



# Center 4Life Learning

Non-Accredited Adult Education School  
Winter Semester begins January 29, 2024

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Center 4Life Learning Office Hours: Monday – Friday, 8:30 a.m. – 12:30 p.m.

United Methodist of Sun City Center, 1971 Haverford Ave, Sun City Center, FL 33573

## INTRODUCTION

The Center 4Life Learning's purpose is to serve the local community and surrounding South Shore area by offering non-credited adult educational courses in a broad variety of subjects. It is our goal to inform, entertain and inspire all students with the intellectual stimulation they seek. All courses are offered by qualified instructors drawn from the local community in an informal and relaxed environment. Courses are presented in person at our campus located at the United Methodist Church Sun City Center. In addition to our courses, the Center 4Life Learning offers fun and exciting day trips and tours to venues and events in central Florida.

## REGISTRATION PROCESS

- The school offers two semesters of classes each year. The 2024 Winter Semester will run from January 29th through March 8th.
- Regular courses are \$45.00 for six 90-minute classes. Some courses accept walk-ins for \$12.00. Walk-ins pay in advance at the *Center 4Life Learning* office. Some courses cost more or less as noted in each course description. Attendance for some of our courses is limited as shown in each course description.
- Classes and trips can be ordered online at our website [www.sccumc.com/4lifelearning](http://www.sccumc.com/4lifelearning). We accept Visa, Mastercard, Discover and American Express.
- If you prefer, you can complete a manual order form (at the back of this packet). Additional mail order forms, course packets, Center trifold, and trip fliers may be picked up at the *Center 4Life Learning* office or in the church lobby at the United Methodist Church of Sun City Center.
- You can pay by mail or drop off your order with your check at the *Center 4Life Learning* office (Do not mail cash.).
- You can pay in person at the *Center 4Life Learning* office by credit card, check, or cash.
- Refunds are only made for health emergencies or if the class is cancelled. Our instructors have the option to cancel a class due to low registration.
- As soon as we receive your order, we will send you a registration confirmation. When a class is full, you will be notified and added to a wait list. Your money will be returned.
- *All our classes are non-accredited. Our instructors' curriculums and programs are planned and implemented independent of our church. All class materials and opinions of the instructors are not to be construed as that of the church. Center 4Life Learning does not endorse any products.*

## MONDAY CLASSES

### **BEGINNERS CONVERSATIONAL SPANISH (157)**

Mondays, 8:30 – 10:00 (6 Classes 1/29 thru 3/4) in Room 11	<b>Tuition \$45</b>	Limited to 10
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The students will learn basic vocabulary and verb structure that will enable them to converse on an elementary level. The class will hopefully find a comfort level with the above through dialogue with other class members. Continued practice will be encouraged during the week using handouts, internet resources, and a textbook. Course will use textbook: Carson Dellosa Skills for Success, Spanish Workbook for Middle School and High Schools Students. **The textbook is \$14.00, payable to Center 4Life Learning on January 29th. The textbook can also be purchased in advance at the Center 4Life Learning office.**

**Andrea Ellena** lives in Sun City Center where she pursues life-long artistic interests. A graduate of the University of Colorado, she earned a B.A. degree in Spanish conversation and composition and completed advanced immersive study in Spain. She has had a lot of experience communicating with native Spanish speakers during the many years she worked at Tampa Veterinary Clinic and served as a volunteer for the St. Joseph’s Hospital in Tampa and Riverview.

### **TRAVEL PRESENTATIONS BY KAI RAMBOW (154)**

Mondays, 10:30 – 12:00 (6 Classes 1/29 thru 3/4) in Room 30	<b>Tuition \$45</b>	
<b>Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.</b>		

- **Grand Canyon:** One of the most famous natural wonders in North America, it is also one of the most crowded. You can reduce the crowds and enhance your experience with a few insights on how to successfully see the Grand Canyon.
- **South American Adventure:** South America is a continent. Is it possible to see a good chunk of it in an easy way? Yes, and in this session, Kai will share how he accidentally uncovered this.
- **Wonders of South America:** Two of the best sights in South America are very different. Four times as large and one third taller than Niagara Falls is Iguazu Falls, an incredible natural wonder. Located high in the mountains is Machu Picchu. This amazing city is worth a trip.
- **Hitting the Highlights of Australia:** Australia is a huge continent with plenty to see and do. In fact, you can’t do it all. So, how can you design a rewarding trip? Find out in this fun session.
- **New Zealand:** A favorite of the well-traveled, New Zealand is a scenically, relaxing trip with opportunities for fun. Find out how to construct your own self-drive adventure.
- **Hawaii:** As you probably already know, there are eight main islands in Hawaii. Kai has traveled to six of them and will share how to create a great trip to one of the most beautiful places on the planet.

**Kai Rambow** has been the travel writer and photographer for The News of Sun City Center (once a month in your mailbox) for the past nine years. He will share some of his favorite trips complete with tips so you can plan your own trips.

## MONDAY CLASSES

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

Mondays, 10:30 – 12:00 (6 Classes 1/29 thru 3/4) in Room 12

**Tuition \$45**

Limited to 12

You will learn the manual alphabet, numbers, and basic signs to communicate with the hard of hearing and the deaf.

**The book Signing Made Easy, by Rod R. Butterworth and Mickey Florin is required for the class. It can be purchased at Barnes and Noble or online at [amazon.com](http://amazon.com)**

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

### **THE GREAT DEBATES - FROM COLONIES TO NEW NATION, DEMOCRACY IN EARLY AMERICA (168)**

Mondays, 1:00 – 2:30 p.m., (3 Classes 1/29 thru 2/12 in Room 30

**Tuition \$30**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

Do we need more government or less? Is technology a blessing or a curse? Should we rely on global or local supply chains? How do racial and demographic issues fit in? Can we really dominate nature or will we fall on our own swords? These modern issues have actually been subjects of contention ever since our nation's colonial origin, and in this class, we'll learn about and discuss the competing ideas of:

- Thomas Hobbes versus John Locke in the mid-1600s, debating human nature, law, and the role of government (week one)
- Thomas Jefferson versus Alexander Hamilton on industrialization, agriculture, taxation, and immigration in the brand-new USA of 1790 (week two)
- Thomas Malthus versus the Marquis de Condorcet in the 1790s on whether inescapable forces of nature doom us to a future of repeated cycles of misery, or whether democracy and technology place humanity on a guaranteed road to a happy, utopian future (week three).

Each week we will discuss additional historical figures, ranging from obscure to well-known, whose ideas shed new and surprising light on the week's topic. There are no prerequisites for attending, key handouts will be provided, and the class will be thought-provoking and enjoyable.

**Robert Silverman** is retired from a career of IT planning, research, and development at IBM and JP Morgan Chase and currently serves as Adjunct Professor of Philosophy at Hillsborough Community College. He is a member of the Advisory Board of the Center4Life Learning and has lived in Valencia Lakes for a number of years.

## MONDAY CLASSES

### **COMMUNES, KIBBUTZIM, AND OTHER UTOPIAS (188)**

Mondays, 1:00 – 2:30 p.m., (3 Classes 2/19 thru 3/4) in Room 30

**Tuition \$30**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

This course will look at the history of people intentionally gathering together to create a new life, focusing on communes and intentional communities. These organizations often entail some degree of local governance, communal ownership, and cultural cohesion. Some of the communities that will be examined are the Shakers, the Oneida Community, the Amana Colonies, and a surprising number of modern intentional communities in Florida and other states. There will be a specific focus on two of the most well-known groups – the Hutterites in the United States and Kibbutzim in Israel. Some of the specific questions we will be examining are: Why do people want to form these organizations and live in a communal setting? What have been the major problems they have faced over the years such as a reaction against the rule of equal sharing by all members? How have these organizations attempted to solve these issues? What is the future of communes in the U.S. and in the world? Ran Abramitzky, who grew up in a Kibbutz and wrote a book titled *The Mystery of the Kibbutz: Egalitarian Principles in a Capitalist World*, had this to say: “Equality is natural and desirable for many people, but it is difficult to manage in light of the forces that undermine it. The kibbutzim as we know them worked in a moment in time in Israeli history; they might (or might not) be gone in fifty years. But the desire to self-organize in supportive societies will remain.” The course will shine a bright light on our conflicting values. Equal sharing vs. reward for personal effort. Lack of privacy vs. having your own space and possessions. This comes down to the idea of which is more important – the individual who is in a group but maintains their autonomy or the group which consists of individuals but determines their behavior according to the norms of the group?

**Frank Slesnick, PhD** is a Professor Emeritus of Economics at Bellarmine University, where he taught for 30 years. He is Vice-Chair of the Center 4Life Learning and has lived in Kings Point for a number of years.

## TUESDAY CLASSES

### **BEFRIENDING THE ENDING, Part 1: AN INTRODUCTION TO ADVANCE CARE PLANNING (180)**

Tuesdays, 10:30 – 12:00, (3 Classes, 1/30 thru 2/13) in Room 19	<b>Tuition \$30</b>	Limited to 15
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Over three sessions you will receive an introduction to Advance Care Planning:

- What is a Health Care proxy/surrogate/power of attorney and why is it so important?
- How to choose one; how to be one
- List of questions to ask when making healthcare decisions.
- Introduction to the Florida POLST form (Physician Orders for Life Sustaining Treatment)
- What is Code Status and why is it so important?

**Lisa Ahbel, RN** has recently retired to Sun City Center from Massachusetts. She has years of experience in Hospice and Palliative care, in addition to working with patients in long-term care facilities, in doctor's offices, urgent care clinics and in their own homes. She is passionate about helping people to craft end of life plans which allow them to live their lives fully all the way to the very end, with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.

### **BEFRIENDING THE ENDING, Part 2: ADVANCE CARE PLANNING (187)**

Tuesdays, 10:30 – 12:00, (3 Classes, 2/20 thru 3/5) in Room 19	<b>Tuition \$30</b>	Limited to 15
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Over three sessions we will discuss the following topics (and any others that concern you) with the goal of crafting a meaningful document/guide for your loved ones:

- Exploring possibilities for end of life within the context of Code Status.
- Exploring and making best use of the POLST form: who can fill it out/under what circumstances? Where to keep my copy of the POLST?
- Let's maximize *Quality of Life*: what are realistic expectations? What's non-negotiable for you? What do you wish that your family would know?
- How do I engineer conversations with loved ones about this topic?
- What about Dementia? Other chronic illnesses?
- What are Hospice and Palliative care? What other resources are available to caregivers?
- Signs that end of life may be near.
- What if I can't talk to my doctor?
- What if my child(ren) want me to go the hospital again but I don't want to?
- When to call 9-1-1.....and when not to.

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## TUESDAY CLASSES

### **INTRODUCTION TO MODERN CALLIGRAPHY (141)**

Tuesday, 10:30 – 12:00, (6 Classes 1/30 thru 3/5) in Creason Hall

**Tuition \$45**

Limited to 15

Participants will experience learning the history of calligraphy and the differences between classic calligraphy and modern calligraphy. They will learn to use the ancient dip pen and ink style of drawing letters, faux calligraphy using graphite, paint pens and chalk pens, and finally, modern calligraphy styles using brush pens. Participants will learn the differences between paper types and experience how to use the correct instruments with the appropriate paper type. This class is highly participative, and participants will have something to take home after every class meeting.

**There is a required materials charge of \$20, payable to instructor on January 30.**

**Julia Macek**, a self-taught professional calligrapher and paper craft artist, is originally from San Jose, California. Her calligraphic work includes hundreds of wedding envelopes, party invitations, name plates, signs, and seating charts on any number of media. I utilize my iPad, apple pencil and Cricut cutting machine to elevate the breadth of work I create. I often marry my love for calligraphy with my love for quilling to create some award-winning artwork, featuring the flora and fauna and wildlife of Florida.

### **INTRODUCTION TO MODERN QUILLING (176)**

Tuesdays, 12:30 – 2:00, (6 Classes 1/30 thru 3/5) in Creason Hall

**Tuition \$45**

Limited to 15

Paper quilling is an ancient art, which is currently enjoying a resurgence in popularity. In this class, participants will learn to use the slotted quilling tool to create 8 basic shapes. From these basic shapes, they will learn to bend, twist, pinch and turn strips of paper to letters, birds, flowers and take the creator to whatever is imagined. This class is highly participative, and participants will have something to take home after every class meeting.

**There is a required materials charge of \$20, payable to instructor on January 30.**

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### **CUT THE CORD (162)**

Tuesday, 12:30 – 2:00 (One-day Class, 2/6) in Room 30

**Tuition \$12**

These days most of us get our information and entertainment from our cable provider either Spectrum or Frontier. Phone, television, and internet comprise the triple play. How many cable TV channels do you actually use? This presentation will review the triple play and discuss broadcast television, streaming devices, and services as alternatives to the cable TV channels. Using these alternatives you can eliminate the television portion of your cable bill, and possibly reduce your monthly costs. Come and see the alternatives so you can make your own "Cut the Cord" decision.

**Phil Sorrentino** is the secretary of the Sun City Center Computer Club and a past president of the Sarasota Computer Users Group. He has taught a variety of beginner and advanced computer classes and writes a monthly computer article for both organizations' newsletters. Phil is an electrical engineer and has worked at developing computer hardware and software for his entire career.

## TUESDAY CLASSES

### **STREAMING MOVIES, TV, AND MUSIC (190)**

Tuesday, 1:00 – 2:30 (One-day Class, 2/13) in Room 19

**Tuition \$12**

Streaming is the new way to get entertainment delivered to our homes. Streaming is the transmission of video/audio entertainment from a cloud streaming service to our home TVs, via the internet. This presentation will discuss the use of this technology to allow entertainment to be delivered to our home devices: TV, computer, smartphone, and tablet. Various Streaming Devices and Services will be discussed with respect to their suitability and cost. The internet, as the conduit that delivers the entertainment, will be reviewed. Streaming services and a streaming device will be used to demonstrate entertainment streaming during the class.

**Phil Sorrentino** is the secretary of the Sun City Center Computer Club and a past president of the Sarasota Computer Users Group. He has taught a variety of beginner and advanced computer classes and writes a monthly computer article for both organizations' newsletters. Phil is an electrical engineer and has worked at developing computer hardware and software for his entire career.

### **INVESTMENT, ESTATE, AND TAX PLANNING (206)**

Tuesdays, 2:00 – 4:00 (3 Classes, 2/20 thru 3/5) in Room 19

**Tuition \$32**

**ATTENTION: \$5 tuition fee for the first 20 students who register for this three-week course. To promote financial literacy, this course is being subsidized by Baird Private Wealth Management.**

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

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

**Rudy Fernandez, CFP®** has practiced in the financial services industry since 1982. Rudy works with businesses and individuals, guiding them to achieve their financial objectives. His years of experience have given him a depth of knowledge--particularly in the field of Retirement Planning. Rudy earned his degree in Accounting at the University of Notre Dame. Since 1987, he has taught courses dealing with current financial and economic issues at Hillsborough Community College, at USF Osher Lifelong Learning Institute, and at the Center 4Life Learning. A highly active member of the Tampa Bay community, Rudy was elected to the Tampa City Council in 1991. During his time as a council member, he served as Finance Chairman for eight years. Rudy has also served on many other civic boards throughout the area. Rudy is known for his clear, concise way of communicating complicated topics in an understandable manner.

### **BEGINNING GENEALOGY (444)**

Tuesdays, 2:30 – 4:00 (6 Classes, 1/30 thru 3/5) in Room 30

**Tuition \$45**

Limited to 12

Are you curious or perhaps fascinated by your family's history and want to uncover the stories of your ancestors? Your instructor will cover the ins and outs of the two largest genealogical websites with their vast collection of records. She will cover both the Family Search and Ancestry websites. Other valuable websites will be covered also along with the sources from the Hillsborough County Library. **You are encouraged to bring a fully charged laptop to class.**

**Judy Lee** has studied genealogy for well over 30 years and has searched for at least 20 different families. Judy uses Family Tree Maker and Ancestry for most of her online searches. She will furnish many handouts for the students.

## WEDNESDAY CLASSES

### **WELLNESS TOPICS (161)**

Wednesday, 9:00 – 10:30, Room 30 (6 Classes 1/31 thru 3/6)

**Tuition \$45**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

Weekly wellness topics will include:

- Eating Healthy on a Budget
- Popular Diets: Pros & Cons
- Aging with Grace and Vitality
- Boost Your Immunity Naturally
- Cognitive Health and Wellness through Diet and Lifestyle
- Discover Holistic Strategies for Optimal Health

**Shirley Sullivan** is a Nutritionist and Holistic Health Educator; Founder of Southshore Wellness. Southshore Wellness offers a wide range of virtual and mobile services. Services include Meal Planning, FIT Testing (food, skin, environmental intolerances), LightWave Patch Therapy, and Youth Wellness Programs/Yoga.

### **UNITED STATES HISTORY (172)**

Wednesdays, 10:30 – 12:00 (5 Classes 1/31 thru 2/14 & 2/28) in Room 12; 2/21 in Room 11 **Tuition \$42**  
Limited to 12

- 1603 to 1763: English colonial America: becoming the freest people on earth.
- 1763 to 1789: Protecting freedom and searching for unity with the Constitution.
- 1789 to 1850: Working together in America: the attempt to forge a nation.
- 1850 to 1861: Clash of Cultures: the road to secession and war.
- Civil War: Strategies of the two nations
  - War in the East
  - War in the West
- The murder of Lincoln
- Fight over Reconstruction: Johnson vs Congress
- Southern economics
- The 'Negro Problem'
- The end of Reconstruction
- The Kennedy Murders:
  - John Kennedy
  - The Killing Scene
  - Why was John killed?
  - Robert Kennedy
  - The Killing Scene
  - Why was Robert killed?

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



## WEDNESDAY CLASSES

### **MANAGING LIFE TRANSITION AND ESTATE PLANNING (434)**

Wednesdays, 11:00 – 12:30 (6 Classes 1/31 thru 3/6) in Room 30

**Tuition \$45**

Limited to 15

When was the last time you reviewed your Estate Plan? How would the loss of your spouse or health affect your retirement? Maintaining dignity in retirement only happens when you have an effective plan in place. Give yourself the security you deserve by attending our interactive Life Transition and Estate Planning Workshop. You will benefit from the discussions about:

- Do I need a Trust: Are there simpler solutions that would work better for me?
- Making the most of your IRA. Recent Distribution Rule Changes may affect your current plan.
- How do I know if I will have enough resources in retirement?
- How can new technology help me stay in my home longer?

**Paul Sponseller, CFP®** has worked with over a thousand families and individuals in Sun City Center over the past 25 years, specializing in maintaining retirement income, managing life transitions, and developing effective estate planning strategies. He is the author of [20 Great Tax Saving Ideas for your IRA](#) and has been a contributor to Market Watch Retirement Weekly. As a regular lecturer at the Center 4Life Learning, Paul has had hundreds of students attend his Life Transition and Estate Planning courses over the past 14 years.

## THURSDAY CLASSES

### **CHINESE BRUSH PAINTING – FRIENDS OF WINTER (159)**

Thursday, 10:00 – 12:00 (One - 2 hr. Class 2/1 in Creason Hall	<b>Tuition \$15</b>	Limited to 14
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Renee Vickery will introduce you to the basics of Chinese Brush/Sumi-E painting or assist you to improving your skills. Traditional motifs like the pine, the chrysanthemum and bamboo, possibly the prunus are explored, while classical Chinese music plays in the background. Take home a completed greeting card.

**There is a required equipment and materials charge of \$8, payable to instructor at the beginning of the class. Please bring your enthusiasm and an apron.**

**Renee M. Vickery** trained in art for two years in the UK. Renee is a Sumi-e Society of America member. She was awarded a diploma in Chinese brush painting at the Nan Yang Academy of Fine Arts in Singapore. Renee exhibits widely and has taught at the Sarasota Adult Enrichment Center.

### **CHINESE BRUSH PAINTING – WORKING ON SILK (175)**

Thursday, 10:00 a.m. – 12:00 p.m. (One 2-hr. Class 2/22) in Creason Hall	<b>Tuition \$15</b>	Limited to 14
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Surprise yourself as you design, plan, practice, and then paint your silk fan using Chinese pigment and traditional Chinese motifs like the prunus (cherry blossom).

**There is a required equipment and materials charge of \$8, payable to instructor at the beginning of the class. Bring your enthusiasm and an apron.**

**Renee M. Vickery** trained in art for two years in the UK. Renee is a Sumi-e Society of America member. She was awarded a diploma in Chinese brush painting at the Nan Yang Academy of Fine Arts in Singapore. Renee exhibits widely and has taught at the Sarasota Adult Enrichment Center.

### **WHAT WOULD HAPPEN IF YOU GOT HIT BY A BUS? (PREPARING FOR LIFE CHANGING EVENTS BY GETTING YOUR STUFF TOGETHER) (131)**

Thursdays, 10:30 – 12:00 (6 Classes 2/1 thru 3/7) in Room 19	<b>Tuition \$45</b>	Limited to 15
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John O'Connor will help the participants understand the information and documents that should be located and assembled to allow spouses and /or children to either handle your affairs should you become incapacitated or settle your affairs upon your passing. The course will lay out a plan for you to follow to prepare for life-changing events. We will cover such areas as emergency contacts, relatives and friends, your professional and medical providers, medical conditions, financial institutions, living expenses, insurance policies, last wishes, and even pet care. **An expandable binder will be available for each student to use to collect and store personal documents, \$8, payable to instructor.**

**For your convenience, on Thursdays at noon, bag lunches are available for the six-week semester. The entire lunch package is \$72. The lunch will consist of a sandwich/wrap, side, cookie, and bottled water. The menu is available in the Center office. There will be no substitutes and no cancellations/refunds. Lunch packages must be ordered by Wednesday, January 24. Orders can be placed on the C4LL website when you register for your course(s) or in the Center office.**

**John O'Connor** is a retired US Army officer with a bachelor's degree in economics and an advanced degree in management. He was an instructor of military personnel involved in the management of the military pay system. Through his involvement with grief groups, experiences with friends and neighbors and volunteer work with individuals with dementia, he has recognized the need for properly preparing for life changing events. He will take a management approach to give you a plan necessary to organize the information and documents to ease the burden on your spouses and/or children upon your death or incapacitation.

## THURSDAY CLASSES

### **CHAUTAUQUA VIII (511)**

Thursdays, 10:30 - 12:00 (6 Classes 2/1 thru 3/7) Room 30

**Tuition \$45**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

This is a dynamic, fun, discussion-oriented class. In each session, we will watch and discuss two TED talks. The topics are at the "general interest" level (not technical) and will range across psychology, economics, political philosophy, sociology, health, and other topics of general interest. Class participation is always encouraged and lively, with students sharing interesting perspectives based on their diverse experiences and backgrounds. There are no prerequisites.

**Wiley Mangum, PhD** is Professor Emeritus of Aging Studies at the University of South Florida, Tampa, where he taught for 31 years. He is Chair of the Advisory Board of Center 4Life Learning and has lived in Kings Point since 2002.

**Robert Silverman** is an Adjunct Professor of Philosophy at Hillsborough Community College and, before retiring, was an IT executive with IBM and JP Morgan Chase. He is a member of the Advisory Board of the Center 4Life Learning and has lived in Valencia Lakes for a number of years.

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### **NEWS AND VIEWS (179)**

Thursdays, 1:00 - 2:30 (6 Classes 2/1 thru 3/7) Room 30

**Tuition \$45**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

In this new afternoon course, we will introduce and have lively and respectful class discussion of current news and underlying social/economic/political-philosophical trends. We'll also take a retrospective peek at front page news from yesteryear. Can discussion of today's news be stimulating, respectful of diverse viewpoints, and sometimes even fun? We definitely think so!

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## THURSDAY CLASSES

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

Thursdays, 3:00 – 4:30 (5 Classes 2/1 thru 2/29 with optional field trip on 3/6) Room 19

**Tuition \$42**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

- Introduction to Birding: Bird watching is not complicated, but it can be more enjoyable and productive by developing skills to locate and identify the various species living in our area. Learn how to get the most out of your field guide and what to look for in a good pair of binoculars. Understand how shape, flight pattern, and behavior can be used to identify a bird. Learn proper birding etiquette, whether by yourself or with a group. You can apply new skills whether out on a field trip, or simply walking your dog.
- Birding in Central Florida: This class will focus mainly on those bird species unique to the southeast, to include wading birds such as egrets and herons, limpkin, osprey; songbirds; waterfowl; shorebirds (such as plovers, sandpipers), and others. We will discuss which species breed in our area and only visit for a portion of the year.
- Spring Migration in Florida: Many species of birds pass through our area in the spring, on their way to their northern breeding grounds. At this time of year, they are decked out in brilliant breeding plumage, making them beautiful to see. Tanager, grosbeaks, orioles, buntings, and warblers' nest throughout the northern states. We will discuss how to identify them, and where to go to best view them.
- Winter Birds in Florida: In the fall, many birds must go south to avoid cold weather and find food. Not all continue on to Central and South America; many stay here. Learn about these winter visitors, many of which are familiar to those of us who summer in the northern states. Palm and yellow-rumped warblers are here by the millions in the winter. Others include robins, catbirds, kestrels, kingfishers, house wrens, and many species of ducks. We will discuss these and learn how to identify them.
- Birds and Their Habitats: Explore general categories of Florida habitats, such as upland forests, pine flatwoods, wetlands and "suburbia." Learn the species of birds that call these areas home.
- Bird Watching Field Trip:
- **Optional March 7**. The instructor will lead a caravan field trip to Lettuce Lake. Entrance to Lettuce Lake Park is \$2 per car.

**Raymond Webb** grew up in north central New Jersey and has a BA degree from Rutgers University, majoring in Chemistry. As a member of the National Audubon Society over 40 years, he has organized and led birding field trips in New Jersey and Florida for Tampa Audubon and the Sun City Center Audubon Club. He has given programs on birding and served as Field Trip Chair for 30 years.

## FRIDAY CLASSES

### **WORLD RELIGIONS (165)**

Fridays, 8:30 – 10:00, in Room 30 (6 Classes on 2/2 to 3/8)

**Tuition \$45**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

This six-week course will explore six of the world's largest faiths. Our topics will include:

- Protestantism
- Catholicism
- Judaism
- Islam
- Hinduism
- Buddhism

**Thomas Holter** holds a BS in Commerce and Engineering from Drexel University in Philadelphia. Tom enjoyed a career in Supply Chain Management (Purchasing) with Leeds & Northrup Co, Moulinex (France), Dominion Resources Inc, and in private consulting. He also served as Township Manager in Warminster, PA. Tom lectured at the American Management Association on a variety of Supply Chain topics. He has lived in Ruskin since 2019 where he assists his wife, Sue, in administration of the Center 4Life Learning. As a teenager, Tom lived in Mumbai, India. His friends and classmates belonged to eight different religious faiths which led to his lifelong interest in world religions.

### **ANDROID SMARTPHONES & TABLETS WORKSHOP (428)**

Fridays, 10:30 - 12:00 (6 Classes 2/2 thru 3/8) in Room 30

**Tuition \$45**

Limited to 15

This class will start with the very basics of the Android Operating System and introduce you to the uses of Smartphones and Tablets. You will learn how to connect to the internet and use your device to do things, such as: download Apps to your device; check your email and calendar; take pictures and share them with your friends; review your collection of photos; read a book; watch a video; listen to music; and play games like Solitaire and Word Cookies. Apps determine what the device can do, so the class will concentrate on basic Apps such as Google Playstore, Email, Photos, Camera, and Settings. Apps that expand the use of the device, such as OneDrive, Pandora, and Facebook, will also be downloaded and discussed. Each class will consist of presentation, demonstration, and practice using these Apps in your own device.

**Bring your fully charged devices to class and learn on your own equipment.**

**Phil Sorrentino** is the secretary of the Sun City Center Computer Club and a past president of the Sarasota Computer Users Group. He has taught a variety of beginner and advanced computer classes and writes a monthly computer article for both organizations' newsletters. Phil is an electrical engineer and has worked at developing computer hardware and software for his entire career.

## FRIDAY CLASSES

### **THE BIRTH OF FREEDOM: A FRESH LOOK AT THE AMERICAN REVOLUTION (163)**

Fridays, 1:00 - 2:30 (6 Classes 2/2 thru 3/8) in Room 19

**Tuition \$45**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

Update your grasp of the American Revolution with the new documents discovered since we went to school. The founding of our nation as a democratic republic is a watershed event in world history. Thomas Paine urged us to “begin the world over again.” Take a second look at this era and your understanding and respect for the founders will grow. You will start with the rich European roots of the Revolution. From this broader perspective, the flaws of our founders’ pale in comparison with their gigantic achievement. Follow their struggle as they decide to establish 13 republics in a world of otherwise absolute monarchy and Established Religions. Along this pathway, we meet colorful and charismatic characters like the philosopher John Locke, Madame Pompadour, England’s great prime minister William Pitt, enlightenment thinker Benjamin Franklin, the revolutionary spark plug Sam Adams, and his foil Lord Hillsborough. It will be a blast!

**Dan Madden, PhD**, grew up in Salem Massachusetts where THE PAST was everywhere. He earned his BA at Boston College, focusing on Medieval and European History. For his master’s and PhD, he travelled to the far distant land of the UNIVERSITY OF WISCONSIN in MADISON. There, he specialized in American Constitutional History. Dan worked for thirty years as an Economic Development Consultant. Upon his retirement, for reasons unclear to him, he started writing books on History. His first was THE TWISTY TRAIL FROM HOMER TO COPERNICUS. Undaunted by weak sales, he forged ahead and authored two books on the era from 1745-1789. They are ROOTS OF THE FIRST AMERICAN REPUBLICS and BEGINNING THE WORLD OVER AGAIN. These books led to popular lectures at Aston Gardens here in Sun City Center. Dan has also served as a panelist at the Dהלonega Literary Festival in Georgia and has introduced his Books to a ZOOM audience in Waunakee Wisconsin. Dan has taught American Revolution for three years at Aston Garden, three semesters at the Center 4Life Learning, and the Freedom Plaza Graduate School. Recently, he addressed the Sons of the American Revolution and the Daughters of the American Revolution. Dan lives at Freedom Plaza in Sun City Center with his wife, Judy, and a precocious lovebird named Sunshine. The couple have two children and two grandchildren. Dan loves birdwatching, Mexican Train dominoes, and learning Spanish.

### **A.I. & YOU, GOING FORWARD TOGETHER (171)**

Fridays, 1:00 – 2:30 (6 Classes 2/2 thru 3/8) in Room 30

**Tuition \$45**

**Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.**

Discussion topics will concentrate on how Artificial Intelligence will reshape all of us, for both good and ill, in all areas of our lives including Healthcare, Religion, Politics, Economics, War, etc. The future has arrived. It’s here now.

**Martin Lambert** holds a master’s degree in education and taught social studies for seven years before becoming a CPA and CFP. He then taught accounting and taxation at the university level for ten years.

## SATURDAY CLASSES

### **THE TEN ESSENTIAL HUGS OF LIFE! (183)**

Saturday, 10:30 – 12:00 (1 Class 2/24) in Room 30

**Tuition \$12**

During this class, we will review an amazing book by Roy Spence. Hugs lift people up, heal hurts and spread love. Not a natural hugger? No worries because some of the most important hugs don't involve physical touching. Together we will learn about the four kinds of hugs and how the 10 essential hugs of life can give the deepest meaning to our lives.

We will also incorporate some of the life lessons by Viktor Frankl, a Holocaust survivor, who taught about the importance of finding true meaning in our everyday lives. "People may have enough to live by, but more often than not they do not have anything to live for."

A few inspirational songs will reinforce the messages! Come and be uplifted and inspired learning how every time we reach out and touch a heart or life, the world changes. We can each make a difference in the world by our actions, experiences, and adopting a courageous attitude in tough situations.

**Nancy Starewicz** is a school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990, she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren. Since retiring from her full-time job in 2008, Nancy has written eight books about her Wheaten Terrier Lucky, and they have visited thousands of students in Indiana, Minnesota, and Florida. During their interactive programs, students, teachers, and parents hear about Lucky and see her demonstrate her "good behaviors!" All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons she has learned from Lucky.

### **AMERICAN REVOLUTIONS: A CONTINENTAL HISTORY, 1750 – 1804 (189)**

Saturday, 1:00 - 2:30 (1 Class 2/24) in Room 30

**Donations welcome after the lecture.**

Richard Werking will be reviewing Alan Taylor's *American Revolutions: A Continental History, 1750-1804*, which The New Yorker has described as "A mind-opening book." Alan Taylor is the Thomas Jefferson Professor of History at the University of Virginia and has twice won the Pulitzer Prize for History.

**Richard Werking** is Library Director and Professor of History, Emeritus, at the U.S. Naval Academy in Annapolis. He earned M.A. and Ph.D. degrees in American History at the University of Wisconsin, Madison, and an M.A. in Librarianship at the University of Chicago. His career as a librarian and History professor took him to Lawrence University, Ole Miss, Trinity University (San Antonio, TX), and 20 years at Annapolis. He resides in Louisville. In February 2023, he gave two presentations at Center 4Life Learning.