

Updated February 2, 2012

Check out these exciting new suggested courses and let us know if you would sign up for one. These courses can only happen with your input!

Course Title: 30 Seconds over Tokyo

Instructor: John Frischmann

Description: The Course is estimated to be 2 ½ to 3 hours long. The reason for this particular dissemination of material is the 70th anniversary of the air raid carried out over Japan in 1942 after only three months of preparation. The first part will recount as to how it was planned, then people involved, up to the planes taking off for the five Japanese targets. This will be followed by the showing of the black and white movie-“Thirty Seconds over Tokyo” that is timed at one hour and 35 minutes. The remaining time will be spent reviewing what the movie presented, what happened to the surviving pilots and crews after that raid and who are the crewman still alive as of the present time.

Course Title: A Biblical Portrait Marriage

Instructor: Dottie Klein

Description: Will teach course from a Bible Perspective of Marriage: Role of a Wife, Role of Husband, Finances, In laws and extended Family, Sex and Communication, Romance, Loyalty. (Part Video—Dramas) Presentation of Biblical View Discussion and Interaction

Course Title: Carolina Shag Dancing-Beginners

Instructor: Carl and Peggy Mullin

Description: This course will get you started in learning the dance of the South, the shag. The shag is a slotted swing dance danced to the music of Motown, R&B, and beach music. The course will cover the fundamental steps of the Carolina Shag. These will include the basic step, start step, female turn, male turn, getting into and out of a trail position, getting into and out of a side saddle (closed) position, tuck turn, and the belly roll.

Course Title: The 5 Common Sense Rules for a Happier Life

Instructor: Colleen Griffin

Description: Happiness is not the mere absence of sadness. Happiness is a mental state of well-being characterized by positive emotions ranging from contentment to intense joy. It is a dynamic, positive, pulsating energy that fills you with a sense of well-being. "Happiness cannot come from without. It must come from within." In this class you will learn the 5 common sense rules to creating a happier life. Applying these simple rules will help you to become happier and healthier. You deserve to be happy. Don't deny yourself this precious human emotion.

Course Title: Considering Southern Fiction

Instructor: Nick Brown

Description: The course will essentially be a book discussion/ reading group facilitated by the instructor. The selected works will be of or about the South and will include some Florida authors such as Rawlings and Hurston. Books will be chosen on the basis of accessibility/ readability and how they reflect the distinctiveness of the South's literary traditions. The format for the course will be a group discussion. The instructor will provide background information on authors and the context for the work, as well as facilitating discussion.

Course Title: Consumers Guide to Global Warming and Alternative Energy

Instructor: Peter Parrino

Description: This course provides an overview of the global warming issue as it relates to alternative energy emphasizing information that is helpful to the consumer and those interested in gaining a more complete understanding of the climate change issue. The course covers present energy usage (fossil fuel, nuclear, hydroelectric), provides an overview of the climate change concept, explains popular terms (Greenhouse effect, Carbon footprint, Ozone Layer, Etc.), discusses where many countries stand with respect to implementing those imitative and presents laws regulating these Technologies. Among the Alternative energies reviewed are solar, geothermal, wind, and other emerging technologies. Incandescent, compact fluorescent (CFL) and light emitting diode (LED) lighting are explained and information is provided to help when purchasing those products. Hybrid vehicle information is presented to assist in the cost of ownership assessment. The Smart grid concept is presented.

Course Title: Controlling the Water in Watercolor

Instructor: Louise Jackson

Description: This course is primarily for beginners or anyone that needs more control of their watercolor. It will be structured to teach flowers, leaves and back ground in an easy step by step manner. Students will learn to make corrections and fix paintings in a variety of ways. The fee includes all paint and paper for the entire series. Loaner brushes will be available to use so you may test the water before investing too much in brushes. Supply list will be provided via e-mail or address if needed.

Course Title: Cremation - Facts, Myths, and Misconceptions

Instructor: Hiers/ Baxley

Description: Aren't all cremations the same? How do I know I'm getting my loved-ones remains? Can I still have a viewing? Why do cremation costs vary so widely? Cremation is a topic of interest for many who have made the important decision to plan-ahead for their final arrangements. However, the majority of people who consider selecting cremation for themselves have never actually arranged for a cremation before, and have little knowledge of their options or what questions may be important to ask. In this course, we will address many common questions regarding cremation as well as the myths and misconceptions surrounding this ancient custom. Further, course participants will leave understanding the broad range of options associated with cremation as well as a list of important questions everyone should ask when speaking to a cremation provider.

Course Title: Decorating Your Home: Step by Step

Instructor: Vickie Coit

Description: Do you want a beautiful home that fits your lifestyle? Are you paralyzed? Don't know where to start? This class will guide you step by step through the maze of decorating. Before you begin, you must have a vision and a plan. In this class you will put together inspiration boards for your home, put a plan into writing along with a budget. You will learn how to proceed from conception to completion. Taught by Vickie Coit, professional designer, with 22 years of experience.

Course Title: Deepening Your World View- Part 1 Origin

Instructor: Sheila Keene-Lund

Description: A Worldview is the collection of beliefs about life and the universe held by an individual or a group. Most of us are unaware that the worldview we believe in guides most of our thoughts and actions. In ancient times, the worldview of the tribes-its social structure, norms, ethics, values, and belief system- guided all communal decisions. Today, communities around the globe embrace a vast number of fragmented worldviews. Crisis points worldwide reveal the message that history has documented all along: interactions between conflicting worldviews, unless there is sufficient self-interest, leads to social conflict, even to the point of violence and hideous wars. To neutralize global conflict arising from provincial worldviews it will be necessary to construct a global worldview.

Course Title: Basic Dog Grooming at Home

Instructor: Jill Little

Description: Course will cover as follows: importance of cleaning, Sanitary, Ears, Eyes, Feet, Safety in Cutting Nails around eyes and sanitary areas. Will cover brushing and combing, along with removing hair knots, and matting safely and neatly without looking chunky. Shampooing, especially around eyes, some shampoos will ulcerate the eyes, also correct ways to dry. Basic clipping and some equipment that would be useful. With an optional class on same information regarding puppies- They are a little different. Puppies need to be introduced to grooming.

Course Title: Drum Core Celebration

Instructor: Gayle Archie

Description: This course uses fantastic drum music and movements that give participants a great workout while they 'beat' stress and have fun. There is no complicated footwork. Large stability balls and drum sticks are used in rhythmic patterns in order to raise the heart rate, stimulate the brain and enhance muscle endurance. The workout can also be done seated in a chair. Drum sticks are provided, participants will need their own 55cm (22") stability ball available from Target, Wal-Mart, or any sporting goods store. These can also be ordered from the instructor. The Cardio portion of the workout challenges all the core muscles located in the torso, legs, and gluteus and short segment of seated or standing core work is included. Come celebrate a healthier you.

Course Title: Enhance Your Brain Power

Instructor: Robin Zahor

Description: New research confirms you can expand your brain reserve through easy, proactive practices, and overcome challenges of medication and aging. In this interactive class, learn easy techniques and activities for thinking your way to improved brain health. You will learn how diet, nutrition, stress, and sleep impact your brain's performance. You will learn longevity tips and information on the latest research findings. Come to my class and have fun while learning healthy habits that can help maintain your brain and keep you sharp.

Course Title: Exploring Inner Space: Voyage of Self-Actualization

Instructor: Frank Machovec

Description: A one-day exploration of personality, current psychological concepts, each explained with examples and self-help exercises to help you realize your uniqueness as a person and better understand others, based on the presenter's book on the subject.

Course Title: Exploring Watercolor- Frontiers of Possibility

Instructor: Sue Primeau

Description: From Beginner to advanced artist, it's time to have fun painting with watercolor. Whether you've always wanted to try watercolors or perhaps you like the experience of a class to inspire your continued painting and growth as a watercolorist. Whatever your need, this class encourages learning at your own pace with plenty of hands-on painting time in class with one-on-one instructor assistance and informative critiques. Each class will focus on an instructor led project, although students are welcome to focus on his/ her own projects and still receive instructor assistance. The educational goal of each project is to enhance the students' grasp of a given painting technique, apply the principles of design, composition and color theory and learn quick fixes and finishing touches.

Course Title: "GOING GRAY and Looking Gorgeous!"

Instructor: Tatiana Tchernova

Description: Baby Boomers is the largest generation in the US. There are over 78 million baby boomers. As many as 48 million still to turn 50. Most are going through the psychological factors of the color quandary. Whatever your age.... You may find yourself going through this same color quandary? Do you waste time and money by trying different colors and styles just to find out they are not working? Do you feel frustrated in the whole process? To gray or not to gray? What ever age you find yourself asking the question.....Help is on the way! Educate yourself on: Your Face Shape, Your Best Makeup and Wardrobe Colors, Your Best Hairstyles and Hair Color, Best Individual Effects for Gray Hair Color, Your Personal Style Expression.... Learn how to go gray and look gorgeous!

Course Title: The Gluten Free Lifestyle

Instructor: Colleen Griffin

Description: Are you new to the gluten free lifestyle? Are you feeling lost and overwhelmed by all the changes involved? This class is designed to provide you with the information, tools, tips and strategies you will need as you embark upon a gluten free journey. If you have been recommended to go on a gluten free diet and are feeling overwhelmed this class will help you to make one of the most poignant transitions in your life – one that can be the start of a personal evolution in health and well-being like nothing you've ever experienced before.

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Course Title: Hemingway's Women

Instructor: Carolyn Ingham

Description: We all know that Ernest Hemingway was a legendary writer, but what of the women in his life? His mother, Grace, whom he said he hated all his life, his four sisters, his four wives, and his affairs, both real and imagined? This course focuses not on the author, nor on his work, but on the women he loved....or hated, as the case may be. We'll meet Agnes von Kurowski, his first love; Hadley Richardson, The Paris Wife; Pauline Pfeiffer who created the haven in Key West and lost her husband to Martha Gelhorn; and finally Mary Welsh, his fourth wife who was with him in his last, tragic years. Along the way, we'll meet many of the famous people they called friends, including: Franklin and Eleanor Roosevelt, Leonard Bernstein, H.G. Wells, Marlene Dietrich, Scott and Zelda Fitzgerald, Gertrude Stein, and Pablo Picasso.

Course Title: History of Scotland: Three Infamous Events

Instructor: Elaine Emery

Description: Even today, there are three events in Scottish history which still stir strong feelings: The Glencoe Massacre; The Battle of Culloden/ Jacobite Rebellion; and The Highlands Clearances. Participants will learn about these events through lecture discussion, audio/visual materials, and other means, depending on course length. My hope is that this program will spark an ongoing study group on this topic, for the history of this proud country is fascinating. A bibliography will also be provided so that participants can pursue further learning.

Course Title: How To Get More Of What You Want And Less Of What You Don't Want

Instructor: Colleen Griffin

Description: You may not be aware of it but there is a very powerful force at work in your life that is always in effect. In fact right this very moment this powerful force is attracting people, places, circumstances and events into your life experience. This powerful force is comprised of your thoughts, feelings and actions. In this class you will learn how to: reach clarity about what you want; focus your attention on your desired outcome; release limiting beliefs; create affirmations; raise your "vibration"; think possibilities; and take inspired action.

Course Title: Humor: What, Why, How

Instructor: Frank Machovec

Description: A 1-day workshop describing the history, theories, and varieties of humor, with examples and how you can discover and develop your own sense of humor, based on the presenter's book *Humor and You*. and his 30 years' experience workshopping the subject.

Course Title: Introduction to Digital Photography

Instructor: Mark DiOrio

Description: The course Introduction to Digital photography is designed to teach the basics of digital photography. Each student will learn the functions of their camera and importance of shutter speed, lens aperture, digital file size and format in camera, and basic lighting and composition. This course is designed to familiarize the student with his/her digital SLR camera and to simplify the process of digital photography for the average person, so that they may be able to improve their skills and become comfortable with their equipment.

Course Title: Jazz Choreography

Instructor: Shirley Keith

Description: In this lively and fun class, students will learn three jazz routines to a variety of music. Basic knowledge of jazz steps is necessary.

Course Title: Just Desserts

Instructor: Nelle Mullis

Description: You will learn how to make desserts that taste wonderful and are beautiful to look at as well. You will learn techniques such as how to make the perfect cheesecake, how to decorate with whipped cream, how to make meringue topping, lemon curd and garnishes to enhance the presentation. You will learn how to make 3 desserts using some of these techniques.

Course Title: “Learn to Look Your Best!”

Instructor: Tatiana Tchernova

Description: your image is your personal resume. At a quick glance most people subconsciously make estimates about your personal appeal, approachability, intelligence, and other qualities. Learn how to create your true personal style, enhance your image, and look youthful and attractive at any age! Find out about the best personal colors that enhance your features, accessories that compliment your face shape! Discover clothing lines that flatter your figure! Learn to look more fit, proportional and always in style! Knowing your best colors and styles will also allow you to save precious money and time and build a closet full of clothes and accessories you will wear again and again. Tips and handouts for colors, makeup techniques, accessories, wardrobe and shopping will be provided consistent with the classes you attend. Learn to look your best and feel fabulous! Each class will be specifically focused on a certain topic.

Course Title: Light from the East: The Wisdom of Asia

Instructor: Frank Machovec

Description: A one-day exploration of teachings from ancient India and China, including Buddhism, Taoism, and Zen, with examples and self-help exercises to enhance your insight into self and others, based on the presenter’s books on these subjects.

Course Title: Long Term/ Custodial Care and Medicaid ICP

Instructor: Craig Clark

Description: The Purpose of this course is to familiarize the student/caregiver with Medicaid financial assistance in the area of long term/ custodial care. Medicaid eligibility is often misunderstood due to misinformation. Student/caregiver attendees will be given up-to-date information in three areas of eligibility requirements: medically needy; income limit; and asset limits.

Course Title: “Married Again”

Instructor: Dottie Klein

Description: Dealing with issues of a blended family with children from former marriage.

- Role of Wife in a blended family
- Role of Husband in a blended family
- Dealing with Co-parenting issues and former spouses

- Dealing with step-parenting issues
- Coping with Adult children in a blended family
- Finances in a blended family/ Child Support/ Alimony/Wills/ Inheritance Issues
- Loyalty and expectations and assumptions

Course Title: “Moon’s Up” Ocean Scene

Instructor: Louise Jackson

Description: This class is an intermediate to advanced, experienced in any medium. We will cover painting water and sky with vibrant color. Also the techniques used to create the illusion of waves and foam, rocks, and clouds. The cost will include paint.

Course Title: Motorcycle Safety Foundation Basic Rider Course

Instructor: Safe Rider Florida Motorcycle Training

Description: 15 hour curriculum which is required by the State of Florida for having the “Motorcycle Also” endorsement added to a driver’s license. Classroom and riding program for anyone who wishes to legally ride a motorcycle or scooter in Florida. We provide bikes, scooters, helmets, gloves, all textbooks, and all tests required. There is no other way to get a motorcycle endorsement under Florida law. This class is mandatory for all new endorsements whether a rider is a beginner or has experience.

Course Title: New England Colonial History (1620-1776)

Instructor: Douglas Hughes

Description: This course will explore the causes of early 17th century migration to New England and the creation of democratic governments, public education systems and religious toleration by the emigrants and their descendants. The 17th and 18th century wars the helped shape the colonial attitudes leading towards the American Revolution will be visited as well as the roots of revolution that matured in the 1770’s in New England.

Course Title: Pastel Painting—Rich With Color

Instructor: Jeffery Davis

Description: This class will focus on the versatility of pastel as a painting and drawing medium, Students will learn to create a variety of textures and effects with the vast number of hues available and learn a variety of techniques for rendering an array of subject matter. At the end of six sessions each participant will know the types and uses of pastels as well as the use of color to aid with the harmony of a finished piece. Everyone can learn to “paint with pastels” and have a great time doing so.

Course Title: People Skill: Getting Through Getting Along

Instructor: Frank Machovec

Description: This one-day workshop explains transactional analysis, a way of analyzing interactions with others and how to avoid “games” we play that prevent open communication. It consists of mini-lectures followed by learn-by-doing interactions with others, based on the presenter’s books on the subject and 30 years of workshopping.

Course Title: Persuasive Speaking

Instructor: Michael Cooper

Description: Designed to help you improve your professional presence by speaking to teaching groups. This is the ideal course for sales people, business owners, and those looking towards leadership in the future. Learn the real impact of opening and closing a presentation. Develop a persuasive argument that doesn't come off as one. Learn how to diffuse your opponent's position before or after it's been stated. Overcome objections before they're stated and move your audience to 'your side of the table". Using the Toastmasters model as the base of this course you will develop and give 3 presentations, each one building on things you learned before. You will also begin to develop impromptu speaking skills and learn valuable evaluation techniques that will help you improve your delivery while you help others to do same.

Course Title: Philosophical Issues

Instructor: Mike Enright

Description: Lecture and discussion in the following: Indoctrination vs. Education; Improving Education; the influence of Religion; and Improving the Family

Course Title: Poetry: Reading, Writing, Critiquing, and Creating

Instructor: Roger Cooper

Description: WHAT? A six-session course designed for 6-8 persons who want to learn more about how to read poetry, critique poetry and create poetry.

HOW? Participants will read aloud poems by major poets, identify the metrics and mechanisms that make them effective (or Not), and using familiar forms, create poems in class and at home.

Readings from CAN POETRY MATTER, a book of literary criticism by Dana Gioia, will provide primary resource material for discussion.

Course Title: Power Hoopz

Instructor: Chris Lowe

Description: Power Hoopz is the most fun you'll ever have exercising. Using 3 lb. custom hula hoops, you will do Pilates, yoga, stretching and dancing – all with your bright and colorful hula hoop. Anyone can do it! You'll never consider working out to be "work" again and you'll walk away feeling young and playful and happy. Hoopz available for purchase for \$25 or use one for your first class for free.

Course Title: Prime-Time Health: How to Help Your Body Make Its Own Medicine

Instructor: Dr. William Sears

Description: A 1 hour presentation with DVD and/or PowerPoint, plus Q &A if time permits. The presentation is based on my new book Prime-Time Health, a scientifically proven plan for living healthier longer. The DVD that will be used won the 2011 Telly Award for the Best Health and Wellness DVD. I will discuss Noble prize research on how to help the body make its own medicines.

Course Title: Prophetic- Hearing Inner Voice for Others

Instructor: Patricia Wallens

Description: This Prophetic course will teach you how to hear your inner voice, the voice of God, for other people. We will help you identify that inner voice within you and how to hear the right voice and what is the language of God for man. This has been God's plan since the beginning of time; to communicate with mankind in a personal and intimate relationship. The

voice coming to us and through us is always loving, edifying, encouraging and brings life to everyone. The gifts of the Spirit are discussed and the Fruits of the Spirit are discussed because they will flow through you to others as the Spirit of God speaks to ones' calling, gifting, plans, and destiny of each individual's life. Come learn how to receive and give prophetic words to others and yourself. Each class will include activations of learning how to speak prophetically to each other.

Course Title: Role Play to Improve Coping Skills

Instructor: Frank Machovec

Description: Psychodrama is a group method developed by Jacob L. Moreno, M.D., using a theater-in-the-round setting to enact real-life problem situations. This one-day workshop demonstrates the method and gives you the opportunity to practice new ways to interact with others.

Course Title: Sculpture-Portraits in Clay

Instructor: Lynn Thomas

Description: Introductory class enabling the student to have a better understanding of the features of the face, before attempting to model a portrait. Participants will model the four features of the face in water-based clay. The Mouth, Ear, Nose and Eye will be created and fired. These personal samples will be used as models, along with photography, so that the student can then create a clay portrait with a better understanding of these challenging features. Emphasis will be on using tools to create effects in modeling.

Course Title: Building Spanish Skills through Verbs

Instructor: Carol Bart

Description: Knowledge of verbs and an understanding which leads to choosing the correct verb for a particular use is important for communication. This course will approach the study of regular and irregular present tense verbs logically and systematically. Meaningful practice will be provided. The success attained through this approach will increase interest in Spanish and give the student an appreciation for the beauty of the language. No previous experience in Spanish is required.

Course Title: Spiritual Intelligence (SIQ): A New Look at IQ

Instructor: Frank Machovec

Description: Multiple intelligence is a new theory of intelligence, and spiritual intelligence (SIQ) is suggested as one of them. This one-day workshop, based on the presenter's research and books on the subject, explains how SIQ is non-denominational and how even an atheist can be spiritual.

Course Title: Stress Reduction in Everyday Life

Instructor: Dr. Constance Kay/ Carol Fortune

Description: This workshop is interactive and will address how stress develops and can effect everyday living and what to do about it.

Course Title: Tap Choreography

Instructor: Shirley Keith

Description: In this lively and fun class, students will learn 3 tap routines to a variety of music. Basic knowledge of Tap steps is necessary.

Course Title: Tritone Jazz Fantasy Camps

Instructor: Tritone Jazz Fantasy Camps/ Robert DeRosa

Description: Since 1998, Tritone Jazz Fantasy Camps have provided week-long, “total immersion” experiences in jazz playing and improvisation for adult learners. Many of our “campers” are professionals in their fifties, sixties, and seventies who loved and played jazz at some time in their lives, set it aside to build careers, raise families, or both, and now, with newly found discretionary time, are returning to the music they love. Tritone camps offer five-plus days of instruction and playing or singing, including big-band and small-combo playing, jazz theory and improvisation training, instrument master classes (group lessons taught by masters of the instrument), faculty and camper concerts, and jam sessions. Our emphasis is on “mainstream” jazz as written and played by the legends of the art – Count Basie, Duke Ellington, Dave Brubeck, Miles Davis, Thelonious Monk, and many others. Our tag line, “Play. Learn. Laugh.” says it all. While our emphasis is on solid jazz training, we never forget that the purpose of this collaborative art is having fun in the company of other similarly experienced musicians. Players and singers of all levels are welcome.

Course Title: Understanding “Children of Divorce”

Instructor: Dottie Klein

Description: Class will view video presentation by PBS done for TV entitled “Children of Divorce” about 45 min. Dan and Dottie Klein will then open with their divorce and remarriage experience combining 3 teenagers. Married 32 years in a second marriage, they will then open the group to discussion and interaction.

Course Title: Understanding the Dreaming Mind

Instructor: Lauri Loewenberg

Description: During this presentation, emceed by award winning broadcaster and funny man Skip Mahaffey, Lauri will help attendees understand the importance and power of their own dreaming minds. She will reveal how the mind, through our dreams, is helping us to recognize areas of our life and behavior that need improvement; reach our personal goals and our career goals by steering us around obstacles and keeping us focused and inspired; come up with great ideas and solutions; improve our personal and professional relationships; overcome the past and move on into the future; how to remember ALL our dreams; and how to connect the dots between our dream imagery and the previous day.

Course Title: The Universe, Its History and Nature

Instructor: Leroy (Lee) Avers

Description: The course would cover the beginnings of the Universe, its evolution, its properties today, and where it’s going. It’s kind of a history of everything. The study would touch on Physics, Chemistry, Astronomy, and Mathematics, but nothing more complex than we learned in High School. We will look at our planet earth and the neighboring planets in our solar system as well as the sun. Where are we located within our galaxy? Are there other galaxies nearby? How many galaxies are there? Are there other solar systems like ours? In our galaxy? How did our sun come into being? Are suns (stars) still being formed today? How old is the

Universe? Is it growing, shrinking, or static? Do the stars (suns) ever burn out? How were the various chemical elements like Hydrogen, Carbon, Oxygen, Nitrogen, Iron formed. What are the black holes? How many are there? How large are they? What is the Universe made of?

Course Title: “White Rose and Glass”

Instructor: Louise Jackson

Description: Special workshop Painting Glass and Roses are two of the most challenging for any artist. This will be taught in a step by step manner. We will use a combination of different kinds of watercolor, both liquid and solid (in the tube). We will also use art masking fluid to preserve some whites plus learn to lift light areas.