



Center 4Life Learning

Non-Accredited Adult Education School
Fall Semester begins October 9, 2023

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

United Methodist Church 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 of 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 2023 Fall Semester will run from October 3rd through November 20th.
- 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. 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 made only for health emergencies or if the class is canceled. 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 those of the church. Center 4Life Learning does not endorse any products.*

MONDAY CLASSES

BEGINNERS CONVERSATIONAL SPANISH (157)

Mondays, 8:30 – 10:00 (6 Classes 10/9 thru 11/13) in Room 11	Tuition \$45	Limited to 10
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Students will learn pronunciation, vocabulary, and basic verb structure enabling them to converse on an elementary level. Continued practice will be encouraged through the use of handouts, homework, classroom dialogue, and textbook references. Our course text is Spanish Conversation, a Collins Easy Learning book. **The textbook is \$13, payable to instructor on October 9. 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 10/9 thru 11/13) in Room 30	Tuition \$45
Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.	

- **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 eight years. He will share some of his favorite trips complete with tips so you can plan your own trips.

SIGN LANGUAGE (107)

Mondays, 10:30 – 12:00 (6 Classes 10/9 thru 11/13) in Room 12	Tuition \$45	Limited to 12
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You will learn the manual alphabet, numbers, and basic signs to communicate with the hard of hearing and the deaf. **The book Signing Made Easy, by Rod R. Butterworth and Mickey Florin is required for the class. It can be purchased at Barnes and Noble or online at amazon.com.**

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

9/25/2023

PHILOSOPHY'S GREATEST HITS (168)

Mondays, 1:00 – 2:30 p.m., (4 Classes 10/9 thru 10/30) in Room 30

Tuition \$40

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

In philosophy, just as with music, nothing beats the golden oldies. In our four sessions we'll cover:

1. The ancient world of the Iliad, circa 800 BC, and the miraculous rise of modern democracy, capitalism, and science in Greece around 600 BC.
2. Warfare, human suffering, and the cures suggested by Confucianism, Buddhism, and Taoism (circa 580 BC).
3. Socrates versus the Sophists on social responsibility (circa 400 BC and introduce Plato and Aristotle if there's time).
4. Plato versus Aristotle on our understanding of nature, reality, and ethics (circa 350 BC).

The class runs in chronological order and provides contrasting perspectives on core topics of lasting importance. There are no prerequisites, and the class will be thought-provoking and enjoyable whether you've never studied philosophy or have previously had several courses.

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.

ARE SOCIAL SECURITY AND MEDICARE HEADED FOR A FISCAL CLIFF? ALL YOUR QUESTIONS ANSWERED BUT WERE AFRAID TO ASK. (181)

Mondays, 1:00 – 2:30 p.m., (3 Classes 11/6 thru 11/20) in Room 30

Tuition \$30 Limited to 15

This three-week class will focus on the looming financial problems of the two programs that affect millions of senior citizens, Social Security and Medicare. There is a general consensus among policy experts and government budget analysts that within a decade, both programs will face a severe shortfall of funds. How bad is the problem? Why did it happen? What are some options for avoiding this impending fiscal cliff? And even if some reasonable solutions are available, is it likely that Congress will enact changes such as tax hikes and benefit cuts that are politically unpalatable? These and other questions will be addressed. Information will be presented in a non-technical format and class participation is encouraged.

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

CHINESE BRUSH/SUMI-E PAINTING (159)

Tuesdays, 10:00 – 12:30 (4 Classes 10/10 thru 10/31) in Creason Kitchen	Tuition \$42	Limited to 15
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Chinese brush painting class is for anyone who is interested in this fantastic art form. The course will include: 30 minutes on the use of special brushes, ink, Zhuen paper and pigments, stroke practice sessions, exploring Chinese Calligraphy.

- Paintings of pumpkins, gourds, Chinese lantern flower pods, cherry fruit, prunus branches, carp among water lilies, the sunflower, and fir trees in the snow.
- Designing greeting cards and present tags for December celebrations. (Snow scene on Bamboo leaves, calligraphy character PEACE.)
- Possible last sessions on favorite Chinese motifs, e.g., poinsettia flowers.
- Bring your enthusiasm and have fun.

There is a required materials charge of \$30, payable to instructor at the beginning of the class. Ink stains so wear suitable clothing.

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 CHRISTMAS PAINTING (175)

Tuesday, 10:00 a.m. – 12:30 p.m. (One-day Class 11/7) in Creason Kitchen	Tuition \$15	Limited to 15
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Revisit how to use the special materials and equipment and stroke practice, as needed. Select a traditional Chinese motif like a snow-covered bamboo plant or poinsettia flowers, robin/cardinal bird, maybe a Chinese lantern seed pod, narcissi, or a traditional fir tree, holly bush or calligraphy Chinese character PEACE. Come and experience a fun day of decorating greeting cards, gift tags, and designing traditional Chinese motifs on a PAPER fan. (Little girls and big ones too enjoy painting fans).

There is a required materials charge of \$8, payable to instructor at the beginning of the class. Bring a protective cover all, wear black garments AND also bring your enthusiasm.

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.

BE PREPARED! (182) CLASS CANCELED

Tuesday, 9:30 – 11:00, (1 Class, 10/3) in Room 19	Tuition \$12	Limited to 25
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This class will guide you in being prepared for tornadoes, hurricanes, and tropical storms.

Eileen Torricelli is an Army Veteran. She is a former teacher for all levels including college. Eileen has experience in emergency preparedness.

BEFRIENDING THE ENDING: AN INTRODUCTION TO ADVANCE CARE PLANNING (180)

Tuesdays, 10:30 – 12:00, (2 Classes, 10/17 thru 10/24) in Room 11

Tuition \$20 Limited to 15

This course takes place over two-90-minute sessions.

1. What is a health care proxy, and how to choose the best one for you. Review of the legal and medical documents to have prepared ahead of time. Explore different scenarios in order to discuss and clarify your end of life wishes. Overview of Palliative Care and Hospice. Discussion of issues surrounding dementia, progressive autoimmune diseases, heart failure, COPD, kidney failure, COVID-19, etc.
2. Introduction to and explanation of the FL POLST form (Physician Orders for Life Sustaining Treatment); it is THE key to navigating—and having some control over—hospital encounters at end of life. Should you have a Living Will? Can your Health Care Proxy change your POLST form? You will receive a resource handout with links to guides for family discussions, a list of recommended books and articles. We will discuss questions to ask your loved ones, your doctors, yourselves.

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, in 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.

INTRODUCTION TO MODERN CALLIGRAPHY (141)

Tuesdays, 10:30 – 12:00, (6 Classes 10/10 thru 11/14) 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 October 10.

INTRODUCTION TO MODERN QUILLING (176)

Tuesdays, 12:30 – 2:00 (6 Classes 10/10 thru 11/14) 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 October 10.

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.

INVESTMENT, ESTATE, AND TAX PLANNING (206)

Tuesdays, 1:00 – 2:30 (4 Classes, 10/17 thru 11/7) in Room 19

Tuition \$40

ATTENTION: \$5 tuition fee for the first 20 students who register for this four-week course. To promote financial literacy, this course is being subsidized by Baird Private Wealth Management. Register at the Center 4Life Learning office for this special tuition fee.

- **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.

CUT THE CORD (162)

Tuesday, 1:00 – 2:30 (One-day Class, 11/14) in Room 19

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.

BEGINNING GENEALOGY (444)

Tuesdays, 2:30 – 4:00 (6 Classes, 10/10 thru 11/14) in Room 30 (10/17 in Creason Kitchen) 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.**

9/25/2023

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 (6 Classes 10/11 thru 11/15) in Room 30

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 10/11 thru 11/8) in Room 12

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.

THE ART OF STORYTELLING (177)

Wednesday, 1:30 – 3:00 (6 Classes 10/11 thru 11/15) in Room 30	Tuition \$45	Limited to 12
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Participants learn how to design or create stories for entertainment as well as improve their skills as a storyteller. The goal is to capture and entice your audience.

Jean Garner offers thought provoking ideas through years of performances using music, costumes, and props for educational and entertaining storytelling.

THURSDAY CLASSES

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 10/12 thru 11/16) in Room 19	Tuition \$45	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 cost \$72. The lunch will consist of a sandwich/wrap, fruit, cookie, and bottled water. The menu is available on the C4LL website and in the Center office. There will be no substitutes and no cancelations/refunds. Lunch packages must be ordered by Wednesday, October 4. 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.

CHAUTAUQUA VII (511)

Thursdays, 10:30 - 12:00 (6 Classes 10/12 thru 11/16) in 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.

For your convenience, on Thursdays at noon, bag lunches are available for the six-week semester. The entire lunch package cost \$72. The lunch will consist of a sandwich/wrap, fruit, cookie, and bottled water. The menu is available on the C4LL website and in the Center office. There will be no substitutes and no cancelations/refunds. Lunch packages need to be ordered by Wednesday, October 4. Orders can be placed on the C4LL website when you register for your course(s) or in the Center office.

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.

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.

NEWS AND VIEWS (179)

Thursdays, 1:00 - 2:30 (6 Classes 10/12 thru 11/16) in 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. As an example, on day one of the class we're planning to look at the July 22, 1925, edition of the NY Times whose lead story is the Scopes Monkey Trial.

Can discussion of today's news be stimulating, respectful of diverse viewpoints, and sometimes even fun? We definitely think so!

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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.

FRIDAY CLASSES

WATERCOLOR PAINTING (124)

Fridays, 10: 00 – 12:00 (5 Classes 10/13 thru 11/10) in Creason Kitchen	Tuition \$50	Limited to 8
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The first class, 10/12, will begin at 9:30 a.m. This 30-minute portion of the class (9:30 – 10 a.m.) will be the introduction and plan for the course. All students will work on the same picture for the five weeks. The course will cover the use of watercolor materials from simple wash to direct application.

Students need to bring the following:

- (a) Kneaded eraser
- (b) Plastic Palette for watercolor - large enough to hold a minimum of 8 colors, plus at least two large areas to mix colors
- (c) One large role of cheap paper towels
- (d) Two plastic medium sized containers for water
- (e) BRUSHES: an 8, 6, and 4 ultra round watercolor brush, plus a 3/4" angular and a # 1 liner
- (f) COLORS for watercolor: Cadmium Yellow, Ultramarine Blue, Alizarin Crimson (Red), Sap Green, Violet, and Cadmium Orange
- (g) 140 pd Cold Press watercolor paper (one sheet).
- (h) 1/2" or better of foam core board or something to tape paper to
- (i) White artist tape approx. 1/2"
- (j) Mechanical pencil that holds 0.05 lead
- (k) Small spray bottle, similar to what one gets at the optometrist office.

Harvey E. Berman - Holds an AA degree from the School of Visual Arts, NYC, a BA degree in Art Education, English Literature & Psychology from Austin Peay State University Clarksville, TN, & an MA degree from The George Washington University, (Washington, DC) in Secondary Education. He has completed large works of art for restaurants in Southern Maryland & Tampa, FL. He has been commissioned by many private collectors for paintings in professional offices and residences in Maryland, Virginia, and Florida. Harvey has completed full color & black and white "Book Jackets" for organizations in the Tampa Bay area. He conducts painting workshops in the Tampa Bay area for private art groups and teaches watercolor and acrylic painting at the Life Enrichment Center, Tampa FL, Center Place, Brandon, FL, & the University of South Florida's Learning in Retirement programs. His work has been exhibited at Florida Art Galleries & "One Man Shows" including most recently at the Hillsborough Regional Library, Wimauma, FL.

THE TEN ESSENTIAL HUGS OF LIFE! (183)

Friday, 10:30 – 12:00 (1 Class 10/27) in Choir Room	Tuition \$12	Limited to 30
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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.

ANDROID SMARTPHONES & TABLETS WORKSHOP (428)

Fridays, 10:30 - 12:00 (6 Classes 10/13 thru 11/17) in Room 30	Tuition \$45	Limited to 15
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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.

HISTORY AS PERFORMANCE ART: THUCYDIDES INQUIRES ABOUT THE AMERICAN CIVIL WAR (163)

Fridays, 1:00 - 2:30 (6 Classes 10/13 thru 11/17) in Room 30	Tuition \$45
Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.	

Thucydides wrote about the Peloponnesian War. His Masterwork, completed in 411 BCE, influenced both Xenophon and Polybius. They three promoted a balanced and scientific approach. Thucydides is still studied, not merely read, in most military academies. Mr. Madden has partnered with Thucydides’ avatar to write a series of 30 minute “reading theater” plays, each evincing a different perspective on the causes of the war. The instructor proposes that we “experience” these through the rehearsal **and** performance of each. A willingness to read a role is not required. Perspectives include those of Southerners, Abolitionists, Slaves, Free-Soilers and the Diplomatic World. Featured characters include Captain Samuel Ashe, Angela and Sarah Grimke, Frederick Douglas, Sojourner Truth, Salmon Chase, Alexander Stephens, Abraham Lincoln and, of course, Thucydides. 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 traveled 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

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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 Dahlonega Literary Festival in Georgia and has introduced his Books to a ZOOM audience in Waunakee Wisconsin. Since the Spring of 2022, he has taught for two semesters at the Center 4Life Learning at the United Methodist Church of Sun City Center. Dan lives at Aston Gardens 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 10/13 thru 11/17) in Room 19

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.