project in only 4 hours. Please see the website to view all project images. Topics include: October- Winter Sunrise.

### Acrylic Painting on Canvas

**Tina Carchia**

M: \$61; NM: \$66

1 class date

Studio 9

PAI178A M 8/23 9AM-1PM

PAI178B M 9/27 9AM-1PM

PAI178C M 11/15 9AM-1PM

Acrylic is a water-based paint that is thicker than watercolors, but thinner than oils, and dries within minutes. There is no sketching or drawing. A traceable pattern is provided, along with the use of all supplies needed, including an 11" x 14" canvas. Let Tina take you step-by-step through to a completed project in only four hours! Please see the website to view project images. Topics include: August- Soft Waves; September- Deer at Sunset; November- Giraffe Lunch.

### The Art of Reverse Glass Painting

**Tina Carchia**

M: \$56; NM: \$61

1 class date

Studio 9

PAI443A M 11/29 9AM-1PM

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

### Intermediate Pastels

**Jan Vermilya**

M: \$91; NM: \$96

4 class dates

Studio 9

PAI456A Tu 9/7-9/28 2-4PM

PAI456B Tu 10/5-10/26 2-4PM

PAI456C Tu 11/2-11/23 2-4PM

Each session will be tailor made to the goals of each member of the class. Such topics as fog effects, cloud formations, stellar objects, atmospheric effects and active movement are offered. Members are provided an opportunity to enhance their skill level using input from class members and the instructor. Sharing is learning!

## Ceramics/China

### Beginning China Painting

**Leigh Workman**

Studio 9

2 class dates M: \$38; NM: \$43

PAI224A W, F 7/7 & 7/9 9AM-12PM

PAI224B Tu, F 8/10 & 8/13 9AM-12PM

PAI224C W, F 9/8 & 9/10 9AM-12PM

PAI224D M, W 10/25 & 10/27 9AM-12PM

2 class dates

M: \$48; NM: \$53

PAI224E W, F 11/3 & 11/5 9AM-12PM

PAI224F W, F 12/8 & 12/10 1-4PM



China painting is a very old technique done on glazed porcelain tiles, which are placed in a kiln and fired to finish the project. All supplies are provided at no additional charge. Topics include: July- Chef; August- Sunflowers; September Vine Slippers; October- Egret; November- Bow Box; December- Outline Decal.

## Mixed Media

### Mixing Paint & Introduction to the Color Wheel **New!**

**Vanessa Fuller-Brown** M: \$51; NM: \$56  
 1 class date Studio 9  
 PAI307A W 9/1 10:30AM-3:30PM

This workshop introduces the use of the 'color circle.' Through creative guidance, demonstration and painting exercises, artists will use both acrylic and water soluble oils to mix and blend primary and secondary color, and the art of tints, tones and shades. No experience is required. All materials are supplied.

## Watercolor

### Watercolor Harvest **New!**

**Sue Primeau** M: \$91; NM: \$96  
 4 class dates Studio 9  
 PAI270A Th 10/21-11/18 2-4:30PM  
 No class Nov. 11.



Harvest the reward of your efforts with the beauty and transparency of watercolor. Expand your knowledge of composition and techniques that reveal your creativity and the reality you want to paint. Learn at your own pace with plenty of hands-on time. Instructor-led lessons offer visual clarity; along with one-on-one assistance and friendly, informative reviews. Note: Please review your print receipt for the supply list.

### Ink with Watercolor

**Tina Carchia** M: \$46; NM: \$51  
 1 class date Studio 9  
 PAI176A M 7/12 9AM-1PM  
 PAI176B M 8/9 9AM-1PM  
 PAI176C M 9/20 9AM-1PM

PAI176D	M	10/4	9AM-1PM
PAI176E	M	11/8	9AM-1PM
PAI176F	M	12/6	9AM-1PM



Using watercolor, Tina will take you at an easy to follow pace, all the way through to a completed project in only four hours! There's no sketching or drawing as a traceable pattern is provided along with the use of all supplies and 11 X 14 mat included. Please see the website to view all project images. Topics include: July- Crab Splash; August- Great Blue Heron; September- Raccoon; October- Cactus Flower; November- Poinsettias; December- Wild Daisies.

## PAPER CRAFTS

### Rubber Stamping Greeting Cards

**Char Leasor** M: \$23; NM: \$28  
 1 class date Studio 9  
 PAP103A W 7/14 10AM-12PM  
 PAP103B W 8/4 10AM-12PM  
 PAP103C W 9/15 10AM-12PM  
 PAP103D W 10/6 10AM-12PM  
 PAP103E W 11/10 10AM-12PM  
 PAP103F W 12/8 10AM-12PM

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

### Stamp-A-Stack of Greeting Cards

**Char Leasor** M: \$28; NM: \$33  
 1 class date Studio 9  
 PAP116A Sa 7/10 10AM-1PM  
 PAP116B Sa 8/14 10AM-1PM  
 PAP116C Sa 9/4 10AM-1PM  
 PAP116D Sa 10/2 10AM-1PM  
 PAP116E Sa 10/23 10AM-1PM  
 PAP116F Sa 11/6 10AM-1PM  
 PAP116G Sa 12/4 10AM-1PM

In this course, participants will stamp a stack (10) of greeting cards using rubber stamping techniques. This class will be enjoyed by the beginner, as well as the seasoned rubber stamper. Every class includes different greeting cards and techniques. All materials are included, but students should bring their own adhesives.

## PHOTOGRAPHY

### Portrait Photography **New!**

**Ray Cech**

M: \$8; NM: \$13

2 class dates

Room 3

PHO133A

Th

11/4 & 11/11

10:30-11:30AM

There are unique tricks and techniques to portrait photography. In this course, the instructor will share the lessons he learned while in Los Angeles, taking portrait head shots of would-be movie stars. Note: Please bring your camera or smart phone to class.

## POTTERY & SCULPTURE

### Ceramics Open Studio **New!**

**Greg Gwilt**

M: \$38; NM: \$43

2 class dates

Studio 2

POT111A F 10/22 & 10/29 10AM-12PM

POT111B M 11/8 & 11/15 1-3PM

POT111C Th 12/9 & 12/16 1-3PM

This studio class is offered for knowledgeable ceramicists who require open studio space and firing capabilities. Ceramicists will supply their own greenware or bisque, stain, paint, glazes and tools. Each course will include one half-shelf bisque and one half-shelf glaze firing per session; 10"x20" half-shelf. Students have full access to all common areas of the clay studio.

### Polymer Clay Play

**Connie Ferreira**

M: \$23; NM: \$28

1 class date

Studio 9

PLY101A Sa 7/17 10AM-1PM

PLY101B Sa 8/21 10AM-1PM

PLY101C Sa 9/18 10AM-1PM

PLY101D Sa 10/16 10AM-1PM

PLY101E Sa 11/20 10AM-1PM

PLY101F Sa 12/18 10AM-1PM

No experience necessary. Mix various colors of clay to produce veneers that are then used to cover an object made of metal, glass, wood, or anything that won't melt in an oven at 275 degrees. Small figures like a dragon or cat, or beads, cabochons, flowers, etc. can be made. There is a \$10 supply fee. Participants who have their own supplies need to contact the instructor at least 1 week before class date. For a listing of the projects each month, visit the website.

### Clay Birdhouse or Bird Feeder

**Greg Gwilt**

M: \$53; NM: \$58

2 class dates

Studio 2

POT108A Tu, Th 10/19 & 10/21 10AM-12PM

POT108B M, Tu 12/13 & 12/14 1-3PM



In this course students will choose to make either a birdhouse or bird feeder. Students will create their structure of strong exterior-grade terra cotta clay on our first class and artfully decorate their piece during the second class. Participants should ready themselves for a fun open studio experience full of creative flow and conversation. Supplies, tools and firings included. All levels welcome.

### Make a Gnome for the Home

**Greg Gwilt**

M: \$53; NM: \$58

1 class date

Studio 2

POT109A Tu 10/12 10AM-1PM

POT109B W 10/27 10AM-1PM

POT109C W 11/10 1-4PM

POT109D M 11/22 1-4PM

POT109E W 12/15 1-4PM

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

### Fairy Houses and More

**Greg Gwilt**

M: \$56; NM: \$61

2 class dates

Studio 2

POT107A W 10/6 & 10/13 1-3:30PM

POT107B W 11/3 & 11/10 10AM-12:30PM

POT107C W 12/1 & 12/8 1-3:30PM

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

### Wild and Wonderful Fish Platter/Wall Piece

**Greg Gwilt**

M: \$53; NM: \$58

2 class dates

Studio 2

POT110A F 10/15 & 10/22 1-3PM

POT110B Tu 11/30 & 12/7 1-3PM

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

## Fresh Herb Pot

### Greg Gwilt

M: \$53; NM: \$58

2 class dates

Studio 2

POT461A Tu, Th 10/26 & 10/28 10AM-1PM

POT461B M, Th 11/29 & 12/2 1-4PM

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

## Toad House

### Greg Gwilt

M: \$61; NM: \$66

2 class dates

Studio 2

POT462A Tu, Th 10/12 & 10/14 2-4PM

POT462B M, Tu 12/13 & 12/14 10AM-12PM

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

## Wine Cooler

### Greg Gwilt

M: \$56; NM: \$61

2 class dates

Studio 2

POT463A M, W 10/18 & 10/20 10AM-12PM

POT463B Tu, Th 11/9 & 11/11 10AM-12PM

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

## The Potter's Wheel I

### Greg Gwilt

M: \$96; NM: \$101

3 class dates

Studio 2

POT451A M, Tu, Th 10/4-10/7 2-4PM  
Meets Oct. 4, 5, 7.

POT451B M, Tu, Th 10/18-10/21 2-4PM  
Meets Oct. 18, 19, 21.

POT451C Tu, W, Th 11/16-11/18 2-4PM  
Meets Nov. 16, 17, 18.

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

purchase from the instructor. Note: Students may get dirty with clay. Please wear appropriate clothing.

## The Potter's Wheel II

### Greg Gwilt

M: \$96; NM: \$101

3 class dates

Studio 2

POT454A M, Tu, Th 11/1-11/4 10AM-1PM  
Meets Nov. 1, 2, 4.

POT454B Tu, W, Th 11/30-12/2 10AM-1PM  
Meets Nov. 30, Dec. 1, 2.

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

## Potter's Wheel Open Studio

### Greg Gwilt

M: \$86; NM: \$91

8 class dates

Studio 2

POT455A 10/4-10/15 10AM-1PM  
Meets Oct. 4, 5, 6, 7, 8, 13, 14, 15.

POT455B 10/25-11/5 1-4PM  
Meets Oct. 25, 26, 27, 28, 29, Nov. 3, 4, 5.

POT455C 11/15-11/24 10AM-1PM  
Meets Nov. 15, 16, 17, 18, 19, 22, 23, 24.

POT455D 12/6-12/17 10AM-1PM  
Meets Dec. 6, 7, 8, 9, 10, 15, 16, 17.

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

## Advanced Studio

### Greg Gwilt

M: \$111; NM: \$116

8 class dates

Studio 2

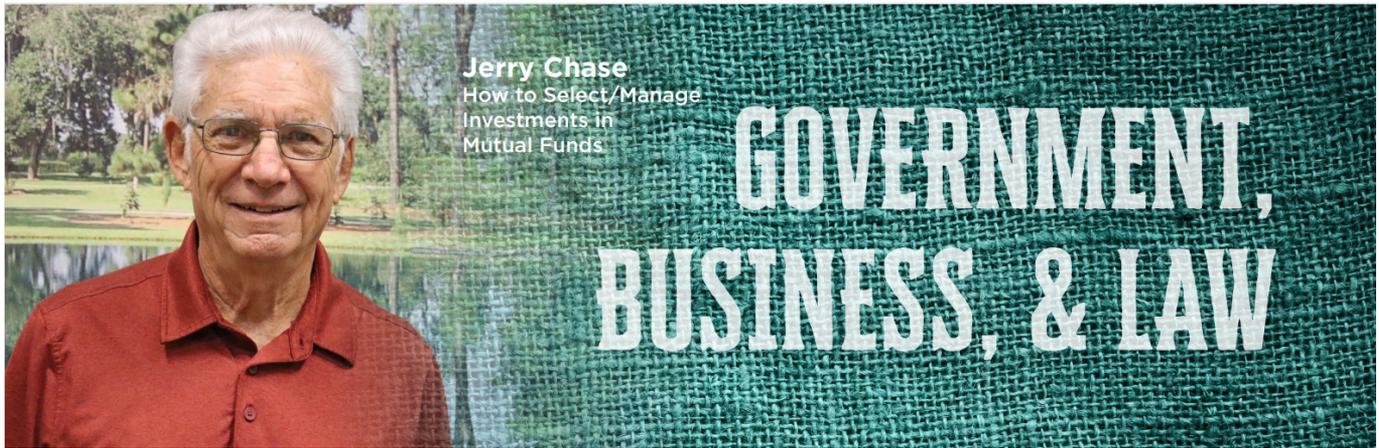
POT302A 10/4-10/15 10AM-1PM  
Meets Oct. 4, 5, 6, 7, 8, 13, 14, 15.

POT302B 10/25-11/5 1-4PM  
Meets Oct. 25, 26, 27, 28, 29, Nov. 3, 4, 5.

POT302C 11/15-11/24 10AM-1PM  
Meets Nov. 15, 16, 17, 18, 19, 22, 23, 24.

POT302D 12/6-12/17 10AM-1PM  
Meets Dec. 6, 7, 8, 9, 10, 15, 16, 17.

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



**Jerry Chase**  
How to Select/Manage  
Investments in  
Mutual Funds

# GOVERNMENT, BUSINESS, & LAW

## BUSINESS & FINANCE

### What You Need to Know About Long-Term Care

**Susan M. Woolfe**

Entire Term  
BUS121A

M: \$3; NM: \$8  
Online Recording  
Available 24-7

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

### How to Select/Manage Investments in Mutual Funds

**Jerry Chase**

1 class date  
BUS135A Tu 8/24

M: \$3; NM: \$8  
Room 4  
1-4PM

This course is a basic course on how to invest in mutual funds, and will cover what mutual funds are, show you how to open a mutual fund account, the mechanics of an mutual fund investment account, how to pick mutual funds, and how to manage your mutual fund account. You will find mutual funds that returned over 20% in 2020.

### COVID-19 And Your Finances **New!**

**Barbara O'Neill**

1 class date  
BUS142A W 7/21

M: \$11; NM: \$16  
Live Oak Hall  
1-2:30PM

For many people, 2020-2021 will be the most trying years of their life. This workshop will provide an overview of COVID-19 economic impacts, resources to assist people with their finances, and specific action steps that Americans can take to stabilize or improve their personal finances.

### Tax-Smart Ways to Donate to Charities **New!**

**Barbara O'Neill**

1 class date

M: \$11; NM: \$16  
Live Oak Hall

BUS141A W 9/22 10-11:30AM

Only about 10 percent of taxpayers have sufficient qualified expenses to itemize tax deductions. This means for the great majority of taxpayers, writing a check to a qualified charity provides no direct tax write-off. Come learn about alternative tax-advantaged strategies for charitable gifting including gifting appreciated securities, qualified charitable distributions, "bunching" donations, charitable trusts, and donor-advised funds.

### 25 Financial Planning Strategies for Older Adults

**Barbara O'Neill**

1 class date  
BUS140A W 10/6

M: \$11; NM: \$16  
Live Oak Hall  
2-3:30PM

At no time does personal finance get more confusing than the final third of a person's life. There are many new challenges and decisions (e.g., when to claim Social Security). This class will discuss 25 financial planning tips for older adults on a variety of topics including investing, insurance, income taxes, estate planning, scams, and creating a retirement "paycheck."

### 35 Useful Personal Finance Websites

**Barbara O'Neill**

1 class date  
BUS139A W 10/20

M: \$11; NM: \$16  
Room 1  
2-3:30PM

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

## GOVERNMENT

### Looking Back on the 2020 General Election

**New!**

**Wesley Wilcox**

1 class date  
GOV133A Th 7/29

M: Free; NM: Free  
Live Oak Hall  
3-4PM

Wesley Wilcox, Supervisor of Elections for Marion County, will cover Marion County voter trends and demographics from the 2020 General Election and will highlight Florida's successful model of elections.

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## Impeachment

**Jim Cullen**

1 class date  
GOV131A M 8/9 M: \$3; NM: \$8  
Live Oak Hall  
3:30-4:30PM

The goal of this session is to explain impeachment: "what" it is, "why" it exists and "how" it is intended to work.

## LAW

### Homestead Laws in Florida

**Jerry Colen, Rachel Wagoner, John Beck**

1 class date  
LEG102A Tu 7/20 M: \$3; NM: \$8  
Live Oak Hall  
3-4PM

In Florida, your homestead is the single most protected asset and the most significant property a Florida resident can own. Attorneys Jerry Colen, Rachel Wagoner and John Beck will be here to discuss the various important ways that owning a Homestead in Florida is critically important.

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### Wills, Trusts, Probate

**Jerry Colen, Rachel Wagoner, John Beck**

1 class date  
LEG129A Tu 8/10 M: \$3; NM: \$8  
Live Oak Hall  
3-4PM

Who doesn't wonder about these words and what they mean and how they can impact our estate planning, for ourselves and the persons or charities to which we might wish to leave portions of our assets? Attorneys Jerry Colen, Rachel Wagoner and John Beck will be here to discuss, explain and answer your questions about these topics.

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### Documents Needed for Estate Planning

**Jerry Colen, Rachel Wagoner, John Beck**

1 class date  
LEG122A Tu 9/14 M: \$3; NM: \$8  
Live Oak Hall  
3-4PM

Have you ever wondered what are the documents you need to complete your Estate Planning, so that everything will be "in order?" Attorneys Jerry Colen, Rachel Wagoner and John Beck will be here to present you with what they have concluded are the documents you should have and what documents that you should consider having.

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### Frauds and Scams

**Jerry Colen, Rachel Wagoner, John Beck**

1 class date  
LEG110A Tu 10/5 M: \$3; NM: \$8  
Live Oak Hall  
3-4PM

For those of us who read Jerry Colen's newspaper column

in the On Top of the World Press, we are familiar with Jerry's serious concerns that he highlights every month in the "Scam Alerts" portion of his column. Jerry will be here to discuss old scams and new scams, which, keep Jerry up nights worrying.

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### The Bear Didn't Do It!

**Jim Phillips**

1 class date  
LEG116A W 10/27 M: \$3; NM: \$8  
Live Oak Hall  
2:30-4PM

Retired Assistant State Attorney Jim Phillips and guests will share their memories of the investigation and prosecution of this double homicide case in Marion County, including rebutting a defense that a bear "did it." You will learn how Disney assisted in the investigation. You will also learn about forensic DNA evidence, blood spatter analysis and our local bear population. Bear expert Lori Lindsay will share some interesting facts of Florida's bear population.

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### "Gun" Trusts, "Pet" Trusts and "Fun" Trusts, Oh MY! **New!**

**Jerry Colen, John Beck**

1 class date  
LEG133A Tu 11/9 M: \$3; NM: \$8  
Live Oak Hall  
3-4PM

Attorney John Beck is a member of the law firm of Colen and Wagoner, P.A. John is a scholar with a master's degree in taxation, a master's degree in Accounting and a bachelor's degree in Finance. He, along with Jerry Colen, will be here to discuss specific types of Trusts that many folks have or need to help them plan the disposition of guns, pets, and etc.

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### Financial Peace of Mind

**Jerry Colen, Rachel Wagoner, John Beck**

1 class date  
LEG113A Tu 12/14 M: \$3; NM: \$8  
Live Oak Hall  
3-4PM

Many of us worry about the affairs we have and whether we have them in order to take care of the folks we love and for whom we wish to provide. Sometimes, putting our affairs in order is a simple process. Other times, it is more complex. Attorney Jerry Colen, Rachel Wagoner and John Beck will be here to guide us on the ways we should consider protecting ourselves and our families.

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## DIET & NUTRITION

### Hydrate! Your Body's Many Cries for Water *Tracy Ryzan Ross*

Entire Term Online Recording  
WEL 121A Available 24-7

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

### Let's Compare: The Differences Between a Keto Diet-Mediterranean Style & Plant Based **New!**

*Cheri Irwin* M: \$15; NM: \$20  
1 class date Cypress Hall  
WEL232A Sa 7/17 9-10:30AM  
WEL232B Th 10/14 5-6:30PM

Put on your detective hats and let's investigate the science behind these popular low carb diet trends. We'll delve into the health benefits and the challenges presented. You will come away with a clear understanding of what each program requires for success and whether it's a good fit for your lifestyle.

### The Blood Type Diet and Lifestyle

*Colleen Griffin* M: \$21; NM: \$26  
1 class date Studio 3  
WEL 178A Th 7/22 2:15-4:30PM

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

booklet.

### Diabetes and Aging **New!** *Natalie McComb, Devin Breedon RD, LD/N*

M: \$3; NM: \$8  
1 class date Cypress Hall  
MED184A Th 8/12 1-2PM

Find truth in nutrition and blood sugar control as you age. Learn the difference between good carbs versus bad carbs and all there is to manage blood sugar and health as we age.

### No Grain, No Pain (Beyond Gluten-Free)

*Colleen Griffin* M: \$18; NM: \$23  
1 class date Studio 3  
WEL180A F 9/3 10AM-12:30PM

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

### Ditch the Diet, Change How You Think and Eat! **New!**

*Cammy Dennis* M: \$3; NM: \$8  
1 class date Live Oak Hall  
WEL230A Tu 9/21 2-3PM

Diets fail because our bodies and brains are wired to make weight loss hard. Join this discussion on how to forgo fighting with 'will power' and hunger, and discover how to get your appetite under control. Balancing hormones and brain chemistry will allow you to 'ditch the diet' and eat until you are satisfied. This seminar will examine the new U.S. Dietary Guidelines for Older Adults, along with how to balance macronutrients and incorporate sustainable behavior change.

### Living Clean in a Toxic World

*Colleen Griffin* M: \$18; NM: \$23

1 class date Studio 3  
WEL181A Th 10/21 2-4:30PM

Toxic chemicals accumulate in our bodies every day which may result in immune deficiency, lowered mental performance, and life-threatening disease. In this class you will learn what you can do to help rid your body of accumulated toxins, and simple steps you can take to dramatically reduce your toxic exposure without having to live in a bubble.

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### **We Are What We Eat Eats!**

**Bob Layne** M: \$3; NM: \$8  
1 class date Live Oak Hall  
WEL225A Tu 11/16 10AM-12PM

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

## **KEEPING FIT**

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### **Secure the Structure!**

**Cheri Irwin** M: \$17; NM: \$22  
1 class date Room 4  
FIT125A Th 8/19 5-7PM

Your lean body mass is the weight of your muscles and bones and is foundation of all mobility. We need to secure the structure! Learn what your personal lean body mass is and how it affects your energy, strength, immune system, metabolic rate and overall vitality and what you can do to keep it! Course includes body composition analysis and calculations based on your information.

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### **HIIT to Stay Fit New!**

**Jessica Pinkowski** M: \$3; NM: \$8  
1 class date Live Oak Hall / Online (H)  
FIT144A Th 9/9 2-3PM  
FIT144AH Th 9/9 2-3PM

 HIIT (High Intensity Interval Training) was once thought to be only for professional athletes.  
 Studies are now showing that HIIT training is beneficial to improve function at any age. This class will describe what HIIT workouts entail and how it can be added as part of your weekly routines to stay fit.

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### **Surf and Turf New!**

**Jessica Pinkowski** M: \$3; NM: \$8  
1 class date Live Oak Hall / Online (H)  
FIT145A Th 10/14 2-3PM  
FIT145AH Th 10/14 2-3PM

 Learn the benefits of balancing workout routines in both the water and land. Both types of exercise  
 are a great way to keep your body functionally fit. All too often, we enjoy either water or land exercises and don't engage in both entities, providing a disadvantage for

healthier bodies. We will discuss the properties of water versus land, and the body's response when challenged in different environments.

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### **Bending Without Breaking**

**Jessica Pinkowski** M: \$3; NM: \$8  
1 class date Live Oak Hall / Online (H)  
WEL149A Th 11/11 2-3PM  
WEL149AH Th 11/11 2-3PM

 As we age our bodies tend to get stiff and joint mobility becomes smaller; even daily tasks can become difficult. The good news is that you can reverse this! This session will highlight ways to increase joint mobility and decrease stiffness. You will have the opportunity to participate in simple, seated exercises that relieve tension and improve range of motion.

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### **Posture 101 New!**

**Jessica Pinkowski** M: \$3; NM: \$8  
1 class date Live Oak Hall / Online (H)  
WEL229A Th 12/9 2-3PM  
WEL229AH Th 12/9 2-3PM

 Reinvent yourself by changing your posture and feeling better instantly! Poor posture places  
 unneeded stress on our joints and if not corrected these deviations can become permanent and life threatening. This class will discuss how to maintain a strong carriage, manage pain and execute daily tasks with greater ease.

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### **Great Gait, Better Balance New!**

**Cammy Dennis** M: \$3; NM: \$8  
1 class date Live Oak Hall  
WEL146A Tu 10/26 2-3PM

Great gait and better balance is achieved by improving strength, posture and relearning motor mechanics. The fear of falling is very prevalent among older adults, and the unfortunate consequences of falling can be very dire. The good news is that you can improve your gait and balance. Join this discussion and learn how to walk strong, and better your balance. This session includes simple exercises that you can do to get stronger and boost confidence.

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### **Brain Power**

**Cammy Dennis, Jessica Pinkowski** M: \$3; NM: \$8  
1 class date Live Oak Hall  
FIT142A Tu 11/16 2-3PM

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

## Hands of Light- Energy Healing With Reiki

**New!**

**Helga Malinsky**

M: \$24; NM: \$29

1 class date

Room 3

PAR160A Tu 9/28

1-2:30PM

REI means "spirit" KI means "energy." Together they translate as "Universal Life Energy." Anyone can tap into this ancient healing art. It brings tranquility to the body's natural balance, calms the mind, and cleanses the spirit. Learn opening the palm chakras, a required and essential step when practicing Reiki hand positions. Experiment a seated meditation by incorporating the "Reiki Precepts."

## Easy Tai Chi and Qi Gong Series Level 1

**Colleen Griffin**

M: \$28; NM: \$33

3 class dates

Room 5

FIT134A	Th	7/15-7/29	12-1:15PM
FIT134B	Th	8/12-8/26	10:30-11:45AM
FIT134C	Th	9/9-9/23	12-1:15PM
FIT134D	Th	10/7-10/21	10:30-11:45AM
FIT134E	Th	11/4-11/18	12-1:15PM
FIT134F	Th	12/2-12/16	10:30-11:45AM

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

## Easy Tai Chi & Qi Gong Level 2

**Colleen Griffin**

M: \$28; NM: \$33

3 class dates

Room 5

FIT135A	Th	8/12-8/26	12-1:15PM
FIT135B	Th	9/9-9/23	10:30-11:45AM
FIT135C	Th	10/7-10/21	12-1:15PM
FIT135D	Th	11/4-11/18	10:30-11:45AM
FIT135E	Th	12/2-12/16	12-1:15PM

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

Prerequisite: Easy Tai Chi & Qi Gong Level 1.

## Taking a Deep Breath Pranayama Breathing Exercises and Guided Meditation

**Tracy Ryzan Ross**

M: \$18; NM: \$23

Entire Term

Online Recording

FIT114A

Available 24-7



Simply put, breath is life! Most of us are shallow breathers which robs our bodies of the massive benefits of having ample oxygen and strong lungs. Breathing is also one of the easiest ways to quiet the mind and calm the body. Take this class to learn and practice the

ancient science of Pranayama breathing exercises, and then with a quiet mind and calm body, enjoy a guided meditation for a full sense of deep relaxation and peace.

## Continuing to Take a Deep Breath Breathing Practice for Daily Relaxation

**Tracy Ryzan Ross**

M: \$18; NM: \$23

Entire Term

Online Recording

WEL400A

Available 24-7



Breath is essential to life. Learning to breathe consciously and with awareness can be a valuable tool in helping restore and maintain balance in the body and the mind. Enroll in this two-class series and practice the art and science of breath control and meditation. Instructor strongly recommends attending 'Taking a Deep Breath Pranayama Breathing and Guided Meditation' prior to enrolling in this class.

## Ageless Yoga Face

**Helga Malinsky**

M: \$26; NM: \$31

1 class date

Cypress Hall

FIT139A Tu 10/5

1-3PM

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

## Barefoot Yoga in the Park **New!**

**Tracy Ryzan Ross**

M: \$16; NM: \$21

1 class date

Sholom Park

FIT146A Th 10/14

9:30-10:45AM

FIT146B Tu 11/9

10:45AM-12PM



Come experience yoga in a beautiful environment of Sholom Park. All levels of experience are welcome. Bring a mat, water, towel, and a smile. Shoes are optional.

## Yoga Before the Mat: Know Before You Go to Class

**Tracy Ryzan Ross**

M: \$28; NM: \$33

Entire Term

Online Recording

FIT103A

Available 24-7



Whether you are new to Yoga, or have been practicing for a while, this course will be helpful. It discusses the history and evolution of Yoga, anatomy of poses as well as their benefits and purpose, meditation and breath control, Yoga etiquette and inspiring

information. This course will give you information to decide on the best combination to make your practice enjoyable and satisfying. If you are interested in learning about Yoga and gaining confidence before you ever step on your mat, take this class.

### Ultra Beginner's Yoga Series Level 1

**Tracy Ryzan Ross**

M: \$38; NM: \$43

3 class dates

Room 5 / Online (H)

FIT 105A	Tu	8/10-8/24	1-2:30PM
FIT 105AH	Tu	8/10-8/24	1-2:30PM
FIT 105B	Tu	9/7-9/21	3-4:30PM
FIT 105BH	Tu	9/7-9/21	3-4:30PM
FIT 105C	Tu	10/5-10/19	1-2:30PM
FIT 105CH	Tu	10/5-10/19	1-2:30PM
FIT 105D	Tu	11/2-11/16	3-4:30PM
FIT 105DH	Tu	11/2-11/16	3-4:30PM

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

### Ultra-Beginners Yoga Series Level 2

**Tracy Ryzan Ross**

M: \$38; NM: \$43

3 class dates

Room 5 / Online (H)

FIT 132A	Tu	8/10-8/24	3-4:30PM
FIT 132AH	Tu	8/10-8/24	3-4:30PM
FIT 132B	Tu	9/7-9/21	1-2:30PM
FIT 132BH	Tu	9/7-9/21	1-2:30PM
FIT 132C	Tu	10/5-10/19	3-4:30PM
FIT 132CH	Tu	10/5-10/19	3-4:30PM
FIT 132D	Tu	11/2-11/16	1-2:30PM
FIT 132DH	Tu	11/2-11/16	1-2:30PM

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

### Beginner's Yoga Series- Intermediate

**Tracy Ryzan Ross**

M: \$43; NM: \$48

4 class dates

Room 5 / Online (H)

FIT 121A	Th	8/5-8/26	2-3:30PM
FIT 121AH	Th	8/5-8/26	2-3:30PM
FIT 121B	Th	9/2-9/23	2-3:30PM
FIT 121BH	Th	9/2-9/23	2-3:30PM
FIT 121C	Th	9/30-10/21	2-3:30PM
FIT 121CH	Th	9/30-10/21	2-3:30PM
FIT 121D	Th	10/28-11/18	2-3:30PM
FIT 121DH	Th	10/28-11/18	2-3:30PM



This series of classes is the next and final installment for students who have taken Ultra Beginners Yoga Series Level 1 & 2. In this series more advance techniques, poses, breath work and meditation styles are taught to progress students along in their yoga practice.

## MEDICINE & HEALTHCARE

### SHINE and SMP Counseling

**Kristina Young**

M: Free; NM: Free

1 class date

Computer Lab

TRA205A	M	10/18	9-9:30AM
TRA205B	M	10/18	9:30-10AM
TRA205C	M	10/18	10-10:30AM
TRA205D	M	10/18	10:30-11AM
TRA205E	M	10/18	11-11:30AM
TRA205F	M	10/18	11:30AM-12PM
TRA205G	M	10/25	9-9:30AM
TRA205H	M	10/25	9:30-10AM
TRA205I	M	10/25	10-10:30AM
TRA205J	M	10/25	10:30-11AM
TRA205K	M	10/25	11:30AM-12PM
TRA205L	M	11/1	9-9:30AM
TRA205M	M	11/1	9:30-10AM
TRA205N	M	11/1	10-10:30AM
TRA205O	M	11/1	10:30-11AM
TRA205P	M	11/1	11-11:30AM
TRA205Q	M	11/1	11:30AM-12PM
TRA205R	M	11/15	9-9:30AM
TRA205S	M	11/15	9:30-10AM
TRA205T	M	11/15	10-10:30AM
TRA205U	M	11/15	10:30-11AM
TRA205V	M	11/15	11-11:30AM
TRA205W	M	11/15	11:30AM-12PM
TRA205X	M	11/29	9-9:30AM
TRA205Y	M	11/29	9:30-10AM
TRA205Z	M	11/29	10-10:30AM
TRA205A 1	M	11/29	10:30-11AM
TRA205B 1	M	11/29	11-11:30AM
TRA205C 1	M	11/29	11:30AM-12PM
TRA205D 1	M	12/6	9-9:30AM
TRA205E 1	M	12/6	9:30-10AM
TRA205F 1	M	12/6	10-10:30AM
TRA205G 1	M	12/6	10:30-11AM
TRA205H 1	M	12/6	11-11:30AM
TRA205I 1	M	12/6	11:30AM-12PM



Serving Health Insurance Needs of Elders; Senior Medicare Patrol gives free, unbiased, confidential, phone and virtual Medicare counseling. Register to discuss: Medicare Eligibility / Enrollment; Health / Drug / Medigap plans, Financial Assistance; Fraud Prevention and Annual Plan Review. Bring your insurance cards and medication list. First come, first served. Counseling dates are Oct. 18, Oct. 25, Nov. 1, Nov. 15, Nov. 29, and Dec. 6. Check times per date.

## Navigating Medicare.gov

**Kristina Young**

M: Free; NM: Free

1 class date

Room 3

TRA189AR Tu 9/21

9-10:30AM

TRA189BR Tu 11/16

9-10:30AM



Take charge of choosing your own health insurance coverage! Learn the ins and outs of utilizing the Medicare.gov website. Learn how & why to set up a MyMedicare.gov account; learn how the Medicare Plan finder is a powerful cost analysis tool when choosing your insurance coverage; and where to find DME, publications, etc.

## Laser Treatment of Gum Disease

**Dr. Jamie Amir**

M: \$3; NM: \$8

1 class date

Room 4

MED103A M 7/19

10-11AM

MED103B M 10/18

1-2PM

Traditional treatment of periodontal (gum) disease may involve tooth removal, deep cleanings, and/or surgical treatment. Sometimes this results in loss of chewing ability, pain, gum recession, or excessive tooth sensitivity. This class presents an alternate treatment option using the Periolas laser. This could be a cost-effective, non-invasive approach to treat severe periodontal disease.

## Dental Implant Therapy to Replace Missing Teeth

**Dr. Jamie Amir**

M: \$3; NM: \$8

1 class date

Room 4

MED109A M 8/16

10-11AM

MED109B M 11/15

1-2PM

Dental implant treatment has changed dramatically since the 1980's, but there are still limitations. Several factors can complicate dental implant treatment. Learn about a cautious approach to therapy to ensure long term success. Surgical enhancement of a potential dental implant site, or alternative treatment approaches may be necessary to prevent complications that are seen frequently in the clinical practice of dental implant practitioners.

## Let's Have a Heart to Heart **New!**

**Natalie McComb, Julie Paradiso, RN, BSN, CHF, Korey Hines, RN, MSN**

M: \$3; NM: \$8

1 class date

Live Oak Hall

MED197A Tu 7/27

10-11AM

A healthy heart is essential to your overall health. Join Julie Paradiso, RN, BSN, CHF and Korey Hines, RN, MSN from AdventHealth Ocala to learn about lifestyle modification, early heart attack care, cardiovascular disease prevention and heart failure.

## Cherish Every Breath- Focusing on Lung Health

**Natalie McComb, Gloria Bailey MPH, BSRT, RRT, TTS, Laura Eatmon RN BSN**

M: \$3; NM: \$8

1 class dates

MED186A

Th

9/23

Cypress Hall

10-11AM

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

## Know the Signs: Early Detection of Alzheimer's Matters

**Connie Storms**

M: Free; NM: Free

1 class date

Live Oak Hall

MED189A Tu 10/12

Tu

10/12

9:30-10:30AM

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

## Concussion, Stroke and Neuro-Optometric Rehabilitation

**Dr. Daniel Lack**

M: \$3; NM: \$8

1 class date

Room 4

MED106A F 10/15

F

10/15

1-2:30PM

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

## Heal Your Gut, Heal Your Body

**Debora Donahue**

M: \$3; NM: \$8

1 class date

Cypress Hall

MED153A F 10/15

F

10/15

1-2:30PM

Constipation, diarrhea, bloating and stomach pain are common symptoms signaling problems within the digestive system. Did you know that other symptoms of faulty digestion include fatigue, headaches, eczema, hives, anxiety, and sleep disorders? Join us as we take a functional tour of the digestive system as we highlight why healing digestion can heal so many other common, chronic conditions.

## The Aging Foot: How to Maintain Healthy Feet

**Andrew Franklin, DPM Ph.D.**

M: \$3; NM: \$8

1 class date

Room 1

MED160A F 9/10

F

9/10

3-4PM

Learn about the aging foot and what you can do to help. Review common feet issues with aging and what a podiatrist can do to help. Problems include: diabetes, arthritis, bunions, hammertoes, fungus, ulcers, etc.

**Pharmacology Series: Atrial Fibrillation New!**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 MED152A F 7/16 9:30-10:30AM

In this course, the Pharmacology team will discuss medications to control heart rate and heart rhythm; discuss medications to prevent stroke; describe non-drug treatments for atrial fibrillation.

**Pharmacology Series: Pharmacogenomics New!**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 PHA155A F 7/30 9:30-10:30AM

In this course, the Pharmacology students will describe personalized medicine; provide an overview of genetic testing; list medications that are adjusted according to your genetics.

**Pharmacology Series: Over the Counter Medications New!**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 PHA103A F 8/20 9:30AM-10:30AM

In this course, the Pharmacology students will list new over the counter medications available; provide information about when to self-treat versus when to seek help; describe the controversy about herbal supplements.

**Pharmacology Series: Liver Health New!**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 PHA156A F 9/10 9:30-10:30AM

The Pharmacology students will describe common liver diseases; list medications to treat liver disease; discuss medications to avoid in liver disease as part of this course.

**Pharmacology Series: Infections**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 PHA137A F 10/1 9:30-10:30AM

In this course, the Pharmacology students will describe common infections that are caused by bacteria or viruses; describe common antibiotics and antivirals; list other drugs that can be used with antibiotics and antivirals.

**Pharmacology Series: Depression and Anxiety**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 1  
 PHA124A F 10/22 9:30-10:30AM

Please join University of Florida College of Pharmacy students as they describe medications used to treat depression and anxiety; list important drug interactions to consider when taking depression medications; discuss non-drug therapies to treat depression and anxiety.

**Pharmacology Series: Pain Management New!**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 PHA145A F 11/19 9:30-10:30AM

Please join UF College of Pharmacy students as they describe medications used to treat pain; list important drug interactions to consider when taking pain medication; discuss non-drug therapies to manage pain.

**Pharmacology Series: Holiday Medication Considerations**

**UF Pharmacology Students** M: \$3; NM: \$8  
 1 class date Room 3  
 PHA147A F 12/3 9:30-10:30AM

Please join UF College of Pharmacy students as they describe important food and drug interactions; list important drug storage safety tips; discuss traveling with medications.

**NATURAL HEALTH****Intro to Essential Oils**

**Colleen Griffin** M: \$18; NM: \$23  
 1 class date Studio 3  
 NAT143A Th 7/29 2:15-4:15PM

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

**Meridian Tapping Therapy- Become Your Own Best Therapist!**

**Colleen Griffin** M: \$18; NM: \$23  
 1 class date Room 1  
 WEL128A Th 8/5 10AM-12PM

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

**Intro to Hypnosis**

**Colleen Griffin** M: \$18; NM: \$23  
 1 class date Room 1  
 NAT142A Th 9/30 12-2PM

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

## Brain Games

**Colleen Griffin**

M: \$18; NM: \$23

1 class date

Room 1

NAT162A Th 9/30

10-11:30AM

Just like you work to stay physically healthy, it's important to work to keep your mind sharp. But when it comes to brain work, it doesn't have to be all work and no play. Your brain actually benefits and is stimulated, when you're playing and having fun. Enroll in this class and give your brain a workout by playing fun games that sharpen your mind.

## Lotions and Potions

**Colleen Griffin**

M: \$23; NM: \$28

1 class date

Studio 3

NAT145A Th 10/28

10AM-12PM

Are the ingredients in cleaning and beauty products safe? Many of us have never stopped to consider these ingredients and how they might be affecting our overall health. Enroll in this hands-on class and learn how to make products with all-natural ingredients and reduce exposure to harsh chemicals that can negatively affect one's health. Note: There is a \$15 ingredients fee payable to the instructor.

## Self-Massage: Rub those Aches Away

**Tracy Ryzan Ross**

M: \$18; NM: \$23

Entire Term

Online Recording

NAT114A

Available 24-7



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

## Meditation Demystified: Practicing Inner Stillness

**Tracy Ryzan Ross**

M: \$15; NM: \$20

Entire Term

Online Recording

WEL204A

Available 24-7



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

## Tame Your Pain: Practical Tools for Better Quality of Life

**Tracy Ryzan Ross**

M: \$26; NM: \$31

Entire Term

Online Recording

WEL226A

Available 24-7



Is pain impacting your daily life? Have you stopped doing things you love because of pain? Are you wanting a natural approach that puts you in control and tames your pain? Then enroll in this class to learn practical tools and skills that can be self-applied to gain more control over your pain, increase your activity levels and improve your quality of life.

## Self-Reflexology for Hands and Feet

**Tracy Ryzan Ross**

M: \$18; NM: \$23

1 class date

Room 3

NAT125A Th 9/30

11AM-1PM

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

## SELF-AWARENESS

### Catch More Zzzzzz's: Simple Steps for Better Sleep

**Tracy Ryzan Ross**

M: \$18; NM: \$23

Entire Term

Online Recording

WEL120A

Available 24-7



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



## STRESS, COPING, & LIFE TRANSITIONS

### Dementia Caregivers' Support Group

**Mark Croft**

M: Free; NM: Free

5 class dates

Room 4

TRA133A Tu 7/20-11/16

10:30AM-12PM

Meets July 20, Aug. 17, Sept. 21, Oct. 19, and Nov. 16.

Receive experience based answers to your care giving questions. Learn constructive care techniques that allow caregiver and care receiver to have peaceful and meaningful lives. Discover the legal, financial and medical steps to take now that prevent future problems and save you money. Connect with free and fee based community resources that make life easier.

## The Importance of Attitude, Listening and Humor

**Frank Dole**

M: \$3; NM: \$8

1 class date Room 2  
TRA194A W 9/15 1-3PM

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

## Compassion & Choices- How to Die in Oregon

**Dr. Barbara Toeppen-Sprigg**

M: Free; NM: Free

1 class date Room 4  
TRA111A Th 10/21 1-2:30PM

Oregon became the first state to legalize physician-assisted suicide. At the time, only Belgium, Switzerland, and the Netherlands had legalized the practice. "How to Die in Oregon" tells the stories of those most intimately involved with the practice today: terminally ill Oregonians, their families, doctors, and friends, as well as the passage of an assisted suicide law in Washington State. A Winner of the 2011 Grand Jury Prize, Sundance Film Festival. This is a great precursor course to "Current State: Medical Aid in Dying."

## Current State: Medical Aid in Dying **New!**

**Dr. Barbara Toeppen-Sprigg**

M: Free; NM: Free

1 class date Live Oak Hall  
TRA199AR Th 10/28 1-2:30PM



Medical aid in Dying is a legal option in 10 states, with more passing legislation each year, yet even in those states, barriers to access appear. We will review current information about MAiD, and speak electronically with a consulting physician in the state of Washington about his experiences as people seek to use this option.

## Supportive Care Helps Improve Quality of Life **New!**

**Billie Woodham, Hospice of Marion County**

M: Free; NM: Free

1 class date Room 3  
TRA203A W 8/25 10-11AM

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

## Suicide Prevention and Suicide Survivors

**New!**

**Jessica McCune, Hospice of Marion County**

M: Free; NM: Free

1 class date Cypress Hall  
PUB123A Th 9/9 1-2PM

Join Jessica McCune, a nurse and licensed mental health counselor, as she provides coping mechanisms in suicide prevention and navigating suicide survivors' guilt. During her discussion, she'll review recent film clips on the topic of suicide and provide resources for local support groups.

## Transitions, When Life Situations Change

**Beverly Crumpler, Hospice of Marion County**

M: Free; NM: Free

1 class date Live Oak Hall  
TRA200A W 9/15 11AM-12PM

It can be hard to know where to turn when a serious illness affects you or your loved one. In this class you'll learn about resources available to assist those challenged by an advancing illness with a prognosis of one year or less, services available at no charge for Marion County residents, along with caregiver stress coping skills.

## Advance Care Planning for Loved Ones Living with Alzheimer's and Dementia **New!**

**Lanie Shirey, Hospice of Marion County**

M: Free; NM: Free

1 class date Room 3  
TRA201A W 9/29 3-4PM

Planning ahead is always important when it comes to your health for yourself and your aging parents, but is especially important when it involves Alzheimer's and dementia patients. Having advance directives in place for patients early on in their Alzheimer's and/or dementia diagnosis is essential, and preferably before any critical illness diagnosis is ideal. Learn your options because it matters for you and your loved one.

## Dealing with Stress During COVID **New!**

**Mery Lossada, MD, Hospice of Marion County**

M: Free; NM: Free

1 class date Room 3  
TRA202A Th 10/21 3-4PM

Dealing with illness can be stressful at any time during your life. During the time of COVID-19, that may cause extraordinary anxiety and stress for you and/or your loved ones. In this class we'll talk about this kind of stress and provide alternatives and tips on how to cope.

## FOUR EASY WAYS TO REGISTER!

Online

Visit the Office

By Phone

By Mail

## Reflections on Loss Through Art **New!** *Jessica McCune, Hospice of Marion County*

M: Free; NM: Free

1 class date Room 3  
TRA204A W 10/27 9:30-10:30AM

In this class, Jessica will help students review and reminisce with pointers for resolving grief through art, collage, journaling and crafts, focusing on Reminiscing and the Abiding step of Opus Peace.

## Grief and the Holidays **New!**

*Jessica McCune, Hospice of Marion County*

M: Free; NM: Free

1 class date Room 3  
TRA150A Th 11/18 9:30-10:30AM

Grief can be especially challenging during the holidays. Learn how to make the most of your loved one's memory, taking home tips to help you cope. Tracie Wiggins, Bereavement Specialist, will join Jessica for a discussion of C. S. Lewis's book, *A Grief Observed*.

## What to Expect in A Hospice House

*Beverly Lafferty, Hospice of Marion County*

M: Free; NM: Free

1 class date Room 3  
TRA169A W 12/8 10-11AM

In this presentation, you'll learn about what to expect in the way of care, services and amenities in any of Hospice of Marion County's three hospice houses. Bev is a registered nurse and previous Clinical Manager at Legacy House.

## Understanding Medicare

*Ruth Santman*

M: Free; NM: Free

1 class date Room 3  
TRA167A Tu 7/13 10AM-12PM  
TRA167B Tu 8/10 10AM-12PM  
TRA167C Tu 9/14 10AM-12PM  
TRA167D Tu 10/12 10AM-12PM  
TRA167E Tu 11/9 10AM-12PM  
TRA167F Tu 12/14 10AM-12PM

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

## COVID-19 Medicare Coverage and Scams

**New!**

*Kristina Young*

M: Free; NM: Free

1 class date Room 3  
TRA198AR Tu 7/20 9-10:30AM  
TRA198BR Tu 12/14 9-10:30AM

We will delve into the current Medicare coverage for testing,

vaccination & antibodies treatment; inpatient/outpatient hospital care; skilled nursing/home health care; physician in-home/telehealth coverage; and the MUST Coverage requirements for Medicare Advantage and Prescription drug plans during the pandemic. \$60 billion in losses occur annually impacting YOUR Medicare benefits; learn more about the latest Medicare SCAMS!

## Medicare Preventive Services **New!**

*Kristina Young*

M: Free; NM: Free

1 class date Room 3  
TRA197AR Tu 8/17 9-10:30AM  
TRA197BR Tu 10/12 9-10:30AM



We all know that the best way to stay healthy is to live a healthy lifestyle. Preventive services can also help find health problems early when treatment works best. Hopefully you check in with your PCP annually, but did you know that there are 23 other preventive services available. Learn more about these services, what questions to ask your physician; learn how MyMedicare.gov helps you track what and when you can utilize a preventive service.

## Manage Stress with Everyday Mindfulness

*Tracy Ryzan Ross*

M: \$18; NM: \$23

Entire Term Online Recording  
WEL126A Available 24-7



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

## Grief Recovery Method

*Colleen Griffin*

M: \$18; NM: \$23

1 class date Room 1  
TRA141A Th 8/5 12:30-1:45PM

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

## Mind and Motion - Parkinson's Education and Support

**Parkinson's Support Network** M: Free; NM: Free

5 Class Dates Live Oak Hall/ Online (H)  
TRA132A F 7/30-11/19 10:30AM-1PM  
TRA132AH F 7/30-11/19 10:30AM-1PM

Meets: July 30, Aug. 27, Sept. 24, Oct. 29, & Nov. 19



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

## VISION & HEARING

### Having Trouble Hearing On the Phone? No Cost Solution

**Susan Richardson**

M: Free; NM: Free

1 class date Room 2  
CMT139A W 8/18 3-3:30PM  
CMT139B Tu 11/16 10-10:30AM

Do you avoid using the phone? Do you ask others to repeat what they said? Learn about a federally managed program that provides free caption phones which do not require a landline, and iPhone® and/or iPad® app that captions the words on the screen. Learn about the causes and symptoms of hearing loss. Why struggle when you can read the caller's words in near real-time wherever you are?

### High Definition Custom Cataract Surgery

**Cathy Ranges**

M: \$3; NM: \$8

1 class date Room 1  
VIS104A W 9/15 3-4PM

Advancements in cataract surgery will be discussed. What questions you should ask your physician? What immediate and long-term benefits should you expect? What makes a good or bad candidate? Are you informed and ready?

### Sports Vision

**Dr. Daniel Lack**

M: \$3; NM: \$8

1 class date Room 4  
VIS102A F 10/1 1-2:30PM

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

## Healthy Eyes: All You Need to Know about Eye Health

**Cathy Ranges**

M: \$3; NM: \$8

1 class date Room 2  
VIS101A W 10/13 3-4PM



Learn how conditions will affect your eyes and how yearly comprehensive eye examinations can help diagnose and even prevent vision loss. An eye exam may also help detect potential problems from many medical conditions. Come learn how systemic conditions (Heart Disease, Arthritis, etc) may affect your eyes and quality of life, and how to help keep your eyes healthy for a lifetime of good vision.

### Low Vision Workshop

**Angela Hammond**

M: \$3; NM: \$8

2 class dates Room 4  
VIS106A Th 10/14 & 10/21 10AM-12PM

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

### Macular Degeneration & Glaucoma...Will I Go Blind?

**Cathy Ranges**

M: \$3; NM: \$8

1 class date Room 2  
VIS103A W 11/10 3-4PM

What can I do to save my vision? Learn how early detection and treatment of these diseases as well as others may help maintain and possibly save your vision. Diseases such as these can cause loss of freedoms such as driving, shopping, cooking, even paying your own bills.

### Eye Lid Surgery, Botox, Dry Eye: What Should I Do?

**Cathy Ranges**

M: \$3; NM: \$8

1 class date Room 2  
VIS113A W 12/15 3-4PM

Join Cathy Ranges for a discussion about cosmetic and medically necessary eye lid surgery. Come with questions and concerns. Other procedures such as Botox and fillers will be discussed, as well.



**Bruce Seaman**  
When Black Soldiers  
Raided Marion County

# HISTORY

## AMERICAN HISTORY

### 9/11 History Channel Documentary: 120 Minutes that Changed America **New!**

**MTP Staff** M: Free; NM: Free  
1 class date Live Oak Hall  
HIS494A F 9/10 1:30-3:30PM

Join us on September 10, the day before the 20th anniversary of the 9/11 attack to view an unprecedented History Channel documentary that joins hundreds of pieces of footage and audiotape from people around New York into a single, seamless historical record. It is an intensely personal perspective of the tragedy, communicating for the first time that morning's events, as they were experienced by people around New York. It is an evocative, authentic and reverential memorial to one of the most cataclysmic events in world history. Note: this movie consists of actual footage taken on September 11, 2001. There are many scenes of a sensitive nature that may be hard to watch.

### Armistice Day to Veterans Day **New!**

**Beverly Lafferty** M: \$3; NM: \$8  
1 class date Room 4  
HIS485A M 11/8 10-11AM

Join Beverly Lafferty as she discusses the journey from Armistice Day to Veterans Day and how we remember those who served. An outline of the history of Armistice Day will be discussed, as well as why it came about. Participants will learn about the transition to Veterans Day and how we honor and remember those who served our great country.

### The Founders of the American Republic **New!**

**Jerry Colen** M: \$3; NM: \$8  
2 class dates Live Oak Hall  
HIS349A Tu 10/12 & 10/19 3-4PM

When Benjamin Franklin was asked what kind of government the Founders created, he answered: "A Republic, madam, if you can keep it." Can we? The United States is the oldest existing Federal Democratic Republic in the world. How and why did it come into existence. Jerry Colen will be with us Oct. 12 and 19 to speak with us about the Founders of our

country (the term Founding Fathers did not come into existence until 1916).

### Gettysburg, July 1 to 3, 1863 **New!**

**Jerry Colen** M: \$3; NM: \$8  
1 class date Live Oak Hall  
HIS263A Tu 7/6 3-4PM

From July 1 through July 3 in 1863, in a small college town in Pennsylvania, the momentous Battle of Gettysburg took place. Although the American Civil War would continue on for another year and a half, Confederate forces under General Robert E. Lee, would never again mount an invasion of the North. Jerry Colen will be here to take us back in time to that horrific battle in the War that Jerry believes is still with us to this day.

### Lizzy Jane: Marion County Pioneer Woman **New!**

**Dee Collier** M: \$6; NM: \$11  
1 class date Live Oak Hall / Online (H)  
HIS348A Th 10/14 10-11AM  
HIS348AH Th 10/14 10-11AM

 Lizzy Jane is a composite of women living in Marion County in the late 1800's. She embodies  that determination and pioneer spirit necessary for survival with so many men away during the Civil War. Lizzy Jane and her family helped settle this wild land and were instrumental it become the wonderful Ocala and Marion County it is today.

### George Washington: Soldier/Spymaster **New!**

**Dr. Don Wyman** M: \$11; NM: \$16  
1 class date Live Oak Hall  
HIS115A F 7/23 10-11:30AM

George Washington was the first of many things for Americans. But, many do not realize he was America's first Spymaster. His battle losses were mounting, and Congress was having its doubts about their choice. He quickly realized the value of intelligence on the enemy's strengths, weaknesses and movements could have on his battlefield decisions. His first unsuccessful intelligence mission failed,

so he built a solid network of spies who eventually brought him victory and the Country its independence.

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### The CIA Museum: A Private Tour

**Dr. Don Wyman** M: \$11; NM: \$16  
1 class date Live Oak Hall  
HIS171A F 8/20 10-11:30AM

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

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### Espionage Tradecraft: How It Really Works

**Dr. Don Wyman** M: \$11; NM: \$16  
1 class date Cypress Hall  
HIS343A F 9/24 10-11:30AM

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

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### The Era of Good Feelings, 1815 to 1828 **New!**

**Billy Bass** M: \$6; NM: \$11  
1 class date Live Oak Hall  
HIS161A Th 8/19 4-5:30PM

After the War of 1812 ended, the United States emerged and grew. Although this time period was called the Era of Good Feelings, sectionalism issues kept coming up. Why was there only one political party? Why did nobody oppose President Monroe? And, was there a corrupt bargain against Andrew Jackson in 1824?

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### The Age of Jackson, 1829 to 1839 **New!**

**Billy Bass** M: \$6; NM: \$11  
1 class date Live Oak Hall  
HIS162A Th 9/2 4-5:30PM



Who is Andrew Jackson fighting now? Jackson wins the election of 1828 and transforms the United States in a number of ways. However, his actions make enemies. Some think this time period should actually be called the Age of Henry Clay?

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### Manifest Destiny

**Billy Bass** M: \$6; NM: \$11  
1 class date Live Oak Hall

HIS435A Th 9/16 4-5:30PM

The United States expanded in the mid-1800s and many felt the United States was destined to expand its dominion and spread democracy and capitalism across the entire North American continent. What conflicts and growing pains would the country encounter as it grew?

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### The Perfectionism Era, 1820 to 1850 **New!**

**Billy Bass** M: \$6; NM: \$11  
1 class date Live Oak Hall  
HIS163A Th 10/14 4-5:30PM

As the United States grew politically and economically, what is the reaction to all these changes socially? The 2nd Great Awakening begins a period of social change in the United States.

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### The Antebellum Decade, 1850s

**Billy Bass** M: \$6; NM: \$11  
1 class date Live Oak Hall  
HIS164A Th 10/28 4-5:30PM

After the Mexican War ends, the United States unofficially divides. A dozen years later, the country will officially split and cause the Civil War. What caused this divide and how did it continue to split? Could the secession of the southern states have been stopped?

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### The Civil War in a Nutshell

**Billy Bass** M: \$6; NM: \$11  
1 class date Live Oak Hall  
HIS437A Th 11/18 4-5:30PM

A look at the American Civil War without going too deep into military strategy. What was the basic plan for both sides, and why did the Union eventually defeat the Confederate forces? Warning: this is a very quick overview that will not go very deep into topics.

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### U.S. History: From Colonial Settlement to 9/11 in a Nutshell

**Jim Cullen** M: \$3; NM: \$8  
1 class date Live Oak Hall  
HIS247A Tu 8/24 3-4:30PM

This session will take you from colonial settlement to 9/11 by listing a number of important events with a (mercifully) brief explanation of why they are important and how they have effected our nation's development and evolution.

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### The American Revolution (in Brief), 1763-1776

**Jim Cullen** M: \$3; NM: \$8  
1 class date Live Oak Hall  
HIS317A M 9/13 3-4:30PM

This session's goal is to provide an overview and basic understanding of one of the most important events in history.

### **The U.S. in the 1920s & 30s Part 1 New!**

**Jim Cullen**

M: \$3; NM: \$8

1 class date

Live Oak Hall

HIS489A

W

10/13

3-4:30PM

This first session intends to examine the U.S. before and during the Great Depression and then as it approached and ultimately became involved in "The War." This presentation will look at the events and currents of the 1920's; foreign and domestic, the good, the bad and the ugly, and then do the same in the 30s. What a contrast between "Blue Skies, nothing but blue skies do I see" to "Brother can you spare a dime."

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### **The U.S. in the 1920s & 30s Part 2 New!**

**Jim Cullen**

M: \$3; NM: \$8

1 class date

Live Oak Hall

HIS490A

W

10/20

3-4:30PM

This second session intends to further examine the U.S. before and during the Great Depression and then as it approached and ultimately became involved in "The War." The emphasis will be primarily on the U.S. but events in Europe and Asia will be referenced.

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### **Florida Before the Union: Early History of a Complex Land**

**Dr. Jason Lundock**

M: \$19; NM: \$24

3 class dates

Room 1

HIS471A

F

9/10-9/24

10-11AM

Learn the history of the Florida peninsula before it joined the United States of America. Native tribes, conquistadors, frontier alligator hunters, cattlemen and pirates all had a long and intriguing impact on the history of the peninsula. This course is designed for those with no previous knowledge of the subject, as well as for history enthusiasts.

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### **Flaming Florida I- The Land of Perpetual War (1492-1808)**

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS456A

Tu

9/14

11AM-12PM

A frontier that was a constant scene of border raiders, slave chasers, militia reprisals, Indian raids and war, Florida was a land painted crimson by the blood and flames that raced over it for more than three centuries. It was one of history's most violent venues. Periods of peace were short to non-existent. This presentation covers the plight of Florida's inhabitants during Spain's first ownership, England's administration of a "vacant colony," and Spain's lack of ability and desire to maintain its two Florida colonies.

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### **Flaming Florida II- The Land of Perpetual War (1810 to 1832)**

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS458A

Tu

10/5

11AM-12PM

Before Florida became part of the newly minted United States it was known as a haven for lawlessness and violence. This legacy carried forward as Florida became part of the US frontier and remained so well into the 1900's. Spain's inability to protect and control its colony after its return in 1783, made it and its people vulnerable. Starting before Andrew Jackson's initiation of the 1st Seminole War, periods of peace were short to non-existent.

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### **Flaming Florida III- 1832 to 1865 New!**

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS491A

Tu

11/9

11AM-12PM

The final period of turmoil and bloodshed that ended in the Civil War and its disastrous consequences for Florida. The strife that was an everyday reality for the Native Americans, settlers, slaves, soldiers, and governments came to a horrible climax after the Second & Third Seminole wars followed closely by the Civil War. Learn about these most violent and disturbing years of the state's history. The almost hundred years of killing and destruction was finally over. What happened shaped and controlled Florida's next 80 years.

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### **The Florida Legacy of Jake Summerlin: King of the Cattle Barons**

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS207A

Tu

9/14

9-10AM

Explore the life and times of the "King of the Crackers." Jake Summerlin was the most influential man in Florida from its admittance to the union, until the twilight of the 20th century. Summerlin pioneered and was the prominent force in the cattle business, the most important building block of Florida's early economy. He also donated the state's first free public school, Orlando's first Court House and established the first international telegraph service.

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### **The Loyal 14th Colony: Florida in the Revolutionary War**

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS206A

Tu

10/5

9-10AM

What happened from 1763 until 1784 heavily impacted what we now know as Florida. The people who came here, the state's heritage of bloody violence, its reputation as a place that was a last resort to live, all were part of the little understood events. It created an Indian nation, intrigues and wars that lasted 40 years, and an era of uncertainty and poverty for its inhabitants that lingered until WWII. Learn about corduroy roads, Indigo Production, and many other interesting, little know information, about this period.

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### **Japanese Internment Camps**

**Carla Traudt, Gene Matsui**

M: \$16; NM: \$21

1 class date

Cypress Hall

HIS315A M 11/15 10:30AM-12PM

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

### Slavery In the American Experience

**Emmett Coyne** M: \$3; NM: \$8  
2 class dates Room 4  
CUR159A M 9/2 & 9/27 1:30-3PM

The Preamble's second tenet is "ensure domestic tranquility." The founders condoning slavery undermined this. Racism is the child of slavery. Understanding American slavery is not for children as human exploitation, evil, is at its core. Understanding the past is the prelude to the future. "A nation cannot choose its past. It can only choose its future."

### Slavery in Florida and Marion County, An Overview

**Emmett Coyne** M: \$3; NM: \$8  
1 class date Room 4  
HIS187A M 10/11 1:30-3PM

Florida entered the union in 1845 as a slave state in a balance of power with Iowa, admitted as a free state, and would become the third state to secede from the union. Vestiges of the Confederacy endures in the flags of seven former slave states, Florida included. Marion County is included among the cotton counties of Florida. At the start of the Civil War, 61% of the population of Marion County were enslaved.

### Reconstruction- The Second American Revolution

**Emmett Coyne** M: \$3; NM: \$8  
2 class dates Room 4  
HIS188A W 10/13 & 10/20 1:30-3PM

The devastation of the Civil War necessitated a reconstruction of our nation, not only physically but morally. The period of reconstruction was contentious and violent. Equality was a novel political idea in the 1776 Revolution. The Civil War laid bare slavery was the biggest obstacle "toward a more perfect union." Despite reconstruction's failures, it deepened the meaning of equality, particularly in passing the 13, 14 and 15th Amendments.

### Railroads of the American Civil War

**Jack Ciotti** M: \$11; NM: \$16  
1 class date Room 3  
HIS480A F 9/24 10-11:30AM  
HIS480B F 12/3 1-2:30PM

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

### Florida During The Civil War **New!**

**Jack Ciotti** M: 10; NM: \$15  
2 class dates Room 4  
HIS351A M 10/4 & 10/18 10-11:30AM

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 the civilian life. The people 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.

### When Black Soldiers Raided Marion County: The True Story

**Bruce Seaman** M: \$3; NM: \$8  
1 class date Live Oak Hall  
HIS467A W 10/27 10-11:30AM

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

## FUN FACTS

### History of Forensic Science Part 1

**Lisa Didier** M: \$14; NM: \$19  
1 class date Room 3  
HIS443A M 8/23 1:30-3PM

Come hear about famous crimes and evidence that led to the evolution of criminal forensic sciences such as the 1st mug shots, fingerprints, toxicology, trace evidence and 1st conviction using DNA.

### History of Forensic Science Part 2 **New!**

**Lisa Didier** M: \$14; NM: \$19  
1 class date Room 2  
HIS487A M 9/13 1:30-3PM



This continuation course will cover more famous and bizarre murders and how they were solved "back in the day."

## Key West: Then & Now

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS331A M 9/27

1:30-3PM

Why did Spanish ships refuse to land on this tropical paradise for almost 200 years? How did a resident of Key West become Florida's first millionaire?

## The History of Ice Cream

**Jim Phillips**

M: \$3; NM: \$8

1 class date

Cypress Hall

HIS354A W 10/13

2:30-4PM

Take a trip back in time to enjoy ice cream and a discussion about its history, art, and memorabilia. Instructor Jim Phillips will have hundreds of ice cream items on display for viewing. Participants may purchase their choice of ice cream at Mr. B's Big Scoop at Circle Square Commons to enjoy after the talk.

## Nautical Navigation **New!**

**Kenneth Puckett**

M: \$6; NM: \$11

3 class dates

Room 3

HIS353A Tu 10/26-11/9

1-2PM

This three-part series will include the history of navigation and the many different types of navigation, including the use of a compass; location based on the sun, moon, stars; radio; inertial navigation; sonar & doppler; and global positioning with satellites.

## INFLUENTIAL GROUPS

### Espionage Tradecraft: To Catch A Spy **New!**

**Dr. Don Wyman**

M: \$11; NM: \$16

1 class date

Cypress Hall

HIS421A F 9/10

10-11:30AM

This PowerPoint 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.

### The Knights Templar: Who, What, When, Where, and Why?

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS341A M 12/6

1:30-3PM



This course will cover the history of the legendary warrior-monks including their founding, where they fought and why, their military ranks, dress, secret rights, their castles, and the truth about the Templar treasure.

## PEOPLE

### Galileo, the Father of Modern Astronomy

**New!**

**Jim Di Paolo**

M: \$40; NM: \$45

6 class dates

Room 1

HIS299A Tu 7/6-8/10

3:15-4:45PM

HIS299B Tu 11/9-12/14

3:15-4:45PM

This course explores the life of Galileo Galilei, an Italian natural philosopher, astronomer, and mathematician, who made fundamental contributions to the sciences of motion, astronomy, and more. His discoveries revolutionized astronomy, some of which eventually resulted in an Inquisition process against him. We'll start with his early childhood, examine his amazing inventions, discoveries, and his trial for heresy.

### Benjamin Franklin: The First American **New!**

**Dr. Don Wyman**

M: \$11; NM: \$16

1 class date

Live Oak Hall

HIS278A F 8/6

10-11:30AM

This PowerPoint program exposes a secret, backstabbing counter plot by the Massachusetts Bay Governor to block the American rebels' efforts to remove English control over their lives and livelihoods. Once the contents are revealed by Franklin from London, it will cost him his political standing, reputation, any hopes of any concessions or compromise with the crown, and his job as Postmaster in America. When he leaves England he is a changed man.

### Maya History and Culture

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS255A M 8/9

1:30-3PM

Take a virtual tour of the most famous cities of the once great Maya Empire and discover the Mayan people, their rituals and even their beauty secrets.

### Christopher Columbus: Hero or Villain

**Dr. Don Wyman**

M: \$11; NM: \$16

1 class date

Live Oak Hall

HIS470A F 10/1

10-11:30AM

Born in Genoa, Italy in 1449, as a young man he sailed the Atlantic as an apprentice seaman and became obsessed with finding an all-water route to India with its wealth of silks and spices. After many rejections, he got the financial backing he needed to make his first voyage. What happened during and after that voyage set the stage for his next three explorations; and the controversy about his intentions and actions that make his reputation and legacy come into question.

## Napoleon: A Military Genius Who Affected The History of Three Countries **New!**

**Dr. Don Wyman**

M: \$11; NM: \$16

1 class date

Live Oak Hall

HIS492A F 11/5

10-11:30AM

Born in Corsica, he began as a youth with an uncanny ability to envision winning strategies in games that he applied later in dynamic battlefield situations. His interests and curiosity contributed to the solution of a 3,000 year-old historical civilization mystery and doubled the size of a great nation. A complex man who never forgot a kindness or forgave a transgression. See how two successful revolutions evolved and how they had an impact on each other.

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## Rising Above- The Jacqueline Cochran Story

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS461A Tu 11/9

9-10AM

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

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## Here Come the Generals- Florida Boys James & Roy

**DL Havlin**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS474A Tu 11/9

1-2PM

Two of WWII's important generals were Florida men. General James Van Fleet commanded units in battle in the 1st, and 2nd World Wars and in Korea. His career included being the head football coach at University of Florida. Marine General Roy Stanley Geiger is best known as the only Marine General to command an army sized force in battle. That battle was one of the best known and famous for its ferocity, Okinawa.

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## Surveying the Life of John F. Kennedy

**Dennis Meredith**

M: \$5; NM: \$10

1 class date

Room 2

HIS416A W 12/1

10-11AM

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

## WORLD HISTORY

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### Introduction to Ancient Meso-America

**Dr. Jason Lundock**

M: \$19; NM: \$24

3 class dates

Room 2

HIS346A F 7/16-7/30

10-11AM

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

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### Caribbean History **New!**

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS486A M 7/26

1:30-3PM

Find out why Columbus was returned to Spain in chains, why the Dutch needed salt, if the natives were cannibals, why gin isn't an energy fuel and many other historical facts about the islands of the Caribbean.

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### US Construction of the Panama Canal, 1903-1914

**Kenneth Puckett**

M: \$3; NM: \$8

1 class date

Room 4

HIS192A W 8/18

1-2PM

Captain Kenneth Puckett, retired Panama Canal Pilot, will cover the United States construction of the Panama Canal with a lecture and videos.

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### The Pacific War: 1941-1945 **New!**

**Derek Vorobok**

M: \$13; NM: \$18

1 class date

Cypress Hall

HIS493A Sa 8/21

10AM-12PM

HIS493B Sa 11/20

10AM-12PM

The Pacific War encompassed thousands of miles of ocean and interspersed islands on which occurred some of the bloodiest battles in American military history. The United States was thrust into the war, and by the conclusion of that war, the U.S. was a world superpower with a matching naval armada. Learn the course of the Pacific War from Pearl Harbor to Okinawa and the campaigns, decisions, strategies and tactics that led U.S. forces to the front door of the island nation of Japan.

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### The U.S. Operation of the Panama Canal, 1914-1999 **New!**

**Kenneth Puckett**

M: \$3; NM: \$8

1 class date

Room 4

HIS352A W 8/25

1-2PM

This course will cover the operation, maintenance, and military defenses of the Panama Canal. Captain Puckett will outline the process and cost of transiting a vessel through the Panama Canal.

## Expansion of the Panama Canal, 2004-2015

**Kenneth Puckett**

M: \$3; NM: \$8

1 class date

Room 3

HIS194A W 9/1

1-2PM

Captain Puckett will review the turnover of the Panama Canal to the Republic of Panama and the construction of the new expanded Panama Canal channel and lock system.

## WWII Japanese Weapons System Designed to Destroy the Panama Canal

**Kenneth Puckett**

M: \$3; NM: \$8

1 class date

Room 4

HIS191A W 9/8

1-2PM

Captain Puckett will detail little known information about special weapons developed by Japan to destroy the Panama Canal and ports along the west coast of the United States.

## U.S. Power In The Pacific/Southeast Asia Region

**Frank DiPiero**

M: \$3; NM: \$8

1 class date

Cypress Hall

HIS339A M 9/13

2-4PM

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

## How Roman Became American: The Influence of Ancient Rome on a Modern Republic

**Dr. Jason Lundock**

M: \$19; NM: \$24

2 class dates

Room 1

HIS472A F 8/20 & 8/27 10-11:30AM



Learn about the influence that the culture and institutions of the Roman world have had in the creation of the United States of America. From law to food to sports, the influence that the ancient Roman cultures have had on the U.S.A. is immense and fascinating. This course should have some fun and surprising facts for everyone who has an interest in the ancient world and modern civilization.

## The Celebration of the Dead Sea Scrolls: World Archaeology Day

**Dr. Ed Tenhor**

M: \$6; NM: \$11

1 class date

Live Oak Hall

HIS126A W 9/29

11AM-12:15PM

Dr. Ed Tenhor will flash up on the big screen some photos he took of the Qumran Settlement in Israel, some photos of the caves where the Essenes hid the 900 scrolls in the year

66 as the Roman army approached, and some words about their rediscovery in 1947, one of the greatest archaeological finds.

## Spain: Dreams, Legends, and Lies

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS215A M 10/11

1:30-3PM

Come learn about the dreams, legends and lies that created the history of Spain, including anecdotes about Ferdinand & Isabella and their infamous Spanish Inquisition.

## Codes and Ciphers that Changed World History

**Dr. Don Wyman**

M: \$11; NM: \$16

1 class date

Live Oak Hall

HIS112A F 10/15

10-11:30AM

This PowerPoint program traces the evolution of encryption by the Egyptians, Persians, Greeks, British and Scotch royalty, Native Americans (Navajo Code Talking) during the Revolutionary War, Civil War, WWI, WWII. Presenter will review today's encipher techniques used by the CIA and other Foreign Intelligence Services and their spies. There has been codes and ciphers used leading up to, involved with, and helping to conclude many of the major conflicts over the centuries, including our lifetimes.

## Hidden Treasures of the World **New!**

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS488A M 10/25

1:30-3PM

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

## Malta - Jewel of the Mediterranean **New!**

**Douglas Hart**

M: \$3; NM: \$8

1 class date

Room 4

HIS350A M 11/1

1:30-3PM

Malta, island country located in the central Mediterranean Sea. A strategically important group of islands, the archipelago has through its long and turbulent history played a vital role in the struggles of a succession of powers. Learn about this jewel from a Maltese citizen who will go into the history, culture, travel opportunities and many other facets of the island.

**CLASSES ARE ADDED  
YEAR ROUND**

**visit:**

**[www.masterthepossibilities.org](http://www.masterthepossibilities.org)**

**TO SEE THE LATEST ADDITIONS TO OUR CATALOG**

## **Egyptian History: Pharaohs, Mummies, Pyramids**

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS447A M 11/8

1:30-3PM

Join Professor Didier and learn about three thousand years of Egyptian history in 90 minutes including pharaohs, pyramids, mummies, ancient Egyptian beauty secrets and why it wasn't always good to be the king of Egypt.

## **Olive Oil- Mediterranean Liquid Gold**

**Lisa Didier**

M: \$14; NM: \$19

1 class date

Room 2

HIS252A M 11/22

1:30-3PM

When Rome ruled the world olive oil was the liquid gold that fueled the economy of all the countries of the Mediterranean Basin. Learn its history, how the oil is processed, its ancient traditions, beauty secrets and the health benefits of olive oil.

## **Remembering Pearl Harbor- the 80th Anniversary **New!****

**MTP Staff**

M: Free; NM: Free

2 class dates

Cypress Hall

HIS495A Tu, W 12/7 & 12/8

1-3PM

Come join in the viewing of Pearl Harbor: The Real Story on the 80th anniversary that shows rare photos and video clips of the attack from both the U.S. and Japanese sources. It has many accounts from men and women who were there, and shows their compelling stories. The last half hour is devoted to all of the military installations as they looked in 2001. It also includes a video tour of the USS Arizona and Utah memorials above and below the water, as well as the airstrips that still show damage and spot repairs. Because of the length of this video, it will meet for two days.

### **MTP RULES OF COURTESY**

BE MINDFUL OF MTP STAFF AND STAFF POLICIES.

MAKE SURE ALL CELL PHONES ARE EITHER ON VIBRATE OR OFF DURING CLASS TIME.

IN THE CLASSROOM, EVERYONE'S OPINION COUNTS.

IT'S OK TO DISAGREE, BUT NOT BE DISAGREEABLE.

GIVE OTHERS THE ATTENTION AND RESPECT THEY DESERVE WHILE SPEAKING.

THE INSTRUCTOR SETS THE FORMAT IN THE CLASSROOM.

LEAVE THE CLASSROOM THE WAY YOU FOUND IT.

FAILURE TO ADHERE TO THESE GUIDELINES MAY RESULT IN A STUDENT BEING EXCUSED BY FACULTY OR STAFF WITHOUT A REFUND.



### **VOLUNTEER AT MTP**

**MTP is on the Lookout for Volunteers to Help Ensure the Success of our Educational Programs.**

**Several Ways to Volunteer Include:**

**CLASS HOST  
GREETER / REGISTRAR  
EVENT HELPER  
OFFICE HELPER  
... and MORE!**

### **INTERESTED?**

**Contact Amanda Mariglia,  
Volunteer Coordinator, at**

**(352) 861-9751**



## LANGUAGE & LINGUISTICS

### English

#### The Challenges & Hilarity of the English Language

**Dennis Meredith** M: \$3; NM: \$8  
 1 class date Room 1  
 LAN401A W 10/27 9:30-10:30AM

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

### French

#### Basic Conversational French I

**Dennis Meredith** M: \$33; NM: \$38  
 8 class dates Room 1  
 LAN121A Tu 10/19-12/7 9-10:30AM

This course is focused on good pronunciation and building skills to carry on elementary conversations found in everyday life: making introductions, talking about health, telling time, talking about the weather, etc. Lively interaction with instructor, use of authentic internet presentations, pair practice, extensive weekly review and in-class exercises. Written assignments will facilitate and reinforce learning. Prerequisite: No previous French or some French some time ago. It is recommended that students bring a three-ring binder with dividers to archive handouts. Internet access is highly recommended as well.

### German

#### German Made Easy

**Mary Hamblen** M: \$33; NM: \$38  
 6 class dates Room 2  
 LAN109A M 10/11-11/15 4-5PM

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

#### German Made Easy Level II

**Mary Hamblen** M: \$33; NM: \$38  
 6 class dates Room 2  
 LAN114A Tu 10/12-11/16 4-5PM

This course is a continuation of German Made Easy.

#### Intermediate German

**Mary Hamblen** M: \$33; NM: \$38  
 6 class dates Room 2  
 LAN201A Th 10/14-11/18 4-5PM

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

#### German: Advanced Level

**Mary Hamblen** M: \$33; NM: \$38  
 6 class dates Room 2  
 LAN301A Sa 10/16-11/20 10-11AM

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

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## Japanese

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### Japanese For Beginners

#### *Shizuka Campagna*

M: \$48; NM: \$53

5 class dates

Room 2

LAN116A Tu, Th 7/6-7/20 1-2PM

LAN116B Tu, Th 10/5-10/19 1-2PM

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

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### Japanese Level 2 **New!**

#### *Shizuka Campagna*

M: \$48; NM: \$53

5 class dates

Room 2

LAN122A Tu, Th 7/27-8/10 1-2PM

LAN122B Tu, Th 10/21-11/4 1-2PM

Students will be able to carry on conversations in Japanese given a variety of situations. In depth look at grammar, action verbs and the Japanese culture.

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## Latin

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### Let's Learn Latin

#### *Dr. Jason Lundock*

M: \$33; NM: \$38

5 class dates

Room 2

LAN118A F 10/8-11/5 10AM-12PM

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

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### Let's Learn Latin- Part II

#### *Dr. Jason Lundock*

M: \$33; NM: \$38

5 class dates

Room 2

LAN210A F 11/12-12/17 10AM-12PM

No class Nov. 26th.



Join us for a continuation of immersive learning with Latin (the original romance language). Just like in the first session, most of the language spoken in class and all of the reading will be provided in Latin, with small supplemental and clarification being given in English. *Salve atque vale!* Required textbook: *Lingua Latina per se Illustrata, Pars I: Familia Romana (Latin Edition)*

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## Sign Language

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### Beginning Sign Language

#### *Jill Davis*

M: \$43; NM: \$48

6 class dates

Room 1

LAN108A M 9/13-10/18 4:15-5:15PM

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

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### Intermediate I Sign Language

#### *Jill Davis*

M: \$43; NM: \$48

6 class dates

Room 1

LAN206A M 9/13-10/18 3-4PM

Previously, in Beginning Sign Language, students learned finger spelling, numbers 1-20 and over 100 signs. Intermediate will add new signs and practical applications.

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### Sign Language- Intermediate II

#### *Jill Davis*

M: \$43; NM: \$48

6 class dates

Room 1

LAN209A F 9/17-10/22 3-4PM

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

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### Sign Language- Advanced IV

#### *Jill Davis*

M: \$43; NM: \$48

6 class dates

Room 1

LAN125A F 9/17-10/22 4:15-5:15PM

Our journey through Sign Language continues. 600+ signs are already in our vocabulary. Prerequisites are our previous courses. Level IV increases the vocabulary and heightens our readability.

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## Spanish

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### Basic Spanish Conversation 1

#### *Dennis Meredith*

M: \$43; NM: \$48

8 class dates

Room 1

LAN112A M 10/18-12/6 9:30-11AM

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

## Basic Spanish Conversation 2

**Dennis Meredith** M: \$43; NM: \$48  
8 class dates Room 1  
LAN207A M 10/18-12/6 12-1:30PM

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

## Basic Spanish Conversation 3

**Dennis Meredith** M: \$43; NM: \$48  
8 class dates Room 2  
LAN117A Th 10/21-12/16 9-10:30AM  
No class Nov. 25th.

This course will further enable conversation skills. After a quick review from level 2, it will cover two new tenses (preterite and imperfect), a master list of the most common Spanish verbs, how to ask for and give directions, and useful vocabulary for travelers. Each session will feature online video instruction and conversation practice with partners. Access to email is highly recommended to receive course materials digitally.

## LITERATURE & WRITING

### Reader's Choice

**Pat Russell** M: \$6; NM: \$11  
6 class dates Room 1  
LIT152A M 7/12-12/13 1-2PM  
Meets July 12, August 9, September 13, October 11, November 8,  
December 13.

Join us monthly for a lively discussion of the book of the month. With the exception of the first month, the group will decide which book we will read. In July, we will read "The Mother-In-Law" by Sally Hepworth.

### Tips for the Author: Novice or Old Hand

**DL Havlin** M: \$6; NM: \$11  
1 class date Live Oak Hall  
LIT139A Tu 9/14 1-2:30PM

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

## Writing Circle

**Larry Paz** M: \$3; NM: \$8  
5 class dates Online  
WRI107A Th 9/16-11/11 3-4PM  
Meets Sept. 16, 30, Oct. 14, 28, Nov. 11.



Join us while we informally, through the magic of distance learning, review the works of others. The class will focus on improving our writing, learning disciplines to get the job done, and publishing options.

## Writing Flash Fiction

**Ray Cech, Edith Gandy** M: \$3; NM: \$8  
4 class dates Room 2  
WRI106A F 10/1-10/22 3-4:30PM

Each of us has a story. It could be something that happened to us, something we've witnessed, or maybe just an event that made us think. Taking that real-life story and turning it into a fictional, mini (flash fiction) story can be fun AND rewarding. This course consists of a series of four creativity-sparking sessions that offer new and experienced writers the chance to polish their writing skills. A detailed breakdown of each session can be found on our website.

## Writing, But Not for Major Publication **New!**

**DL Havlin** M: \$6; NM: \$11  
1 class date Live Oak Hall  
LIT154A Tu 10/5 1-2PM

Writing can provide many enhancements to one's life, besides being a big name author. Learn the value of self-expression and self-discipline and how writing can add to your satisfaction.

## Self-Publishing **New!**

**Larry Paz** M: \$3; NM: \$8  
4 class dates Online  
WRI114A W 10/6-10/27 3-4PM



This online course covers the basics of editing and self-publishing a book for the Amazon Kindle platform. The student will need a computer to work independently on hands-on assignments. Group sessions will be conducted at a pre-scheduled time for Q & A and discussion. Students capture screenshots of their completed assignments for the instructor's review.

## MUSIC, THEATER, & MEDIA

### Theater Appreciation and Performance- Broadway: The Fabulous Invalid

**Richard Rosen** M: \$6; NM: \$11  
12 class dates Room 4  
THE122A Tu 8/31-11/16 1-2:30PM

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

## Doo-Wop Classics: Looking For An Echo Part 3 **New!**

**Richard Cupertino**

M: \$3; NM: \$8

1 class date Live Oak Hall  
MUS168A F 12/10 4-6PM

The Journey continues as we explore learn and listen to some of the greatest Doo Wop groups from the 50's and early 60's. Guy and Girl groups will all be featured in this music experience of that era.

## Beginning Piano 101A

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates Computer Lab  
MUS156A F 7/9-8/13 1:30-2:30PM  
MUS156B F 9/3-10/8 9-10AM  
MUS156C F 11/5-12/17 9-10AM

No class Nov. 26th.



This is a great course for anyone that's been wanting to learn how to play the piano. We begin with the basics, teaching how to read music, navigate the keyboard and play songs with both hands. Keyboards will be provided, and there is a \$17 fee payable to the instructor for the two required lesson books. Class size is limited.

## Beginning Piano 101B

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates Computer Lab  
MUS157A F 7/9-8/13 2:45-3:45PM  
MUS157B F 9/3-10/8 10:15-11:15AM  
MUS157C F 11/5-12/17 10:15-11:15AM

No class Nov. 26th.

This course builds upon Beginning Piano 101A. The student will learn how to read a more expanded palette of notes, build on music theory knowledge and learn to play additional songs. Keyboards will be provided and there is a \$17 fee payable to the instructor for the two required lesson books. Students are required to complete Beginning Piano 101A before. 101B. Class size is limited.

## Beginning Piano 101C

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates Computer Lab  
MUS158A F 7/9-8/13 4-5PM  
MUS158B F 9/3-10/8 11:30AM-12:30PM  
MUS158C F 11/5-12/17 11:30AM-12:30PM

No class Nov. 26th.

This course continues to build upon skills acquired from Piano 101B. The student will learn how to play more difficult songs, understand intervals, scales and key

signatures. Keyboards will be provided, and students are required to bring the lesson books purchased for Piano 101B. Students are required to complete Piano 101A and 101B taking 101C. Class size is limited.

## Piano 102A

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates Computer Lab  
MUS159A F 7/9-8/13 9-10AM  
MUS159B F 9/3-10/8 1:30-2:30PM  
MUS159C F 11/5-12/17 1:30-2:30PM

No class Nov. 26th.

This course expands on reading music, and adding more complex rhythms. Music theory, including intervals, key signatures, dynamics and music terminology are reinforced. Keyboards will be provided and there is a \$17 fee payable to the instructor. Students are required to complete Piano 101A, 101B and 101C before Piano 102A. Please contact the instructor at [spacecadet3010@gmail.com](mailto:spacecadet3010@gmail.com) if you attended other piano classes to find out if you qualify for this class. Class size is limited.

## Piano 102B

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates Computer Lab  
MUS160A F 7/9-8/13 11:30AM-12:30PM  
MUS160B F 9/3-10/8 2:45-3:45PM  
MUS160C F 11/5-12/17 2:45-3:45PM

No class Nov. 26th.

This course expands upon the knowledge from Piano 102A. Students will learn to play the melody in the right hand, while chording in the left. They will also be introduced to chords, chord progressions and additional scales. Keyboards will be provided, and students are required to bring the books from Piano 102A. Students are required to complete Piano 102A first. Class size is limited.

## Piano 103A

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates Computer Lab  
MUS161A F 9/3-10/8 4-5PM

This course adds additional music theory including scales, intervals, chords and song structure. Students will play songs that are at a higher skill level. Keyboards will be provided and there is a \$17 fee payable to the instructor. Students are required to complete Piano 102A and 102B first. Please contact instructor at [spacecadet3010@gmail.com](mailto:spacecadet3010@gmail.com) if you attended other piano classes to find out if you qualify. Class size is limited.

**VISIT PAGE 4 FOR  
IMPORTANT REGISTRATION  
INFORMATION**

## Piano 103B

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates

Computer Lab

MUS162A F 7/9-8/13

10:15-11:15AM

MUS162B F 11/5-12/17

4-5PM

No class Nov. 26th.

This course finishes up Level 3 started in the previous course Piano 103A. Students are required to complete Piano 103A first. Keyboards will be provided, and students are required to bring the lesson books purchased for the Piano 103A course. Class size is limited.

## Piano 104A

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates

Computer Lab

MUS165A Tu 9/7-10/12

10-11AM

This course adds additional music theory allowing students to play songs at a higher skill level. Keyboards will be provided and there is a \$17 fee payable to the instructor on the first day of class for the lesson books. Students are required to complete Piano 103A and 103B before signing up for Piano 104A. Class size is limited.

## Piano 104B

**Jim Di Paolo**

M: \$80; NM: \$85

6 class dates

Computer Lab

MUS166A Tu 11/9-12/14

10-11AM

This course finishes up Level 4 started in the previous course Piano 104A. Students are required to complete Piano 104A before signing up for Piano 104B. Keyboards will be provided, and students are required to bring the lesson books purchased for the Piano 104A course. Class size is limited.

## Afternoon at the Movies

**MTP Staff**

M: Free; NM: Free

1 class date

Live Oak Hall

THE401A Th 7/8

1-3PM

THE401B Th 7/22

1-3PM

THE401C Th 8/5

1-3PM

THE401D Th 8/19

1-3PM

THE401E Th 9/2

1-3PM

THE401F Th 9/16

1-3PM

THE401G Th 9/30

1-3PM

THE401H Th 10/7

1-3PM

THE401I Th 10/21

1-3PM

THE401J Th 11/4

1-3PM

THE401K Th 11/18

1-3PM

THE401L Th 12/2

1-3PM

THE401M Th 12/16

1-3PM

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

## PHILOSOPHY

### Socrates and More Mondays

**Allie Gore**

M: \$3; NM: \$8

11 class date

Room 3

PHI102A M 7/19-12/13

2:30-4PM

Meets July 19, Aug. 2, Aug. 16, Aug. 30, Sept. 13, Sept. 27, Oct. 11, Oct. 25, Nov. 8, Nov. 22, Dec. 13.

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

### Read, Think and Discuss Book Group

**Allie Gore**

M: \$3; NM: \$8

6 class dates

Cypress Hall

PHI108A Tu 7/27-12/14

2-3:30PM

Meets on the 4th Tuesday of the month, except December which will meet Dec. 14.

This group will choose books that have something to say, make us think, and promote a spirited discussion. Much like Socrates Cafe, this class is intended to challenge with the goal of understanding others and ideas better. This semester's books: July: "Take Hold of Our History: Make America Radical Again," Harvey Kaye; August & September: "Evil Geniuses: The Unmaking of America," Kurt Anderson; October & November: "The Power Worshippers: Inside the Dangerous Rise of Religious Nationalism," Katherine Stewart; December: "How to Do Nothing: Resisting the Attention Economy" Jenny O'Dell

### Death- A Monthly Discussion

**Emmett Coyne**

M: \$6; NM: \$11

5 class dates

Room 4

CUR164A Tu 7/20-11/16

1:30-2:30PM

Meets on: July 20, Aug. 17, Sept. 21, Oct. 19, Nov. 16. July 20 & Aug. 17 dates will meet in Classroom 4.

Are we doomed to be victims to the inevitable? Is it possible to be an agent to one's impending death? Most persons prefer not to discuss death directly but rather deny and avoid any personal engagement with it, especially sharing with others. This is not a presentation, as a monthly discussion based on articles by George Yancy of Emory University, published in the New York Times. Participants will be asked to read one article each month, which will be emailed prior to meeting.

## Shakespeare's Villain Invention: All the Devils Are Here **New!**

**Emmett Coyne**

M: \$10; NM: \$15

2 class dates

Room 4

PHI146A

W

7/21 & 7/28

1:30-3PM

Shakespeare fingered humanity as the source of evil. Analogous to Covid 19, evil is the persistent pathogen within humanity. Pointing to an external agent as a devil, deflects from our capacity for evil. This course is two sessions. First, an 80-minute film, which a one-man performance by Patrick Page with the Shakespeare Theatre Company of the thread of evil in Shakespeare's characters. The second examines its persistent virulence within us.

## Man's Search for Meaning

**Emmett Coyne**

M: \$3; NM: \$8

1 class date

Room 4

PHI126A

M

8/23

1:30-3PM

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

## What is Man (Humanity)? **New!**

**Emmett Coyne**

M: \$3; NM: \$8

1 class date

Room 4

PHI145A

Th

9/16

1:30-3PM

Psalms 8 in the Jewish scriptures raises this question. It does not ask "What is God?" Alexander Pope wrote, "Know then thyself. Presume not God to scan. The proper study of mankind is mankind." People argue the primary focus of investigation should be man, humanity. Pope held understanding ourselves, our passions and possibilities takes precedence over pursuing understanding God or any other.

## The Death of Ivan Ilyich

**Emmett Coyne**

M: \$3; NM: \$8

1 class date

Room 4

LIT151A

M

12/13

1:30-3PM

This work of Leo Tolstoy is considered his best after "War and Peace." And much shorter! What makes it a classic is its relevance to today and our lives. It affords us a sense of agency to our life and death. Reading the book is a prerequisite for class discussion. The book can be purchased online and may be free on some sites and through the public library.

## RELIGION

## Critical Bible Interpretation- Genesis Flash Class **New!**

**Bruce Seaman**

M: \$3; NM: \$8

1 class date

Room 1

REL 124A

W

9/22

1:30-3PM

Reading the Bible critically is needed to truly understand what was written by ancient writers and why. In one flash session, this class will introduce you to basic critical concepts by focusing mostly on the Creation Stories, but related to all of Genesis. Learn about the quality of texts, source theory, reflect on fact vs. truth, literalism vs. storytelling, etc.

## Critical Bible Interpretation- Gospels Flash Class **New!**

**Bruce Seaman**

M: \$3; NM: \$8

1 class date

Room 1

REL 125A

Th

10/7

1:30-3PM



Reading the Bible critically is needed to truly understand what was written by ancient writers and why. In one flash session, this class will introduce you to basic critical concepts by focusing on the gospels only. Learn about the four gospel editors and their sources, explore other movements of the 1st century as well as who Jesus thought he was and what he intended to do.

**FOUR EASY WAYS TO REGISTER**

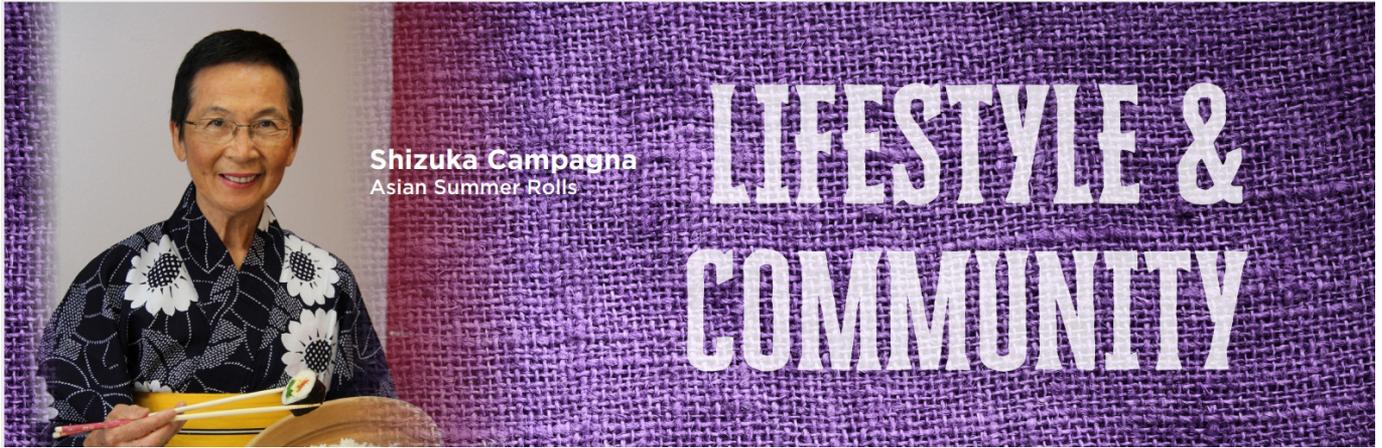
**24/7 ONLINE**

**BY CALLING (352) 861-9751**

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

**BY MAIL**

*See Page 4 for More Information*



**Shizuka Campagna**  
Asian Summer Rolls

# LIFESTYLE & COMMUNITY

## COMMUNITY

### Bay Laurel Center CDD Utility Operations

**New!**

**Bryan Schmalz**

M: \$3; NM: \$8

1 class date			Room 4
CMT152A	Tu	7/13	1-3PM
CMT152B	Tu	8/17	1-3PM
CMT152C	Tu	9/14	1-3PM
CMT152D	Tu	10/12	1-3PM

The Bay Laurel Center CDD provides the water and wastewater services to the On Top of the World & Stone Creek Communities. Learn more about the efforts taken to provide safe and reliable utility services including the complexities of water procurement, treatment, environmentally conscientious wastewater disposal and the importance of water conservation.

### Basic Home Maintenance

**Lee Collins**

M: \$3; NM: \$8

1 class date			Room 3
CMT118A	M	7/19	1-2:30PM
CMT118B	F	10/22	1-2:30PM

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

### What You Need to Know About Your Air Conditioner

**Jerritt Weaner**

M: \$3; NM: \$8

1 class date			Room 4
CMT131A	W	8/11	1-2:30PM
CMT131B	W	11/10	1-2:30PM

In Florida, the summers throughout the state are long, hot, and humid; air conditioning is a necessity here. Learn about the components of an HVAC system. Understand what

proper maintenance is and what it entails. Reject common misconceptions about A/C systems by becoming aware of the facts and prepare yourself with the knowledge necessary to avoid costly and unnecessary repairs and investments in new equipment.

### Hydrawise Irrigation Controller Class

**Phillip Hisey**

M: \$3; NM: \$8

1 class date			Live Oak Hall
CMT132A	F	11/12	9-10AM

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

### Landscape and Irrigation, How and Why We Do It This Way **New!**

**Phillip Hisey**

M: \$3; NM: \$8

1 class date			Live Oak Hall
CMT148A	F	9/10	9-10AM

This course will include an overview of the landscape culture at On Top of the World Communities. How and why we landscape our homes. Course will cover water conservation and efficiency utilizing the Florida Water Star Program to plants and grass types used in our landscape packages. Also covered some landscape maintenance tips and things to look for or keep your maintenance provider on their toes. The presentation will be followed by a Q&A session.

### Sholom Park Sunset Cinema **New!**

**Sholom Park**

Prepaid Parking Fee: \$12 per vehicle

1 class date			Sholom Park
SSC101A	F	11/5	7-9PM
SSC101B	F	12/3	7-9PM

Enjoy an outdoor movie experience under the stars at

Sholom Park. Let the magic of movies come to life on a 25' movie screen. Make it a date night or family movie night tradition. Bring your lawn chairs and pack some snacks because the featured presentation is about to begin. Fresh popcorn and other movie snacks will be available for a donation. Gates open at 6PM; showtime at 7PM. Cost is \$12 per vehicle, up to 8 passengers.

### Sholom Park After Dark Concert Series

<b>Sholom Park</b>		M: \$15; NM: \$15
1 class date		Sholom Park
PAD101A	Th 10/21	6-8PM
PAD101B	Th 11/18	6-8PM
PAD101C	Th 12/16	6-8PM

Experience Sholom Park like never before at this entertaining concert series featuring live music and virtual views from around the world. It begins this October in Germany and will end in Ireland on St. Patrick's Day 2022 with several stops in between. This exclusive world music and entertainment tour does not require a passport. It all happens on the Sholom Park stage. However, if you purchase a Sholom Park Passport, you'll be guaranteed tickets to all three World Tour stops through December 2021 and get to experience a "taste" of each country along the way. Gates will open at 5:15 PM and the entertainment will begin at 6:00 PM.

**SIGN UP FOR EITHER THE INDIVIDUAL DATES ABOVE, OR THE PASSPORT EXPERIENCE BELOW.**

### Sholom Park After Dark Passport **New!**

<b>Sholom Park</b>		M: \$75; NM: \$75
3 class dates		Sholom Park
PAD103A	Th 10/21-12/16	6-8PM

This passport is for admissions on Oct. 21, Nov. 18, & Dec. 16.



Experience a "Taste" of Germany, France and England at our World Tour Entertainment and Concert series.

Purchase a Sholom Park Passport by September 30, 2021 to guarantee tickets to all three World Tour stops through December 2021. In addition to the sights and sounds of this exclusive concert and virtual world tour entertainment series, Sholom Park Passports holders will also experience a TASTE of each country we visit.

## COOKING & CONFECTIONERY

### Okonomiyaki Japanese Pizza

<b>Shizuka Campagna</b>		M: \$23; NM: \$28
1 class date		Studio 3
CUL189A	Th 7/22	11AM-12:30PM
CUL189B	Th 9/23	11AM-12:30PM
CUL189C	Th 11/18	4-5:30PM

Okonomiyaki, which translated means "grill as you like it," is a healthy "Japanese pizza." Aside from the basic

ingredients, one can add anything you like such as pork, beef, shrimp, squid or a vegetarian one, and also choose the sauce that goes on top! They are fun to make and savory to taste. Please bring your favorite knife for cutting vegetables. Note: There is a \$5 materials fee payable to the instructor the day of class.

### Making Japanese Gyoza- Pot Stickers

<b>Shizuka Campagna</b>		M: \$23; NM: \$28
1 class date		Studio 3
CUL190A	Th 7/15	11AM-12:30PM
CUL190B	Th 9/16	11AM-12:30PM
CUL190C	Th 11/11	4-5:30PM

Known as pot-stickers in the U.S., these appetizers are juicy on the inside, crispy and golden brown on the outside. These pan-fried dumplings are a popular weeknight snack, as well as a great appetizer for your next dinner party. They freeze well too. Come learn how to make this delicious treat. Note: There is a \$5 materials fee payable to the instructor the day of class.

### Asian Summer Rolls **New!**

<b>Shizuka Campagna</b>		M: \$23; NM: \$28
1 class date		Studio 3
CUL192A	W 8/18	11AM-12:30PM
CUL192B	W 10/13	11AM-12:30PM
CUL192C	W 12/1	11AM-12:30PM

Summer rolls are fresh, loaded with vegetables, meat, shrimp and even fruits. Various colors penetrating from the rice paper makes this dish extremely attractive and appetizing. Dipped in various sauces makes this a great party appetizer or a family snack. Note: There is a \$5 materials fee payable to the instructor the day of class.

### Green Smoothies: The Healthy Fast Food

<b>Colleen Griffin</b>		M: \$18; NM: \$23
1 class date		Studio 3
CUL104A	Th 7/15	2:15-4:15PM

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

**PLEASE HELP MTP WITH YOUR FINANCIAL SUPPORT**

**DONATE TODAY!**

## Beans, Beans Are Good For Your Heart

**Colleen Griffin** M: \$30; NM: \$35

1 class date Studio 3  
CUL111A Sa 7/31 12-3PM  
CUL111B F 10/1 1-4PM

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

## Oodles of Zoodles: Thinking Outside the Pasta Box

**Colleen Griffin** M: \$30; NM: \$35

1 class date Studio 3  
CUL121A Sa 7/24 12-3PM

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

## Spice Up Your Life - Cooking with Herbs and Spices

**Colleen Griffin** M: \$30; NM: \$35

1 class date Studio 3  
CUL131A Sa 8/21 12-3PM

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

## Crazy About Curry

**Colleen Griffin** M: \$30; NM: \$35

1 class date Studio 3  
CUL132A F 8/27 1-4PM

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

## Cooking with Essential Oils

**Colleen Griffin** M: \$24; NM: \$29

1 class date Studio 3  
CUL118A Sa 8/14 12-3PM

Are you looking for new and exciting ways to spice up your favorite recipes? Why not take a look at what essential oils can add to your next creation? While adding essential oils to your favorite food or drink can provide tremendous flavor and benefits for your body, not all oils are safe to ingest. Join us in learning which oils are safe for consumption, how to properly use them and explore the culinary benefits in various recipes. There is a \$13 ingredients fee.

## Kombucha Brewing for Beginners

**Colleen Griffin** M: \$23; NM: \$28

1 class date Studio 3  
CUL153A F 8/20 12-2PM

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

## The Secret's In the Sauce

**Colleen Griffin** M: \$28; NM: \$33

1 class date Studio 3  
CUL200A Sa 8/28 12-3PM

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

## Got Mylk? Homemade Nut Mylks

**Colleen Griffin** M: \$23; NM: \$28

1 class date Studio 3  
CUL154A F 8/20 3-5PM

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

## Step Aside Pumpkin Pie

**Colleen Griffin** M: \$30; NM: \$35

1 class date Studio 3  
CUL139A Sa 10/9 12-3PM  
CUL139B F 11/19 1-4PM

Why should pumpkin be pigeon-holed to just decoration, pie and lattes when they can be included in a variety of versatile dishes? Enroll in this hands-on class and break with tradition by trying a new take on this favorite from

pumpkin chili to pasta sauce, not to mention a whole array of desserts beyond the classic pumpkin pie. Remember, pumpkin in all its variations is as nutritious as it is delicious! All recipes are gluten-free and dairy-free. There is a \$13 ingredients fee.

### How 'Bout Them Apples

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL140A Sa 9/25 12-3PM  
 CUL140B Sa 10/30 12-3PM

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

### The Not So Sweet Side of Sugar

**Colleen Griffin** M: \$18; NM: \$23  
 1 class date Studio 3  
 CUL157A F 9/3 1:30-3:30PM

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

### No Bake Sweets and Treats- Desserts Without An Oven New!

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL202A F 9/24 1-4PM

Whether you're in need of a last-minute dessert or are just craving something sweet, no-bake treats are the answer. Enroll in this hands-on class and learn how to make quick & easy, delicious & nutritious homemade treats that are sure to satisfy your sweet tooth without turning on the oven. All recipes are both gluten free and dairy free. Note: There is a \$13 ingredients fee payable to the instructor.

### Scrumptious Summer Salads

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL102A Sa 7/17 12-3PM

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

### Festive Fall Salads

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL114A F 10/8 1-4PM  
 CUL114B Sa 11/13 12-3PM

The autumn harvest brings crisp apples, sweet citrus, warm spices, dark leafy greens and jewel-toned root vegetables to the table. Think butternut squash, Brussels sprouts, cranberries, persimmons, apples... they warm the heart as much as they do the stomach. Festive fall salads are the perfect way to make the most of the autumn's bounty in a delicious, nutritious and surprisingly comforting way. All recipes used in class are gluten-free & dairy-free. There is a \$13 ingredients fee.

### Healthy, Hearty Winter Salads

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL155A F 12/10 1-4PM

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

### Adventures in Chicken Salad

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL134A F 8/13 1-4PM  
 CUL134B F 10/15 1-4PM

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

### Eat More Veggies

**Colleen Griffin** M: \$30; NM: \$35  
 1 class date Studio 3  
 CUL116A F 7/30 1-4PM  
 CUL116B Sa 10/2 12-3PM



Vegetables are one of the best foods you can eat. They are high in fiber and a good source of disease-fighting phytonutrients. Some people may avoid veggies because they taste bland. When prepared correctly, they are just plain good. If you are looking for inspiration on

how to prepare veggies, then this hands-on class is for you. All recipes are gluten-free, dairy-free, and diabetic friendly. Note: There is a \$13 ingredients fee.

## One Pot Wonders

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL166A Sa 9/11 12-3PM

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

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## Air Fryer Cooking Class

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL165A F 7/23 1-4PM  
CUL165B F 9/17 1-4PM  
CUL165C Sa 10/23 12-3PM

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

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## Instant Pot Canning/Preserving **New!**

**Peggy Rackstraw**

M: \$15; NM: \$20

1 class date Studio 3  
CUL203A Tu 8/3 2-4PM  
CUL203B Sa 10/16 10AM-12PM

Learn to preserve fresh fruits and vegetables with the Instant Pot pressure canning feature. This is a beginner level course for pressure canning. Enroll in this course and take advantage of Florida's year-round farmer's markets while stocking your pantry with nutritious and convenient foods. Note: There is a \$15 ingredient/supply fee payable to the instructor at the beginning of class. Students must bring their own Instant Pot to class, it should be 6 quart or larger size.

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## Make the Most Out of Your Instant Pot

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL164A F 7/16 1-4PM  
CUL164B F 10/22 1-4PM

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

## Asian Instant Pot

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL185A F 9/10 1-4PM

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

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## Instant Pot Soups: Is It Soup Yet?

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL186A F 10/29 1-4PM

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

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## Instant Pot Thanksgiving

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL187A F 11/12 1-4PM  
CUL187B Sa 11/20 12-3PM

Thanksgiving is the prime time to break out your Instant Pot and save yourself a lot of time and energy. Enroll in this hands-on class and learn how to let the Instant Pot help you create delicious and nutritious side dishes that will cut down on kitchen time and speed up the fun! There is a \$13 ingredients fee.

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## Instant Pot Two-Day Hands-On Adventure

**Colleen Griffin**

M: \$51; NM: \$56

2 class dates Studio 3  
CUL184A F, Sa 8/6 & 8/7 1-4PM  
CUL184B F, Sa 11/5 & 11/6 1-4PM  
CUL184C F, Sa 12/3 & 12/4 1-4PM

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

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## Instant Pot- Pot in Pot Cooking Method **New!**

**Colleen Griffin**

M: \$30; NM: \$35

1 class date Studio 3  
CUL201A Sa 9/18 12-3PM  
CUL201B Sa 12/11 12-3PM

Have you heard of the pot-in-pot (PIP) cooking method for the Instant Pot? Confused about what it means or how to do it? Enroll in this hands-on class and learn everything you need to know about using the pot-in-pot method with your electric pressure cooker. All recipes are both gluten free and dairy free. Note: There is a \$13 ingredients fee payable to the instructor. Students must bring their own instant pot to class.

### Are You Digging Your Grave with Your Fork and Spoon?

**Colleen Griffin** M: \$32; NM: \$37  
3 class dates Room 3  
CUL167A Th 11/4-11/18 2-4PM

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

## EQUINE, PETS, & WILDLIFE

### Bugs in My Yard **New!**

**Catharine Mannion** M: \$11; NM: \$16  
2 class dates Cypress Hall  
SCI184A M, W 8/2 & 8/4 10AM-12PM

Learn how to identify and manage insects and other pests feeding on the trees, shrubs and flowers in your yard. Methods of management include the pros and cons of pesticides and alternative methods such as biopesticides, entomopathogens and biological control. Learn how to recognize when management is necessary and how to recognize the "good bugs."

### All About Foxes from Biology to Habits **New!**

**Cat Hannan** M: Free; NM: Free  
Entire Term Online Recording  
WIL103A Available 24-7

 This presentation will explore the biology and behavior of Florida's two fox species and how they vitally contribute to the functioning of local ecosystems. We will also discuss potential conflicts, how to prevent them, and how we can coexist with these small members of the canine family. Instructor email will be provided for follow up questions.

### Reducing Wildlife Conflicts in Neighborhoods **New!**

**Cat Hannan** M: Free; NM: Free  
Entire Term Online Recording  
WIL102A Available 24-7



While wildlife viewing is often an enjoyable way to spend an afternoon, when wildlife become too comfortable in neighborhoods they can come into conflict with people. This presentation provides an overview of ways to keep wildlife wild while enjoying your wild neighbors from a distance. Instructor email will be provided for follow up questions.

### Snakes of North Florida **New!**

**Cat Hannan** M: Free; NM: Free  
Entire Term Online Recording  
WIL101A Available 24-7



This course provides an overview of snake biology and ecological impacts and benefits of snakes. Students will learn to identify venomous snakes in Florida and how to reduce snake activity around your home. Instructor email will be provided for follow up questions.

### Hero From Home: Making a Positive Impact on the Environment

**Aimee Pritchard** M: \$11; NM: \$16  
1 class date Live Oak Hall / Online (H)  
PET110A Tu 8/3 10:30-11:30AM  
PET110AH Tu 8/3 10:30-11:30AM



This course will focus on small changes you can make in your day-to-day life that will make a positive impact on the environment and the animals you share it with.

### Wild About Animals: Rainforests **New!**

**Aimee Pritchard** M: \$11; NM: \$16  
1 class date Live Oak Hall / Online (H)  
EPW135A Tu 8/17 10:30-11:30AM  
EPW135AH Tu 8/17 10:30-11:30AM



Rain forests are extremely unique ecosystems that hold an abundance of animals. We will look at interesting animals found in these otherworldly locations and these adaptations that help them survive. This class will also have a special rain forest animal guest.

### Mother Nature's Clean Up Crew

**Aimee Pritchard** M: \$11; NM: \$16  
1 class date Live Oak Hall / Online (H)  
EPW102A F 9/3 10:30AM-12PM  
EPW102AH F 9/3 10:30AM-12PM



Vultures save us billions of dollars globally every year. In this course, we will look at vultures throughout the world, and the impact they have on us and the environment. We will also look at the threats today's vultures face and what that means for humans.

## DISTANCE LEARNING TYPES



HYBRID LIVE VIRTUAL RECORDING REMOTE

## Croc-Tober Celebration **New!**

### **Aimee Pritchard**

M: \$11; NM: \$16

1 class date

Cypress Hall / Online (H)

EPW136A Tu 10/5 10:30-11:30AM

EPW136AH Tu 10/5 10:30-11:30AM

 Join us for a special class on crocodilians! We'll take a close look at all four groups that make up the crocodilian's family tree; alligators, caiman, gharials, and of course crocodiles! Through this lecture style PowerPoint, we will look at every species and where they call home. From the smallest to the largest we will meet them all. We will even look at personal photos of our instructor working with many of these species and hear her stories!

## Thoroughbreds of Marion County

### **Thomas Sweeney**

M: \$48; NM: \$53

2 class dates

Room 2

EPW107A W 10/6 & 10/13 9:30-11:30AM

First class meets at MTP, second class meets at OBS.

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

## Enriching the Lives of Our Companions

### **Aimee Pritchard**

M: \$20; NM: \$25

1 class date

Cypress Hall

PET109A Tu 11/9 10:30AM-12:30PM

We throw a ball with our dogs, cuddle with our cats, and flirt with our parrots, but is that enough? We will look at different categories of enrichment we may be missing for all animals, large or small. We will look at stimulating enrichment that can be done when you leave the house to keep your best friend occupied. We will also look at safety considerations, and will be making toys for your animals.

## Birds of the Upper Withlacoochee River

### **Norm Lantz**

M: \$53; NM: \$58

2 class dates

Room 3

SCI118A Tu 11/9 & 11/16 10-11:30AM

First class at MTP; second class is a boat ride from 8:30am - 11:30am.

The Upper Withlacoochee River offers a different look at "old Florida." This course features a three-hour boat ride to learn about the wading/water birds. Start in class to discuss birds we hope to see. The boat ride is the second class and will start with the Rainbow River, and then the Withlacoochee River. Enjoy up close views of birds. Optional lunch at one of the riverside cafes.

## Birding in Florida

### **Norm Lantz**

M: \$18; NM: \$23

1 class date

Room 3

SCI117A Tu 11/23 10-11:30AM

Birding in Florida is different from any other birding experience. The birds are different. There are lots of them, especially wading and water birds, and are harder to attract. This course will cover: How to attract birds to your back yard; recommended use and type of feeders, water, houses and habitat; squirrel proofing your feeders (yes, it can be done!); and how to identify new-found feathered friends.

## Birds of the Rainbow River

### **Norm Lantz**

M: \$53; NM: \$58

2 class dates

Room 2

EPW115A Tu 11/30 & 12/7 10-11:30AM

First class at MTP; second class is a boat ride in Dunnellon from 8:30-11:30am

Take a boat ride on the Rainbow River and see a vast array of water and wading birds, other river birds and many songbirds. It is a scenic ride through much of "old Florida." Be sure to bring your camera for up-close shots of these magnificent creatures.

## Wild About Animals: Desert Dwellers **New!**

### **Aimee Pritchard**

M: \$11; NM: \$16

1 class date

Live Oak Hall / Online (H)

EPW101A Tu 12/7 10:30-11:30AM

EPW101AH Tu 12/7 10:30-11:30AM

Deserts are extremely unique ecosystems that hold an abundance of animals. We will look at interesting animals found in these otherworldly locations and these adaptations that help them survive. This class will also have a special desert animal guest.

## GAMES

### Solving Sudoku **New!**

#### **Dr. Daniel Lack**

M: \$3; NM: \$8

1 class date

Room 1

GAM107A F 11/19 1-2:30PM

Solving puzzles provides a great way to exercise your brain. Research has proven that learning new skills can keep your brain healthy. You may think of a Sudoku as a crossword puzzle with numbers. This course will teach you a logical and systematic approach to enjoy filling in all of the boxes in your next Sudoku.

## GENEALOGY

### Absolute Beginner's Genealogy

#### **Terry Willard, Jim Willard**

M: \$3; NM: \$8

1 class date

Room 3

GEN103A M 10/11 1-3PM

The student will be introduced to the basic research charts, how to use them properly, how and where to begin their research, how to organize the results, and how to share research with others (possible projects). This course is

strongly recommended for all students new to genealogy as it provides a base for other genealogy classes offered through this program.

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### **Ancestry.com: Searching**

**Terry Willard, Jim Willard** M: \$33; NM: \$38  
 2 class dates Room 3  
 GEN100A W 12/8 & 12/15 1-3PM

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

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### **Getting the Most From FamilySearch.org**

**Terry Willard, Jim Willard** M: \$33; NM: \$38  
 2 class dates Room 3  
 GEN111A W 11/3 & 11/10 1-3PM

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

## HOBBIES

### **GOLD! A Global Treasure**

**Dr. Don Wyman** M: \$11; NM: \$16  
 1 class date Live Oak Hall  
 HOB140A F 12/3 10-11:30AM

This course covers everything from where it is found; how it is mined; the richest mines; who has the most; the largest finds; karats; colors; uses; unique properties; oldest finds; most valuable coins; as a form of currency; mixtures; gold rushes; unusual uses; and past, present and future projected value of the commodity. In short, a very colorful adventure into the gleaming world of Gold!

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### **Introduction to Golf**

**Matt Hibbs** M: \$3; NM: \$8  
 1 class date Room 4  
 HOB108A M 10/11 11AM-12PM

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

### **Snorkeling**

**Heath Davenport** M: \$33; NM: \$38  
 1 class date Pool Studio  
 HOB125A F 8/6 2-2:50PM  
 HOB125B F 11/5 2-2:50PM

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

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### **Discover Scuba**

**Heath Davenport** M: \$58; NM: \$63  
 1 class date Pool Studio  
 HOB126A F 8/6 1-1:50PM  
 HOB126B F 11/5 1-1:50PM



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

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### **Clear the Clutter! New!**

**Yvonne Phillips** M: \$22; NM: \$27  
 1 class date Cypress Hall  
 WEL231A Th 8/19 10:30AM-12PM

Clutter comes in all different ways. We all have those wonderful magazines that may have a recipe or great article in it, so we keep the whole magazine. How many do you have? The sales are when we all get into trouble with our clothing. Let us start a new beginning for the rest of the year and get these areas cleaned up by creating new rituals to help keep it all under control.

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### **Holiday Feng Shui**

**Yvonne Phillips** M: \$15; NM: \$20  
 1 class date Cypress Hall  
 PAR180A Th 11/18 10:30AM-12PM

Yvonne will share with you the basic Feng Shui of using color and your holiday decorations to increase the peace and harmony in your home.

## Cold Process Soap Making 101

**Donna Sabo**

M: \$19; NM: \$24

1 class date			Studio 3
HOB129A	M	7/19	1-3:30PM
HOB129B	M	9/13	1-3:30PM
HOB129C	M	11/15	1-3:30PM

Cold process soap making is part chemistry and part artistry. You don't have to be a scientist or an artist to make soap. Just a few basic principles and safety precautions. Enroll in this class and learn the art and science of soap making. Upon completion, you will have the knowledge to make your own cold process soaps. Each student takes home 3 bars of soap. Note: There is a \$10 supply fee payable to the instructor.

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## Butters, Balms, Bars

**Donna Sabo**

M: \$28; NM: \$33

1 class date			Studio 3
HOB136A	Tu	7/20	1-3:30PM
HOB136B	Tu	9/14	1-3:30PM
HOB136C	Tu	11/16	1-3:30PM

Learn how to make body care with all natural ingredients, including beeswax, shea butter, and coconut oil. This class is for newbies or those who have already experimented making body products. In class you will learn how to make a balm, a lotion bar, and a luxurious body butter. You will also receive a packet of recipes and tips. Note: There is a \$10 supply fee payable to the instructor.

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## Raising the Bar (DIY Natural Health & Beauty Bars)

**Donna Sabo**

M: \$28; NM: \$33

1 class date			Studio 3
HOB137A	W	7/21	1-3:30PM
HOB137B	W	9/15	1-3:30PM
HOB137C	M	11/22	1-3:30PM

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

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## Tap Dance- Level 1

**Penny Berton**

M: \$38; NM: \$43

6 class dates			Room 5
DAN115A	W	7/7-8/11	1-2PM
DAN115B	M	10/11-11/15	4-5PM

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

## Tap Dance- Level 2

**Penny Berton**

Room 5

6 class dates			M: \$38; NM: \$43
DAN116A	W	8/18-9/22	1-2PM
5 class dates			M: \$33; NM: \$38
DAN116B	M	11/22-12/20	2:30-3:30PM

After completing the beginner tap program, classes will progress with additional terminology, more complex combinations, rhythms and routines. Balance will be improved as well as your ability to watch and pick up more quickly. Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

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## Tap Dance- Level 3

**Penny Berton**

M: \$38; NM: \$43

6 class dates			Room 5
DAN117A	W	7/7-8/11	10-11AM
DAN117B	W	9/29-11/3	1-2PM

Once levels 1 and 2 are completed, you will have a good foundation of tap dancing and tap terminology. Counting will be emphasized to help you understand how to fit the steps you have learned to any music. Muscle memory and recall will start to kick in. The love of tap will have you hooked. Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

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## Tap Dance- Level 4

**Penny Berton**

Room 5

6 class dates			M: \$38; NM: \$43
DAN118A	W	7/7-8/11	11:30AM-12:30PM
DAN118B	W	8/18-9/22	10-11AM
5 class dates			M: \$33; NM: \$38
DAN118C	W	11/10-12/15	1-2PM
No class Nov. 17th.			

You have now completed levels 1, 2, and 3. Congratulations! It's time to put all the fundamentals together to learn the very popular and exciting "Time Step" you've seen in all those fantastic musicals! With the basics behind you, it's time to let those feet take over and dance, dance, dance! Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

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## Tap Dance- Level 5

**Penny Berton**

M: \$38; NM: \$43

6 class dates			Room 5
DAN119A	M	7/12-8/16	4-5PM
DAN119B	W	8/18-9/22	11:30AM-12:30PM
DAN119C	W	9/29-11/3	10-11AM

You now have what it takes to be a "Hooper." Previously

learned steps such as the Maxi Ford, Broadway, Irish, and Military Time Step will start to become second nature to you as we'll now work on speed, a Capella routines, and "harmonizing" with our feet. Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

### Tap Dance- Level 6

**Penny Berton**

			Room 5
6 class dates			M: \$38; NM: \$43
DAN121A	M	7/12-8/16	2:30-3:30PM
DAN121B	M	8/23-10/4	4-5PM
		No class on 9/6	
DAN121C	W	9/29-11/3	11:30AM-12:30PM
5 class dates			M: \$33; NM: \$38
DAN121D	W	11/10-12/15	10-11AM
		No class on 11/17	

This program is for students starting to feel comfortable with counting tap rhythms, understanding the difference between single, double, and triple tap steps. We will work on my personal favorite: the Draw Back! Your confidence builds as you continue to work on the ever-popular Time Step. Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

### Tap Dance- Level 7 **New!**

**Penny Berton**

			Room 5
6 class dates			M: \$38; NM: \$43
DAN122A	M	7/12-8/16	1-2PM
DAN122B	M	8/23-10/4	2:30-3:30PM
		No class on 9/6	
DAN122C	M	10/11-11/15	2:30-3:30PM
5 class dates			M: \$33; NM: \$38
DAN122D	W	11/10-12/15	11:30AM-12:30PM
		No class Nov. 17th.	

We will introduce different Time Steps and work on more complex combinations. It may be time for you to create your own personal combination of steps using the tools you have learned over the past several levels. Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

### Tap Dance- Level 8+ (Advanced) **New!**

**Penny Berton**

			Room 5
6 class dates			M: \$38; NM: \$43
DAN123A	M	8/23-10/4	1-2PM
		No class on 9/6	
DAN123B	M	10/11-11/15	1-2PM
5 class dates			M: \$33; NM: \$38
DAN123C	M	11/22-12/20	1-2PM

You've worked for it, now enjoy your new level! You may not feel completely ready for this title as Tap is always a work in progress. We are always learning, but you now have a clear understanding of the ART OF TAP DANCING! Let's challenge ourselves with every class. Note: Students are required to complete previous levels before registering for the next level. Please contact the instructor if you have a question as to which level you should attend.

### Broadway Dance Class **New!**

**Penny Berton**

6 class dates			Room 5
DAN124A	W	9/15-10/20	2:30-3:30PM

Do you love musicals? Ever wanted to dance to some of those classic Broadway tunes? All choreography will be inspired and styled after those foot stomping favorites. No experience needed! The song for this class is "Thank God I'm Old" from Barnum. This is a fast paced, cute song about being old. We will be using walkers as a prop! Students need to supply their own walkers.

## IFAS

### UF/IFAS Extension Marion County: Who, Where, Why? **New!**

**Lynn Nobles**

1 class date			M: Free; NM: \$5
IFA164A	Tu	8/3	Cypress Hall 1-2PM

The extension service is a joint effort of the county and the University of Florida to extend the education and research from the university to the citizens of Marion County. This resource is available to all residents of Marion County and specific to needs identified by the University of Florida and the residents of Florida. There are many services provided at no cost to help answer and solve problems encountered in production agriculture, landscaping, nutrition and healthy living styles, youth development, and conserving natural resources for generations to come.

### Florida Beyond the Beaches: What Can Agriculture Do For You? **New!**

**Caitlin Bainum**

1 class date			M: Free; NM: \$5
IFA160A	W	10/6	Cypress Hall 9:30-10:30AM



Come join UF/IFAS Extension Livestock Agent Caitlin Bainum to hear about agriculture awareness and increase your knowledge on our rural industries and how they affect each person's daily lives.

### Non-Venomous Snake ID **New!**

**Maxine Hunter**

M: Free; NM: \$5

1 class date Online  
IFA162A W 8/18 10-11AM



Do you worry about seeing snakes in your landscape or neighborhood? This session will help you learn about snakes that live in central Florida, how to identify them correctly, and reduce interactions with snakes and other wildlife.

### Nuisance Wildlife in Central Florida

**Maxine Hunter**

M: Free; NM: \$5

1 class date Online  
IFA109A W 12/15 10-11:30AM



Have you had problems or even damage from pesky animals in your yard at night? Learn the 4 step approach to identify your unwanted guests and prevent further issues.

### Master Gardener Expertise: Container Gardening **New!**

**Lauren Paporone**

M: Free; NM: \$5

1 class date Online  
IFA120A W 7/7 10-11AM



July in Florida is hot, even our plants can get roasted. Learn to create attractive containers that will last you through the summer heat and provide some beautiful colors. Additionally, we will discover ways to incorporate biodiversity into the landscapes.

### Master Gardener Expertise: Preparing Your Garden For Fall or Winter **New!**

**Pat Burns**

M: Free; NM: \$5

1 class date Online  
GAR128A W 9/1 10-11:30AM



Whether you are new to Central Florida, or a long time resident, you might not know our Fall and Winter seasons can be unpredictable and blended at the same time. Learn ways to prepare your landscape for cooler weather.

### Master Garden Expertise: Vegetable Gardening

**Maxine Hunter**

M: Free; NM: \$5

1 class date Online  
IFA117A W 10/6 10-11AM



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

### Master Gardener Expertise: Holiday Plants **New!**

**Pat Burns**

M: Free; NM: \$5

1 class date Online  
IFA165A W 11/3 10-11AM



Do you look forward to the new varieties of holiday plants each year? These plants can provide beautiful displays both indoors and outdoors. Join us to learn best practices to have healthy holiday plants.

### Pruning for Tree Health & Longevity **New!**

**Maxine Hunter**

M: Free; NM: \$5

1 class date Online  
IFA161A W 7/21 10-11AM



Does pruning trees and shrubs in your landscape overwhelm you or do you just want to skip it? Join us to learn more about when and why you should prune and the correct ways to prune different plants.

### Florida-Friendly Plants For Your Landscape

**Amanda Marek**

M: Free; NM: \$5

1 class date Online  
GAR146A W 9/15 10-11AM



Would you like to have plants in your yard that are beautiful, drought-tolerant, hardy and attract wildlife? Join us for this introduction to some of the most popular Florida-Friendly plants that need minimal water and maintenance to add color and diversity to your landscape.

### Protecting Our Springs **New!**

**Maxine Hunter**

M: Free; NM: \$5

1 class date Online  
IFA163A W 10/20 10-11AM



Have you visited our Marion County springs? This class will discuss the history of springs in central Florida and talk about the ways we can protect them by using best management practices in our yards and neighborhoods.

### Preparing your Landscape for Winter

**Amanda Marek**

M: Free; NM: \$5

1 class date Online  
GAR116A Tu 11/16 10-11AM



Last year's winter for us was harsh. Multiple freezes did a number on our lawns and landscapes. Is your yard prepared for the coming winter? In this class we'll cover some basic tips to help your lawn and landscape plants survive the season.

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#13746 - 8/20

## PUBLIC SAFETY

### Citizens Prosecutor Academy **New!** State Attorney's Fifth Judicial Circuit

M: Free; NM: Free  
Cypress Hall  
6 class dates  
PUB128A Tu 9/14-10/26 10AM-12PM  
No class Oct. 5th.

The Citizens Prosecutor Academy is a 6-week program which provides citizens a look at the criminal justice system from the perspective of a prosecutor. Participants will hear directly from attorneys, judges and subject matter experts on several topics including the criminal justice system, the jury trial process, forensics, crimes against children, homicide investigations, and diversion programs, among others. Due to the sensitive nature of some topics in this series, those who choose to participate must complete an application and must be at least 18 years of age. The application information will be made available after completing a registration and on our website. Participants will need to complete and return the application to MTP no later than one week before class start. Class size is limited to 30 people. There is no cost to citizens of Citrus, Hernando, Lake, Marion, and Sumter counties. No recording devices allowed.

### Golf Cart Safety

**Danny Childress** M: \$3; NM: \$8  
1 class date Room 5  
PUB107A Tu 10/26 1-2PM

Join On Top of the World Corporate Safety Officer, Danny Childress, and SCA Golf Maintenance Superintendent Andy Jorgensen for this informative presentation. They will educate users how you can prevent injury to pedestrians, utility cart operators and their passengers. This course will also relate requirements for safety devices, operating procedures, laws, operator accountability and enforcement.

### Seniors vs. Crime

**Douglas Hart** M: \$3; NM: \$8  
1 class date Room 3  
PUB125A F 10/15 1:30-3PM

Crime against seniors is an ongoing problem with over \$3B lost in just 2018. This involves scams, frauds, identity theft, contractors, etc. Learn about ways to protect yourself, as well as to hear about current problems and examples. The instructor comes from both a national, as well as a international background, with professional certifications CISA (Certified Information Systems Auditor) and CFE (Certified Fraud Examiner).

### Active Shooter Basic Training for Citizens

**Danny Childress** M: Free; NM: Free  
1 class date Cypress Hall  
PUB113A Tu 11/9 1-2PM

Please join Danny Childress, Health and Safety Officer from

the "ALICE Training Institute" in this very informative class for "Active Shooter." This class will provide the knowledge and skills to enhance your survival should you become the unfortunate victim of a violent intruder scenario. Whether it is an attack by an individual person or an international group of professionals intent on conveying a political message through violence, ALICE Training option based tactics have become the accepted response, versus the traditional "lockdown only" approach.

### American Heart Association Hands-Only CPR **Colleen Pallamary**

M: \$3; NM: \$8  
1 class date Cypress Hall  
PUB106A F 12/10 9-11AM

Students of all ages can benefit from learning Hands-Only CPR in 3 Easy Steps. Learn to utilize the skills in a cardiac emergency and make a difference. Participation in practicing compressions is optional and there are no breaths given in Hands-Only CPR. Review the proper use of AEDS and discuss options for emergency situations. No prior CPR experience required. Note: this is NOT a certification class.

## TRAVEL & CULTURE

### Japanese Tea Ceremony (Cha-No-Yu)

**Shizuka Campagna** M: \$23; NM: \$28  
1 class date Room 5  
TRV196A Th 7/8 2-3PM  
TRV196B Th 9/9 3-4PM  
TRV196C Th 11/11 2-3PM

Please join the instructor for a moment of harmony, respect, purity and tranquility. In this program, you will be participating in the ritualistic ceremony of the Japanese powdered tea preparations. A brief history of Cha-No-Yu as well as the descriptions and the use of utensils will be demonstrated throughout the performance.

### Becoming a Savvy Traveler

**Edward Ford** M: \$11; NM: \$16  
1 class date Room 4  
TRV209A W 9/15 1-3PM

This course covers planning, packing, safety and security, transportation, visiting and sightseeing, shopping and dining. Hundreds of tips are given. Learn how to obtain free airfare and hotel stays, proper planning and "packing light." Travel comfort examples are provided, and an extensive session on safety and security. Choosing travel companies for land tours and water cruises is discussed. Time is devoted to "Single Travel" options.

### Fifty of the Greatest, Quaint, Florida Villages That You Must Visit **New!**

**Dr. Ed Tenhor** M: \$8; NM: \$13  
1 class date Live Oak Hall  
TRV229A W 10/6 11AM-12:15PM

By way of slides, Dr. Ed Tenhor will take you on an hour's trip to these artsy-craftsy villages and provide a take-home

geographical map of where these villages can be found, villages like Matlachet, Winter Park, and DeFuniak Springs, and also, some words on what to see and where to eat when you get there.

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### Traveling to Western National Parks

**Carla Traudt**

M: \$11; N: \$16

1 class date

Live Oak Hall

TRV115A

W

11/3

10:30AM-12PM



Thinking of taking a tour of the National Parks on your own or with a commercial tour company? Wondering what the lodging, the available services, the dining

options will be like in the National Park? Join us for this discussion and slide presentation that will feature the Western National Parks: The Badlands, Mount Rushmore, Yellowstone, Grand Teton, and Grand Canyon National Parks. We will also briefly discuss Yosemite, Crater Lake, Redwoods, Death Valley, Brice and Zion National Parks.

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### Travel Talks: Switzerland **New!**

**Dianna Miller**

M: \$3; NM: \$8

1 class date

Cypress Hall

TRV225A

Tu

8/24

10-11AM

Are you interested in traveling around Switzerland? This course will help you discover the must see and do items and great ways to get around the country.

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### Travel Talks: Small Ship Adventures **New!**

**Dianna Miller**

M: \$3; NM: \$8

1 class date

Cypress Hall

TRV228A

Tu

9/21

10-11:30AM

Smaller ships are able to travel where the big liners are unable to go. In this class, we'll look at what small ships have to offer, what reliable companies are out there, and what makes small ship itineraries different from the big boys.

---

### Travel Talks: Which River Cruise is Right for You?

**Dianna Miller**

M: \$3; NM: \$8

1 class date

Live Oak Hall

TRV213A

Th

10/21

10-11:30AM

Ever have trouble deciding which cruise and cruise line to take? This course will introduce you to the features, inclusions, and differences between the major river cruise lines you see and hear about.

---

### Travel Talks: Rail & Sail **New!**

**Dianna Miller**

M: \$3; NM: \$8

1 class date

Cypress Hall

TRV227A

Th

11/11

10-11:30AM

Many people have heard of or taken land and cruise

vacations in Alaska, but did you know that you can take similar vacations in other parts of the world? Come see what other options might be out there to fill in your bucket list.

## VOLUNTEERING

### We Honor Veterans Program

**Beverly Lafferty, Hospice of Marion County**

M: Free; NM: Free

1 class date

Room 3

VOL112A

W

9/8

10-11AM

In this presentation, you'll learn about Hospice of Marion County's Volunteers for Veterans program and how you can participate.

---

### Pets and Patients- A Winning Combination

**Beverly Lafferty, Hospice of Marion County**

M: Free; NM: Free

1 class date

Room 4

VOL117A

W

10/13

10-11AM

In this presentation, you'll learn about pet programs offered by Hospice of Marion County and how you can get involved!

---

### Volunteer at a Hospice Thrift Store

**Beverly Lafferty, Hospice of Marion County**

M: Free; NM: Free

1 class date

Room 3

VOL118A

W

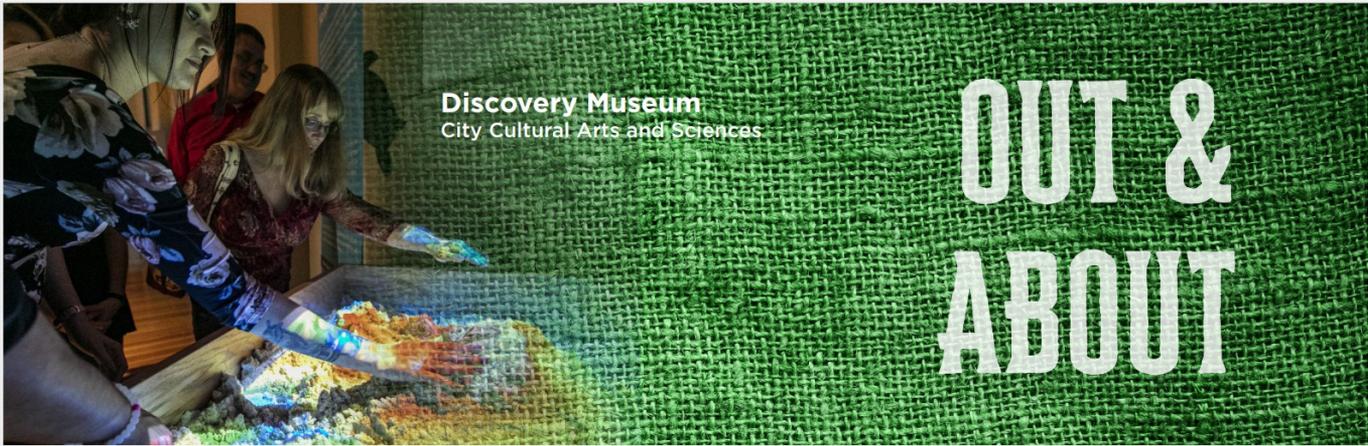
11/10

10-11AM

Fun, fashion and friends- learn how you can volunteer at our Hospice of Marion County Thrift Stores and why they are important to our community and hospice patient programs. Love a bargain? Join our team, make new friends and help us serve our community and patient programs.

**GOT AN IDEA FOR A COURSE YOU'D LIKE TO TEACH?**

[www.masterthepossibilities.org/teach-at-mtp](http://www.masterthepossibilities.org/teach-at-mtp)



## BEHIND-THE-SCENES

### Energy Efficiency in Construction

**Michael Arnold**

M: \$3; NM: \$8

1 class date

Field Trip

TRI152A            F            8/13            10AM-12PM

TRI152B            F            11/12          10AM-12PM

Join us for a first-hand tour of a building site at On Top of the World. Learn about all construction stages, as well as exactly what the ENERGY STAR® rating entails.

Transportation provided. (Please wear comfortable clothing, with no open-toed shoes.)

### Tri-Eagle Sales Behind-the-Scenes Talk and Tour

**John Hunt, Ken Daley**

M: \$3; NM: \$8

1 class date

Field Trip

BUS133A            Th            9/16            4-5PM

BUS133B            Th            12/2            4-5PM

Tri-Eagle distributes over 1,000 brands of beer, wine, spirits and non-alcoholic beverages over a 13 county area. Come hear a presentation, tour the facility and then wrap up with a sampling of the products. Participants are asked to arrive at 1314 SW 17th Street in Ocala by 3:30pm. Tri-Eagle Sales Parking is located at 1314 SW 17th Street, across from Radiology Associates (1818 SW 15th Ave). Signs will direct participants to the meeting room in the Learning Center.

### AdventHealth Ocala Hospital Tour

**Natalie McComb**

M: \$3; NM: \$8

1 class dates

Field Trip

BUS136A            Th            10/7            2:30-3:30PM

A tour of AdventHealth Ocala offers the opportunity to see firsthand important departments like the updated Emergency Department, Cardiac Catheterization Lab, and Neonatal Intensive Care Unit (NICU). Attendees will meet at 2:15 p.m. in the Palmer (Main) Lobby located at 1500 SW 1st Avenue, Ocala. Complimentary valet parking is available.

### Sholom Park: Walk and Talk

**Robert Colen**

M: \$3; NM: \$8

1 class date

Sholom Park

CMT117A            W            10/6            10AM-12PM

CMT117B            W            11/3            10AM-12PM

Learn about the history and beauty of Ocala's best kept secret. Walk with Managing Director, Robert Colen and Park Manager, Brian DeVane as they share how it all began and show you a "peace" of Sholom with this interactive Walk and Talk experience.

### Sholom Park: Walk and Talk Part Two **New!**

**Robert Colen**

M: \$3; NM: \$8

1 class date

Sholom Park

CMT151A            W            10/20          10AM-12PM

CMT151B            W            11/17          10AM-12PM



You enjoyed the first Walk and Talk so much, that you asked for a Part Two. Well here it is. Together with Managing Director, Robert Colen and Park Manager, Brian DeVane, explore areas of Sholom Park that were

not covered during Part One, including the Enchanted Forest and the Fragrance Trail.

### Behind-the-Scenes at Master the Possibilities

**MTP Staff**

M: \$3; NM: \$8

1 class date

Room 2

CMT112A            F            10/22          1:30-2:30PM

Would you like to learn more about Master the Possibilities and how it plans and executes three instructional terms per year? How are faculty and classes selected? What are the steps involved in putting together the course catalog? What is the role of the 40 plus volunteers? What is MTP's vision for the future? Attend this workshop with MTP staff to see how all the moving parts mesh and then tour all the facilities.

## City Cultural Arts and Sciences- Field Trip

**Laura Walker**

M: \$3; NM: \$8

1 class date

Field Trip

BUS137A

W

12/8

9:30AM-12:30PM

Please wear walking shoes and comfortable clothing. Sunglasses and water are encouraged.

This walking tour includes Tusawilla Art Park, Sculpture Stroll, and the Discovery Center. Learn about the performing arts, public arts, and STEAM opportunities in Ocala. This will be the last chance to have a guided tour of the existing sculptures at Tusawilla and Tusawilla Art Park before being replaced. Participants will enjoy a presentation and venue tour of our outdoor performing arts venues, and a "grown-up sized" mini field trip at our Discovery Center. Meet at Union Station (Magnolia Art Exchange- 531 NE 1st Ave, Ocala, FL 34470) at 9 a.m.

## EDUCATIONAL DESTINATIONS

### Thoroughbreds Farm Tour

**Thomas Sweeney**

M: \$58; NM: \$63

1 class date

Field Trip

TRI135A

W

8/25

9AM-2PM

TRI135B

Tu

10/12

9AM-2PM

TRI135C

W

11/24

9AM-2PM

Join Tom Sweeney for an amazing horse farm tour. Start at the Ocala Breeders' Sale (OBS) Training Center to watch racers train on the one-mile synthetic racetrack. Then, off to see two multimillion-dollar Thoroughbred farms and visit the incredible Stallions, Mares, yearlings and foals. After that, a short ride back to the restaurant for a nice lunch, on own. Participants will meet Tom at the MTP Education Center to follow in own vehicle: 8415 SW 80th Street. There is some walking.

## NATURE

### Island Hopping the Cedar Keys

**Lars Anderson**

M: \$47; NM: \$52

1 class date

Field Trip

TRI130A

Th

7/8

10AM-1:30PM

Unlike other coastal regions, where civilization crowds along the shore, nature still rules in the Cedar Keys area of Florida's Big Bend. It's a low, wet country where the "shore line" defies definition, ever-changing, shrinking and expanding, with the ebb and flow of tides. Difficulty: Open water is easy if calm weather. We won't go if the forecast is too windy (or inclement in any way). Skill level: Good for beginners. Meeting time (at launch site): 10AM

## The Lore and Wildlife of the Silver River

**Lars Anderson**

M: \$47; NM: \$52

1 class date

Field Trip

TRI119A

Th

7/29

9-11:30AM

TRI119B

Th

12/16

9-11:30AM

This will be a slow-poking exploration, geared toward inquisitive paddlers who are more interested in learning wild lore than covering distance. This trip will only cover a couple of miles in total, allowing time to drift, observe and learn about the river's plants, animals, archaeology, history and other wild lore. Meeting time (at launch site): 10AM. There is a \$6 Park Fee. Trip duration: 2.5 hours. Difficulty: Easy paddle, going downstream and then returning against a light current. Skill level: Good for beginners

### Suncoast Keys: World of the Mangroves

**Lars Anderson**

M: \$47; NM: \$52

1 class date

Field Trip

TRI120A

Tu

8/31

10AM-1PM

Salt water environments require unique and interesting adaptations of the plants and animal species that live in them. Nowhere in North-Central Florida are these adaptations more beautifully revealed than in mangrove forests of the Suncoast Keys on Central Florida's Gulf Coast, which makes it an ideal environment for kayak exploration. Please meet at the launch site at 10AM. The trip duration is 2.5 - 3 hours. Difficulty: Open water is easy if calm weather. We won't go if the forecast is too windy (or inclement in any way). Skill level: Good for beginners & pros alike.

### Bartram's Travels: Paynes Prairie Hiking Adventure

**Lars Anderson**

M: \$28; NM: \$33

1 class date

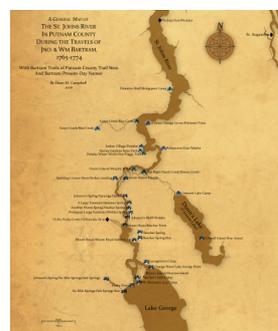
Field Trip

TRI190A

F

9/17

10AM-12PM



William Bartram called it the Great Alachua Savanna. We know it as Paynes Prairie. Take a 3 mile stroll onto the wetland savanna. Note: Meeting time at park is 10AM. There is a \$5 Park Fee at the entrance day of trip. The trip duration is 1.5 - 2 hours long. Difficulty: Easy, two mile stroll on mostly flat terrain. Since this is an out-and-back hike, participants who can't do the entire hike are welcome to turn back at any time. The Skill level: Good for beginners.

## CHECK OUT OUR DISTANCE LEARNING CLASSES!



Hybrid



Remote Instructor



Live Virtual



Recorded

**Springs & Wildlife of Chassahowitzka River**  
**Lars Anderson** M: \$47; NM: \$52  
 1 class date Field Trip  
 TRI123A W 9/29 10AM-1PM

Chassahowitzka is a true gem of wild Florida. On this easy-paced kayak/canoe tour, you'll learn about resident plant and animal species and learn some of the area's rich prehistory and history. We will discuss the problems facing this natural wonder and what we can do to help save it. Basic lessons included for beginners. Meeting time (at launch site): 10AM. There is a \$5 park fee. Trip duration: 2.5 - 3 hours. Difficulty: Easy paddle, going downstream and then returning against a light current. Skill level: Good for beginners.

**History and Lore of Ichetucknee River**  
**Lars Anderson** M: \$47; NM: \$52  
 1 class date Field Trip  
 TRI121A W 11/17 10AM-12PM

On this 3.5 mile kayak/canoe exploration of the upper Ichetucknee, enjoy some of North Florida's most stunningly beautiful waterways while learning about its interesting geological formations, including beautiful limestone outcroppings and seven named springs. For 14,000 yrs, these waters have quenched the thirst of Indians, Spanish missionaries and DeSoto's conquistadors! Meeting time at launch site: 10AM. There is a \$5 Park Fee. Trip duration: 2 hours. Difficulty: Easy paddle, going downstream with the current. Skill level: Good for beginners.

**Cross Creek: The World of Marjorie Kinnan Rawlings**  
**Lars Anderson** M: \$47; NM: \$52  
 1 class date Field Trip  
 TRI122A Tu 10/19 10AM-12:30PM

On this kayak/canoe tour of Cross Creek and portions of Orange and Lochloosa Lakes, explore the wild realm made famous by Pulitzer prize winning author, Marjorie Kinnan Rawlings. The charming creek, beautiful lake vistas and abundant wildlife remain little changed since when Rawlings lived here and wrote. Good for beginners, basic lessons included. Please meet at the launch site at 10AM. The trip is 2 - 2.5 hours. The difficulty: Easy paddle, going downstream and then returning against a light current.

**History & Lore of the Withlacoochee River**  
**Lars Anderson** M: \$47; NM: \$52  
 1 class date Field Trip  
 TRI140A Tu 11/30 10AM-1:30PM

Paddling Withlacoochee River, it is soon clear why it was designated, in 2006 as an "Outstanding Florida Waterway." On this 3- 3.5 hour paddle, pass through habitats ranging from extensive, open marshes loaded with water birds of all sort and deeply shaded river hardwood forests that, in places, form a nearly complete over-canopy. Please meet at the launch site at 10AM. This is an easy, out-and-back paddle that ends at the same site from which we launch. The gentle current is easy to paddle against. Skill level: Good for beginners and pros.

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#13752-3/21



**Bob Zannelli**  
Gravity From Newton  
and Einstein to Sakharov

## NATURAL SCIENCE

### The Story of Oceans: What Lies Beneath?

**Lisa Didier** M: \$14; NM: \$19  
1 class date Room 2  
SCI183A M 7/19 1:30-3PM

Discover the beautiful, bizarre, and monstrous creatures of the oceans from shape-shifting fish, bioluminescent creatures, a fish that fishes, a fish that walks and the truth about sharks.

### Gravity From Newton and Einstein to Sakharov **New!**

**Bob Zannelli** M: \$6; NM: \$11  
12 class dates Cypress Hall  
SCI185A M 8/23-11/8 10AM-12PM

Using the Great Courses "Understanding Gravity" we will study Newton's theory and Einstein geometric model, Black Holes, Dark Matter and Dark Energy. We will learn why Black Holes are not black, why gravity resists a quantum theory formulation and is not considered a force at all. And finally, we will explore a new paradigm, gravity as an emergent property of nature.

## OUR UNIVERSE

### NASA/JPL - Planetary Protection: Protecting the Earth from the Scum of the Universe **New!**

**Jim Shook** M: Free; NM: Free  
1 class date Room 4  
TEC126A W 11/3 1:30-3PM

Join us for a video recording of a presentation given by experts at NASA's Jet Propulsion Laboratory. Protecting the Earth from the scum of the universe... and the universe from the scum of Earth. We chat with Moogega Cooper (Mars 2020, Europa Clipper) about preventing contamination during missions around the solar system and making sure they don't bring anything dangerous back with them. Group discussion follows.

### Astronomy 101: An Introduction

**Jim Di Paolo** M: \$40; NM: \$45  
6 class dates Room 1  
SCI169A Tu 7/6-8/10 1:30-3PM  
SCI169B Tu 11/9-12/14 1:30-3PM

This course will review our place in the universe, starting with the constellations and the wonders they offer. We'll learn about galaxies, nebulas, star clusters and other deep-sky objects. We'll track the earth's orbital motion, the cause of season changes, the motions of our moon's lunar phases and the cause of solar and lunar eclipses. Great course for beginners!

### Astronomy 102: The Planets

**Jim Di Paolo** M: \$40; NM: \$45  
6 class dates Room 1  
SCI171A Tu 9/7-10/12 1:30-3PM

Discover the wonders that planets have to offer in our solar system. Explore the inner planets, Mercury and Venus. Take an in-depth look at Mars and its surface features, Jupiter and its amazing moons and explore the beautiful rings of Saturn. Tour the outer two ice planets, Uranus and Neptune, then travel back to the Earth and our Moon.

### Astronomy 103: Radiation and Spectra

**Jim Di Paolo** M: \$40; NM: \$45  
6 class dates Room 1  
SCI179A Tu 9/7-10/12 3:15-4:45PM

Take an in-depth look at the field of spectroscopy, the structure of the atom and the formation of spectral lines. Astronomical instruments will be discussed, including both visible light detectors and radio telescopes. Learn how astronomers analyze starlight using spectra to measure stellar radius, composition, and motion. Note: It's recommended that students without any astronomy background take Astronomy 101 and 102 prior to this course.

## TECHNOLOGY & ENGINEERING

### Drone Basics- Guidelines and Tips for Beginners **New!**

**Tim Thompson**

M: \$3; NM: \$8

1 class date Room 3  
TEC127A F 11/5 3-4PM

Interested in drones? Come learn how drones work, why there are so many different types of drones, and some basic guidelines to owning and operating a drone safely. We will have a few assorted drones to view in class and discuss the pros and cons of each.

## ANDROID DEVICES

### Android Smartphone and Tablet Basics **New!**

**Jim Shook**

M: \$11; NM: \$16

2 class dates Computer Lab  
AND103A W 8/11 & 8/18 1:30-3PM  
AND103B M 9/13 & 9/20 9:30-11AM  
AND103C Th 10/7 & 10/14 1:30-3PM

If you have an Android smartphone or tablet and want to get a good understanding of its functions and controls, this course is a great start. Topics are: Overview of android devices / getting started with common tasks and account setup; Working with apps: installing, configuring, removing email, contacts, and notifications; updates and maintenance.

## APPLE DEVICES

### The iPad For the Absolute Beginner

**Terry Willard, Jim Willard**

M: \$23; NM: \$28

1 class date Room 3  
APL112A W 10/20 1-3PM

This class will introduce the absolute iPad beginner to getting started, adjusting some of the important settings, and learning some easy tricks and tips for making the iPad more enjoyable to use. Students must bring their fully charged iPad to class.

### Organizing and Managing Your Photos on the iPad

**Terry Willard, Jim Willard**

M: \$23; NM: \$28

1 class date Room 3  
APL113A W 12/1 1-3PM

In this class you will learn to manage and organize your photos on your iPad by editing your photos, creating folders, sharing your photos through social media, creating shared folders for use with selected friends, and managing your photos in the iCloud. This class is for iPads only so bring to class your fully charged iPad.

## INTERNET & CLOUD COMPUTING

### Best Options for Streaming TV

**Terry Willard, Jim Willard**

M: \$23; NM: \$28

1 class date Room 3  
WEB119A W 10/13 1-3PM

This class will examine the numerous streaming options available to us, cover exactly what is needed for equipment (if any), and how much we should expect to pay. There will be ample time for student questions. This class is by demonstration and handouts; no computers or tablets are required.

### Using Your iPad/iPhone: The iCloud

**Terry Willard, Jim Willard**

M: \$23; NM: \$28

1 class date Room 3  
APL111A W 10/27 1-3PM

This course answers two basic questions: What is the Apple iCloud? How can I make it work for me? This is a hands-on class with step-by-step handouts and ample time for student questions. Students must know their Apple ID and password and bring their fully charged iPad/iPhone to class.

## OTHER COMPUTING SYSTEMS

### Open Tech Campus

**Jim Shook**

M: \$10; NM: \$15

1 class date Meet in MTP Living Room

TEC106A1	Th	7/8	3:30-4:30PM
TEC106A2	Th	7/8	4:30-5:30PM
TEC106A3	Th	7/8	5:30-6:30PM
TEC106B1	Th	7/22	3:30-4:30PM
TEC106B2	Th	7/22	4:30-5:30PM
TEC106B3	Th	7/22	5:30-6:30PM
TEC106C1	Th	8/5	3:30-4:30PM
TEC106C2	Th	8/5	4:30-5:30PM
TEC106C3	Th	8/5	5:30-6:30PM
TEC106D1	Th	8/19	3:30-4:30PM
TEC106D2	Th	8/19	4:30-5:30PM
TEC106D3	Th	8/19	5:30-6:30PM
TEC106E1	Th	9/2	3:30-4:30PM
TEC106E2	Th	9/2	4:30-5:30PM
TEC106E3	Th	9/2	5:30-6:30PM
TEC106F1	Th	9/16	3:30-4:30PM
TEC106F2	Th	9/16	4:30-5:30PM
TEC106F3	Th	9/16	5:30-6:30PM
TEC106G1	Th	9/30	3:30-4:30PM
TEC106G2	Th	9/30	4:30-5:30PM
TEC106G3	Th	9/30	5:30-6:30PM
TEC106H1	Th	10/14	3:30-4:30PM
TEC106H2	Th	10/14	4:30-5:30PM
TEC106H3	Th	10/14	5:30-6:30PM
TEC106I1	Th	10/28	3:30-4:30PM
TEC106I2	Th	10/28	4:30-5:30PM
TEC106I3	Th	10/28	5:30-6:30PM
TEC106J1	Th	11/11	3:30-4:30PM
TEC106J2	Th	11/11	4:30-5:30PM
TEC106J3	Th	11/11	5:30-6:30PM
TEC106K1	Th	12/9	3:30-4:30PM
TEC106K2	Th	12/9	4:30-5:30PM
TEC106K3	Th	12/9	5:30-6:30PM

Join us on Thursday evenings for one-on-one help with your technology issues. Jim Shook, from MTP, and other technology faculty will be here to help with issues regarding

your computing devices. Dealing with transferring photos and other files from one device to another? Concerned about backing up or organizing the files in your machine? Perhaps there are internet or email items you'd like to talk about. Whether it's computers, phones or tablets, register for a one-hour, one-on-one session.

## PROGRAMS & SOFTWARE

### Premiere Elements Basics **New!**

**Jim Di Paolo** M: \$53; NM: \$58  
 3 class dates Computer Lab  
 PRO105A Tu 7/27-8/10 11:30AM-1PM  
 PRO105B Tu 9/28-10/12 11:30AM-1PM  
 PRO105C Tu 11/30-12/14 11:30AM-1PM

This class will explore the "Expert Mode" in Premiere Elements. Create video slide shows of your favorite photos, adding transitions, music and even motion. Combine video clips and learn how to trim these clips, add effects and titles to your final movie. It is recommended that you have Premiere Elements installed on your computer so you can review the editing techniques covered in class.

### How to Create Attractive Graphics for Documents and Social Media **New!**

**Barbara O'Neill** M: \$11; NM: \$16  
 1 class date Room 4  
 PRO104A W 9/8 10-11:30AM

Pictures and graphic images increase the attractiveness of printed documents and viewership of- and engagement with- online content (e.g., websites, blog posts, and social media posts). This presentation will discuss how to create attractive graphics using 11 different programs and techniques including Canva, Paint, bitmojis, photo collages, and PowerPoint jpeg images. Step-by-step instructions will be provided.

### Intermediate Corel WordPerfect **New!**

**Richard Belz** M: \$3; NM: \$8  
 3 class dates Computer Lab  
 PRO106A W 10/6-10/20 9-11:30AM

This course is for those who want to expand their knowledge of the program's capabilities beyond simple word processing. We will cover table arithmetic, how to create and use simple macros and keyboard shortcuts to automate repetitive tasks, how to create your own personal letterhead, and how to create and organize lists and outlines.

## WINDOWS COMPUTERS

### Windows 10 in Pieces: Make Windows 10 Work For You- Start Menu

**Terry Willard, Jim Willard** M: \$23; NM: \$28  
 1 class date Computer Lab  
 COM118A M 10/18 1-3PM

Tap into the usefulness of the Windows 10 Start Menu, one of the most underrated and underused features of the operating system. Topics to be covered include

personalizing the start menu, adding and removing apps and icons, and changing the desktop wallpaper. Students should bring their own Windows 10 laptops. Laptops are available in the lab for those who do not have one.

### Windows 10 in Pieces: Make Windows 10 Work For You- The Task Bar

**Terry Willard, Jim Willard** M: \$23; NM: \$28  
 1 class date Computer Lab  
 COM116A M 11/1 1-3PM

Tap into the usefulness of the Windows 10 Task Bar to make routine computer tasks simpler and more productive. Learn to use quick launch, task view, and Cortana, as well as how to customize the task bar and control the notification area. Students should bring their own Windows 10 laptops. Laptops are available for those who do not have one.

### Windows 10 in Pieces: Make Windows 10 Work For You- File Explorer & File History

**Terry Willard, Jim Willard** M: \$23; NM: \$28  
 1 class date Computer Lab  
 COM117A M 11/15 1-3PM

Tap into the usefulness of the Windows 10 File Explorer and File History to better organize and protect your valuable computer data. Also, students will learn how to rearrange their files and folders and how to personalize their appearance with color coding. Students should bring their own Windows 10 laptops. Laptops are available in the lab for those who do not have one.

### Organizing and Managing Your Digital Photos With the Windows 10 Photo App

**Terry Willard, Jim Willard** M: \$23; NM: \$28  
 1 class date Computer Lab  
 COM115A M 12/6 1-3PM

In this class, participants will learn to manage and organize photos on the Windows 10 computer by editing photos, creating folders, sharing personal photos through social media, and managing how to store personal photos on OneDrive. Students should bring their own Windows 10 laptops. Laptops are available in the lab for those who do not have one.

## MATHEMATICS

### Amazing Math Puzzles and Brain Teasers **New!**

**Dr. Daniel Lack** M: \$3; NM: \$8  
 4 class dates Room 4  
 MAT103A F 10/22 1-2:30PM

Imagine entertaining friends and family with amazing math puzzles that may convince them that you are either a genius or a magician! You will practice presenting many math puzzles and brain teasers and you will learn the mathematical reasons why they work the way they do. This is an opportunity to learn number theory and algebra in a fun way!



## CURRENT EVENTS

### Keeping Current on Events

**Sandy Carey, Joan Sigafos**

M: \$3; NM: \$8

11 class dates

Room 1

CUR101A W 7/7-12/15 11AM-12PM

Meets July 7, 21, August 4, 18, Sept. 1, 15, Oct. 6, 20, Nov. 3, Dec. 1, 15.  
No class Nov. 17th.

CUR101B Th 7/15-12/9 11AM-12PM

Meets July 15, 29, Aug. 12, 26, Sept. 9, 23, Oct. 14, 28, Nov. 11, Dec. 9.  
No class Nov. 25th.

Do you like to keep up with current events? Join us to discuss and share ideas that affect us and the world we live in—and you don't have to be an expert! We will discuss local, state, national and international news in a civil, open-minded environment. Discussion will be moderated by two facilitators.

### TEDxOcala Salon: Fresh Ideas Worth Sharing

**Joe Bartosh**

M: \$3; NM: \$8

4 class dates

Room 4

CUR112A F 7/9-7/30 9-10:30AM

CUR112B F 8/6-8/27 9-10:30AM

CUR112C F 9/3-9/24 9-10:30AM

CUR112D F 10/1-10/29 9-10:30AM

3 class dates

Room 4

CUR112E F 11/5-11/19 9-10:30AM

CUR112F F 12/3-12/17 9-10:30AM

View two engaging TED Talks in a salon-type setting where free-thinkers spark each other's minds through spirited presentations and conversation. Be stimulated and become better educated and acquainted. TED has again popularized this concept with TEDx-local, independently organized events—in vibrant learning communities all over the world. Participants are sure to leave motivated and meaningfully connected with the world.

**TEDxOcalaSalon**  
x = independently organized TED event

### News Flash

**Pat Russell**

M: \$6; NM: \$11

6 class dates

Room 3

CUR165A Tu 7/13-12/14 2:30-3:30PM

Meets the 2nd Tuesday of each month July 13, August 10, Sept. 14, Oct. 12, Nov. 9, Dec. 14

Once a month we will have an discussion on a current issue. The purpose of this class is not to change minds but to gain knowledge from each other. We will strive to understand other people's thoughts and beliefs. Participants will select the topics to discuss.

### The Coffee Hour

**Pat Russell**

M: \$6; NM: \$11

5 class dates

Room 5

CUR153A M 7/19-11/15 9-10AM

Meets July 19, August 16, September 20, October 18, and November 15.

Once a month we will have a discussion to discuss issues with an emphasis on local ones. With the exception of the first month, the participants will select the topic to be discussed. If possible we will have a guest that is directly involved with the topic.

### Hate Land USA- Domestic Terrorism In America **New!**

**Frank DiPiero**

M: \$3; NM: \$8

1 class date

Live Oak Hall

CUR169A Tu 10/19 10AM-12PM

America is a land in which extremism is no longer on the fringes of our society, but now exists in the national mainstream. This presentation will look at how this happened, what its implications for our democracy are, and what can be done to counter it.

### The Struggle For Equality in the American Experience

**Emmett Coyne**

M: \$3; NM: \$8

1 class date

Room 4

CUR163A M 11/8 1:30-3PM

If there is one word that sums up the American experience,

it is equality. Unfortunately, it has been more an ideal than a lived reality. Jefferson wrongly claimed that equality is "self-evident." Not all Americans in the past, or today, subscribe to equality. This presentation examines how a hierarchy of persons and wealth undermine the unique American vision of egalitarianism. What happens to "a dream deferred?" Which way America? Equal? Elite? The future is in our hands, minds, and hearts.

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### The Historical Struggle to Keep America White

**Emmett Coyne** M: \$3; NM: \$8  
 1 class date Room 4  
 CUR158A M 11/22 1:30-3PM

The 1790 naturalization act allowed any free white person to become a citizen of the new republic; all others need not apply. Since then there was a protracted effort to keep America white. This session examines the many efforts to maintain a white America despite the diversity of its immigrants. The rise of a militant white supremacy today is not new. It was present throughout our history. As it undermined domestic tranquility in the past, so it does today.

## PARAPSYCHOLOGY

### Lucid Dreaming: Another Altered State of Mind

**Colleen Pallamary** M: \$11; NM: \$16  
 1 class date Room 3  
 PAR172A Th 10/21 9-10:30AM

Explore the realms of dream states and learn how your dreams can effect your waking life. How does symbology affect dream interpretations? Is lucid dreaming different than precognitive dreams? What happens in the hypnogogic state just before you fall asleep? Learn how to keep a dream journal and have fun delving into your own subconscious universe.

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### A Message of Love Through Photographs

**Lori Szepelak** M: \$3; NM: \$8  
 1 class date Room 4  
 PAR177A M 10/25 1-2PM

For anyone who has ever lost someone they have loved, they want to know their loved one is okay. Through photographs, their beautiful spirit can come through but you have to know what to look for! This workshop, with several personal stories and photographs profiled, will open your eyes and your heart to what is possible.

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### Human Design: Introduction

**Colleen Griffin** M: \$18; NM: \$23  
 1 class date Room 3  
 PAR101A Th 7/15 5:15-7:15PM  
 PAR101B Th 7/22 9:30-11:30AM

Human Design is a science of self-discovery that will help participants gain enormous insights into their unique nature.

Learn about the 5 Types and their strategies, the 9 Centers and their functions, the "not-self" emotions. Receive practical information that can be immediately applied to life. In order to receive the most benefit from this class, you will need to know your birth date birth time, and birth location.

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### Human Design 102: Five Types Workshop

**Colleen Griffin** M: \$23; NM: \$28  
 1 class date Room 3  
 PAR111A Th 8/5 2:30-5:30PM

The easiest way to begin benefiting from Human Design is to know your Type and to follow the Strategy for your type. In Human Design, there are five personality Types, each with a unique Strategy for maneuvering through life. This class is all about understanding the Five Types and the characteristics of each Type. Note: In order to receive the most benefit from this class, you will need to know your birth date birth time and birth location.

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### Human Design 103: The Nine Centers

**Colleen Griffin** M: \$23; NM: \$28  
 1 class date Room 3  
 PAR115A Th 8/12 2:30-5:30PM

Would you like to have a deeper understanding of your gifts, talents, vulnerabilities, and weaknesses? Learning more about the nine centers in your Human Design body graph chart may provide answers to these important questions. In order to receive the most benefit from this class, you will need to know your birth date birth time and birth location. Note: Prerequisite-Intro to Human Design

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### Human Design 104: Decisions, Decisions, Decisions

**Colleen Griffin** M: \$23; NM: \$28  
 1 class date Room 3  
 PAR133A Th 8/19 2:30-5:30PM

In this workshop, you will learn how to use your Human Design Decision Making Authority to make decisions that are correct for you. Prerequisite: Human Design: Introduction, or 5 Types.

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### Human Design 105: The Twelve Profiles

**Colleen Griffin** M: \$23; NM: \$28  
 1 class date Room 3  
 PAR126A Th 8/26 2:30-5:30PM

In Human Design there are 12 different personality Profiles. Your profile will tell you about the major life themes that you will encounter, your learning style, and the way you are designed to interact with others and your environment. Knowing your profile will help you to see some of the themes that you will experience as you move towards fulfilling your purpose. Prerequisite: Human Design: Introduction or 5 Types.

**Human Design 106: Introduction to Circuitry**  
**Colleen Griffin**

M: \$23; NM: \$28

1 class date Room 3  
PAR128A Th 9/2 2:30-5:30PM

Within the channels of the Human Design body graph lie the secrets to human behavior and evolution. Much like the electrical wiring of a house, each channel in the Human Design body graph is part of a circuit, each having its own unique function, purpose and experience. Each of these circuits has a unique function in the evolution and spreading of information, values and survival strategies. Prerequisite: Students must first take Human Design Intro or 5 Types.

**Human Design 107: Individual Circuitry**

**Colleen Griffin** M: \$23; NM: \$28

1 class date Room 3  
PAR127A Th 9/9 2:30-5:30PM

In this class we will journey further into the amazing world of Human Design as we unravel the mysteries of the gates & channels in both the Knowing Circuit & the Centering Circuit. Prerequisite: Human Design: Introduction and Intro to Circuitry. Please note that this is an advanced level class and not appropriate for beginners.

**Human Design 108: Tribal Circuitry**

**Colleen Griffin** M: \$23; NM: \$28

1 class date Room 3  
PAR129A Th 9/16 2:30-5:30PM

In this advanced level Human Design class you will journey deeper into the world of Human Design as we learn the meaning of the gates and channels that comprise the Tribal Circuit. Please note that this is an advanced level class and not appropriate for beginners. Note: Students must first take Intro to Human Design & Intro to Circuitry.

**Human Design 109: Collective Circuitry**

**Colleen Griffin** M: \$23; NM: \$28

1 class date Room 3  
PAR130A Th 9/23 2:30-5:30PM

In this advanced level Human Design class you will journey deeper into the world of Human Design as we explore the gates and channels that comprise the Collective Circuit. Note: This is an advanced level class and not appropriate for beginners. Prerequisites: Students must first take Intro to Human Design & Intro to Circuitry.

**Human Design 110: Advanced Level Grand Review**

**Colleen Griffin** M: \$23; NM: \$28

1 class date Room 1  
PAR131A Th 9/30 2:30-5:30PM

This class is a review for advanced level human design students. It will cover topics that we have discussed in the previous classes. We will go over types, centers, profiles, circuitry, gates, definition, and authorities. Prerequisite:

Students must first take Human Design Introduction.

**Human Design 111: The Story of You**

**Colleen Griffin** M: \$23; NM: \$28

1 class date Room 3  
PAR132A Th 10/7 2:30-5:30PM

Join Human Design Specialist Colleen Griffin in this advanced level Human Design class where you will learn to write the story revealed in your Human Design body graph chart. Prerequisite: Students must first take Human Design Introduction, and Intro to Circuitry.

**Human Design 112: How to do a Human Design Chart Reading-Advanced Level**

**Colleen Griffin** M: \$23; NM: \$28

1 class date Room 3  
PAR140A Th 10/14 2:30-5:30PM

In this advanced level Human Design workshop, learn how to do level one chart readings. By the end of class, participants will know how to introduce friends and family to Human Design through an introductory level chart reading. Note: There is a \$25 manual fee payable to the instructor the day of class. Prerequisite: Students must have completed Human Design 111.

**Human Design Chat and Chew Discussion Group**

**Colleen Griffin** M: \$13; NM: \$18

1 class date Room 3  
PAR176A Th 10/28 2:30-5:30PM

Are you a Human Design enthusiast? Would you enjoy having an opportunity to gather with others who are living life by Human Design rather than by default? Then sign up for this fun afternoon full of formal discussions, informal chatting, snacking and Human Design trivia.

**PSYCHOLOGY**

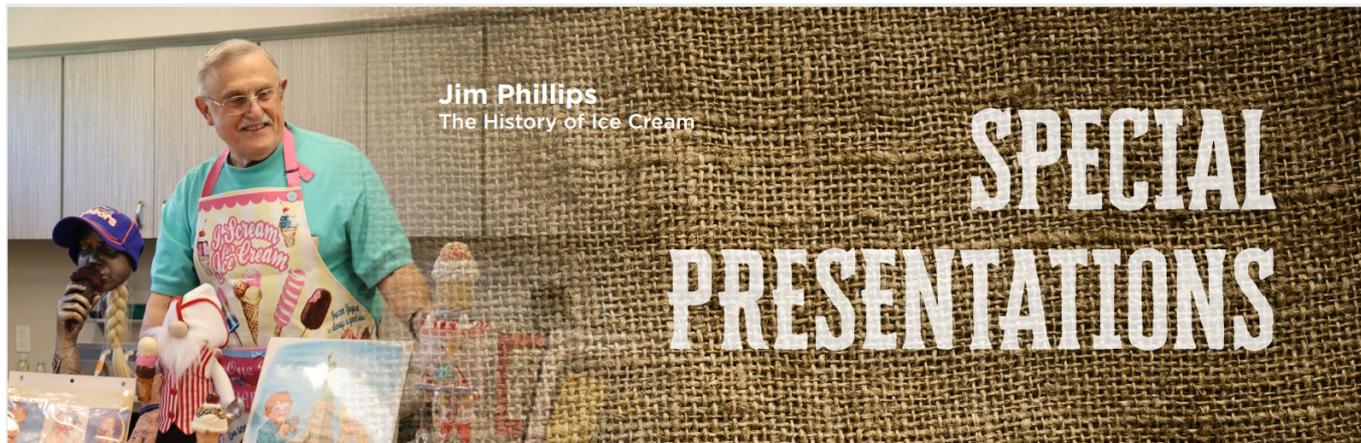
**Understanding Emotional Intelligence New!**

**Edith Gandy** M: \$6; NM: \$11

3 class dates Cypress Hall  
PSY144A W 9/8-9/22 3-4PM



This is a 3-session course that enables participants to assess and develop their emotional intelligence in four key areas; self-awareness, self-management, social awareness and relationship management. It includes several free assessments to help in understanding and developing emotional intelligence.



**Jim Phillips**  
The History of Ice Cream

# SPECIAL PRESENTATIONS

## AGELESS ADVENTURES A MULTI-GENERATIONAL EXPERIENCE

An adult must register with a child for these classes. We do not allow drop offs for these events, as they are intended to include participation of families. An adult may bring more than one child to class, but a registration must be completed for each participant.

PLEASE NOTE: The refund policy for these classes requires a notice of 14 business days prior to the class start date.

### Painting on Seashells (Ages 6+)

**Teri Stillwaugh** \$18 per person  
1 class date Studio 9  
AGE103A M 7/12 10AM-12PM

Students will have fun painting and decorating a variety of seashells! Quick and easy acrylic paints and glitter techniques will transform plain shells into a beautiful array of decorative shells to display and enjoy all year long with keepsake memories of beautiful sunny Florida!

### Weird and Wonderful Sea Creatures (Ages 10+)

**Lisa Didier** \$13 per person  
1 class date Room 4  
AGE104A M 7/12 1-2:30PM

Take a virtual tour of our oceans and seas and discover animals that build underwater cities, giant sea worms, a shrimp with hammers, the tiniest shark and other strange and silly creatures that are never seen because they live in the deep, dark ocean.

### Friendship Rocks- Mixed Media Painting for All Ages (Ages 6+)

**Teri Stillwaugh** \$18 per person  
1 class date Studio 9  
AGE116A M 7/12 1-3PM



Have you seen or heard of "friendship rocks?" Come join the fun and learn how to paint on a variety of rocks! It's easy to create an assortment of themes & designs, transforming an ordinary rock into a work of art! Rocks can be used for meditation, friendship, paperweights, or just for FUN! No experience needed, An apron is recommended. All supplies included.

### Bug Camp for Kids (Ages 5-8)

**Maxine Hunter** \$5 per person  
1 class date Cypress Hall  
AGE117A Tu 7/13 10AM-12PM

Students will learn about a variety of insects, their habitats, and collection techniques. They will build a bug out of candy, learn about insect anatomy and communication, and learn about the Butterfly Rainforest and Entomology programs at the University of Florida.

### Astronomy for Kids (Ages 6+)

**Jim Di Paolo** \$8 per person  
1 class date Live Oak Hall  
AGE106A Tu 7/13 12-1PM

Join us for a fun class introducing kids to some of the wonders our Universe has to offer. We will explore some fun facts about the Earth, Sun, Solar System and the Universe.

### Learn a Dance Routine Together (Ages 8+)

**New!**  
**Penny Berton** \$20 per person  
2 class dates Cypress Hall  
AGE114A Tu, Th 7/13 & 7/15 1-2:15PM

You and a loved one are encouraged to participate in a fun-filled program of learning a dance routine together. This class will include two (2) 75-minute sessions. You and your daughter, son, or grandchild will team up and dance to a popular song with dance instructor, Penny Berton teaching the choreography. It promises to be a wonderful bonding and dancing experience!

## Fun with Drones! (Ages 6+)

**Tim Thompson**

\$8 per person  
Cypress Hall  
11AM-12PM

1 class date  
AGE111A W 7/14

Come watch and learn how drones fly! Take the chance to see many variations of today's drones, from small toy-like drones to professional video recording drones. Enjoy and experience for yourself the wonder and excitement of flying a drone in class!

## Recess & Retirement (Ages 4+) **New!**

**Cammy Dennis, Jessica Pinkowski** \$5 per person

1 class date Sholom Park  
AGE105A W 7/14 1-2PM

Come out and play! This ageless activity will feel more like fun than fitness. Partner activities will use beanbags, balloons and hula-hoops for good old-fashioned games and serious smiles. Hidden in these play-based activities is a host of challenges that help to boost gross motor skills, posture and balance. Ditch the TV, computer and smart phone for an hour of exciting exercise!

## Meet Martha Washington (Ages 5+)

**Dee Collier**

\$5 per person  
Studio 9  
2-3PM

1 class date  
AGE113A W 7/14

Come meet Martha Washington, wife of the 1st president of the United States. She'll help you see what life was like for children in the 1700's. Come play Quoits (a game similar to horseshoes/ring toss) that Martha's children played. Play a real Glass Armonica, like the one invented by Ben Franklin. Try your hand at Colonial tongue twisters and make real butter to eat on delicious bread that's just like what the Washingtons ate. Participants will also make a whirley gig. All Colonial children knew how to make and have fun with a whirley gig and soon you will, too!!

## Animal Adaptations! (Ages 6+)

**Aimee Pritchard**

\$13 per person  
Live Oak Hall  
10AM-12PM

1 class date  
AGE118A Th 7/15

This program takes an in depth look at animals' unique adaptations that help them survive. We look at how natural selection is a primary mechanism leading changes of living things over time. We discuss why skunks are so smelly, why birds have different wing shapes and beaks. This class also offers a challenging game where teacher picked students can race each other using different beaks to gather food items.

## History of Ice Cream (Ages 6+)

**Jim Phillips**

\$5 per person  
Live Oak Hall  
2:30-4PM

1 class date  
AGE119A Th 7/15

During National Ice Cream Month, take a trip back in time to

enjoy ice cream and a discussion about its history, art, and memorabilia. Participants may purchase their choice of ice cream at Mr. B's Big Scoop at Circle Square Commons, directly across from Studio 9 to enjoy after the talk.

## Meet the Cows! (Ages 4+)

**Jen Rand**

\$5 per person

1 class date Sholom Park  
AGE120A F 7/16 7:45-10AM

Meets at 7:45 a.m. at the Sholom Park Pavilion. The group will be escorted to a fenced area, then return to Live Oak Hall.

Join educator and daughter of E.L. Strickland, manager of Circle Square Ranch, Jennifer Rand for a fun-filled program about cows and cattle ranching. Meet at the Sholom Park Gardening Building by 7:45 a.m., where you will be escorted to meet the cows and witness a feeding. There will be plenty of opportunities for pictures! Then, we will meet at MTP for an exciting hour of activities. These activities will include a slide discussion about the Brahma cow breed and several other fun educational activities.

## Mad Scientist Lab (Ages 4+)

**Amanda Mariglia**

\$8 per person

1 class date Studio 9  
AGE107A F 7/16 10:30-11:30AM

Can it snow in the summer in Florida? We are going to make it happen! Come join us for some fun sensory stations making instant snow and expanding water balls. Additionally, participants will use special paper to make sun art. Is this another planet? No, it's a Mad Scientist Lab!

## Family Movie Day! (All Ages)

**MTP Staff**

Free for everyone

1 class date Live Oak Hall  
AGE121A F 7/16 1-3PM

Bring popcorn and candy and be entertained by Mike and Sulley during a special presentation of this highly popular family movie in Live Oak Hall as they share their adventures with Boo. All ages are welcome, The movie is rated G.

## Stained Glass Mosaic Stepping Stone (Ages 10+) **New!**

**Bert Lamothe**

\$15 per person

1 class date Studio 1  
AGE115A F 7/16 1-4PM

It's fun and easy to create a colorful mosaic stepping stone. Make your Design out of glass shapes that will be pre-cut and separated by color, mix cement, pour, let set. Soon you will have a pretty stone that you will be proud to present as a gift or to place in your own garden. It does take 12+ hours before you can move your stepping stone creation, so you will have to pick it up the following Monday.

## SPECIAL EVENTS

### National Geographic: The Strongest Lion Pride **New!**

**MTP Staff**

1 class date  
SPE190A

W 8/4

M: Free; NM: Free  
Live Oak Hall  
1-2PM



Join us for a special National Geographic video presentation. The lion is one of the big cats in the Felidae family and a member of genus Panthera. It has been listed as Vulnerable on the IUCN Red List since 1996, as populations in African range countries declined by about 43% since the early 1990s. Although the cause of the decline is not fully understood, habitat loss and conflicts with humans are the greatest causes of concern.

### Wisdom Traditions- What are Transformative Experiences and How Does One Attain Them? **New!**

**Vanessa Fuller-Brown, Dr. Scott Olsen, Charlene Johnson**

1 class date

SPE176A W 9/22  
SPE176AH W 9/22

Live Oak Hall / Online (H)

M: \$3; NM: \$8

1-3:30PM  
1-3:30PM



The underlying goal of these Wisdom Traditions is self-discovery. In the Greek Eleusinian mysteries, this was known as Epopteia, the Awakening Vision, recognizing the actual purpose of one's life. Sharing their own personal experiences, Scott Olsen, Vanessa Fuller-Brown and Charlene Johnson will discuss the transformational techniques that allow one to recognize and fulfill their soul's intention in life.



### Veterans Services Available in Marion County **Kenneth Puckett**

1 class date  
SPE101A

F 10/8

M: Free; NM: Free  
Cypress Hall  
2-4PM



This course is an outline of Federal, State, and County Veterans Services available here in the area. The program will be presented by Kenneth Puckett, a Disabled Veteran who is also a DAV Veteran Service Office with the OTOW Veteran Club.

### National Geographic Live! Between River & Rim: Hiking the Grand Canyon

**MTP Staff**

1 class date  
SPE184A

W 11/10

M: Free; NM: Free  
Live Oak Hall  
1:30-3PM



Few people have ever completed a thru-hike of the Grand Canyon, and now National Geographic explorers Kevin Fedarko and Pete McBride know why: The 750-mile hike quickly proved to be the most difficult undertaking of their lives. Join Fedarko and McBride as they comically recount their brutal adventure and shed light on the myriad of threats facing Grand Canyon National Park.

### A Native American Music and Photography Journey

**Frank "Sunshadow" Curtis**

1 class date  
STR125A

Tu 11/30

M: \$6; NM: \$11  
Live Oak Hall  
3:30-5PM



Join Frank "Sunshadow" Curtis as he shares his creative journey through music and photography. Curtis has Native American blood from his grandmother who was a full-blooded Penobscot Indian from Maine and his grandfather who was half Chippewa. Come hear the soothing sounds of the guitar, harmonica and Native American cedar flutes. In addition, experience some of the incredible photography, music and stories that have helped Curtis connect with his Native American roots.

### Master the Possibilities Holiday Extravaganza

**MTP Staff**

1 class date  
STR124A

W 12/8

M: \$3; NM: \$8  
Live Oak Hall  
4-6PM



Join Master the Possibilities for an evening candlelight session, showcasing students from some of Master the Possibilities' arts and humanities programs. Celebrate the holidays with us! For a full agenda, please visit our website.

**Introduction to Drum Circles New!**  
**Vanessa Fuller-Brown** M: \$15; NM: \$20  
 1 class date Town Square  
 SPE 189A W 12/15 3-4:30PM



What is community drumming and why is it becoming increasingly popular? Please join us for an introduction to the Djembe, one of West Africa's best known instruments, and an 'Arthur Hull style' village rhythm circle. No Experience Required!

## VISITING SPEAKERS

**She Swims with Alligators: Harrowing to Harmonizing- Alligator Encounters & Imaginings New!**

**Dr. Diana Kanoy** M: \$3; NM: \$8  
 1 class date Live Oak Hall  
 SPE 188A W 8/18 1-2PM



Diana Kanoy tells her tales of true adventure swimming in a rural Florida lake through prose, poetry, and photography— an unusual perspective! Learn how to be safe around Florida waters while enjoying many points of view, including the alligators' own. Both humor and seriousness are underpinned by environmental awareness and a deep appreciation for the spirit of nature. A book signing will follow this presentation. Books are available for purchase after the talk.

**An Overview of Nutritional Ketosis**  
**Dominic D'Agostino Ph.D.** M: \$6; NM: \$11  
 1 class date Live Oak Hall  
 SPE 134A Th 10/7 4-5:30PM



Dominic D'Agostino will focus on past and present research on nutritional ketosis, and the evidence to support how this approach can improve brain health, lower inflammation and help to delay age-related chronic diseases. The presentation will also discuss how nutritional ketosis can be used as an adjuvant to treat many forms of

cancer and as a cancer preventative strategy. In addition, an overview on how to implement this dietary approach will be discussed and demonstrated.

**The Moscow Rules**  
**Jonna Mendez** M: \$6; NM: \$11  
 1 class date Live Oak Hall  
 SPE 193A F 12/10 1-3PM



From the CIA's former Chief of Disguise, whose husband was the inspiration for the movie *Argo*, discover the "real life spy thriller" of the brilliant CIA operatives who developed breakthrough spy tactics that helped turn the tide of the Cold War (Malcolm Nance). "The Moscow Rules," written by Jonna Mendez, tells the story of the intelligence

tradecraft breakthroughs that turned the odds in America's favor. As experts in disguise, deception and illusion, Antonio and Jonna were instrumental in developing a series of tactics: Hollywood-inspired identity swaps, ingenious evasion techniques and an armory of James Bond-style gadgets, that allowed CIA officers to outmaneuver the KGB.

## MTP Rules of Courtesy

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

- Be mindful of MTP staff and staff policies.
- Please make sure all cell phones are either on vibrate or off during class time.
- In the classroom, everyone's opinion counts.
- It's ok to disagree, but not be disagreeable.
- Give others the attention and respect they deserve while speaking. Stay positive and focused.
- The instructor sets the format in the classroom.
- Please leave the classroom the way you found it.

**Failure to adhere to these guidelines may result in a student being excused by faculty or staff, without a refund.**



Lawyer  
Rachel Wagoner



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