

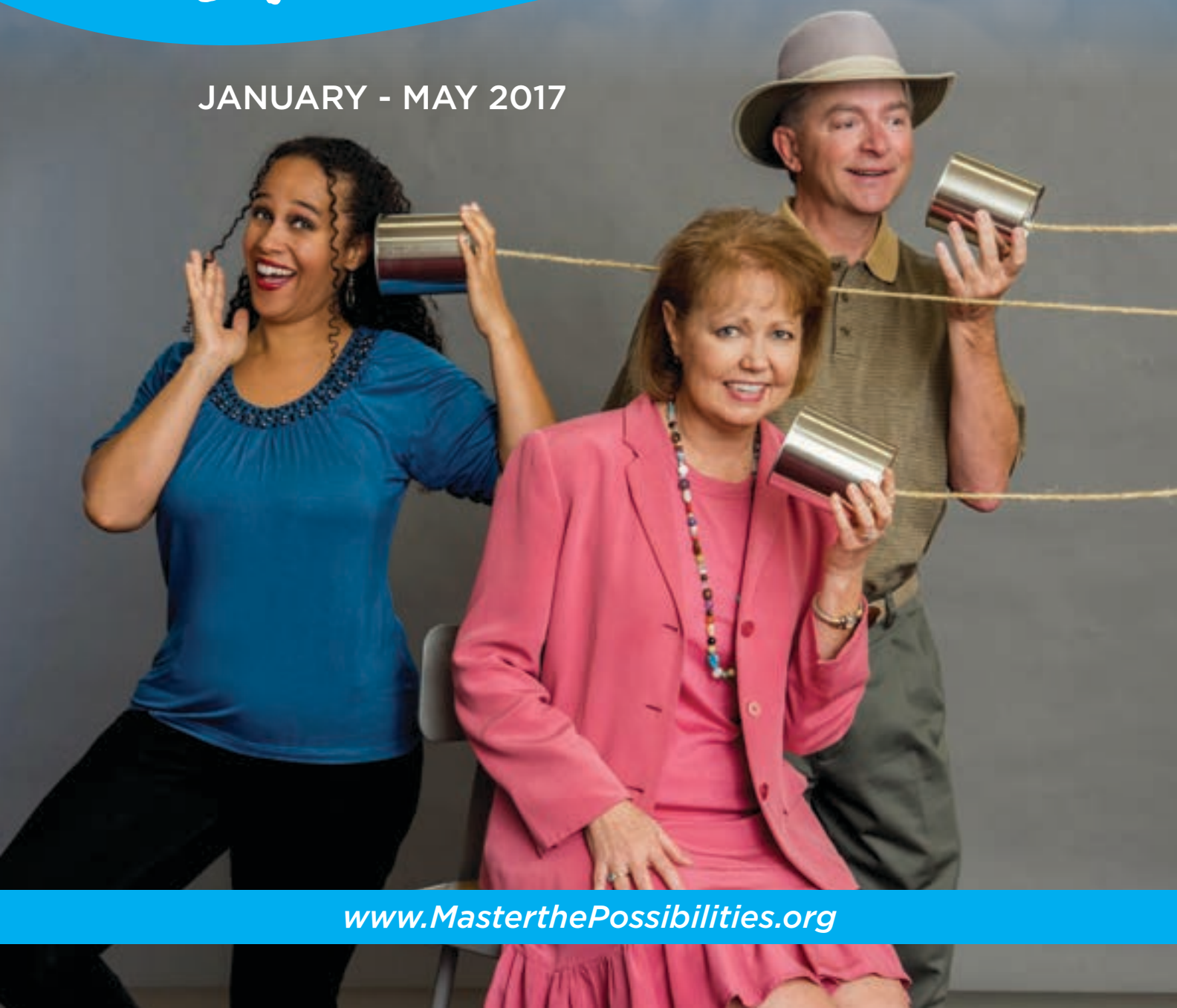
Master the Possibilities™

A NOT-FOR-PROFIT LIFELONG LEARNING CENTER

WINTER CATALOG

THE POWER OF STORIES

JANUARY - MAY 2017



www.MasterthePossibilities.org

Master the Possibilities

A NOT-FOR-PROFIT LIFELONG LEARNING CENTER

LEARN · CONNECT · GROW

Master the Possibilities (MTP), located at Circle Square Commons, is a premier center for lifelong learning and a focal point for educating adults in Ocala/Marion County and the surrounding area. The adult education center offers three terms a year showcasing over 1,800 courses with more than 28,000 course registrations annually.

A DIVERSE MENU OF CLASS OFFERINGS

- Fine arts and crafts
- Computers and technology
- Health, wellness and science
- Lifestyle and fun – travel, hobbies, culinary and more
- Social sciences – current events, history, philosophy and relationships

TALENTED AND CREDENTIALLED FACULTY

MTP's greatest asset is our 200 plus faculty members that share their time and talents to make each term better and better. These highly credentialed instructors come from diverse and fascinating backgrounds. They design classes with the adult learner in mind – no exams, no homework and no stress. Whether you are looking to expand your knowledge, discover your creative self, explore your community surroundings, connect with new people, or engage in lively discourse; you can find the perfect offerings for you at MTP.

The perfect learning environment includes:

- Three art studios
- A state-of-the-art computer lab
- Four classrooms
- Two lecture halls

A FORMULA FOR SUCCESS

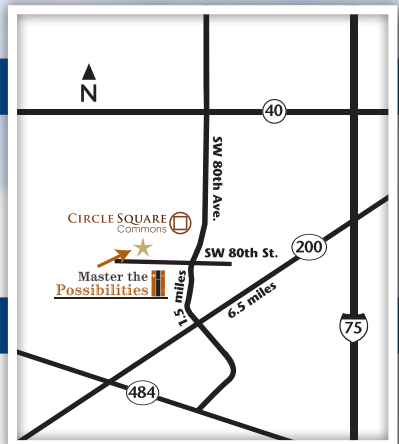
Great instructors, state-of-the-art facilities, affordable prices and ever-changing, high quality programs create our formula for success.

FOR MORE INFORMATION:

- Call (352) 861-9751
- Visit www.MasterthePossibilities.org
- Find us on Facebook.com/MTPEducation
- Stop by the office, M-F, 8 am to 4 pm
Circle Square Commons,
8415 SW 80th St., Suite 2
Ocala, FL 34481

24 HOUR REGISTRATION LINE: (352) 854-3699

OPEN TO THE PUBLIC



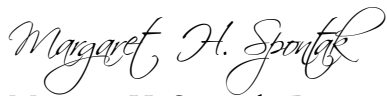
Unleash the Power of Stories

Stories have had a profound impact on our lives. Whether they are personal stories about growth, survival and celebration; or whether they are historically significant stories capturing world events and defining moments. Stories are what we remember; not the date, the facts and the figures.

So why should Master the Possibilities focus on stories as our theme during our winter term? It is because we want to our community of learners to take time to slow down and lean in to share, listen, write, read and even sing and paint about stories. Your stories and those of other students and faculty have the power to teach, to encourage, to heal and to leave a legacy. It will be the stories that make it a winter term to remember.

As part of our 700 plus classes this term, story-related classes are woven throughout the catalog and in a special section at the end of Arts & Humanities. Make 2017 a year to learn, connect and grow!

Happy New Year,



Margaret H. Spontak, Director of Education

How to Get Involved

1. Attend or participate in the seven Fireside Storytelling events including the opening event on Dec. 29, 6 to 8:30p.m.
2. Attend our winter term kick-off on Friday, Jan. 6 from 2 to 4 p.m. at the Master the Possibilities Living Room. No reservation needed.
3. Stop in for a tour of the learning center, Monday-Friday, 8 to 4 p.m.
4. Call us at (352) 861-9751. Our staff is ready assist and walk you through your first registration process.

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For the most current information, please always check the website.

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

Getting Started:

Four Ways to Register and Pay

Payment for classes is made at the time of registration. For more details on payment, refunds and the on-line registration system, go to www.MasterthePossibilities.org or stop by the office and pick up a Tip Sheet for On-line Registration.

1.) On-line Registration and On-line Payment: We encourage you to use on-line registration. Go to www.MasterthePossibilities.org. You can call us at (352) 861-9751 and we will walk you through the system the first time you use it or anytime you are having challenges.

2) In Person at the MTP Offices: Stop by our offices from 8 a.m. to 4 p.m., Monday through Friday, to have our staff and volunteers assist you with registration and payment. Pay by credit card, check or cash in the MTP office. All major credit cards and debit cards except for American Express are accepted. The office is closed during nationally observed holidays.

3) Over the Phone: Register by calling our 24-hour registration line at (352) 854-3699. We will call to confirm your registration and take payment by credit card over the phone within the next business day.

4) By Mail: Mail your registration form and check made payable to Master the Possibilities, Inc. to 8415 SW 80th St., Suite #2, Ocala, FL 34481. The registration form can be picked up at MTP or downloaded online.

Course Refund Policy

Refunds, cancelations or course transfers cannot be done online. Cancelations for all courses, even free courses, must be done by calling the 24-hour registration hotline at (352) 854-3699, by an email to registrar@masterthepossibilities.org, or by stopping by the MTP office. Students can obtain a full tuition refund by notifying the office up to six business days prior to the first day the class begins (unless otherwise stated in the course information). Student who cancel after six business days before a class or do not attend the class forfeit the full tuition paid.

Students may request a credit to apply to future classes, a credit to their credit card, or a check for cash transactions. No refunds will be given for classes

less than \$5, unless the class is canceled by Master the Possibilities. If Master the Possibilities cancels a class at any time, full tuition paid by the student will be issued to the student unless the student prefers to receive a credit for a future class. Please allow two weeks for processing checks and credit card refunds.

Member and Non-member Fee Status

The fees are now listed as "Member" and "Non-Member." Members are residents of any of the On Top of the World, Indigo East, Candler Hills and Stone Creek communities. Members receive a discount because they provide annual support to Master the Possibilities through their homeowner's fees. New members or members that have not registered in the new system should call the office to be added to the member group in the online system for course discounts.

Registration is required for All Classes – Even Free Ones

Register early because many classes fill up fast. You can cancel up to six business days in advance. We make course cancelation, material purchases, and room set-up decisions based on enrollments, so it is important that we know attendance. Free class registration just requires an email to MTP@MasterthePossibilities.org or a simple phone call to the 24-hour hotline at (352) 854-3699 or

Information about New or Added Classes

Make sure you signed up for weekly email alerts. They include classes for the next week, as well any new classes that are not in the printed catalog. You can opt out of those emails any time.

Notice of Nondiscrimination Policy for Students

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

Master the Possibilities 

MASTER THE POSSIBILITIES, INC.
8415 SW 80th St., Suite 2, Ocala, FL 34481

24 Hour Registration Line: (352) 854-3699

Office Line: (352) 861-9751

Email: registrar@MasterthePossibilities.org



ARTS AND HUMANITIES



DON WRIGHT
Writing Instructor

STORIES CAN BE CAPTURED THROUGH WRITING

Arts Hands-on

Drawing



Drawing Boot Camp

The objective of the Drawing Boot Camp is to teach you the basics of observational drawing and the skill of learning to see as an artist. You may struggle with these “art pushups”, but if you stick with it, you will learn how to draw what you see. Drawing is a key skill and the class projects are meant to be a starting point for your time in art.

Course #: DRA102

- Instructor: Carole Drost Lopez
- Classroom: Studio 1
- Member: \$60, Non-Member: \$70
- Wednesdays, January 4, 11, 18 and 25, 2017
1:00-2:30PM

Figure Drawing: Gestures New!

Figure drawing is one of the most rewarding aspects of drawing. It is also one of the most challenging. The human form is very beautiful yet, very complex. Trying to draw the human form can be a frustrating endeavor because we are capable of an infinite number of poses. The process, however, can be broken down into simpler steps, making it easier to achieve realistic drawings. Gesture is the first essential step toward that end, capturing the essence of the rhythm and flow of action of the body. Structure and form is built upon gesture. In this class you will learn how to develop gesture, the flow of action, motion and movement by completing sketches from photographs. You will leave with a better understanding of the human form and more confidence in portraying it in drawings.

Course #: DRA106

- Instructor: Richard Devine
- Classroom: Studio 1
- Member: \$70, Non-Member: \$80
- Mondays, Wednesday,
Friday, April 3, 5, 7 and 10, 2017
9:00AM-12:00PM

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Intermediate Colored Pencil: Do Your Own Thing New!

This is a class for colored pencil enthusiasts who want to do their own painting but need some guidance along the way. Subject matter can range from botanicals and florals to landscapes, portraits and architecture. Bring as many colored pencils as you think you will need to complete the project. I will be there to lend assistance, make suggestions, discuss techniques and ideas, and give you help through challenging tasks.

Course #: DRA207

- Instructor: Richard Devine
- Classroom: Studio 1
- Member: \$70, Non-Member: \$80
- Thursday, Monday, Wednesday, Friday, March 2, 6,
8 and 10, 2017
9:00AM-12:00PM

Intermediate Colored Pencil: Paint a Bluebird New!

Colored pencils are amazingly versatile. They are capable of a wide range of techniques, from very loose to highly detailed paintings, rivaling oil paints in brilliance. What better use for them than to paint a beautiful picture of a Bluebird? We will work step-by-step, adding color to a prepared drawing of a Bluebird perched atop a birdhouse. You will learn a technique for choosing the right colors and we will discuss and use blending techniques to produce a painting you will love to display. Previous experience with colored pencils is recommended but not necessary. For a complete list of materials, please see the Materials List online or in the MTP office.

Course #: DRA206

- Instructor: Richard Devine
- Classroom: Studio 1
- Member: \$70, Non-Member: \$80
- Thursday, Monday, Wednesday and Friday, February 2, 6, 8, and 10, 2017
9:00AM-12:00PM

Introduction to Pastels New!

This class will introduce students and give them the information needed to draw and paint still-life and landscape using pastels. Demonstrations and individual instruction will be given. Topics covered include fundamentals of pastel, drawing, under painting, light and shadow, composition, color, and basic perspective. Your supply list may be picked up at the MTP office.



Course #: DRA107

- **Instructor:** Carole Drost Lopez
- Classroom: Studio 9 on the Square
- Member: \$60, Non-Member: \$70
- Wednesdays, March 8, 15 and 22, 2017
1:00-3:00PM

Introduction to Colored Pencil: Sunflower

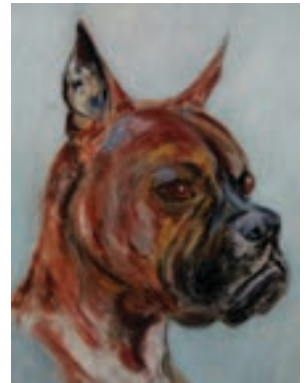
Drawing with colored pencils is one of the first artistic skills we learn as a child, and often we leave it behind to take up "true" art such as watercolor and oil painting. Colored pencils can produce stunning and highly detailed paintings with near-photographic results possible. The basics of colored pencil painting will be explored in two classes. During the first class, you will become familiar once again with handling the pencil, and learn fundamental techniques. During the second class, you will use those essential techniques to get a good start on a painting of a sunflower. All supplies provided

Course #: DRA105

- Instructor: Richard Devine
- Classroom: Studio 9 on the Square
- Member: \$65, Non-Member: \$75
- Tuesday and Thursday, January 3 and 5, 2017
9:00AM-12:00PM

Pastel Workshop for Beginners: Animal Portraits New!

Cherish your pet or favorite animal in an original pastel portrait using dry or oil pastels. Learn to accentuate your art through color harmonies and textural techniques. Bring several non-blurry animal photos to class. You will enlarge these for the final portrait by using a grid scale enlargement technique. Supplies used during class will be provided.

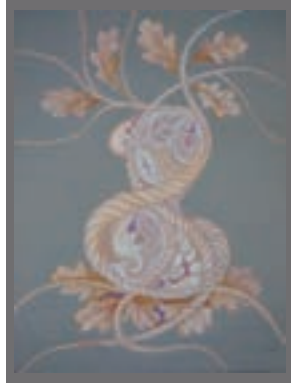


Course #: DRA204

- Instructor: Jan Hitchcock
- Classroom: Studio 9 on the Square
- Member: \$55, Non-Member: \$65
- Tuesday, January 10, 2017
10:00AM-2:00PM

Pastel Workshop: Tree and Nature Forms New!

Learn to stylize nature from realism through stylization and into abstraction if you choose, using various step-by-step guidelines. Each artwork will be individual by utilizing a combination of oil or dry pastels and colored pencils. Design, color harmonies, texture, and mixing colors will be discussed. Each project will be original and one-of-a-kind. Beginners through intermediates welcome. Supplies used during class will be provided.



Course #: DRA205

- Instructor: Jan Hitchcock
- Classroom: Studio 9 on the Square
- Member: \$55, Non-Member: \$65
- Tuesday, February 21, 2017
10:00AM-2:00PM

Portrait in Pastel: Demonstration

Portraits are truly personal. If handled properly, a painting can capture the inner spirit of an individual. Portraits honor people who are special to us and can portray them in ways that a photograph cannot. Painting a portrait takes a keen eye for detail and an understanding of composition. In this presentation, Richard will take you through the process by discussion and photographs, from initial images to finished pastel painting of a child. He will describe the choice of photo, cropping to get the best view, layout and blocking in of the head, and development of the likeness. He will also discuss color, lighting and how pastel pencils can be used to achieve the finished portrait. Take notes and ask questions to get a better understanding of the steps to a likeness.

Course #: DRA403

- Instructor: Richard Devine
- Classroom: Studio 10 on the Square
- Member: \$35, Non-Member: \$40
- Monday, May 1, 2017
9:00AM-12:00PM

Glass



Beaded Glass Jewelry

Learn the basics of beading using either a focal Fused Glass pendant created in the previous Fused Glass Jewelry class or one provided by the instructor. A vast variety of beads will be available to choose from and different types of clasps and threading options will be discussed. All materials and tools provided.



Course #: GLA412

- Instructor: Beth Cox
- Classroom: Studio 1
- Member: \$40, Non-Member: \$45
- Wednesday, March 1, 2017
1:00-3:00PM
- OR Wednesday, April 5, 2017
1:00-3:00PM

Fused Glass Jewelry

Each student is given the opportunity to create fused glass pendants, brooches, buttons and/or other elements while learning design techniques, glass properties, and kiln practices. No previous glass cutting experience is needed. All materials and kiln firing is included in the class fee. Glass pieces will be kiln fired and then returned to the students.

Course #: GLA411

- Instructor: Beth Cox
- Classroom: Studio 1
- Member: \$40, Non-Member: \$45
- Monday, January 30, 2017
1:00-3:00PM
- **OR** Monday, March 27, 2017
1:00-3:00PM

Saturday Beginning Stained Glass: Sun Catchers

You will learn each of the six steps: choosing a pattern and glass, cutting out the pattern, cutting your glass, grinding the edges of the glass to accept the foiling stage, and then soldering all of the parts together for a finished piece.

Course #: GLA105

- Instructor: Diane Cahal
- Classroom: Studio 1
- Member: \$50, Non-Member: \$60
- Saturdays, February 18 and 25, 2017
9:00AM-12:30PM
- **OR** Saturdays, March 11 and 18, 2017
9:00AM-12:30PM

Panel Lampshade in Stained Glass New!

This class is for the intermediate and advanced level glass artisan. We will be making a stained glass panel lampshade. Panel lamps are stunning and appealing, yet relatively simple to cut and build. Quilting is not just for quilters as the pattern for this lampshade will be a patchwork. All materials will be included. See sample at MTP office. Glass available in class may not represent the glass in the sample. Students will be able to choose their own glass colors from supplies available. See other classes available by this instructor. NOTE: Students will be required to wear closed-toe shoes. Wearing old clothes is suggested. Students will be required to sign a release.



Course #: GLA301

- Instructor: Mary Riley
- Classroom: Studio 1
- Member: \$95, Non-Member: \$105
- Tuesday, Wednesday, Thursday, Friday, January 10, 11, 12, and 13, 2017
12:00-3:00PM

Stained Glass Lab

This Winter, the Stained Glass Lab (Studio 1) will be open for you to work on any stained glass project you would like. Want to create a panel over the course of many weeks? Maybe there is a smaller project you missed that you would like to make. You might even want to come in and hone your skills. The lab will be open for you to use regardless of your skill level. Work at your own pace on Thursday evenings, 4:00 until 8:00 Diane will be available to help you complete your projects, answer questions, and to 'talk shop'. Bring your own supplies.

Course #: GLA401

- Instructor: Diane Cahal
- Classroom: Studio 1
- Member: \$15, Non-Member: \$20
- Thursday, January 12, 2017
4:00-8:00PM
- **OR** Thursday, January 19, 2017
4:00-8:00PM
- **OR** Thursday, January 26, 2017
4:00-8:00PM
- **OR** Thursday, February 9, 2017
4:00-8:00PM
- **OR** Thursday, February 16, 2017
4:00-8:00PM
- **OR** Thursday, February 23, 2017
4:00-8:00PM
- **OR** Thursday, March 9, 2017
4:00-8:00PM
- **OR** Thursday, March 16, 2017
4:00-8:00PM
- **OR** Thursday, March 23, 2017

ARTS & HUMANITIES | Arts: Glass | Jewelry

4:00-8:00PM

- **OR** Thursday, March 30, 2017

4:00-8:00PM

- **OR** Thursday, April 13, 2017

4:00-8:00PM

- **OR** Thursday, April 20, 2017

4:00-8:00PM

- **OR** Thursday, April 27, 2017

4:00-8:00PM

Stained Glass Pick-A-Pattern

Pick from hundreds of patterns to create a special work of glass art. Perfect for gift-giving or to display in your own home. All skill levels welcome. Beginners will be guided step-by-step. Advanced students can choose from more challenging patterns. Instructor approval of pattern required.

Course #: GLA402

- Instructor: Diane Cahal
- Classroom: Studio 1
- Member: \$50, Non-Member: \$60
- Wednesday, Friday and Monday, January 18, 20 and 23, 2017
9:00AM-12:00PM
- **OR** Monday, Wednesday and Friday, March 13, 15 and 17, 2017
9:00AM-12:00PM

Stained Glass Picture Frames New!

Frame your memories in a stained glass picture frame. Open to all levels. Students will be able to choose from one of four or one of two patterns in a 4"x6" or 5"x7" picture frame size. See sample at MTP office. All materials will be included. Students will be able to choose from glass supplies available. See other classes available by this instructor. NOTE: Students will be required to wear closed-toe shoes and sign a waiver. Wearing old clothing is also suggested.

Course #: GLA413

- Instructor: Mary Riley
- Classroom: Studio 1
- Member: \$25, Non-Member: \$30
- Tuesday, Thursday, Friday, January 24, 26 and 27, 2017
9:00AM-12:00PM

Jewelry



Beading for Beginners New!

Create a lovely, strung, Valentine bracelet and matching earrings and learn the basics of beading. This class also includes how to add a clasp and create loops for earrings. All materials provided by instructor.

Course #: JEW109

- Instructor: Mari Hellwege
- Classroom: Studio 1
- Member: \$30, Non-Member: \$35
- Wednesday, January 25, 2017
10:00AM-12:00PM

Beginner Wire Wrapping New!

This wire wrapping class will teach beginners the basics of wire wrapping and use of tools. We will work on making findings, and advance to earrings, rings, wrapped cabochons and gemstones, as well as bangle bracelets. A different style will be explored each month. Some designs will require the addition of various sized beads. Students may purchase the colors they wish to use before class. See the supply list online and in the MTP office.



Course #: JEW114

- Instructor: Donna Tredway
- Classroom: Studio 9 on the Square
- Member: \$35, Non-Member: \$40
- Thursday, January 19, 2017
5:00-8:00PM
- **OR** Tuesday, January 31, 2017
10:00AM-1:00PM
- **OR** Thursday, February 9, 2017
5:00-8:00PM
- **OR** Tuesday, February 14, 2017
10:00AM-1:00PM
- **OR** Thursday, March 9, 2017
5:00-8:00PM
- **OR** Tuesday, March 21, 2017
10:00AM-1:00PM
- **OR** Thursday, April 6, 2017
5:00-8:00PM
- **OR** Tuesday, April 18, 2017
10:00AM-1:00PM
- **OR** Tuesday, May 9, 2017
10:00AM-1:00PM
- **OR** Thursday, May 25, 2017
5:00-8:00PM



Crystals & Daisies Bracelet

Learn two-strand cross-stringing, with crystals and spacers, while creating a gorgeous bracelet. Includes all materials.

Course #: JEW102

- Instructor: Mari Hellwege
- Classroom: Studio 1
- Member: \$30, Non-Member: \$35
- Wednesday, March 22, 2017
10:00-11:30AM



Intro to Bead Weaving New!

Create a beautiful crystal bracelet and learn the basics of right angle weave stitch, a popular bead weaving stitch. Includes all materials.

Course #: JEW104

- Instructor: Mari Hellwege
- Classroom: Studio 1
- Member: \$30, Non-Member: \$35
- Wednesday, February 22, 2017
1:00-3:00PM



ARTS & HUMANITIES | Arts: Jewelry

Intro to Herringbone Stitch New!

Learn how to do the herringbone stitch and create a pretty bracelet using seed beads, cubes, and triangles. This class is for beginners and all supplies are included—there will be at least two colors to choose from.

Course #: JEW112

- Instructor: Cindi Reinhardt
- Classroom: Studio 10 on the Square
- Member: \$35, Non-Member: \$40
- Tuesday, March 14, 2017
9:00AM-1:00PM



Intro to Odd-Count Peyote Stitch New!

Learn how to peyote stitch while making this simple, but eye-catching bracelet. Students will learn both even and odd count peyote stitches. This class is for beginners and all supplies are included (there will be a choice of at least three colors).



Course #: JEW110

- Instructor: Cindi Reinhardt
- Classroom: Classroom 3
- Member: \$35, Non-Member: \$40
- Tuesday, January 10, 2017
9:00AM-1:00PM

Too Cute Cubes New!

Combine 4-mm crystals and seed beads to make this cute dimensional bracelet. There will be several colors to choose from and all supplies are included in this beginner class.

Course #: JEW111

- Instructor: Cindi Reinhardt
- Classroom: Studio 9 on the Square
- Member: \$35, Non-Member: \$40
- Wednesday, February 22, 2017
9:00AM-1:00PM



Intro to Netting New!

This lovely, netted necklace is woven from seed beads with an accent of crystals. All supplies included. There will be at least two or three colors to choose from. Some bead weaving experience would be helpful but not necessary to take the class. Note: Project may not be finished in class, but Cindi will be available to provide any help needed to finish the project at no additional charge.



Course #: JEW113

- Instructor: Cindi Reinhardt
- Classroom: Studio 9 on the Square
- Member: \$35, Non-Member: \$40
- Tuesday, April 11, 2017
9:00AM-1:00PM

Needlecrafts



“Be Free” Lapghan New!

This class is for beginners and experienced knitters alike. You will experience knitting on a circular needle, blending multiple fiber types, textures and colors to create your one-of-a-kind, unique lap blanket. Set yourself free from being locked into a knitting pattern, specific fiber or color. Be free! Students should know how to cast on and knit the garter stitch. Please bring sharp scissors to class.

All other materials, including pattern, needles and multiple yarn types and colors, are included in the class fee.

Course #: NEE111

- Instructor: Mary Beth Bell
- Classroom: Studio 10 on the Square
- Member: \$80, Non-Member: \$90
- Tuesdays, January 24 and 31, February 7 and 14, 2017
1:00-3:30PM

“Yarn Tasting” and Yarn Substitution New!

Do you know how to knit or crochet, but have been intimidated by the variety of yarn and notions on the market? Have you attempted to buy yarn and run screaming from the store when you tried to decipher the yarn label? Have you seen beautiful yarns, but didn't know what to do with them? Have you found the perfect pattern, but the suggested yarn is nowhere to be found? Then this is the class for you! In this class you will learn everything you need to know to comfortably purchase yarn and interpret the purpose of all of those knitting notions. You will also learn how to substitute the suggested yarn for a pattern. Best of all, you will participate in a “yarn tasting” where you can sample many types of yarns on your choice of hooks or needles!



Course price includes instruction, handouts and “yarn tasting”.

A basic knowledge of knit and purl stitches or single and double crochet stitches are helpful.

Each student is asked to bring sharp scissors and a selection of their different sized knitting needles or crochet hooks. Handouts of certain instructional materials will be provided. You may want to bring a pen and notebook for additional notes.

Course #: NEE401

- Instructor: Mary Beth Bell
- Classroom: 2
- Member: \$40, Non-Member: \$45
- Thursdays, February 23 and March 2, 2017
1:00-3:00PM



ARTS & HUMANITIES | Arts: Needlecrafts

Basics of Crochet

This class is designed for those wanting to learn to crochet. You will learn the basic chain and single, and two other stitches. I will offer easy, get-started patterns. Yarn will be furnished for practice. Please bring a size H crochet hook that can be purchased at a local craft store or yarn shop. Class is limited to five people so that everyone gets personal coaching. In this class, you will be able to be confident to do projects of your choice, such as: baby blankets, hats, market bags, booties and bedroom slippers.

Course #: NEE107

- Instructor: Lori Adams
- Classroom: 4
- Member: \$35, Non-Member: \$40
- Monday, January 9, 2017
1:00-3:30PM
- **OR** Monday, February 13, 2017
1:00-3:30PM
- **OR** Monday, March 6, 2017
1:00-3:30PM
- **OR** Monday, April 10, 2017
1:00-3:30PM
- **OR** Monday, May 8, 2017
1:00-3:30PM

Basics of Knitting

Get to a comfortable place with needles and fiber. This class includes, cast on, knit stitch, purl stitch, binds off, increases, decreases, and work on an item that you can finish on your own. You will need to bring yarn and knitting needles Clover size 8, 10-inch length. An inexpensive suggestion is Peaches & Cream cotton yarn which may be purchased at a local store for about \$3 in a wide selection of colors. Practice yarn will be provided. This class is limited to six students so that everyone has personal attention. This is a fun event; never take life or knitting too seriously. The benefits of knitting are many; there is love in every stitch.

Course #: NEE108

- Instructor: Lori Adams
- Classroom: 4
- Member: \$35, Non-Member: \$40
- Monday, January 16, 2017
1:00-3:30PM
- **OR** Monday, February 6, 2017
1:00-3:30PM
- **OR** Monday, March 13, 2017
1:00-3:30PM
- **OR** Monday, April 17, 2017
1:00-3:30PM

Curvaceous Table Toppers New!

Skip the basic rectangle and create this colorful curved runner for your table – think fall, December holidays, July, birthdays, or Valentine Day. Pick out eight fat quarters of your favorite color combinations and join us for a creative sewing project. Basic sewing skills and sewing machine are all that's needed to complete this unique table topper. Please pick up the class supplies list in the MTP office.

Course #: NEE109

- Instructor: Jackie Tanner
- Classroom: Studio 9 on the Square
- Member: \$35, Non-Member: \$40
- Tuesdays, January 10 and 17, 2017
3:00-6:00PM



How to Knit Your First Sweater

Learn sweaters from the top down, seamless or nearly seamless, on one circular needle. Patterns for adult ladies or children's sizes will be available. Knitting a sweater is easy, but you should have basic knitting skills, knit, purl, increase, decrease and use of markers. Yes, there is math involved!

Course #: NEE202

- Instructor: Lori Adams
- Classroom: 4
- Member: \$35, Non-Member: \$40
- Monday, January 23, 2017
1:00-3:30PM
- **OR** Monday, February 20, 2017
1:00-3:30PM



Knitting - Beyond the Basics New!

In this class, for intermediate knitters, you will learn cables, bind-offs, bind-off stitches and when to use them, circular knitting, increases, decreases, and how to read a written pattern and chart. Printed info, handouts and patterns will be furnished. Please bring one skein of yarn and a clover circular needle #9, 32-inch length with you to class.

Course #: NEE205

- Instructor: Lori Adams
- Classroom: 4
- Member: \$40, Non-Member: \$45
- Monday, January 23, 2017
10:00AM-12:30PM
- **OR** Monday, March 6, 2017
10:00AM-12:30PM

Knitting in Circles New!

Tired of knitting flat, single-color items? Who wouldn't be?

A new world of knitting can be yours when you learn to knit in the round. Just think, no more seams to sew! This class will teach you to use circular and double point needles to knit in the round. We will introduce multiple colors into the class projects for extra pizzazz!

Students will also learn to increase or decrease stitches as needed for the projects. Included in class fee are instructions and kits (including yarn and needles) to make a child's hat and an adult, felted tote bag. Come join the fun and expand your knitting horizons! Students should know how to cast on, knit and purl, and bind off. Please bring scissors, tape measure, stitch markers, darning needle and a row counter to class. All other materials, including a hat kit and tote bag kit, are included in the class fee.



Course #: NEE204

- Instructor: Mary Beth Bell
- Classroom: Studio 9 on the Square
- Member: \$80, Non-Member: \$90
- Fridays, February 17 and 24, March 3 and 10, 2017
9:30AM-12:30PM

Landscape Quilting New!

Using fabric, explore a variety of techniques to create images for wall hangings, cards, small quilts or a piece to attach to t-shirts, bags or backpacks. During the first class, you will choose from provided fabrics and develop a project. The second class allows us to continue working on the project and do a "show and tell" session. Fabrics are provided. Please bring scissors, rotary cutter, and a needle and thread to class. Note that the first class session meets for two hours and the second session meets for one hour.

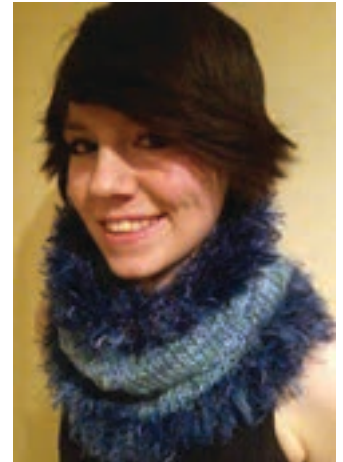


Course #: NEE110

- Instructor: Jackie Tanner
- Classroom: Studio 9 on the Square
- Member: \$35, Non-Member: \$40
- Tuesdays, February 14 and 21, 2017
3:00-4:00PM
- **OR** Tuesdays, March 21 and 28, 2017
10:00-11:00AM
- **OR** Tuesdays, April 4 and 11, 2017
3:00-4:00PM

Painted "Fur" Cowl to Knit New!

With winter weather upon us, a cowl is the perfect accessory to keep the chill from creeping in around the neck of your jacket, coat or sweater. This cowl is exceptionally nice because it is extremely soft and lightweight. It will tuck into a pocket or tote easily. At the end of this class, you will have a beautiful cowl knit in your choice of colors. Course price includes instruction, pattern, needles and yarn to make one cowl per student. A basic knowledge of knit and purl stitches is required. Each student is asked to bring sharp scissors. You may want to bring a pen and notebook for additional notes.



Course #: NEE203

- Instructor: Mary Beth Bell
- Classroom: 3
- Member: \$40, Non-Member: \$45
- Mondays, January 23 and 30, 2017
9:00AM-12:00PM

Painting



Acrylic Painting on Canvas

Acrylic is a water-based paint that is thicker than watercolors, but thinner than oils, and dries within minutes. No artistic talent required! There is no sketching or drawing. A traceable pattern is provided, along with the use of all supplies needed, including an 11"X14" canvas. Let Tina take you step-by-step all the way through to a completed project in only four hours! Wearing old clothing is suggested. This painting project will be on display in the MTP office a month in advance of this class.

- Instructor: Tina Carchia
- Classroom: Studio 9 on the Square
- Member: \$55, Non-Member: \$65

Heading Home New!

Course #: PAI143

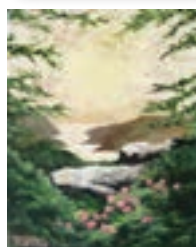
- Monday, May 8, 2017
9:00AM-1:00PM



River Rocks New!

Course #: PAI141

- Monday, March 20, 2017
9:00AM-1:00PM



Seagull New!

Course #: PAI142

- Monday, April 10, 2017
9:00AM-1:00PM



Storm Rolling In New!

Course #: PAI139

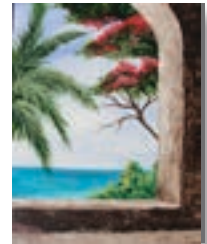
- Monday, January 9, 2017
9:00AM-1:00PM



Tropical View New!

Course #: PAI140

- Monday, February 13, 2017
9:00AM-1:00PM



Acrylic Painting with Connie Ferreira New!

These classes are for anyone who wants to learn to paint or those who do paint and want studio time with suggestions, supervision and support. The first class includes color theory and playing with the paints. At that time the subject matter and the supplies needed will be discussed. For returning participants, it is their choice to either begin a painting or join in the review of color theory.



Course #: PAI405

- Instructor: Connie Ferreira
- Classroom: Studio 9 on the Square
- Member: \$60, Non-Member: \$70

- Mondays, January 9, 16, 23, 30 and February 6, 2017
1:30-3:30PM
- **OR** Mondays, February 13, 20, 27, March 6 and 13, 2017
1:30-3:30PM
- **OR** Mondays, March 20, 27, April 3, 10 and 17, 2017
1:30-3:30PM
- **OR** Mondays, April 24, May 1, 8, 15 and 22, 2017
1:30-3:30PM



Beginning China Painting

Have you ever looked at the plates, cups and pitchers in the stores and catalogs and said, "I could do that"? Now you have a chance to try your hand at painting china. People have been decorating china for hundreds of years. This art form is both beautiful and practical. Leigh Workman will share what she has learned and together you will complete a kiln-fired china dish of your choice. It will be a two-day project with all supplies provided.

- Instructor: Leigh Workman
- Classroom: Studio 9 on the Square

Beginner Acrylic Workshop - Flower Bowl New!

No experience required for this introduction to acrylic painting. Students will learn new techniques while using paintings created by well-known artists as inspiration and guidance. With step-by-step instruction, each painter will create their own unique masterpiece on a 16" x 20" canvas to take home with them. All materials are supplied for this workshop. I invite you to find your muse!

Course #: PAI151

- Instructor: Vanessa Fuller-Brown
- Classroom: Studio 9 on the Square
- Member: \$65, Non-Member: \$75

- Tuesday, May 16, 2017
11:00AM-5:00PM



Calla Lily Bowl New!

- **Course #:** PAI150
- Member: \$65, Non-Member: \$75
- Fridays, April 21 and 28, 2017
1:30-4:30PM



Vine Slippers New!

Course #: PAI149

- Member: \$40, Non-Member: \$45
- Thursday and Friday, January 26 and 27, 2017
9:00AM-12:00PM



Black and White Floor Cloth New!

This is an acrylic painting workshop for all levels of artistry, including beginners. Step-by-step instruction will be offered, as well as a pre-sketched design. All materials will be supplied for this project to be created on 24" x 36" linoleum.

- **Course #:** PAI424
- Instructor: Vanessa Fuller-Brown
- Classroom: Studio 10 on the Square
- Member: \$80, Non-Member: \$90

- Tuesday, March 7, 2017
11:00AM-5:00PM

ARTS & HUMANITIES | Arts: Painting

Fun in the Studio I: Watercolor Fun, Start to Finish! New!

It is often said that watercolor is hard or difficult because: one cannot correct mistakes; or, it is hard to control; or, bold, rich color is not possible--not true! You can have it all and so much more. Come explore the world of color in watercolor. We will be using the unique painting surface of Yupo for this session. The instructor will have Yupo available for purchase at all classes.



Instructor-led lessons will make everything possible in watercolor! Learn at your own pace with plenty of hands-on painting time in class and one-on-one instructor assistance with informative critiques. As a teacher and passionate watercolorist, Sue's goal is to show you ways to create beautiful paintings while having FUN. The more fun you have, the more creative you become.

Course #: PAI425

- Instructor: Sue Primeau
 - Classroom: Studio 9 on the Square
 - Member: \$85, Non-Member: \$95
-
- Thursdays, January 12 and 19, February 2 and 16, 2017
1:00-3:30PM



Fun in the Studio II: More Watercolor Fun, Start to Finish! New!

Continuing our quest to explore color with fresh eyes and open minds and hearts, we will discover the ever-possible world of watercolor with all new lessons. Instructor-led lessons will make everything possible in watercolor! Learn at your own pace with plenty of hands-on painting time in class and one-on-one instructor assistance with informative critiques. As a teacher and passionate watercolorist, Sue's goal is to show you ways to create beautiful paintings while having FUN. The more fun you have, the more creative you become.

Course #: PAI426

- Instructor: Sue Primeau
 - Classroom: Studio 10 on the Square
 - Member: \$85, Non-Member: \$95
-
- Thursdays, March 2, 16, 30, and April 6, 2017
1:00-3:30PM

Furniture Painting--Trash to Treasure New!

This workshop is created for all levels of artistry including beginners. Bring any piece of furniture or keepsake to renew, recycle and re-purpose. It should be something that you can carry, is primed, prepped and ready to go. Enjoy the creativity of designing, hand painting, stenciling, striping and other creative techniques. All materials will be supplied.

Course #: PAI423

- Instructor: Vanessa Fuller-Brown
 - Classroom: Studio 9 on the Square
 - Member: \$55, Non-Member: \$65
-
- Wednesday, January 18, 2017
1:00-5:30PM



Ink with Watercolor

Artist Tina Carchia will be teaching an ink with watercolors class. She uses ink to bring out all of the details and then goes over it with watercolors to add in the color and shading. Unlike oil paint, which dries very slowly, watercolor is a quick drying paint. A traceable pattern is provided so there is no sketching or drawing. Tina will take you at an easy to follow-along pace, all the way through to a completed project in only four hours! The use of all supplies and an 11"x14" mat are included. Wearing old clothing is suggested. This painting project will be on display in the MTP office a month in advance of this class.

- Instructor: Tina Carchia
- Classroom: Studio 9 on the Square
- Member: \$45, Non-Member: \$50

Baby Hummingbird New!

Course #: PAI146

- Monday, March 13, 2017
9:00AM-1:00PM



Dried Up New!

Course #: PAI144

- Monday, January 2, 2017
9:00AM-1:00PM



Lighthouse New!

Course #: PAI145

- Monday, February 6, 2017
9:00AM-1:00PM



Sea Turtle Flight New!

Course #: PAI147

- Monday, April 3, 2017
9:00AM-1:00PM



Train Station New!

Course #: PAI148

- Monday, May 1, 2017
9:00AM-1:00PM



Intermediate Acrylic Painting Intensive - The Florida Highwaymen Style New!

A three-day workshop designed for painters desiring to create immaculate skies and ocean waves...and always a palm tree or two! Each artist will have an independent easel station, an 18" x 24" gallery wrapped canvas and water soluble oil paints. Please bring your own brushes if you desire, and allow for extra time daily if you want to stay and paint.

Course #: PAI202

- Instructor: Vanessa Fuller-Brown
- Classroom: Studio 9 on the Square
- Member: \$185, Non-Member: \$195
- Tuesday, Wednesday and Thursday, March 28, 29 and 30, 2017
11:00AM-4:30PM

Intermediate Acrylic Workshop New!

No experience required for this introduction to acrylic painting. Students will learn new techniques while using paintings created by famous artists as inspiration and guidance. With step by step instruction, each painter will create their own unique masterpiece on a 16" x 20" canvas to take home with them. All materials are supplied for this workshop. I invite you to find your muse!

Course #: PAI201

- Instructor: Vanessa Fuller-Brown
- Classroom: Studio 9 on the Square
- Member: \$65, Non-Member \$75

- Tuesday, February 28, 2017
11:00AM-5:00PM

Intermediate/Advanced Acrylic Painting Workshop - Vincent Van Gogh New!

This is a two-day workshop, exploring the techniques of Van Gogh, specifically, "Vase with Gladioli and China Asters". Each student will have an independent easel station, as well as a pre-textured 20"x30" gallery-wrap canvas. All materials will be supplied. Please bring your own brushes if desired.

Course #: PAI203

- Instructor: Vanessa Fuller-Brown
- Classroom: Studio 9 on the Square
- Member: \$145, Non-Member: \$155
- Tuesday and Wednesday, February 7 and 8, 2017
11:00AM-5:00PM

Intro to Oils

Have you ever wanted to do an oil painting but were not sure if you have what it takes or even know where to begin? Artist/instructor, Tony Carchia, will take you step-by-step, at an easy to follow along pace, all the way through to a completed oil painting in only three fun-filled hours. The use of ALL SUPPLIES are INCLUDED for this project. Wearing old clothing is suggested. This painting project will be on display in the MTP office a month in advance of this class.

- Instructor: Tony Carchia
- Classroom: Studio 9 on the Square
- Member: \$45, Non-Member: \$50

"Black-capped Chickadee" New!

Course #: PAI130

- Wednesday, March 15, 2017
9:00AM-12:00PM



"Distant Light" New!

Course #: PAI125

- Friday, January 6, 2017
9:00AM-12:00PM



"Dune Lighthouse" New!

Course #: PAI131

- Friday, April 7, 2017
9:00AM-12:00PM

(Insert photo: PAI131)



"Florida Wildlife" New!

Course #: PAI132

- Wednesday, April 19, 2017
9:00AM-12:00PM

(Insert photo: PAI132)



"Foot Bridge" New!

Course #: PAI128

- Wednesday, February 15, 2017
9:00AM-12:00PM



"Palmettos by River" New!

Course #: PAI126

- Wednesday, January 18, 2017
9:00AM-12:00PM



"Pink Flamingo" New!

Course #: PAI127

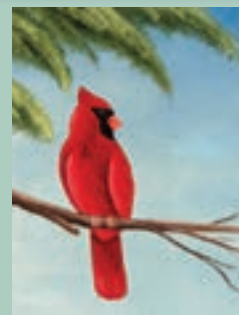
- Friday, February 3, 2017
9:00AM-12:00PM



"Red Cardinal" New!

Course #: PAI134

- Wednesday, May 17, 2017
9:00AM-12:00PM



"Sunset Geese" New!

Course #: PAI133

- Friday, May 5, 2017
9:00AM-12:00PM



"Sunset Lake" New!

Course #: PAI129

- Friday, March 3, 2017
9:00AM-12:00PM



Visiting Artist Coming to Master the Possibilities

Karlyn Holman Watercolor Workshop

Beginners and experienced painters will benefit from this workshop. Everyone finds success with daily step-by-step demonstrations, ample hands-on painting, individualized instruction and informative critiques. Karlyn nurtures each student's success and inspires new ideas with the emphasis being on the development of expression and painting style. The daily focus is on painting techniques, value, color, composition, developing a center of interest and FUN. A supplies list is available online and at Master the Possibilities. Full payment is due at time of registration. No refunds within 30 days of workshop.



Course #: PAI601

- Instructor: Karlyn Holman
- Classroom: Studio 9 on the Square
- Member: \$285, Non-Member: \$285
- Monday, Tuesday and Wednesday, January 23, 24 and 25, 2017
9:00AM-5:00PM

Kathie George Three-Day Workshop

Kathie George, known for her friendly, informative and energetic approach to teaching, has been a popular workshop instructor for over 20 years. She is best known for her "watercolor batik on rice paper" work. Her students say "she has an innate ability to know what a student needs and then shows them how to get there." This is one reason students return to her workshop over and over again. George helps beginning artists, whether they are new to her method or to painting in general, overcome some of the initial insecurity. A supplies list is available online and at Master the Possibilities. Kathie will have color pallets available for purchase. Full payment due at time of registration. No refunds within 30 days of workshop.



Course #: PAI602

- Instructor: Kathie George
- Classroom: Studio 9 on the Square
- Member: \$265, Non-Member: \$265
- Monday, Tuesday and Wednesday, March 6, 7 and 8, 2017
9:00AM-5:00PM

Marquetry, Pictures from Wood Veneer Inlay New!

Learn to paint with wood! The color variety and grain pattern in wood will be used to create beautiful pictures. Thin sheets of veneer will be hand cut, assembled and mounted for a finished masterpiece. All supplies will be provided.

Course #: PAI422

- Instructor: Carol Seidman
- Classroom: Studio 1
- Member: \$50, Non-Member: \$60
- Monday, Tuesday, Wednesday, February 6, 7 and 8, 2017
2:00-4:00PM



Oil & Water

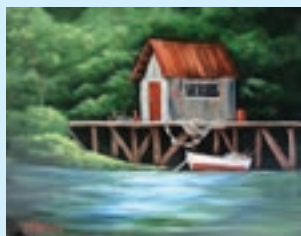
They say water and oil do not mix, but artist Tina Carchia will be teaching oil painting using Water Mixable oil paints! These paints act just like regular oil paints, except there is no use of any chemical solvents to thin paints or wash brushes. There is no sketching or drawing, as a traceable pattern is provided. Tina will take you step-by-step, at an easy to follow along pace, completing the project in only four hours! The use of all supplies and 11" x 14" canvas are included. Wearing old clothing is suggested. This painting project will be on display in the MTP office a month in advance of this class.

- Instructor: Tina Carchia
- Classroom: Studio 9 on the Square
- Member: \$55, Non-Member: \$65

"Dockside" New!

Course #: PAI138

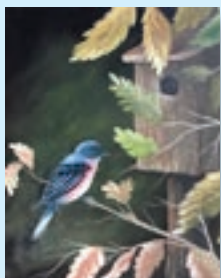
- Monday, May 22, 2017
9:00AM-1:00PM



"Open House" New!

Course #: PAI137

- Monday, April 24, 2017
9:00AM-1:00PM



"Sandpipers" New!

Course #: PAI135

- Monday, January 30, 2017
9:00AM-1:00PM



"Three Palms" New!

Course #: PAI136

- Monday, February 27, 2017
9:00AM-1:00PM



The Art of Reverse Glass Painting

Come learn something quite different as Tina teaches you the art of reverse glass painting. The combination of pen and ink, along with oil paints on plexiglass, makes for a very unique finished piece. There is no sketching or drawing. A traceable pattern is provided along with the use of all supplies needed for this class. Tina will take you step by step at an easy to follow pace through to a completed project in only four hours! Wearing old clothing is suggested. This painting project will be on display in the MTP office a month in advance of this class.

- Instructor: Tina Carchia
- Classroom: Studio 9 on the Square
- Member: \$45, Non-Member: \$50

Baby Owls New!

Course #: PAI417

- Monday, January 16, 2017
9:00AM-1:00PM



Barn Bird New!

Course #: PAI419

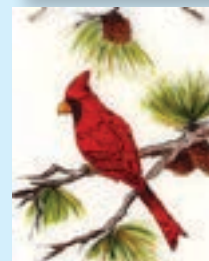
- Monday, March 27, 2017
9:00AM-1:00PM



Cardinal & Pinecones New!

Course #: PAI418

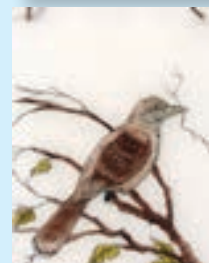
- Monday, February 20, 2017
9:00AM-1:00PM



Mockingbird New!

Course #: PAI420

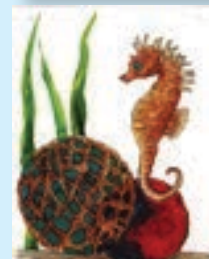
- Monday, April 17, 2017
9:00AM-1:00PM



Seahorse & Glass Floats New!

Course #: PAI421

- Monday, May 15, 2017
9:00AM-1:00PM



Paper Crafts



Brag Book Paper Mini-Album New!

Learn to make a paper mini-album that can hold your favorite pictures. It is a unique way to either display or carry your treasured moments that you have captured on camera. This album could also make an extra special greeting for someone. You will need to bring your favorite scrapbooking adhesive. You can also bring your photos (six to ten) to add or you can wait and add them later. All other materials will be supplied, including an envelope and instructions to make more. Color themes will vary.

Course #: PAP114

- Instructor: Beverly Wojnar
- Classroom: Studio 9 on the Square
- Member: \$10, Non-Member: \$15
- Saturday, April 22, 2017
10:00AM-12:00PM



Card Making

Join in the fun of card making! We will make six cards using several techniques, including stamping, embellishments, shaped cards and more. Each month, we will create cards of different themes. You will receive all of the materials to make six cards, along with the "blueprint" so you can make more on your own. You will need to bring scissors and scrapbooking adhesive, such as Tombow. Whether you are a beginner or a seasoned paper crafter, there will be something for everyone. Let's make greeting cards from our hearts to share with our family and friends.

- Instructor: Beverly Wojnar
- Classroom: Studio 9 on the Square
- Member: \$25, Non-Member: \$30
9:00AM-3:00PM

Birthday New!

Course #: PAP110

- Saturday, February 11, 2017

Easter & Thinking of You New!

Course #: PAP111

- Saturday, March 18, 2017

Floral Blank Cards New!

Course #: PAP112

- Saturday, April 8, 2017



Friends & Family New!

Course #: PAP113

- Saturday, May 13, 2017

Sympathy & Get Well New!

Course #: PAP109

- Saturday, January 14, 2017



ARTS & HUMANITIES | Arts: Paper Crafts

Storytelling: Big Thoughts in Tiny Boxes

Using small, metal, mint boxes, your story can have a huge impact. For our first class (one hour long), we'll discuss all that you'll need to know to create a piece of art that conveys your thoughts effectively, as well as one that is pleasing to the eye. You'll have a week between classes to gather materials that will make your mini-diorama unique. In our second class (three hours long), you'll put all that you've learned into creating your own miniature artwork and then show it off to the class. Some materials will be provided.

Course #: PAP401

- Instructor: Diane Cahal
- Classroom: Studio 9 on the Square
- Member: \$15, Non-Member: \$20
- Fridays, March 3 and 10, 2017
1:30-4:30PM

Monoprinting Workshop New!

Learn to make original one-of-a-kind prints using a variety of art materials. Each print is individually created and designs cannot be duplicated through this printing process. This is a workshop of experimenting and exploring for some planned and unplanned results.

Please bring at least five different types of paper 8.5" x 11" or larger. Papers can include brown paper bags, etc. with non-gloss surfaces. All other supplies will be included. All levels welcome.



Course #: PAP108

- Instructor: Jan Hitchcock
- Classroom: Studio 9 on the Square
- Member: \$50, Non-Member: \$60
- Tuesday, March 14, 2017
10:00AM-2:00PM

Rubber Stamping ROCKS!

Participants will create projects using rubber stamps and other mixed media products. Projects will include greeting cards, fancy fold cards, cards that have movement, boxes, bags, and other 3-D items. Many techniques will be used on the projects. All supplies are provided.

Course #: PAP103

- Instructor: Charlene Leasor
- Classroom: Studio 9 on the Square
- Member: \$20, Non-Member: \$25
- Wednesday, January 11, 2017
10:00AM-12:00PM
- **OR** Wednesday, February 8, 2017
10:00AM-12:00PM
- **OR** Wednesday, March 8, 2017
10:00AM-12:00PM
- **OR** Wednesday, April 12, 2017
10:00AM-12:00PM
- **OR** Wednesday, May 10, 2017
10:00AM-12:00PM



Scrapbook Page Layouts New!

No matter if you are a beginner or a seasoned scrapbooker, don't you always feel like you want new ideas? In this class, we will complete two different two-page layouts and we will be using different techniques, materials and ideas to create beautiful additions to your scrapbooks. February's theme is "Spring"; April's theme is "Summer". You will receive all of the materials to complete two, 12" x 12" two-page layouts. Please bring a paper cutter, your favorite scrapbooking adhesive and scissors to this class. You can also bring photos to place on your layout or you can add pictures later. All other materials will be supplied, including a blueprint of the layout so you can use it again. Join the scrapbooking fun!

Course #: PAP115

- Instructor: Beverly Wojnar
- Classroom: 3
- Member: \$20, Non-Member: \$25
- Thursday, February 23, 2017
5:30-7:30PM
- **OR** Thursday, April 27, 2017
5:30-7:30PM

Stamp-A-Stack New!

Are you looking for a great hobby and stress reliever? Rubber stamping is cheaper than therapy! Want a card stash at home that you can pull from to send to friends and family? Would you like a fun and unique way to spend a few hours with friends? You will leave this class with a stack of 10 cards with envelopes you made that you can proudly send to loved ones. Come join the fun!

Course #: PAP116

- Instructor: Charlene Leasor
- Classroom: Studio 9 on the Square
- Member: \$25, Non-Member: \$30

- Saturday, January 28, 2017
10:00AM-1:00PM
- **OR** Saturday, February 25, 2017
10:00AM-1:00PM

Photography



Photo Safari at Sholom Park

Take a walk with award-winning photographer Diane Cahal as she teaches her tips and tricks for creating memorable photographs. This class is designed for all photographers using smart phones, single lens reflex cameras, digital or film. Each class is personalized to your needs. We will meet at the pavilion (at the western end of the parking lot) of Sholom Park and then trek the many trails, learning as we go. Be sure to bring along your camera's manual, tripod and wear comfy shoes.



Course #: PHO420

- Instructor: Diane Cahal
- Classroom: Sholom Park
- Member: \$15, Non-Member: \$20
- Wednesday, January 25, 2017
9:00-11:00AM
- **OR** Tuesday, February 21, 2017
9:00-11:00AM
- **OR** Tuesday, March 21, 2017
9:00-11:00AM

Photography with Bruce Colorizing Black and White Photos New!

Black-and-white photographs were popular in the early 19th century. It took nearly a half century for people to switch from B/W photos to color photos. As a result, many B/W photos still exist in our lives. However, the world cannot only be in black and white. Color can help to tell a story, and it can be used to communicate on an emotional level. However color photos fade with time. In this class professional photographer and instructor Bruce Bouley will demonstrate, using Photoshop Elements 14, how to change that black and white photo to color. It is not as hard as you think. If you really want to impress your family and friends, just think of colorizing baby photos, your parents' wedding photos, and portraits of those that served in the military. Learn how to change those images into color and surprise everyone.



Course #: PHO415

- Instructor: Bruce Bouley
- Classroom: 2
- Member: \$10, Non-Member: \$15
- Thursday, January 12, 2017
6:00-8:00PM

Digital Photography for Beginners New!

This class, designed strictly for beginners, provides for a solid grounding in the skills and tools you will need to explore the wonderful world of digital photography. Today's cameras put an amazing amount of power in the hands of amateur photographers, but it's not always easy to make use of it. All those buttons, dials, and settings can be pretty intimidating. Professional photographer and instructor Bruce Bouley helps beginners understand what's going on inside your camera, explaining fundamentals like what an aperture is and how shutter speed works. Learn basics such as how to hold the camera, what various modes mean and when to use them. Bruce will introduce you to the basics of photo composition to take your photos to the next level.

Course #: PHO107

- Instructor: Bruce Bouley
- Classroom: 2
- Members: \$10, Non-Members: \$15
- Wednesday, January 25, 2017
4:00-6:00PM

ARTS & HUMANITIES | Arts: Photography

Enter the World of Macro/Close-Up Photography New!

It's a small world, and capturing it with a photograph can be challenging. In this class, professional photographer and instructor Bruce Bouley takes you on a fantastic voyage into the realm of the tiny, detailing the gear and shooting techniques necessary to capture extreme close-ups of everything from products to insects. Bruce will also explore working with extremely shallow depth of field, focusing, lighting, and more. The course also explores advanced close-up tools and post-processing techniques, such as using Adobe Photoshop Elements. We will have a hands-on workshop to practice our macro/close-up photography techniques so bring your camera.

Course #: PHO418

- Instructor: Bruce Bouley
 - Classroom: 1
 - Member: \$10, Non-Member: \$15
-
- Thursday, March 23, 2017
3:00-5:00PM

Foundation of Photography: Shooting & Processing HDR New!

In this class, professional photographer Bruce Bouley describes the concepts and techniques behind high dynamic range (HDR) photography. This technique creates images that have a wider range between the lightest and darkest areas of a scene than a digital camera can typically capture. The class includes background on dynamic range; on how camera sensors detect shadows; and on the kinds of subjects that benefit from HDR. Bruce will describe and demonstrate several methods of generating HDR images. The class also covers how to take multi-exposure HDR (involves shooting several photos of a scene each at a different exposure) and then combine them using software tools. Bruce will demonstrate how to use Photoshop, Lightroom and the popular Photomatrix software to process HDR images.

HDR is not for everyone, but it allows the photographer to capture what the eye sees and the camera misses.

Course #: PHO303

- Instructor: Bruce Bouley
 - Classroom: 3
 - Member: \$10, Non-Member: \$15
-
- Saturday, April, 8, 2017
10:00AM-12:00PM

Introduction to Astrophotography New!

Our cameras get most of their workouts during the daytime, when there's plenty of light from the sun to illuminate our subjects. If we shoot at night, it's usually with a flash attached to brighten things up, or with long exposures using man-made light from our streets or houses. That big dark sky above us at night seems to offer little that we can see or photograph... but that's not the case. There's not just a whole other world of things to take pictures of in that dark sky -- there's a whole universe of opportunity. This class will provide the basics to let you start taking dramatic photos of the sky at night. Astrophotography is the name given to the process of taking pictures of anything not on the Earth, but out in space. This class will show you how to start making photos with equipment almost every photographer has on hand, progress to the next level with some simple equipment you can buy inexpensively or make yourself, and finish with what you can do if you decide to invest in some specialized (and sometimes expensive) equipment. You will learn what settings to use on your camera to shoot the moon, star trails and the Milky Way. This course will be classroom and two night workshops of shooting the night sky. One night shooting the stars and creating star trails and the other night shooting the moon to get to see all those craters.

Required equipment: Digital Camera that has Manual Mode, Tripod, Shutter Release (not required but helpful), A wide-angle lens and a telephoto/ or a zoom lens that covers both wide-angle and telephoto focal lengths, flashlight, warm clothing.

Course #: PHO302

- Instructor: Bruce Bouley
 - Classroom: Classroom2
 - Members: \$10, Non-Members: \$15
-
- Class: Saturday, May 6, 2017
10:00AM-12:00PM
 - Field Trips: Monday and Saturday, May 8 and 20, 2017
8:00-10:00PM (weather permitting)



Photo Composition from Beginning to End New!

Composition can make an interesting subject bland or make an ordinary subject appear beautiful. Day 1 of this course, professional photographer and Instructor Bruce Bouley explores the concepts of composition, from basics such as the rule of thirds to more advanced topics such as the way the eye travels through a photo. The course addresses how the camera differs from the eye and introduces composition fundamentals, such as balance and point of view. Bruce also examines the importance of leading lines, light, and color in composition, and looks at how composition can be improved with a variety of post-editing techniques. Interspersed throughout the course on Day 2 will be an in the field trip photographic workshop session that will capture the creative energy of a group of photography students; shooting assignments will be given to each student to complete on the field trip; and on day 3 a critique and analyses of the work of the student photographers from the photographic field trip and post editing to improve composition. Having your camera for this class is a must.

3 Day Course (Day 1 Classroom Theory about Photo Composition 3 Hours, Day 2 Photographic workshop at Rainbow Springs or Silver Springs SP, Day 3 - Classroom Critiquing the Students Photographs - 2 Hours)

Course #: PHO419

- Instructor: Bruce Bouley
- Classroom: Field Trip
- Member: \$25, Non-Member: \$30

- Wednesdays and Saturday, April 19, 22 and 26, 2017
3:00-6:00PM

Note: Saturday field trip will be held 11:00 AM-2:00PM

Shooting in Raw- RAW vs. JPEG New!

You hear experienced photographers say it all the time: shoot RAW format to get the best quality. But what does “RAW” really mean? Does it guarantee better image quality? And where does the RAW/DNG format come into play? In this course, photographer and instructor Bruce Bouley shines a light on what it means to shoot in raw—and what it doesn’t. Learn the benefits of shooting in raw, learn when your camera’s RAW+JPEG mode makes more sense, and learn how to edit those raw files using Adobe Camera Raw. Adobe Camera Raw was only available with Photoshop CC but Adobe has now made it available in a limited edition in Photoshop Elements 14. Be sure to bring your camera. No prior knowledge of photography is required.

Course #: PHO417

- Instructor: Bruce Bouley
- Classroom: 3
- Member: \$10, Non-Member: \$15

- Thursday, March 9, 2017
3:00-5:00PM

Taking Good Photos in Bad Light New!

Many photographers know that the ideal time of the day to take photos is in the Golden Hours – the beginning or ending of a day when the light is softer, warmer and directional and the sun is not already on the sky to create those tedious shadows, like it is in midday. Unfortunately, photos cannot be taken only in the mornings or evenings, photographers need to take photos whenever they find the perfect moment. Whether it is on vacation, at a party, at a wedding or just a simple evening, taking photos in unfavorable conditions could be a little challenging. Professional Photographer and Instructor, Bruce Bouley, will share some tips that have worked for him when photographing in bad lighting conditions — something which every photographer experiences at some point.

Course #: PHO416

- Instructor: Bruce Bouley
- Classroom: 3
- Member: \$10, Non-Member: \$15

- Saturday, February 11, 2017
10:00AM-12:00PM

What’s New In Photoshop Elements 15? New!

Another year has come and gone and Adobe has followed suit with it’s newest version of Photoshop Elements. In October 2016 Adobe released Photoshop Elements 15. If you have an earlier version of Photoshop Elements and want to see what’s new in Photoshop Elements 15 before you purchase it or you just purchased Photoshop Elements 15 and want to know about the new features then this is the class for you. Bruce will show you some of the new features in both the Photoshop Elements 15 Organizer and the Photoshop Elements 15 Editor. This is a demonstration using Photoshop Elements 15. If you have Photoshop Elements 15 and want to follow along feel free to bring you Laptop with Elements 15 installed to class. Knowledge of post editing or Photoshop Elements is not required.

Course #: PHO421

- Instructor: Bruce Bouley
- Classroom: 2
- Member: \$10, Non-Member: \$15

- Wednesday, February 15, 2017
3:00-5:00PM

Photography with John



- Instructor: John Ware
- Classroom: 2
- Member: \$10, Non-Member: \$15

Fun With Photoshop Elements Filters

There are many photography editing software packages on the market today. Photoshop Elements is one of the most powerful. One of its features is a variety of filters that can enhance and improve photos. Have you ever taken a photo that just didn't turn out like you expected? Well, you can take that photo and use one of Elements' filters to create a different photograph that you will be happy to share or even print and frame. This class will give you some ideas that will peak your creativity. A basic understanding of computers and photo editing software is helpful but not essential for this class.

Course #: PHO408

- Wednesday, January 18, 2017
1:00-3:00PM
- **OR** Monday, April 17, 2017
2:00-4:00PM



Night and Low Light Photography

Have you ever attempted to photograph the moon and only get a bright blob for your efforts? How about shooting fireworks without the results you were looking for? Night and low light photography presents special challenges. Although not essential, it is much easier to get excellent results with a Digital Single Lens Reflex (DSLR) camera since manual adjustments can be made to the camera settings. This course will give you information that will get you started in taking those elusive night shots.

Course #: PHO409

- Wednesday, February 8, 2017
12:30-2:30PM
 - **OR** Friday, April 21, 2017
1:00-3:00PM
-

Photoshop Elements: Basic Photo Editing

Do you have a photograph that just didn't come out as you expected? Perhaps all it needs is a little photo editing to make it into something you would proudly hang on your wall. This course will demonstrate basic photo editing tools available using Photoshop Elements -- photo straightening, exposure, color, contrast, and cropping. These basic techniques can enhance that special photograph into a keepsake worthy of sharing and display. Photoshop Elements is a very powerful editing software that can dramatically change a photograph's appearance at a nominal cost. Class will be a demonstration, students are welcome to bring a laptop with the program installed if they wish.

Course #: PHO102

- Monday, March 13, 2017
9:00-11:00AM
 - **OR** Monday, May 1, 2017
2:00-4:00PM
-

What To Do With All Of Those Photos

Okay, you have captured some amazing photographs. Now what? Do you have a bunch of photographs sitting on your computer hard drive never to be seen again? This class will give you some ideas of how to organize and download all of those photographs, as well as ideas on sharing them. No experience with photography software or computers is necessary, however, a basic understanding will be helpful.

Course #: PHO410

- Friday, February 17, 2017
1:00-3:00PM
- **OR** Monday, May 8, 2017
1:00-3:00PM

Polymer Clay



Intermediate Polymer Clay Cane Making with Connie Ferreira New!

This two-day class builds upon the basic methods found in the Simple Polymer Clay Cane Making class. However, if you already are familiar with the cane making process, there is no problem taking this class. We will be building colorful and/or monochromatic canes with more complex designs by using simple canes and/or other shapes in combination. All supplies are provided.



Course #: PLY202

- Instructor: Connie Ferreira
- Classroom: Studio 10 on the Square
- Member: \$50, Non-Member: \$60
- Tuesdays, February 21 and 28, 2017
10:00AM-12:30PM

Making Polymer Clay Beads

We will be using polymer clay cane slices, assorted colors and shapes to cover scrap clay to make beads that can be used for making earrings, necklaces or bracelets. All supplies are provided.

Course #: PLY401

- Instructor: Connie Ferreira
- Classroom: Studio 9 on the Square
- Member: \$50, Non-Member: \$60
- Thursdays, February 2 and 9, 2017
1:30-4:00PM
- OR Thursdays, February 23 and March 2, 2017
1:30-4:00PM

Making Polymer Clay Easter Eggs New!

We will be covering various sizes of plastic eggs with a thin layer of polymer clay. Then, using cutters to make clay shapes (such as stars, petals, dots, etc) we will create designs on the surface that may be decorated with beads and pearl-x powders. Several eggs can be made. All supplies are provided.

Course #: PLY103

- Instructor: Connie Ferreira
- Classroom: Studio 9 on the Square
- Member: \$30, Non-Member: \$35
- Thursday, March 23, 2017
1:30-4:00PM
- OR Thursday, April 6, 2017
1:30-4:00PM

Simple Polymer Clay Cane Making with Connie Ferreira

This two-day class will be hands-on learning. We will be conditioning plastic clay, in various colors, and then using them to construct a tube (also called a CANE) that has a design running the entire length of the cane. We will make several simply-designed canes which can be used to make beads, cover diverse articles or be combined to produce a whole new cane design. All supplies are provided.

Course #: PLY102

- Instructor: Connie Ferreira
- Classroom: Studio 10 on the Square
- Member: \$50, Non-Member: \$60
- Tuesdays, January 17 and 24, 2017
10:00AM-12:30PM

Pottery



Lacy Vase with Denise Meyer New!

Denise Meyer is back as a guest artist this semester! In this class, create a unique vase using slabs of clay mixed with clay worms (long thin rolls) inside a puzzle-vase mold and, ta-da, you have a beautiful vase. The first class is for making the vase and the second class is for glazing your vase with many colors to choose from. This is a fun and easy class, with “I really made that?” results; excellent for beginners. All levels welcome. Samples can be found in the MTP office.



Course #: POT435

- Instructor: Denise Meyer
- Classroom: Studio 2
- Member: \$30, Non-Member: \$35
- Fridays, February 3 and 17, 2017
12:30-3:30PM

Advanced Lacy Vase with Denise Meyer New!

Using what you learned in the Lacy Vase class, this course enables you to take your skills to the next level. Prior clay experience is required as this class is intended for the intermediate to advanced student. The first class is for making the vase and the second class is for glazing your vase with many colors to choose from. Samples can be found in the MTP office.

Course #: POT301

- Instructor: Denise Meyer
- Classroom: Studio 2
- Member: \$30, Non-Member: \$35
- Fridays, March 3 and 17, 2017
12:30-3:30PM



Animal Sculpture in Clay New!

Build your favorite animal or pet using pottery clay. You can focus on sculpting a portrait bust (head) or assemble your entire best friend. Bring numerous photos of the animal that are clear, large, and not blurry. Photos should include a variety of angled shots: side views, back head, close-ups, etc. We will meet for four hours during the first session; building, drying and hollowing on January 23, 2017, from 10:00 a.m. until 2:00 p.m. An optional lunch break is included. The second session will meet for one and a half hours on January 30, 2017, from 10:00 until 11:30 a.m.

Course #: POT201

- Instructor: Jan Hitchcock
- Classroom: Studio 2
- Member: \$55, Non-Member: \$65
- Mondays, January 23 and 30, 2017
10:00-11:30AM

April Open Studio Clay Lab

This lab is designed for you to work on your own project design and you will have access to instructor guided independent clay time. Clay, glaze, and firing included. Project must be approved by instructor. To register for this class you must have prior clay experience.

Course #: POT217

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$70, Non-Member: \$80
- Wednesdays, April 5, 12, 19, and 26, 2017
12:30-3:30PM

Bella Bells in Clay New!



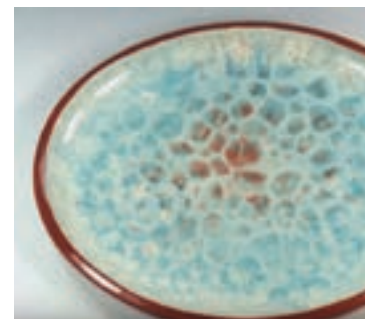
Building and sculpting a clay bell is a creative process with numerous possibilities in construction, sound and decoration. Come and explore the many unusual variations you can discover in this enjoyable endeavor, complete with ringer. We will meet for three hours during the first session on April 10, 2017, from 10:00 a.m. until 1:00 p.m. The second session will meet for two hours on April 17, 2017, from 10:00 a.m. until 12:00 p.m.

Course #: POT202

- Instructor: Jan Hitchcock
- Classroom: Studio 2
- Member: \$55, Non-Member: \$65
- Mondays, April 10 and 17, 2017
10:00AM-12:00PM

Bubble Splatter Platter New!

Very fun bubble glazing technique onto furnished, bisque, square platter. Any beginner to advanced student will enjoy blowing bubbles of color.



Course #: POT425

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$40, Non-Member: \$45
- Tuesday, January 10, 2017
1:00-3:00PM

Clay Plate Making New!

In this class, you will learn an easy way to make clay plates. Decorate your way, a set of two plates in this two-day class. Many decorating options are available to explore. Beginner to Advanced students welcome.



Course #: POT431

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$35, Non-Member: \$40
- Tuesdays, March 21 and 28, 2017
12:30-3:30PM

Clay Slip Balloon Bowl New!

What a wild and fun way to make a textured bowl! Cutting paper and dipping it into liquid-clay slip and then forming it on a balloon is the method we will use in this class. The bigger your balloon, the bigger your bowl. This is a two-day class. All levels welcome.

Course #: POT429

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$40, Non-Member: \$45
- Tuesdays, March 7 and 14, 2017
10:00AM-1:00PM

ARTS & HUMANITIES | Arts: Pottery

Cute Critter Pinch Pot New!

Make a whacky critter sculpture in this two-day class. Let your creativity run wild and imagine a dog, cat, rabbit, bird, or any animal you can think of. First class is for making, second class is for glazing.

Course #: POT433

- Instructor: Gail Ashford
 - Classroom: Studio 2
 - Member: \$35, Non-Member: \$40
 - Fridays, April 21 and 28, 2017
12:30-3:30PM
-

Crazy Pinch Pot Bird

Create a zany bird bowl or small pitcher using the pinch pot method to make the body, then add all the crazy beaks, tails, wings, and feet to create your one-of-a-kind bird. You can also choose to make any kind of animal you'd like. First class is for building the bird or animal and the second class is for glazing in bright, crazy colors. All levels of expertise welcome. Samples located in the MTP office.



Course #: POT436

- Instructor: Denise Meyer
 - Classroom: Studio 2
 - Member: \$30, Non-Member: \$35
 - Fridays, February 10 and 24, 2017
1:00-3:00PM
-

Designer Bowls New!

Design your own furnished, bisque bowl using silkscreens and glaze. It's easy and lots of fun to get images onto bowls with various images and color choices. This class is open to all levels.

Course #: POT427

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$40, Non-Member: \$45
- Thursday, January 19, 2017
10:00AM-12:00PM



Designer Eyelash Yarn Glazed Sushi Platter New!



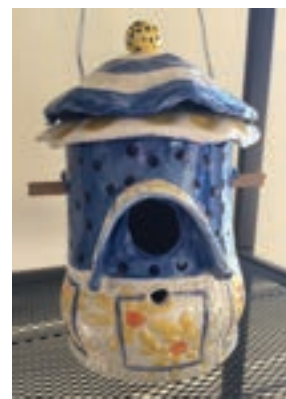
This is a glazing class. Design your own large, square, sushi platter using the eyelash yarn technique. The platter is furnished, as well as the glaze and firing. You pick your colors and make a masterpiece. All levels welcome.

Course #: POT430

- Instructor: Gail Ashford
 - Classroom: Studio 2
 - Member: \$40, Non-Member: \$45
 - Friday, March 10, 2017
12:30-3:30PM
-

Fanciful Bird House New!

Build a round bird house using the slab building method. With colorful walls and leaf covered roofs, all the neighborhood birds will want to nest in your unique bird abode. May be made for decoration only. First class is for creating the bird house and the second class is for your customized glazing. Some clay experience is required for this intermediate class. Samples can be found at the MTP office.



Course #: POT219

- Instructor: Denise Meyer
- Classroom: Studio 2
- Member: \$30, Non-Member: \$35
- Thursdays, March 9 and 16, 2017
12:30-3:30PM

February Open Studio Clay Lab

This lab is designed for you to work on your own project design and you will have access to instructor guided independent clay time. Clay, glaze and firing included. Project must be approved by instructor. To register for this class you must have prior clay experience.

Course #: POT215

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$70, Non-Member: \$80
- Wednesdays, February 1, 8, 15, and 22, 2017
12:30-3:30PM

Funky Fish Platter

Gotta love a smiling fish! Use this as a serving tray or fun decor. Many color choices for the beginner or advanced student, easy to make and easy to texturize. Two-day class with first day for constructing your fish and second for glazing. All supplies included.



Course #: POT434

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$35, Non-Member: \$40
- Thursday, May 4 and 11, 2017
12:30-3:30PM

January Open Studio Clay Lab

This lab is designed for you to work on your own project design and you will have access to instructor guided independent clay time. Project must be approved by instructor. To register for this class you must have prior clay experience and meet with instructor at a scheduled time to set project approval.

Course #: POT214

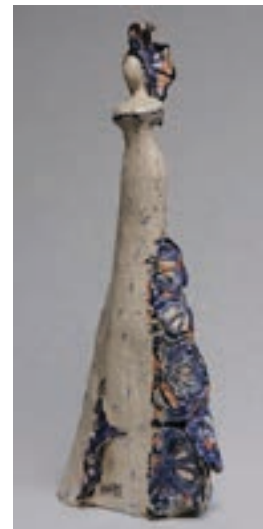
- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$50, Non-Member: \$60
- Wednesdays, January 11, 18 and 25, 2017
12:30-3:30PM

Lady Totem Sculpture New!

Hand-build a whimsical lady out of clay. It's fun and the steps are easy. Beginners to advanced students are welcome. This is a two-day class. The first day is for making the totem, the second day is for glazing.

Course #: POT428

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$40, Non-Member: \$45
- Thursdays, February 16 and 23, 2017
12:00-3:00PM



Leafy Tray with Handles

Back by popular demand! Easily make a functional, leafy, tray with handles. This is a two day class - the first day is for making (two hours), the second day is for glazing (three hours). No prior experience necessary, you can make a masterpiece!



Course #: POT419

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$35, Non-Member: \$40
- Tuesdays, February 7 and 14, 2017
10:00AM-1:00PM

March Open Studio Clay Lab

This lab is designed for you to work on your own project design and you will have access to instructor guided independent clay time. Clay, glaze, and firing included. Project must be approved by instructor. To register for this class you must have prior clay experience.

Course #: POT216

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$75, Non-Member: \$85
- Wednesdays, March 1, 8, 15, 22, and 29, 2017
12:30-3:30PM

ARTS & HUMANITIES | Arts: Pottery

May Open Studio Clay Lab

This lab is designed for you to work on your own project design and you will have access to instructor guided independent clay time. Clay, glaze, and firing included. Project must be approved by instructor. To register for this class you must have prior clay experience.

Course #: POT218

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$50, Non-Member: \$60
- Wednesdays, May 3, 10 and 17, 2017
12:30-3:30PM

Puzzled Vase New!

Learn to make pottery vase from our molds and then use the clay puzzling technique to form your masterpiece. Open to the first-time beginner to the advanced student. Even if you have never attempted pottery before, achieve a lovely outcome!



Course #: POT426

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$40, Non-Member: \$45
- Tuesdays, January 17 and 24, 2017
10:00AM-12:30PM

Swiss Chard Print Tray New!

Veggie print fun! Many color options are available to make this tray with or without handles. This is a two-day class. The first class we will be making the tray, the second class is for glazing. All levels welcome.



Course #: POT432

- Instructor: Gail Ashford
- Classroom: Studio 2
- Member: \$35, Non-Member: \$40
- Thursdays, April 6 and 20, 2017
12:30-3:30PM

Textured Slab Containers New!

Students will use pottery clay slabs to build unique and creative covered (or not) containers with textured “building blocks” for construction. Each will be individual and one-of-a-kind. Many varieties of texture will be available for students’ use. We will meet for three and a half hours during the first session on March 20, 2017, from 10:00 a.m. until 1:30 p.m. The second session will meet for one and a half hours on March 27, 2017, from 10:00 until 11:30 a.m. All levels welcome.

Course #: POT423

- Instructor: Jan Hitchcock
- Classroom: Studio 2
- Member: \$55, Non-Member: \$65
- Mondays, March 20 and 27, 2017
10:00-11:30AM

Whimsical Whistles New!

Learn to sculpt a clay character that is a whistle that actually works if you have the patience to meet this challenge. Your final sculpture can be a humorous animal, person or object. It can be colorful or monochromatic...so many choices to test your creativity! We will meet for three and a half hours during the first session on February 6, 2017, from 10:00 a.m. until 1:30 p.m. The second session will meet for one and a half hours on February 13, 2017, from 10:00 a.m. until 11:30 a.m. All levels welcome.

Course #: POT424

- Instructor: Jan Hitchcock
- Classroom: Studio 2
- Member: \$55, Non-Member: \$65
- Mondays, February 6 and 13, 2017
10:00-11:30AM

Creative Cartooning

In just two short hours, explore how to think creatively and develop simple characters from an experienced editorial cartoonist and illustrator. Begin with learning how to construct circled squares, discover how to think creatively, build simple characters, and then understand how to put it all together. Rob Smith uses some of America's most interesting presidents as the focus of his demonstration on how to build characters on paper.



Course #: DRA404

- Instructor: Rob Smith, Jr.
- Classroom: 3
- Member: \$5, Non-Member: \$10
- Thursday, January 12, 2017
10:00 AM-12:00 PM

Telling Stories through Art and Cartooning

Words are not the only way to tell great stories. Stories can be told through well-crafted pictures. This class teaches how to create these picture stories, also known as sequential storytelling. Learn how to create a basic character, write a story or gag, design the setting, and layout the story in panels. The goal is for each person to produce their very own four panel story by the end of the course.

Course #: DRA405

- Instructor: Rob Smith, Jr.
- Classroom: 2
- Member: \$90, Non-Member: \$100
- Mondays, February 6, 13, 20, 27, March 6, 13, and 20, 2017
12:30-2:30 PM





Lawyer
Rachel Wagoner

Lawyer
Jerry Colen

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Call or email to schedule an appointment at our Ocala office.

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The hiring of an attorney is an important decision that should not be based solely on advertisements. Before you decide, ask us to send you free written information about our qualifications and experience.

Humanities

Languages



Basic Survival French

Students who are eager to learn the basics of French conversation, to get along in France or Quebec, or to brush up on the basics are welcome in this class. The curriculum will be molded to the class' needs and interest. Soyez le bienvenu! NOTE: You will need to purchase French Made Simple by Pamela Rose Haze (Ed. ISBN 0-7679-1859-2 available at Amazon.com, on Kindle or at Barnes & Noble for \$8 - \$13).

Course #: LAN105

- Instructor: Dick Riberdy
- Classroom: 3
- Member: \$30, Non-Member: \$35
- Tuesdays, January 17, 24, 31, February 7, 14, 21, March 7, and 14, 2017
- No class on February 28.
10:00-11:00AM

Intermediate French

Students who already have a knowledge of French and wish to improve or refresh their language skills should take this class. The curriculum will be molded to meet the class' needs and interests. Tous les francophones sont invités à participer avec nous dans ce voyage linguistique. NOTE: You will need to purchase Read & Think French w/audio CD (Paperback, ISBN 78-0-07-170233-1 available at Amazon.com or at Barnes & Noble for \$11- \$20).

Course #: LAN204

- Instructor: Dick Riberdy
- Classroom: 3
- Member: \$30, Non-Member: \$35
- Tuesdays, January 17, 24, 31, February 7, 14, 21, March 7, and 14, 2017
- No class on February 28
11:30AM-12:30PM

Beginning German for True Beginners



If you have had no experience with the German language but would like to learn it for just for fun, this class is for you. No previous knowledge of German is required. You will learn the basic German phonetics and simple German conversation.

Course #: LAN101

- Mary Hamblen
- Classroom: 2
- Member: \$30, Non-Member: \$35
- Mondays, January 9, 16, 23, 30, February 6, and 13, 2017
4:00-5:00PM
- **OR** Mondays, February 27, March 6, 13, 20, 27, and April 3, 2017
4:00-5:00PM

ARTS & HUMANITIES | Humanities: Languages

German Level II



Continue beyond the level of the Beginning German - Level 1. Students will practice their pronunciation, conversation, and reading in German.

Course #: LAN201

- Instructor: Mary Hamblen
- Member: \$30, Non-Member: \$35
- Classroom: 2
- Thursdays, January 12, 19, 26, February 2, 9, and 16, 2017
4:00-5:00PM
- **OR** Thursdays, March 2, 9, 16, 23, 30, and April 6, 2017
4:00-5:00PM

German: Advanced Level

Continue on from previous levels of German. The class will emphasize pronunciation, conversation, reading and some grammar in German. For those students who did not take the course, you can be evaluated by the instructor to see if you can join the class.

Course #: LAN301

- Instructor: Mary Hamblen
- Classroom: 2
- Member: \$30, Non-Member: \$35
- Saturdays, January 14, 21, 28, February 4, 11, and 18, 2017
10:00-11:00AM
- **OR** Saturdays, March 4, 11, 18, 25, and April 1, 2017
10:00-11:00AM

Spanish Conversation New!



Studies have shown that being exposed to spoken language helps the brain absorb it, even if you do not totally understand what is being said!

This course will give the opportunity to practice conversation in Spanish to students who have completed our "Spanish for Travelers" program, while joining other participants who are at various levels of fluency. In an unstructured way, we will discuss a variety of topics from everyday life, newspapers, TV shows, read books out loud to the group, tell stories/jokes, role play scenes, etc. Our objective is to enjoy ourselves while we practice conversation in Spanish.

Course #: LAN304

- Instructor: Maria Lereida Perez
- Classroom: 3
- Member: \$40, Non-Member: \$45
- Wednesday, February 1, 8, 15 and 22, 2017
10:30AM-12:00PM

Spanish for Travelers Level I

Make your trip to a Spanish speaking country more enjoyable by learning the essentials of the language. You will find that most Spanish speakers will go out of their way to help and encourage you if you attempt to communicate in their language. Learn practical and useful vocabulary, expressions and grammar for real life situations. Make the most of your time and get results in a fun way quickly and easily.

It is mandatory for you to purchase "Spanish in 10 minutes a day" (Ed. ISBN 0-944502-59-9) available at Amazon.com starting at \$17. Barnes & Noble has the book including a CD for \$49.

Course #: LAN104

- Instructor: Maria Lereida Perez
- Classroom: 2
- Member: \$40, Non-Member: \$45
- Tuesdays, February 7, 14, 21 and 28, 2017
10:30AM-12:00PM

Spanish for Travelers Level II

Make your trip to a Spanish speaking country more enjoyable by learning the essentials of the language. You will find that most Spanish speakers will go out of their way to help and encourage you if you attempt to communicate in their language. Learn practical and useful vocabulary, expressions and grammar for real life situations. Make the most of your time and get results in a fun way quickly and easily.

It is mandatory for you to purchase "Spanish in 10 minutes a day" (Ed. ISBN 0-944502-59-9) available at Amazon.com starting at \$17. Barnes & Noble has the book including a CD for \$49.

Course #: LAN203

- Instructor: Maria Lereida Perez
- Classroom: 2
- Member: \$40, Non-Member: \$45
- Tuesdays, March 7, 14, 21 and 28, 2017
10:30AM-12:00PM

Spanish for Travelers Level III

Make your trip to a Spanish speaking country more enjoyable by learning the essentials of the language. You will find that most Spanish speakers will go out of their way to help and encourage you if you attempt to communicate in their language. Learn practical and useful vocabulary, expressions and grammar for real life situations. Make the most of your time and get results in a fun way quickly and easily.

It is mandatory for you to purchase "Spanish in 10 minutes a day" (Ed. ISBN 0-944502-59-9) available at Amazon.com starting at \$17. Barnes & Noble has the book including a CD for \$49.

Course #: LAN303

- Instructor: Maria Lereida Perez
- Classroom: 2
- Member: \$40, Non-Member: \$45
- Tuesday, April 4, 11, 18 and 25, 2017
10:30AM-12:00PM



The Challenges & Hilarity of the English Language New!

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

Course #: LAN401

- Instructor: Dennis Meredith
- Classroom: 1
- Member: Free, Non-Member: \$5
- Tuesday, March 28, 2017
10:00-11:00AM

Literature & Writing

'Doggon Good' Mysteries New!

Meet Attorney Andy Carpenter. He is an unabashed animal lover, who has a reputation for saving both dogs and humans from Death Row. With the help of his beloved golden retriever Tara, Andy solves cases and wins courtroom battles in this acclaimed series of legal thrillers by author, David Rosenfelt. We will read the first five books in this series. Come each month and enjoy some dog bone shaped cookies as we discuss the 'doggon' good plot and solve puzzles especially created for each book!

Each book can be obtained from the Freedom Public Library. They are also available on audio CDs.

Ask for a book description list from the Master the Possibilities staff.

Course #: LIT124

- Instructor: Sharon Carey
- Classroom: 4
- Member: \$5, Non-Member: \$10 (per session)
- 2:00-3:00PM

Open and Shut

Tuesday, January 24, 2017

First Degree

Tuesday, February 21, 2017

Bury the Lead

Tuesday, March, 21, 2017

Sudden Death

Tuesday, April 18, 2017

Dead Center

Tuesday, May 23, 2017

Creative Writing - Fiction New!



This class will discuss and practice the essentials of short stories and novels. Participants will have the opportunity to share their original works or the suggested exercises followed by class discussion and review. Information on publishing, professional editing, contests, etc. will be minimal. The emphasis will be on the writing process, continual improvement, and creating compelling and interesting works.

Course #: LIT113

- Instructor: Don Wright
- Classroom: 4
- Member: Free, Non-Member: \$5
- Tuesdays, January 17, 31, February 14, 28, March 14 and 28, 2017
3:00-4:30PM



Florida Author Storytellers



Al Burt: Florida's Special People and Places

Al Burt is one of Florida's finest authors. His colorful books celebrate the old Florida and the places that make Florida special. A University of Florida journalism graduate, he began as a reporter and columnist with the Miami Herald covering Washington, Latin America, the Caribbean and Florida. In 1974, he retired and moved from Miami to Melrose, Florida where he continued writing columns for the Herald as he traveled throughout Florida. Learn more about this author and the special people and places he wrote about.

Course #: LIT127

- Instructor: Margaret Spontak
- Classroom: LOH Main Hall
- Member: Free, Non-Member: \$5
- Monday, January 30, 2017
1:00-2:00PM

Carl Hiaasen: Legendary South Florida Writer New!

Carl Hiaasen began writing at age 23 after graduating from The University of Florida. He started as a reporter for the Miami Herald, but was then promoted to the Herald's prize-winning

investigative reporting team. In 1985, he began writing regular opinion columns that have targeted hundreds of high profile Floridians. In 1980, he partnered with fellow journalist,

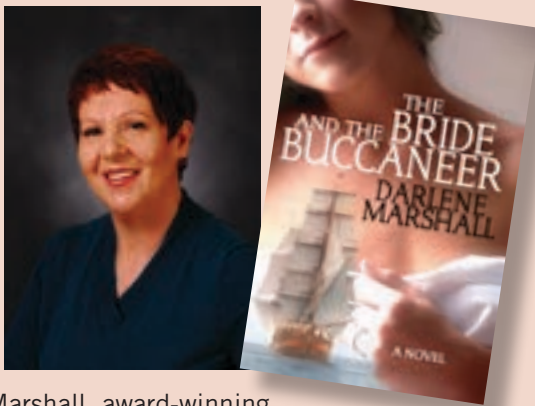
William Montalbano, and together they wrote three novels: Power Burn, Trap Line and Death in China. All tied backed

to real-life experiences from Hiaasen's reporting days. In 1986 Hiaasen published his first "solo" novel, "Tourist Season," which GQ magazine called; "one of the best destination novels of all time." Hiaasen has produced more than thirty novels including his latest farcical success, "Razor Girl." All his novels are set in Florida, so what better author to explore as part of Florida Author Storytellers. Delve into some of the most bizarre, hilarious and strangely familiar sounding stories from one of Florida's most high profile authors.

Course #: LIT130

- Instructor: Raymond Cech
- Classroom: LOH Main Hall
- Member: Free, Non-Member: \$5
- Monday, April, 24, 2017
1:00-2:00PM

**Darlene Marshall:
Romancing Around Florida New!**



Join Darlene Marshall, award-winning author of historical romance featuring pirates, privateers, smugglers, and the occasional possum. She became a novelist because there were fake people in her head having adventures, so it was either write it down or check into therapy. She's never been a pirate, but the day is not yet over. Learn why she loves working at a job where business attire is shorts and a shirt festooned with pink flamingos and palm trees. Marshall lives in North Central Florida, a convenient location for putting the convertible top down and researching sites of great historical significance, which also happen to be at the beach and serve mojitos.

Course #: LIT129

- Instructor: Darlene Marshall **Visiting Author**
- Classroom: LOH Main Hall
- Member: \$5, Non-Member: \$10
- Monday, March 27, 2017
1:00-2:00PM

J. T. Glisson: A Cross Creek Cracker New!

Jake (J.T.) Glisson is a natural-born storyteller. His love of Florida nature is apparent as you read through "The Creek" or peruse his screen play, "Sigsbee." He grew-up in the backwoods of Florida. Glisson considered Marjorie Kinnan Rawlings his friend and confidante. In addition to being an author and screenwriter, Glisson is an accomplished artist, illustrating all the pictures in "The Creek." Discover more about the wild and wonderful world of Cross Creek and North Central Florida by delving into the tales found in his works.

Course #: LIT128

- Instructor: Edith Gandy
- Classroom: LOH Main Hall
- Member: Free, Non-Member: \$5
- Monday, February 27, 2017
1:00-2:00PM

**Randy Wayne White,
Fisherman Turned Author New!**

Randy Wayne White spent 13 years as a full-time fishing guide at Tarpon Bay Marina on Florida's Sanibel Island. When the marina closed due to tightened fishing regulations, he launched into his first of 23 Doc Ford novels – Sanibel Flats. Characters Doc Ford and Hannah Smith, a character in four other White novels, are fictional people from Southwest Florida. Although the characters and stories are fictional, the stories bring to life the wonderful marine world of this area. There are many, many other works from this award-winning author, but this course focuses on stories from around Sanibel, Captiva and Fort Myers Beach where White still lives and is partner in three Doc Ford's Rum Bar & Grille restaurants. You'll learn why in 2011, White was named a Florida Literary Legend by the Florida Heritage Society.

Course #: LIT131

- Instructor: Margaret Spontak
- Classroom: LOH Main Hall
- Member: Free, Non-Member: \$5
- Monday, May 22, 2017
1:00-2:00PM

Winter Book Club



“Calling Me Home” by Julie Kibler New!

An elderly woman and her black hairdresser share a trip and secrets in this tale of forbidden love and its tragic consequences.

Course #: LIT123

- Instructor: Pat Wellington
- Classroom: 3
- Member: Free, Non-Member: \$5
- Tuesday, May 16, 2017
2:00-3:00PM

“I Let You Go” by Clare Macintosh New!

A cunning psychological thriller involving the hit-and-run death of a 5- year-old boy and a woman fleeing the scene to Wales where she hides out.

Course #: LIT122

- Instructor: Pat Wellington
- Classroom: 3
- Member: Free, Non-Member: \$5
- Tuesday, April, 18, 2017
2:00-3:00PM

“My Beloved World” by Sonia Sotomayor New!

An inspiring testament from the first Hispanic woman to be appointed to the Supreme Court. Her rise from Bronx housing is truly amazing.

Course #: LIT119

- Instructor: Pat Wellington
- Classroom: 3
- Member: Free, Non-Member: \$5
- Tuesday, January 17, 2017
2:00-3:00PM

“Reconstructing Amelia” by Kimberly McCreight New!

A mother is called from her daughter’s private school saying the girl was caught cheating and is being expelled immediately. When the mother arrives at the school the daughter is dead having just jumped from the roof of the school. Then an anonymous note reads “She didn’t jump.”

Course #: LIT120

- Instructor: Pat Wellington
- Classroom: 3
- Member: Free, Non-Member: \$5
- Tuesday, February 21, 2017
2:00-3:00PM

“Two Family House” by Lynda Cohen Loigman New!

In 1947 Brooklyn, two women who are sisters-in-law deliver babies minutes apart. This forges a strong tie until cracks begin to show in the relationship.

Course #: LIT121

- Instructor: Pat Wellington
- Classroom: 3
- Member: Free, Non-Member: \$5
- Tuesday, March 21, 2017
2:00-3:00PM



Reading & Enjoying Short Stories New!



So many writers whom we normally think of as strictly novelists, have also given us shorter versions of their creative minds. Hemingway, Faulkner, Annie Proulx, Henry James, Hawthorne, Poe and Edith Wharton, all come to mind.

Reading a short story that jumps off the page in the first paragraph or two is a rewarding experience. Because the story is not slogging us through three or four hundred pages, we often experience instant gratification. You can pick up a short story anywhere, anytime, and know that, most likely you will reach its climax and conclusion in one sitting.

Our class will read two short stories for each class. We will then spend our hour and a half of class time, discussing, critiquing and opinionating each story.

Course #: LIT125

- Instructor: Raymond Cech
- Classroom: 3
- Member: \$5, Non-Member: \$10
- Tuesdays, February 14, 21, 28 and March 7, 2017
2:00-3:30PM

Writing the Book on Your Bucket List New!

If writing a book is on your bucket list, but you are not making any progress, here's how to get it done! If you've thought about writing your memoir or offering your wisdom or fantasy to the world, there's never been a better time than now to do it! You will be offered inspiration and practical steps on how to get it from the idea stage to the written page (and off your bucket list). Each student receives "cheat sheets" with tips on how to be successful.

Course #: LIT126

- Instructor: Teri Pizza
- Classroom: 3
- Member: Free, Non-Member: \$5
- Thursday, March 16, 2017
3:30-4:30PM

Music



Music and the Brain

Music is food to the soul. But, what is music? Why is it so important for humans? How do we hear it and analyze it? And how does it affect our mood and well-being? These topics will be covered in this lecture. Inspiration and data for this talk was drawn by Dr. A. Patel's Great Courses on Music and the Brain, Oliver Sacks' Musicophilia and the work of Zatorre's laboratory at the Montreal McGill Institute. The lectures cover areas including, music perception and the brain, the interaction between music and neuropsychiatric disorders, as well as the on the effect of music therapy on a number of medical conditions.

Course #: MUS125

- Instructor: Dr. Jose Gaudier
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Wednesday, March 8, 2017
6:00-7:00 PM



ARTS & HUMANITIES | Humanities: Music

Beginning Guitar 101



If you want to learn to play guitar, then this is the beginning course for you. In these fun and informative lessons, experienced music teachers will facilitate your learning of basic guitar skills. Step by step students will learn to read music, play simple chords and perform beautiful melodies. Students will learn parts of the guitar, names of strings, tuning process and how to hold and use a pick. Students will enjoy the experience of playing familiar folk songs together. Students will need to bring an acoustic guitar to class. The beginning guitar recommended is a $\frac{3}{4}$ or full size nylon string guitar.

Course #: MUS115

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, January 4, 18, 25, February 1, 8, and 15, 2017
- No class on January 11
1:30-2:20PM
- **OR** Wednesdays, March 1, 8, 15, 22, 29, and April 5, 2017
1:30-2:20PM
- **OR** Wednesdays, April 19, 26, May 3, 10, 17, and 24, 2017
1:30-2:20PM

Guitar 102-A New!

This course continues where guitar 101 left off. Students will finish learning all of the strings on the guitar (4th, 5th and 6th) and notes in first position so that more advanced melodies can be played. You will build basic guitar skills, step by step as hands on experience. Students will continue to explore the fundamentals of music notation and find out how to produce clear, beautiful notes and chords. You'll discover how to control rhythm, tempo and volume and how to express yourself artistically. You'll make rapid progress as you follow a carefully planned practice schedule that reinforces each new skill you learn.

Course #: MUS120

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesday, January 4, 18, 25, February 1, 8 and 15, 2017
- No class on January 11
2:30-3:20PM
- **OR** Wednesdays, April 19, 26, May 3, 10, 17 and 24, 2017
2:30-3:20PM

Guitar 102-B New!

In this course students will focus on learning all six strings of the guitar and should be taken after guitar 101. Lessons will make it easier to read and quickly learn various styles of music. Blues, country, folk, and rock styles are included, plus pop songs. Learning to play has never been easier or more fun than with these specially designed materials for the beginning guitarist.

Course #: MUS121

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, March 1, 8, 15, 22, 29, and April 5, 2017
2:30-3:20PM



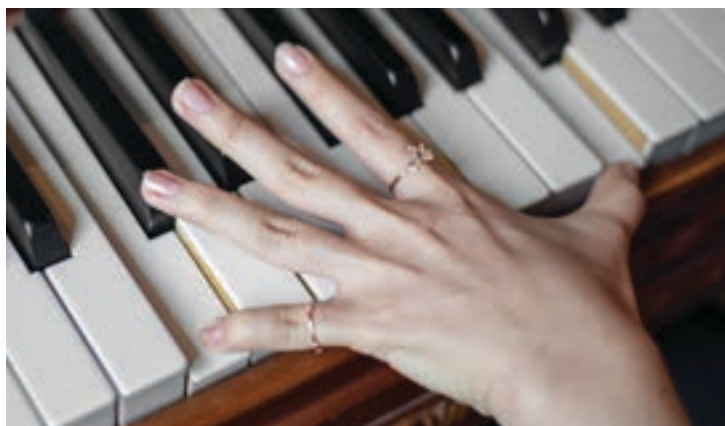
Beginning Piano 101



This is a class for students who have always dreamed of playing the piano. The course begins with the basics of reading music and learning the way around the keyboard. Students will learn how to read notes, play basic melody, and play accompaniment using right and left hands. Fundamental music theory and structure will be explored. Keyboards will be provided for students in class, along with all instructional materials and books.

Course #: MUS101

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, January 4, 18, 25, February 1, 8 and 15, 2017
- No Class on Jan. 11
9:00-9:50AM
- **OR** Wednesdays, March 1, 8, 15, 22, 29, and April 5, 2017
9:00-9:50AM
- **OR** Wednesdays, April 19, 26, May 3, 10, 17, and 24, 2017
9:00-9:50AM



Beginning Piano 102-A New!

This course follows Piano 101 and continues with the basics of music reading. Students who have taken piano/keyboarding 101 or have some background playing beginning piano will further enjoy learning to play piano. During this class students will continue playing melody and accompaniments focusing on playing both hands simultaneously. This course will continue expanding the range of notes and introduce sharps and flats along with different key signatures. More in-depth music rhythmic structures will be explored, and a variety of music will be introduced including a performance collection. Keyboards will be provided for students in class, along with all instructional materials and books.

Course #: MUS102

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays January 4, 18, 25, February 1, 8, and 15, 2017
- No class on January 11
10:00-10:50AM
- **OR** Wednesdays, April 19, 26, May 3, 10, 17, and 24, 2017
10:00-10:50AM

Piano 102-B New!

This jam-packed class takes a basic note reading approach where students will focus on playing melody and rhythm with two hands together in different key positions. Using five fingering positions and harmonizing techniques, an expansion of notes will be introduced along with theory focusing on musical forms and patterns. Simple recital type of literature will be studied along with traditional songs. Level 102 classes can be taken in any order. Keyboards will be provided for students in class, along with all instructional materials and books.

Course #: MUS119

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, March 1, 8, 15, 22, 29 and April 5, 2017
10:00-10:50AM

ARTS & HUMANITIES | Humanities: Music

Piano 103-A New!

Piano 103-A follows piano 102 level classes and advances concepts in harmony and more advanced rhythm. Students who have taken piano/keyboarding 102 classes will learn multiple key signatures and corresponding hand positions. During this class, students will continue playing melody and accompaniment focusing on integrating left and right hands to more advanced rhythms. The course will also introduce scales and beginning concepts in chord structure. Selection of pieces includes original works as well as familiar folk songs and popular styles in creative, enjoyable arrangements. Musical terms will be studied along with more in depth music rhythmic structures. Level 103 classes can be taken in any order. Keyboards will be provided for students in class, along with instructional materials and books.

Course #: MUS116

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, April 19, 26, May 3, 10, 17 and 24, 2017
11:00-11:50AM

Piano 103-B New!

In this course students will be introduced to a range of practical procedures including melodic design and tonality, different key positions, various tempi, rhythm and harmonic awareness, intervals and major and minor triads. Scales and arpeggios continue to be practiced. Along with traditional and classical songs, jazz repertoire will be taught concentrating on varied tempos and styles. Pentatonic scales will be practiced along with chords. Level 103 classes can be taken in any order. Keyboards will be provided for students in class, along with all instructional materials and books.

- **Course #:** MUS117
- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, January 4, 18, 25, February 1, 8 and 15, 2017
- No class on January 11
11:00-11:50AM

Piano 103-C New!

In this upbeat piano class, students will be taught using a well-designed curriculum including time signatures, simple meters, note and rest values, dynamic signs, melodic intervals and harmonic organization. Sight reading will be practiced and emphasized along with tempo marks and playing songs in higher and lower octaves. Using a repertoire of material including popular and well known standard songs,

we will explore techniques and skills playing on the piano. Scales and chords will continue to be practiced in class. Level 103 classes can be taken in any order. Keyboards will be provided for students in class, along with instructional materials and books.

Course #: MUS118

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesdays, March 1, 8, 15, 22, 29, and April 5, 2017
11:00-11:50AM

Beginning Ukulele New!

Whether you are learning an instrument for the first time or you have been playing music for years, ukulele is a great choice for you. This class is for people who have never played the ukulele before. You will be taught how to hold the instrument, strum effectively and learn the first few chords in the key of C. Everything will be explained assuming no prior knowledge. Students will learn to read music and play simple melodies. Songs will be introduced allowing the students to build fluent chord changes and steady rhythm. This easy course with its cheerful sound and simplicity will be sure to make the ukulele a joy to learn for players at any level.

Course #: MUS122

- Instructors: Patti Thompson, William Thompson
- Classroom: 4
- Member: \$85, Non-Member: \$95
- Wednesday, January 4, 18, 25, February 1, 8, 15, 2017
- No class on January 11
3:30-4:20PM
- **OR** Wednesdays, March 1, 8, 15, 22, 29, and April 5, 2017
3:30-4:20PM
- **OR** Wednesdays, April 19, 26, May 3, 10, 17, and 24, 2017
3:30-4:20PM



Music History



Music Joins Literature & Art New!

Using 2-3 classical works, we will explore their connection with inspiration. Music can provoke visual images as well as literature. Come for a romp with Ogden Nash as well as visual images suggested in music.

- **Course #:** MUS124
- Instructor: Marie Roppel
- Classroom: 4
- Member: Free, Non-Member: \$5
- Tuesday, February 21, 2017
10:00AM-12:00PM

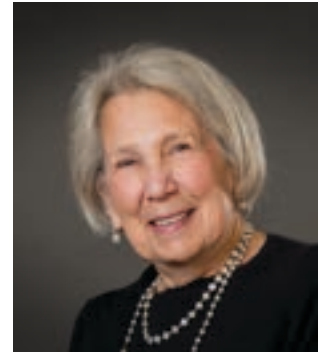
Theatre & Film

Baroque through Modern New!

Join Dr. Sarah Satterfield for an in-depth exploration of four eras of music history: Baroque, Classical, Romantic, and Modern. Course participants will have the opportunity to listen to a wide array of live and recorded music, as well as hear lectures on the history of western Classical music. Major composers and genres from each era will be examined--from the intricate fugues of J.S. Bach to the pivotal ballets of Igor Stravinsky. Students may register for one or all of the sessions, each week will cover something new.

- A.) Music of the Baroque
- B.) The Classical Period
- C.) Romanticism
- D.) The Modern Era

- **Course #:** MUS123
- Instructor: Dr. Sarah Satterfield
- Classroom: 1
- Member: Free, Non-Member: \$5
- Thursday, February 16, 2017
1:30-3:30PM
- **OR** Thursday, February 23, 2017
1:30-3:30PM
- **OR** Thursday, March 2, 2017
1:30-3:30PM
- **OR** Thursday, March 9, 2017
1:30-3:30PM



About the Movies with Smith and Hoffert

Master the Possibilities is proud to announce their very own "Siskel and Ebert" movie reviewers. Marty Hoffert and Elaine Smith will have monthly movie reviews for your information and enjoyment. They will show movie trailers and discuss movies currently in theaters and new to DVD.

- **Course #:** THE414
- Instructors: Martin Hoffert, Elaine Smith
- Classroom: 4
- Member: Free, Non-Member: \$5
- Saturdays, January 21 and March 18, 2017
- January 21- Oscar Preview Session
- March 18- Spring Movie Preview
12:00-1:30PM

From the Page to the Silver Screen New!



Stories for screenplays come from books, theatrical plays or the creative mind of the screenwriter. We will explore the stories that originate in books and discuss and view scenes from some of the best. What are considered the best films from books? Who are the authors with the most books turned into films? What are your favorite books that have been made into successful films?

Course #: THE105

- Instructor: Elaine Smith
 - Classroom: 1
 - Member: Free, Non-Member: \$5
-
- Thursday, February 2, 2017
3:30-5:00PM

Sex, Scandals, Murder - Hooray for Hollywood!

Hollywood is known for its scandals and legal battles. There have been the piracy and privacy wars, like the recent lawsuit by Hulk Hogan against a gawker and the Sony pictures hacking fiasco. You can't miss all the cheating scandals or sexual misconduct such as the Bill Cosby rape case. From Michael Jackson's death to the crazy Kardashians to the famous O. J. Simpson trial, it never ends. Find out more about some of the top Hollywood scandals and the legal cases that have ensued.

Course #: THE104

- Instructor: Jerry Colen
 - Classroom: Circle Square Cultural Center
 - Member: Free, Non-Member: \$5
-
- Tuesday, February 28, 2017
3:00-4:00PM

Afternoon at the Movies

Ask for a movie list from the Master the Possibilities staff.

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

Course #: THE401

- Instructor: MTP Staff
 - Classroom: Live Oak Hall
 - Member: Free, Non-Member: \$5
-
- Thursdays, January 12 to May 11, 2017
1:00-3:00PM



Review your class notes while enjoying a delightful, creamy ice cream from Mr. B's Big Scoop, located on The Town Square.

352-237-4777



STORYTELLING

JERRY SNYDER
Storytelling Instructor



The Power of Stories



When we think of storytelling, we often think about lighthearted stories told around campfires, to children, or amongst old friends. They can be written pieces, perhaps gathered into anthologies, passed on through the ages. Stories like these have delighted and captivated the world throughout history.

Beyond entertainment, stories can launch great ideas, create transformative experiences, share personal memoirs, enhance teaching, drive home advocacy and help persuade. You can reach down deep into your personal story for healing and growth. Hearing other peoples' inspirational stories can touch the soul. Stories cross over into every subject area from art to history to psychology to health.

Explore and experiment with the power of stories during winter term 2017. This special section pulls together many courses and special events focused on storytelling and directs you to other parts of the catalog for more. Enjoy talented storytellers, learn ways to be an impactful teller, and then share your written or spoken stories to others.



How to Tell a Story New!

Stories are a timeless human tradition. They inspire action, shape morals, travel long distances and time, and create fond memories. Join Jerry Snyder as he shares 20 tips for telling an engaging, memorable story. From building the scene to using your voice and body, you will walk away ready to transform your tale into a story that no one will forget. Then share your story as part of Master the Possibilities' winter term where storytelling comes alive through special fireside coffee houses, oral history opportunities, memoir writing, art projects and more.

Course #: STR104

- Instructor: Jerry Snyder
- Classroom: Cypress Hall
- Member: Free, Non-Member: \$5
- Wednesday, January 18, 2017
3:00-4:30PM



Fireside Storytelling

Opening Event

- Thursday, Dec. 29, 6-8:30PM
Circle Square (outside Studios 9 and 10)

Gather around the fire pit with friends and fellow students to hear light guitar music by Terry Andrews followed by fun and inspiring stories from some of the areas' finest storytellers. Natural-born storyteller Jerry Snyder is emcee for the event and leads off the stories. Don't leave early because a special guest wraps-up the evening. Hot beverages, ice cream and snacks available at Mr. B's Big Scoop.

Fireside Storytelling in Master the Possibilities Living Room

- Dates: Tuesdays – Jan. 10, 24, Feb. 7, 21, March 7, 21
Time: 4-5:30PM

Coffee houses are back at Master the Possibilities and are filled with lots of delightful and impactful stories. Gather round a virtual indoor fireplace and enjoy a coffee, tea or snack. Then, settle in for an afternoon of storying leading off with a visiting teller. No registration need for these sessions. Each coffee house is preceded by a Story Masters class which does require registration. See the following pages.

We encourage you to consider telling a 7 or 8 minute story at one of the six events. Brush up on your storytelling skills by taking one of the storytelling classes offered this winter. Apply to speak by emailing MTP@MasterthePossibilities.org or by signing up at the Master the Possibilities front desk. Due to time limitations, we may not be able to include everyone's story. More information and guidelines about Fireside Storytelling are available on www.MasterthePossibilities.org in the special events section at the bottom of your screen or by stopping by the office.



Legends and Landmarks

Our region is steeped in history. It ranges from the Yearling Trail to Micanopy, to the historic Dunnellon train depot, to Rainbow Springs State Park and the former site of Paradise Park. Participate in one or more of these learn-and-go opportunities to hear stories about legendary residents and then visit the landmarks.

Wednesday talks will be on-site at Master the Possibilities, while Friday meet-ups will be at landmarks throughout the heart of Florida.

- Jan. 11/13
- Jan. 25/27
- Feb. 8/10
- Feb. 22/24
- March 8/10
- March 22/24
- April 5/7
- April 19/21

For more details go to www.MasterthePossibilities.org and search for "Legends" in the keyword search.

Record Your Story, Celebrate Your Life

From February through April, Master the Possibilities, with help from volunteers and the local storytelling association, will be offering times to record your oral history. Participants will receive a CD of their recording. Dates and times for recording are posted on www.MasterthePossibilities.org under special events at the bottom of the screen. To learn more about the importance of telling your story and how the process is done, attend the course on Feb. 7 from 2:30 to 3:30 with talented storyteller and author Jessica McCune. She presents Five Reasons to Tell Your Story. Jessica just transformed her own signature story into a children's book.



Fun at the Park

Storytelling at Sholom Park

Feb. 26

See page 132 for details.

Pat Nease: Champion Liar and Lover of Words New!



After 20 years of entertaining audiences as a storyteller, emcee and workshop leader Pat Nease has developed an impressive repertoire of stories. She is known for her outrageous lies and original stories. In this workshop, Pat shares the secrets to jaw-dropping, knee-slapping storytelling. From brainstorming story ideas to knock-them-dead delivery, you will not want to miss this opportunity. She covers developing your story, curing stage fright, caring for the audience, and finding help and resources. You will look at new ways to approach old stories and all the types of stories—from lying to loving! If you want to create beautiful stories for grandchildren, develop cocktail party favorites, deliver powerful messages with impact, or get your courage up to present at Fireside Stories—this is the class for you.

Course #: STR109

- Instructor: Pat Nease **Visiting Scholar**
- Classroom: Live Oak Hall
- Member: \$5, Non-Member: \$10
- Tuesday, January 10, 2017
1:30-3:30PM

Join Pat Nease afterwards for Fireside Stories in the Master the Possibilities Living Room, 4-5:30 p.m., as she shares the opening story. Be ready for a big fat lie!

Manal Fakhoury: How TED Talks Were Ignited New!



Whether or not you have experienced a TED talk in person or on the TED Radio Hour, you will enjoy hearing Manal Fakhoury, President of Fakhoury Leadership International, discuss the TED phenomena, how it has ignited across the country and how TEDx has taken hold in Ocala. She will share ways to enjoy the TED Radio Hour from your own home and how to tune in to some of her favorite speakers and subject areas. As the founder and organizer for TEDx live events in Ocala, she is passionate about inspiring people to learn and grow.

Richard Saul Wurman created the TED conference in 1984 as a one-time event. Up until 2005, TED continued as a once a year event. Today, there are five TEDx events organized every day in more than 130 countries. Presenters include scientists, philosophers, musicians, business and religious leaders, philanthropists and many others. Listening to TED talks and attending TED conferences provides intellectual and emotional stimulation for many around the world.

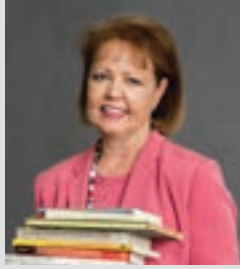
Course #: STR110

- Instructor: Manal Fakhoury
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, January 24, 2017
2:30-3:30PM

Join Manal Fakhoury afterwards for Fireside Stories in Master the Possibilities Living Room, 4-5:30 p.m., as she tells the opening story. Be ready to be inspired by a woman of great courage and leadership.

Jessica McCune: How to Tell Your Signature Story

When someone asks about storytelling in Ocala/Marion County, the answer is always “talk to Jessica McCune.” She has been a driving force behind storytelling in Marion County. As an arts lover, nurse and mental health counselor, she has combined art and medicine in her work at Hospice of Marion County and art therapy initiatives throughout the county.



Jessica discusses all the reasons that telling your story—whether through oral histories, performances or writing—is so very important if you want to leave a legacy to your grandchildren or family members. Jessica recently told her signature story in a children’s book “The Patron, The Docent and the Weblo.” She shares how to capture signature events in your life, taking them from stories to print, leaving a legacy for others. Books will be available for purchase and signing.

Course #: STR113

- Instructor: Jessica McCune
- Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, February 7, 2017
2:30- 3:30PM

Join Jessica McCune afterwards for Fireside Stories in Master the Possibilities Living Room, 4-5:30 p.m., as she shares her personal story from her new book – “The Patron, The Docent and The Weblo.” Books will be available for purchase and signing.

Dr. Kitty Oliver: Songs and Stories of Race and Change New!



Dr. Kitty Oliver, author, oral historian, media producer and professional singer, presents a cabaret performance of inspirational jazz vocals and literary stories. Tim Jack, music director for the Multi-colored memories show, accompanies her. These stories trace the common journey of native-born Americans and immigrants as we learn to adapt to life in a diverse society and to social change on a global scale. Dr. Oliver discusses her personal experiences of moving from segregation to integration to multicultural diversity in the international arena. She shares her poignant, humorous and revealing reflections as an author writing on race relations. As an oral historian, national media personality and recording artist, she talks about race in a hopeful, healing way. This innovative “Race and Change” program has family-friendly appeal to audiences across races, ethnicities, cultures and generations by using music and storytelling. Join Dr. Oliver for an inspirational and entertaining event. An hour performance will be followed by questions and answers. Find out more about her at www.kittyoliveronline.com or visit www.facebook.com/raceandchange

Course #: SRT114

- Instructor: Dr. Kitty Oliver with Tim Jack **Visiting Artist**
- Classroom: Circle Square Cultural Center
- Member: \$5, Non-Member: \$10
- Wednesday, February 15, 2017
4:30-6:00PM

ARTS & HUMANITIES | Storytelling

Jack Copeland and Jerry Snyder: How to Tell Whoppers



Work as a group to brainstorm personal story ideas, learn about “Liar” stories, and begin to structure a story of your very own.

Course #: STR115

- Instructor: Jerry Snyder and Jack Copeland
- Classroom: Circle Square Cultural Center
- Member: FREE, Non-Member: \$5
- Tuesday, February 21, 2017
2:30-3:30PM

Join Jack Copeland and Jerry Snyder afterwards for Fireside Stories in Master the Possibilities Living Room, 4-5:30 p.m., as they share the opening story.



Doris Weatherford: Stories of Women Who Dared to Dream



As part of women’s history month, Doris Weatherford shares stories of Florida’s guiding matriarchs. From the select few women who traveled with Ponce de Leon to the state’s first female mayor Marion H. O’Brien, Weatherford sheds light on the roles pioneering women played in the shaping the Sunshine State. Her book, “They Dared to Dream”, reveals the lifestyles and achievements of women throughout landmark moments in history. She provides insights of often-celebrated personalities—including Mary Martha Reid, Harriet Beecher Stowe, and Elizabeth Cady Stanton--alongside the lesser-known lives of Princess Murat, lighthouse keeper Barbara Mabrity, Florida Memorial College founder Sarah Ann Blocker, and others. From prehistoric times to the space age, the female half of the population has made giant, but too often unacknowledged, contributions to Florida history. Come hear this talented author, teacher and storyteller bring their important stories to light.

Course #: STR116

- Instructor: Doris Weatherford **Visiting Scholar**
- Classroom 1
- Member: \$5, Non-Member: \$10
- Tuesday, March 7, 2017
2:00-3:00PM

Join Doris Weatherford afterwards for Fireside Stories in Master the Possibilities Living Room, 4-5:30 p.m., as she tells a story about one of her favorite Florida female leaders.

Ersula Knox-Odom: Bringing Dr. Mary McLeod Bethune to Life



Living historians present magical stories. Through costuming and first-person impersonations, the storyteller brings history to life. Florida Humanities Scholar Ersula Knox-Odom teaches us about legendary educator and black leader Dr. Mary McLeod Bethune (1875-1955).

On the 60th anniversary of the Brown vs. Board of Education decision, Dr. Bethune comes back to life from May 17, 1954, and shares fascinating stories of her extraordinary contribution to democracy and education. She was the founder of Bethune-Cookman University, and she served as a New Deal government official in one of the 20 highest-level offices held by women in the Roosevelt administration and the highest held by an African American woman. Dr. Bethune was founder of FDR's "black cabinet"; served as president of the National Association of Colored Women; founded and served as president of the National Council of Negro Women.

After Dr. Bethune "leaves", Odom will answer questions regarding her extensive research into Dr. Bethune's life.

Course #: STR117

- Instructor: Ersula Knox-Odom **Visiting Scholar**
- Classroom: Cypress Hall
- Member: \$5, Non-Member: \$10
- Tuesday, March 21, 2017
2:30-3:30PM

Join Ersula Odom-Knox afterwards for Fireside Stories in Master the Possibilities Living Room, 4-5:30 p.m., as she shares her own story.

TEDx OcalaSalon

x = independently organized TED event

- Master the Possibilities Live Oak Hall
- 8413 SW 80 St., Ocala, FL 34481
- Monday, January 30, 2017, 3:30 5:30PM
- FREE Event

Facilitator: Manal Fakhoury

TEDx Salon events are often small events that keep a TEDx community engaged between regular TEDx live events. It is a unique kind of gathering that TEDx organizers hold which allow the conversation to continue, in person.

View two recorded TED Talks and then join a panel in discussing storytelling and vulnerability. How do we cultivate our courage, compassion and connection to recognize that we are enough--that we are worthy of love, belonging and joy? And, that our stories are can be valuable and memorable.

“The key part of the TED format is that we have humans connecting to humans in a direct and almost vulnerable way. The talks that work best are the ones where people can really sense that humanity. The emotions, dreams, imagination.

– Chris Anderson, Curator, TED

Stories That Heal ...

Champions of Active Aging 'Tell Their Story' New!

Join this discussion facilitated by On Top of the World's fitness director Cammy Dennis as she introduces three champions of active aging. Each of these individuals has dramatically influenced their lives through health and wellness initiatives, and will generously share their personal accomplishments with you. Gain inspiration from these uplifting stories and you too can become an active aging champ! There will be lots of opportunities for questions and discussion, find out how you can change your life with the power of these stories.

Course #: STR102

- Instructor: Cammy Dennis
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Tuesday, March 7, 2017
1:00 2:30PM

See other stories of healing and survival in the Science, Health and Wellness section.

Stories about Life ...

My Life as a Zebra: Growing up Interracial in a Black and White World New!



Join author and motivational speaker Tracy Ryzan Ross as she shares both the humor and heartache she experienced growing up interracial in a black and white world. In this presentation, she takes you on the journey of her personal

growth through rejection and pain to love and self-acceptance. She approaches sensitive topics with honest vulnerability, insightfulness and humor.

She will be discussing issues relevant to people of all races and backgrounds, such as dating, holidays, physical features, family dynamics, and self-esteem while focusing on issues more prevalent in the life of an interracial person. Tracy's perspective offers a poignant, enlightening and empowering message that who you are is more important than what you are.

Course #: STR103

- Instructor: Tracy Ryzan-Ross
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Tuesday, January 31, 2017
5:30 7:30PM

The Stories We Tell Ourselves ~ Change Your Story & Change Your Life New!

Few things have a greater influence over our lives than the stories we tell ourselves. In effect, our story becomes a filter through which we view ourselves and our roles in the world. The good news is that if you aren't happy with the direction your life is going, you can begin to change it by changing your story. Enroll in this workshop and learn how to identify the stories you've been telling yourself, the effects these stories have had on you and learn techniques to rewrite your story and give new meaning and direction to your life.

Course #: STR101

- Instructors: Colleen Griffin, Tracy Ryzan-Ross
- Classroom 3
- Member: \$5, Non-Member: \$10
- Thursday and Friday, March 2 and 3, 2017
4:00 5:30PM

Let's Stroll Down Memory Lane

Remember "Uncle Miltie", Bob Hope, and the USO shows? How about Uncle Don's radio show, WOR in New York? Who could forget the wicked laughter of The Shadow when he asked enthralled listeners, "Who knows what evil lurks in the hearts of men?" Local author Colleen J. Pallamary needs your help in recreating the feel and wonders of times gone by as she researches the 1930s and 1940s for a book she is writing as a tribute to her mother's career in show business. In the 1930s, as her mother tumbled and tap danced her way across North America, she eventually performed in North and

South America as an accomplished acrobat in a group called The Three Rays. Pallamary wants to hear your memories of the era and may include your recollections in her book. Stop by, reminisce, and share a part of your life with others. Who knows what secrets we might learn about ourselves and others!

Course #: STR112

- Instructor: Colleen Pallamary
- Classroom: 1
- Member: Free, Non-Member: \$5
- Thursday, January 19, 2017
10:00-11:30 AM

See courses on writing and reading stories in the Literature and Writing section.

Stories for Young Ones...



Old Tales for Young Ears: Great Stories to Tell the Grandkids New!

Grandkids leave you at a loss for words? Time for a tale! The librarians from the Marion County Public Library System shake the dust from some long forgotten stories and make them shine anew. These old tales are the perfect entertainment for kids of all ages. No electricity needed—which makes them even better.

Join in the fun and let's swap stories!

Course #: STR107

- Instructors: Marion County Public Library System
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Tuesday, January 17, 2017
10:00 11:30AM

Stories about Community...

Stories that Shape our Community New!

This will provide students with an understanding of the stories that have shaped our community and the milestones it has accomplished because of those who believed in helping others. Through a panel discussion, the local United Way will provide a variety of examples of the lives that have been changed through the power of community. Panelists will include a history and background of those who laid the groundwork and the vision they had for Marion County.

Students will hear stories on the different pillars that make our community strong including education, financial stability and health challenges that still lie ahead. With education, students will hear from volunteers whose lives have been transformed through volunteering their time to help our youngest citizens. Financial stability can best be heard from the families whose lives have been transformed thanks to an innovative new program and a collaborative approach to helping families achieve financial stability. Students will get to navigate through an interactive game to simulate the tough choices that our neighbors go through to provide for their families. Don't just live in your community, let your community come alive through the stories that surround you every day.

Course #: STR105

- Instructor: Tina Banner and Local Panelists
- Classroom: Cypress Hall
- Member: Free, Non-Member: \$5
- Wednesday, February 1 and 8, 2017
3:00 5:00PM

Stories through Songs....

Telling Stories in a Song New!



Many well-known songs are actually short stories told in rhyme and put to music. Whether you call them ballads or story-songs, musical storytelling has been around since the days when minstrels went from town to town singing their stories. In this session we'll explore some of the famous story-songs such as:

ARTS & HUMANITIES | Storytelling

Johnny Cash - A Boy Named Sue
Kenny Rogers - The Coward of the County
Kenny Rogers - Lucille
The Temptations - Papa Was a Rollin' Stone
Jeannie C. Riley - Harper Valley PTA
Elvis Presley - In the Ghetto
Harry Chapin - The Cat's in the Hat
The Kingston Trio - Tom Dooley
Marty Robbins - El Paso
Jimmy Dean - Big Bad John
Barry Saddler - The Ballad of the Green Berets
Jan and Dean - Dead Man's Curve
Vicki Lawrence - The Night the Lights Went Out in Georgia
Garth Brooks - The Thunder Rolls

After listening to famous song lyrics and analyzing how the different songwriters went about successfully capturing the listeners' attention and imagination, the class will be given a choice of several well-known tunes and challenged to create their own story lyrics to go with the music. In the final session, local singer Terry Andrews will select several of the participant's song-stories and play them on his guitar as the group is invited to sing along.

Course #: STR106

- Instructor: Edith Gandy
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Wednesday, February 15, March 1 and 15, 2017
1:00 2:30PM

Stories about History...

Sea Stories with Captain Puckett

In 1996, Captain Kenneth Puckett retired from the Panama Canal and the US Merchant Marine. He also served 20 years in the US Navy and Army. He has spent the last 62 years working on board ships. He began his career at age 14 on the Ohio River, then went into the Navy. In 1974, he returned to school and received his BS degree from New York State Maritime College. He also served as Assistant Dean of Students at New York Maritime College. In 1980, he was accepted by the Panama Canal to become a Canal Pilot. In his 16 years in Panama, he took 1473 ships through the Panama Canal. He now trains, teaches and lectures guests aboard various cruise ships, including Disney Cruise Line.



Join Captain Puckett as he shares some interesting stories about his wonderful life at sea.

Course #: STR111

- Instructor: Captain Kenneth Puckett
- Classroom: 1
- Member: Free, Non-Member: \$5

- Friday, March 3, 2017
- 1:00-2:00 PM

See other stories from history in the social sciences section.

Master the Possibilities

Heart of Florida Liar's Contest



- Tuesday, April 4, 6-8:30PM
- Circle Square Cultural Center
- 8395 SW 80th St., Ocala, FL
- Members: FREE, Non-members: \$5

- 5:30 to 6:30PM: Story Spotlight: The Best from Master the Possibilities

Hear some of the most impactful stories heard during Master the Possibilities' Winter Term, live tellers integrated with oral histories on the big screen.

- 6:30 to 8PM: Watch top storytellers from the preliminary Liar's contest get us to believe what they are saying.
- 8 to 8:30PM: Three time state liar contest winner Pat Nease shares one of her award-winning lies as judges tally their votes to see who gets awarded the biggest liar.
- Cash awards for top three winners.

TECHNOLOGY, BUSINESS AND LEGAL



TINA SHOOK & ZACK
Social Media & Film Instructor

STORIES CAN LIVE ON THROUGH SOCIAL MEDIA

Business & Finance



Personalized Budgets Made Easy

Are you saving for retirement, already retired, living on a fixed income and don't have anything set aside for emergencies? Do you yearn for that dream vacation but just can't seem to save up the money? Need a new car and have no clue how you're going to pay for it? Do you have any idea how much money you spend every month? Knowing that is the first step to achieving financial freedom. Sharon will demonstrate a very simple, easy-to-use spreadsheet that you will customize to meet your needs and help reach your financial goals. Bring a thumb drive with you to class so you can use it at home.

Course #: BUS103

- Instructor: Sharon Carey
- Classroom: Computer Lab
- Member: \$20, Non-Member: \$25
- Wednesday, February 15, 2017
10:00AM-12:00PM
- **OR** Wednesday, May 3, 2017
10:00AM-12:00PM



Understanding Investing: Statistics, Strategies and Logic **New!**

Learn in an informal small group format how to use statistics, logic and strategy for successful investing. From the history of stocks to key strategies such as buy and hold and swing trading, you will learn how the market works. Taught and facilitated by a retired certified planner, this class will be customized to meet the students' interests and backgrounds.

Course #: BUS101

- Instructor: Frank Triolo
- Classroom: Classroom 2
- Member: FREE, Non-Member: \$5
- Tuesdays, January 10, 17, 24, 31, and February 7, 2017
1:00-3:30PM
- **OR** Tuesdays, March 7, 14, 21, 28, and April 4, 2017
1:00-3:30PM

MFG McLeod Financial Group
Trust & Integrity

David McLeod, CLU
Financial Advisor

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Cell: (352) 362-2450

mcleod@financialguide.com

8413 SW 80th Street Suite 2
Ocala, FL 34481

Legal

Legal Series



- Instructor: Jerry Colen
- Classroom: Circle Square Cultural Center
- Member: FREE, Non-Member: \$5

Annuities—A Different Look at Them **New!**

When you go to the seminars that focus on annuities; do you always get both sides? Attorney Jerry Colen will speak with you about the questions you ask and the issues you should consider before you purchase an annuity.

Course #: LEG103

- Tuesday, March 14, 2017
3:00-4:00PM



Florida Law

Have you ever wondered what there is about Florida laws that may be different than the laws of some other state -- perhaps the state where you used to live? Attorney Jerry Colen will be here to discuss some of Florida's laws that may have a significant impact on you. Included in his discussion will be topics such as Florida Homestead and Florida Homestead Exemption, the Save Our Homes Cap, Revocable Trusts, Florida Probate proceedings and Florida taxes. As always, Jerry will stay to answer your questions.

Course #: LEG103

- Tuesday, April 4, 2017
3:00-4:00PM

Frauds and Scams: Can We Protect Ourselves?

This is a discussion of some of the innumerable frauds and scams that we need to keep in mind every day. The discussion will focus on frauds and scams and ways to protect ourselves from them.

Course #: LEG110

- Tuesday, February 14, 2017
3:00-4:00PM

Mid-Year Review

Attorney Jerry Colen will be with us to discuss various legal matters that we should be thinking about now, as we approach mid-year. Topics to be discussed will include Wills, and Trusts but also homestead exemption issues, asset protection in the event of litigation, marriage issues and other topics that Jerry wants you to be thinking on at mid-year.

Course #: LEG109

- Tuesday, May 9, 2017
3:00-4:00PM

Questions for the Attorney

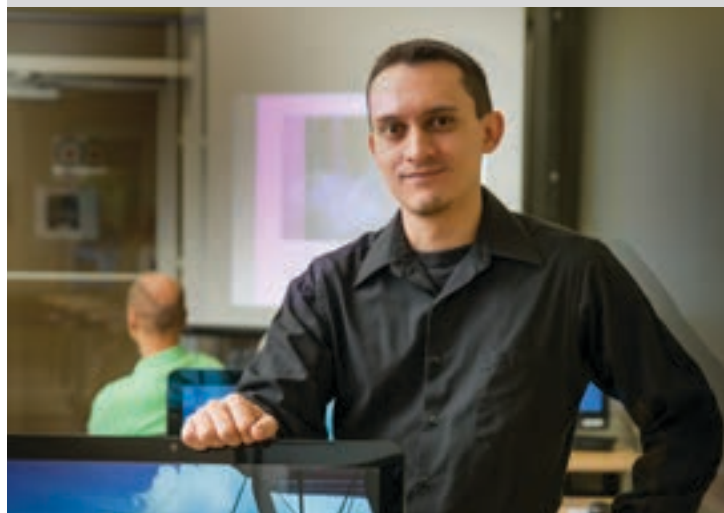
Did you ever want to sit down with an attorney and ask questions without wondering what the cost will be? Attorney Jerry Colen will be here to speak with you and answer your questions on any legal matters that interest or concern you.

Course #: LEG104

- Tuesday, January 10, 2017
3:00-4:00PM

Technology

Android Devices



Android Smartphone Basics: Beginners

All Android smartphones - Learn the basics of using an Android smartphone. This will also cover how to use the camera and its functions, how to send text messages, and how to use its basic applications.

Course #: AND101

- Instructor: Art Rojas
- Classroom: Classroom 2
- Member: \$15, Non-Member: \$20

- Thursday, January 19, 2017
10:00AM-11:30PM
- **OR** Thursday, February 16, 2017
12:30-2:00PM
- **OR** Thursday, March 16, 2017
9:00-10:30AM
- **OR** Thursday, April 13, 2017
2:30-4:00PM

Android Smartphone Basics: Intermediate

All Android smartphones - Learn about the basics of using an Android smartphone. This will also cover how to use Bluetooth, Wi-Fi Direct, NFC, settings, setting up groups in contacts, and more! This course will also cover backgrounds and zedge, widgets, calendar, office, battery and security.

Course #: AND201

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$15, Non-Member: \$20

- Thursday, February 2, 2017
10:00AM-11:30PM
- **OR** Thursday, March 2, 2017
12:30-2:00PM
- **OR** Thursday, March 30, 2017
10:00AM-11:30PM
- **OR** Thursday, April 27, 2017
3:00-4:30PM

Android Tablet Basics: Beginners

All Android tablets - This class will teach about the basic features of the Android tablets, along with downloading and using apps. This class will also cover how to use and set up your email, how to send photos and much more!

Course #: AND102

- Instructor: Art Rojas
- Classroom: Classroom 2
- Member: \$15, Non-Member: \$20

- Thursday, January 19, 2017
12:30-2:00PM
- **OR** Thursday, February 16, 2017
10:00AM-11:30PM
- **OR** Thursday, March 16, 2017
12:30-2:00PM
- **OR** Thursday, April 13, 2017
12:30-2:00PM

Android Tablet Basics: Intermediate

All Android tablets - Explore the advanced features of the Android tablets. In addition to downloading and using apps, this class will teach you how to use your calendar, your camera, and other assorted types of social media.

Course #: AND202

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$15, Non-Member: \$20

- Thursday, February 2, 2017
12:30-2:00PM
- **OR** Thursday, March 2, 2017
10:00AM-11:30PM
- **OR** Thursday, March 30, 2017
12:30-2:30PM
- **OR** Thursday, April 27, 2017
12:30-2:00PM

Apple Devices

iPad Basics: Beginners

All iPads—Learn about the standard features of iPad, along with understanding and using iCloud. Covering the initial set up of iOS components like setting up email, sharing photos, and communicating through FaceTime.



Course #: APL101

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$18, Non-Member: \$23
- Thursday, January 12, 2017
12:30-2:00PM
- **OR** Thursday, February 9, 2017
10:00AM-11:30PM
- **OR** Thursday, March 9, 2017
12:30-2:00PM
- **OR** Thursday, April 6, 2017
3:00-4:30PM
- **OR** Thursday, May 11, 2017
12:30-2:00PM

iPad Basics: Intermediate

All iPads—Learn more in-depth features of iPad. In addition to downloading and using apps, learn other iOS actions like how to use the camera, calendar, internet browsing, exploring maps, and communicating through FaceTime and iMessage.

Course #: APL201

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$18, Non-Member: \$23
- Thursday, January 26, 2017
12:30-2:00PM
- **OR** Thursday, February 23, 2017
10:00AM-11:30PM
- **OR** Thursday, March 23, 2017
12:30-2:00PM
- **OR** Thursday, April 20, 2017
3:00-4:30PM



iPhone Basics: Beginners

All iPhones—This class will teach the foundation of using an iPhone. This will also cover how to use the camera and its functions, how to send text messages, and understanding basics of how to use iCloud.



Course #: APL102

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$18, Non-Member: \$23
- Thursday, January 12, 2017
10:00AM-11:30PM
- **OR** Thursday, February 9, 2017
12:30-2:00PM
- **OR** Thursday, March 9, 2017
3:00-4:30PM
- **OR** Thursday, April 6, 2017
12:30-2:00PM
- **OR** Thursday, May 11, 2017
10:00AM-11:30PM

iPhone Basics: Intermediate

All iPhones—Learn about deeper features of the iPhone including how to connect other Apple products through iCloud, controlling settings, using bluetooth and wifi, utilizing the forms of communications available, and talking to Siri.

Course #: APL202

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$18, Non-Member: \$23
- Thursday, January 26, 2017
10:00AM-11:30PM
- **OR** Thursday, February 23, 2017
12:30-2:00PM
- **OR** Thursday, March 23, 2017
3:00-4:30PM
- **OR** Thursday, April 20, 2017
12:30-2:00PM
- **OR** Thursday, May 11, 2017
10:00AM-11:30PM

Computer Basics

Hands-On Windows 10



If you recently made the switch to Microsoft Windows 10® or are considering it, join us to take a test drive of the latest version of the personal computer operating system. Windows 10 provides many of the features you used in versions 7 and 8. Work with changes to the Start Menu, and take a closer look at the new browser called Edge in addition to other new apps. You will finish the class with a deeper understanding of the workings of Windows 10 and more confidence in its use.

Course #: COM102

- Instructor: Jim Shook
 - Classroom: Computer Lab
 - Member: \$25, Non-Member: \$30
-
- Wednesdays, January 25 and February 1, 2017
10:00AM-11:30AM
 - **OR** Wednesdays, April 19 and 26, 2017
10:00AM-11:30AM

Managing Your Computer

If you use your computer regularly, but get concerned about finding files or keeping your computer up to date, this course can help. We will examine ways to organize files, manage software, connect your computer to external devices like cameras and storage systems, troubleshoot problems, and configure your machine to operate efficiently. Participants should have abilities equal to those covered in the Personal Computers for Beginners course. Note: This course will be taught using Windows 10.

Course #: COM103

- Instructor: Jim Shook
 - Classroom: Computer Lab
 - Member: \$30, Non-Member: \$35
-
- Wednesdays, March 8, 15 and 22, 2017
10:00-11:30AM
 - **OR** Wednesdays, May 10, 17 and 24, 2017
10:00-11:30AM

PC and Internet Security

This course is designed to foster an understanding of simple ways to protect your computer and yourself while using the Internet. We will be discussing methods to protect your computer and password management; using the Internet and E-Mail safely; and protecting your identity while Internet shopping and using Social Media.

Course #: COM105

- Instructor: Alexander Suvorov, Ph.D.
 - Classroom: Classroom 3
 - Member: \$15, Non-Member: \$20
-
- Wednesday, February 1, 2017
1:00-2:30PM
 - **OR** Thursday, April 25, 2017
10:00-11:30AM



Personal Computer Basics

If you are unfamiliar with personal computers, or in need of a refresher that starts from the beginning, this course is for you. We will cover all the basics including start-up and shutdown, working with the Windows environment, options and settings, managing files and working with computer programs. If you have worked with computers a bit but still feel computer illiterate, you will leave this course with a greater readiness to take on every day computer tasks. Note: This course is taught using Windows 10.

Course #: COM106

- Instructor: Jim Shook
 - Classroom: Computer Lab
 - Member: \$30, Non-Member: \$35
-
- Wednesdays, January 11 and 18, 2017
10:00-11:30AM
 - **OR** Wednesdays, April 5 and 12, 2017
10:00-11:30AM

Microsoft Office



Creating PowerPoint Presentations

If you need to impart information to a group of people, PowerPoint can be a great tool to help enlighten and entertain while solidifying the message. This class contains the means to construct presentations with PowerPoint, and also provides tips on making your lecture or discussion very effective.

Course #: MIC101

- Instructor: Donald Sommer
- Classroom: Computer Lab
- Member: \$30, Non-Member: \$35
- Tuesdays, March 21 and 28, 2017
10:00AM-12:00PM
- **OR** Tuesdays, April 11 and 18, 2017
10:00AM-12:00PM

Microsoft Excel Basics

This course demonstrates methods and provides skill practice in working with data in Excel spreadsheets. We will investigate techniques to calculate and derive cell values with formulas and functions, and to summarize data in the form of charts, summary tables, pivot tables, and other analytical forms. After taking this course you will be able to work with data in spreadsheets, manage data, and make the worksheets ready for searching and printing.

Course #: MIC102

- Instructor: Sharon Carey
- Classroom: Computer Lab
- Member: \$45, Non-Member: \$50
- Fridays, Feb 3, 10, 17 and 24, 2017
11:00AM-12:00PM

Microsoft Word Basics

Basic computer skills are REQUIRED before taking this class. At minimum you MUST know how to use the right and left mouse button. This class is divided into four, one-hour sessions. Each session is a building block for the next therefore it is mandatory to attend all of them. Session topics include Word's functionality, ribbon and tabs, text editing, managing documents, printing and working with templates.

Course #: MIC104

- Instructor: Sharon Carey
- Classroom: Computer Lab
- Member: \$45, Non-Member: \$50
- Fridays, January 6, 13, 20 and 27, 2017
11:00AM-12:00PM

Using Microsoft Outlook **New!**

Microsoft Outlook is the email client and personal information organizer that comes with the Microsoft Office Suite. In this course, we will teach you how to effectively use nearly every aspect of Outlook, from sending, receiving, and organizing emails into folders, using multiple email addresses in Outlook, managing your list of contacts, using the calendar to organize your busy schedule, manage your To Do list and keep track of your important information using the Notes function. Be sure to bring your computer that has Outlook installed to class for maximum benefit!

Course #: MIC106

- Instructor: Donald Sommer
- Classroom: Computer Lab
- Member: \$30, Non-Member: \$35
- Thursdays, March 23 and 30, 2017
10:00AM-12:00PM
- **OR** Tuesdays, May 9 and 16, 2017
10:00AM-12:00PM

Using OneNote

OneNote is most likely the handiest software you're not using. It's a digital notebook that lets you capture, store and organize most any digital thing. Clip information from web pages, write or copy any text, set up lists, incorporate images in your notes, or just plain doodle and brainstorm. You can share your notes with anyone, and the information is stored in the cloud so you can see your notes on your phone or tablet. Best of all, the app is free and comes installed with Windows 10. This class introduces you to the features and operations of first notebook and take it with you.

Course #: MIC103

- Instructor: Donald Sommer
- Classroom: Computer Lab
- Member: \$25, Non-Member: \$30
- Thursdays, April 13 and 20, 2017
10:00-11:30AM
- **OR** Thursdays, May 11 and 18, 2017
10:00-11:30AM

Web Applications



An Introduction to YouTube **New!**

Whether you are new to YouTube, need a refresher, a video pro or not, YouTube is for EVERYONE! I want to help you establish your channel on YouTube and show you how to upload and configure your videos and join in the fun of broadcasting yourself. In this course I will help you set up a YouTube channel, upload videos, find easy ways to navigate channel menus and settings, and most importantly; share your videos so friends and family can see them.

Course #: WEB111

- Instructor: Tina Shook
- Classroom: Computer Lab
- Member: \$30, Non-Member: \$35
- Wednesday, January 11, 2017
1:00-3:00PM
- **OR** Wednesday, March 8, 2017
1:00-3:00PM
- **OR** Wednesday, May 10, 2017
1:00-3:00PM

Facebook for Grandmas and Grandpas

Want to learn to use Facebook to connect with friends and family? This class will teach you how to set up your account, how to post updates and photos, how to find and manage your friends list, how to share others' posts, how to edit or delete content, what's appropriate and what might get you in trouble. The class will include a PowerPoint to help you follow along and handouts to take home. For best results, bring the device on which you will use Facebook.

Course #: WEB114

- John and Susan Yenne
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, March 17, 2017
10:00-11:30AM

App Series: Health and Fitness

This course will be designated to integrating technology and fitness. It will go over recommended apps for tracking mileage if you enjoy running, heart rate monitors, pedometers, diet trackers, weight gain/loss monitors, and some recommended accessories to go with the apps. The apps will be both Android and iOS friendly and can be utilized on both smartphones and tablets.

Course #: WEB105

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$15, Non-Member: \$20
- Thursday, January 26, 2017
3:00-4:30PM
- **OR** Thursday, May 11, 2017
3:00-4:30PM

App Series: Instagram, Twitter and Pinterest

This course will explain how to use the camera feature and filters to take pictures to share with loved ones and friends. It also will cover what a #Hashtag is, how to follow our favorite celebrities or friends, as well as the ever so addicting Pinterest, where you can find everything from fashion design, your next Do-It-Yourself project, new recipes, or recommended tech, movies, music and more! (Please bring a smartphone or tablet.)

Course #: WEB106

- Instructor: Art Rojas
 - Classroom: Classroom 4
 - Member: \$15, Non-Member: \$20
-
- Thursday, February 23, 2017
3:00-4:30PM
 - **OR** Thursday, April 13, 2017
10:00AM-11:30PM
-

App Series: Music, Movies and More

Enjoy traveling, but get stuck with nothing to do at the airport? Want a companion on long car rides? Or just looking for light entertainment in the downtime of your day? This class is for you! It will cover music/radio such as Pandora and Spotify, looking up your favorite movies or seeing what your celebrities will be doing in IMDb or Fandango, and catching up on movies and T.V. shows using Netflix, Hulu, and Amazon prime! (Please bring your own smartphone or tablet.)

Course #: WEB107

- Instructor: Art Rojas
 - Classroom: Classroom 4
 - Member: \$15, Non-Member: \$20
-
- Thursday, March 9, 2017
10:00AM-11:30PM



Cloud Computing

“The Cloud” or “Cloud computing” seems like a puzzling term. In reality, the Cloud is nothing more than the internet, along with an extension of a number of services through the internet. In fact, if you use the internet at all, you are using the Cloud and probably don’t know it. This course will clarify the meaning of the Cloud, and show you how you can take advantage of a number of services available. Many are free!

Course #: WEB101

- Instructor: Donald Sommer
 - Classroom: Computer Lab
 - Member: \$20, Non-Member: \$25
-
- Monday, March 20, 2017
10:00AM-12:30PM
 - **OR** Monday, April 17, 2017
10:00AM-12:30PM
-

Cyber Security While Traveling **New!**

Have you ever connected to a public access point? If you have, you might have put yourself at risk from a security standpoint. You will learn about situations where you’re at risk and how to keep your information and electronics secure. Topics discussed will include the following: Triangle of Security: Security, Convenience, Mobility, Wireless connection, Wired Connection, Threats and countermeasures

Course #: WEB113

- Instructor: Alexander Suvorov, Ph.D.
 - Classroom: Classroom 3
 - Member: \$15, Non-Member: \$20
-
- Wednesday, March 15, 2017
3:00-4:30PM

TECHNOLOGY, BUSINESS & LEGAL | Web Applications

Exploring Deeper into YouTube **New!**

Continuing from the Introduction to YouTube course, we will explore more of YouTube's settings and controls including: creating playlists to find your videos faster, a brief look at YouTube's video editing features, and YouTube banner art and icon logo. We will also look at techniques for recording videos including choosing a camera, proper lighting and picking style types

Course #: WEB112

- Instructor: Tina Shook
- Classroom: Computer Lab
- Member: \$30, Non-Member: \$35
- Wednesday, January 25, 2017
1:00-3:00PM
- **OR** Wednesday, March 22, 2017
1:00-3:00PM
- **OR** Wednesday, May 24, 2017
1:00-3:00PM

Instagram on Your Smartphone **New!**

Not on Instagram yet? Wondering what all the fuss is about? Join us for a lesson in the social networking service that allows you to share moments in your life with friends, family and the world. Learn how to open an account, take and share pictures/video (publicly or privately), search your interests through the use of hashtags and how to follow anyone in the world (and some in space!) that has an account.

Course #: WEB109

- Instructor: Diane Cahal
- Classroom: Classroom 4
- Member: \$15, Non-Member: \$20
- Tuesday, February 7, 2017
1:00-2:00PM
- **OR** Tuesday, April 18, 2017
1:00-2:00PM

Navigating Facebook

This course will go over setting up an account, what is on a Facebook page, and creating a profile, adding friends, and what it means to "like" something. The course will also go over sending messages using Facebook Messenger and how to stay connected with the "friends" list. It is required to bring a tablet, smartphone, or laptop to the class. Tablets and smartphones will have different formatting than laptops.

Course #: WEB103

- Instructor: Art Rojas
- Classroom: Classroom 4
- Member: \$15, Non-Member: \$20
- Thursday, February 2, 2017
3:00-4:30PM
- **OR** Thursday, March 30, 2017
3:00-4:00PM
- **OR** Thursday, May 4, 2017
10:00AM-11:30PM

Skype

This class will show you how to communicate face-to-face with your family and friends using Skype through the internet. The instructor will show you what kind of equipment you need and how to download and install the free software. There will be plenty of time for Q & A.

Course #: WEB104

- Instructor: Alexander Suvorov, Ph.D.
- Classroom: Classroom 2
- Member: \$15, Non-Member: \$20
- Tuesday, January 24, 2017
10:00AM 12:00PM
- **OR** Monday, April 3, 2017
1:00-3:00PM

LIFESTYLE AND FUN

A woman with short white hair and glasses, wearing a light blue button-down shirt, is smiling and holding a silver tin can to her ear. A string is stretched across the frame, passing through the can. She is also wearing a watch and a purple wristband on her left wrist.

CARLA TRAUDT
Travel Instructor

STORIES CAPTURE TRAVEL TALES

Community

Community Topic Series

Behind the Scenes at Master the Possibilities



Would you like to learn more about Master the Possibilities and how it plans and executes three terms per year? With a small staff and a team of dedicated volunteers and faculty, the center presents more than 1,700 courses annually. How are faculty and classes selected? What are the steps involved in putting together the course catalog? What is the role of the 40 plus volunteers? What is MTP's vision for the future? Attend this workshop with MTP staff to see how all the moving parts mesh and then take an optional tour of all the facilities.

Course #: CMT112

- Instructor: Margaret Spontak and Heather Carrow
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, February 17, 2017
1:00-2:30PM
- **OR** Tuesday, April 4, 2017
10:00-11:30AM



Behind the Scenes at Circle Square Cultural Center

Circle Square Cultural Center, the largest performing facility in Marion County, is a bustling place. Some of the sold-out shows over the first half of 2015 include Three Dog Night, Rave On – A Buddy Holly Tribute, 7 Bridges – The Eagles Tribute and Peter Yarrow. Each performance, Master the Possibilities' classes, private events and receptions held in-between, takes a tremendous amount of planning and preparation. Come behind the scenes with Jo Salyers, Director of Circle Square Commons, and Gary Pierre, Facilities Manager and Gary Manges, Technical Support. See the "green" rooms where performers do make-up and costuming, the front of the house and back stage equipment. Learn about the ticketing system and how shows are selected. You will never think about a concert the same after you know all that goes into staging performances.

Course #: CMT114

- Instructors: Jo Salyers, Gary Pierre
- Classroom: Circle Square Cultural Center
- Member: FREE, Non-Member: \$5
- Tuesday, January 17, 2017
12:00-1:30PM
- **OR** Tuesday, March 21, 2017
12:00-1:30PM

Energy Efficiency in Construction - Field Trip

Join us for a first-hand tour of building sites at On Top of the World. Learn about all construction stages as well as exactly what the ENERGY STAR® rating entails. Transportation provided. Meet at Master the Possibilities. (Please wear comfortable clothing and no open-toed shoes.)

Course #: CMT101

- Instructor: Shawn Coughlin
- Classroom: Field Trip
- Member: FREE, Non-Member: \$5

- Friday, January 27, 2017
10:00AM-12:00PM
- **OR** Friday, March 24, 2017
10:00AM-12:00PM
- **OR** Friday, May 19, 2017
10:00AM-12:00PM

How to Operate Your Hunter Pro-C Irrigation Controller

Irrigation controller operation for Hunter Pro-C controllers will be covered in this class. Learn how to set up date and time, start time and run time. We will also illustrate how use the seasonal adjust feature, run manually, identify the location of your backflow, and winterize your backflow preventer. Learn about common mistakes made by homeowners and how you can avoid high water bills. This class is designed for On Top of the World and Stone Creek residents. It is being taught by On Top of the World Landscape Superintendent, Phillip Hisey.

Course #: CMT103

- Instructor: Phillip Hisey
- Classroom: 3
- Member: FREE, Non-Member: \$5

- Friday, April 21, 2017
9:00-10:00AM

How to Operate Your Rainbird ESP Modular Irrigation Controller

We will cover irrigation controller operation for Rainbird ESP Modular. Learn how to set-up date and time, start time, and run time. Learn how to use the seasonal adjust feature, run manually, identify the location of your backflow and winterize your backflow preventer. Class will cover common mistakes made by homeowners and how to avoid high water bills. This class is designed for On Top of the World and Stone Creek residents. It is being taught by On Top of the World Landscape Superintendent, Phillip Hisey.

Course #: CMT104

- Instructor: Phillip Hisey
- Classroom 3
- Member: FREE, Non-Member: \$5

- Friday, April 21, 2017
10:30-11:30AM

WATER Behind the Scenes Field Trip

Water is a valued commodity, especially here in Florida. Learn more about the complexities of water procurement here at On Top of the World as well as water treatment and waste water disposal. Join staff on this behind-the-scenes tour of our facilities. Limited to 14 students; registration is required. The van leaves at 9:00 AM but you need to check in first at Master the Possibilities Education Center. (Please bring drinking water.)



Course #: CMT102

- Instructor: Bryan Schmalz
- Field Trip
- Member: FREE, Non-Member: \$5

- Friday, January 20, 2017
9:00AM-12:00PM
- **OR** Friday, February 10, 2017
9:00AM-12:00PM
- **OR** Friday, March 17, 2017
9:00AM-12:00PM
- **OR** Friday, April 21, 2017
9:00AM 12:00PM
- **OR** Friday, May 26, 2017
9:00AM-12:00PM

Closing Your Seasonal Home New!

This workshop provides detailed information about closing seasonal homes or leaving for an extended period of time, including how to prepare interiors and exteriors, prevent mold and mildew, and storm preparation.

Course #: CMT116

- Instructor: Yilin Zhuang
- Classroom: 3
- Member: FREE, Non-Member: \$5

- Wednesday, February 15, 2017
10:00AM-12:00PM

LIFESTYLE & FUN | Community | Culinary

Living in Central Florida: Transitioning from Newbie to Native **New!**

Florida is unique in its climate, geology, water, plants and wildlife. In this course, homeowners who are new to Florida, or just want to create a more Florida-friendly home, will learn about energy and water conservation and how to create a nature-friendly yard. Each session will include both an in-class presentation and a field trip. In addition to helpful tips, you will meet people just like you who are transitioning from newbie to residents of Central Florida. Each participant will receive a special tool kit and certificate upon completion.

Session 1 – Water * Session 2 – Landscape * Session 3 – Energy

Course #: CMT105

- Instructor: Yilin Zhuang
- Classroom: Cypress Main Hall
- Member: \$10, Non-Member: \$15
- Wednesdays, January 25, February 8 and 22, 2017
9:00AM-1:00PM

Sholom Park: Walk and Talk



Sholom Park is a wonderful gift to the community. A place of striking beauty, it has also been a source of inspiration and peace. Come and learn about the thought that went into its development and the hope that it would inspire. Take a guided nature walk through the facility with Robert Colen. See the park in a new way in theory and in use. Once you learn about the park, it may just teach you something about yourself.

Course #: CMT117

- Instructor: Robert Colen
- Classroom: Sholom Park
- Member: FREE, Non-Member: \$5
- Thursday, March 2, 2017
10:00AM-12:00PM
- Thursday, April 6, 2017
10:00AM-12:00PM
- Thursday, May 4, 2017
10:00AM-12:00PM

Culinary



Cooking with Essential Oils **New!**

Do you love to cook? Are you looking for new and exciting ways to spice up your favorite recipes? Why not take a look at what essential oils can add to your next creation? While adding essential oils to your favorite food or drink can provide tremendous flavor and benefits for your body, not all oils are safe to ingest. We invite you to join us in learning which oils are safe for consumption, how to properly use them and explore the culinary benefits in various recipes. When we are finished you will be ready to confidently cook with essential oils in the comfort of your own kitchen.

Course #: CUL118

- Instructors: Colleen Griffin, Susan Stoterau
- Classroom: Studio 10 on the Square
- Member: \$5, Non-Member: \$10
- Wednesday, March 29, 2017
10:00AM-12:00PM

Healthy Eating Series with Colleen Griffin

Are You Digging Your Grave with Your Fork and Spoon?



What you eat is the foundation of your health. So, how do you make your food choices? Is your current diet calorie-rich and nutrient-poor? Do you make unhealthy food choices simply because they are convenient? Do you believe the information on the front of the box/package? You just might be digging your grave

with your fork and spoon. This interactive class will provide you with valuable information and 26 simple steps to create a healthier lifestyle. All recipes used in class are gluten-free & dairy-free.

Course #: CUL106

- Instructor: Colleen Griffin
- Classroom: Studio 10 on the Square
- Member: \$25, Non-Member: \$30
- Thursdays, January 12, 19, and 26, 2017
12:00-2:00PM
- **OR** Thursdays, March 9, 16, and 23, 2017
5:00-7:00PM

Beans, Beans Are Good For Your Heart

The bean song we loved to sing as kids may be silly, but it's true! There's a scientific basis to this exuberant rhyme. According to researchers, eating one serving of beans daily can significantly reduce the so-called "bad cholesterol" and therefore the risk of cardiovascular disease. Eating beans regularly really is good for your heart. Would you like to learn how to add more of the "musical fruit" to your diet? Great! Then enroll in the hands-on cooking class and experience delicious and nutritious soups, salads, entrees and desserts made from beans. All recipes used in class are gluten-free and dairy-free.

Course #: CUL111

- Instructor: Colleen Griffin
- Studio 10 on the Square
- Member: \$28, Non-Member: \$33
- Thursday, February 9, 2017
2:00-5:00PM

Eat more Veggies **New!**

Vegetables are one of the best foods you can eat. Veggies are high in fiber and one of the best sources of disease-fighting phytonutrients. A lot of people have been turned off by veggies because they think they are bland. But there are so many easy ways to add flavor to veggies. The fact of the matter is, vegetables aren't just good for you. When prepared correctly, they are just plain good. If you're looking for inspiration and ideas for eating more veggies then this hands-on class is for you. All recipes used are gluten-free/dairy-free/diabetic friendly.

Course #: CUL116

- Instructor: Colleen Griffin
- Classroom: Studio 10 on the Square
- Member: \$28, Non-Member: \$33
- Saturday, February 18, 2017
1:00-4:00PM

Gluten-Free, Dairy-Free Cooking Class

Do you need help going gluten-free? Are you struggling to keep the gluten out of your diet? Are you a gluten-free veteran looking for some new recipes? Gluten-free cooking can be perplexing to say the least. However, when armed with a little training and knowledge, gluten-free cooking is easy and delicious. Sign up for this hands-on cooking course, and get tips, strategies and advice. You will also have the opportunity to sample several gluten-free/dairy-free dishes prepared during the class. Attendees will receive copies of easy, delicious and nutritious gluten-free/dairy-free recipes.

Course #: CUL110

- Instructor: Colleen Griffin
- Studio 10 on the Square
- Member: \$28, Non-Member: \$33
- Friday, February 17, 2017
12:00-3:00PM
- **OR** Saturday, April 22, 2017
12:00-3:00PM

Green Smoothies: The Healthy Fast Food

Are you ready to watch your cravings disappear, improve your focus and concentration as you also watch your energy soar? Are you looking for a simple and practical way to improve your health and well-being? Then come learn about Green Smoothies! In this workshop we will talk about the health benefits of green smoothies and just how quick and easy they are to make. You will even have the opportunity to sample several smoothies. Join Colleen for this workshop adventure and see for yourself just how delicious and nutritious green smoothies are. All recipes used in class are gluten-free & dairy-free.

Course #: CUL104

- Instructor: Colleen Griffin
- Studio 10 on the Square
- Member: \$15, Non-Member: \$20
- Thursday, January 12, 2017
2:30-4:30PM
- OR Thursday, March 16, 2017
2:00-4:00PM

Keen on Quinoa



In recent years, quinoa has gained a place in America's pantries because of its versatility and amazing health benefits. The ancient grain--which is really a seed--is gluten-free, a protein

powerhouse, and rich in many other nutrients, making it a good substitute for wheat and other grains. If you need inspiration and guidance incorporating quinoa into your diet, be sure to enroll in this class. In this hands-on cooking class you will learn how to use quinoa to its full potential from satisfying breakfast porridge, to delicious snacks, to creative entrees and even desserts. All recipes used in class are gluten-free & dairy-free.

Course #: CUL105

- Instructor: Colleen Griffin
- Studio 10 on the Square
- Member: \$28, Non-Member: \$33
- Thursday, February 23, 2017
2:00-5:00PM



Let's Get Raw - Raw Food made Easy

Forget cooking! Eating healthy foods has never been so delicious and easy. In this entry level class, you will learn the many benefits of eating raw foods, the basics of raw food preparation, how to incorporate raw food into your everyday lifestyle, and quick, easy and delicious raw food recipes. All raw food dishes prepared in this class are gluten free and dairy free. Enroll now for a "rawsome" experience. All recipes used in class are gluten-free & dairy-free.

Course #: CUL115

- Instructor: Colleen Griffin
- Classroom: Studio 10 on the Square
- Member: \$25, Non-Member: \$30
- Saturday, March 25, 2017
12:00-3:00PM

Living Clean in a Toxic World

Toxic chemicals accumulate in our bodies every day - resulting in immune deficiency, lowered mental performance, and life-threatening disease. Many chemicals and toxins enter the body but have no easy way out. They disrupt our cell membranes; cause inflammation, interfere with hormones and our body's enzyme production. In this class you will learn what you can do to help rid your body of accumulated toxins and simple steps you can take to dramatically reduce your toxic exposure without having to move to a remote mountain top or live in a bubble. All recipes used in class are gluten-free & dairy-free.

Course #: CUL109

- Instructor: Colleen Griffin
- Classroom: 3
- Member: \$5, Non-Member: \$10
- Wednesday, March 1, 2017
11:00AM-1:30PM

Mastering the Gluten Free Lifestyle

Are you new to the gluten-free lifestyle? Are you feeling lost and overwhelmed by all the changes involved? This class will provide you with information, tools, tips and strategies (from Colleen's personal experience) that you'll need as you embark on your gluten-free journey. All recipes used in class are gluten-free & dairy-free.

Course #: CUL101

- Instructor: Colleen Griffin
- Member: \$5, Non-Member: \$10
- Thursday, January 26, 2017
2:30-4:30PM
- Classroom 1
- **OR** Thursday, March 9, 2017
2:00-4:00PM
- Classroom 2

No Grain - No Pain (Beyond Gluten-Free) **New!**

"What I learned when I removed grains from my diet was this: gluten-free was a great first step for me – it relieved many of my health issues. But what really worked for me was to not only go gluten-free, but grain-free too! That's when my health and well-being reached a more optimal level.

Going grain-free may sound a little extreme, but I assure you that it will be worth it in the long run" (Colleen Griffin). People all over the world have reported amazing results from a grain free diet; for example reversing type 2 diabetes, shedding layers of dangerous visceral body fat, overcoming anxiety & depression, relief from pain and discomfort, super-charged energy levels and relief from IBS. Enroll in this class and learn more about the grain free lifestyle and its many benefits. All recipes used in class are gluten-free & dairy-free.

Course #: CUL117

- Instructor: Colleen Griffin
- Classroom: 3
- Member: \$5, Non-Member: \$10
- Wednesday, March 1, 2017
2:00-4:30PM

Rice Cookers Aren't Just for Cooking Rice

Do you think a rice cooker is just for cooking rice? Think again! While it's true that a rice cooker can save time when cooking rice, you can also use it to prepare hundreds of dishes. In this hand-on class, you'll learn how to cook delicious, nutritious and versatile meals with a rice cooker. Whether you're a newbie or are looking for new ways to utilize your trusty or dusty old rice cooker, this is the class for you. All recipes used in class are gluten-free and dairy-free.



Course #: CUL112

- Instructor: Colleen Griffin
- Classroom: Studio 10 on the Square
- Member: \$28, Non-Member: \$33
- Saturday, January 21, 2017
1:00-4:00PM
- **OR** Thursday, March 30, 2017
10:00AM-1:00PM

The Blood Type Diet/Lifestyle Connection

Did you know that your blood type could indicate the foods and lifestyle choices most compatible for you? Different blood types react differently to certain substances in food. One man's food can be another man's poison. Blood type can be a valuable clue for understanding your own uniqueness. Enroll in this class and learn more about the history, theory and principles of the Blood Type Diet. All recipes used in class are gluten-free & dairy-free.

Course #: CUL108

- Instructor: Colleen Griffin
- Classroom: 1
- Member: \$5, Non-Member: \$10
- Thursday, January 19, 2017
2:00-4:30PM

How to Get the Most Out of Produce **New!**



Currently, in the USA, we waste 40 percent of our food and most of it is produce! Wouldn't you rather eat it? Here, you'll learn how to utilize produce to its maximum. Tips and topical information is given on saving money when purchasing produce, wasting less produce by utilizing more of it, and the benefits of eating fresh produce for a healthier lifestyle. In short, this talk creates a win, win, win process that puts more money in your pocket, less produce in the trash, and more health and nutrition in your tummy!

Course #: CUL119

- Instructor: Teri Pizza
- Studio 10 on the Square
- Member: \$10, Non-Member: \$15, Includes price of book "Simplicity of Fresh Produce"
- Thursday, February 9, 2017
10:00-11:00AM
- **OR** Thursday, April 13, 2017
10:00-11:00AM

Games

Advanced Bridge Series: Blackwood & Gerber Conventions **New!**

When the partnership has the combined strength or a trump fit, the next step is to explore for controls. The standard form of the Blackwood Convention will be introduced as a method of determining the



number of aces and kings held by the partnership. The standard form of Gerber will be introduced. The Gerber Convention is a slam investigation bid used after no-trump openings, responses and rebids to determine the number of aces and kings held by the partnership. Please bring a deck of cards.

Course #: GAM304

- Instructor: Marie Fiorillo
- Classroom: 4
- Member: \$25, Non-Member: \$30
- Thursday, April 6,13,20,27 and May 4, 2017
1:00-3:00PM

Advanced Bridge Series: Minor Suit Openings & Responses **New!**

Minor suit openings and responses tend to get ignored since the emphasis is on major suits and no-trump contracts. Every partnership should have an understanding of how to handle minor suits effectively. This course will cover every aspect of opening a minor, responding to a minor suit opening and much more. Please bring a deck of cards.

Course #: GAM303

- Instructor: Marie Fiorillo
- Classroom: 3
- Member: \$25, Non-Member: \$30
- Thursdays, February 2, 9, 16, 23 and March 2, 2017
1:00-3:00PM

Beginning and Intermediate Mahjong

Mahjong is a traditional Chinese game played by four people around a square table. It is played with tiles rather than playing cards. Rules for playing and scoring vary drastically in China, however, you will learn the standard American-style game. You will practice strategy and techniques. Tiles will be provided, but the 2016 card will have to be purchased. Cards are available either at the Markets of Marion or through instructor, Mary Ehle.

This game is very popular and most enjoy playing as often as they can get a game together. We hope you will join us and become a fan of the game too. Note: A week before the class we will send an e-mail asking who needs the 2016 card. (Cards change every April.)

Course #: GAM203

- Instructor: Mary Ehle
- Classroom: 2
- Member: \$25, Non-Member: \$30
- Thursdays January 19 and 26, February 2 and 9, 2017
- 1:00-3:30PM
- **OR** Thursdays, May 4, 11, 18, and 25, 2017
- 1:00-3:30PM

Bridge for Beginners



Have you ever wanted to learn to play bridge? Well, now is the time. In this course, everyone will be a true beginner. All you need is patience, commitment, time, a willingness to learn and a sense of humor. You will be taught the basics; however, the only way to become a bridge player is to play. The game can be fun and challenging and will keep you thinking.

Course #: GAM101

- Instructor: Cindy Brown
- Classroom: 4
- Member: \$25, Non-Member: \$30
- Mondays, January 30, February 2, 13, 20, and 27, 2017
- 9:00-11:00AM

Bridge with Cindy

If you have had “Bridge for Beginners”, want a brush up, or need a setting to sharpen your skills, join us for this special session! We will review the basics, some conventions, and practice the game.

Course #: GAM202

- Instructor: Cindy Brown
- Classroom: 2
- Member: \$25, Non-Member: \$30
- Thursdays, April 13, 20, 27, May 4, and 11, 2017
- 9:00-11:00AM

Classic Canasta **New!**

This easy version of Canasta began in the 1950s when life was simple in comparison to today. There is lots of time to talk, laugh, and play this basic game which has now become more complicated and renamed Modern Canasta, Hand and Foot or Samba. If you are hesitant about learning Samba, this is the place to start! The transition to Samba will be covered at the last class.

Course #: GAM106

- Instructor: Dr. Judy Sherwood
- Classroom: 4
- Member: \$25, Non-Member: \$30
- Fridays, April 7, 14, 21, and 28, 2017
- 10:00AM 12:00PM

Coaching Super Samba: For Current Samba Players Only **New!**

Samba followed Canasta as a popular Rummy-type card game in the 1950s. It grew in popularity using three decks and drawing two cards. It continued to grow in complexity – using 4, 5 and 6 decks. Rules differ in many localities but the local preference is now Super Samba! Even a less recognized “Super Dooper Samba” now exists. Super Samba is easy but requires a new mindset, a few new strategies and also a new tray arrangement. Join other current Samba lovers for one or more of these three-hour monthly workshop /practice / coaching games (not lessons). Share strategies!

Course #: GAM111

- Instructor: Dr. Judy Sherwood
- Classroom: 3
- Member: \$5, Non-Member: \$10
- Tuesday, January 24, 2017
- 1:00-4:00PM
- **OR** Tuesday, February 21, 2017
- 1:00-4:00PM
- **OR** Tuesday, March 21, 2017
- 1:00-4:00PM

EQUINE

Watch www.MasterthePossibilities.org for upcoming equine classes.

LIFESTYLE & FUN | Games

Game Series

Time for some inexpensive times with friends and neighbors! Relax and enjoy some games played with couples and singles. Play at home, schedule a game night or join a weekly session in your community. Even if you know one or two of these games, join us anyway to find some new friends who also enjoy these games. First class will be Sequence, a game of strategy using cards and chips. Second game is Rummi Cube, constructing sequences of numbers using tiles. Third, play Mexican Train, a domino variation playing sequences on “trains” of dominos. The fourth game is Farkle, a fun game of dice similar to Yahtzee. During the last part each class we will add a few optional games by request (your choice) and select other games to learn or play if you already know these.

Course #: GAM103

- Instructor: Dr. Judy Sherwood
 - Classroom: 4
 - Member: \$25, Non-Member: \$30
 - Fridays, January 6, 13, 20 and 27, 2017
10:00AM 12:00PM
 - **OR** April 7, 14, 21 and 28, 2017
1:00 3:00PM
-

Modern American Canasta

This class will be held for four, two-hour sessions. Canasta is a card game similar to Hand and Foot. It is played with two, 52-card decks and is played with three players or with four players in teams of two. Come join the fun and learn the rules and strategies for play. You will go home with a copy of the rules, a “cheat” sheet for scoring and three different score pads so you can use the one you like the best!

Course #: GAM109

- Instructor: Sharon Carey
- Classroom: 1
- Member: \$20, Non-Member: \$25
- Tuesdays and Wednesdays, February 28, March 1, 7 and 8, 2017
9:00AM-12:00PM

Pinochle

This card games is growing again in popularity. Play involves counting meld points and points gained in “tricks.” The session prepares you to play social pinochle, not tournament pinochle. You will play in groups of 3, 4 and 6.

Course #: GAM105

- Instructor: Dr. Judy Sherwood
- Classroom: 4
- Member: \$25, Non-Member: \$30
- Fridays, March 3, 10, 17 and 24, 2017
1:00-3:00PM

Samba and Its New Variation - Super Samba New!

Samba is not just another card game! It can best be described as Canasta on steroids, with similarities to the hand-and-foot Canasta variation. Most people don’t realize Samba has been around since the 1950s! Recently it has been re-invented in the form of Super Samba. Join us to learn the game or to practice your skills. Cards and racks provided. Relax and remember: “It is just a game, not a tournament!” Free, optional practice sessions may be available each week depending on student availability.

Course #: GAM104

- Instructor: Dr. Judy Sherwood
 - Member: \$25, Non-Member: \$30
 - Fridays, January 6, 13, 20, and 27, 2017
1:00-3:00PM
 - Classroom: Cypress Hall
 - **OR** Fridays, March 3, 10, 17 and 24, 2017
10:00AM-12:00PM
 - Classroom 4
-

Samba/Super Samba with Sharon New!

Super Samba is a card game very similar to, but more complex than Hand and Foot. It is played with two teams of two players on each team, or two teams of three players on each team using six decks of cards. Learn to play this game in four, two-hour sessions! No need to take notes. You will be given a copy of the official rules and a score-sheet specifically designed by

your instructor that you can laminate. This will make it a breeze to keep score using the same sheet over and over again! Cards will be provided but it is necessary to bring with you a card holder that can hold up to 30 cards! Come join the fun!

Course #: GAM108

- Instructor: Sharon Carey
- Classroom: 3
- Member: \$20, Non-Member: \$25
- Tuesdays and Wednesdays, March 28, 29, April 4 and 5, 2017
9:00AM-12:00PM

Gardening

Master Gardener Series



- Instructor: Jo Leyte-Vidal
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5 – pricing issue

10:00-11:00AM

Composting New!

Find out how many ways you can create compost in your garden; from a little hole in the ground to large bin.

Course #: GAR111

- Friday, March 10, 2017

Invasive Plants

What makes a plant considered invasive in Marion County and how can you recognize them?

Course #: GAR113

- Friday, May 12, 2017

What is a Lichen? New!



Did you know that Orchids and Spanish moss are air plants, i.e., lichens. Do they harm trees?

Course #: GAR112

- Friday, April 14, 2017

Wildlife Friendly Landscaping New!



All birds, butterflies, bats, hummingbirds, lizards, etc., can share your garden beautifully. All you have to do is provide water, food and shelter.

Course #: GAR110

- Friday, February 10, 2017

Hobbies

10th Annual Marion County Bonsai Society



A magical display of 35 Bonsai trees!

The word Bonsai means “small tree in a container” in the Japanese language, and in Chinese the word Penjin means “tray plant, tray landscape, potted scenery or potted landscape’. This art started in China well over 2000 years ago, and spread to Japan, then the rest of the world.

- Afternoon, Tuesday, May 2, 2017 thru Noon, Friday, May 5, 2017

Exhibit is free and open to the public.
No registration required for the exhibit.

Special Workshops:

Basics of the Living Art of Bonsai

Peter Wood presents “Bonsai Basics,” basic horticultural and artistic principles. Have you ever considered this art as a hobby? Peter will answer the question “How does that tree grow in that small pot?” He will discuss Bonsai history and the art’s unique basics of styling and proper applications of soils, watering and fertilization. A great starter class for someone curious about bonsai.

Course #: HOB115

- Instructor: Peter Wood
- Classroom: 1
- Marion Bonsai Society and MTP
- Members: FREE, Non-Members: \$5

- Wednesday, May 3, 2017
1:00-2:00PM
- OR Wednesday, May3, 2017 – two times?
1:00-2:00PM

The Living Art of Bonsai-Demonstration

Artist David VanBuskirk, Bonsai Artist and Owner of D&L Nursery, presents a live demonstration on the creation of a bonsai tree from stock material. David has a unique skill that combines artistry and horticultural principles. He will also be there every day during the exhibition working on trees and answering any questions you have.

Course #: HOB116

- Instructor: David Van Buskirk
- Classroom: 1
- Marion Bonsai Society and MTP
- Members: FREE, Non-Members: \$5

- Thursday, May 4, 2017
1:00-2:00PM

Japan: a Walk through Time New!

Take a virtual tour through Japan’s long history that stems from the pre-historic development to today’s art and fashion. Learn about some of the key elements that influenced the development of Japan starting with the first centralized government formed during the Nara Period (710-794CE). Visit some of the famous temples and gardens as well as pictures of several important posts along Tokaido depicted by the famous wood block artist, Utagawa Hiroshige. Tour the residence of the great unifier of Japan, Tokugawa Ieyasu and learn of the significant role his government played.

We’ll discuss the importance of tea and the very well-known chanoyu or tea ceremony. Japan is very well known for its bonsai, but what importance does it have to the Japanese? What does it have in common with the tea ceremony? Our tour will travel through miles of rice fields as we learn the importance rice had on Japanese culture. And finally, we end our tour with a famous love story from 755CE that is one of the most celebrated even today. We hope you can join Jerry for an afternoon of fun and entertainment as your “tour guide” along with many personal experiences from his many years of studying in Japan.

Course #: TRV123

- Instructor: Jerry Heines **Visiting Scholar**
- Classroom: Live Oak Hall
- Member: \$5, Non-Member: \$10

- Thursday, May 4, 2017
10:00-11:00AM

Sake: Its History & Importance **New!**

Sake is a Japanese rice wine made by fermenting polished rice. There is early evidence that alcoholic beverages were used in Japan which were recorded in a third century Chinese text, The Book of Wei (Records of the Three Kingdoms) and the Japanese historical text written in 712, the Kojiki (The Book of Ancient Matters). In fact, the early alcoholic beverages in Japan were very different than what we drink today for sake. In years around 500BCE, the national religion of Japan, Shinto, used alcoholic beverages to appease the Kami along with a dance using techniques of an early Sumo. It was also used along with water and salt as a means of purifying the soul. Later, sake was used to celebrate at court festivals and there is even reference to drinking contests.

Our discussion will look at the early history of sake and its importance within the Japanese culture. We will discuss some of the popular areas of Japan for sake production and take a “tour” of a typical manufacturing plant. Today, sake is still a revered drink in Japan and is popular at various important functions throughout the year. The talk will have a number of entertaining tales told among the Japanese and one in particular that is an ancient delightful custom that one only experiences in a Japanese restaurant. We hope you’ll join us as we explore sake’s history and importance within the Japanese culture.

Course #: TRV124

- Instructor: Jerry Heines **Visiting Scholar**
- Live Oak Hall
- Member: \$5, Non-Member: \$10

- Thursday, May 5, 2017
11:30AM-12:30PM

Antiques – Is it Antique? Or is it Junque? **New!**

This class explores the fascinating world of antiques from a former dealer’s perspective. What qualifies an item as an antique? What does appraised value mean? Is it best to buy through a dealer, an antique store, at auction, over the internet, through classified ads, or through a friend? How much should you pay? What is it really worth? How, where and when can you sell your treasures? All these questions and much more will be answered.

First session will look at glass, porcelain, toys and memorabilia. Second session will feature furniture, collectables and jewelry. All other antique topics are open for discussion.

Both sessions are two hours in length and will conclude with roughly 30 minutes of “Roadshow” type activity where you can bring in a few of your treasures for discussion and, where possible, an “opinion of value” by the instructor.

From casual beginner to experienced buyer – something for everyone! Light, entertaining and educational.

Course #: HOB114

- Instructor: Norm Lantz
- Classroom 4
- Member: \$20, Non-Member: \$25

- Tuesdays, January 24 and 31, 2017
10:00AM 12:00PM

Auto Design and Classic Cars

Do you own a work of art? You do if you own a car. Find out about auto design in the “golden decades” of the ‘20s, ‘30s, ‘50s, and ‘60s. What makes a classic and collectible car? Should you pursue and purchase the car of your high school dreams? If you own a classic or know of someone who does, bring it to the after-class show-and-tell in the parking lot.

Course #: HOB112

- Instructor: Tom Idziak
- Classroom: 1
- Member: FREE, Non-Member: \$5

- Thursday, March 16, 2017
11:00AM-12:00PM

Interior Decorating for You

Are you tired of the way your home looks? Do you go into model homes and think, "I want that in my house?" This course helps you identify your personal style and colors. Is your style traditional, contemporary, beachy or French provincial? Learn what colors and accents can help you achieve that style and look. Just a few changes can help give your home a fresh new feel that reflects you.

Course #: HOB103

- Instructor: Donna Lindeval
 - Classroom: 1
 - Member: FREE, Non-Member: \$5
-
- Wednesday, January 18, 2017
11:30AM-12:30PM
-

Interior Design: How We Got to Today

This course will be an overview of the influences of contemporary design. We will touch on furniture, colors, and lighting materials, as well as the planning and socio-psychological aspects. This session will be hands-on to learn about many beautiful fabrics. We will also engage in group interaction and discussion to share ideas with others.

Course #: HOB117

- Instructor: Joann Palazzotto
 - Classroom: 3
 - Member: FREE, Non-Member: \$5
-
- Wednesday, January 25, 2017
1:00-3:00PM
-

Introduction to Golf

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

Course #: HOB108

- Instructor: Matt Hibbs
 - Classroom: 1
 - Member: FREE, Non-Member: \$5
-
- Monday, February 27, 2017
11:00AM-12:00PM

Kayak 101: Equipment, Maintenance and Paddling Locations **New!**

This presentation will focus on the many aspects of purchasing and owning a kayak. The following will be discussed: types of kayaks, accessories, usage, transport, storage, features, cost, benefits, maintenance, and when and where to go paddling. In addition, time for Q and A will be available.

Course #: HOB111

- Instructor: Michael Szklarz
 - Classroom: 3
 - Member: FREE, Non-Member: \$5
-
- Tuesday, April 11, 2017
1:00-2:30PM

Pearls – The Queen of Gems **New!**

The lecture will discuss pearl types, pearl formations, and display lovely examples of beautiful pearl jewelry throughout the ages. There will be some hands-on work detecting real pearls from faux pearls.

Course #: HOB113

- Instructor: Linda Quagliaroli
 - Classroom: 2
 - Member: \$5, Non-Member: \$10
-
- Monday, March 6, 2017
10:00AM-12:00PM
-

Walking Nearby Florida Trails

A power point presentation on the big screen of a few dozen of the very fine trails near home, drive there, park, walk, listen, observe, check off that trail, and next time walk the next trail on the list. Over a few months you will compile quite an accomplishment of trails traveled and wildlife observed. We will look at trails with no alligators, trails with small alligators, and trails with many large alligators. Are you new to this area? We have a list of the best trails for you to begin your walking program. Or, have you lived here many years and not walked many or any of the trails yet? Now is a good time to have the list and get started in the cool weather. You may even want to walk a trail with us on the Saturday after this class.

Course #: HOB104

- Instructor: Ed Tenhor
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Wednesday, February 15, 2017
10:00-11:00AM

Pets



Essential Oils for Pets New!

Many of us consider our pets as members of our families and want to protect them too. Just as essential oils have shown both physical and psychological benefits in humans, they can be beneficial to our furry friends in a similar manner. However, it is important to remember essential oils we handle and enjoy, may not produce the same reaction in animals. In fact, some oils can even be dangerous. If used properly essential oils can offer a natural alternative to a number of the everyday issues our furry friends face. I invite you to enroll in this information packed class as we discuss how to safely and effectively use essential oils for the betterment of your furry family members.

Course #: PET105

- Instructor: Susan Stoterau
- Classroom: 1
- Member: \$5, Non-Member: \$10
- Wednesday, January 25, 2017
10:00AM-12:00PM

Fun Cases from the Trenches of Veterinary Medicine

Have you ever wanted to spend the day behind the scenes in a veterinary hospital? This is meant to be an interactive, fun, and educational discussion about interesting real life veterinary cases seen over the last 10 years of practice here in Ocala. The cases will range from commonly seen diseases/illnesses to rare occurrences. Many species will be covered; ranging from dogs/cats, farm animals, and exotic species. Students will have the opportunity to be stand-in veterinarians on these cases. Participation is optional, but lots of fun. Along the way we will learn fun facts about lab work results, animal anatomy, and other diagnostics tests. We will work together to use the patients history, physical exam, and diagnostics to find a diagnosis and treatment.

Course #: PET103

- Instructor: Ashley Boyd, DVM
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Thursday, April 13, 2016
3:30-4:30PM

K-9 Basic Training

We all know that some basic obedience training makes dogs more fun to be around. What many of us do not know are the other, less obvious, benefits. Obedience training helps your dog see you as their leader and it gives them a mental workout--something that many need as much as physical exercise. It staves off boredom and makes them feel useful. Some commands, like a good re-call, may even save their life one day. Cindy will cover basic commands: sit, down, stay, come, and walking on a leash. Those completing the course will receive a certificate of completion.

Course #: PET101

- Instructor: Cindy Sanford
- Studio 10 on the Square
- Member: \$35; Non-Member: \$40
- Tuesdays, January 10, 17, 24, and 31, 2017
9:00-10:00AM

K-9 Advanced Training

These advanced dog training sessions will include more distractions and reinforce previously learned commands, but from a greater distance. These classes will reinforce self-control in your dog and introduce him to off-leash training. You will learn the type of personality that your dog has and work it into the training.



Course #: PET201

- Instructor: Cindy Sanford
- Studio 10 on the Square
- Member: \$40, Non-Member: \$45
- Tuesdays February 7, 14, 21, 28, and March 7, 2017
9:00-10:00AM

Pet Nutrition: Understanding the Complicated Pet Food Market **New!**

One of the most overwhelming tasks a pet owner faces is choosing a good food for their dog or cat. There are hundreds of different pet foods available on the market today. The aggressive advertising campaigns of pet foods on the internet, TV, and social media has made the topic even more controversial. The goal of this lecture is to help pet owners understand the differences between foods, how to read a pet food label, discuss food safety, and explain the different ingredients and terms commonly used in pet foods. We will also discuss pet foods targeted for food allergies and weight loss in both cats and dogs

Course #: PET102

- Instructor: Ashley Boyd, DVM
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Thursday, March 16, 2017
3:30-4:30PM

Travel Two Great African Adventures

African Photo Safari with Connie **New!**

Come and vicariously experience seeing the wild animals of Africa, as captured during my photo safari! View photos and movies taken during a three week photo safari of Cape Town, Victoria Falls, and a 10 day mobile safari through Botswana. You'll see a pride of lions walking beside our Land Rover, leopards, the large variety of antelopes, along with the usual suspects... hippos, crocs, zebras, baboons, elephants galore, and so many of the colorful birds indigenous to the area. You'll also hear about our 'scariest moment', 'most amazing moment' and what it was like to tent outdoors hearing the night sounds.



Course #: TRV118

- Instructor: Connie Filip
- Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, February 21, 2017
1:00-2:30PM

African Safari: Rod and Doris' Amazing Adventure **New!**

Take another journey with Doris Gamelin and Rod Broker on a photo safari into the heart and soul of the south-central African nations of Botswana, Zambia and Zimbabwe. Share some of their experiences with big game, bush lodging, village visits, natural wonders, cultural history, and more. You may just be inspired to get on the plane yourself and visit the motherland of the human species.



Course #: TRV119

- Instructor: Rod Broker, Doris Gamelin
- Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, February 28, 2017
1:00-2:30PM

Armchair Traveler Series

Cruising the Greek Islands **New!**



A cruise is the perfect way to have the opportunity to visit several Greek Islands. Rhodes, Santorini and Mykonos top the list, but the video of Claudine Dervaes' trip to this area of the world will include Rome, Florence, Athens, Kusadasi and Dubrovnik. The magnitude of history in these destinations is unparalleled and this is another trip that is on many peoples' "bucket list." So, if you're planning to go or would like to experience vicariously, come to this seminar.

Course #: TRV129

- Instructor: Claudine Dervaes
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Tuesday, February 7, 2017
11:00AM-12:00PM

Iceland Showcases Nature's Power and Fury **New!**

Greenland is not very green, but Iceland is! This rugged island nation's scenery will make you think you are on another planet. The volcanoes, waterfalls, geysers, hot springs, and glaciers showcase nature's power and fury - with a vengeance. Bird life is plentiful, with puffins being the most iconic. Horse trekking is popular along with extreme sports. Claudine Dervaes will present her video on experiences and show the brilliant scenery and explain the details for travel to this destination.

Course #: TRV127

- Instructor: Claudine Dervaes
- Classroom: Cypress Main Hall
- Member: FREE, Non-Member: \$5

- Thursday, February 2, 2017
11:00AM-12:00PM

Ireland - 'Tis a bit of Heaven for sure **New!**

The Emerald Isle is about the size of Maine, with a population similar to Louisiana's. It offers a mild climate, fantastic scenery, incredible history and enchanting people. From Dublin to the Ring of Kerry, Blarney castle to the Cliffs of Moher, a trip to Ireland is unforgettable and special. Northern Ireland will also be covered in this seminar which will feature a video of the experiences of the presenter, Claudine Dervaes

Course #: TRV128

- Instructor: Claudine Dervaes
- Cypress Main Hall
- Member: FREE, Non-Member: \$5

- Thursday, February 2, 2017
12:30-1:30PM

Mongolia **New!**



Travel to one of the most remote areas on earth. It's the 19th largest country in the world, but only has 3 million people - half of which live in the capital city of Ulaanbaatar. Claudine Dervaes traveled there for the Naadam festival in July 2016 and will talk about one of the most interesting countries and peoples. This is the country of Genghis Khan, founder of the 13th and 14th century Mongol Empire.

Course #: TRV125

- Instructor: Claudine Dervaes
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Tuesday, January 31, 2017
11:00AM-12:00PM

New Zealand's Beauty, Scenery and Adventure **New!**



North Island and South Island offer spectacular sights and wonderful experiences. The Maori people are so interesting and their culture so unique! See where the Hobbit movie was filmed and experience the adventure of visiting Waitomo Caves, Rotorua, Auckland, Queenstown, Mt. Cook, and so much more. No visit is complete without a jetboat ride or a hangi feast. This is where bungee jumping originated and you'll marvel at all the other extreme sports that New Zealanders and visitors enjoy. Claudine Dervaes will present the video of her trip to both islands and take you on a wild ride!

Course #: TRV130

- Instructor: Claudine Dervaes
- Cypress Main Hall
- Member: FREE, Non-Member: \$5
- Tuesday, February 7, 2017
12:30-1:30PM

Spotlight on Great Britain

History, scenery and heritage are all reasons to visit England, Scotland, and Wales! And there are so many Brits living in the U.S. that it's good to know about their countries. This workshop details the great places and things to do while traveling to parts of the U.K. Plus it's interesting to discover all the terms and expressions that differ in British English vs. American English (petrol for gas, bonnet for car hood, etc.). Claudine Dervaes, author-publisher of *The U.K. to U.S.A. Dictionary - British English vs. American English* will present and be available for book signing. Ms. Dervaes has over 40 years' experience in the travel industry, writing and publishing over 30 books on travel education. Bob's Your Uncle! (An expression in U.K. that means "all is well")

Course #: TRV126

- Instructor: Claudine Dervaes
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, January 31, 2017
12:30-1:30PM

10 Top Travel Destinations for Your Bucket List **New!**

People are always asking me- of the 80 countries that you have visited, what is your favorite? I tell them, usually the last country that I have visited. So I compiled a list of my 10 favorite destinations. No 10 is New Zealand. No 1 is. Antarctica. For those in between, come to my presentation. And bring your own bucket list of destinations. We will talk about them.

Course #: TRV134

- Instructor: Evelyn Kelly, Ph.D.
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Monday, May 8, 2017
10:00-11:00AM

Argentina: Land of Silver **New!**

We will journey to the interesting country of Argentina, the tip end of South America. I had the privilege of traveling in three different parts of the country from the north and gaucho country to the historic city of Buenos Aires to the end of the world Ushuaia, the jumping off place to Antarctica. Come for a spirited trip of travel, culture and beyond.

Course #: TRV132

- Instructor: Evelyn Kelly, Ph.D.
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Monday, February 6, 2017
10:00-11:00AM



China: Then and Now New!

Come with me and climb the Great Wall of China. We will visit this mysterious and interesting country, which has so much history and culture. From Beijing to unusual Buddhist temples, we will explore a few famous landmarks and then look at what is happening now in China. We will even make it to the Beijing Zoo to visit the Giant Pandas

Course #: TRV133

- Instructor: Evelyn Kelly, Ph.D.
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Monday, April 10, 2017
- 10:00-11:00AM

Ecuador and the Galapagos Islands New!

Ecuador is the middle of the world. We will visit Quito, the high capital in the Andes, travel some areas in the north of the country to see indigenous populations, and stand on the equator. From there we will fly to the Galapagos for an adventure with the unusual flora and fauna that Darwin experienced. We were able to see Lonesome George, the huge tortoise, who died of a broken heart. None of the lady tortoises would have anything to do with him- preferring the stud tortoise Diego. This presentation is not only a travel adventure but will explore the culture, history, and politics of this interesting part of the world.

Course #: TRV131

- Instructor: Evelyn Kelly, Ph.D.
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Monday, January 23, 2017
- 10:00 11:00AM

China: A 3-City Tour New!

The tour begins in the Capital City of Beijing, and Tiananmen Square, the largest in the world and leads into the Forbidden city, the Chinese imperial palace (from the Ming to the Qing Dynasties), a visit to a pearl factory, the Summer Palace, and a Hutong Rickshaw tour of the old city. Next, take a walk along the Great Wall of China and stop in the Jade Museum and a traditional Chinese Medical Center. See scenes from the Golden Mask and Tang Dynasty Shows. Then on to X'ian with a tour of the entire Terra Cotta Army Warriors and Horses Museum. An lastly, a land as well a boat tour of China's most populous city-Shanghai.

Course #: TRV120

- Instructor: Don Wyman
- Classroom: Live Oak Hall
- Member: \$5, Non-Member: \$10
- Friday, February 10, 2017
- 11:00AM-12:00PM

El Camino de Santiago: "An Experience and Journey of a Lifetime" New!

This presentation will focus on the Camino de Santiago and will include information such as what and where it is and why do people do it. Join Michael Szklarz who has walked the last 100 km of the Camino in 2015, and plans to return in 2017 to walk the full distance. He will share different ways you can travel the route as well as tips on what to bring, how will you feel (before, during, and after), and where to start. In addition: there will be a short video, and time for questions and answers.

**Course #:** TRV117

- Instructor: Michael Szklarz
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Friday, February 17, 2017
- 10:00AM-12:00PM



Florida Trips and Tales

Learn about Florida's natural, historic and cultural sites. Virtually take four great journeys around the state, complete with suggestions on food and lodging. Hear interesting tales from each of the areas excerpted from some of Florida's legendary authors and historic characters.

- Instructor: Margaret Spontak
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
2:30-4:00PM

Florida's Gulf Coast

Virtually travel Florida's Gulf Coast from Everglades City to Naples to St. Petersburg to Cedar Key.

- Course #:** TRV135
- Friday, January 20, 2017

Florida's Keys Scenic Highway

Virtually travel the Florida Keys Scenic Highway including the upper, middle, lower Keys to Key West itself.

- Course #:** TRV136
- Friday, February 17, 2017

The Panhandle or Florida's Forgotten Coast **New!**

Virtually travel the forgotten coast on 98 and 30A from St. Marks and Wakulla Springs to Cape San Blas and Seaside.

- Course #:** TRV137
- Friday, March 17, 2017

Florida's Northeast Coast on AIA **New!**

Virtually travel Florida's Northeast Coast along historic AIA from Flagler Beach to St. Augustine to Fernandina.

- Course #:** TRV138
- Friday, April 21, 2017
-

The CIA Museum: A Private Tour **New!**

The CIA Museum is located in the CIA Headquarters building and therefore not open to the public. Don Wyman, a CIA Retiree, was recently given both a private tour by the Museum

Director and permission to create this special "Private Tour." This unique tour includes many espionage artifacts never before seen, reveals some declassified Top Secret intelligence operations, and identifies some of the brave people who carried them out.

- Course #:** TRV122
- Instructor: Don Wyman
 - Classroom: Live Oak Hall
 - Member: \$5, Non-Member: \$10

- Friday, March 10, 2017
11:00AM-12:00PM

TX-OK-NM-LA: 1000 miles in one week! **New!**

This unique, 1000-mile, four-state tour begins in San Antonio with visits to the Alamo, the River Walk, the Texas Rangers Museum and the Buckhorn Museum. It journeys on to New Mexico and the Carlsbad Caverns and the daily bat flight. Then on to Sulphur, Oklahoma, and the Chickasaw Indian Cultural Center and beautiful casino. Travel then to the Mansfield Battlefield and Museum in Mansfield, Louisiana, and finish up in Tyler, Texas, at the East Texas Oil Museum ... all done in just one week!

- Course #:** TRV121
- Instructor: Don Wyman
 - Classroom: Live Oak Hall
 - Member: \$5, Non-Member: \$10

- Friday, January 20, 2017
11:00AM-12:00PM

Yellowstone the Story: Facts & Legends New!

In 1962 while sleeping under the stars in the Yellowstone back-country, the instructor of this class was stepped on by a bear and her cub. That night, she fell in love with everything Yellowstone. For the last 54 years, she has been intimately connected to Yellowstone. For the last 10 summers, she has worked in Yellowstone. She has learned

facts, heard fiction and legends, witnessed history, made some history, led tours, lectured at campfire programs, met amazing people, and become totally immersed in the 135-year Yellowstone story. Join her for an hour or so of telling stories and sharing photos of her Yellowstone story.

Course #: TRV113

- Instructor: Carla Traudt
- Classroom: LOH Main Hall
- Member: FREE, Non-Member: \$5
- Wednesday, March 15, 2017
3:00-4:30PM

Trips

Learn & Go: The Thoroughbreds of Marion County

A short drive from home in any direction will take you past lush horse farms. No wonder that Ocala is called "The Horse Capital of the World." In this introductory class you will learn the basics from breeding to the starting gate. This two-meeting course will be divided into classroom time and a field trip. Each class has a related field trip the same month to the Ocala Breeder's Sale. Many of these equine athletes will fetch upwards of \$100,000! You are living in horse country, and this is a great primer on the Sport of Kings....and Queens!

Course #: TRI110

- Instructor: Thomas Sweeney
- First Session: Classroom 2
- Second Session: Ocala Breeder's Sale
- Member: \$50, Non-Member: \$60
10:00AM-12:00PM
- Thursdays, January 19 and 26, 2017
- **OR** Wednesdays, March 8 and 15, 2017
- **OR** Tuesdays, April 18 and 25, 2017

More Trips: Look for the Landmark and Legends series on the website.

Dining Around Series**Blue Gill New!**

Join us for lunch and a cooking demonstration at Blue Gill Restaurant in Gainesville. The Blue Gill takes pride in serving fresh, local, organic food and have prepared a special French Cuisine. Enjoy a delicious French onion soup, followed by a pate and a mixed green salad. The main course will be roasted chicken with delicious seasonal sides. Top it all off with a delicious angel food cake for dessert. A tour of the restaurant will follow. Fee includes four course meal, restaurant tour, tax and gratuity.

Course #: TRI117

- Instructor: Bert Gill
- Field Trip: 1310 SW 13th St. Gainesville, FL 32601.
- Member: \$35, Non-Member: \$40
- Saturday, February 4, 2017
12:30-12:00AM

Latinos Y Mas New!

Enjoy a delicious lunch at Latinos Y Mas, a spacious cafe showcasing Latin American flavors in a casual setting. You will select one of their four featured entrees and a choice of a dessert to follow your meal. Learn about the food and culture and how it inspired the founding of the restaurant with General Manager Fabian Gomez. Price includes meal, tax and gratuity.

Course #: TRI126

- Instructor: Fabian Gomez
- Field Trip: 2030 S Pine Ave, Ocala, FL
- Member: \$25, Non-Member: \$30
- Friday, March 10, 2017
12:00-2:00PM

Kika Silva Pla Planetarium

At Kika Silva Pla Planetarium, located at Santa Fe College in Gainesville, you will meet your guide to the stars, James Albury. He will take you on a journey through our galaxy beneath a 34 foot dome using two planetarium projectors. Join us for a special trip to view a brand new show, "Lives of the Stars".

Course #: TRI118

- Instructor: James Albury
- Field Trip: 3000 NW 83 St, Gainesville, FL 32606
- Member: \$5, Non-Member: \$10
- Friday, March 17, 2017
2:00-3:00PM

SCIENCE, HEALTH AND WELLNESS



JESSICA MCKUNE
Health & Wellness Instructor

STORIES CAN HEAL

Science

Florida Birding Series

Birding in Florida

Birding in Florida is different from any other birding experience. The birds are different; there are lots of them—especially wading and water birds—and they are harder to attract.



This course will cover all the basics: How to attract birds to your back yard; recommended use and type of feeders, water, houses and habitat; squirrel-proofing your feeders (yes, it can be done!); and how to identify all your new-found feathered friends.

A total of three hours of class time will give you a lifetime of enjoyment and pleasure, and all the information you need to fully enjoy this fascinating hobby. This class will provide lots of information on birding opportunities and organizations, and will include time for all your questions at the end of each session. Fun and enlightening!

Course #: SCI117

- Instructor: Norm Lantz
- Classroom: 2
- Member: \$30, Non-Member: \$35
- Wednesday, February 8 and 15, 2017
9:00-10:30 AM



Birds of the Rainbow River

The Rainbow River offers an outstanding opportunity to learn about all the wading/water birds you are likely to encounter in Florida. Lots of songbirds too! Enjoy a leisurely three-hour ride on a wonderful, comfortable pontoon boat through the “real Florida.” We start with a classroom session on March 21 at 10 a.m. where we will look at a PowerPoint presentation and discuss all the birds we hope to see. You should be able to accurately identify most of them by the end of this class. We will leave Master the Possibilities at 8 a.m. for the follow-up boat ride on March 28. The boat ride is with a licensed river Captain who will share many facts about the river. Enjoy up close and personal views of magnificent birds with great photo opportunities. We will close with an optional lunch at one of the riverside cafes.

Course #: SCI114

- Instructor: Norm Lantz
- Classroom: 2 and Field Trip
- Member: \$50, Non-Member: \$55
- Tuesday, March 21, 2017
10:00-11:30AM (In-class Session)
- AND Tuesday, March 28, 2017
8:00 AM-1:00 PM (boat ride)

Birds of the Upper Withlacoochee River

The Upper Withlacoochee River from Dunellen to Lake Rousseau offers a different look at “old Florida” as well as the more “modern” appearance. This class features a three-hour boat ride with an experienced river boat captain and a great opportunity to learn about all the wading/water birds you are likely to encounter in Florida. Lots of songbirds too! We start with a classroom session on Feb. 28 at 10 a.m. where we will look at a PowerPoint presentation and discuss all the birds we hope to see. You should be able to accurately identify most of them by the end of this class. The boat ride on March 7 will start with about one mile of the Rainbow River and as much of the Withlacoochee as we can cover in the allotted time. Enjoy up close and personal views of magnificent birds with great photo opportunities. We will close with an optional lunch at one of the riverside cafes.

Course #: SCI118

- Instructor: Norm Lantz
- Classroom: 3 and Field Trip
- Member: \$50, Non-Member: \$55
- Tuesday February 28, 2017
10:00-11:30AM (in-class session)
- AND Tuesday, March 7, 2017
8:00 AM-1:00 PM (boat ride)

Florida Science Series

- Instructor: Tom Miller
- Classroom 1
- Member: FREE, Non-Member: \$5

Insects

Insects are an integral part of our ecology, especially here in Florida. Tom Miller is an entomologist with over three decades of teaching experience. Join him as he presents insights into these creatures, their habitat and habits and their place in our ecology - a fascinating subject!



Course #: SCI121

- Monday, February 6, 2017
10:00-11:00 AM

Snakes

Florida has approximately 50 species of snakes. All of these play a vital role in maintaining the health of the ecosystem in which they live. Only a few are venomous and present any threat to mankind - but how many? And, which ones? Where do they live? Come to Tom Miller's class and find out. Do you suffer from ophidiophobia (fear of snakes)? Relax and come anyway-- there will be no live specimens in the class!



Course #: SCI122

- Wednesday, February 8, 2017
10:00-11:00 AM

Spiders

We all have seen them. Many of us fear them. Few of us understand them. Come join Tom Miller as he attempts to dispel the many myths and "old wives tales" that surround Florida's fabulous spiders.



Course #: SCI123

- Friday, February 10, 2017
10:00-11:00 AM

Coyotes in Florida



The Florida Fish and Wildlife Conservation Commission's coyote presentation is focused on helping Floridian's understand and live with this mid-sized member of the canine family. We will discuss why coyotes are now present in the state, their biology and role in the environment, and provide updates on recent research. We will also address potential problems with coyotes, including livestock and pet loss. The presentation covers applicable regulations, and why eradication is not achievable for this species. We will provide details on how to be safe around coyotes and how to coexist with this new predator on Florida's landscape.

Course #: SCI117

- Instructors: Angeline Scotten, Susan Carroll-Douglas
- Classroom: Circle Square Cultural Center
- Member: FREE, Non-Member: FREE
- Wednesday, January 18, 2017
- **OR** Wednesday, March 22, 2017
3:30PM-5PM



Dimension X--Science-Based Discussion Group

This new discussion group at Master the Possibilities focuses on cutting-edge science. Named after the popular sci-fi radio and television series of the 1950s, topics will include real science with a focus on where scientific trends and technology may take us. What have we learned? What are the current and future implications of emerging scientific breakthroughs? Research-based scientific findings will launch each session's discussion with participants bringing findings of their own. If you like science and great discussions, you will love Dimension X.



Course #: SCI101

- Instructors: Martin Hoffert, Elaine Smith
- Classroom: 3
- Member: FREE, Non-Member: \$5
- Wednesdays, February 1, 8, 15, 22, March 1, 8 15, 22, 29, April 5, 12, 19, 26, May 3, 10, and 17, 2017
3:00-5:00PM

Genetics 1: Quirky Human Genetics

How come my son looks like his uncle instead of me? My wife and I have brown eyes yet our kids eyes are all blue!!! How is this possible? What does "Rh" mean? Find the answers to these and many more questions dealing with the fascinating study of "quirky" human genetics!

Course #: SCI124

- Instructor: Tom Miller
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Monday, February 13, 2017
9:00-10:00 AM

Genetics 2: Human Genetics

Due to the overwhelming volume of material in "Quirky Human Genetics", we have added this course to enable us to continue to unravel the mysteries of why "My son looks like his uncle instead of me!" Or, how brown-eyed parents produce blue-eyed children. These answers and many more await your discovery. Come join us as we answer questions and create even more.

Course #: SCI125

- Instructor: Tom Miller
- Classroom 1
- Member: FREE, Non-Member: \$5
- Wednesday, February 15, 2017
9:00-10:00 AM

Genetics 3: Human Blood Types

Learn the mysteries of human blood types. What is a universal donor? What is a universal receiver? How serious is the Rh factor in humans and what causes it? Time permitting, we will discuss some of the problems created by chromosome abnormalities such as Down Syndrome or Trisomy 21.

Course #: SCI126

- Instructor: Tom Miller
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, February 17, 2017
9:00-10:00AM



Introduction to the World of Beekeeping

This course looks at how and why we keep honeybees. Each class will include basic information for those who may want to start beekeeping, Start-up costs and the equipment needed will be discussed. Weather permitting, the class will visit the Marion County Beekeepers Club's apiary where we'll open hives and look at their inside workings (located on property). Each class will end with a Q & A session.

Course #: SCI102

- Instructor: Chappie McChesney
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, March 10, 2017
3:00-4:00PM

Great Course: Being Human: Life Lessons from the Fathers of Science New!



Understanding our humanity—the very essence of who we are and how we live our lives—is one of the deepest mysteries and biggest challenges in modern science.

Why do we have bad moods? Why are we capable of having such strange and vivid dreams? How can metaphors and symbols in our language hold such a powerful sway on our thoughts and actions?

As we learn more about the mechanisms of human behavior through evolutionary biology, neuroscience, anthropology, psychology, and other related fields, we are discovering just how intriguing the human species is. And while scientists are continually uncovering deep similarities between our behavior and that of other animals, they also are finding a wealth of insights into everything that makes us unique from any other species on Earth.

Join acclaimed neurobiologist and award-winning Professor Robert Sapolsky of Stanford University for a surprising, amusing, and undeniably fascinating study of what makes you human.

“Being Human: Life Lessons from the Frontiers of Science” is a 12-lecture course that takes you to the front lines of scientific research and offers you a new perspective on the supposedly quirky nature of being ourselves. Thought-provoking, witty, and sometimes myth-shattering, this course is sure to have you thinking about, observing, and even appreciating your own life in novel ways.

Course #: SCI116

- Instructors: Leona Vlacancich, Robert Vlacancich
- Classroom: Cypress Hall
- Member: \$5, Non-Member: \$10
- Mondays, January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20 and 27, 2017
10:00-11:30AM

Science Fiction Film Series

On Tuesday afternoons during our Science Fiction Film Series, Elaine Smith will provide background information about each film’s actors, directors and screenwriters, and will discuss how each film was made. On Wednesday afternoons, Dr. Marty Hoffert will present analyses of these films’ underlying science and technology in “Dimension X”. To get the final list of films in this series, please sign up for Master the Possibilities weekly email blast or stop by our education office.

Course #: SCI103

- Instructors: Martin Hoffert, Elaine Smith
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, February 7, 2017
1:00-4:00PM
- **OR** Tuesday, February 14, 2017
1:00-4:00PM
- **OR** Tuesday, February 21, 2017
1:00-4:00PM

So What Is Quantum Physics? New!

Man has always been an explorer willing to push the boundaries of knowledge. We asked “Why?” based on observations, designed experiments and built new theories to explain. We saw diversity everywhere we looked. All the stars observed have characteristic differences, galaxies and star clusters also widely differ. Even petals from flowers on the same plant can differ. Can there be order in such diversity or is our universe really this chaotic? Around 1900 a concept was introduced that dramatically changed the world as we viewed it. It was called quantum physics and it has led to some of the most esoteric views of our universe. But what was the compelling evidence that led physicists to introduce such a dramatic new concept? What are the implications? How do we interpret the new philosophically challenging aspects of our universe which had to be true based on this new branch of Physics? We will discuss this fascinating era of physics, the struggles that world-renown physicists faced and the interpretations that will challenge our intuition. To understand some of the esoteric personalities of the famous physicists, amusing stories will be shared. Light from our sun and distant stars are from a quantum principle we call fusion. The conceptual elements of quantum physics will challenge your imagination in a way that you never conceived possible. And so the next time you look up at the stars....you will see them in a different “light”.

Course #: SCI120

- Instructor: Jerry Heines **Visiting Scholar**
- Classroom: Live Oak Hall
- Member: \$10, Non-Member: \$15
- Thursday, March 9, 2017
4:00-5:30PM

The Time Line of the Universe New!

Gazing into the tight sky must have fascinated even earliest man, who probably asked: "Where did all this come from?" It wasn't until the late 1920s that LaMaitre and Hubble observed the universe was expanding, which led scientists to postulate the phenomenal event we call the Big Bang. But the basic question still remained. To gain some insight into the answer, we need to examine the early development of our universe. We need to probe the very beginning of time itself. And from this study, we discover the birth of quantum physics. We will observe that if just one small even did not occur in the beginning, our universe would be totally different since quantum physics never would have been born. But it was and from its birth, we can begin to understand our night sky. Our journey will begin by leaving Earth to travel back 13.8 billion years to the largest explosion that ever occurred in our universe -- and there was no sound.

Course #: SCI119

- Instructor: Jerry Heines **Visiting Scholar**
- Classroom: Live Oak Hall
- Member: \$10, Non-Member: \$15
- Thursday, February 23, 2017
4:00-5:30P

Fitness



Fit for the Future – New Trends for Older Adults New!

Discover how the evolution of fitness can impact your health, function and well-being. From Jack LaLane to leg-warmers to modern science, this discussion will focus on fitness trends and whether they are right for you. This session will explain the science of exercise specific to older adults and help you build an exercise program that is just right for you.

Course #: FIT108

- Instructor: Cammy Dennis
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Wednesday, January 25, 2017
1:00-2:00PM



Get Moving Series

- Instructor: Jessica Pinkowski
- Classroom: 1
- Member: FREE, Non-Member: \$5

Fitness Facts- Resolving Myths about Exercise

We are constantly surrounded with magazine articles, internet advertisements and television commercials persuading us to change our behaviors in order to get healthy. This session will review 'just the facts' on diet and exercise discovering the truth contrary to what you've read or heard.

Course #: FIT102

- Monday, January 30, 2017
1:00-2:00 PM

10 Ways to Burn Fat Fast!

Holidays are over and it's time to make that resolution to lose weight and live healthy. Our bodies function better with less fat and leaner muscle mass. This session will discuss 10 popular ways to melt those extra pounds for a stronger leaner body.

Course #: FIT104

- Monday, February 13, 2017
1:00-2:00 PM

SCIENCE, HEALTH & WELLNESS | Fitness

Wet Sweat

Understanding the Benefits of Water Aerobics- Water is the ideal environment to train for a healthier heart, stronger muscles, increased joint mobility and better balance. Learn the multitude of ways to incorporate aqua exercise into your daily routines avoiding boredom and having fun! This session will discuss the benefits of shallow water aerobics, deep water suspension training, water walking and mind/body exercises in the pool.

Course #: FIT106

- Wednesday, March 15, 2017
1:00-2:00 PM

Use It or Lose It!

The Value of Maintaining Muscle- Learn why maintaining muscle as we age is important for weight management and function. Muscle mass decreases in size when we are less active leading to poor body composition, bad posture and loss of balance. Examine the 5 most important exercises the body needs in order to make your daily activities easier and boost your capabilities.

Course #: FIT107

- Tuesday, April 11, 2017
1:00-2:00 PM

Shaping Your Frame

As the result of certain circumstances in the aging process, we may become more susceptible to deviations in our posture. This discussion will focus on the importance of dynamic and static postures, along with tips on how to improve your frame. Learn techniques that you can do at home to improve your posture and reduce your risk of injury.

Course #: FIT115

- Tuesday, May 9, 2017
1:00-2:00 PM

Posture for Safe Golfing New!

Believe it or not, posture has a positive influence on power production. Swinging a golf club without proper stability is unwise and less productive. Functional posture makes a world of difference in your swing and lets you impart far more force in your ball strike. Join Adam Geril, PT, DPT for this informative presentation on posture for safe golfing.

Course #: FIT113

- Instructor: Adam Geril, PT, DPT
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, April 14, 2017
11:00AM-12:00PM

Taking a Deep Breath: Pranayama Breathing Exercises & Guided Meditation New!

Simply put, breath is life! Most of us are shallow breathers, which robs our bodies of the massive benefits of having ample oxygen and strong lungs. Breathing is also one of the easiest ways to quiet the mind and calm body. Enroll in this class to learn and practice the ancient science of Pranayama breathing exercises and then with a quiet mind and calm body enjoy a guided meditation to bring a full sense of deep relaxation and peace.



Course #: FIT114

- Instructor: Tracy Ryzan-Ross
- Classroom: 4
- Member: FREE, Non-Member: \$5
- Tuesday, January 10, 2017
11:00 AM-12:30 PM
- **OR** Wednesday, February 1, 2017
11:00 AM-12:30 PM
- **OR** Thursday, March 2, 2017
10:00-11:30 AM



Ultra Beginner's Yoga: Ready, Set, Go

Going to a yoga class can be intimidating -- especially if you are new to yoga, or may have physical limitations, or aren't the most coordinated person around. This class is designed specifically for the true beginner. Every pose is broken down step by step from body alignment, to gaze, to breath. Hands-on adjustments and demonstrations of modification of poses, as well as using tools, props, blankets, etc., can make every pose accessible to every type of body. NOTE: Students will be practicing yoga, so please bring a yoga mat to class.

Course #: FIT105

- Instructor: Tracy Ryzan-Ross
- Classroom: Studio 10 on the Square
- Member: \$5, Non-Member: \$10
- Mondays, January 16 & 23, 2017
9:30-11:30 AM
- **OR** Wednesdays, February 15 and 22, 2017
3:00-5:00PM
- **OR** Mondays, March 13 & 20, 2017
10:00AM-12:00PM
- **OR** Tuesday, April 4 & 11, 2017
10:00AM-12:00PM

Yoga Before the Mat: Know Before You Go to Class

Yoga is accessible to everybody. Whether you're new to yoga or have been practicing for awhile and are looking for a tool to help deepen your understanding, this course features the history and evolution of yoga, anatomy of poses, their benefits and purpose, meditation and breath control, yoga etiquette and inspiring information to introduce you to the art and science of yoga. With so many different yoga schools, instructors and styles, the choices can be daunting. This course is designed to give you the information you need to decide on the perfect combination that will make your practice the most enjoyable and satisfying. If you're interested in learning about yoga and gaining confidence before you ever step on your yoga mat, take this class! NOTE: Students will not be doing any Yoga poses in this class. They will be viewing pictures in a PowerPoint presentation of the poses.

Course #: FIT103

- Instructor: Tracy Ryzan-Ross
- Classroom: Classroom 3
- Member: \$10, Non-Member: \$15
- Monday, Wednesday and Friday, January 9, 11 and 13, 2017
9:00-11:00AM
- **OR** Monday, Wednesday and Friday, March 6, 8 and 10, 2017
10:00AM-12:00PM

Life Transitions

Compassion & Choices Series



DVD Presentation: Wit

Emma Thompson stars as an English professor with a biting wit that educates but also alienates her students. Diagnosed with a devastating illness, Vivian agrees to undergo a series of procedures that are brutal, extensive and experimental. No longer a teacher, but a subject for others to study, she discovers a fine line between life and death that can only be walked with Wit.

Course #: TRA127

- Instructor: Dr. Barbara Toeppen-Sprigg
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: FREE
- Friday, March 31, 2017
1:00-3:00PM

How Can My Body Help Others After My Death? New!

Many are aware that body donation after death for anatomical study in medical schools can be an important contribution to the education of future physicians. New options have developed in the last 20 years for donation that expands the importance of this gift for the advancement of medical knowledge and techniques, and for organ donation. Traditional and the newer types of donations will be discussed and compared to help you decide if you would like to continue to contribute after death. As always, advance planning helps.

SCIENCE, HEALTH & WELLNESS | Live Transitions

Course #: TRA125

- Instructor: Dr. Barbara Toeppen-Sprigg
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: FREE

- Saturday, March 18, 2017
1:00-2:30PM

If You Love Me, Let Me Go (But Not Today)

Do you want your choices for your end-of-life care to be respected and upheld, yet you have not communicated those wishes? Join us for a Compassion & Choices workshop where we will draft a letter to your proxy/surrogate to begin the process of having your wishes respected in the event you cannot speak for yourself. To gain the most from this workshop, complete the Compassion & Choices Values Worksheet and Good to Go Toolkit, available from the Master the Possibilities office, and bring them to the session.

Course #: TRA109

- Instructors: Gay Lyn Birkholz
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: FREE

- Monday, January 23, 2017
1:00-2:30PM

Spirits Matter - How to Remain Fully Alive with a Life-Limiting Illness New!

Using her forty-two years of experience as a registered nurse, including 12 as a nurse in hospice, Judy Flickinger wants to help people live productive lives while they are dying. Her goal is to keep the spirit--the person inside the dying body--live and well during of a terminal illness. She uses the stories from her experience to bring hope and assurance that the end of life does not have to be a physically painful, frightening and isolated experience.

Course #: TRA123

- Instructors: Judy Flickinger
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: FREE

- Saturday, January 21, 2017
1:00-2:30PM

Still Alice--And a Discussion About the Legal Options for Management of Dementia New!

In this program, we first will view the movie about a woman who develops early Alzheimer's, and then discuss what options exist for those who develop any of the many dementias as the lose capacity for independent decision-making. This will be a 2.5-hour session that includes 1 hour and 40 minutes for the movie.

Course #: TRA126

- Instructor: Dr. Barbara Toeppen-Sprigg
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: FREE

- Saturday, April 15, 2017
1:00-3:30PM

Truth and Treatment--Tools to Help You Talk to Your Physicians New!

Using extensive research with patients, family caregivers and healthcare professionals, "Compassion & Choices" has developed a number of tools that help people deal with end-of-life decision-making. These tools will help you understand your doctor's informed opinion, and to weigh the pros and cons of proposed treatment. The tools will help your doctor understand your values and priorities, and help your family support you in achieving the end-of-life care that supports those values and priorities. This program is a new and integrated approach that will expand your confidence and skills in discussion your personal choices.

Course #: TRA124

- Instructor: Dr. Barbara Toeppen-Sprigg
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$FREE

- Saturday, February 18, 2017
1:00-2:30PM

Life Fulfillment

Learn about ideas and tools that can help you improve your life, increase your happiness, and then move beyond happiness to life fulfillment. The class will be largely discussion, not lectures, with an opportunity for each participant to practice the use of the tools and ideas presented.

Course #: TRA121

- Instructor: Peter Freeman
- Classroom: Classroom 3
- Member: \$5, Non-Member: \$10

- Mondays, April 3, 10, 17 and 24, 2017
10:00AM-12:00PM

Lifestyle Modifications to Stay Independent

Your strength and power changes through the years and can impact your balance, leading to potential falls. The lecture will focus on the science of functional change through the years and what factors create this change. We also will discuss what can be done to slow or reverse this change. There are lifestyle modifications that can be made at any age to have a positive impact on independent living.



Course #: TRA120

- Instructor: Adam Geril, PT, DPT
- Classroom: Classroom 1
- Member: FREE, Non-Member: \$5
- Friday, February 3, 2017
11:00AM-12:00PM

FREE
Medicare Counseling and Assistance
Individual Sessions Every Monday
First come, first served. No appointment needed.
10:00 AM - 12:00 PM
Classroom 3, Master the Possibilities
January 9-May 29, 2017
Provided by SHINE
A division of Florida Department of Elder Affairs

Medicare and You

Do you need some guidance navigating Medicare Parts A and B, prescription plans, low-income benefits, Medicare Advantage plans, and Medigap (supplement) plans? Are you confused by the complexity of Medicare services and costs? This seminar is geared for both new and existing Medicare beneficiaries to answer these questions and provide information to guide participants in the right direction. (Enrollment is limited to 20 students.)

Course #: TRA104

- Instructor: Allen Fertic
- Classroom: Classroom 1
- Member: FREE, Non-Member: FREE
- Tuesday, January 17, 2017
10:00AM-12:00PM
- Tuesday, February 21, 2017
10:00AM-12:00PM
- **OR** Tuesday, March 21, 2017
10:00AM-12:00PM
- **OR** Tuesday, April 18, 2017
10:00AM-12:00PM
- **OR** Tuesday, May 16, 2017
10:00AM-12:00PM



Your Story: Discovering Your Journey Through Grief to Healing New!

Join us for a three-session workshop that will explore the path to healing with varying mediums of art. Each workshop is stand alone, or plan to attend all three. We will use journaling, story collage, drawing and story to turn grief into healing. Group sharing is optional; many travel this journey alone while enjoying the knowledge that others are walking the same path. Participation is limited; please arrange to reserve your spot in the workshops. We will be using the book, "Spinning Gold out of Straw: How Stories Heal" by Diane Rooks.

Course #: TRA113

- Instructor: Jessica McCune
- Classroom: Classroom 2
- Member: FREE, Non-Member: FREE
- Wednesdays, January 25, February 1 and 8, 2017
2:00-3:30PM
- **OR** Tuesdays, April 11, 18, and 25, 2017
2:00-3:30PM

Life Presents Choices – Are We Prepared or Do We 'Ride the Waves'? New!

We have two choices; we can plan for our life or we can watch it happen. Our stories equip and strengthen us to prepare for living all of our days to the fullest. Our stories show us the way as we plan for end of life care.

Course #: TRA131

- Instructor: Jessica McCune
- Classroom: 1
- Member: FREE, Non-Member: FREE
- Wednesday, April 5, 2017
2:00-3:30 PM

Nursing Stories from the Front Lines New!

Stories from patients and caregivers as they navigate the health care maze. There is a crusade for compassion and for health care advocacy.

Course #: TRA130

- Instructor: Jessica McCune
 - Classroom: 1
 - Member: Free, Non-Member: FREE
-
- Tuesday, February 28, 2017
2:00-3:30 PM

Functional Medicine Series: The Role of Hormones

Dr. Cherie Hansen will discuss the body's endocrine system and the various hormonal therapies available to treat and prevent chronic diseases associated with aging.

Course #: MED111

- Instructor: Dr. Cherie Hansen
 - Classroom: LOH Main Hall
 - Member: Free, Non-Member: \$5
-
- Thursday, April 13, 2017
4:00 5:00PM

Medical

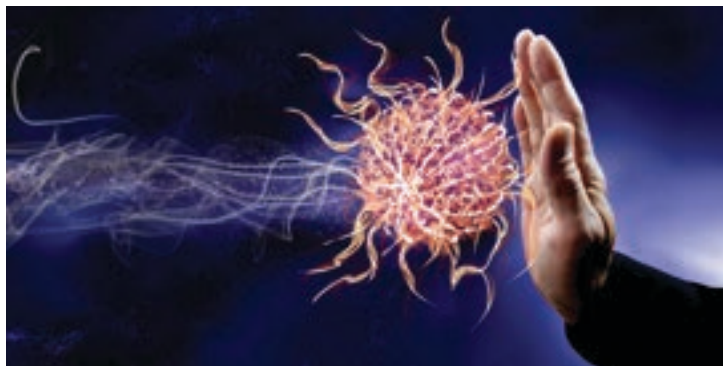


Diverticular Disease and Diverticulitis New!

This topic will discuss symptoms of diverticulitis and its complications. This will also cover treatment and ways to prevent further attacks.

Course #: MED125

- Instructor: Dr. Mohan Narayanan
 - Classroom: 1
 - Member: FREE, Non-Member: \$5
-
- Monday, March 27, 2017
10:00-11:00AM



Evolution in Ankle Arthritis Management

The clinical science behind ankle arthritis has leaped forward in the last decade. This talk will address information that is time-tested and how new discoveries have given rise to new possibilities in ankle arthritis management.



Course #: MED128

- Instructor: Dr. Christopher W. Reb, DO
 - Classroom: 1
 - Member: FREE, Non-Member: \$5
-
- Wednesday, February 15, 2017
3:00-4:00 PM

Immune Health: Whip Your Soldiers into Shape

Your immune system is responsible for protecting your body from disease and fixing damaged areas. Sometimes however the immune system goes out of balance causing chronic diseases. In this lecture Dr. Yousef Elyaman will show you how to "Whip Your Soldiers into Shape".



Course #: MED126

- Instructor: Yousef Elyaman
 - Classroom: Live Oak Hall
 - Member: FREE, Non-Member: \$5
-
- Thursday, March 2, 2017
4:00-5:00PM

My Health Story



One of the most critical stories you can record is your health story. Without historical information on past illnesses, special conditions, surgeries and medications, doctors and first-reponders often are forced to make uninformed decisions about your health. This class shares real examples of how good personal health stories have helped man Marion County residents get the information and care they need.

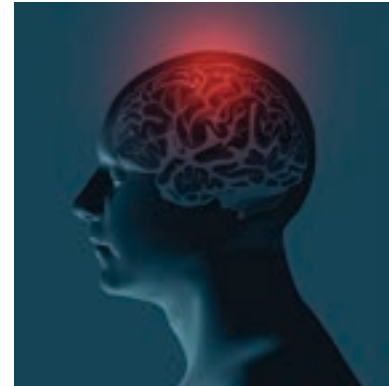
Learn how to use My Health Story to connect to the services, people and information you need to live healthy. This is a free online community resource for those who want to gain 24/7 access to medications. It provides a secure health information exchange (HIE) for health systems and healthcare providers.

Course #: MED127

- Instructors: Dr. David Willis and Dr. Mel Seek
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Monday, February 13, 2017
3:30-5:00 PM
- **OR** Tuesday, April 11, 2017
3:30-5:00 PM

Reprogram Your Brain with Neuro Biofeedback New!



Just like training your muscles for growth, or training your pet to do a trick, you can train your brain to function correctly. Dr. Yousef Elyaman is going to walk you through the process of Neurobio Feedback from start to finish. He will also share with you how it can help increase the potential of everyday functions. Research shows that some of the disorders Neurobio Feedback may assist with are ADD/ADHD, fibromyalgia, insomnia, anxiety, PTSD, memory loss, autism, OCD, and panic attacks.

Course #: MED122

- Instructor: Mike Stepen, B.S., AFFA, AASDN
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Thursday, March 30, 2017
4:00-5:00PM

Ulcerative Colitis and Crohn's Disease New!

Dr. Mohan Narayanan will discuss the two common forms of colitis, their symptoms and diagnosis. Learn about the new advances in treatment. These advances will be discussed in detail.

Course #: MED124

- Instructor: Dr. Mohan Narayanan
- Classroom: 1
- Member: FREE, Non-Member: \$5

- Monday, January 23, 2017
10:00-11:00AM

Visual Effects of Stroke and Traumatic Brain Injury New!

Approximately two million Americans suffer traumatic brain injury or stroke every year. Most of our brain is concerned with the visual system, so it is not surprising that there are visual consequences to neurological disorders. This course will review the visual signs and symptoms that are typically associated with stroke and traumatic brain injury. You will learn how neuro-optometric rehabilitation can improve the daily living activities of these patients.

Course #: MED106

- Instructor: Dr. Daniel Lack
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Thursday, March 2, 2017
10:00AM-12:00PM

Natural Health

Acupuncture: Natural Healing

The science and art of acupuncture has existed for centuries. Only recently has it become a very popular complementary therapy in the West. Join Dr. Zafer Sabawi for a discussion of acupuncture: what it does, how he does it, and if it can be helpful for you.



Course #: NAT111

- Instructor: Dr. Zafer Sabawi
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Wednesday, February 22, 2017
5:00-6:00PM



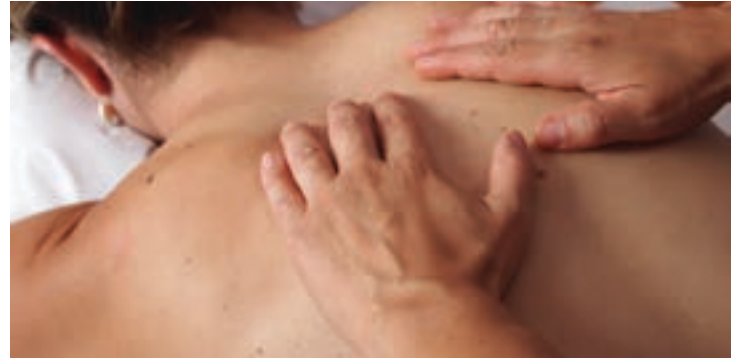
Couples Massage New!

This course is an introduction to couples massage and shows you step-by-step and technique-by-technique how to perform a massage from applying oil or lotion and warming up muscles to working knots and deep tissue massage, the way the experts do it. It may not sound like much, but a five-minute back rub can change your partner's entire day! (Yours too.) In this interactive class the massage routine is broken into various stages to make it easy to grasp. Learn new skills you will keep forever—it's the gift that keeps on giving. *Partner required* This is great for couples and even friends who could use a good back and neck rub that can work on each other.

Course #: NAT115

- Instructor: Tracy Ryzan-Ross
- Classroom: 1
- Member: \$5, Non-Member: \$10
- Wednesday, February 8, 2017
10:00AM-12:30PM
- OR Monday, April 10, 2017
10:00AM-12:30PM

Couples Reflexology for Hands and Feet New!



Our hands and feet are home to literally thousands of nerve endings and almost 70 acupuncture points, which is why reflexology is so effective. By massaging and stimulating specific areas on the soles of the feet and palms of the hands we can provide general support for the entire body, improve sleep patterns, and increase physical and mental wellbeing. Spending just a few minutes a day on this kind of care is a wonderful way to help one another feel better. Enroll in this class and learn the basics of Reflexology including the zones of the hands and feet, what aspects of the body they represent and techniques to work on your spouse, partner or friend.

Course #: NAT124

- Instructor: Tracy Ryzan-Ross
- Classroom: Cypress Hall
- Member: \$15, Non-Member: \$20
- Tuesday and Thursday, February 14 and 16, 2017
9:00-10:30AM

Enhancing Your Well-Being with Essential Oils New!

For centuries, people across the world have enjoyed the aromatic pleasures and countless health benefits of the wonderful oils that come from nature's many



plants, flowers and trees. Come learn the history of oils around the world, how they work and how to integrate them simply and safely into your daily life. Do you have aching muscles, anxiety and tension, headaches, or insomnia? There is oil for that.

Course #: NAT120

- Instructor: Robin Dale
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, January 20, 2017
2:00-3:00PM

Making Your Own Essential Oil Blends New!

Have you ever wondered how to blend essential oils together? Creating aromatherapy blends is part art and part science. It is both personal and creative. There are so many choices in making your own blends that it can easily get overwhelming and confusing. Each essential oil has so many things to consider in terms of aroma, therapeutic effect, safety, chemistry and frequency. So how do you choose which oils to use or combine?

Not to worry--in this class we will go over the basic safety and therapeutic guidelines, different classifications, chemistry, frequencies of using essential oils and basic techniques of blending essential oils. Upon completion of this class you will have the foundation to confidently begin blending your own essential oil lotions and potions.

Course #: NAT122

- Instructor: Susan Stoterau
- Classroom: 2
- Member: \$5, Non-Member: \$10
- Wednesday, February 22, 2017
10:00AM-12:00PM

Self Massage: Rub Those Aches Away New!

Do you experience aching and sore muscles? Do your neck, shoulders, back and even your feet hurt? Do you wish you could have someone massage those areas to take those aches away? Good News! You can be that person. In this class you will learn simple and effective ways to massage your body using your hands, and other easily found tools to rub those aches away. Enroll in this hands-on class and experience how a little self-massage goes a long way to keep you feeling happy and healthy!

Course #: NAT114

- Instructor: Tracy Ryzan-Ross
- Classroom: 1
- Member: \$5, Non-Member: \$10
- Wednesday, February 22, 2017
11:00AM-1:00PM
- OR Monday, April 3, 2017
1:00-3:00PM

Self Reflexology for Hands and Feet New!

Our hands and feet are home to literally thousands of nerve endings and almost 70 acupuncture points, which is why reflexology is so effective. By massaging and stimulating specific areas on the soles of our feet and palms of our hands we can provide general support for our entire body, improve sleep patterns and increase physical and mental wellbeing.

Enroll in this class and learn the basics of reflexology including the zones of the hands and feet, what aspects of the body they represent, and techniques to work on your own hands and feet.

Whether we are able to spend just a few minutes a day on this kind of self-care or a full half hour, our efforts are never wasted. By taking time every day to connect with our body, we assist in letting go of stress and dysfunction. We also continue to support and ongoing sense of wellness and vitality.

Course #: NAT125

- Instructor: Tracy Ryzan-Ross
- Classroom: Studio 10 on the Square
- Member: \$20, Non-Member: \$25
- Friday, January 13, 2017
1:00-3:00PM

Spring Cleaning with Essential Oils New!

Spring showers bring....that's right spring cleaning! Every day we are exposed to harsh chemicals or toxic synthetic compounds. Do you know what is lurking in your cupboards and closets? Some of the very products that are supposed to help clean our home and make a healthier living space are actually loaded with toxins. However, a clean house and lifestyle don't have to mean putting yourself in harm's way. Essential oils can help eliminate these concerns and add countless benefits. Learn how to identify and eliminate hazardous ingredients from your life and replace them with oil-infused products that create healthier alternatives for a cleaner lifestyle.

Course #: NAT121

- Instructor: Susan Stoterau
- Classroom: 2
- Member: \$5, Non-Member: \$10
- Wednesday, April 26, 2017
10:00AM-12:00PM

Therapeutic Massage: Get Rubbed the Right Way!

Massage has been practiced for thousands of years. Today, if you need or want a massage, you can choose from more than 80 massage therapy styles with a wide variety of pressures, movements, and techniques. These involve pressing, rubbing, or manipulating muscles and other soft tissues with hands and fingers. Sometimes, even forearms, elbows, or feet are used. If you have ever wanted to know which massage therapy style would be best for your body, take this class and learn how to get rubbed the right way.

Course #: NAT103

- Instructor: Tracy Ryzan-Ross
- Classroom: 1
- Member: \$5, Non-Member: \$10
- Monday, January 23, 2017
1:00-3:00 PM
- **OR** Monday, March 6, 2017
2:00-4:00 PM

Treat Pain Without Drugs—The Acupuncture Alternative New!

Pain plagues everyone at some point in their life. Learn how acupuncture and Eastern medicine can relieve everyday aches and pains. Backs, hips, knees, elbows, shoulders and more can benefit from the anti-inflammatory effects of acupuncture. Life happens. Pain doesn't have to.



Course #: NAT123

- Instructor: Dr. Erica Olstein
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Wednesday, February 8, 2017
4:00-5:00PM
- **OR** Wednesday, April 12, 2017
4:00-5:00PM

Spiritual Solutions to Everyday Problems

Most people love spirituality, but may find it difficult to make spiritual ideas and principles work in their everyday lives. In this series of interactive workshops, we will use spiritual knowledge and meditation practice to address situations brought forth by the participants. Some issues may relate to relationships, work, health, and many others. Come join us in this safe learning environment as we explore how to create lasting solutions to our most common human problems.

Course #: NAT105

- Instructors: Ken Hanuman, Anne O'Hare
- Classroom: 4
- Member: \$5, Non-Member: \$10
- Saturdays, January 28, February 4, 11, 18, 25, and March 4, 2017
10:00AM 12:00PM

Pharmacology Series:



- Instructors: University of Florida Pharmacology Students
- Classroom: 1
- Member: Free, Non-Member: \$5

COPD New!

Join UF doctoral candidates as they provide an overview of signs and symptoms of chronic obstructive pulmonary disease (COPD), discuss treatment options available for COPD and identify different inhalers on the market. They will also demonstrate the proper techniques to use these inhalers.

Course #: PHA110

- Friday, January 27, 2017
11:00AM-12:00PM

New Drug Updates

Please join UF College of Pharmacy pharmacists and students for a new drug update. We will discuss the top 10 new drugs approved in 2016-2017 and how they are changing patient care.



Course #: PHA112

- Friday, March 24, 2017
11:00AM-12:00PM

Parkinson's Disease New!

The UF doctoral candidates will provide an overview of Parkinson's Disease, discuss the treatment options and explain the role of the pharmacist in managing Parkinson's Disease.

Course #: PHA111

- Friday, February 24, 2017
11:00AM-12:00PM

Pet Medications

Has anyone ever given you the various types of medications available for pets? You will get a list of medications used for dogs and cats. We will discuss the effects and directions for use. Also, we will talk about over-the-counter medications that can be used for pets.

Course #: PHA114

- Friday, May 26, 2017
11:00AM-12:00PM

Urinary Health New!

Get an overview of the urinary system in men and women and discuss over-the-counter, non-drug options for treatment as well as prescription options.

Course #: PHA113

- Friday, April 21, 2017
11:00AM-12:00PM



What's Medical Marijuana All About? New!

Abigayil Anderson, ARNP, will lead a fun and scientific discussion of the risks, benefits, interactions and side effects of marijuana as a medication as it is introduced into our Florida medical environment.

Course #: PHA115

- Instructor: Abigayil Anderson ARNP
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5

- Thursday, April 27, 2017
4:00-5:00PM

Vision Eye Series



- Instructor: Cathy Ranges
- Classroom: 1
- Member: Free, Non-Member: \$5

High Definition Custom Cataract Surgery

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

Course #: VIS104A

- Wednesday, January 25, 2017
3:00-4:00 PM

Heart Disease & High Blood Pressure

Learn and understand how heart disease, high blood pressure, arthritis and other systemic diseases can affect your precious vision. Learn steps you may be able to take to help protect your vision and your lifestyle.

Course #: VIS105A

- Wednesday, February 22, 2017
3:00-4:00 PM

Macular Degeneration & Glaucoma...Do I Have to Go Blind?

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

Course #: VIS103A

Wednesday, March 29, 2017
3:00-4:00 PM

All You May Want to Know About Eye Health & Good Vision

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

Course #: VIS101A

- Wednesday, April 19, 2017
3:00-4:00 PM

Diabetes and My Vision

Learn how this disease can impact your vision and your quality of life. Understand what you can do to help keep your vision and your body as healthy as possible. Diabetes can lead to blindness; early detection may prevent irreversible damage.

Course #: VIS108A

- Wednesday, May 10, 2017
3:00-4:00 PM

Low Vision

Explore the use of lighting, contrast, protective eye wear (sun filters), and adaptive aids that will assist in enhancing your vision. A person is considered to have low vision if their ability to perform daily tasks is affected by their ability to see. "Low vision" describes significant visual impairment that can't be corrected fully with glasses, contact lenses, medication or eye surgery. Low Vision services include training to use optical and electronic devices correctly, training to help you use your remaining vision more effectively, improving lighting and enhancing contrast in your home environment, and learning about other helpful resources in the community and state.

Course #: VIS106

- Instructor: Angela Hammond
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Tuesdays, January 10 and 17, 2017
10:00AM-12:00PM

Services for the Blind and Visually Impaired

The services offered are tailored to individual needs by trained professionals to identify the exact skills that will lead to maximum independent functioning: orientation and mobility, activities of daily living, computers and technology, Braille classes, job readiness, transition services and more.

Course #: VIS107

- Instructor: Jessica Nisbett
- Classroom: 1
- Member: FREE, Non-Member: FREE
- Tuesday, January 24, 2017
1:00-2:00PM

Sports Vision

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

Course #: VIS102

- Instructor: Dr. Daniel Lack
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Wednesday, February 15, 2017
1:00-2:30PM

Wellness

Big Balance Theory

Many think that falling is something we need to accept as part of the aging process, instead. Although falls are due to a set of risk factors that increase with age, we have control over these factors and can significantly reduce our risk of falling. Join us for a discussion on managing both internal and external fall risk factors, along with a demonstration of simple exercises to you can do at home to improve your strength, balance and confidence.



Course #: WEL107

- Instructors: Cammy Dennis, Jessica Pinkowski
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Monday, February 6, 2017
1:00-2:30PM

Catch More Zzzzz's: Simple Steps for Better Sleep

If you are like most Americans, you may spend many nights tossing and turning. Next thing you know, the sun is up, and you have to go about your day without enough sleep. Getting a good night's sleep is crucial to your health and well-being. Common problems associated with sleep deprivation include: weight gain, impulsive behavior, emotional distress, poor memory, inability to concentrate, impaired motor function, and a compromised immune system. Fortunately, there are simple things you can do to improve the quantity and quality of your sleep. Enroll in this class and learn several simple and easy techniques to help you catch more zzz's.

Course #: WEL120

- Instructor: Tracy Ryzan-Ross
- Classroom: 1
- Member: Free, Non-Member: \$5
- Tuesday, January 10, 2017
2:00-4:30PM
- **OR** Wednesday, March 8, 2017
2:00-4:30PM

Chiropractic & Wellness Series

- Instructor: Dr. Pedro Orta
- Member: Free, Non-Member: \$5
- Classroom: 1

Get Rid of Knee Pain Once and For All...Without Drugs, Shots, or Surgery

Living with knee pain can feel like a crippling experience and keep you from enjoying some of your favorite activities. Playing with the kids or grandkids may be getting more difficult. Maybe your knee pain keeps you from walking short distances or playing golf like you used to. Do you have any of the following conditions: arthritis knee pain cartilage damage, “bone-on-bone” tendinitis, bursitis, crunching and popping sounds? If you are suffering from these conditions, a new treatment in medical technology may eliminate your pain and help restore normal function to your knees.

Course #: WEL108A

- Friday, January 13, 2017
1:00-2:00 PM
- **OR** Friday, April 14, 2017
1:00-2:00 PM

Neuropathy

More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skin, joints, or internal organs. If left ignored or mistreated, neuropathy can lead to irreversible health conditions.

Course #: WEL110

- Friday, February 10, 2017
1:00-2:00 PM

New Treatments for Shoulder Pain

If you're over the age of 30 and have rotator cuff problems, frozen shoulder, or arthritis, there is hope. A new treatment is helping patients increase shoulder strength, improve motion, and eliminate shoulder pain once and for all. Finally, you can be pain free again-even. Low level laser therapy, or cold laser, is having a profound effect on patients suffering with shoulder pain. Cold laser therapy has been tested for 40 years, and has been shown to aid in damaged tissue regeneration, decreased inflammation, relieve pain and boost the immune system.

Course #: WEL117

- Friday, January 27, 2017
1:00-2:00 PM

New Arthritis Treatments and Strategies for Managing Joint Pain

Do you suffer from arthritis? Arthritis is a degenerative joint disease that causes swelling and pain that can range from mild to excruciating. Although more than 200 hundred diseases are classified under the name "arthritis" most arthritic conditions fall into one of two categories: osteoarthritis and rheumatoid arthritis. The pain and inflammation occur when the cartilage that protects the bones from rubbing against each other wears down. Some of the symptoms are morning stiffness, swollen joints fatigue, weakness and so many more. Learn the root causes and natural treatments so you can start feeling better.



Course #: WEL119

- Friday, May 5, 2017
1:00-2:00 PM

How to Restore Thyroid Function

Do you take thyroid hormones, yet still suffer from fatigue, weight gain, hair loss, depression, or other hypothyroid symptoms? Are your symptoms steadily worsening while your blood tests stay the same? Do your symptoms go untreated because your lab tests are normal? Learn how to help yourself understand what your body is going through and how to feel better.

Course #: WEL118

- Friday, May 19, 2017
1:00-2:00 PM

Sciatica, Budging Discs, And Leg Pain

You may have sciatica if you have any of the following conditions:: sharp pains in the back of the leg, lower back pain, herniated/bulging discs, numbness in your arms or legs, shooting hip or thigh pain, muscle spasms, sprains & strains. Sciatica is a compression of the sciatic nerve, usually by L4 or L5 disc herniations. As you know, sciatica can be a very painful problem, even crippling at times. Spinal decompression has a high success rate with helping disc herniations, sciatica, and back pain. This means in just a matter of weeks you could be back on the golf course, traveling doing whatever it is that you have not been able to enjoy.

Course #: WEL136

- Friday, April 28, 2017
1:00-2:00 PM

Fibromyalgia

Fibromyalgia is a form of generalized muscular pain and fatigue that affects approximately 3.7 million Americans. The name means pain in the muscles and the fibrous connective tissues (the ligaments and tendons). Fibromyalgia lacks laboratory abnormalities; instead, the diagnosis depends mostly on a person's report or complaints and feelings. Pain is the most prominent symptom of fibromyalgia. It generally occurs throughout the body although it may start in one region, such as the neck and shoulders, and spread to other areas over a period of time. Most people with fibromyalgia experience moderate or severe fatigue with a lack of energy, decreased exercise endurance, or the kind of exhaustion that results from the flu or lack of sleep. Sometimes the fatigue is more of a problem than the pain. Headaches, especially muscular (tension headaches) and migraine headaches, are common in fibromyalgia along with additional symptoms which will be covered.

Course #: WEL137

- Friday, March 31, 2017
1:00-2:00 PM

Plantar Fasciitis

Plantar fasciitis is a common cause of heel and foot pain in adults. The classic symptoms include heel pain that is usually most severe first thing in the morning. This condition is characterized by inflammation at the insertion point of the plantar fascia on the heel bone. Come learn more about symptoms and solutions for pain with Dr. Pedro Orta.

Course #: WEL125

- Friday, March 10, 2017
1:00-2:00 PM

Are You Experiencing Digestive Problems?

Have you experienced heartburn, acid reflux, bloating or GERD? Did you know that 80-94% of GERD sufferers have hernias? Reflux of acid can cause chest pains that mimic a heart attack or gall bladder disease. Symptoms of GERD can be extremely irritating to the esophagus lining. GERD that persists for an extended period of time can cause changes in the esophageal lining which can lead to a pre-cancerous condition called Barrett's esophagus. All of these health issues are treatable naturally.



Course #: WEL138

- Friday, February 24, 2017
1:00-2:00 PM

Getting to Know Your Lean Body Mass New!

Getting confused with BMI, LBM, body composition, Body fat tests? The instructor will actually perform a body composition analysis on a bio-impedance machine on each person. With that, students will learn as a group in a classroom setting what the numbers mean. Is your lean body mass in a normal range? What type of workout you need based on the results; and what is your goal weight based on the lean body mass reading? How many calories do you require at rest or working out? Is your diet causing you to lose lean mass? We will share much information!

Course #: WEL123

- Instructor: Cheri Irwin
- Classroom: 1
- Member: \$10, Non-Member: \$15
- Thursday, February 23, 2017
6:00-7:00 PM

How to Get Started on a Gluten Free Diet

Gluten-free eating may be beneficial to you. This class provides gluten-free tips and tricks to make the dietary changes much more comfortable and easy.

Course #: WEL111

- Instructor: Frank Dowe, ARNP-C
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Thursday, January 12, 2017
4:00-5:00 PM



Hydrate! Your Body's Many Cries for Water New!

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating and digestion, it is important to stay hydrated by drinking fluids and eating foods that contain water. Chronic dehydration can lead to many conditions including asthma, allergies, arthritis, angina, migraine headaches, hypertension, raised cholesterol, chronic fatigue syndrome, multiple sclerosis, depression, and even diabetes. A dry mouth is not a reliable indicator of your body's water needs. Learn how to identify when your body is calling for water and how to answer the call with nature's miracle medicine: water.



Course#: WEL121

- Instructor: Tracy Ryzan-Ross
- Classroom: Classroom 1
- Member: Free, Non-Member: \$5
- Wednesday, January 11, 2017
1:00-3:00 PM
- Thursday, March 2, 2017
1:00-3:00 PM

Keeping Off the Pounds

Data published in 2010 from the National Health and Nutrition Examination Survey indicated that two out of three adults are overweight or obese. However, research indicates that dieting itself is associated with an increased risk of becoming overweight. In this information-packed lecture, you will not only learn how to lose weight but how to keep it off.

Course #: WEL104

- Instructor: Dr. Cherie Hansen
 - Classroom: Live Oak Hall
 - Member: FREE, Non-Member: \$5
- Thursday, February 2, 2017
4:00-5:00PM
-

Longevity Possibilities

We all realize that it is possible to shorten your life through poor nutrition, dangerous habits, too little exercise, too much stress, immune system compromising, untreated physical and mental problems, etc. However, this class



suggests that it is also possible to take some steps to extend your life. We will flash all kinds of food on the big screen--some that are for good nutrition, some for bad nutrition. We will also have you do a longevity self-test so that you can begin working right away on helpful steps to improve your longevity. We will also review the so-called "Blue Zones," and why these places seem to have such a good record of longevity. Finally, we will list a dozen steps for longevity, all in an interesting and fun presentation.

Course #: WEL129

- Instructor: Adrian "Ed" Tenhor
 - Classroom: Live Oak Hall
 - Member: FREE, Non-Member: \$5
- Monday, February 13, 2017
11:00AM-12:00PM

Manage Stress with Everyday Mindfulness New!

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

Course #: WEL126

- Instructor: Tracy Ryzan-Ross
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5

- Wednesday, February 15, 2017
11:00AM-1:00PM
-

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

Meridian Tapping is simple and painless. It can be learned by anyone and can be self-applied anytime and anywhere. It is a lot less expensive than traditional "talk therapy" and less time consuming as well. Meridian Tapping is a combination of ancient Chinese acupuncture and modern psychology and has been successfully used to provide relief from chronic pain, fears, phobias, insomnia, addictions, cravings, grief, anxiety, limiting beliefs and PTSD. Enroll in this class and tap into the amazing power of self-healing that is literally at your fingertips and become your own best therapist. In the first session we will learn about this powerful healing technique, and in the second session, we will apply Meridian Tapping to a variety of issues pertinent to most people.

Course #: WEL128

- Instructor: Colleen Griffin
- Classroom: 4
- Member: \$10, Non-Member: \$15

- Tuesday and Thursday, March 14 and 16, 2017
10:30AM-12:00PM

Non-Invasive Pain Management Techniques New!

Mike Stepen, exercise physiologist and nutrition specialist, will explain non-pharmaceutical approaches to pain management. He will also discuss and explain different types of pain and commonly prescribed pain medication.

Course #: WEL131

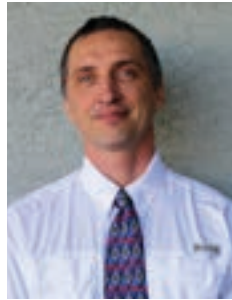
- Instructor: Mike Stepen, B.S., AFFA, AASDN
- Classroom: Cypress Hall
- Member: Free, Non-Member: \$5
- Thursday, February 16, 2017
4:00-5:00PM

Osteoarthritis

This lecture will explore the types of osteoarthritis as well as convention and alternative management.

Course #: WEL132

- Instructor: Frank Dowe, ARNP-C
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Thursday, March 16, 2017
4:00-5:00PM



Secrets to Weight Loss New!

This lecture discusses the latest trends in weight loss, supplementation and medication. Also examined will be what has happened to our food supply and the right dietary changes that students can make based on lab results.

Course #: WEL130

- Instructor: Mike Stepen, B.S., AFFA, AASDN
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Thursday, January 26, 2017
4:00-5:00PM

Shoulder and Upper Extremity Injuries

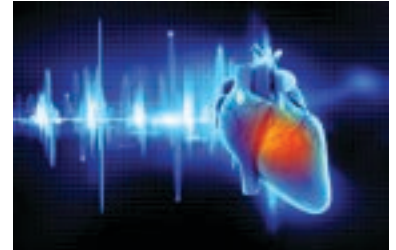
This class will center on injuries to the shoulder, arm and hands. The participants will learn how simple injuries can lead to devastating restrictions in functional ability both for normal activities of daily living as well as recreation. This will be an interactive discussion with the audience to insure knowledge and discussion.

Course #: WEL135

- Instructor: Dr. Deenesh Sahajpal, M.D.
- Classroom: 1
- Member: Free, Non-Member: \$5
- Monday, February 27, 2017
9:00-10:00 AM

Skipped Beats, Prolapse, and MI's, Oh My! New!

Get an overview of arrhythmia, structural heart disease and coronary heart disease, and learn different types of testing for each and their underlying pathophysiology. Discuss risks that you can modify and underlying conditions that cause the progression of each condition.



Course #: WEL134

- Instructor: Abigayil Anderson ARNP
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Thursday, May 11, 2017
4:00-5:00PM

Nutritional Approach to Functional Medicine

Mike Stepen EPNS will use the latest nutritional research to help eradicate nutritional disease.

Course #: WEL142

- Instructor: Mike Stepen
- Classroom: Live Oak Hall
- Member: Free, Non-Member: \$5
- Thursday, April 20, 2017
4:00-5:00PM

The Need to Please New!

Do you have a hard time saying no to others? Do you sacrifice your own needs for the needs of others? If so, you might be a chronic people-pleaser. Unfortunately, because we live in a society that praises putting the needs of others before ourselves, it can be difficult to break this bad habit. And while thinking of others is always commendable, there is a fine line between sacrifice and senseless approval-seeking. In this class you will learn compassionate, mindfulness-based techniques that will help you address and overcome your fear of failure, inappropriate self-sacrificing, loss of personal identity, and the voracious need of approval. Change can be challenging, especially when it means going against years of social conditioning. But if you are ready to “Just Say No,” to others’ demands and start saying, “Yes” to your own needs, this class is for you.

Course #: WEL127

- Instructor: Colleen Griffin
- Classroom: Classroom 3
- Member: \$5, Non-Member: \$10
- Thursday, March 23, 2017
2:00-4:00PM

Take Charge of Your Type-2 Diabetes

UF/IFAS Extension Marion County is offering this course to help adults with type 2 diabetes. The program will include nine classes taught by a team of qualified educators and health professionals. Class topics will include information on the types of diabetes, blood glucose monitoring, standards of medical care, medications, cardiovascular disease, nutrition management, carbohydrate counting, physical activity, sick day management, and foot care. Three health assessments (weight and blood pressure measurements) are included. A support person may attend the class with the participant free of charge.

Course #: WEL113A

- Instructor: Nancy Gal
- Classroom: Cypress Hall
- Member: \$45, Non-Member: \$45
- Tuesdays, May 23, 30, June 6, 13, 20, 27, July 18, 25, August 1, and 29, 2017
9:30-11:30 AM

Weight Loss: Giant Steps Toward Success

If losing weight were easy, everyone would be thin! Dig deeper scientifically to identify all the root causes of weight gain including: under eating, loss of lean body mass and powerful hormonal responses triggered by certain foods. When you lose “weight” are you losing muscle, bone, fat or water? Find out how modern times have presented a whole new set of challenges from hidden sugars, stress, chemicals, preservatives and electronics that trigger fight or flight responses that cause fat storage. Learn why starvation mode, yo-yo dieting and depression which are real factors in your success.

Course #: WEL122

- Instructor: Cheri Irwin
- Classroom: 1
- Member: Free, Non-Member: \$5
- Thursday, February 9, 2017
6:00-7:00PM

Lose for Life



Join this 12-week course and lose those extra pounds for life! This weight loss support group meets weekly to address topics such as; nutrition, exercise and sustainable lifestyle change. ‘Lose for life’ was designed to provide you with the information and tools you need to successfully lose weight and/or maintain a healthy weight. It is well documented that support groups can help you to stay motivated, accountable and on track to achieve your goal!

Course #: WEL101

- Instructor: Cammy Dennis
- Fridays, February 3, 10 17, 24 March, 3, 10, 17, 24, 31,
- Classroom: LOH Main Hall
- Member: \$40, Non-Member: \$45
- April 7, 14 and 21, 2017
11:30AM 12:30PM

Stress Management & Relaxation Techniques New!

What is stress? Why does it affect us so much? Stress is a factor that is obvious and many times, is not. Personal, social, environmental, emotional and physical concerns and issues cause stress on a daily basis. In this course, we will discuss issues that affect us and begin to understand how individuals can bring their awareness to unconscious responses to stress. You will also learn relaxation techniques, such as breath work and visualizations, to assist you everyday.

- **Course #:** WEL140
- Instructor: Genoveva Bueno
- Classroom: 3
- Member: \$15, Non-Member: \$20
- Thursdays, February 2, 9, 16 and 23, 2017
4:00 5:00PM

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Wellness & Post Traumatic Stress Disorder New!

Do you have difficulty sleeping? Feeling too much anxiety? Are life events causing you to feel fearful? If you answered yes to these questions, you might be suffering from PTSD. Come and experience a gentle approach to healing, greater understanding and practical techniques to assist your progress. In this group, we will share experiences and begin a process of healing through visualization. Remember, PTSD is not about what's wrong with you; it's about what happened to you.

- **Course #:** WEL141
- Instructor: Genoveva Bueno
- Classroom: 3
- Member: \$15, Non-Member: \$20
- Tuesdays, March 7, 14, 21 and 28, 2017
4:00 5:00PM



Nutritional Deficiencies of America New!

Mike Stepen will be discussing common nutritional deficiencies associated with poor food choices, genetically modified products, and hormones that correlate with hypertension, fatigue, diabetes and obesity.

- **Course #:** WEL133
- Instructor: Mike Stepen, B.S., AFFA, AASDN
- Classroom: LOH Main Hall
- Member: Free, Non-Member: \$5
- Thursday, May 4, 2017
4:00 5:00PM

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How to Train Yourself to Remove Negative Thought Patterns & Illusions New!

Do you self-criticize? Ever wonder why things are not going as you wish? Do you have unwanted patterns you wish to change? If so, this course is for you. Come learn how the negative "truths" we hold stop us from leading a happy and joyful life. Learn how your own way of expression and your conscious awareness takes you to a different understanding of yourself. This course is fun and interactive.

- **Course #:** WEL139
- Instructor: Genoveva Bueno
- Thursdays, January 12, 19 and 26, 2017
3:00 4:00PM
- Classroom: 3
- Member: \$15, Non-Member: \$20

A woman with dark curly hair, wearing a blue t-shirt and black leggings, is captured in a dynamic pose. She is holding a glass of red wine in her right hand and has her left leg raised and bent, with her foot near her head. She is smiling and looking towards the camera. The background is a soft, out-of-focus bokeh of light circles. A purple banner is overlaid on the top of the image.

SOCIAL SCIENCES

TRACY RYZAN ROSS
*Social Sciences &
Wellness Instructor*

PERSONAL STORIES CAN BE REWRITTEN

Current Events



Keeping Current on Events

Join a group of individuals who want to look “behind the headlines” and discuss the important events of the day. Two facilitators will lead the way to a better understanding of what is going on in the national and world events. The goal is objectivity without judgment.

Course #: CUR101

- Instructors: Kathy O'Connell & Eva Scranton
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Wednesdays, January 4, 18, February 1, 15, March 1, 15, April 5, 19, May 3 and 17, 2017
11:00AM-12:00PM
- OR
- Instructors: Sandy Carey & Pat Lee Russell
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Thursdays, January 12, 26, February 9, 23, March 9, 23, April 13, 27, May 11 and 25, 2017
11:00AM-12:00PM



The Republic of Turkey is a transcontinental parliamentary republic in Eurasia, mainly on the Anatolian peninsula in Western Asia, with a smaller portion on the Balkan Peninsula in Southeast Europe. Turkey is a democratic, secular, unitary, constitutional republic with a diverse cultural heritage. It is also a member of NATO and in the process of joining the European Union. Turkey has been in the news quite often in recent months. This presentation will help you better understand Turkey's impact on the region and on world events and why Turkey behaves the way it does.

Course #: CUR109

- Instructor: Frank DiPiero
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Tuesday, May 9, 2017
1:00-2:30PM

The Two Islams, The Sunni-Shia Divide And Its Impact On The World

This presentation looks Islam's Shia-Sunni divide and how it impacts not only the Middle East but also the rest of the world. This presentation will also give the attendee a better understanding of recent events in the Middle East such as the Iraq war, the Syrian uprising, the rise of ISIS and the nuclear agreement between Iran and the West.

Course #: CUR108

- Instructor: Frank DiPiero
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Monday, February 13, 2017
1:00-2:30PM

Economics

The Federal Reserve **New!**

The Federal Reserve is an entity that many know very little about. Explore how the Federal Reserve is connected to our economy, its structure and its important functions. Find out who founded the Federal Reserve and how they have the ability to magically make money. Discover how the work of this complex organization relates to the consumer price index, inflation, historic bailouts, the depression, and other more recent economic events.

Course #: ECO102

- Instructor: Al Richards
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Friday, February 3, 2017
1:00-3:00PM

Government

The Evolution of the American and Florida Legal Systems

What ancient Biblical story provides the basis for a trial practice in almost every jurisdiction? What is due process and what does Richard the Lion Heart have to do with it? Why do we live in the state of Florida, and not in the Florida Territory of the original 13 states? Why do not all the provisions of the Bill of Rights apply in Florida? Florida was owned by Spain for 400 years, yet we follow the Common Law of England. Who decided this, and what is the Common Law of England anyway? Are there any provisions of Spanish law still applicable in Florida? On the criminal law side, many crimes under the Common Law have been redefined or even abolished, to be replaced by statutory crimes. And, of course, punishments have changed as well. We do not usually draw and quarter folks anymore, and the practice of burning witches seems to be over too. This presentation is expanded from summer term 2016.



Course #: GOV112

- Instructor: Richard Belz
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Wednesday, March 8, 2017
10:00-11:30AM

Special Series Presidential Stories



- Instructor: Jim Seidule
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

How the Constitution and Its Amendments Impact the Presidency **New!**

The U.S. Constitution and subsequent amendments have so many connections to the presidency. It spells out the roles of the president and vice-president. If a president becomes disabled or dies, it outlines what will happen and who will step in to serve. Hear selected anecdotes about former presidents and the people who surrounded them, and how the constitution influenced historic and presidential events and actions.

Course #: GOV116

- Monday, February 20, 2017
3:00-4:30PM

Selected Elections in U.S. Presidential History **New!**

Some might say that the presidential election of 2016 was the most unique and bizarre of all elections. However, there are dozens of other elections that were memorable, unusual or even scandalous. Jim Seidule selects his most memorable presidential elections in history and shares stories and anecdotes about each. From the 1800s to today, learn inside campaign stories that you never knew.

Course #: GOV117

- Monday, April 10, 2017
3:00-4:30PM

History

AFRICA SERIES

- Instructor: Bryant Shaw
- Member: FREE, Non-Member: \$5

A Brief Overview

Want to learn about one of the world's least understood regions? This overview of sub-Saharan Africa does just that. It highlights the impact of geography on the region's political, social and economic history and prospects for the future.

Course #: HIS132

- Classroom: Cypress Hall
- Monday, January 9, 2017
1:00-2:30PM

Africa through African Eyes: Things Fall Apart, An African Novel

This classic novel depicts traditional Ibo culture in southeastern Nigeria. It also describes the impact of British colonial rule on the Ibo. To enhance our enjoyment of the novel, this presentation provides background information on Ibo society and culture, along with a summary of the novel's plot, characters and setting (no spoilers!). It also features a video **interview with its Nigerian author, Chinua Achebe. This very engaging, concise and inexpensive novel is available commercially or at the public library.**

Course #: HIS135

- Classroom: 3
- Monday, January 30, 2016
1:00-2:30PM

Things Fall Apart - A Discussion **New!**

This discussion provides opportunities to share personal reactions to the novel: e.g., the nature of Ibo culture, Ibo responses to colonial rule and how TFA compares to classics of western literature.

Course #: HIS136

- Classroom: 3
- Monday, February 6, 2016
1:00-2:30PM

Islam in West Africa: An Overview **New!**

About half of Africa's 1.1 billion people identify as Muslims. Many live in west Africa. When and why did Islam come to West Africa? What made Islam attractive to Africans and Muslims there? How does political instability in west Africa affect Islam's role in the region? Join us for a look at these and other issues. (We will take a short break during this presentation.)

Course #: HIS134

- Classroom: Cypress Hall
- Monday, January 23, 2017
1:00-3:00PM

The Atlantic Slave Trade's Supply Side

We often view the trans-Atlantic slave trade from a strictly American point of view—but what did the trade look like on the African side? This presentation highlights the influence of geography, disease and other factors that made slavery and the slave trade possible—and profitable—within Africa itself. It also raises intriguing questions regarding “race” and racism in our contemporary world.

Course #: HIS133

- Classroom: Live Oak Hall
- Monday, January 16, 2017
1:00-2:30PM

The San of Southern Africa

The San-speaking hunter-gathers (Bushmen) of southern Africa's Kalahari Desert represent the oldest existing genetic and linguistic links to the human family. This presentation explores how San-speakers, with their distinctive “click” languages, adapted to this difficult environment. It covers aspects of San history, economy and religion and includes anecdotes of personal experiences.

Course #: HIS137

- Classroom: Cypress Hall
- Monday, February 13, 2017
1:00-2:30PM



SOCIAL SCIENCES | History

Hamilton: The Story of Tonight **New!**

Learn about the life of Alexander Hamilton using the score from the Broadway musical. This course will be a special focus on the duel, his relationship with Washington and the agreement made with Madison and Jefferson that gave birth to our country.

Course #: HIS138

- Instructor: Patrick Stanley
 - Classroom: 1
 - Member: FREE, Non-Member: \$5
-
- Saturdays, January 14, 21, and 28, 2017
9:00-11:00AM



Lizzy Jane: Marion County Women of the 1800s **New!**

“Lizzy Jane” is a compilation of women living in the late 1800s in Marion County, following the Second Seminole War. She exemplifies the pioneer spirit prevalent at this time with the cow hunters, the town’s people during the fire of 1883, and those who faced economic boom and bust. She enjoys her everyday life with a healthy dose of humor!

Course #: HIS158

- Instructor: Dee Collier
 - Classroom: Live Oak Hall
 - Member: FREE, Non-Member: \$5
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- Friday, March 3, 2017
1:00-2:00PM

Prelude to the Civil War **New!**



Have you always wondered about the roots of conflict that lead up to the Civil War? How did slavery, economic issues and the abolitionists play a role in this defining American War? Learn more about the events that took place that, in the end, made the Civil War inevitable.

Course #: HIS157

- Instructor: Jerry Colen
 - Classroom: Circle Square Cultural Center
 - Member: FREE, Non-Member: \$5
-
- Tuesday, May 23, 2017
3:00-4:00PM

Shackleton’s Imperial Trans-Antarctic Expedition of 1914 **New!**

Ernest Shackleton was a polar explorer who led three British expeditions to the Antarctic, and one of the principal figures of the period known as the Heroic Age of Antarctic Exploration. When their ship crushed in an ice pack, they spent years on the ice stranded on Elephant Island. Join Professor Fox as he follows in the footsteps of Shackleton’s expedition, one of the world’s most renowned small boat voyages in history!

Course #: HIS147

- Instructor: Karl Fox
 - Classroom: 1
 - Member: FREE, Non-Member: \$5
-
- Thursday, February 16, 2017
9:00-10:30AM



Stories from the Revolutionary War **New!**

Are some of the popular stories from the American Revolution not totally true? A look into some of the stories to find the truths and myths.

Course #: HIS144

- Instructor: Billy Bass
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Thursday, February 16, 2017
4:00-5:30PM

Surviving Nazi Concentration Camps: My Year in Hell

Gene Klein, a holocaust survivor, shares his story of survival at Auschwitz, the largest extermination camp in Europe, and Wolfsberg, a slave labor camp. The Russian army liberated him in spring of 1945. He discusses the determination and resiliency needed to survive such tragedies and how the skills he learned can be applied to other personal challenges. A book signing will follow the presentation, Dr. Jill Gabrielle Klein's 2013 book, "We Got the Water, Tracing My Family's Path Through Auschwitz", will be available. Jill, Gene's daughter, is a professor at Melbourne Business School in Australia.

Course #: HIS145

- Instructor: Gene Klein
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Friday, January 27, 2017
1:00-3:00PM

The Life of Moses Barber: Florida History Through the Eyes of One of Its Original Pioneers **New!**

Moses Barber came to Florida soon after it was purchased from Spain. He experienced the growth of the state from the second Seminole War, through statehood and the Civil War, until his death during Reconstruction. Florida's most famous feud, the Barber-Mizell Feud, with 41 deaths and no criminal convictions is blamed on him. But was it his fault?

Course #: HIS143

- Instructor: Billy Bass
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Thursday, January 19, 2017
4:00-5:30PM

World War II: History Through the Medical Lens **New!**

This presentation will take us from the rise of Nazism to the end of the World War II. It is a journey through the developments of the medical system and structure under Hitler. The lecture covers the implementation of their sterilization program, euthanasia, changes in medical education and concentration camp experiments. It also includes the role of Dr. Mengele and Nazi medicine implication to medical ethics. This lecture was based on the book "Nazi Medicine" by Robert Jay Lifton and complemented by several other books, and personal visits to Dachau and Auschwitz concentration camps.

Course #: HIS146

- Instructor: Dr. Jose Gaudier
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Thursday, February 9, 2017
6:00-7:00PM

Metaphysics



A Glimpse of Canine Heaven **New!**

This lecture is based upon information gathered while writing the book "A Dog's Tale". The original book is written to help children address the loss of a beloved pet. This lecture will provide a more detailed look at the afterlife experiences of one particular dog named Hanuman. Topics will include: Do animals have souls; do animals experience reincarnation; and what is the canine afterlife experience like?

Course #: MET121

- Instructor: Wendy Barta
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Monday, May 22, 2017
10:00-11:30AM

Astral Journeys **New!**

Since ancient times, millions of individuals have reported out-of-body experiences. This workshop is designed to give you the opportunity to gain a good working understanding of astral projection principles and mechanics, basic techniques for self-initiating your own astral projection experiences, and the necessary support for taking your out-of-body explorations further than you ever thought possible. Discover why astral projection is the ultimate psychic experience!

Course #: MET120

- Instructor: Dr. Andrew Nichols
- Classroom: Live Oak Hall
- Member: \$25, Non-Member: \$30
- Wednesday, May 17, 2017
1:00-4:00PM

Basic Psychic Development **New!**

Through guided meditation and visualization exercises, you will be using practical techniques for ESP/psychic development, including meditation, psychometry (using objects), pendulum and guided visualization. These techniques may give you an edge in making decisions for yourself and others using your "sixth sense." These skills may have application in every area of your life. Come to this workshop with current decisions or choices in mind. This workshop is open to beginners and those with previous psychic development experience, or individuals who have already been doing psychic work.

Course #: MET119

- Instructor: Dr. Andrew Nichols
- Classroom: Live Oak Hall
- Member: \$25, Non-Member: \$30
- Wednesday, April 19, 2017
1:00-4:00PM



Dream Interpretation New!

This workshop will help you take advantage of the guidance that is commonly available to us all through our dreams. Solutions to our daily problems and clues about the future may be found in the symbols of our dreams and the events of our daily lives. Recognizing and understanding those symbols gives us guideposts to fulfilling our life's goals and achieving our success. Participants are encouraged to bring a recent dream that they can share and interpret during the workshop. A meditation exercise will assist you in achieving clarity and guidance.

Course #: MET116

- Instructor: Dr. Andrew Nichols
- Classroom: Live Oak Hall
- Member: \$25, Non-Member: \$30
- Wednesday, January 18, 2017
1:00-4:00PM

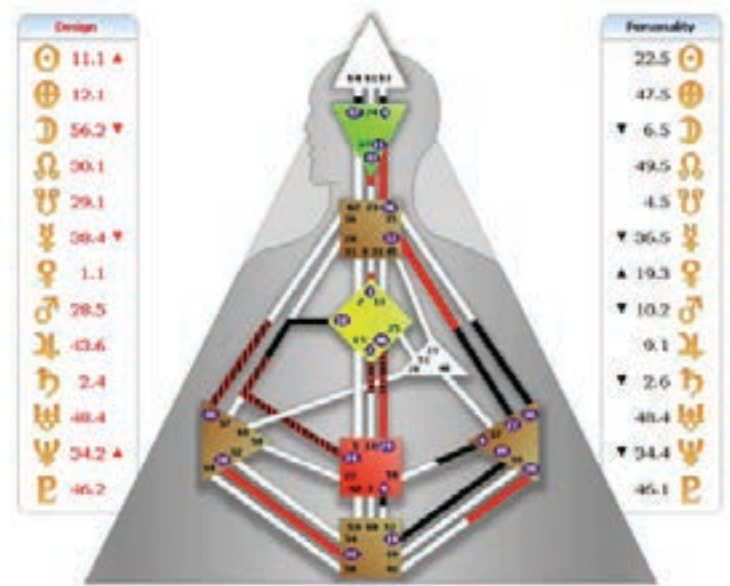
Grounded Spirituality New!

You have had experiences that fill you with peace, love, and joy and have felt yourself to be "in the flow". Yet, maybe you continue to return to disheartening emotions, unsure of how to regain your peace of mind, especially when faced with life's challenges. Drawing on various psychological and spiritual systems, we will discuss some tools that can assist you in regaining the balance and equanimity that makes life more wonderful.

Course #: MET122

- Instructor: Jill Carel
- Classroom: 4
- Member: FREE, Non-Member: \$5
- Tuesday, April 25, 2017
9:30-11:30AM

Introduction to Human Design New!



Human Design is a science of self-discovery that will help you gain enormous insights into your unique nature, your psychology, your vulnerabilities as well as your talents, strengths and gifts.

In this information packed introductory presentation you will be introduced to the basics of Human Design. You will learn about the 5 Types and their strategies, the 9 Centers and their functions, the "not-self" emotions...

This workshop will provide you with practical information that you can immediately apply to your life. This introductory presentation will give you useful information about yourself and provide you with a simple and deeply transformative strategy for maneuvering through your everyday life.

Course #: MET101

- Instructor: Colleen Griffin
- Classroom: 3
- Member: \$10, Non-Member: \$15
- Saturday, January 28, 2017
11:00AM-1:00PM

SOCIAL SCIENCES | Metaphysics

Mastering the Law of Attraction **New!**

You may not be aware of it but there is a very powerful force at work in your life that is always in effect. This force is called the Law of Attraction. Simply put, the Law of Attraction is the ability to attract into your life whatever you are focusing on whether you want it or not. The Law of Attraction uses the creative power of your thoughts and emotions and translates them into physical reality. Whether you want to lose weight, make more money, improve your relationships or whatever it may be, learning to master the Law of Attraction can be of benefit to you. Enroll in this two session class and learn how to use the Law of Attraction to your benefit in everyday life. Session one focuses on the basics of the Law of Attraction and the power of telling a new story. Session two gives students the opportunity to create a vision board allowing them to focus on their new story

Course #: MET113

- Instructors: Colleen Griffin, Tracy Ryzan-Ross
- Classroom: 3
- Member: \$10, Non-Member: \$15
- Mondays, January 9 and 16, 2017
1:00-3:00PM

Near Death Experience

Near Death Experience (NDE) has been a major topic of interest since its 1975 introduction in the book "Life after Life". Over nine million Americans say they have had such an experience, along many more worldwide. Over a 100 books have been written by people who experienced NDE, or by doctors who interviewed them. We will review the NDE, but emphasize the nature of consciousness and how it relates to our brain activity.

Course #: MET102

- Instructor: Ron Sutter
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Saturday, January 28, 2017
1:00-2:30PM

Past Life Exploration **New!**

Have you ever felt an inexplicable attraction, or dislike, towards another person? Have you felt that you already knew someone the first time that you met? Or that a new place you went to felt oddly familiar? Do you have seemingly unfounded passions, phobias or ailments? Your past lives may hold the keys to these, as well as many other mysteries. The Past Life Workshop covers reincarnation and past life basics: where we came from, where we are going, why we keep coming back to soul mates, and how to recognize what you already remember. You will also experience a guided meditation that could take you back to one or more of your own past lives. Remembering past lives can help heal the current life and give a better understanding of who you are, why you have chosen to be with certain people, and the patterns of your life.

Course #: MET117

- Instructor: Dr. Andrew Nichols
- Classroom: Live Oak Hall
- Member: \$25, Non-Member: \$30
- Wednesday, February 22, 2017
1:00-4:00PM

Psychic Self-Defense **New!**

We live in a world of thought forms and emotional energies, not all of which are beneficial for us. In fact, we are constantly bombarded by negative and injurious energies. If you are not properly protected from these contaminants, you could be affected spiritually, mentally, emotionally, physically and financially. In the Psychic Self-Defense workshop, you will learn scientific ways of utilizing psychic energies to properly protect yourself, your belongings, surroundings and loved ones from psychic attacks, negative intentions, malicious entities and energetic pollution.

Course #: MET118

- Instructor: Dr. Andrew Nichols
- Classroom: Live Oak Hall
- Member: \$25, Non-Member: \$30
- Wednesday, March 22, 2017
1:00-4:00PM



The Human Design Five Types Workshop **New!**

The easiest way to begin benefiting from Human Design is to know your Type and to follow the Strategy for your type. In Human Design there are five personality Types, each with a unique Strategy for maneuvering through life.

Each Type has a different role to play when interacting with others. These roles are designed to interact perfectly.

This class is all about understanding the Five Types and the characteristics of each Type. Even more, we will discuss the Strategy for each Type that when followed eliminates resistance and makes life a smoother more enjoyable ride.

In order to receive the most benefit from this class you will need to know your birth date, birth time and birth location.

Prerequisite – Intro to Human Design

Course #: MET111

- Instructor: Colleen Griffin
- Classroom: 3
- Member: \$15, Non-Member: \$20
- Tuesday, February 14, 2017
1:00-3:30PM

The Nine Centers of Human Design **New!**

Would you like to have a deeper understanding of yourself, your gifts and talents as well as your vulnerabilities and weaknesses? Do you often wonder why you do the things you do and say the things you say? Learning more about the nine centers in your Human Design body graph chart may provide you with answers to these important questions.

The nine centers on your Human Design chart can reveal the truth of who you really are, outline your strengths and weaknesses and show you your potential for growth.

In order to receive the most benefit from this class you will need to know your birth date, birth time and birth location.

Prerequisite: Intro to Human Design

Course #: MET115

- Instructor: Colleen Griffin
- Classroom: 2
- Member: \$10, Non-Member: \$15
- Friday, March 3 and 10, 2017
12:00-2:00PM



Animal Communication

This introductory program by Laura Rowley explains her theory of animal communication and demonstrates the tools required to intuitively communicate with animals. Laura's now highly developed and refined, "medical intuition," animal communication, and intuitive healing has allowed her to serve trainers, veterinarians, pet owners, and competitors from amateur to world-class levels. She'll provide some basic tips on how to communicate with your pets to improve their health and well-being.

Course #: MET108

- Instructor: Laura Rowley
- Classroom: Studio 9 on the Square
- Member: \$10, Non-Member \$15
- Thursday, February 23, 2017
5:00-7:00 PM

Animal Intuitive Healing Workshop

In this highly interactive workshop, Laura and her participants explore the deep connection we share with animals and the many ways this connection can impact and heal us all. This workshop is tailored toward those interested in amplifying their skills into the healing arts and is a blend of all the techniques and concepts that Laura uses in her work. Participants will have the experience of learning and practicing communication and healing techniques with dogs.

Course #: MET123

- Instructor: Laura Rowley
- Classroom: Studio 9 on the Square
- Member: \$10, Non-Member: \$15
- Date TBA
5:00-7:00 PM

SOCIAL SCIENCES | Metaphysics | Philosophy

Learn How to Incorporate Intuition into Your Daily Life

Participants will learn to maximize their brainpower by combining deductive thoughts with intuitive insights in their fascinating seminar. Laura guides participants in learning to use their brains more fully to connect with and discover their inner talents.

Course #: MET124

- Instructor: Laura Rowley
- Classroom: Studio 9 on the Square
- Member: \$10, Non-Member: \$15

- Thursday, March 9, 2017
5:00-7:00 PM

Soul Arts Workshop

This is a full day Personal Arts Workshop designed for both artists and non-artists seeking to explore the source of their creativity. This is a process based art experience with emphasis on 'the making' of art and personal expression. This creative offering will include Touch drawing and Expressive Painting in an inspired group environment.



Course #: MET125

- Instructor: Vanessa Fuller-Brown
- Classroom: Studio 10 on the Square
- Member: \$80, Non-Member: \$95

- Wednesday, May 10, 2017
10:00 AM-5:00 PM

Philosophy

Humanism: What's It All About?

Humanism is defined by the American Humanist Association as a progressive philosophy of life that, without supernaturalism, affirms one's ability and responsibility to lead an ethical life of personal fulfillment that aspires to the greater good of humanity. Guided by reason, inspired by compassion, and informed by experience, Humanism continues to evolve through the efforts of thoughtful people who recognize that values and ideals, however carefully wrought, are subject to change as our knowledge and understandings advance.

Course #: PHI109

- Instructor: Allie Gore
- Member: FREE, Non-Member: \$5

- Classroom: 3
- Wednesday, February 15, 2017
2:00-3:00PM

OR

- Classroom: 2
- Tuesday, April 11, 2017
2:00-3:00PM

Read, Think and Discuss Book Group

Limited to 12 participants, this group will choose books that have something to say--make us think--and promote a spirited discussion. Much like the Humanists group and Socrates Cafe, this class is intended to challenge with the goal of understanding others and ideas better.



Course #: PHI108

- Instructor: Allie Gore
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5

- Tuesday, January 24, February 28, March 28, April 25 and May 23, 2017
2:00-3:30PM

January - A Field Guide to Lies: Critical Thinking in the Information Age, Daniel Leviton

February - Respecting Truth, Lee McIntyre

March - Tribe: On Homecoming and Belonging, Sebastian Junger

April - Doing Good Better: How effective altruism can help you make a difference, William MacAskill.

May - Stamped from the Beginning: The Definitive History of Racist Ideas in America, Jamesha Gillia

Secular Conversations

Combating Hate and Building Bridges **New!**



Hassan Shibly is the executive director of CAIR Florida, the largest Muslim civil rights organization in Florida. He will discuss the importance and relevance of combating hate, which makes us all less safe and secure, and the importance of building bridges in a multicultural society which celebrates diversity. Mr. Shibly loves the Q&A part of his talks and encourages participants

to come prepared with their toughest politically incorrect questions. Shibly states that “when we understand one another, by nature, we will also respect and love each other. It is my vision that any community where all cultures are understood and respected will be a beacon of hope for the world”.

Course #: PHI113

- Instructor: Hassan Shibly **Visiting Scholar**
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Saturday, January 21, 2017
2:00-4:00PM

A Humanistic Voyage from Epicurus to George Carlin--Living Humanistically in a Religion-troubled World **New!**

The title says it all. Beginning with Aristotle and his buddy Epicurus, we think great and not so great thoughts, criticizing and poking fun at the determinedly religious as we go along, and finally discovering the Golden Plates that bear St. George's Ten (or more) Commandments, followed by how the author would live if he was given a billion bucks. Will he say as many have, “I got mine, so buzz off”? Or will he live humanistically? What would that entail?

Course #: PHI114

- Instructor: George Erickson
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Saturday, February 18, 2017
2:00-4:00PM

Becoming Smarter Givers--Effective Altruism **New!**

Americans are among the most generous people in the world. Each year, two-thirds of the households in America give more than \$3 billion dollars to over one million registered charities. Effective Altruism applies reason and evidence to make sure that our giving is having the most impact possible. Please join us for an informative presentation followed by a discussion as we address the following:

Are you a “warm glow” giver?

Do we have a moral obligation to help?

How much should we sacrifice to help?

What are some of the biases that may affect our charitable decisions?

How can we better evaluate charitable organizations?

What are some of the actions we can take to be a better Effective Altruist?

How can we protect ourselves against charitable fraud?

Course #: SOC101

- Instructor: Bob Layne
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Saturday, March 18, 2017
2:00-4:00PM

Religious, Sexual and Gendered Intersections in the Evaluation of Religious and Non-Religious Others **New!**

Research has established that there is substantial prejudice against atheists and nonreligious individuals, both in the U.S. and in other countries where nonreligious people are minorities. To date very little research has looked beyond attitudes toward solitary identities (e.g., atheists vs. gay atheists). In this presentation, Dr. Cragun will examine attitudes toward intersected identities combining five religious identities (Christian, Jewish, Muslim, atheist and nonreligious) with four sexual/gender identities (heterosexual, homosexual, bisexual and transgender). The results may just surprise you.

Course #: PHI115

- Instructor: Ryan Cragun, Ph.D. **Visiting Scholar**
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Saturday, April 15, 2017
2:00-4:00PM

SOCIAL SCIENCES | Philosophy

What Being a Humanist Means To Me **New!**

A panel of Humanists of North Central Florida members and others from area organizations of reason will discuss their path to Humanism, what being a Humanist means to them, and how identifying as a Humanist and becoming a Humanist has changed their lives and relationships.

Course #: PHI116

- Instructor: Harvey Paskin
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Saturday, May 20, 2017
2:00-4:00PM

Socrates Cafe--Friday

Socrates Café is changing to a new format in 2017. The first session of each semester will offer an orientation to the class. Following the orientation, subsequent sessions will begin with a 30-minute video presentation based on the course, "The Big Questions of Philosophy" by David K Johnson, Ph.D. Facilitated discussion will follow the videos.



Johnson defines philosophy as the love of wisdom and the pursuit of truth and knowledge. An unexamined life is not worth living according to Socrates. Participants will be invited to learn how to question by exploring issues such as why we should trust reason; how we can reason carefully; what is truth, and much more. By learning how to question and how to avoid erroneous reasoning, we can better examine our personal opinions, ideas and dogmas. By listening to others we can become more thoughtful, understanding and rational. Class limited to 25.

Socrates Cafe--Friday

Course #: PHI107

- Instructor: Allie Gore
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Fridays, January 13, 27, February 3, 17, March 3, 17, April 14, 28, May 12, and 26, 2017
1:30-3:00PM

Socrates Cafe--Monday

Course #: PHI102

- Instructor: Allie Gore
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Mondays, January 16, 30 February 6, 20, March 6, 20, April 3, 17, May 1, 15, 2017
2:30-4:00PM

Psychology

Better Than Resolutions--Your Happiness Project

Happiness has different meanings to everyone, but all of us can increase our level of positive feelings by changing or modifying some potential barriers and self-defeating habits. Gretchen Rubin wrote three informative books which form the basis for our class journey.

Identify habits that you think would improve your level of happiness using these NY Times bestseller strategies. This is a series of four discussion classes and a 21-day effort to explore changes in habits. It is not a lecture. Participation is essential, but it is not necessary to read Rubin's books ahead of time.

January 9, 2017: The Happiness Project

January 16, 2017: Happiness at Home

January 23, 2017: Better and Beyond

January 30, 2017: Using Support Systems--Family and Friends

Course #: PSY125

- Instructor: Dr. Judy Sherwood
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Monday, January 9, 2017
1:00-2:30PM
- **OR** Monday, January 16, 2017
1:00-2:30PM
- **OR** Monday, January 23, 2017
1:00-2:30PM
- **OR** Monday, January 30, 2017
1:00-2:30PM

Celebrating Birthdays: Aging Has Changed, But Is 65 the New 45? **New!**

Every single year is a gift. By confronting the most common stereotypes about aging, this discussion will help us all live each year to the fullest. This is a session for those who have a desire to continue exploring possibilities, to celebrate discovery over decline, and to seek out opportunities to live their best life.

Course #: PSY121

- Instructor: Dr. Judy Sherwood
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Monday, February 13, 2017
10:00AM-12:00PM



Discover Your Personal Myth **New!**

Personal mythology is an effective vehicle for framing our life experiences and creative work. Based upon the psychological insights of C.G. Jung, this workshop creatively explores ways we can experience mythic dimensions of our lives through the images we make, the stories we tell, and the ways we navigate the world. Participants will work with myths, fairy tales and archetypal imagery to discover the threads that connect our stories with the mythical collective. Personal myths can provide us with a strong sense of our individual vision and a vibrant connection to the stories that spark our creative lives.

Course #: PSY127

- Instructor: Dr. Robert "Andrew" Nichols **Visiting Scholar**
- Classroom: Live Oak Hall
- Member: \$25, Non-Member: \$30
- Wednesday, March 29, 2017
1:00-4:00PM

Understanding the Mysteries of Human Behavior **New!**

Understanding the Mysteries of Human Behavior. Human beings are puzzling creatures. We are capable of the most magnificent, personal and cultural accomplishments, yet we sometimes behave in ways that are not only irrational and short sighted, but that also harm ourselves or others. We can experience uplifting emotions such as love, optimism, and awe, yet we also tie ourselves in knots of anxiety, anger, and disrepair. We sometimes stand up for our principles, but at other times, we behave contrary to our personal standards. We can remember thousands of trivial facts but forget an important appointment. These lectures examine some particularly puzzling aspects of human nature - features of people's thoughts, emotions, and behaviors that have intrigued scientists and lay people alike. Relying on the latest theories and research from psychology, neuroscience, and other behavioral sciences, each lecture in this course addresses a provocative question about human behavior. Each lecture by Professor Mark Leary, Ph.D. is approximately 30 minutes long and will be followed by discussion. Professor Leary is the faculty director of Duke Interdisciplinary Initiative in Social Psychology and has published 12 books.

Course #: PSY120

- Instructor: Allie Gore
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Thursdays, January 5, 19, February 2, 16, March 2, 16, April 6, 20, May 4 and 18, 2017
2:00-3:30PM



SOCIAL SCIENCES | Psychology

How to Make Your Resolutions Stick Like Glue **New!**



The New Year is a great opportunity to make changes. What changes would you like to make this year? Many of us start the new year with sincere intentions, motivation and determination to create change for the better in the new year. But the sobering truth is that most New Year's resolutions start to lose their momentum by mid-January and officially bite the dust by Valentine's Day. Eventually, most dieters stray, smokers relapse, pack rats create more clutter, and inspiring exercisers turn back into couch potatoes.

It is not that our intentions are not good. Rather, when it comes to New Year's resolutions, most of us stack the odds against ourselves right from the start. Although we often blame ourselves when our resolutions fail, often it is the nature of the goals themselves that sets us up for failure. This is one of the reasons that some people even stop making New Year's resolutions.

Please do not abandon the idea of setting resolutions because you have broken them in the past. You may need to simply readjust the type and number of goals that you are setting for yourself. If you want to maximize your chances for success in 2017, then attend this class where you will learn how to use the 13 Commandments for Success to either set your goals or to tweak the ones you have already chosen.

You can make New Year's resolutions that not only stick, but are attainable. You will learn ways to turn this year into your best year yet.

Course #: PSY126

- Instructor: Colleen Griffin
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Tuesday, January 10, 2017
1:00-3:00PM

Introduction to Loving Communication **New!**

Tired of being misunderstood by your partner, son, daughter or friend? Do you sometimes feel unappreciated, hopeless, or frustrated? Would you like to be heard and understood, especially regarding things in life that is important to you? In this introductory two-hour session, Fred Keyser will show you how to do this quickly and safely - with four simple phrases you've never been taught before, from acclaimed author of Making It Safe to Love - Fred Keyser.

Course #: PSY129

- Instructor: Fred Keyser
- Member: FREE, Non-Member: \$5

- Classroom: 3
- Tuesday, January 31, 2017
3:00-5:00PM

OR

- Classroom: 4
- Thursday, February 9, 2017
3:00-5:00PM

Loving Communication **New!**

Learn immediately powerful words you've never seen before, from acclaimed author of Making It Safe to Love - Fred Keyser. In this weekly class, he'll show you how you can quickly and effectively deal with the emotional challenges we all face with family, friends and co-workers. While feeling safe and having fun, you'll discover these keys that are not taught anywhere else and that are critical to getting just what you want in each relationship you have.

Course #: PSY130

- Instructor: Fred Keyser
- Classroom: Cypress Hall
- Member: \$60, Non-Member: \$65
- Thursdays, February 16, 23, and March 2, 2017
3:00-5:00PM



Reading Other People: Secrets of Verbal and Non-Verbal Communication **New!**

Experts in the field of communication tell us that body language can directly contradict words coming out of someone's mouth. They also say that lies differ from truthful statements in a number of specific ways: they are wordier, more negative, and couched in more intricate sentence structures. We will examine lies from famous people that follow this pattern. These revelations should help us understand other people better and perhaps take a closer look at our own communication skills.

Course #: PSY128

- Instructor: Pat Wellington
- Classroom: Live Oak Hall
- Member: \$5, Non-Member: \$10
- Monday, March 6, 2017
1:00-2:00PM

Remembering Stories Told in the Book, "Men are from Mars, Women Are from Venus" **New!**

Presented and facilitated by Judy and Tom Sherwood, who have not only survived these differences, but found the information helpful and often humorous in their 20-year second marriage.

John Gray wrote this book in the 1992, but is it still relevant today? Do men and women really think differently? In this classic guide to understanding the opposite sex, Dr. John Gray provided a practical way for men and women to improve their communication by acknowledging the differences between their needs, desires and behaviors. Does it help to look at these general differences? This session evolved from a previous session about communication. Plan to share your own challenges and successes in a lively and accepting gender discussion.

Course #: PSY123

- Instructors: Dr. Judy Sherwood, Tom Sherwood
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Monday, January 23, 2017
10:00AM-12:00PM

Single in a Retirement Community? Rethinking "Men Are from Mars, Women Are from Venus" **New!**

This session was requested several times after we presented the class, "Adjusting to Single Life Both after Divorce and Death of a Partner". A panel will share their stories, general opinions and answer your questions.

John Gray wrote this book in the 1992. Is it still relevant today? Do men and women really think differently? In this classic guide to understanding the opposite sex, Dr. John Gray provides a practical way for men and women to improve their communication by acknowledging the differences in their needs, desires and behaviors. Plan to share your own challenges and successes in a lively and accepting gender discussion.

Course #: PSY122

- Instructor: Dr. Judy Sherwood
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Monday, January 30, 2017
10:00AM-12:00PM

Stories of New Friendships After Retirement

There are so many reasons to make friendship a priority in your life. Surprisingly, not many spend time on this and leave things up to chance or throw away valuable relationships after common disagreements. Making and keeping friends is different for extraverts and than for introverts. Birth order even plays a part as does temperament.

Let us have a lively discussion! This is a time to share stories and begin to write more chapters in our book of relationships.

April 3, 2017: Stories of Successful Friendships

April 10, 2017: Making Connections

April 17, 2017: Seasons of Friendship

April 24, 2017: Conflicts in Friendships

Course #: PSY124

- Instructor: Dr. Judy Sherwood
- Classroom: 2
- Member: FREE, Non-Member: \$5
- Monday, April 3, 2017
10:00-11:30AM
- **OR** Monday, April 10, 2017
10:00-11:30AM

- **OR** Monday, April 17, 2017
10:00-11:30AM
- **OR** Monday, April 24, 2017
10:00-11:30AM

Public Safety



AARP Driver Safety Program

This class is offered as a full day or two day class depending on the month. The AARP Driver Safety Program is a classroom based refresher designed especially for drivers age 50+. Tuition includes the Driver Safety workbook and a recorded certificate. (Note: successful completion of this class may result in an insurance rate reduction.) If you are an AARP member the cost is \$15; if you are not a member the cost is \$20. Please bring your AARP card and driver's license.

Course #: PUB101

- Instructor: Donald Stroliske
- Classroom: 4
- Course# PUB101 Section A AARP Member: \$15
- Course# PUB101 Section AI AARP Non-Member: \$20
- Thursday and Friday, January 19 and 20, 2017
1:00-4:00PM

OR

- Instructor: Nancy McKay
- Classroom: 3
- **Course #:** PUB101 Section B AARP Member: \$15
- **Course #:** PUB101 Section BI AARP Non-Member: \$20
- Friday, February 3, 2017
8:30AM-4:30PM

OR

- Instructor: Donald Stroliske
- Classroom: Cypress Hall
- **Course #:** PUB101 Section C AARP Member: \$15
- **Course #:** PUB101 Section CI AARP Non-Member: \$20
- Tuesday and Wednesday, February 14 and 15, 2017
1:00-4:00PM

OR

- Instructor: Donald Stroliske
- Classroom: Studio 10 on the Square
- **Course #:** PUB101 Section E AARP Member: \$15
- **Course #:** PUB101 Section EI AARP Non-Member: \$20
- Tuesday and Wednesday, March 21 and 22, 2017
1:00-4:00PM

OR

- Instructor: Nancy McKay
- Classroom: 2
- **Course #:** PUB101 Section D AARP Member: \$15
- **Course #:** PUB101 Section DI AARP Non-Member: \$20
- Wednesday, April 12, 2017
8:30AM-4:30PM

OR

- Instructor: Donald Stroliske
- Classroom: Cypress Hall
- **Course #:** PUB101 Section F AARP Member: \$15
- **Course #:** PUB101 Section FI AARP Non-Member: \$20
- Wednesday and Thursday, May 10 and 11, 2017
1:00-4:00PM

Golf Cart Safety New!

Join On Top of the World Safety Officer, Danny Childress, and Eric Keister from E-Z Go for this informative presentation. They will educate users how you can prevent injury to pedestrians, utility cart operators and their passengers. This course will also relate requirements for safety devices, operating procedures, laws, operator accountability and enforcement. Participants will be able to discuss their safety concerns.



Course #: PUB107

- Instructor: Danny Childress
- Classroom: Cypress Hall
- Member: FREE, Non-Member: \$5
- Tuesday, March 7 and 14, 2017
1:00-2:00PM

Sheriff Citizen's Academy

Master the Possibilities is proud to host the Sheriff's Citizens Academy. The Sheriff's office is sponsoring a 13 week course to teach about the Marion County Sheriff's operations starting May 12 through August 4, including graduation. During the program, MCSO staff will highlight all units within the Sheriff's Office, giving citizens an in-depth understanding of what the agency is doing for the community. Each week will focus on a different aspect of the agency, personnel, equipment, policies, procedures and overall function. See website for full schedule.

Course #: PUB104

- Instruction by: Sheriff Support Services
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: FREE
- Thursdays, January 26, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, April 6, 13, and 20, 2017
9:00-11:30AM

Religion**Fear in Religion New!**

This presentation investigates fear in the Abrahamic religions of Judaism, Christianity and Islam. This is an investigation of the thread of fear in all three and how fear links and creates a common religious legacy.

Course #: REL101

- Instructor: Emmett Coyne
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Tuesday, February 7, 2017
1:00-2:00PM

Islam and Christianity: Similarities and Differences New!

This class will compare and contrast Islam and Christianity on such teachings as the nature of God and Allah, the Quran and the Bible, Mohammad and Jesus, peace and violence, morality, salvation and after life. In addition, it will cover issues such as whether Muslims and Christians worship the same God; what is antisemitism; the Crusades; slavery; religion and the state; human rights; sharia law; and what is grace.

Course #: REL107

- Instructor: Dr. Alan Altany
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Tuesdays, January 31, February 7, and 14, 2017
10:00-11:30AM

**Religion and Philosophy
Thought Leaders****Jesus of Nazareth New!**

In this class, we will discuss some basic historical questions about Jesus and the time and region in which he may have lived. What do we really know about Jesus? Did he even really exist? If so, what was the social, economic, political and religious-philosophical context of Nazareth? What was going on in his, likely, very small world that might have shaped and motivated him? And finally, why does any of this Jesus-stuff matter to most believers and many nonbelievers alike?

**Course #: REL102**

- Instructor: Rod Broker
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Wednesday, January 11, 2017
1:00-2:30PM

SOCIAL SCIENCES | Religion

Mohammad of Mecca **New!**

Manal and Malak Fakhoury share the story of Muhammad, the Prophet of Islam. Learn more about his role in world religion, world politics and how he served as the ideal model for Muslim life. Explore his basic teachings, beliefs, and practices. Discuss how Muhammad's life left an impact on society and how he would feel about the violence and unrest across the world today.

Course #: REL105

- Instructors: Manal Fakhoury, Malak Fakhoury
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Wednesday, April 12, 2017
1:00-2:30PM
-

"Missing Moses" **New!**



Does our complicated world require a "Moses" to lead us out of it? What qualities of Moses do we need most? What enslaves or holds us back? What are the "red seas" we need to cross? What is our Promised Land? Join Rabbi Mark Winer for a film and discussion around "Missing Moses."

Course #: REL104

- Instructor: Rabbi Sir Mark Winer Ph.D., D.D.
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Wednesday, February 8, 2017
1:00-3:00PM

Paul Kurtz the Secular Humanist **New!**

Nonreligious people are sometimes accused of not believing in anything, but the philosophy of life called Secular Humanism proves that assumption wrong and prejudicial. In this presentation, we will take a closer look at Secular Humanism by examining the life and teaching of Paul Kurtz (1925-2012), who once said, "The beginning of wisdom is the awareness that there is insufficient evidence that a god or gods have created us and the recognition that we are responsible in part for our own destiny."

Paul Kurtz was a well-known secular leader who devoted more time and energy to the life-stance of "Humanism without gods" than almost anyone else in the contemporary world.

Course #: REL103

- Instructor: Rod Broker
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Wednesday, March 8, 2017
1:00-2:30PM
-

Siddhartha Guatama **New!**

While most westerners are familiar to varying degrees in the Abrahamic religions, relatively few are knowledgeable as to the fundamentals of Buddhism and founder, Siddhartha Gautama, the Buddha. Do Buddhists regard the Buddha as Christians regard Jesus? Where was he born and what were the significant events in his life? How did the Buddha become enlightened? What are the fundamentals of Buddhist thought?

Course #: REL106

- Instructor: John Hunt
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5

- Wednesday, May 10, 2017
1:00-2:30PM



Sociology

Becoming Smarter Givers New!

Americans are among the most generous people in the world. Each year, two-thirds of the households in America give more than \$3 billion dollars to over 1 million registered charities. Effective Altruism applies reason and evidence to make sure that our giving is having the most impact possible. Please join us for an informative presentation followed by a discussion as we address the following:

Are you a “warm glow giver”?

Do we have a moral obligation to help?

How much should we sacrifice to help?

What are some of the biases that may affect our charitable decisions?

How can we better evaluate charitable organizations?

What are some of the actions we can take to be a better Effective Altruist?

How can we protect ourselves against charitable fraud?

Course #: SOC104

- Instructor: Bob Layne
- Classroom: 1
- Member: FREE, Non-Member: \$5
- Wednesday, February 8, 2017
1:00-2:30PM



Introduction to the ReadingPals Program

Reading to children is one of the most powerful thing adults can do to prepare young children for academic success. The ReadingPals program mobilizes volunteers to read to students who have been identified as needing additional support in reading. There are 15 schools in Marion County who have this program. The children meet with an adult for a thirty minute session twice a week at a designated time during designated weeks throughout the school year. Throughout the year the students are given books to develop their own personal library. Learn more about how other area Members are making a difference by becoming a ReadingPals volunteer.

Course #: VOL103

- Instructor: Jan Hathaway
- Classroom: 1
- Member: FREE, Non-Member: FREE
- Monday, May 8, 2017
11:00AM-12:00PM

Older and Bolder: Seniors Volunteering and Working in State and National Parks



Always wanted an awesome backyard? Do you like to sit around the campfire toasting s'mores with new friends? Enjoy interacting with visitors helping them have an experience they will remember the rest of their lives? Find out what it is like behind the scenes of our national and state parks and how you can be part of the staff that supports our parks.

Course #: VOL107

- Instructor: Carla Traudt
- Classroom: Live Oak Hall
- Member: FREE, Non-Member: \$5
- Monday, January 9, 2017
1:00-2:30PM



Sholom Park invites you, your families and friends to attend an afternoon of great storytelling, family-friendly games, activities, live music and a chance to meet your favorite book characters!

FUN at the PARK Storytelling



Sunday, Feb. 26, 2017 · 1-4 p.m.
Admission-free

Sholom Park
7110 SW 80th Ave. Ocala, FL 34481

Contact Summer Best for more information:
(352) 875-4428, or watch for updates at
www.sholompark.org and www.facebook.com/sholompark.

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
12/29/16	Fireside Storytelling: Opening Event	Town Square	6:00PM	8:30PM	49
1/2/17	Ink with Watercolor: Dried Up	Studio 9 on the Square	9:00AM	1:00PM	17
1/3/17	Introduction to Colored Pencil: Sunflower	Studio 9 on the Square	9:00AM	12:00PM	5
1/4/17	Beginning Piano 101	Classroom 4	9:00AM	9:50AM	43
1/4/17	Beginning Piano 102-A	Classroom 4	10:00AM	10:50AM	43
1/4/17	Piano 103-B	Classroom 4	11:00AM	11:50AM	44
1/4/17	Keeping Current on Events	Classroom 2	11:00AM	12:00PM	113
1/4/17	Drawing Boot Camp	Studio 1	1:00PM	2:30PM	4
1/4/17	Beginning Guitar 101	Classroom 4	1:30PM	2:20PM	42
1/4/17	Guitar 102-A	Classroom 4	2:30PM	3:20PM	42
1/4/17	Beginning Ukulele	Classroom 4	3:30PM	4:20PM	44
1/5/17	Great Courses: Understanding the Mysteries of Human Behavior	Cypress Main Hall	2:00PM	3:30PM	125
1/6/17	Intro to Oils "Distant Light"	Studio 9 on the Square	9:00AM	12:00PM	18
1/6/17	Game Series	Classroom 4	10:00AM	12:00PM	76
1/6/17	Microsoft Word Basics	Computer Lab	11:00AM	12:00PM	63
1/6/17	Samba and Its New Variation - Super Samba	Cypress Main Hall	1:00PM	3:00PM	76
1/9/17	Acrylic Painting on Canvas: Storm Rolling In	Studio 9 on the Square	9:00AM	1:00PM	14
1/9/17	Yoga Before the Mat: Know Before You Go to Class	Classroom 3	9:00AM	11:00AM	95
1/9/17	Armchair Traveler: Ecuador and the Galapagos Islands	LOH Main Hall	10:00AM	11:00AM	85
1/9/17	Great Course: Being Human: Life Lessons from the Fathers of Science	Cypress Main Hall	10:00AM	11:30AM	92
1/9/17	Basics of Crochet	Classroom 4	1:00PM	3:30PM	12
1/9/17	Africa Series: A Brief Overview	Cypress Main Hall	1:00PM	2:30PM	115
1/9/17	Mastering the Law of Attraction	Classroom 3	1:00PM	3:00PM	120
1/9/17	Better Than Resolutions--Your Happiness Project	Classroom 2	1:00PM	2:30PM	124
1/9/17	Seniors Volunteering and Working in State and National Parks	LOH Main Hall	1:00PM	2:30PM	131
1/9/17	Acrylic Painting with Connie Ferreira	Studio 9 on the Square	1:30PM	3:30PM	14
1/9/17	Beginning German for True Beginners	Classroom 2	4:00PM	5:00PM	35
1/10/17	Intro to Odd-Count Peyote Stitch	Classroom 3	9:00AM	1:00PM	10
1/10/17	K-9 Basic Training	Studio 10 on the Square	9:00AM	10:00AM	81
1/10/17	Pastel Workshop for Beginners: Animal Portraits	Studio 9 on the Square	10:00AM	2:00PM	5
1/10/17	Low Vision	Classroom 1	10:00AM	12:00PM	104
1/10/17	Pranayama Breathing Exercises & Guided Meditation	Classroom 4	11:00AM	12:30PM	94
1/10/17	Panel Lampshade in Stained Glass	Studio 1	12:00PM	3:00PM	7
1/10/17	Bubble Splatter Platter	Studio 2	1:00PM	3:00PM	29
1/10/17	How to Make Your Resolutions Stick Like Glue	Classroom 1	1:00PM	3:00PM	126
1/10/17	Story Masters: Pat Nease: Champion Liar and Lover of Words	LOH Main Hall	1:30PM	3:30PM	50
1/10/17	Understanding Investing: Statistics, Strategies and Logic	Classroom 1	1:30PM	3:30PM	58
1/10/17	Catch More Zzzzzz's: Simple Steps for Better Sleep	Studio 10 on the Square	2:00PM	4:30PM	105
1/10/17	Curvaceous Table Toppers	Studio 9 on the Square	3:00PM	6:00PM	12
1/10/17	Legal Series: Questions for the Attorney	CSCC	3:00PM	4:00PM	59
1/10/17	Fireside Storytelling in Master the Possibilities Living Room	Classroom 1	4:00PM	5:30PM	52
1/11/17	Rubber Stamping ROCKS!	Studio 9 on the Square	10:00AM	12:00PM	22
1/11/17	Personal Computer Basics	Computer Lab	10:00AM	11:30AM	62
1/11/17	January Open Studio Clay Lab	Studio 2	12:30PM	3:30PM	31
1/11/17	An Introduction to YouTube	Computer Lab	1:00PM	3:00PM	64
1/11/17	Hydrate! Your Body's Many Cries for Water	Classroom 1	1:00PM	3:00PM	107
1/11/17	Religion and Philosophy Thought Leaders: Jesus of Nazareth	LOH Main Hall	1:00PM	2:30PM	129
1/12/17	Creative Cartooning	Classroom 3	10:00AM	12:00PM	33
1/12/17	iPhone Basics: Beginners	Classroom 4	10:00AM	11:30AM	61
1/12/17	Keeping Current on Events	Classroom 2	11:00AM	12:00PM	113
1/12/17	Are You Digging Your Grave with Your Fork and Spoon?	Studio 10 on the Square	12:00PM	2:00PM	71
1/12/17	iPad Basics: Beginners	Classroom 4	12:30PM	2:00PM	61
1/12/17	Fun in the Studio I: Watercolor FUN, Start to Finish!	Studio 9 on the Square	1:00PM	3:30PM	16
1/12/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
1/12/17	Green Smoothies: The Healthy Fast Food	Studio 10 on the Square	2:30PM	4:30PM	72
1/12/17	Train Yourself to Remove Negative Thought Patterns & Illusions	Classroom 3	3:00PM	4:00PM	111
1/12/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
1/12/17	German Level II	Classroom 2	4:00PM	5:00PM	36
1/12/17	How to Get Started on a Gluten Free Diet	LOH Main Hall	4:00PM	5:00PM	107
1/12/17	Photography with Bruce: Colorizing Black and White Photos	Classroom 2	6:00PM	8:00PM	23
1/13/17	Self Reflexology for Hands and Feet	Studio 10 on the Square	1:00PM	3:00PM	101
1/13/17	Get Rid of Knee Pain Once and For All Without Drugs, Shots, or Surgery	Classroom 1	1:00PM	2:00PM	105
1/13/17	Socrates Cafe--Friday	Cypress Main Hall	1:30PM	3:00PM	124
1/14/17	Card Making - Sympathy & Get Well	Studio 9 on the Square	9:00AM	3:00PM	21
1/14/17	Hamilton: The Story of Tonight	Classroom 1	9:00AM	11:00AM	116
1/14/17	German: Advanced Level	Classroom 2	10:00AM	11:00AM	36
1/16/17	The Art of Reverse Glass Painting: Baby Owls	Studio 9 on the Square	9:00AM	1:00PM	20

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
1/16/17	Ultra Beginner's Yoga: Ready, Set, Go	Studio 10 on the Square	9:30AM	11:30AM	95
1/16/17	Basics of Knitting	Classroom 4	1:00PM	3:30PM	12
1/16/17	Africa Series: The Atlantic Slave Trade's Supply Side	LOH Main Hall	1:00PM	2:30PM	115
1/16/17	Better Than Resolutions--Your Happiness Project	Classroom 2	1:00PM	2:30PM	124
1/16/17	Socrates Cafe--Monday	Cypress Main Hall	2:30PM	4:00PM	124
1/17/17	Simple Polymer Clay Cane Making with Connie Ferreira	Studio 10 on the Square	10:00AM	12:30PM	27
1/17/17	Puzzled Vase	Studio 2	10:00AM	12:30PM	32
1/17/17	Basic Survival French	Classroom 3	10:00AM	11:00AM	35
1/17/17	Old Tales for Young Ears: Great Stories to Tell the Grandkids	LOH Main Hall	10:00AM	11:30AM	55
1/17/17	Medicare and You	Classroom 2	10:00AM	12:00PM	97
1/17/17	Intermediate French	Classroom 3	11:30AM	12:30PM	35
1/17/17	Behind the Scenes at CSCC	CSCC	12:00PM	1:30PM	68
1/17/17	Winter Book Club: "My Beloved World" by Sonia Sotomayor	Classroom 3	2:00PM	3:00PM	40
1/17/17	Creative Writing - Fiction	Classroom 4	3:00PM	4:30PM	38
1/18/17	Stained Glass Pick-A-Pattern	Studio 1	9:00AM	12:00PM	8
1/18/17	Intro to Oils "Palmettos by River"	Studio 9 on the Square	9:00AM	12:00PM	18
1/18/17	Interior Decorating for You	Classroom 1	11:30AM	12:30PM	80
1/18/17	Furniture Painting--Trash to Treasure	Studio 9 on the Square	1:00PM	5:30PM	16
1/18/17	Photography with John: Fun With Photoshop Elements Filters	Classroom 3	1:00PM	3:00PM	26
1/18/17	Dream Interpretation	LOH Main Hall	1:00PM	4:00PM	119
1/18/17	How to Tell a Story	Cypress Main Hall	3:00PM	4:30PM	48
1/18/17	Coyotes in Florida: The Good, The Bad and the Ugly	CSCC	3:30PM	5:00PM	90
1/19/17	Designer Bowls	Studio 2	10:00AM	12:00PM	30
1/19/17	Let's Stroll Down Memory Lane	Classroom 1	10:00AM	11:30AM	54
1/19/17	Android Smartphone Basics: Beginners	Classroom 3	10:00AM	11:30AM	60
1/19/17	Learn & Go: The Thoroughbreds of Marion County	Classroom 2	10:00AM	12:00PM	87
1/19/17	Android Tablet Basics: Beginners	Classroom 3	12:30PM	2:00PM	60
1/19/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
1/19/17	Beginning and Intermediate Mahjong	Classroom 2	1:00PM	3:30PM	75
1/19/17	AARP Driver Safety Program	Classroom 4	1:00PM	4:00PM	128
1/19/17	AARP Driver Safety Program	Classroom 4	1:00PM	4:00PM	128
1/19/17	The Blood Type Diet/Lifestyle Connection	Classroom 1	2:00PM	4:30PM	73
1/19/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
1/19/17	Florida History Through the Eyes of One of Its Original Pioneers	LOH Main Hall	4:00PM	5:30PM	117
1/19/17	Beginner Wire Wrapping	Studio 9 on the Square	5:00PM	8:00PM	9
1/20/17	WATER Behind the Scenes Field Trip	Field Trip	9:00AM	12:30PM	69
1/20/17	TX-OK-NM-LA: 1000 miles in one week!	LOH Main Hall	11:00AM	12:00PM	86
1/20/17	Enhancing Your Well-Being with Essential Oils	Classroom 1	2:00PM	3:00PM	101
1/20/17	Florida Trips and Tales: Florida's Gulf Coast	LOH Main Hall	2:30PM	4:00PM	86
1/21/17	About the Movies with Smith and Hoffert	Classroom 4	12:00PM	1:30PM	45
1/21/17	Rice Cookers Aren't Just for Cooking Rice	Studio 10 on the Square	1:00PM	4:00PM	73
1/21/17	Spirits Matter - How to Remain Fully Alive with a Life-limiting Illness	LOH Main Hall	1:00PM	2:30PM	96
1/21/17	Secular Conversations: Combating Hate and Building Bridges	Cypress Main Hall	2:00PM	4:00PM	123
1/23/17	Painted "Fur" Cowl to Knit	Classroom 3	9:00AM	12:00PM	13
1/23/17	Karlyn Holman Watercolor Workshop	Studio 9 on the Square	9:00AM	5:00PM	19
1/23/17	Knitting - Beyond the Basics	Classroom 4	10:00AM	12:30PM	13
1/23/17	Animal Sculpture in Clay	Studio 2	10:00AM	11:30AM	28
1/23/17	Ulcerative Colitis and Crohn's Disease	Classroom 1	10:00AM	11:00AM	99
1/23/17	Told in the Book, "Men are from Mars, Women Are from Venus"	Classroom 2	10:00AM	12:00PM	127
1/23/17	How to Knit Your First Sweater	Classroom 4	1:00PM	3:30PM	12
1/23/17	Compassion & Choices: If You Love Me, Let Me Go (But Not Today)	Classroom 3	1:00PM	2:30PM	96
1/23/17	Therapeutic Massage: Get Rubbed the Right Way!	Classroom 1	1:00PM	3:00PM	102
1/23/17	Africa Series: Islam in West Africa: An Overview	Cypress Main Hall	1:00PM	3:00PM	115
1/23/17	Better Than Resolutions--Your Happiness Project	Classroom 2	1:00PM	2:30PM	124
1/24/17	Stained Glass Picture Frames	Studio 1	9:00AM	12:00PM	8
1/24/17	Skype	Classroom 2	10:00AM	12:00PM	66
1/24/17	Antiques - a New Look at "Older" Things	Classroom 4	10:00AM	12:00PM	79
1/24/17	"Be Free" Lapghan	Studio 10 on the Square	1:00PM	3:30PM	11
1/24/17	Coaching Super Samba: For Current Samba Players Only	Classroom 3	1:00PM	4:00PM	75
1/24/17	Services for the Blind & Visually Impaired	Classroom 1	1:00PM	2:00PM	104
1/24/17	'Doggon Good' Mysteries	Classroom 4	2:00PM	3:00PM	37
1/24/17	Read, Think and Discuss Book Group	Cypress Main Hall	2:00PM	3:30PM	122
1/24/17	Story Masters: Manal Fakhoury: How TED Talks Were Ignited	LOH Main Hall	2:30PM	3:30PM	50
1/25/17	Photo Safari at Sholom Park	Sholom Park	9:00AM	11:00AM	23
1/25/17	Living in Central Florida: Transitioning from Newbie to Native	Cypress Main Hall	9:00AM	1:00PM	70
1/25/17	Beading for Beginners	Studio 1	10:00AM	12:00PM	8
1/25/17	Hands-On Windows 10	Computer Lab	10:00AM	11:30AM	62

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
1/25/17	Essential Oils for Pets	Classroom 1	10:00AM	12:00PM	81
1/25/17	Exploring Deeper Into YouTube	Computer Lab	1:00PM	3:00PM	66
1/25/17	Interior Design: How We Got to Today	Classroom 3	1:00PM	3:00PM	80
1/25/17	Fit for the Future – New Trends for Older Adults	LOH Main Hall	1:00PM	2:00PM	93
1/25/17	Stories of Survival: Discovering Your Journey Through Grief to Healing	Classroom 2	2:00PM	3:30PM	97
1/25/17	Eye Series: High Definition Custom Cataract Surgery	Classroom 1	3:00PM	4:00PM	104
1/25/17	Photography with Bruce: Digital Photography for Beginners	Classroom 2	4:00PM	6:00PM	23
1/26/17	Beginning China Painting: Vine Slippers	Studio 9 on the Square	9:00AM	12:00PM	15
1/26/17	Sheriff Citizen's Academy	LOH Main Hall	9:00AM	11:30AM	129
1/26/17	iPhone Basics: Intermediate	Classroom 4	10:00AM	11:30AM	61
1/26/17	iPad Basics: Intermediate	Classroom 4	12:30PM	2:00PM	61
1/26/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
1/26/17	Mastering the Gluten Free Lifestyle	Classroom 1	2:30PM	4:30PM	73
1/26/17	App Series: Health and Fitness	Classroom 4	3:00PM	4:30PM	64
1/26/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
1/26/17	Secrets to Weight Loss	LOH Main Hall	4:00PM	5:00PM	109
1/27/17	Energy Efficiency in Construction - Field Trip	Field Trip	10:00AM	12:00PM	69
1/27/17	Pharmacology Series: COPD	Classroom 1	11:00AM	12:00PM	103
1/27/17	Chiropractic and Wellness Series: New Treatments for Shoulder Pain	Classroom 1	1:00PM	2:00PM	106
1/27/17	Surviving Nazi Concentration Camps: My Year in Hell	LOH Main Hall	1:00PM	3:00PM	117
1/28/17	Stamp-A-Stack	Studio 9 on the Square	10:00AM	1:00PM	22
1/28/17	Spiritual Solutions to Everyday Problems	Classroom 4	10:00AM	12:00PM	102
1/28/17	Introduction to Human Design	Classroom 3	11:00AM	1:00PM	119
1/28/17	Near Death Experience	Classroom 1	1:00PM	2:30PM	120
1/30/17	Oil & Water "Sandpipers"	Studio 9 on the Square	9:00AM	1:00PM	20
1/30/17	Bridge for Beginners	Classroom 4	9:00AM	11:00AM	75
1/30/17	Single? Rethinking "Men Are from Mars, Women Are from Venus"	Classroom 2	10:00AM	12:00PM	127
1/30/17	Fused Glass Jewelry	Studio 1	1:00PM	3:00PM	7
1/30/17	Al Burt: Florida's Special People and Places	LOH Main Hall	1:00PM	2:00PM	38
1/30/17	Get Moving Series: Fitness Facts- Resolving Myths About Exercise	Classroom 1	1:00PM	2:00PM	93
1/30/17	Africa Through African Eyes: Things Fall Apart, An African Novel	Classroom 3	1:00PM	2:30PM	115
1/30/17	Better Than Resolutions--Your Happiness Project	Classroom 2	1:00PM	2:30PM	124
1/30/17	TEDx Ocala Salon	LOH Main Hall	3:30PM	5:30PM	53
1/31/17	Beginner Wire Wrapping	Studio 9 on the Square	10:00AM	1:00PM	9
1/31/17	Islam and Christianity: Similarities and Differences	Classroom 1	10:00AM	11:30AM	129
1/31/17	Armchair Traveler Series: Mongolia	LOH Main Hall	11:00AM	12:00PM	83
1/31/17	Armchair Traveler Series: Spotlight on Great Britain	LOH Main Hall	12:30PM	1:30PM	84
1/31/17	Introduction to Loving Communication©	Classroom 3	3:00PM	5:00PM	126
1/31/17	Adventures of Growing up Interracial in a Black and White World	LOH Main Hall	5:30PM	7:30PM	54
2/1/17	Dimension X--Science-Based Discussion Group	Classroom 2	3:00AM	5:00AM	91
2/1/17	Spanish Conversation	Classroom 3	10:30AM	12:00PM	36
2/1/17	Pranayama Breathing Exercises & Guided Meditation	Classroom 1	11:00AM	12:30PM	94
2/1/17	February Open Studio Clay Lab	Studio 2	12:30PM	3:30PM	31
2/1/17	PC and Internet Security	Classroom 3	1:00PM	2:30PM	62
2/1/17	Couples Massage	Classroom 1	2:00PM	4:30PM	100
2/1/17	Stories that Shape our Community	Cypress Main Hall	3:00PM	5:00PM	55
2/2/17	Intermediate Colored Pencil: Paint a Bluebird	Studio 1	9:00AM	12:00PM	5
2/2/17	Android Smartphone Basics: Intermediate	Classroom 4	10:00AM	11:30AM	60
2/2/17	Armchair Traveler Series: Iceland Showcases Nature's Power and Fury	Cypress Main Hall	11:00AM	12:00PM	83
2/2/17	Android Tablet Basics: Intermediate	Classroom 4	12:30PM	2:00PM	60
2/2/17	Armchair Traveler Series: Ireland - 'Tis a bit of Heaven for sure	Cypress Main Hall	12:30PM	1:30PM	83
2/2/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
2/2/17	Advanced Bridge Series: Minor Suit Openings & Responses	Classroom 3	1:00PM	3:00PM	74
2/2/17	Making Polymer Clay Beads	Studio 9 on the Square	1:30PM	4:00PM	27
2/2/17	Navigating Facebook	Classroom 4	3:00PM	4:30PM	66
2/2/17	From the Page to the Silver Screen	Classroom 1	3:30PM	5:00PM	46
2/2/17	Keeping Off the Pounds	LOH Main Hall	4:00PM	5:00PM	108
2/2/17	Stress Management & Relaxation Techniques	Classroom 3	4:00PM	5:00PM	111
2/3/17	AARP Driver Safety Program	Classroom 3	8:30AM	4:30PM	128
2/3/17	AARP Driver Safety Program	Classroom 3	8:30AM	4:30PM	128
2/3/17	Intro to Oils "Pink Flamingo"	Studio 9 on the Square	9:00AM	12:00PM	18
2/3/17	Microsoft Excel Basics	Computer Lab	11:00AM	12:00PM	63
2/3/17	Lifestyle Modifications to Stay Independent	Classroom 1	11:00AM	12:00PM	97
2/3/17	Lose for Life	LOH Main Hall	11:30AM	12:30PM	110
2/3/17	Lacy Vase with Denise Meyer	Studio 2	12:30PM	3:30PM	28
2/3/17	The Federal Reserve	Classroom 1	1:00PM	3:00PM	114
2/4/17	Dining Around: Blue Gill	Field Trip	12:30PM	2:00PM	87

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
2/6/17	Ink with Watercolor: Lighthouse	Studio 9 on the Square	9:00AM	1:00PM	17
2/6/17	Whimsical Whistles	Studio 2	10:00AM	11:30AM	32
2/6/17	Armchair Traveler: Argentina: Land of Silver	LOH Main Hall	10:00AM	11:00AM	84
2/6/17	Florida Science Series: Insects	Classroom 1	10:00AM	11:00AM	90
2/6/17	Telling Stories through Art and Cartooning	Studio 1	12:30PM	2:30PM	33
2/6/17	Basics of Knitting	Classroom 4	1:00PM	3:30PM	12
2/6/17	Big Balance Theory	LOH Main Hall	1:00PM	2:30PM	105
2/6/17	Africa Series: Things Fall Apart - A Discussion	Classroom 3	1:00PM	2:30PM	115
2/6/17	Marquetry, Pictures from Wood Veneer Inlay	Studio 2	2:00PM	4:00PM	19
2/7/17	K-9 Advanced Training	Studio 10 on the Square	9:00AM	10:00AM	82
2/7/17	Leafy Tray with Handles	Studio 2	10:00AM	1:00PM	31
2/7/17	Spanish for Travelers Level I	Classroom 2	10:30AM	12:00PM	36
2/7/17	Intermediate/Advanced Acrylic Painting - Vincent Van Gogh	Studio 9 on the Square	11:00AM	5:00PM	17
2/7/17	Armchair Traveler Series: Cruising the Greek Islands	LOH Main Hall	11:00AM	12:00PM	83
2/7/17	New Zealand's Beauty, Scenery and Adventure	Cypress Main Hall	12:30PM	1:30PM	84
2/7/17	Instagram on Your Smartphone	Classroom 4	1:00PM	2:00PM	66
2/7/17	Science Fiction Film Series	LOH Main Hall	1:00PM	4:00PM	92
2/7/17	Fear in Religion	Classroom 1	1:00PM	2:00PM	129
2/7/17	Story Masters: Jessica McCune: Tell Your Signature Story	Cypress Main Hall	2:30PM	3:30PM	51
2/8/17	Birding in Florida	Classroom 2	9:00AM	10:30AM	89
2/8/17	Rubber Stamping ROCKS!	Studio 10 on the Square	10:00AM	12:00PM	22
2/8/17	Florida Science Series: Snakes	Classroom 1	10:00AM	11:00AM	90
2/8/17	Photography with John: Night and Low Light Photography	Classroom 3	12:30PM	2:30PM	26
2/8/17	Religion and Philosophy Thought Leaders: Moses	LOH Main Hall	1:00PM	3:00PM	130
2/8/17	Becoming Smarter Givers	Classroom 1	1:00PM	2:30PM	131
2/8/17	Treat Pain Without Drugs – The Acupuncture Alternative	Classroom 1	4:00PM	5:00PM	102
2/9/17	iPad Basics: Beginners	Classroom 4	10:00AM	11:30AM	61
2/9/17	How to Get the Most Out of Produce	Studio 10 on the Square	10:00AM	11:00AM	74
2/9/17	iPhone Basics: Beginners	Classroom 4	12:30PM	2:00PM	61
2/9/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
2/9/17	Beans, Beans Are Good For Your Heart	Studio 10 on the Square	2:00PM	5:00PM	71
2/9/17	Introduction to Loving Communication©	Classroom 4	3:00PM	5:00PM	126
2/9/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
2/9/17	Beginner Wire Wrapping	Classroom 2	5:00PM	8:00PM	9
2/9/17	Weight Loss: Giant Steps Toward Success	Classroom 1	6:00PM	7:00PM	110
2/9/17	World War II: History Through the Medical Lens	LOH Main Hall	6:00PM	7:00PM	117
2/10/17	WATER Behind the Scenes Field Trip	Field Trip	9:00AM	12:30PM	69
2/10/17	Master Gardeners Series: Wildlife Friendly Landscaping	Cypress Main Hall	10:00AM	11:00AM	77
2/10/17	Florida Science Series: Spiders	Classroom 1	10:00AM	11:00AM	90
2/10/17	China: A 3-City Tour	LOH Main Hall	11:00AM	12:00PM	85
2/10/17	Crazy Pinch Pot Bird	Studio 2	1:00PM	3:00PM	30
2/10/17	Neuropathy	Classroom 1	1:00PM	2:00PM	106
2/11/17	Card Making - Birthday	Studio 9 on the Square	9:00AM	3:00PM	21
2/11/17	Photography with Bruce: Taking Good Photos in Bad Light	Classroom 3	10:00AM	12:00PM	25
2/13/17	Acrylic Painting on Canvas: Tropical View	Studio 9 on the Square	9:00AM	1:00PM	14
2/13/17	Genetics 1: Quirky Human Genetics	Classroom 1	9:00AM	10:00AM	91
2/13/17	Celebrating Birthdays: Aging Has Changed, But Is 65 the New 45?	Classroom 2	10:00AM	12:00PM	125
2/13/17	Longevity Possibilities	LOH Main Hall	11:00AM	12:00PM	108
2/13/17	Basics of Crochet	Classroom 4	1:00PM	3:30PM	12
2/13/17	Get Moving Series: 10 Ways to Burn Fat Fast!	Classroom 1	1:00PM	2:00PM	93
2/13/17	The Two Islams, The Sunni-Shia Divide And Its Impact On The World	LOH Main Hall	1:00PM	2:30PM	113
2/13/17	Africa Series: The San of Southern Africa	Cypress Main Hall	1:00PM	2:30PM	115
2/13/17	Acrylic Painting with Connie Ferreira	Studio 9 on the Square	1:30PM	3:30PM	14
2/13/17	My Health Story	LOH Main Hall	3:30PM	5:00PM	99
2/14/17	Couples Reflexology for Hands and Feet	Cypress Main Hall	9:00AM	10:30AM	100
2/14/17	Beginner Wire Wrapping	Studio 9 on the Square	10:00AM	1:00PM	9
2/14/17	Science Fiction Film Series	LOH Main Hall	1:00PM	4:00PM	92
2/14/17	The Human Design Five Types Workshop	Classroom 3	1:00PM	3:30PM	121
2/14/17	AARP Driver Safety Program	Cypress Main Hall	1:00PM	4:00PM	128
2/14/17	AARP Driver Safety Program	Cypress Main Hall	1:00PM	4:00PM	128
2/14/17	Reading & Enjoying Short Stories	Classroom 3	2:00PM	3:30PM	41
2/14/17	Landscape Quilting	Studio 9 on the Square	3:00PM	4:00PM	13
2/14/17	Frauds and Scams: Can We Protect Ourselves?	CSCC	3:00PM	4:00PM	59
2/15/17	Intro to Oils "Foot Bridge"	Studio 9 on the Square	9:00AM	12:00PM	18
2/15/17	Genetics 2: Human Genetics	Classroom 1	9:00AM	10:00AM	91
2/15/17	Personalized Budgets Made Easy	Computer Lab	10:00AM	12:00PM	58
2/15/17	Closing Your Seasonal Home	Classroom 3	10:00AM	12:00PM	69

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
2/15/17	Walking Nearby Florida Trails	LOH Main Hall	10:00AM	11:00AM	81
2/15/17	Manage Stress with Everyday Mindfulness	Studio 10 on the Square	11:00AM	1:00PM	108
2/15/17	Telling Stories in a Song	LOH Main Hall	1:00PM	2:30PM	56
2/15/17	Sports Vision	Classroom 1	1:00PM	2:30PM	105
2/15/17	Humanism: What's It All About?	Classroom 3	2:00PM	3:00PM	122
2/15/17	Photography with Bruce: What's New In Photoshop Elements 15?	Classroom 2	3:00PM	5:00PM	25
2/15/17	Ultra Beginner's Yoga: Ready, Set, Go	Studio 10 on the Square	3:00PM	5:00PM	95
2/15/17	Evolution in Ankle Arthritis Management	Classroom 1	3:00PM	4:00PM	98
2/15/17	Dr. Kitty Oliver: Songs and Stories of Race and Change	CSCC	4:30PM	6:00PM	51
2/16/17	Shackleton's Imperial Trans-Antarctic Expedition of 1914	Classroom 1	9:00AM	10:30AM	116
2/16/17	Android Tablet Basics: Beginners	Classroom 2	10:00AM	11:30AM	60
2/16/17	Lady Totem Sculpture	Studio 2	12:00PM	3:00PM	31
2/16/17	Android Smartphone Basics: Beginners	Classroom 2	12:30PM	2:00PM	60
2/16/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
2/16/17	Music History: Baroque Through Modern	Classroom 1	1:30PM	3:30PM	45
2/16/17	Loving Communication©	Cypress Main Hall	3:00PM	5:00PM	126
2/16/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
2/16/17	Non-Invasive Pain Management Techniques	Cypress Main Hall	4:00PM	5:00PM	109
2/16/17	Stories from the Revolutionary War	LOH Main Hall	4:00PM	5:30PM	117
2/17/17	Genetics 3: Human Blood Types	Classroom 1	9:00AM	10:00AM	91
2/17/17	Knitting in Circles	Studio 9 on the Square	9:30AM	12:30PM	13
2/17/17	El Camino de Santiago: "An Experience and Journey of a Lifetime"	Cypress Main Hall	10:00AM	12:00PM	85
2/17/17	Gluten-Free, Dairy-Free Cooking Class	Studio 10 on the Square	12:00PM	3:00PM	71
2/17/17	Photography with John: What To Do With All Of Those Photos	Classroom 3	1:00PM	3:00PM	26
2/17/17	Behind the Scenes at Master the Possibilities	Classroom 1	1:00PM	2:30PM	68
2/17/17	Florida Trips and Tales: Florida's Keys Scenic Highway	LOH Main Hall	2:30PM	4:00PM	86
2/18/17	Saturday Beginning Stained Glass: Sun Catchers	Studio 1	9:00AM	12:30PM	7
2/18/17	Eat more Veggies	Studio 10 on the Square	1:00PM	4:00PM	71
2/18/17	Truth and Treatment - Tools to Help You Talk to Your Physicians	LOH Main Hall	1:00PM	2:30PM	96
2/18/17	Living Humanistically in a Religion-troubled World	Cypress Main Hall	2:00PM	4:00PM	123
2/20/17	The Art of Reverse Glass Painting: Cardinal & Pinecones	Studio 9 on the Square	9:00AM	1:00PM	20
2/20/17	How to Knit Your First Sweater	Classroom 4	1:00PM	3:30PM	12
2/20/17	How the Constitution & Its Amendments Impact the Presidency	LOH Main Hall	3:00PM	4:30PM	114
2/21/17	Photo Safari at Sholom Park	Sholom Park	9:00AM	11:00AM	23
2/21/17	Pastel Workshop: Tree and Nature Forms	Studio 9 on the Square	10:00AM	2:00PM	6
2/21/17	Intermediate Polymer Clay Cane Making with Connie Ferreira	Studio 10 on the Square	10:00AM	12:30PM	27
2/21/17	Music Joins Literature & Art	Classroom 4	10:00AM	12:00PM	45
2/21/17	Medicare and You	Classroom 1	10:00AM	12:00PM	97
2/21/17	Coaching Super Samba: For Current Samba Players Only	Classroom 1	1:00PM	4:00PM	75
2/21/17	African Photo Safari with Connie	LOH Main Hall	1:00PM	2:30PM	82
2/21/17	Science Fiction Film Series	Cypress Main Hall	1:00PM	4:00PM	92
2/21/17	'Doggon Good' Mysteries	Classroom 4	2:00PM	3:00PM	37
2/21/17	Winter Book Club: "Reconstructing Amelia" by Kimberly McCreight	Classroom 3	2:00PM	3:00PM	40
2/21/17	Jack Copeland and Jerry Snyder: How to Tell Whoppers	CSCC	2:30PM	3:30PM	52
2/22/17	Too Cute Cubes	Studio 9 on the Square	9:00AM	1:00PM	10
2/22/17	Making Your Own Essential Oil Blends	Classroom 2	10:00AM	12:00PM	101
2/22/17	Self Massage: Rub those Aches Away	Classroom 1	11:00AM	1:00PM	101
2/22/17	Intro to Bead Weaving	Studio 1	1:00PM	3:00PM	9
2/22/17	Past Life Exploration	LOH Main Hall	1:00PM	4:00PM	120
2/22/17	Eye Series: Heart Disease & High Blood Pressure	Classroom 1	3:00PM	4:00PM	104
2/22/17	Acupuncture: Natural Healing	Classroom 1	5:00PM	6:00PM	100
2/23/17	iPad Basics: Intermediate	Classroom 4	10:00AM	11:30AM	61
2/23/17	iPhone Basics: Intermediate	Classroom 4	12:30PM	2:00PM	61
2/23/17	"Yarn Tasting" and Yarn Substitution	Classroom 2	1:00PM	3:00PM	11
2/23/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
2/23/17	Making Polymer Clay Beads	Studio 9 on the Square	1:30PM	4:00PM	27
2/23/17	Music History: Baroque Through Modern	Classroom 1	1:30PM	3:30PM	45
2/23/17	Keen on Quinoa	Studio 10 on the Square	2:00PM	5:00PM	72
2/23/17	App Series: Instagram, Twitter and Pinterest	Classroom 4	3:00PM	4:30PM	65
2/23/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
2/23/17	The Time Line of the Universe	LOH Main Hall	4:00PM	5:30PM	93
2/23/17	Animal Communication	Studio 9 on the Square	5:00PM	7:00PM	121
2/23/17	Scrapbook Page Layouts	Classroom 3	5:30PM	7:30PM	22
2/23/17	Getting to Know Your Lean Body Mass	Classroom 1	6:00PM	7:00PM	107
2/24/17	Pharmacology Series: Parkinson's Disease	Classroom 1	11:00AM	12:00PM	103
2/24/17	Are You Experiencing Digestive Problems?	Classroom 1	1:00PM	2:00PM	107
2/25/17	Stamp-A-Stack	Studio 9 on the Square	10:00AM	1:00PM	22

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
2/27/17	Oil & Water "Three Palms"	Studio 9 on the Square	9:00AM	1:00PM	20
2/27/17	Shoulder and Upper Extremity Injuries	Classroom 1	9:00AM	10:00AM	109
2/27/17	Introduction to Golf	Classroom 1	11:00AM	12:00PM	80
2/27/17	J. T. Glisson: A Cross Creek Cracker	LOH Main Hall	1:00PM	2:00PM	39
2/27/17	Beginning German for True Beginners	Classroom 2	4:00PM	5:00PM	35
2/28/17	Modern American Canasta	Classroom 1	9:00AM	12:00PM	76
2/28/17	Birds of the Upper Withlacoochee River	Field Trip	10:00AM	1:00PM	89
2/28/17	Intermediate Acrylic Workshop	Studio 9 on the Square	11:00AM	5:00PM	17
2/28/17	African Safari: Rod and Doris' Amazing Adventure	LOH Main Hall	1:00PM	2:30PM	82
2/28/17	Understanding Investing: Statistics, Strategies and Logic	Classroom 3	1:30PM	3:30PM	58
2/28/17	Stories of Survival: Nursing Stories from the Front Lines	Classroom 1	2:00PM	3:30PM	98
2/28/17	Sex, Scandals, Murder - Hooray for Hollywood!	CSCC	3:00PM	4:00PM	46
3/1/17	Beginning Piano 101	Classroom 4	9:00AM	9:50AM	43
3/1/17	Piano 102-B	Classroom 4	10:00AM	10:50AM	43
3/1/17	Piano 103-C	Classroom 4	11:00AM	11:50AM	44
3/1/17	Living Clean in a Toxic World	Classroom 3	11:00AM	1:30PM	72
3/1/17	March Open Studio Clay Lab	Studio 2	12:30PM	3:30PM	31
3/1/17	Beaded Glass Jewelry	Studio 1	1:00PM	3:00PM	6
3/1/17	Beginning Guitar 101	Classroom 4	1:30PM	2:20PM	42
3/1/17	No Grain ~ No Pain (Beyond Gluten-Free)	Classroom 3	2:00PM	4:30PM	73
3/1/17	Guitar 102-B	Classroom 4	2:30PM	3:20PM	42
3/1/17	Beginning Ukulele	Classroom 4	3:30PM	4:20PM	44
3/2/17	Intermediate Colored Pencil: Do Your Own Thing	Studio 1	9:00AM	12:00PM	4
3/2/17	Android Tablet Basics: Intermediate	Classroom 4	10:00AM	11:30AM	60
3/2/17	Sholom Park: Walk and Talk	Sholom Park	10:00AM	12:00PM	70
3/2/17	Pranayama Breathing Exercises & Guided Meditation	Studio 10 on the Square	10:00AM	11:30AM	94
3/2/17	Visual Effects of Stroke and Traumatic Brain Injury	Classroom 1	10:00AM	12:00PM	100
3/2/17	Android Smartphone Basics: Intermediate	Classroom 4	12:30PM	2:00PM	60
3/2/17	Fun in the Studio II: MORE Watercolor FUN, Start to Finish!	Studio 10 on the Square	1:00PM	3:30PM	16
3/2/17	Afternoons at the Movies	CSCC	1:00PM	3:00PM	46
3/2/17	Hydrate! Your Body's Many Cries for Water	LOH Main Hall	1:00PM	3:00PM	107
3/2/17	Music History: Baroque Through Modern	Classroom 1	1:30PM	3:30PM	45
3/2/17	German Level II	Classroom 1	4:00PM	5:00PM	36
3/2/17	The Stories We Tell Ourselves ~ Change Your Story & Change Your Life	Classroom 3	4:00PM	5:30PM	54
3/2/17	Immune Health: Whip Your Soldiers into Shape	LOH Main Hall	4:00PM	5:00PM	98
3/2/17	Animal Intuitive Healing Workshop	Studio 9 on the Square	5:00PM	7:00PM	121
3/3/17	Intro to Oils "Sunset Lake"	Studio 9 on the Square	9:00AM	12:00PM	18
3/3/17	Samba and Its New Variation - Super Samba	Classroom 4	10:00AM	12:00PM	76
3/3/17	The Nine Centers of Human Design	Classroom 2	12:00PM	2:00PM	121
3/3/17	Advanced Lacy Vase with Denise Meyer	Studio 2	12:30PM	3:30PM	28
3/3/17	Sea Stories with Captain Puckett	Classroom 1	1:00PM	2:00PM	56
3/3/17	Pinochle	Classroom 4	1:00PM	3:00PM	76
3/3/17	Lizzy Jane: Marion County Women of the 1800s	LOH Main Hall	1:00PM	2:00PM	116
3/3/17	Storytelling: Big Thoughts in Tiny Boxes	Studio 9 on the Square	1:30PM	4:30PM	22
3/4/17	German: Advanced Level	Classroom 2	10:00AM	11:00AM	36
3/6/17	Kathie George Three-Day Workshop	Studio 9 on the Square	9:00AM	5:00PM	19
3/6/17	Knitting - Beyond the Basics	Classroom 4	10:00AM	12:30PM	13
3/6/17	Pearls – The Queen of Gems	Classroom 2	10:00AM	12:00PM	80
3/6/17	Yoga Before the Mat: Know Before You Go to Class	Classroom 3	10:00AM	12:00PM	95
3/6/17	Basics of Crochet	Classroom 4	1:00PM	3:30PM	12
3/6/17	Secrets of Verbal and Non-Verbal Communication	LOH Main Hall	1:00PM	2:00PM	127
3/6/17	Therapeutic Massage: Get Rubbed the Right Way!	Classroom 1	2:00PM	4:00PM	102
3/7/17	Clay Slip Balloon Bowl	Studio 2	10:00AM	1:00PM	29
3/7/17	Spanish for Travelers Level II	Classroom 2	10:30AM	12:00PM	37
3/7/17	Black and White Floor Cloth	Studio 10 on the Square	11:00AM	5:00PM	15
3/7/17	Champions of Active Aging 'Tell Their Story'	LOH Main Hall	1:00PM	2:30PM	54
3/7/17	Golf Cart Safety	Cypress Main Hall	1:00PM	2:00PM	128
3/7/17	Doris Weatherford: Stories of Women Who Dared to Dream	Classroom 1	2:30PM	3:30PM	52
3/7/17	Ersula Knox-Odom: Bringing Dr. Mary McLeod Bethune to Life	Cypress Main Hall	2:30PM	3:30PM	53
3/7/17	Wellness & Post Traumatic Stress Disorder	Classroom 3	4:00PM	5:00PM	111
3/8/17	Rubber Stamping ROCKS!	Studio 10 on the Square	10:00AM	12:00PM	22
3/8/17	Managing Your Computer	Computer Lab	10:00AM	11:30AM	62
3/8/17	Learn & Go: The Thoroughbreds of Marion County	Field Trip	10:00AM	12:00PM	87
3/8/17	The Evolution of the American and Florida Legal Systems	Cypress Main Hall	10:00AM	11:30AM	114
3/8/17	Introduction to Pastels	Studio 9 on the Square	1:00PM	3:00PM	5
3/8/17	An Introduction to YouTube	Computer Lab	1:00PM	3:00PM	64
3/8/17	Paul Kurtz the Secular Humanist	LOH Main Hall	1:00PM	2:30PM	130

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
3/8/17	Catch More Zzzzz's: Simple Steps for Better Sleep	Classroom 1	2:00PM	4:30PM	105
3/8/17	Music and the Brain	LOH Main Hall	6:00PM	7:00PM	41
3/9/17	App Series: Music, Movies and More	Classroom 4	10:00AM	11:30AM	65
3/9/17	Fanciful Bird House	Studio 2	12:30PM	3:30PM	30
3/9/17	iPad Basics: Beginners	Classroom 4	12:30PM	2:00PM	61
3/9/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
3/9/17	Music History: Baroque Through Modern	Classroom 1	1:30PM	3:30PM	45
3/9/17	Mastering the Gluten Free Lifestyle	Classroom 2	2:00PM	4:00PM	73
3/9/17	Photography with Bruce: Shooting in Raw- RAW vs. JPEG	Classroom 3	3:00PM	5:00PM	25
3/9/17	iPhone Basics: Beginners	Classroom 4	3:00PM	4:30PM	61
3/9/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
3/9/17	So What Is Quantum Physics?	LOH Main Hall	4:00PM	5:30PM	92
3/9/17	Beginner Wire Wrapping	Classroom 2	5:00PM	8:00PM	9
3/9/17	Are You Digging Your Grave with Your Fork and Spoon?	Studio 10 on the Square	5:00PM	7:00PM	71
3/9/17	Learn How to Incorporate Intuition Into Your Daily Life	Studio 9 on the Square	5:00PM	7:00PM	122
3/10/17	Master Gardener Series: Composting	Cypress Main Hall	10:00AM	11:00AM	77
3/10/17	The CIA Museum: A Private Tour	LOH Main Hall	11:00AM	12:00PM	86
3/10/17	Dining Around: Latinos Y Mas	Field Trip	12:00PM	2:00PM	87
3/10/17	Designer Eyelash Yarn Glazed Sushi Platter	Studio 2	12:30PM	3:30PM	30
3/10/17	Plantar Fasciitis	Classroom 1	1:00PM	2:00PM	107
3/10/17	Introduction to the World of Beekeeping	Classroom 1	3:00PM	4:00PM	91
3/11/17	Saturday Beginning Stained Glass: Sun Catchers	Studio 1	9:00AM	12:30PM	7
3/13/17	Stained Glass Pick-A-Pattern	Studio 1	9:00AM	12:00PM	8
3/13/17	Ink with Watercolor: Baby Hummingbird	Studio 9 on the Square	9:00AM	1:00PM	17
3/13/17	Photography with John: Photoshop Elements: Basic Photo Editing	Classroom 2	9:00AM	11:00AM	26
3/13/17	Ultra Beginner's Yoga: Ready, Set, Go	Studio 10 on the Square	10:00AM	12:00PM	95
3/13/17	Basics of Knitting	Classroom 4	1:00PM	3:30PM	12
3/14/17	Intro to Herringbone Stitch	Studio 10 on the Square	9:00AM	1:00PM	10
3/14/17	Monoprinting Workshop	Studio 9 on the Square	10:00AM	2:00PM	22
3/14/17	Meridian Tapping Therapy ~ Become Your Own Best Therapist!	Classroom 4	10:30AM	12:00PM	108
3/14/17	Legal Series: Annuities—A Different Look at Them	CSCC	3:00PM	4:00PM	59
3/15/17	Intro to Oils "Black-capped Chickadee"	Studio 9 on the Square	9:00AM	12:00PM	18
3/15/17	Wet Sweat- Understanding the Benefits of Water Aerobics	Classroom 1	1:00PM	2:00PM	94
3/15/17	Cyber Security While Traveling	Classroom 3	3:00PM	4:30PM	65
3/15/17	Yellowstone the Story: Facts & Legends	LOH Main Hall	3:00PM	4:30PM	87
3/16/17	Android Smartphone Basics: Beginners	Classroom 2	9:00AM	10:30AM	60
3/16/17	Auto Design and Classic Cars	Classroom 1	11:00AM	12:00PM	79
3/16/17	Android Tablet Basics: Beginners	Classroom 2	12:30PM	2:00PM	60
3/16/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
3/16/17	Green Smoothies: The Healthy Fast Food	Studio 10 on the Square	2:00PM	4:00PM	72
3/16/17	Writing the Book on Your Bucket List	Classroom 3	3:30PM	4:30PM	41
3/16/17	Pet Nutrition: Understanding the Complicated Pet Food Market	Classroom 1	3:30PM	4:30PM	82
3/16/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
3/16/17	Osteoarthritis	LOH Main Hall	4:00PM	5:00PM	109
3/17/17	WATER Behind the Scenes Field Trip	Field Trip	9:00AM	12:30PM	69
3/17/17	Facebook for Grandmas and Grandpas	Classroom 1	10:00AM	11:30AM	64
3/17/17	Learn & Go: Kika Silva Pla Planetarium	Field Trip	2:00PM	3:00PM	87
3/17/17	Florida Trips and Tales: The Panhandle or Florida's Forgotten Coast	LOH Main Hall	2:30PM	4:00PM	86
3/18/17	Card Making - Easter & Thinking of You	Studio 9 on the Square	9:00AM	3:00PM	21
3/18/17	How Can My Body Help Others After My Death?	LOH Main Hall	1:00PM	2:30PM	95
3/18/17	Secular Conversations: Becoming Smarter Givers--Effective Altruism	Cypress Main Hall	2:00PM	4:00PM	123
3/20/17	Acrylic Painting on Canvas: River Rocks	Studio 9 on the Square	9:00AM	1:00PM	14
3/20/17	Textured Slab Containers	Studio 2	10:00AM	11:30AM	32
3/20/17	Cloud Computing	Computer Lab	10:00AM	12:30PM	65
3/20/17	Acrylic Painting with Connie Ferreira	Studio 9 on the Square	1:30PM	3:30PM	14
3/21/17	Photo Safari at Sholom Park	Sholom Park	9:00AM	11:00AM	23
3/21/17	Beginner Wire Wrapping	Studio 9 on the Square	10:00AM	1:00PM	9
3/21/17	Landscape Quilting	Studio 10 on the Square	10:00AM	11:00AM	13
3/21/17	Creating PowerPoint Presentations	Computer Lab	10:00AM	12:00PM	63
3/21/17	Birds of the Rainbow River	Field Trip	10:00AM	1:00PM	89
3/21/17	Medicare and You	Classroom 1	10:00AM	12:00PM	97
3/21/17	Behind the Scenes at CSCC	CSCC	12:00PM	1:30PM	68
3/21/17	Clay Plate Making	Studio 2	12:30PM	3:30PM	29
3/21/17	Coaching Super Samba: For Current Samba Players Only	Classroom 1	1:00PM	4:00PM	75
3/21/17	AARP Driver Safety Program	Studio 10 on the Square	1:00PM	4:00PM	128
3/21/17	AARP Driver Safety Program	Studio 10 on the Square	1:00PM	4:00PM	128
3/21/17	'Doggon Good' Mysteries	Classroom 4	2:00PM	3:00PM	37

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
3/21/17	Winter Book Club: "Two Family House" by Lynda Cohen Loigman	Classroom 3	2:00PM	3:00PM	40
3/22/17	Crystals & Daisies Bracelet	Studio 1	10:00AM	11:30AM	9
3/22/17	Exploring Deeper Into YouTube	Computer Lab	1:00PM	3:00PM	66
3/22/17	Psychic Self-Defense	LOH Main Hall	1:00PM	4:00PM	120
3/22/17	Coyotes in Florida: The Good, The Bad and the Ugly	CSCC	3:30PM	5:00PM	90
3/23/17	Using Microsoft Outlook	Computer Lab	10:00AM	12:00PM	63
3/23/17	iPad Basics: Intermediate	Classroom 4	12:30PM	2:00PM	61
3/23/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
3/23/17	Making Polymer Clay Easter Eggs	Studio 9 on the Square	1:30PM	4:00PM	27
3/23/17	The Need to Please	Classroom 3	2:00PM	4:00PM	110
3/23/17	Photography with Bruce: World of Macro/Close-Up Photography	Classroom 1	3:00PM	5:00PM	24
3/23/17	iPhone Basics: Intermediate	Classroom 4	3:00PM	4:30PM	61
3/23/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
3/24/17	Energy Efficiency in Construction - Field Trip	Field Trip	10:00AM	12:00PM	69
3/24/17	Pharmacology Series: New Drug Updates	Classroom 1	11:00AM	12:00PM	103
3/25/17	Let's Get Raw ~ Raw Food made Easy	Studio 10 on the Square	12:00PM	3:00PM	72
3/27/17	The Art of Reverse Glass Painting: Barn Bird	Studio 9 on the Square	9:00AM	1:00PM	20
3/27/17	Diverticular Disease and Diverticulitis	Classroom 1	10:00AM	11:00AM	98
3/27/17	Fused Glass Jewelry	Studio 1	1:00PM	3:00PM	7
3/27/17	Darlene Marshall: Romancing Around Florida	LOH Main Hall	1:00PM	2:00PM	39
3/28/17	Samba/Super Samba with Sharon	Classroom 3	9:00AM	12:00PM	77
3/28/17	The Challenges & Hilarity of the English Language	Classroom 1	10:00AM	11:00AM	37
3/28/17	Intermediate Acrylic Painting Intensive - Florida Highwaymen Style	Studio 9 on the Square	11:00AM	4:30PM	17
3/29/17	Cooking with Essential Oils	Studio 10 on the Square	10:00AM	12:00PM	70
3/29/17	Discover Your Personal Myth	LOH Main Hall	1:00PM	4:00PM	125
3/29/17	Macular Degeneration & Glaucoma...Do I Have to Go Blind?	Classroom 1	3:00PM	4:00PM	104
3/30/17	Android Smartphone Basics: Intermediate	Classroom 3	10:00AM	11:30AM	60
3/30/17	Rice Cookers Aren't Just for Cooking Rice	Studio 10 on the Square	10:00AM	1:00PM	73
3/30/17	Android Tablet Basics: Intermediate	Classroom 3	12:30PM	2:00PM	60
3/30/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
3/30/17	Navigating Facebook	Classroom 3	3:00PM	4:30PM	66
3/30/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
3/30/17	Reprogram Your Brain with Neuro Biofeedback	LOH Main Hall	4:00PM	5:00PM	99
3/31/17	Compassion & Choices DVD Presentation: Wit	LOH Main Hall	1:00PM	3:00PM	95
3/31/17	Fibromyalgia	Classroom 1	1:00PM	2:00PM	106
4/3/17	Figure Drawing: Gestures	Studio 1	9:00AM	12:00PM	4
4/3/17	Ink with Watercolor: Sea Turtle Flight	Studio 9 on the Square	9:00AM	1:00PM	17
4/3/17	Life Fulfillment	Classroom 3	10:00AM	12:00PM	96
4/3/17	Stories of New Friendships After Retirement	Classroom 2	10:00AM	11:30AM	127
4/3/17	Skype	Classroom 2	1:00PM	3:00PM	66
4/3/17	Self Massage: Rub those Aches Away	Classroom 1	1:00PM	3:00PM	101
4/4/17	Behind the Scenes at Master the Possibilities	Classroom 1	10:00AM	11:30AM	68
4/4/17	Ultra Beginner's Yoga: Ready, Set, Go	Studio 10 on the Square	10:00AM	12:00PM	95
4/4/17	Spanish for Travelers Level III	Classroom 2	10:30AM	12:00PM	37
4/4/17	Landscape Quilting	Studio 9 on the Square	3:00PM	4:00PM	13
4/4/17	Legal Series: Florida Law	CSCC	3:00PM	4:00PM	59
4/5/17	Personal Computer Basics	Computer Lab	10:00AM	11:30AM	62
4/5/17	April Open Studio Clay Lab	Studio 2	12:30PM	3:30PM	29
4/5/17	Beaded Glass Jewelry	Studio 1	1:00PM	3:00PM	6
4/5/17	Life Presents Choices – Are We Prepared or Do We 'Ride the Waves'?	Classroom 1	2:00PM	3:30PM	97
4/6/17	Sholom Park: Walk and Talk	Sholom Park	10:00AM	12:00PM	70
4/6/17	Swiss Chard Print Tray	Studio 2	12:30PM	3:30PM	32
4/6/17	iPhone Basics: Beginners	Classroom 4	12:30PM	2:00PM	61
4/6/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
4/6/17	Advanced Bridge Series: Blackwood & Gerber Conventions	Classroom 4	1:00PM	3:00PM	74
4/6/17	Making Polymer Clay Easter Eggs	Studio 9 on the Square	1:30PM	4:00PM	27
4/6/17	iPad Basics: Beginners	Classroom 4	3:00PM	4:30PM	61
4/6/17	Beginner Wire Wrapping	Studio 9 on the Square	5:00PM	8:00PM	9
4/7/17	Intro to Oils "Dune Lighthouse"	Studio 9 on the Square	9:00AM	12:00PM	18
4/7/17	Classic Canasta	Classroom 4	10:00AM	12:00PM	75
4/7/17	Game Series	Classroom 4	1:00PM	3:00PM	76
4/8/17	Card Making - Floral Blank Cards	Studio 9 on the Square	9:00AM	3:00PM	21
4/8/17	Foundation of Photography: Shooting & Processing HDR	Classroom 3	10:00AM	12:00PM	24
4/10/17	Acrylic Painting on Canvas: Seagull	Studio 9 on the Square	9:00AM	1:00PM	14
4/10/17	Bella Bells in Clay	Studio 2	10:00AM	12:00PM	29
4/10/17	Armchair Traveler: China: Then and Now	LOH Main Hall	10:00AM	11:00AM	85
4/10/17	Couples Massage	Classroom 1	10:00AM	12:30PM	100

COURSES-AT-A-GLANCE BY DATE

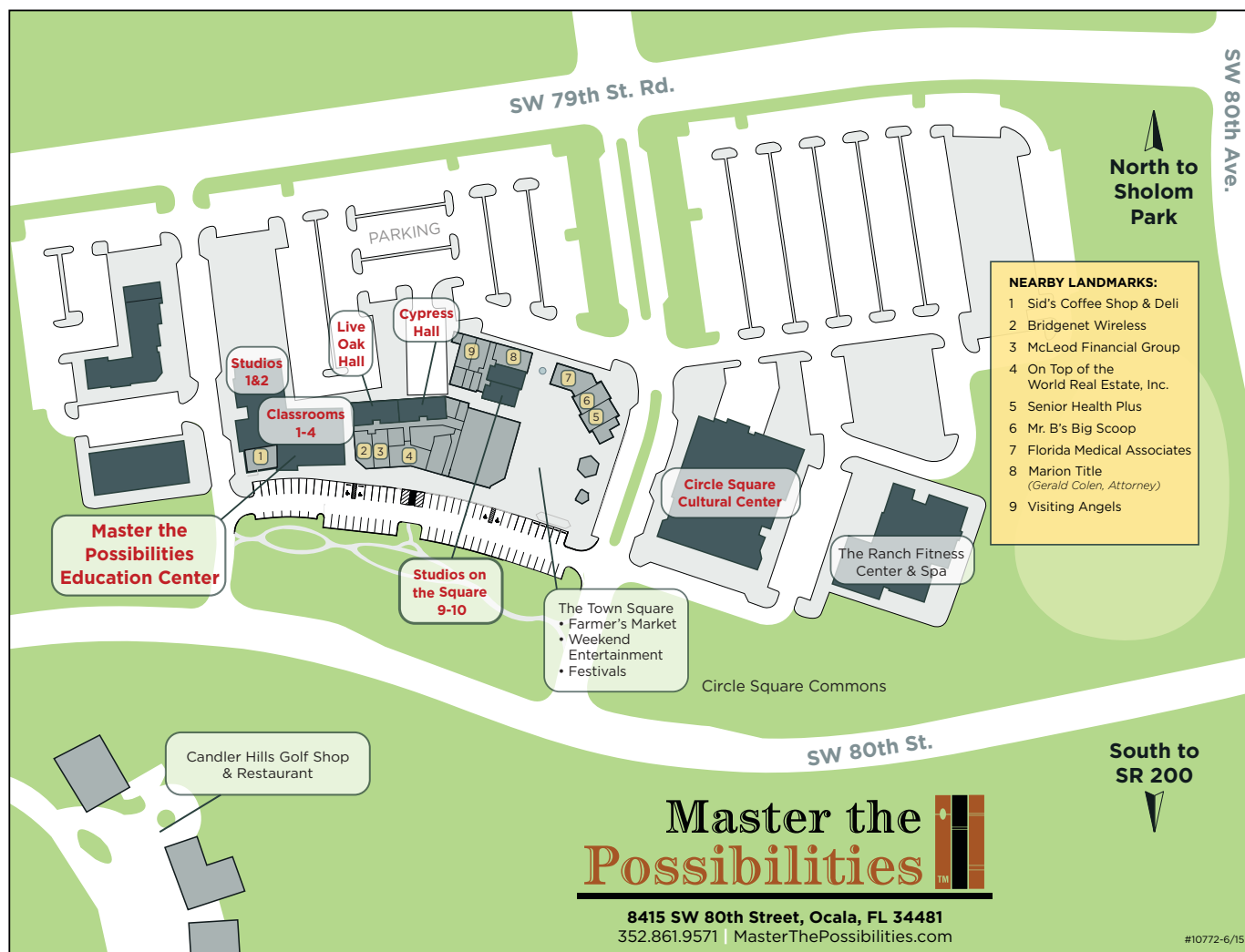
DATE	COURSE	LOCATION	START TIME	END TIME	PG.
4/10/17	Stories of New Friendships After Retirement	Classroom 2	10:00AM	11:30AM	127
4/10/17	Basics of Crochet	Classroom 4	1:00PM	3:30PM	12
4/10/17	Presidential Stories: Selected Elections in U.S. Presidential History	LOH Main Hall	3:00PM	4:30PM	114
4/11/17	Intro to Netting	Studio 9 on the Square	9:00AM	1:00PM	10
4/11/17	Creating PowerPoint Presentations	Computer Lab	10:00AM	12:00PM	63
4/11/17	Kayak 101: Equipment, Maintenance and Paddling Locations	Classroom 3	1:00PM	2:30PM	80
4/11/17	Get Moving Series: Use It or Lose It! The Value of Maintaining Muscle	Classroom 1	1:00PM	2:00PM	94
4/11/17	Stories of Survival: Discovering Your Journey Through Grief to Healing	Classroom 2	2:00PM	3:30PM	97
4/11/17	Humanism: What's It All About?	Classroom 2	2:00PM	3:00PM	122
4/11/17	My Health Story	LOH Main Hall	3:30PM	5:00PM	99
4/12/17	AARP Driver Safety Program	Classroom 2	8:30AM	4:30PM	128
4/12/17	AARP Driver Safety Program	Classroom 2	8:30AM	4:30PM	128
4/12/17	Rubber Stamping ROCKS!	Studio 9 on the Square	10:00AM	12:00PM	22
4/12/17	Religion and Philosophy Thought Leaders: Mohammad of Mecca	LOH Main Hall	1:00PM	2:30PM	130
4/12/17	Treat Pain Without Drugs – The Acupuncture Alternative	Classroom 1	4:00PM	5:00PM	102
4/13/17	Bridge with Cindy	Classroom 2	9:00AM	11:00AM	75
4/13/17	Using OneNote	Computer Lab	10:00AM	11:30AM	64
4/13/17	App Series: Instagram, Twitter and Pinterest	Classroom 4	10:00AM	11:30AM	65
4/13/17	How to Get the Most Out of Produce	Studio 10 on the Square	10:00AM	11:00AM	74
4/13/17	Android Tablet Basics: Beginners	Classroom 4	12:30PM	2:00PM	60
4/13/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
4/13/17	Android Smartphone Basics: Beginners	Classroom 4	2:30PM	4:00PM	60
4/13/17	Fun Cases From the Trenches of Veterinary Medicine	Classroom 1	3:30PM	4:30PM	81
4/13/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
4/13/17	Functional Medicine Series: The Role of Hormones	LOH Main Hall	4:00PM	5:00PM	98
4/14/17	Master Gardener Series: What is a Lichen?	Cypress Main Hall	10:00AM	11:00AM	77
4/14/17	Posture for Safe Golfing	Classroom 1	11:00AM	12:00PM	94
4/14/17	Get Rid of Knee Pain Once & For All-Without Drugs, Shots, or Surgery	Classroom 1	1:00PM	2:00PM	105
4/15/17	Still Alice - Discussion About the Legal Options for Mgmt of Dementia	LOH Main Hall	1:00PM	3:30PM	96
4/15/17	Religious, Sexual & Gendered Intersections in the Evaluation of Religious and	Cypress Main Hall	2:00PM	4:00PM	123
4/17/17	The Art of Reverse Glass Painting: Mockingbird	Studio 9 on the Square	9:00AM	1:00PM	20
4/17/17	Cloud Computing	Computer Lab	10:00AM	12:30PM	65
4/17/17	Stories of New Friendships After Retirement	Classroom 2	10:00AM	11:30AM	127
4/17/17	Basics of Knitting	Classroom 4	1:00PM	3:30PM	12
4/17/17	Photography with John: Fun With Photoshop Elements Filters	Classroom 3	2:00PM	4:00PM	26
4/18/17	Beginner Wire Wrapping	Studio 9 on the Square	10:00AM	1:00PM	9
4/18/17	Learn & Go: The Thoroughbreds of Marion County	Field Trip	10:00AM	12:00PM	87
4/18/17	Medicare and You	Classroom 1	10:00AM	12:00PM	97
4/18/17	Instagram on Your Smartphone	Classroom 1	1:00PM	2:00PM	66
4/18/17	'Doggon Good' Mysteries	Classroom 4	2:00PM	3:00PM	37
4/18/17	Winter Book Club: "I Let You Go" by Clare Macintosh	Classroom 3	2:00PM	3:00PM	40
4/19/17	Intro to Oils "Florida Wildlife"	Studio 9 on the Square	9:00AM	12:00PM	18
4/19/17	Beginning Piano 101	Classroom 4	9:00AM	9:50AM	43
4/19/17	Beginning Piano 102-A	Classroom 4	10:00AM	10:50AM	43
4/19/17	Hands-On Windows 10	Computer Lab	10:00AM	11:30AM	62
4/19/17	Piano 103-A	Classroom 4	11:00AM	11:50AM	44
4/19/17	Basic Psychic Development	LOH Main Hall	1:00PM	4:00PM	118
4/19/17	Beginning Guitar 101	Classroom 4	1:30PM	2:20PM	42
4/19/17	Guitar 102-A	Classroom 4	2:30PM	3:20PM	42
4/19/17	Photography with Bruce: Photo Composition from Beginning to End	Field Trip	3:00PM	6:00PM	25
4/19/17	All You May Want to Know About Eye Health & Good Vision	Classroom 1	3:00PM	4:00PM	104
4/19/17	Beginning Ukulele	Classroom 4	3:30PM	4:20PM	44
4/20/17	iPhone Basics: Intermediate	Classroom 2	12:30PM	2:00PM	61
4/20/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
4/20/17	iPad Basics: Intermediate	Classroom 4	3:00PM	4:30PM	61
4/20/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
4/20/17	Nutritional Approach to Functional Medicine	LOH Main Hall	4:00PM	5:00PM	109
4/21/17	WATER Behind the Scenes Field Trip	Field Trip	9:00AM	12:30PM	69
4/21/17	How to Operate Your Hunter Pro-C Irrigation Controller	Classroom 3	9:00AM	10:00AM	69
4/21/17	How to Operate Your Rainbird ESP Modular Irrigation Controller	Classroom 3	10:30AM	11:30AM	69
4/21/17	Pharmacology Series: Urinary Health	Classroom 1	11:00AM	12:00PM	103
4/21/17	Cute Critter Pinch Pot	Studio 2	12:30PM	3:30PM	30
4/21/17	Photography with John: Night and Low Light Photography	Classroom 2	1:00PM	3:00PM	26
4/21/17	Beginning China Painting: Calla Lily Bowl	Studio 9 on the Square	1:30PM	4:30PM	15
4/21/17	Florida Trips and Tales: Florida's Northeast Coast on AIA	LOH Main Hall	2:30PM	4:00PM	86
4/22/17	Brag Book Paper Mini-Album	Studio 9 on the Square	10:00AM	12:00PM	21
4/22/17	Gluten-Free, Dairy-Free Cooking Class	Studio 10 on the Square	12:00PM	3:00PM	71

COURSES-AT-A-GLANCE BY DATE

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
4/24/17	Oil & Water "Open House"	Studio 9 on the Square	9:00AM	1:00PM	20
4/24/17	Stories of New Friendships After Retirement	Classroom 2	10:00AM	11:30AM	127
4/24/17	Carl Hiaasen: Legendary South Florida Writer	LOH Main Hall	1:00PM	2:00PM	39
4/24/17	Acrylic Painting with Connie Ferreira	Studio 9 on the Square	1:30PM	3:30PM	14
4/25/17	Grounded Spirituality	Classroom 4	9:30AM	11:30AM	119
4/25/17	PC and Internet Security	Classroom 3	10:00AM	11:30AM	62
4/26/17	Spring Cleaning with Essential Oils	Classroom 2	10:00AM	12:00PM	102
4/27/17	Android Tablet Basics: Intermediate	Classroom 4	12:30PM	2:00PM	60
4/27/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
4/27/17	Android Smartphone Basics: Intermediate	Classroom 4	3:00PM	4:30PM	60
4/27/17	Stained Glass Lab	Studio 1	4:00PM	8:00PM	7
4/27/17	What's Medical Marijuana All About?	LOH Main Hall	4:00PM	5:00PM	103
4/27/17	Scrapbook Page Layouts	Classroom 3	5:30PM	7:30PM	22
4/28/17	Sciatica, Budging Discs, And Leg Pain	Classroom 1	1:00PM	2:00PM	106
5/1/17	Portrait in Pastel: Demonstration	Studio 10 on the Square	9:00AM	12:00PM	6
5/1/17	Ink with Watercolor: Train Station	Studio 9 on the Square	9:00AM	1:00PM	17
5/1/17	Photography with John: Photoshop Elements: Basic Photo Editing	Classroom 2	2:00PM	4:00PM	26
5/2/17	8th Annual Marion County Bonsai Society Exhibit & Workshops	Classroom 3	12:00AM	12:00PM	78
5/3/17	Personalized Budgets Made Easy	Computer Lab	10:00AM	12:00PM	58
5/3/17	May Open Studio Clay Lab	Studio 2	12:30PM	3:30PM	32
5/3/17	Basics of the Living Art of Bonsai	Classroom 1	1:00PM	2:00PM	78
5/3/17	Basics of the Living Art of Bonsai	Classroom 1	1:00PM	2:00PM	78
5/4/17	Navigating Facebook	Classroom 4	10:00AM	11:30AM	66
5/4/17	Sholom Park: Walk and Talk	Sholom Park	10:00AM	12:00PM	70
5/4/17	Japan: a Walk Through Time	LOH Main Hall	10:00AM	11:00AM	79
5/4/17	Sake: Its History & Importance	LOH Main Hall	11:30AM	12:30PM	79
5/4/17	Funky Fish Platter	Studio 2	12:30PM	3:30PM	31
5/4/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
5/4/17	Beginning and Intermediate Mahjong	Classroom 2	1:00PM	3:30PM	75
5/4/17	The Living Art of Bonsai-Demonstration	Classroom 1	1:00PM	2:00PM	78
5/4/17	The Living Art of Bonsai-Demonstration	Classroom 1	1:00PM	2:00PM	78
5/4/17	Nutritional Deficiencies of America	LOH Main Hall	4:00PM	5:00PM	111
5/5/17	Intro to Oils "Sunset Geese"	Studio 9 on the Square	9:00AM	12:00PM	18
5/5/17	New Arthritis Treatments & Strategies for Managing Joint Pain	Classroom 1	1:00PM	2:00PM	106
5/6/17	Photography with Bruce: Introduction to Astrophotography	Classroom 2	10:00AM	10:00PM	24
5/8/17	Acrylic Painting on Canvas: Heading Home	Studio 9 on the Square	9:00AM	1:00PM	14
5/8/17	Armchair Traveler: 10 Top Travel Destinations for Your Bucket List	LOH Main Hall	10:00AM	11:00AM	84
5/8/17	Introduction to the ReadingPals Program	Classroom 1	11:00AM	12:00PM	131
5/8/17	Basics of Crochet	Classroom 4	1:00PM	3:30PM	12
5/8/17	Photography with John: What To Do With All Of Those Photos	Classroom 3	1:00PM	3:00PM	26
5/9/17	Beginner Wire Wrapping	Studio 9 on the Square	10:00AM	1:00PM	9
5/9/17	Using Microsoft Outlook	Computer Lab	10:00AM	12:00PM	63
5/9/17	Get Moving Series: Shaping Your Frame	Classroom 1	1:00PM	2:00PM	94
5/9/17	The Republic of Turkey	LOH Main Hall	1:00PM	2:30PM	113
5/9/17	Legal Series: Mid-Year Review	CSCC	3:00PM	4:00PM	59
5/10/17	Rubber Stamping ROCKS!	Studio 9 on the Square	10:00AM	12:00PM	22
5/10/17	Managing Your Computer	Computer Lab	10:00AM	11:30AM	62
5/10/17	Soul Arts Workshop	Studio 10 on the Square	10:00AM	5:00PM	122
5/10/17	An Introduction to YouTube	Computer Lab	1:00PM	3:00PM	64
5/10/17	AARP Driver Safety Program	Cypress Main Hall	1:00PM	4:00PM	128
5/10/17	AARP Driver Safety Program	Cypress Main Hall	1:00PM	4:00PM	128
5/10/17	Religion and Philosophy Thought Leaders: Siddhartha Guatama	LOH Main Hall	1:00PM	2:30PM	130
5/10/17	Diabetes and My Vision	Classroom 1	3:00PM	4:00PM	104
5/11/17	iPhone Basics: Beginners	Classroom 4	10:00AM	11:30AM	61
5/11/17	Using OneNote	Computer Lab	10:00AM	11:30AM	64
5/11/17	iPad Basics: Beginners	Classroom 4	12:30PM	2:00PM	61
5/11/17	Afternoons at the Movies	LOH Main Hall	1:00PM	3:00PM	46
5/11/17	App Series: Health and Fitness	Classroom 4	3:00PM	4:30PM	64
5/11/17	Skipped Beats, Prolapse, and MI's, Oh My! New!	LOH Main Hall	4:00PM	5:00PM	109
5/12/17	Master Gardener Series: Invasive Plants	Cypress Main Hall	10:00AM	11:00AM	77
5/13/17	Card Making - Friends & Family	Studio 9 on the Square	9:00AM	3:00PM	21
5/15/17	The Art of Reverse Glass Painting: Seahorse & Glass Floats	Studio 9 on the Square	9:00AM	1:00PM	20
5/16/17	Medicare and You	Classroom 1	10:00AM	12:00PM	97
5/16/17	Beginner Acrylic Workshop - Flower Bowl	Studio 9 on the Square	11:00AM	5:00PM	15
5/16/17	Winter Book Club: "Calling Me Home" by Julie Kibler	Classroom 3	2:00PM	3:00PM	40
5/17/17	Intro to Oils "Red Cardinal"	Studio 9 on the Square	9:00AM	12:00PM	18
5/17/17	Astral Journeys	LOH Main Hall	1:00PM	4:00PM	118

DATE	COURSE	LOCATION	START TIME	END TIME	PG.
5/19/17	Energy Efficiency in Construction - Field Trip	Field Trip	10:00AM	12:00PM	69
5/19/17	How to Restore Thyroid Function	Classroom 1	1:00PM	2:00PM	106
5/20/17	Secular Conversations: What Being a Humanist Means To Me	Cypress Main Hall	2:00PM	4:00PM	124
5/22/17	Oil & Water "Dockside"	Studio 9 on the Square	9:00AM	1:00PM	20
5/22/17	A Glimpse of Canine Heaven	Classroom 1	10:00AM	11:30AM	118
5/22/17	Randy Wayne White: Fisherman Turned Author	LOH Main Hall	1:00PM	2:00PM	39
5/23/17	Take Charge of Your Type-2 Diabetes	Cypress Main Hall	9:30AM	11:30AM	110
5/23/17	'Doggon Good' Mysteries	Classroom 4	2:00PM	2:00PM	37
5/23/17	Prelude to the Civil War	CSCC	3:00PM	4:00PM	116
5/24/17	Exploring Deeper Into YouTube	Computer Lab	1:00PM	3:00PM	66
5/25/17	Beginner Wire Wrapping	Studio 9 on the Square	5:00PM	8:00PM	9
5/26/17	WATER Behind the Scenes Field Trip	Field Trip	9:00AM	12:30PM	69
5/26/17	Pharmacology Series: Pet Medications	Classroom 1	11:00AM	12:00PM	103

MASTER THE POSSIBILITIES CAMPUS MAP



8415 S.W. 80th Street • Ocala, Florida 34481

The Center is located in Circle Square Commons. Take SR200 west from I75 and turn right on SW 80th Avenue. Go two lights and turn left onto SW 80th St. Go past The Ranch, Circle Square Cultural Center and the Town Square. Turn right at the second exit and follow the signs to Master the Possibilities. Parking is available in the front and rear of the building.

Notice of Nondiscrimination Policy for Students

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

TICKETS ON SALE!



**JUST
IMAGINE:**
THE JOHN LENNON
EXPERIENCE
STARRING TIM PIPER

JAN 21

JustImagineTheShow.com
Resident: \$29-31 | Non-Resident: \$31-33

**MICHAEL
CAVANAUGH**

JAN 28

MichaelCavanaugh.com
Resident: \$45-47 | Non-Resident: \$47-49

SOLD OUT!

**THE BRONX
WANDERERS**

JAN 13

TheBronxWanderers.com
Resident: \$21-23 | Non-Resident: \$23-25

BEGINNINGS
THE ULTIMATE TRIBUTE
TO CHICAGO

FEB 10

BeginningsTributeBand.com
Resident: \$21-23 | Non-Resident: \$23-25

7 BRIDGES
THE ULTIMATE
EAGLES EXPERIENCE

FEB 24

7BridgesBand.com
Resident: \$21-23 | Non-Resident: \$23-25

SUPER DIAMOND
THE NEIL DIAMOND TRIBUTE

MAR 3

SuperDiamond.com
Resident: \$28-30 | Non-Resident: \$30-32

**RICHARD NADER'S DOO WOP &
ROCK N' ROLL LEGENDS**
FEATURING... THE CHARLIE THOMAS DRIFTERS,
TOMMY MARA AND THE CRESTS AND TERRY SYLVESTER,
FORMER LEAD SINGER OF THE HOLLIES

MAR 24

Resident: \$29-31 | Non-Resident: \$31-33

**THE COMPANY
MEN**

APR 7

TheCompanyMen.com
Resident: \$24-26 | Non-Resident: \$26-28

**DITCHFIELD FAMILY
PATRIOTIC SHOW**

JUL 1

TheDitchfieldFamilySingers.com
Resident: \$10-12 | Non-Resident: \$12-14



Circle Square Cultural Center

8395 SW 80th Street, Ocala, FL 34481 | (352) 854-3670 | CSCulturalCenter.com

TICKET OFFICE HOURS: Mon-Sat: 11 am - 2 pm | Day of Show: 11 am - Showtime

ALL SHOWS BEGIN AT 7 PM & DOORS OPEN AT 6 PM

(except as noted) Gift Certificates Available

Schedule and prices subject to change without notice. Reduced ticket prices are for residents of On Top of the World Communities and Stone Creek. (Resident ID required when purchasing at ticket office.) Ticket prices do not include sales tax. Refreshments available for purchase at events. To arrange for handicap seats, call or visit the ticket office. *Online tickets subject to a convenience fee. ALL TICKET SALES FINAL.



To register, call (352) 854-3699 or go to www.masterthepossibilities.org

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Master the
Possibilities 

A NOT-FOR-PROFIT LIFELONG LEARNING CENTER

www.MasterthePossibilities.org

Located in Circle Square Commons
8415 SW 80th St., Suite 2, Ocala, Florida 34481

24 Hour Registration Line: (352) 854-3699

Office Line: (352) 861-9751

Member fees apply to residents of On Top of the World, Indigo East, Candler Hills and Stone Creek Communities.