

# Center 4 Life Learning

(Formerly Community Church College)

1976-2019

**CELEBRATING 44 YEARS SERVING  
THE SOUTHSORE AREA**

**ADULT EDUCATION SPONSORED BY  
UNITED METHODIST CHURCH OF SUN CITY CENTER**

**Class Dates February 3, 2020 through April 3, 2020**



**Classes and Registration  
UNITED METHODIST CHURCH OF SUN CITY CENTER  
1210 W Del Webb Blvd, Sun City Center FL 33573  
Center Phone: (813) 634-8607**

**Email: [ctr4lifelearning@gmail.com](mailto:ctr4lifelearning@gmail.com)**

**Website: [www.4lifelearning.org](http://www.4lifelearning.org)**

Predictability is more exciting than you think.



Worrying about future care doesn't have to put a damper on the good life. At Freedom Plaza, you still get all the perks of Sun City Center, plus our Life Care\* guarantee. You have access to multiple levels of care at a predictable monthly rate. With that peace of mind, the good life is even better.

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A Life Care\* Community  
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Sponsored by the Retired Officers' Corporation

\*Life Care plan/guarantee is subject to the terms of the Residency Contract.  
213880 SR

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Bringing New Life to Senior Living®

## SCHOOL REGISTRATION PROCESS

**THERE WILL BE NO OPEN REGISTRATION DAY.** Courses and Trips are available for purchase when announced in our catalog, local news resources, school email blasts and our Website.

Catalogs for Trips and Classes are available semi-annually around September 1<sup>st</sup> and January 1<sup>st</sup>

### Registration Process for Trips and Classes

- Pick up a Mail Order Form in the Church Narthex or print a Mail Order Form at:  
<http://www.4lifelearning.org/forms.html>
- Mail or drop off form at the School Office with payment.
- Credit Card orders may be placed on our website  
[www.4lifelearning.org](http://www.4lifelearning.org)
  - Follow links on the Classes and Trips.

Regular courses: \$35.00 for six 90-minute classes

(Some curriculums will vary in length/cost and are explained in course descriptions.)

Walk-In fee is \$7 per session, for Unlimited classes only.

Trips and tours: cost varies according to expenses involved.

Credit Cards will be accepted online to purchase classes/trips processed through PayPal.

### School Office Hours:

Monday - Thursday: 8:30 am- 12:00

**PLEASE NOTE:** the office is not open on Fridays except during semesters

**Our instructors' curriculums and programs are planned and implemented independent of the United Methodist Church of Sun City Center**

**All course materials and opinions of the instructors are not to be construed as that of the Church.**

*No previous education needed!*

*Come be informed, inspired and entertained!*

### OUR SCHOOL STAFF

Dean	Pastor Pam DeDea / Pat Hill
Office Manager	Larry Piechoski
Trips and Tours Coordinator	Patricia Jones
Dean Emerita	Sally Erath and Anne Ginevan PhD.

### BOARD OF DIRECTORS:

Sally Morse, Chairman

Roxann Seeley, Secretary	Glenn Spoerl
Joan Madden	Frank Slesnick, PhD.
Dennis Franz	Martin Goodstein
Jan Kopischkie	

## CENTER 4LIFELEARNING

### HISTORY

The Community Church College was established in 1976 by the United Community Church of Sun City Center. The school moved to the United Methodist Church of Sun City Center in 2019 and changed name to the Center 4LifeLearning.

The school serves as an adult education outreach program to benefit the local community and surrounding South Shore area. The school is fulfilling its purpose in providing adults with intellectual and educational classes and programs.

### PURPOSE AND PROGRAM

The purpose of the School is to inform, entertain and inspire. A broad curriculum of subjects is offered to serve the interests and needs of its students. All courses are taught by qualified instructors drawn primarily from the local community. Along with our educational programs, we also offer thought provoking and enjoyable trips and tours. By offering non-credit courses, students benefit from the stimulus of lectures and discussions in an informal and relaxed environment.

### SOURCES OF SCHOOL SUPPORT

#### UNITED METHODIST OF SUN CITY CENTER

United Methodist Church of Sun City Center provides classrooms, administrative space and other services to the School. Thanks to the enthusiasm of our faculty, staff, volunteers and community participation, the School attempts to be self-supporting through tuition, endowments and donations.

Our instructors' curriculums and programs are planned and implemented independent of the United Methodist Church of Sun City Center

All course materials and opinions of the instructors are not to be construed as that of the Church.

#### ARTHUR K. BRANHAM FUND

The Arthur K. Branham Fund was established in 1994 by a bequest from Mr. and Mrs. Branham, longtime friends of the School.

#### THE ROBERT W. GINGERY FUND

In 1995 the United Community Church established the Robert W. Gingery Fund in honor of Dr. Robert W. Gingery, founder of the Community Church College.

#### THE COMMUNITY FOUNDATION OF GREATER SUN CITY CENTER

The Community Foundation of Greater Sun City Center has been generous in making grants to the School for the acquisition of computers, office, audio-visual equipment, additional telephone lines and development of expanded course offerings. Monies supporting these grants have come primarily from the Durward and Janet Siville Fund and the Robert Jeffries Fund, administered by the Foundation in furtherance of donor wishes.

The Center 4LifeLearning received a generous grant from The Community Foundation of Greater Sun City Center "Spirit Fund" which was used to purchase new computers and projectors to enhance our instructors' classroom presentations.

**CONTRIBUTIONS** – We gratefully accept grants, donations, contributions and bequests to further our educational service to the community. If you or your organization is interested in contributing contact the school at 813-634-8607

# THE BEST SKIN CARE UNDER THE SUN!



**Ronald J. Patrick, MD**

**Michelle L. Gordon, ARNP-C**

**Travis L. Rogers, PA-C**

**Dr. Ronald J. Patrick** is a board-certified dermatologist practicing in the Sun City Center/Ruskin area since 2006. In addition to dermatologic services, Dr. Patrick and his team of providers offer a full range of cosmetic services for patients of all ages.

## SERVICES OFFERED

- Dermatologic Surgery
- Detection and Treatment of Acne, Eczema and Moles
- Diseases of the Skin, Hair & Nails
- Skin Cancer
- Photodynamic Therapy for Treatment of Precancerous Lesions
- BOTOX®, Kybella®, Fillers, CO<sub>2</sub>RE®, V-Beam Laser Technologies and other Cosmetic Services

**WATSON CLINIC** LLP  
*Dermatology at Sun City Center*

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A SPECIAL THANKS TO OUR DONORS



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We've got the scoop on the poop.

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**We're poop professionals.**  
We come to your home and remove dog waste from your yard or cat waste from your litter box... or both.

**Never scoop again!**

**Pricing as low as \$8.10 per visit.\***  
We offer a 10% discount to seniors, military, first responders, and teachers. It's our way of saying "thanks!"

\*2019 pricing, subject to change

## **OVERNIGHT TRIPS**

**The Center 4LifeLearning has partnered with Chuck Nichols Travel Consultant.**

**We will now be booking overnight trips to various locations. Our first trip will be to Amelia Island, St Augustine & Jacksonville, Fl, March 31<sup>st</sup> to April 2<sup>nd</sup>, 2020.**

**The cost for this trip will be \$290. Non mandatory Trip Insurance is available. Each trip has pricing based on the cost of the trip shown in the flyer**

***Deadline for purchasing this trip is 1-31-2020***

**An explanation of the insurance coverage is on page 9 of catalog**

### **Future Trips in Planning Stages**

**We are currently planning a trip to the Biloxi area. This trip will be announced at a later date.**

**Announcements of future trips will be via email, Church newsletter and on our website. <https://4lifelearning.org/overnight-outings>**

**We will require Email addresses and phone numbers on all orders.**

**If you want to be notified of our activities, please provide your email addresses at <https://4lifelearning.org/contact>**

CHUCK NICHOLS TRAVEL CONSULTANT @ SUN CITY CENTER PRESENTS

# Amelia Island, St. Augustine & Jacksonville, FL



**INCREDIBLE PRICE INCLUDES:**

- ◆ Motorcoach transportation
- ◆ 2 nights lodging
- ◆ 4 meals: 2 breakfasts and 2 dinners
- ◆ Visit to the Fountain of Youth
- ◆ Narrated Cruise on the St. John's River
- ◆ Visit the Kingsley Plantation Grounds
- ◆ Fantastic shopping on historic St. George Street
- ◆ Guided Tours of Amelia Island and St. Augustine
- ◆ Diamond Tours® Dinner Party with Entertainment

*and much more*

## \$290 \*

**3 DAYS 2 NIGHTS**

PER PERSON, DOUBLE OCCUPANCY

(Tue - Thu)

**March 31 - April 2  
2020**



St. Augustine, our Nation's Oldest City



Famous "Fountain of Youth"



Historic St. George St



Aerial view of Amelia Island

## Departure: Center 4LifeLearning @ 8 am

**Day 1:** Board your spacious, video and restroom equipped Motorcoach and set off for the sunshine of Jacksonville, Florida! Upon arrival, you'll enjoy a narrated cruise on the St. John's River. This evening, enjoy Dinner and check into your Jacksonville area hotel for a good night's rest.

**Day 2:** Today, you'll enjoy a Continental Breakfast and begin your adventure by heading to Kingsley Plantation, where you'll stop to see the lovely grounds and learn about its historic past and ongoing restoration. Then head to Amelia Island, southernmost of the Atlantic coast barrier islands that stretch from North Carolina to Florida. After taking a Guided Tour of this beautiful island, you'll visit the historical district "Fernandina Beach" and have an opportunity to stroll along this stunning beach. Tonight, you'll relax and enjoy a Dinner Party with Entertainment.

**Day 3:** Today, after enjoying a Continental Breakfast, you'll take a Guided Tour of charming St. Augustine, America's 1st city. Next, you'll browse the shoppes on historic St. George Street. Then, you will take a visit to the famous "Fountain of Youth." Later, you'll depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen and where your next group trip will take you!

**ADD PEACE OF MIND TO YOUR TRIP...**  
With the Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\*Price per person, based on double occupancy.  
Add \$90 for single occupancy.  
Final Payment Due: 1/23/2020

**FOR INFORMATION & RESERVATIONS CONTACT**

# Center 4LifeLearning



Put Your Mind at Ease on the Next Trip...

with the

# Travel Confident® Protection Plan!

Travel Insurance - Same Price - *Regardless of Age!*

## PLAN BENEFITS INCLUDE:

**Trip Cancellation:** You are covered for your **FULL TOUR COST** in the event you must cancel your trip for one of the reasons below.

**Trip Interruption:** You are covered for reimbursement of your fare to travel home and your unused prepaid tour cost (the total not to exceed your total tour cost), when you must leave your trip early for one of the following reasons:

**Sickness, Injury or death** to you, a traveling companion, a family member, or a business partner

**Jury Duty** or being required to appear as a witness in a legal action

**A Strike** that causes services to cease for at least 48 hours

**Losing Your Job** where you have worked for at least 3 years

**Terrorist Attack, Hijack or Quarantine**

**Weather** that causes your common carrier to cease operations for at least 48 hours

**Fire, Flood or Natural Disaster** that causes your home to become uninhabitable

**Burglary** of your home within 10 days of departure

**Getting into a Traffic Accident** on your way to your trip's departure point

**You are covered for the "single supplement" surcharge if your roommate cancels for one of the above reasons.**

**QUESTIONS?  
CALL 1-813-634-8607**

**2 EASY Ways to Sign Up:**

**1.) Order on our website at [4lifelearning.org/overnight-outings](http://4lifelearning.org/overnight-outings)**

**2.) At our office or mail order**

Trip Cost (per person)	Travel Confident® Cost (per person)
Up to \$500	= \$35
\$501 - \$600	= \$45
\$601 - \$700	= \$59
\$701 - \$1,100	= \$69
\$1,101 - \$1,500	= \$94
\$1,501 - \$2,000	= \$129

[www.travelconfident.com/exclusions.aspx](http://www.travelconfident.com/exclusions.aspx)

**RECEIVE THIS BENEFIT!**

**ACT NOW** so you are eligible for **PRE-EXISTING CONDITION** coverage! You must purchase your Travel Confident Protection Plan within **14** days of writing your check for your initial trip deposit.

Review the complete terms in the exclusion section of your policy.

**Baggage Benefit - Up to \$1,000!** If your baggage is lost, stolen or damaged!

**Medical Expense - Up to \$5,000!** If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

**Emergency Medical Evacuation - Up to \$20,000!** Should a severe illness require immediate care and a local hospital cannot meet your needs, you are eligible for transportation to the nearest hospital with appropriate treatment. A toll-free call to 1-888-268-2824 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (providing you are in the hospital for at least 7 days).

**24/7 Assistance Services included:** Lost Baggage Retrieval • Emergency Cash Advance • Medical or Legal Referrals • Prescription Drug/Eyeglass Replacement • Translation Services • Payment to the Assistance Company is Your Responsibility.

### \*\* TIPS FOR TRAVELERS: \*\*

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 866-684-0218 as soon as possible. Be prepared to provide the insurance company with proof of payments for all portions of your trip, including the insurance.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of insurance. Pay by check or credit card when you can.
- If you have purchased the Travel Confident Protection Plan, for emergency medical evacuation call the Assistance Company at 888-268-2824 or collect at 202-296-8720. Be sure to call before you incur any expenses!

\*\* Please remember - this Flyer **IS NOT** your insurance policy. Be sure you receive a copy of your policy and read it before your trip. See your Group Leader or visit [www.travelconfident.com](http://www.travelconfident.com) to obtain a copy. \*\*

This is a brief summary of benefits under the Plan. The benefits are subject to the provisions, limitations and exclusions of the Policy. Refer to Your Policy for complete details. Plans are underwritten by the United States Fire Insurance Company. The Crum & Forster group of companies is rated A (Excellent) by AM Best Company 2012. Not all coverage is available in all jurisdictions. Travel Assistance Services are provided by an independent organization and not by United States Fire Insurance Company or Travel Insured International.

2020  
**SPRING TRIPS and TOURS**



**Trips can be purchased using “Mail Order Form” at <https://4lifelearning.org/forms> or using form in back of this catalog. You may also purchase online at <https://4lifelearning.org/trips> or <https://4lifelearning.org/holiday-outings>**

**You may select one or all of the tours. The cost of each tour covers transportation, admission fees and lunch, if indicated. The College must pay fees in advance and cannot accept cancellations once reservations are made. If you cannot go on a trip, another person may use that reservation with the registration receipt. Refunds are made only for health emergencies or if the trip is cancelled. The College office needs to know the names of substitutes for the final trip roster. If you find a substitute, they can reimburse you for the trip.**

**Depending on weather conditions, buses tend to be on the cool side. Please bring a light jacket or coverup if you feel you may be uncomfortable.**

**The meeting place for all trips is the main entrance (portico covering) of United Methodist Church of Sun City Center. Please plan to arrive 20 minutes before departure time.**

**Before boarding the bus, pick up your name tag in the lobby and your name will be checked off on the trip roster.**

**Don't forget to arrive *20 minutes* before departure time! Return to church time is the time you will be *back* at the church. Note: Return times are approximate depending on weather and traffic conditions.**

**Trips and Tours Coordinator:**

**Patricia Jones**

**PLEASE READ**

**THE SCHOOL MAKES EVERY EFFORT TO SEAT GROUPS TOGETHER AT EVERY TICKETED EVENT. WE REQUEST THAT WHEN ALL NAMES ARE NOT ON ONE ORDER, THAT YOU INDICATE NAMES OF INDIVIDUALS IN YOUR PARTY ON YOU ORDER**

## ***Sin, Sex, & The CIA***

### *Just for Laughs Dinner Theater*

*Live Theater in Largo, FL*

*January 25<sup>th</sup>, 2020*

Huge oil reserves have been discovered in The Chagos Islands, a vast archipelago stretching for hundreds of miles across the Indian Ocean. O.P.E.C. is pressuring the Chagosians to join the cartel.

The Chagosians, however, are interested in placing themselves under the protection of the U.S. A. The secret meeting between a representative of the islands and a U.S. undersecretary of state, Margaret Johnson, has been arranged in a C.I.A. safehouse in the mountains of Virginia.

Unfortunately, no one knows who the island's representative really is.

Concerned about possible O.P.E.C. interference, the C.I.A. has sent agent Luke James to secure the cabin. An eager beaver on his first field assignment, we are left to wonder how he ever got the job. He gets caught in all his own booby traps, manages to electrocute himself, sets himself on fire, gets a bucket stuck on his head, and if that isn't enough, he finally locks himself in his own handcuffs!

We discover that Daniel Warren is replacing the regular safe-house caretaker Mr. Cole, who was having some medical problems.

Daniel is an ex-marine with a dry wit, who has little patience for Luke James or the C.I.A., which he calls the "Complete Idiots Academy".

To complicate matters, he finds himself the target of Margaret Johnson's overactive libido.

The stage is now set for the entrance of The Reverend Samuel Abernathy, a hell and damnation evangelist, who finds sin around every corner, even when there isn't any. His car has broken down, not far from the cabin, and he is stranded.

He seeks shelter for the night, for himself and Millicent, his dowdy and innocent (or is she?) secretary.

Adding to the chaos is Heather Ann Faraday, the sexy, mysterious next-door neighbor, who also needs to stay the night because her power went out in the storm.

### **Dinner Menu Catered by Banquet Masters**

**Includes Salad Bar, Choice of three entrees, Dessert and beverages**

Costs \$55 Includes Bus Trip, Show Tickets, Buffet and Servers' Tips

Bus Departs 10:00 AM

Bus Returns 4:00 PM

# Mount Dora Art Festival

**The Premier Arts Festival in Central Florida**

**Saturday February 1, 2020**



What better way to celebrate one of the top Downtown areas in the country than by walking America's favorite hometown! Filled with fine art from national artists, along with a magnificent lake view! Discover terrific entertainment, food and superb shopping.

This is a judged, fine arts festival for all art lovers, casual festival goers, and families! Nothing compares to the Mount Dora Arts Festival! Downtown Mount Dora with its New England architecture and breathtaking views of Lake Dora. In addition to the endless rows of fine art, including oil paintings, watercolors, acrylics, clay, sculpture and photography, the festival features local and regional musical entertainment at a main stage in Donnelly Park. Festival food will be provided in separate food courts and Local Downtown restaurants offer a wide variety of cuisine. Local merchants also will be open for extra shopping.

**Cost \$28**

**Depart 8:00 AM**

**Return to Church 4:00 PM**



# THE JAMES MUSEUM

## 45 Minute Docent Led Tour

St Petersburg, Fl

February 8, 2020

The James Museum has its roots in the deeply felt passion for art and culture shared by co-founders Tom and Mary James, and in the couple's love for St. Petersburg, the city where they live.

Years ago, when their travels took them out West, they were captivated by the art, landscape and wildlife. The art of action and attention to place created by contemporary artists greatly moved them, and they began buying pieces not only for their personal pleasure, but also to help the artists earn a living.

These two dedicated patrons of the arts collected works in oil, in ink, in stone; works that define genres yet defy labels; works that evoke the spirit of a wide-open frontier and the beauty of life in the wild. Since their first acquisition, a vast artistic legacy has grown — one populated by emerging artists and living legends and filled with tribal tradition and classical finesse.

In building this splendid home for a part of their vast personal collection of Western and wildlife art, Tom and Mary also have succeeded in their aim to share their vision and devotion to art with you and thousands of others.

Lunch on your own at Canyon Café on premises or a local nearby restaurant.

Leave 8:45 AM

Return 2:45 PM

Cost \$34 includes bus trip and admission to museum

# **CIRCUS SARASOTA 2020**

**February 15, 2020**

Sarasota Florida is known as the "Circus Capital of the World," and is our resident hometown circus. Annual professional performances are showcased in a one-ring, five-star, European-style Big Top tent. Circus Sarasota is acclaimed around the globe for world-class artistry and entertainment.

International circus artists will leave audiences awestruck. Every year a new cast is featured in an intimate one-ring European style Big Top. This year's show features incredible artistry on the flagpole, single trapeze, fast paced Alanian riders on horseback, hand-to-hand acrobatics, juggling and much more!

After the Circus you will be dropped off at University Town Center for Shopping and/or Dining, on your own. Sophies, (inside Saks 5th Avenue), is very popular. Wherever you decide to eat, we suggest you make a reservation at 4:45PM. A list of restaurants can be viewed at:

<https://www.mallatuttc.com/dining/directory>

Bus Leaves 12:30 PM

Bus Returns 7:30 PM

COST \$ 54

INCLUDE BUS AND CIRCUS TICKETS



# A Day in Winter Park, FL

*Saturday March 7, 2020*

The Orange County city of Winter Park, situated north of Orlando, was once considered a winter resort. Today, the arts and culture-filled city includes Rollins College and the Charles Hosmer Morse Museum of Natural Art. Winter Park is also a nature lover's destination.

Spend the day in winter park browsing the shops, having lunch or enjoy one of the two most popular attractions listed below. The bus will make two stops, the first stop will be for those taking the boat ride and the second will be at the Morse Museum. Bus will depart for home from Morse Museum.

**Scenic Boat Ride** Due to the time of year, we need to take reservations for the boat ride. **When you place your order, indicate Yes or No for boat ride.** Boat ride will cost \$12 and it will be added to your ticket. There is a walk to the boat downhill and then uphill. **Note: We were only able to get 36 Boat Reservations, so please book early.**



The Winter Park Scenic Boat Tour is the sweetest 1-hour cruise you've ever taken. Hosted by knowledgeable guides who live in the Winter Park area. The cruise includes tours of 3 lakes on the Winter Park chain and connects them via man-made canals. The first stop takes you behind Rollins College and near Genius drive, where, if you're lucky, you can see a couple of peacocks



## Louis Comfort Tiffany

The Charles Hosmer Morse Museum of American Art houses the most comprehensive collection of the works of Louis Comfort Tiffany found anywhere. It's a major collection of American art pottery, and fine collections of late-19th and early-20th-century American paintings, graphics and the decorative arts.

Cost \$30 Bus Trip Only

Bus Departs Church 8:00 AM

Bus Returns 6:00 PM

*Wednesday, March 11, 2020 @ Amalie Arena*



**André Rieu is coming back to the USA with a brand new show! Together with his 60-piece Johann Strauss Orchestra and many soloists, André Rieu will give you what you've come to expect from his performances: the maestro conducting his 60-piece Johann Strauss Orchestra and playing his world-famous Stradivarius violin to create a colorful concert full of surprises. The repertoire ranges from romantic, emotional ballads to the most gorgeous and celebrated waltzes.**

**Experience the magic of André Rieu at a festive and memorable evening and come see why André Rieu is one of the most popular live acts in the world!**

Bus Leaves 6:30 PM

Bus Returns 10:30PM

Cost \$105 includes Bus Trip and Admission



**Sightseeing Luncheon Cruises**  
**Franklin Lock Cruise, Fort Myers, Fl**  
**March 20, 2020**



Enjoy a 4 1/2 hour relaxing cruise, going east on the calm waters of the Intracoastal Waterway. Enroute to the W.P. Franklin Locks that control the waters of Lake Okeechobee, pass through the historic Tice Railroad Bridge built in 1903. Observe the working of the locks as well as the banks of the Caloosahatchee River that flourish with tropical growth and beautiful homes. View wildlife, manatees, and eagles in the natural habitat from the 2 inside climate-controlled decks with large windows, or from the open 3rd deck. Includes informed narration, buffet lunch, music for dancing, and cash bars.



**Bus Leaves 8:30AM**

**Bus Returns 5:30**

**Cost \$79.00 includes bus trip and luncheon sightseeing cruise**



# COMEDY OF TENORS

*Early Bird Dinner Theater*

*Live Theater in Clearwater FL*

*April 18<sup>th</sup>, 2020*

In this hilarious sequel to the smash hit *Lend Me a Tenor* one hotel suite, four tenors, two wives, three girlfriends, and a soccer stadium filled with screaming fans. What could possibly go wrong? It's 1930s Paris and the stage is set for the concert of the century – as long as producer Henry Saunders can keep Italian superstar Tito Merelli and his hot-blooded wife, Maria from causing runaway chaos. Prepare for an uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight.

**Dinner Menu Catered by Banquet Masters**

**Includes Salad Bar, Choice of three entrees, Dessert and beverages**

Costs \$55 Includes Bus Trip, Show Tickets, Buffet and Servers' Tips

Bus Departs 10:00 AM

Bus Returns 4:00 PM

# Love, Loss and What I Wore

*Early Bird Dinner Theater*

*Live Theater in Clearwater FL*

*July 25<sup>th</sup>, 2020*

A play of monologues and ensemble pieces about women, clothes and memory, covering all the important subjects—mothers, prom dresses, mothers buying bras, mothers, hating purses and why we only wear black. Based on the bestselling book by Ilene Beckerman. "Funny, compelling... brought down the house... a story about black cowboy boots becomes a tale of being underappreciated in a relationship; a tale of two women shopping for their wedding outfits ends bittersweetly; and the recollection of a new bra is a quiet testament to a women's search for dignity while undergoing treatment for breast cancer." —NY Times. "So funny and so powerful; so dear and sweet; so remindful of our female wiles, our worries, our insecurities, our remembrances of mothers, fathers, sisters, brothers and lovers.

**Dinner Menu Catered by Banquet Masters  
Includes Salad Bar, Choice of three entrees, Dessert and beverages**

Cost \$55 Includes Bus Trip, Show Tickets, Buffet and Servers' Tips

Bus Departs 10:00 AM

Bus Returns 4:00 PM



## EVERY DAY IS A CELEBRATION!

“ I don't have just one favorite thing here at Aston Gardens, it's all my favorite!

”

Our *Celebrations* Activities and Events program offers a full calendar of social, educational, devotional, and recreational activities, both onsite and around town. It's the all-inclusive, affordable lifestyle that will keep you active and inspired, every day! Call today to schedule a tour and enjoy lunch on us!

## ASK US ABOUT OUR 3-YEAR RENT LOCK!



AstonGardens.com

Aston Gardens At Sun City Center:  
1311 Aston Gardens Ct., Sun City Center, FL 33573 | 813.773.3626  
Active Independent Living

Aston Gardens At The Courtyards:  
231 Courtyards Blvd., Sun City Center, FL 33573 | 813.642.7490  
Active Independent Living | Assisted Living | Memory Care

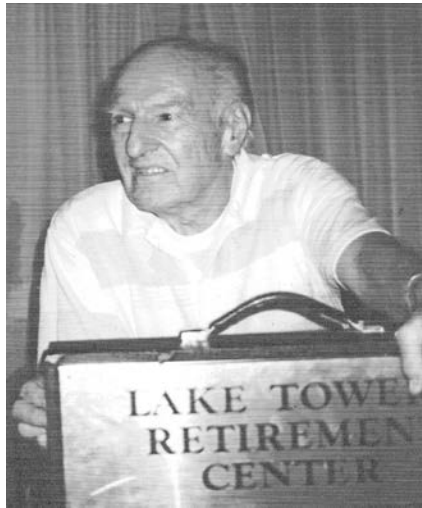
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# Dr. Phil Lange

1914 - 2010

Friend, past President, Historian, creator and host of the Issues and Ideas program and a founder of the Sun City Center Community Church College



## **The Nearly New Shop**

**“Sun City Center’s original thrift shop”**



**Clothing, Furniture, Appliances, Household and Medical items**

**Located in the Sun City Center Plaza behind Keller Williams Realty**

### **Store Hours**

**Wednesday and Saturday 8:00a – 12:00p**

**Summer: June, July and August Saturday 8:00a -12:00p**

### **Donations Hours**

**Monday, Tuesday, Thursday and Friday 8:00a to 2:00p**

**The Nearly New Shop, a non-profit volunteer organization is operated by the SCC Interfaith Council and supports the community**

## CLASS INFORMATION



**CLASSES** - Each 90-minute class meets one day a week for six (6) weeks unless otherwise indicated. Make-up classes will be scheduled during the semester when necessary, because of unforeseen circumstances.

**REGISTRATION** - The School offers two semesters per year, a Fall semester in October and November and a Spring semester in February and March. Please see cover for dates of the current semester. Tuition is indicated with each course description. Unless otherwise noted, the tuition rate is as follows:

Regular courses: \$35.00 for six 90-minute classes  
Walk-Ins and Seminars: \$7.00 per class and seminar

(Fees for Walk-Ins are collected in the School Office prior to the class.)

**Limited courses (indicated by an \*) do not permit walk-ins unless noted.**

**Trips and Tours: cost varies according to expenses involved.**

Payment may be made by cash or check. Make checks payable to “Center 4LifeLearning”. Credit cards are accepted and processed via PayPal.

**No refunds will be made unless the course is cancelled!**

**Instructors have the option to cancel a class due to low registration. Money will be refunded or credited for another course or trip**

### **BOOK PURCHASING**

*If books/materials are needed for a course, your instructor will sell them to you or give you the names of places to buy them. The School office does not sell books or materials.*

**GIFT CERTIFICATES** will be available for purchase in the School Office. A gift certificate is perfect to give a friend, relative, your spouse, or as a “welcome to the neighborhood” gift for new neighbors! It is also a great way to say, “thank you” too! Give the gift of fun and learning.

**PLEASE NOTE: THESE CERTIFICATES ARE NOT VALID FOR TRIPS, BUT FOR COURSES ONLY.**

The price for one gift certificate is \$35.00 and the recipient can select the course they wish to take. There is no limit to the number of certificates one may purchase and will be valid for one year from date of purchase.

## Course Offering for the Spring 2020 Semester

Instructor	Course
Barbara Weskot	Combined Basic Drawing and Watercolor *
Barbara Weskot	Basic Drawing and Watercolor Part II *
Bill Smith	Problem Focused, Solution Oriented Therapy and Hypnotherapy
Bonnie De Vagno	Beginning Sign Language
Bonnie De Vagno	Advanced Sign Language
Carol Liaros	Keys to Unlocking Your Intuition
Charles Nelson	The History of Tampa Bay
Cynthia I. Lowe	Conversation Spanish *
Cynthia I. Lowe	Basic Spanish I *
Cynthia I. Lowe	Basic Spanish II *
Daline Dudley	Qigong - Life Energy for Health and Fitness
Deanna Doren	Diabetes Self-Management Education *
Dr. Michael Deeb	American History
Eileen Spector	Mah Jongg-Beginners *
Eileen Spector	Mah Jongg-Intermediate *
Frank Slesnick	Spending on Healthcare
Gail Di Noia	The Kabbalah Tree
Gail Di Noia	Discover Your "Self" With Numerology
Janalea Hoffman	Spirit Dance – Meditative Circle Dance
Janalea Hoffman	The Native American Flute
Janalea Hoffman	How To Use Essential Oils
Jean Morciglio	Learning Now
Jean Morciglio	Life Story Collections
Joan Lawhead	Floral Designs *
Jon Wagner	Selling on Ebay
Judy (Miller) Lee	Genealogy 101 *
Mangum, Silverman & Slesnick	Chautauqua 2020
Maytte Dusseau	Optmizing your Health and Memory
Nancy Starewicz	What Kind Of Animal Are You?
Maria Trupia	It's a Wrap
Paul Sponseller	Managing Life Transition and Estate
Penny Fletcher	Write Your Heart Out
Phil Sorrentino	Organizing Your Computer Documents & Pictures *
Phil Sorrentino	Android-Smartphone *
Philip Coates	Two Great ShorNovels
Philip Coates	The Six Biggest Philosophers
Ray Webb	Birds are Beautiful
Renee M. Vickery	Chinese Brush and Sumi-E Painting (Intermediate)*
Renee M. Vickery	Chinese Brush and Sumi-E Painting (Beginners)*
Robert Silverman	Topics In Ethics And Government
Rudy Fernandez	Cuba - An Island of Contradictions
Rudy Fernandez	Basic Economics & Investments
Shari Leiterman	The ABC of Whole Food
Nancy Starewicz	What Kind Of Animal Are You?
Shari Leiterman	Introduction to Modern Essential Oils
Susan Zaring Winter	Fitness Challenge
Wiley P. Mangum, PhD	What are You Looking At?

## **MONDAY**

**(Please note exact start dates and times)**

### **BEGINNING SIGN LANGUAGE (107)**

Monday 10:30 – 12:00, in the Nursery (6 Classes on 2-3, 2-10, 2-17, 2-24, 3-2 & 3-9)

You will learn the manual alphabet, numbers and basic signs to communicate with the hard of hearing and the deaf. The book *Signing Made Easy*, by Rod R. Butterworth and Mickey Florin is required for the class. It can be purchased at Barnes and Noble or online at Amazon.com.

Bonnie DeVagno – Taught school for 25 years and taught sign language at Western Connecticut State University for 13 years before retiring to Florida in 2006.

### **LEARNING NOW (112)**

Monday 10:30 – 12:00, in the Choir Room (6 Classes on 2-17, 2-24, 3-2, 3-9, 3-16, & 3-23)

Keeping the mind active is key to successful living. But learning has changed in the era of the internet. This class is about both upping your game and keeping up with what's going on. We will use hands-on learning strategies to increase reading, writing, information finding, techno-literacy, memory, and even performance in this new environment. Each participant will take on a new learning challenge for the duration of the course.

Jean Morciglio, PhD - Jean has taught study and learning skills to teachers, tutors, high school students, college students, nurses, electricians, businesspeople, and many other adults, in both face-to-face and online environments. She has a Ph.D. in Higher, Adult, and Lifelong education from Michigan State University. A member of Mensa, Jean is a retired community college Dean and AVP who often works with non-traditional and community learners.

### **COMBINED BASIC DRAWING AND WATERCOLOR PENCIL \* (113)**

Monday 11:30 to 1:00, in Room 19

Limited to 12

(6 Classes on 2-17, 2-24, (NO CLASS 3-2), 3-9, 3-16, 3-23 & 3-30)

This course provides beginners with the knowledge needed to develop a drawing using line, shape, value, texture, one and two-point perspective. The course also deals with applying color theory to the technique for watercolor pencil imagery.

Note: You need to bring a set of drawing pencils, watercolor pencils, watercolor brush set, multimedia pad 9x12 or larger, watercolor hot press paper pad 9 x 12, 12" ruler, eraser, watercolor tray and absorbent cloth for the first class.

Barbara Weskot - Comes to us from the states of New Jersey and New Mexico with an MFA plus an MA in Education. She has taught at a community school for thirty years, in the field of art.

### **CONVERSATIONAL SPANISH \* (124)**

Monday 1:00 – 2:30, in Room 12 (6 Classes on 3-2, 3-9, 3-16, 3-23, 3-30 & 4-6)

Limited to 20

Note: Before taking this class, you need to take Basic Spanish 1 & 2

Would you like to start using the Spanish you have already learned? This class will give you the opportunity to refresh the basics to help you read, write, speak and understand spoken Spanish.

(Cynthia Lowe – See Bio under BASIC SPANISH on Wednesday.)



## **BIRDS ARE BEAUTIFUL (127)**

Monday 1:00 – 2:30, in the Choir Room (6 Classes on 2-17, 2-24, 3-9, 3-16, 3-23 & 3-30)

- Introduction to Birding: Bird watching is not complicated, but it can be more enjoyable and productive by developing skills to locate and identify the various species living in our area. Learn how to get the most out of your field guide, and what to look for in a good pair of binoculars. Understand how shape, flight pattern, and behavior can be used to identify a bird. Learn proper birding etiquette, whether by yourself or with a group. You can apply new skills whether out on a field trip, or simply walking your dog.
- Birding in Central Florida: This class will focus mainly on those bird species unique to the southeast, to include wading birds such as egrets and herons; limpkin; osprey; songbirds; waterfowl; shorebirds, such as plovers, sandpipers and others. We will discuss which species breed in our area and only visit for a portion of the year.
- Spring Migration in Florida: Many species of birds pass through our area in the Spring, on their way to their northern breeding grounds. At this time of year, they are decked out in brilliant breeding plumage, making them beautiful to see. Tanager, grosbeaks, orioles, buntings and warblers' nest throughout the northern states. We will discuss how to identify them, and where to go to best view them.
- Winter Birds in Florida: In the fall, many birds must go south to avoid cold weather and find food. Not all continue on to Central and South America; many stay here. Learn about these winter visitors, many of which are familiar to those of us who summer in the northern states. Palm and yellow-rumped warblers are here by the millions in the winter. Others include robins, catbirds, kestrels, kingfishers, house wrens, and many species of ducks. We will discuss these and learn how to identify them.
- Birds and Their Habitats: Explore general categories of Florida habitats, such as upland forests, pine flatwoods, wetlands and "suburbia" and learn the species of birds that call these areas home.
- Bird Watching Field Trip: Monday, March 30<sup>th</sup>, the instructor will lead a caravan field trip to Lettuce Lake.

Raymond Webb - Grew up in north central New Jersey. BA degree from Rutgers University, majoring in Chemistry. Member of National Audubon Society over 40 years. He has organized and led birding field trips in New Jersey and Florida for Tampa Audubon and the SCC Audubon Club. He has given programs on birding and served as Field Trip Chair for 30 years.

## **TWO GREAT SHORT NOVELS (123)**

Monday 1:30 – 3:00, in Room 11 (4 class on 2/10, 2/17, 2/24 (No Class 3-2) & 3-9)

Sometimes shorter is better. Especially if the author is fully in command of his or her material. These are two of the very best novels ever written. Even though quite different in style. Both "The Scarlet Pimpernel" by Baroness Orczy and "Animal Farm" by George Orwell have been very influential. The first of them created a whole type of suspense tale with a mysterious twist to it. The second played a major role using sharp-edged satire in warning people against dictatorships on both the left and the right, and the evil that can emerge when unquestioned power is assumed.

Both books are extremely pleasurable to read, done with an intelligence, cleverness, skill often hard to find. Please order the books before class starts. You can get the book reasonable price on Amazon. Caution: Absolutely do NOT read the descriptive blurb there or elsewhere explaining the first book. Especially if you don't know the famous twist in the story. You will better appreciate how the plot emerges.

**Philip Coates** - A former history and literature teacher who has lived in Sun City Center for 11 years. In addition to teaching 30 classes at the Community Church College and at the University of South Florida, he has taught, done workshops, or done research in a range of other subjects over the years. These include civics, psychology, and philosophy. Phil is a graduate of Brown University with a Master's degree from the University of Michigan.

### **ADVANCED SIGN LANGUAGE (129)**

Monday 1:00 – 2:30, in the Nursery (6 Classes on 2-3, 2-10, 2-17, 2-24. 3-2 & 3-9)

Continue learning signs to communicate with the hard of hearing and the deaf in our community.  
(Bonnie DeVagno – See Bio under Beginners Sign Language)

### **WHAT KIND OF ANIMAL ARE YOU? A STRONG LION, FUN LOVING OTTER, LOYAL RETRIEVER, OR CAREFUL BEAVER? (133)**

Monday 3:00 -4:30, in Room 11

One Class on 3-30 at 3:00 PM (A repeat of this class will be held on Friday 2-14 at 10:30 am)

During this eye-opening workshop, she will review information from the book Different Children, Different Needs, by Charles Boyd.

The below points from the book will be discussed:

- Understand your own natural behavior style and the way it affects your interactions with others.
- Become aware of how your style may complement or clash with other personalities.
- Become more effective in dealing with different personality types
- Discover whether you and other family members are lions, otters, retrievers, or beavers!

This is an extremely practical workshop with simple checklists you will do immediately! Curious? Please join us.

**Nancy Starewicz** - A school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990 she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren.

Since retiring from her full-time job in 2008, Nancy has written eight books about her Wheaten terrier Lucky, and they have visited thousands of students in Indiana, Minnesota and Florida. During their interactive programs, students, teachers and parents hear about Lucky and see her demonstrate her “good behaviors!” All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons she has learned from Lucky.

### **SPIRIT DANCE – MEDITATIVE CIRCLE DANCE (138)**

Monday 3:00 -4:30, in the Creason Hall (3 Classes on 2-24, 3-2 & 3-9)

You will learn simple steps to go with beautiful music. The dances are designed to help the participant clear their minds and go into a meditative state with the slow, easy steps and music. The dances are done in a circle, so no partners are necessary. Spirit dance combines meditation with light exercise for an uplifting experience.

Janalea Hoffman, RMT, MA - Music Therapist specializing in music wellness. She has lead spirit dance at large conferences with 200 people, as well as with small groups. She is in private practice and leads a bedside music therapy program for a large hospital in the Midwest.



**TUESDAY**

**(Please note exact start dates and times)**

**OPTIMIZING YOUR HEALTH AND MEMORY (209)**


Tuesday 8:30 – 10:00, in Creason Kitchen (6 Classes on 2-11, 2-18, 2-25, 3-3, 3-10 & 3-17)

Come and learn as Dr. Stedman and her staff educate you on the 8 pillars of brain health and function. Find out the most reliable, scientifically proven steps that you can take to improve and maintain your brain health in an effort to decrease the risks of Alzheimer's and Dementia. These pillars include: Eat Well, Stay Active, Sleep Well, Exercise Your Brain, Connect with Friends and Family, Relax and Reduce Stress, Control Risk Factors and Get Involved in Research.

Dr. Mary Stedman - Board-certified psychiatrist and the principle investigator at Stedman Clinical Trials. She has over 20 years of experience in the Tampa Bay Area researching Alzheimer's Disease and other forms of dementia. She has also developed one of the area's most recognized research centers.

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## **WHAT ARE YOU LOOKING AT? AN INTRODUCTION TO MODERN ART. (211)**

Tuesday 10:30 – 12:00, in Room 11 (6 Classes on 2-11, 2-18, 2-25, 3-3, 3-10 & 3-17)

This six-week course will introduce the various periods or schools of Modern Art, art produced between the 1870s and 1970s, by such famous artists as Claude Monet, Vincent Van Gogh, Pablo Picasso, Salvador Dali, and Jackson Pollack. Our topics will include:

1. The Birth of Modern Art and a Virtual Tour of the Muse'e d'Orsay in Paris
2. Early 20<sup>th</sup> Century Art
3. Early 20<sup>th</sup> Century Art, Continued
4. Mid-20<sup>th</sup> Century Art
5. A Virtual Tour of the Museum of Modern Art (MoMA) in New York City
6. Modern Art: Personal Show and Tell

Wiley P. Mangum, PhD –Professor Emeritus of Aging Studies at the University of South Florida, where he taught gerontology/aging studies for 31years before retiring in 2003. He holds BA and MA degrees in Psychology from the University of Texas at Austin and a PhD in Sociology/Gerontology from the University of Southern California. Dr. Mangum has taught courses in the Church College/Center 4LifeLearning since 2004 on topics such as aging, world religions, genocide, and Islam. He has had an interest in Modern Art for many years and now wishes to share it with others. He has lived in Kings Point since 2002.

## **MAH JONGG FOR BEGINNERS \* (213)**

Tuesday 10:30 – 12:00, in Room 19 (6 Classes on 2-18, 2-25, 3-3, 3-10, 3-17 & 3-24) Limited to 16

This course is intended to lead you step by step into the wonderful world of MAH JONGG. You will learn the tile characters and how to make hands from the card. Learn how to enjoy the fun of this fantastic game. You can purchase your MAH JONGG card at <https://nationalmahjonggleague.org/store.aspx#> prior to start of class.

Eileen Spector – Experienced at playing MAH JONGG since 1952. She has taught small groups for many years as a private tutor. She is a long time Sun City Center resident.

## **QIGONG – LIFE-ENERGY FOR HEALTH AND FITNESS (214)**

Tuesday 10:30 – 12:00, in Room 12 (6 Classes on 2-11, 2-18, 2-25, (No Class 3-3), 3-10, 3-17 & 3-24)

Qigong can be a major factor in healthy aging. Through the use of gentle, slow movement, relaxed breathing, intention [focused awareness] and meditation we increase our levels of energy and stamina. We activate and increase flow in energy throughout the mind, body and spirit. The slow outward movements have a corresponding relationship to the inner workings of the body. The focus is on balance difficulties and weakness in the lower body where we build confidence and strength. Qigong helps to relieve emotional anxiety and depression and is a powerful aid in healing illness and injury. It is a perfect healing companion to most medical conditions. Qigong is not athletic or aerobic and is highly suitable for all ability levels. It can be done seated or standing. We do not get on the floor. Wear comfortable shoes and clothing and bring your water bottle.

Daline "Day" Dudley - Has studied and taught Qigong since 1994 and is a certified instructor through the National Qigong Association [NQA]. She holds an MS in Special Education and an MSW in Social Work from Fordham University. In Connecticut, she maintained a private psychotherapy practice for 30 years. She had the privilege of teaching and helping individuals and groups to further their own healing through psychotherapy and Qigong, sometimes blending the two disciplines. She has helped many seniors reach their goal of "simply feeling better".

## US HISTORY (217)

Tuesday 10:30 – 12:00 in the Choir Room (3 Classes on 2-4, 2-11 & 2-18)

- Fight to preserve Freedom & the Constitution
- The Second Revolutionary War 1850-1861
- The Kennedy Assassination

Dr. Michael Deeb - Received his master's degree from Michigan State University and his doctorate from Wayne State University. He worked in education and taught American History at the college level for twenty years before owning an accounting practice for twenty-five years. He has published a series of books about the Civil War that are in our local libraries.

## LIFE STORY COLLECTIONS (219)

Tuesday 10:30 – 12:00 in the Choir Room (6 Classes on 2-25, 3-3, 3-10, 3-17, 3-24 & 3-31)

Writing and sharing life/family stories has become more complex. Sometimes we want to save not only the written word, but photos, videos, and life records. Audio interviews also play a critical role in preserving a family/life story. This class offers tools for multiple ways to curate and compile life story content. Each week is themed around a prompt and demonstrates a different tool. At the end of the course you will have developed your own shareable collection. Bring your computer if you have one, but it's not required.

**Jean Morciglio, PhD**, - Offers Autobiography and Life Story Writing on-line for the Story Circle Network and teaches it face-to-face at the Bloomingdale Regional Library in Valrico. She provides technical recording support for *Bloom Listens*, a project to collect audio life stories for the Hillsborough County Libraries. Jean is certified by the Birren Institute for Autobiographical Studies and is a retired educator.

## FLORAL DESIGN\* (219)

Tuesday 10:30 - 12:00, in the LEC Lobby

Limited to 16

(6 Classes on 2-4, 2-11, (No Class 2-18 & 2-25), 3-3, 3-10, (No Class 3-17), 3-24 & 3-31)

Floral design is a three-dimensional art form expressed through flowers. You need no previous experience. By following step by step instructions, you will create beautiful designs. Be prepared to amaze yourself.

**NOTE:** In addition to the registration fee there will be a \$16 additional fee per class for materials and supplies. The fee for the first class (\$16) will be collected at time of registration. When you attend the first class, the next class fees will be collected at that time. Material \$16 for every class.

If you must miss any class, you must contact instructor before Friday of your next scheduled class, or you will forfeit the \$16 materials fee. To cancel a class call Joan Lawhead, 813-394-5199

**NOTE:** Tools Needed for Class; Sharp Scissors, Sharp Clippers, Wire Cutters and Newspaper or Plastic to cover your work area.

**Joan Lawhead** – Joan was previously a college professor and graduated from Shippensburg University with a Master's Degree in Education and a Minor in Art. She is a member and past president of the Elegant Gardeners of Sun City Center and a member of the Florida Federated Garden Clubs. Joan is also a certified floral designer and has taught beginner and advanced classes in floral design and has won numerous awards in local and federated flower shows.



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**MAH JONGG INTERMEDIATE \* (225)**

**Tuesday 1:00 – 2:30, in Room 19 (6 Classes on 2-18, 2-25, 3-3, 3-10, 3-17, & 3-24) Limited to 16**

If you have taken the beginner’s class and want to become more skilled at this fun game, come back for this course. This class is definitely intended for individuals who have beginner’s knowledge. You can purchase your MAH JONGG card at <https://nationalmahjonggleague.org/store.aspx#> prior to start of class.  
(Eileen Spector - See Bio under MAH JONGG FOR BEGINNERS)

**FITNESS CHALLENGES (229)**

**Tuesday 1:00 – 2:30, in the LEC Lobby  
(6 Classes on 2-4, 2-11, (No Class 2-18 & 2-25), 3-3, 3-10, (No Class 3-17),3-24 & 3-31)**

- Week 1- How do we improve our balance?
  - Week 2- Posture: Use it or lose it.
  - Week 3- Gait: why do we walk this way and what is blue light?
  - Week 4- Make your home safer and what is Arthritis?
  - Week 5-Learn and understand cardio exercise.
  - Week 6-Why our knees hurt?
- Lecture will be 45 minutes followed by Q&A

Susan Zaring Winter – Susan is a Licensed Physical Therapist Assistant and a Certified Personal Trainer. She has an Associate Degree from St. Petersburg College in Physical Therapy and over 25 years of experience. Susan has spent the last fifteen years working with Sun City Center area residents.



## MANAGING LIFE TRANSITION AND ESTATE PLANNING FOR YOUR FAMILY (226)

Tuesday 3:00– 4:30, in Room 30 (6 Classes on 2-11, 2-18, 2-25, 3-3, 3-10 & 3-17)

When did you last review your Estate Plan? How would the loss of your Spouse or Health affect your Retirement? Maintaining dignity in retirement happens only when you have effective plans in place. Give yourself the security you deserve by attending our interactive Life Transition and Estate Planning Workshop. You will benefit from conversations about:

- \* Do I need a Trust? Recent changes may offer easier solutions
- \* Making the Most of your IRA - Could you benefit from Stretch Distributions or ROTH Conversions?
- \* How do I know if I will have enough resources in retirement?
- \* Could my family benefit from a more creative Estate Planning Approach?

**Paul Sponseller, CFP®** - Paul has worked with hundreds of retirees in Sun City Center during the last 21 years, specializing in maintaining their retirement income, managing life transitions, and developing effective Estate Planning Strategies. He is the author of '20 Great Tax Saving Ideas for your IRA' and has been a contributor to Market Watch Retirement Weekly. As a regular lector at the Community Church College (now known as the Center 4 Life Learning) in Sun City Center, Paul has had hundreds of students attend his Estate Planning and Life Transition Planning courses over the past 10 years.



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## WEDNESDAY

(Please note exact start dates and times)

### **ORGANIZING YOUR COMPUTER DOCUMENTS & PICTURES \* (307)**

Wednesday 10:30 – 12:00, in Room 11

Limited to 10

(6 Classes on 2-26, 3-4, 3-11, 3-18, 3-25 & 4-1)

An organized home computer can be more useful and more fun to use. This course will show you how you can organize your Documents, Pictures, Videos, & Music on your laptop or desktop computer. The course will teach you how to use File Explorer to Create Folders, Move and Copy files and folders on your computer. The class will also review the use of many Windows Accessories that can help improve your organization. Backing up your valuable documents and pictures to an external device will also be discussed and demonstrated. Bring your laptop to class and learn on your own equipment.

Phil Sorrentino – Phil is a member of the Sun City Center Computer Club and a past president of the Sarasota Computer Users Group. He has taught a variety of beginner and advanced computer classes and writes a monthly computer article for both of these Organizing Your Computers' newsletters. Phil is a retired electrical engineer and during his long career developed computer hardware and software.

### **PROBLEM FOCUSED, SOLUTION ORIENTED THERAPY AND HYNOTHERAPY (311)**

Wednesday 10:30 – 12:00, in the Nursery

Cost \$28

(4 classes 2-26, 3-4, 3-11 & 3-18)

Our culture tends to glorify medication to solve problems with pain. What is so often overlooked is the power and creativeness of the mind to lessen these problems. Hypnosis has been used effectively with depression, anxiety, and stress, but are you aware that hypnosis can be used to reduce pain with no side effects? When we worry, we tend to physically tense and our pain is worse. When we remember how to relax or how we have successfully dealt with pain previously, we can begin to have control over this process. We can begin to have hope.

Medications are important and helpful, but there are other things we can do to positively impact our emotional and physical pain. In the three sessions of this class you will see interesting videos; you will have the opportunity to experience visualization, relaxation and discover helpful ways to deal with pain. You will learn about solution focused work and the benefits of looking at those times when pain does not occur or is less, and what leads to that.

Bill Smith - Master's degree in mental health from the University of Pittsburgh. He has been a clinical supervisor, workshop presenter and adjunct professor in the graduate program at Cleveland State University. He is currently licensed as a clinical therapist in Florida and Ohio and has a private practice in each state. He has taken training at the Milton Erickson Foundation in Phoenix, Arizona and is a member of the American Society of Clinical Hypnosis. Bill believes that change can happen **quickly, and that people have within themselves the resources to deal with their problems and concerns.**

### **THE HISTORY OF TAMPA BAY (312)**

Wednesday 10:30 – 12:00, in Room 12 (6 Classes on 2-12, 2-19, 2-26, 3-4, 3-11 & 3-18)

Many residents of South Hillsborough County are new to Florida and Tampa Bay and would like to learn about our local history. This six-week course will explore many of the topics that make Hillsborough County, Tampa and Southern Hillsborough County an interesting and fascinating place chocked full of history. Topics to be explored will include: The Early and Modern History of Tampa, The growth of the Cigar industry, African American History in Tampa Bay, the First People of Florida and the Seminole Indians, South Shore's unique local history. In our final class, selected smaller topics including a discussion of War Industries in Tampa, Gasparilla, the Hillsborough River and the Civil War in Tampa, all designed to round out your understanding of the rich fabric of our historical record.



**Charles Nelson** – Charles earned a Master of Arts in American History from George Mason University. Originally from West Virginia, he moved to Hillsborough County in 1998 and has been active in Tampa area history since then. Charles is a Docent at the Tampa Bay History Center and also works with Hillsborough Community College’s South County History Connections Project. He is active in presenting, researching and documenting the history of South Hillsborough County. Charles has also taught American History at the Hillsborough Community College as an Adjunct Instructor.

**DIABETES SELF-MANAGEMENT EDUCATION \* (313) FREE CLASS**

Wednesday 11:00 – 12:30, in Room 19	Limited to 10
THIS IS A FREE CLASS - (7 Classes 4-9, 4-16, 4-23, 4-30, 5-7, 5-14 & 5-21)	

Seven 90-minute sessions covering a comprehensive range of topics relating to diabetes: complications, nutrition, carb counting, physical activity, monitoring, medications, and coping.  
 “Participants must have a diagnosis of Type 1 or Type 2 Diabetes to attend.”

Deanna Doren, RDN, LD/N – Deanna is a registered and licensed Dietitian/Nutritionist employed by the Florida Department of Health. She has spent the last 16 years focusing on weight management and diabetes education.

**BASIC SPANISH I\* (315)**

Wednesday 10:30 – 12:00, in Room 30	Limited to 25
(6 Classes on 3-4, 3-11, 3-18, 3-25, 4-1 & 4-8)	

Ever wonder what is being said in the foreign language you hear around you? If you have never studied Spanish, this class will provide the foundation on which you can learn basic pronunciation of vowels, words, phrases to understand and speak.

NOTE: Individuals are required to take this class before taking Basic Spanish II or Conversational Spanish.

Cynthia Lowe - Originally from the Republic of Panama and has lived in the US since 1988. Since retirement from state government in Tallahassee and relocation to the Tampa Bay area, she has discovered a new talent in teaching English as a second language, as well as teaching Spanish.

**IT’S A WRAP 101 (316A on 2-19 and 316B on 3-25)**

Wednesday 9:30 - 12:00 in Creason Hall	Limited to 6
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Beginners class in gift wrapping. Will include comparing various types of paper, ribbons, trims, tape and glue. Students will be encouraged to theme the wrap...to be creative, and...to think out of the box. Limited to six people so that personal help can be given to each student. There will be a supply fee. Each student will be asked to bring along a sharp pair of scissors and a big smile. The hands-on class will be creative and fun. At the end of the class, students will go away with a clear knowledge of what to do next time they have a gift to wrap. **There will be a \$12 charge for materials, payable to the instructor.**

**Maria Trupia** - A professional designer and producer of gifts and gift baskets. With 25 years of experience, her gifts went to the White House, to corporations and to people including Elizabeth Taylor, Connie Stevens and Frank Sinatra. She has also designed gift baskets for Memorex International, Mohonk Mountain House, the Parker Pen Company, Escada, Lancome Cosmetics and Rolls Royce Motor Cars. Maria began as a corporate event and wedding coordinator. People began asking her to produce gifts when they saw her creativity. The Chairman of the Board of American Express asked her to design gifts for the board members. Elaborate and fun gifts were well received, and she continued to design gifts for American Express for 12 years. She can do small gifts and large, and they are always well received. Now...you can hear some of her stories and learn some insider tips.

## WHAT SHOULD WE BE SPENDING ON HEALTH CARE AND HOW SHOULD WE SPEND IT? (318)

Wednesday 10:30 – 12:00, in Choir Room (6 Classes on 2-5, 2-12, 2-19, 2-26, 3-4 & 3-11)

Health care, like education, is one of those large expenditures that are a mix of public and private spending. This course will ask the general question of what mix of public and private spending is appropriate for health care. Most policy analysts believe that some government is needed due to efficiency issues (e.g., prescription prices are too high) and ethical issues (e.g., many cannot afford even basic care). Given that some government intervention is required, one can then look at the different methods for addressing these issues. Finally, it will be useful to ask whether our current system of health care adequately measures up and, what can be done about it with a particular emphasis on proposals in the news today.

**Frank Slesnick, PhD** – Frank was a full-time teacher at Bellarmine University in Louisville, Kentucky for 30 years (1975-2005). He taught a course in forensic economics, specializing in personal injury, death cases, a limited number of discrimination and commercial damage cases. Frank moved to Sun City Center in 2005 and has established a consulting practice.

## CHINESE BRUSH AND SUMI-E PAINTING (Beginners)\* (319)

Wednesday 10:30 to 12:00 in the LEC Lobby

Limited to 12

(6 Classes 2/12, 2/19, (No Class 2/26) 3/4, 3/11, 3/18, 3/25)

This course will introduce the basics of this fantastic art-form where traditional Chinese Motifs are attempted. Chinese Brush Painting is the art of using simple and effortless brush strokes to depict the essence of a figure or scene, an ancient art that continues to fascinate contemporary artists.

**Sumi-E Painting - The Japanese term “sumi” means “black ink”, “e” means “painting”.** It indicates one of the art forms in which subjects are painted with black ink in all possible gradations ranging pure black to the lightest shades achievable by dissolving ink in water. However, this does not mean that everything painted in this way deserves to be called sumi-e.

All materials and use of my equipment, special brushes and rice paper, pigments and ink etc. for students use for \$8.00 per session per person.

**Renee M. Vickery** - Trained at the Nan Yang Academy in Fine Art Singapore and a Taiwan Calligraphy Dept. Employed by Sarasota Schools for 4 years instructing on the Adult Enrichment Course, SCTI Clarke Road. Conducted demonstrations, workshops and exhibited in various galleries. Currently instructing at the Art Room in Kings Point.



## **THE NATIVE AMERICAN FLUTE AS A MEDITATION TOOL I – HOW TO PLAY\* (322)**

Wednesday 1:00 - 2:30 in Room 19

Limited to 20

(6 Classes on 2-12, 2-19, 2-26, 3-4, 3-11 & 3-18)

The Native Flute is one of the easiest instruments to play. In this class you will learn the native scale and how to play simple native melodies from the heart. You will learn therapeutic aspects of this amazing instrument. The flute is great for meditation, reducing anxiety and self-expression. No musical knowledge is necessary to fully benefit from this class. If you have longed to play a musical instrument and felt it was too late, come to this class. If you want to play something soulful and meditative, that doesn't require as much practice as traditional instruments, this class is for you! If you want to build new neural pathways in your brain, in a fun way that is also therapeutic, this class is a must!

Students must purchase a flute: two choices: a small Spanish cedar flute in the key of A - \$30 or a lower pitch (more mellow sound) in the key of A from \$75 to \$130 depending on the type of wood. This is a great quality native flute in aromatic cedar. Both flutes will sound good together as we play in the class.

**Janalea Hoffman, RMT, MA** - Music therapist who specializes in music and medicine as a wellness tool. She has taught many adults to play the native flute as a wellness tool and or just for fun! She has flute circles with COPD patients, cancer support groups, addiction groups, etc. with this amazing instrument.

## **BASIC DRAWING AND WATERCOLOR PART II \* (324)**

Wednesday 3:00 - 4:30, in Room 19 (6 Classes on 2-12, 2-19, 2-26, 3-4, 3-11 & 3-18)

Limited to 20

Draw objects that grab your attention with textural quality and shape. Learn the skills to create fantastic illusions of 3-D designs with color pencils.

**SUPPLIES:** Set of drawing pencils, watercolor pencils, one med. Watercolor flat brush, one sm. Flame brush, watercolor palette, kneading eraser, 9x12 watercolor pad and 12" ruler.

**Barbara Weskot** - Comes to us from the states of New Jersey and New Mexico with an MFA plus an MA in Education. She taught at a community school for thirty years, in the field of art.



## **BASIC SPANISH II \* (327)**

Wednesday 1:00 – 2:30, in the Nursery (6 Classes on 3-4, 3-11, 3-18, 3-25, 4-1 & 4-8)

Limited to 20

Isn't it time to refresh the Spanish you started to learn some time ago?

You will need to be able to conjugate verbs so that you can make sentences to speak. Come join the fun of learning how to put those sentences together to enjoy the language.

Note: Basic Spanish I must be taken before this class

(Cynthia Lowe – See Bio under BASIC SPANISH I)

## THE KABBALAH TREE OF LIFE - A MAP TO INNER PEACE & UNDERSTANDING (336)

Wednesday 3:00 - 4:30, in Room 30 (6 Classes on 2-12, 2-19, 2-26, 3-4, 3-11 & 3-18)

Regardless of one's religious affiliation, this ancient mystical teaching provides a clear-cut tool for understanding oneself and resolving personal issues. This class provides a basic understanding of all the elements found on the Tree of Life and how to use them in your daily life. Some of these include colors, chakras, numbers, planets, archangels, vices/virtues and healing energies. Sessions include slides and handouts.

**Gail DiNoia** is a teacher, writer, coach and workshop presenter. She studied Kabbalah with Bob Waxman, author of Kabbalah Simply Stated. Prior to moving to this area, she taught courses on Numerology, Kabbalah and core belief systems at churches and organizations in St. Petersburg and Sarasota. She has recently done presentations on Kabbalah for members of the Sun City Metaphysical Society and taught other classes at the Center 4 Life Learning.



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## THURSDAY

(Please note exact start dates and times)

### **CUBA – PAST, PRESENT AND FUTURE (401)**

Thursday 8:30 to 10:00, in Room 11 (2 Classes on 2-27 and 3-5) Costs \$14

*“Cuba An Island of Contradictions”* - This course presents a fun, concise overview of the History of Cuba. This two-session class focuses on the history of Cuba, current US-Cuban relations, and the future of the island-nation. We will focus on these aspects of Cuba:

- Spanish Epoch: 1492-1898
- US Epoch and Mob influence: 1898-1958
- Castro Epoch: 1959 to present
- Economics of Cuba
- Future of US – Cuba relations
- Q and A



**Rudy Fernandez** - Has thoroughly researched Cuban culture and has made four trips to Cuba where he has delivered supplies to the church where his great-grandmother was baptized. Rudy has taught Economics courses at the Sun City Center Community College for over 30 years.

### **BASIC ECONOMICS & INVESTMENTS (405)**

Thursday 10:30 – 12:00 in Nursery (5 Classes on 2-27, 3-5, 3-12, 3-19, & 3-26)

- Overview of Investments and Markets: Learn the basics of the capital markets and forces that cause stocks and bonds to fluctuate. Understand how the Fed, the markets and the economy interact.
- Taxes, Estates, Probate and Trusts: Simplify life for your survivors. Plan for the efficient transfer of assets during your life and at death. Understand wills, trusts, and steps to reduce your tax liability.
- Evaluating Special Situations: Retirement plans; Taxable versus Tax Free Investments; managing your portfolio rationally.
- Investment Strategies: Updating your investment portfolio and understanding the markets in today's volatile economy.

*\*(Informational purposes only. Contact your Tax Advisor/Estate Planner for more information)*

**Rudy Fernandez, CFP®** - Has practiced in the financial services industry since 1982. Rudy works with businesses and individuals, guiding them to achieve their financial objectives. His years of experience have given him a depth of knowledge, particularly in the field of Retirement Planning. Rudy earned his degree in Accounting at the University of Notre Dame. Since 1987, he has taught courses dealing with current financial and economic issues at Hillsborough Community College, at the Community Church College of Sun City Center, and at USF Osher Lifelong Learning Institute. A highly active member of the Tampa Bay community, Rudy was elected to the Tampa City Council in 1991. During his time as a council member, he served as Finance Chairman for eight years. Rudy has also served on many other civic boards throughout the area. Rudy is known for his clear, concise way to communicate complicated topics in an understandable manner.

## ANDROID SMARTPHONES & TABLETS WORKSHOP \* (411)

Thursday 10:30 – 12:00, in the Choir Room  
(6 Classes on 2-27, 3-5, 3-12, 3-19, 3-26 & 4-2)

Limited to 10

The Android Operating System is used in both Tablets and Smartphones. Android tablets are produced by a variety of manufacturers and come with 7 and 10-inch displays. This course will introduce you to both Tablets and Smartphones, with a focus on Tablets. The course will demonstrate how to use Tablets in order to do things such as check email, shop on the internet, read a book, newspaper or magazine, watch a movie, listen to music from your own personal playlist, review your collection of home photos or play games like Chess or Angry Birds. Apps for the Tablet and Smartphone determine what the device can accomplish. Many useful free Apps will be discussed and demonstrated.

**Phil Sorrentino** – See Bio under Organizing your Computer on Wednesday

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## TOPICS IN GOVERNMENT PART II (413)

Thursday 10:30 – 12:00, in Room 19 (6 Classes on 2-13, 2-20, 2-27, 3-5, 3-12 & 3-19)

This course covers opposing perspectives of philosophers, political figures, scientists, and business persons, on topics in ethics and government.

Topics will include:

- Should US government be small or large? Are tariffs bad or good? Is immigration a minus or a plus? (Jefferson vs. Hamilton)
- Will technology and democracy lead to a utopian future or are we doomed to ecological failures? (Condorcet vs. Malthus)
- What is the true nature of morality? Are we pleasure-seeking machines or free, moral beings? (Bentham and Mill vs. Kant)
- Do clashes of ideas and economies move history and turn individuals into slave-like pawns? Or is each person free and completely responsible for their own actions? (Hegel and Marx vs. Existentialist philosophers Kierkegaard, Nietzsche, and Sartre)
- What is the proper role of government in taxation and distribution of wealth? (libertarian Nozick vs. centralist capitalist Carnegie vs. social liberal Rawls)

Robert Silverman - Taught philosophy and logic at Rutgers University from 1974-1978. He then had a career spanning thirty years at IBM and JPMorgan Chase where he performed IT systems planning, troubleshooting, research and development. He holds ten patents in IT systems management and financial instrument trading system structure and deployment. Retired from information technology work, he has taught philosophy, logic, and ethics at Hillsborough Community College in Ruskin and Brandon since 2011. He also serves as chairperson of the essay scholarship committee for the International Diplomatic Corps of Florida.



## **KEYS TO UNLOCKING YOUR INTUITION (414)**

Thursday 10:30 – 12:00, in Room 30 (6 Classes on 2-20, 2-27, 3-5, 3-12, 3-19 & 3-26)

Explore the fascinating subjects of: Auras, Astro Projections, Healing, Soul travel, Clairvoyance, Clairsentience, Clairaudience, Aura Scanning, Empaths and much more.

**Carol Ann Liaros** – Carol has over 50 years’ experience as a Trainer, Intuition Teacher and author of “Unlocking Your Intuition ~ 7 Keys to Awakening Your Psychic Potential” and co-author of “Edgar Cayce on Auras and Colors ~ Learn to understand color and see auras”.

She has worked with churches, CEO’s of Fortune 10 corporations, and medical professionals. She has appeared in the movie “Inner Spaces” with astronaut Edgar Mitchell and the popular TV show “That’s Incredible”. Also has appeared on national and international TV and radio shows, as well as newspaper articles.

As the subject of psychic research, her accuracy range over a two-year study was 93-97% when predicting the future.

Individuals from Australia, Germany, France, England, South Korea, Hawaii, Japan and Malaysia continue to contact her for personal consultations.

## **CHINESE BRUSH AND SUMI-E PAINTING (Intermediate) \* (419)**

Thursday 1:00 - 2:30 in the LEC Lobby

Limited to 12

(6 Classes 2/20, (No Class 2/27) 3/5, 3/12, 3/19, 3/26, 4/2)

This course has a requirement that you have taken the Beginners course, or you have the basic concepts. See Beginners course on Wednesdays for a full description.

All materials and use of my equipment, special brushes and rice paper, pigments and ink etc. for students use for \$8.00 per session per person.

**Renee M. Vickery** - Trained at the Nan Yang Academy in Fine Art Singapore and a Taiwan Calligraphy Dept. Employed by Sarasota Schools for 4 years instructing on the Adult Enrichment Course, SCTI Clarke Road, conducted demonstrations and workshops and exhibited in various galleries. Currently instructing at the Art Room in Kings Point.

## **CHAUTAQUA 2020: THREE PROFESSORS, SELECTED TED TALKS, AND YOU! (426)**

Thursday 1:00 - 2:30 in Room 30 (6 Classes on 2-6, 2-13, 2-20, 2-27, 3-5 & 3-10)

This new course will involve a series of selected TED Talks shown on classroom TVs with classroom discussions co-facilitated by one professor who is currently teaching and two retired professors who taught for many years in major colleges and universities. Their goal is to share their love of continuous learning with fellow residents of Sun City Center, Valencia Lakes, and the surrounding area, so please come with your “thinking caps” on and a willingness to engage in stimulating and informative discussions on a variety of important topics.

**Robert Silverman, MA; Frank Slesnick, PhD; and Wiley Mangum, PhD** are veteran instructors in the Center 4 LifeLearning who have taught for many years in major colleges and universities. Prof. Silverman has lived in Valencia Lakes for several years and Profs. Slesnick and Mangum are longtime residents of Kings Point.

## EXPLORING YOUR INTUITION (435)

Thursday 1:00 - 2:30 in Room 19 (6 Classes on 2-20, 2-27, 3-5, 3-12, 3-19 & 3-26)

Learn how to capitalize on your intuition to avoid the negative and attract positive into your life. Chantal will share information regarding tools that could improve your accuracy and how to recognize that your intuition is trying to guide you to a better life.

**Chantal** - This third generation Intuitive doesn't remember a time when she didn't know, see, feel or hear what others didn't. As with many young intuitive children, Chantal experienced vivid dreams that either detailed past activities that she shouldn't have known about or she was told to "stop telling stories" (read that as "lies"), until in the short future her dreams came to fruition. Seldom did anyone, other than her, remember that the dream came first. It was a fun game for Chantal to see how often she knew what others did not. Chantal now enjoys showing others how using their intuition can greatly improve their lives, by avoiding the negative and attracting the positive into their lives.

## GENEALOGY 101 \* (444)

Thursday 1:00 - 2:30, in the Choir Room

Limited to 15

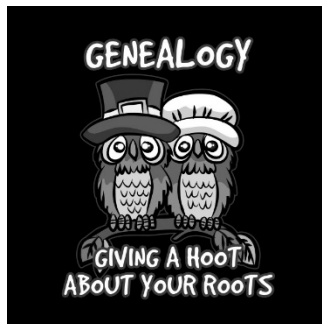
(6 Classes on 2-13, 2-20, 2-27, 3-5, 3-12 & 3-19)

Topics to be covered in first classes:

Why learn about your family history? How do I begin my family history? The genealogical chart The ancestor charts Your notebook Family records Family photographs Preparing your genealogical chart Numbering the charts Evidence –Verbal or written Searching records Sources of information	Published Genealogies Genealogically Concerned Societies Genealogical Libraries The Library of Congress Family History Centers Genealogical Society Libraries Public Libraries Historical Societies Ancestry.com Genealogy.com Family Search.com
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Listings of the above resources will be furnished to the students so they may begin their search for ancestors on the first day of class. Depending on how we progress through the first few classes, we will determine the exact content of each class and how far into their families we will be able to go in Genealogy 101.

**Judy (Miller) Lee** – Became interested in genealogy in the early 1990's after seeing her husband's genealogy prepared by a cousin. After she retired from the Federal Government, Judy had lots of time on her hands, children were grown and gone, and Judy needed a project. Judy found the genealogy department at a local library and met volunteer genealogists who helped immensely in her searching. Judy also attended seminars at the local library and at the State library where she learned how to do online searches. As each new generation unfolded, she found another family to search, and then another and another. That is how it all began.



## **HOW TO USE ESSENTIAL OILS FROM PLANTS FOR WELLNESS (464A)**

Thursday 1:00 – 2:30 in Creason Kitchen (2 Classes on 2-13 & 2-20)

Essential Oils are called because the oils in the plants are very similar to the blood in our bodies. The oils are very powerful, containing anti-fungal, anti-bacterial, anti-tumoral and anti-inflammatory properties. Many oils are used regularly in hospitals in Europe for different healing purposes. You will learn some of the different ways essential oils can be helpful in your own wellness journey and which oils are most practical for your medicine cabinet. We will make a household cleanser which is very effective for killing germs without the troublesome chemicals that are in many typical products. You will go home with something very practical and healthy to breathe. We will make a moisturizer for the skin with essential oils and other healthy ingredients. The skin absorbs whatever you put on it, so it is important to only use pure things. In this class learn how to make your own moisturizer. This is a beginning oil information class not intended for oil distributors. Material cost: \$16.

**(Janalea Hoffman – See bio after next class)**

## **MUSIC AND MINDFULNESS TOOL (464B)**

Thursday 1:00 – 2:30 in Main Hall (2 Class on 2-26 & 3-4)

In this course you will learn what specific kinds of music can be used for mindfulness. You will also learn how our brain responds to music and how you can use this knowledge, to increase your level of wellness. The use of rhythm will be discussed and how you can match body rhythms with musical rhythms to lower heart rate and blood pressure. In this experiential class, you will learn how music at 50 beats per minute can help you achieve mindfulness much faster. It can be hard to clear one's mind, so we will focus on several techniques with music, to help you slip quickly into a deep relaxation. The research shows that mindfulness helps our overall health, increases creativity and makes us feel happier and more at peace.

Janalea Hoffman - A Registered Music Therapist who has been called a pioneer in this field. She was one of the first to have a private practice in Music Therapy and for 8 years worked with a psychiatrist in his stress management practice. Hoffman has a master's degree in Music Therapy from the University of Kansas and two bachelor degrees from The Conservatory of Music at Kansas City. She has developed what has been called "prescriptive music", which is music written for special therapeutic purposes. She developed Musical Biofeedback and Musical Acupuncture for pain, which are now used by many health care professionals in the U.S. Hoffman believes that we can all achieve higher levels of wellness by using music, given the right information and techniques. She currently works in the Midwest as a music therapist for a large hospital through the Spiritual Wellness Department, as well as, travels and gives many workshops and lectures on the subject of Musical Solutions—Music as a Healing Tool.

## **DISCOVER YOUR "SELF" WITH NUMEROLOGY (475)**

Thursday 3:00 - 4:30 in Room 19 (6 Classes on 2-6, 2-13, 2-20, 2-27, 3-5 & 3-12)

Learn the science of Numerology and how this knowledge can provide a depth of information about your personality and purpose of life. Find out how you can discover the energies behind your name and birth date plus determine the challenges that you are here to overcome in this lifetime. This workshop provides basic information for beginners and the skills necessary to prepare one's own personal chart.

**Gail DiNoia** is a teacher, writer, coach and workshop presenter. Upon completion of her training with a Master Numerologist over 10 years ago, she began preparing charts for family, friends and clients. Based upon this rewarding experience, she decided to share the knowledge by teaching others how to do it for themselves. She taught this course previously at the Community College plus at churches and organizations in St. Petersburg and Sarasota

**FRIDAY**

**(Please note exact start dates and times)**

**THE ABC OF WHOLE FOODS - THE NOURISHED PLANT BASED COURSE (509)**

Friday 8:30 – 10:00, in Creason Kitchen (7 Classes on 2-14, 2-21, 2-28, 3-6, 3-13, 3-20 & 3-27)

This course covers the basics and helps you create more meals that work for you. To make a lifestyle change to have optimal health and wellness.

- How to implement Whole Foods Plant Based into your lifestyle - why, how, where and now.
- Creating the Healthy Kitchen on Based on a Budget
- Create a Menu that works for you / single, family / how it works
- Plant Based on the Go - easy "fast foods" - how to make foods fast, easy and with less than 5 ingredients

Shari Leiterman, - Wellness Strategist will be bringing resources for a more vivacious lifestyle. With Holistic Wellness Solutions, Shari is a Plant Based Chef, Coach with Specialized Foods and offers Vegan Consultation. Shari works with clients of all ages and health challenges, taking a Holistic synergistic approach to bringing balance, nutrition and fitness for individuals and groups. She offers workshops, classes and foods for events and retreats. The “Nutritious You” is her goal.

**INTRODUCTION TO MODERN ESSENTIAL OILS (510)**

Friday 10:30 – 12:00, in Creason Kitchen (4 Classes 2-28, 3-6, 3-13, & 3-20)

- Essential Oils and Making Foods / Cooking
- Aromatherapy and Emotions / Stress
- Cleaning with Essential Oils / The Green Home

See Bio above this class



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## **WHAT KIND OF ANIMAL ARE YOU? A STRONG LION, FUN LOVING OTTER, LOYAL RETRIEVER, OR CAREFUL BEAVER? (515)**

Friday 10:30 – 12:00 One Class on 2-14 in Room 11 (A repeat of this class will be held on 3-30 at 3:00 PM)

During this eye-opening workshop, the instructor will review information from the book “Different Children, Different Needs”, by Charles Boyd.

The below points from the book will be discussed:

- Understand your own natural behavior style and the way it affects your interactions with others.
- Become aware of how your style may complement or clash with other personalities.
- Become more effective in dealing with different personality types.
- Discover whether you and other family members are lions, otters, retrievers, or beavers!

This is an extremely practical workshop with simple checklists you will do immediately! Curious? Please join us.

**Nancy Starewicz** - A school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990 she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren.

Since retiring from her full-time job in 2008, Nancy has written eight books about her Wheaten terrier Lucky, and they have visited thousands of students in Indiana, Minnesota and Florida. During their interactive programs, students, teachers and parents hear about Lucky and see her demonstrate her “good behaviors!” All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons learned from Lucky.

## **WRITE YOUR HEART OUT! (527)**

Friday 1:00 - 2:30, in Room 11 (6 Classes on 2-7, 2-14, 2-21, 2-28, 3-6 (No Class 3-13) & 3-20)

“Writing inside and out”. Basics of fiction, non-fiction and memoirs. Includes self-editing and publishing.

No matter what we write, there’s always a way to write it better

Week 1 – Overview (Lots of participation; who is writing and why are they here!)

Week 2 – Fiction 1 (Characters & Plot)

Week 3 – Fiction 2 (Dialogue & Scene-setting)

Week 4 – Family stories & memoirs (importance and how to)

Week 5 - Self editing

Week 6 – Self publishing or approaching agents? It’s your choice

Other writing topics may be brought up by participants and addressed as well.

Penny Fletcher - Has been a journalist, author, editor and coach since the early 1980s. She has freelanced for national magazines including Today’s Christian Woman, Gulf Coast Fisherman, True Love and True Story. Locally, she is known as a former reporter and editor for Sunbelt Newspapers publications: The Sun, The East Bay Breeze, South Shore News, The Observer News and The Riverview Current. She was also a columnist for The Tampa Tribune. Her first book “If I Should Die Before I Wake”, was published by Rainbow’s End Company, the publishers of which flew her to Pennsylvania to speak at their annual conference. Since then she has written The Sumerian Secret, a fictional suspense thriller based on fact, now available on Amazon; An Editor’s Guide to Perfect Press Releases ghostwritten several books for authors and helped many write their personal memoirs and family stories. Her editorial and publishing liaison service may be found at [www.pennyfletcher.com](http://www.pennyfletcher.com) and recent references are located on Linked-In and on her profile under “Feedback” at <https://www.guru.com/kk/freelancers/38--year-editor-has-your-back>.



**SELLING ON EBAY (531)**

Friday 1:00 – 2:30, in Creason Kitchen (3 Classes on 2-14, 2-21, 2-28)	Cost \$7
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Whether wanting to downsize your possessions, create an online business or expand an existing business, this three-session class will answer your questions and give you practical ‘how-to’ information for successful selling on eBay. Topics include finding things to sell, researching what you have, auctions or fixed-prices, headlines that work, photography that sells, description guidelines, packing, shipping and record-keeping.

**Jon Wagner** - A Top-Rated-Plus eBay seller who ships 5 to 15 packages daily worldwide, Wagner leads the eBay market in two niche categories. Jon also teaches a class in Sarasota to individuals and companies throughout West-Central Florida. His successful sales and marketing background will expand your visions for profitable eBay activity.

**SATURDAY**

(Please note exact start dates and times)

**UNDERSTANDING PHILOSOPHY IN SIX STEPS (614)**

Saturday 1:30 – 3:00, in Room 30 (3 Classes on 3-21, 3-28, 4-4)	Cost 21
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The course of entire civilizations has been set by their deepest and most fundamental thinkers. In the West, and to some extent by the outward spread of their ideas, there have been six major philosophers who have laid the deep intellectual foundations of the world in three key areas: Ethics, a view of mankind, political and systems. Going even more deeply, in two other fundamental areas: What reality is really like and how we know it.

They are Plato and Aristotle from the ancient world, Thomas Hobbes, Jean-Jacques Rousseau, David Hume, and Immanuel Kant from modern times. We will discuss them, learn their ideas and thereby have a better understanding of the world we live in and the powerful ideas that set it on its course.

Other philosophers, while influential are largely derivatives or variants or reactions to or building off "the Big Six". But we will also ask several controversial questions about this: Do other kinds of ideas besides philosophy -- such as economics, psychology, sociology and the fine arts -- have as great an impact on the course of the world? Are any other great thinkers - historically or from more current centuries, as fundamental or looking to become so?

**Philip Coates** - A former history and literature teacher who has lived in Sun City Center for 11 years. In addition to teaching 30 classes at the Community Church College and at the University of South Florida, he has taught, done workshops, or done research in a range of other subjects over the years. These include civics, psychology, and philosophy. Phil is a graduate of Brown University with a master’s degree from the University of Michigan.



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# Come Find Hope



## **SUPPORT GROUPS & CLASSES**

AA  
Al-Anon  
Alienated Grandparents  
Breakaway Ministry Respite Care  
Caregivers Support Group  
Mary Petro Program for Food & Medicine  
Never Alone Grief Support  
Small Group Bible Studies  
The Community Mental Wellness Center

## **WORSHIP SERVICES**

**Saturday**  
Casual Service  
4:00PM  
**Sunday**  
Traditional Services  
9:00AM & 11:00AM  
Contemporary Services  
8:00AM & 10:00AM  
Hispanic Service  
4:00PM  
Chancel Choir & Vocal Ensembles  
Graded Handbell Ensembles  
*Broken Together* Praise Team  
Sunday School Classes for Adults  
Children & Youth Programs  
*Free Nursery for all services*

## **COMMUNITY OUTREACH**

Boy Scouts & Girl Scouts  
Bridge Groups  
Community Food Pantry  
Free Movies  
Genealogy Meetings  
Homeless Ministry  
Knit-a-Square  
Mary Maud Ladies Bible Study  
Men's Breakfast  
Pages of Life Gift Store  
Quilting  
Special Worship Events & Cantatas  
Thank God It's Variety Concert Series  
Timely Treasures Thrift Sale