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On the first floor of the FREE parking garage



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GULF COAST  
UNIVERSITY

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Film Series

Life Enrichment

Travel Abroad

*New Classes Begin Each Week!*



The  
Renaissance  
Academy  
of Florida Gulf Coast University

**Adult Lectures & Short Courses**

**Fall 2019**

**“Learning for Life Enrichment”**

**Florida Gulf Coast University  
117 Herald Court, Suite 211  
Punta Gorda, Florida 33950**

**Register Online:** <https://hcc.asap.connected.com>  
**Website:** [www.fgcu.edu/hcc](http://www.fgcu.edu/hcc)  
**Email:** [nstaub@fgcu.edu](mailto:nstaub@fgcu.edu)  
**Phone (941) 505-0130**

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Ed.D.**  
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Director, Continuing Education the Renaissance Academy

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Program Director

**Chris Zimmer, Ed.D.**  
Program Assistant

**Jessica Hosfeld**  
Administrative Assistant

#### **HOW TO REGISTER FOR CLASSES!**

**PAYMENT:** **All** payments for classes must be made by credit card, check or money order.

**ONLINE:** Use a credit card to safely and securely register online at [www.fgcu.edu/hcc](http://www.fgcu.edu/hcc) or <https://hcc.asap.connected.com>

**BY PHONE:** Use a credit card to register by calling (941) 505-0130

**IN-PERSON or BY MAIL:** Herald Court Centre - See address above

**RA in Collier/Lee Counties:** To receive the Lee/Collier County Renaissance Academy catalog call (239)745-4600

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**Members – Welcome to our fall session**  
All **highlighted** lectures are single session lectures for your enjoyment  
at No Additional Charge

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

# FGCU Herald Court Renaissance Academy Memberships

## Become a Renaissance Academy Member Support Lifelong Learning

### Membership Details:

- \$180 Annual Membership: January – December
- \$125 Seasonal Membership: January – April
- \$100 Summer Membership: May – August
- \$125 Fall Membership: September – December

### Benefits:

- Unlimited single session lectures – see **highlighted** courses
- **NEW: Many series courses will have a 20% discount for members**
- Exclusive events
- Connect with like-minded students
- Contribute to the ongoing growth of the Renaissance Academy
- This unlimited Membership program applies to Charlotte County offerings only

Membership is NOT required to take Renaissance Academy courses.

**MEMBERSHIP FEES ARE NONREFUNDABLE**



Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

# Foreign Films

*Refreshments served*

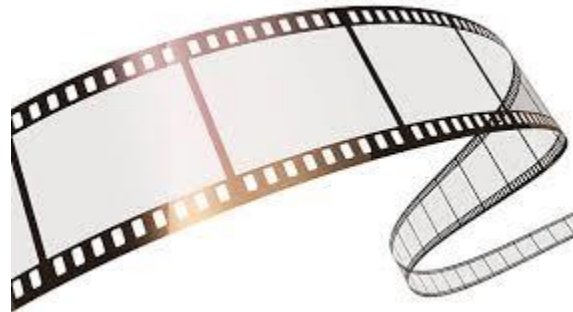
*Donation: \$6.00 each*



Herald Court Centre

Every Tuesday

From 1:00pm to 3:00



Titles and descriptions of the selected movies are published the month prior to viewing.

Renaissance Academy  
117 Herald Court, Suite 211  
Punta Gorda, Florida 33950

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

Day	Date	HC#	Item	From	Instructor	End Date
Tu	9/3/2019	2254	Four-Film Series	1:00 PM	Pringle, Naomi	9/24/19
Tu	9/3/2019	2254-01	Single Film	1:00 PM	Pringle, Naomi	
We	9/4/2019	2253	Find Your Voice: The Writers' Salon	11:00 AM	Pringle, Naomi	10/9/19
Fr	9/6/2019	2178-01	First Friday Musicales	4:00 PM	Cox, Rachel	
Mo	9/9/2019	2163	Florida's Mound Builders: People of the Great Circle	10:00 AM	Ehmann, Ted	
Mo	9/9/2019	2266-01	Streaming Media-TV Shows and Channels	12:00 PM	Nelson, James	
Mo	9/9/2019	2267-01	Internet Security	3:00 PM	Nelson, James	
Tu	9/10/2019	2254-02	Single Film	1:00 PM	Pringle, Naomi	
We	9/11/2019	2253	Find Your Voice: The Writers' Salon	11:00 AM	Pringle, Naomi	10/9/19
Mo	9/16/2019	2268-01	Internet Streaming Devices	12:00 PM	Nelson, James	
Mo	9/16/2019	2245	Part 1: A Journey Through the American Songbook	2:00 PM	Powers, David	9/19/19
Mo	9/16/2019	2269-01	Understanding the Cloud	3:00 PM	Nelson, James	
Tu	9/17/2019	2254-03	Single Film	1:00 PM	Pringle, Naomi	
We	9/18/2019	2253	Find Your Voice: The Writers' Salon	11:00 AM	Pringle, Naomi	10/9/19
We	9/18/2019	2256	Plant Based Medicine: Navigating the Supplement World	1:00 PM	Vaivoda, Dotti	
Th	9/19/2019	2096	Understanding Alzheimer's Disease: Research, Prevention and Reversing the Progression	10:00 AM	Franks, Annette	
Th	9/19/2019	2244	Part 2: A Journey Through the American Songbook	10:00 AM	Powers, David	9/19/19
Mo	9/23/2019	2127	Getting the Most Out of Your Brain	10:00 AM	Ryerson, Cindi	
Tu	9/24/2019	2255	Plant Based Medicine: Is CBD right for you?	1:00 PM	Vaivoda, Dotti	
Tu	9/24/2019	2254-04	Single Film	1:00 PM	Pringle, Naomi	9/24/19
We	9/25/2019	2253	Find Your Voice: The Writers' Salon	11:00 AM	Pringle, Naomi	10/9/19
Th	9/26/2019	2164	Stealing the White House	10:00 AM	Ehmann, Ted	
Mo	9/30/2019	2128	Mind Bogglers	10:00 AM	Ryerson, Cindi	
Mo	9/30/2019	2270	Helpful Tips	12:00 PM	Nelson, James	
Mo	9/30/2019	2271	Useful Apps	3:00 PM	Nelson, James	
Tu	10/1/2019	2264	Five-Film Series	1:00 PM	Pringle, Naomi	10/29/19
Tu	10/1/2019	2264-01	Single Film	1:00 PM	Pringle, Naomi	

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We	10/2/2019	2242	From the Spice Routes to the Space Age: Patterns of Living in the Middle East	10:00 AM	Derfler, Steven	
We	10/2/2019	2253	Find Your Voice: The Writers' Salon	11:00 AM	Pringle, Naomi	10/9/19
Fr	10/4/2019	2227	Monthly Friday Musicales	4:00 PM	Cox, Rachel	
Mo	10/7/2019	2272	Beginner Android	12:00 PM	Nelson, James	
Mo	10/7/2019	2273	Beginner Apple	3:00 PM	Nelson, James	
Tu	10/8/2019	2264-02	Single Film	1:00 PM	Pringle, Naomi	
Tu	10/8/2019	2165	Florida's Gray Gold: Phosphate Mining 1868 - 2018	10:00 AM	Ehmann, Ted	
We	10/9/2019	2201	Medicare 102 - Drug Plans	10:00 AM	Temple, Ralph	
We	10/9/2019	2126	America's 1st Spy Satellite	10:00 AM	Kotsaftis, Charles	
We	10/9/2019	2253	Find Your Voice: The Writers' Salon	11:00 AM	Pringle, Naomi	10/9/19
Th	10/10/2019	2198	MEDICARE 101 – AN OVERVIEW	10:00 AM	Temple, Ralph	
Th	10/10/2019	2257	Plant Based Medicine: Navigating the Supplement World	1:00 PM	Vaivoda, Dotti	
Mo	10/14/2019	2202	Medicare 102 - Drug Plans	10:00 AM	Temple, Ralph	
Mo	10/14/2019	2266-02	Streaming Media-TV Shows and Channels	12:00 PM	Nelson, James	
Mo	10/14/2019	2248	Hallmarks & Icons of American Pop Culture	2:00 PM	Powers, David	
Mo	10/14/2019	2267-02	Internet Security	3:00 PM	Nelson, James	
Tu	10/15/2019	2264-03	Single Film	1:00 PM	Pringle, Naomi	
We	10/16/2019	2199	MEDICARE 101 – AN OVERVIEW	10:00 AM	Temple, Ralph	
We	10/16/2019	2245	The Crackers: Their Origin; Their Culture; and Their Role in Florida History	1:00 PM	Williams, Mary Lou	
We	10/16/2019	2258	Plant Based Medicine: Is CBD right for you?	1:00 PM	Vaivoda, Dotti	
Th	10/17/2019	2118	Radiant Health – Mindful Living	10:00 AM	Franks, Annette	
Th	10/17/2019	2278	The Menace of Plastics Pollution	1:00PM	Soltys, Ken	
Mo	10/21/2019	2251	Monster In the Mirror from the Medieval to the Modern	10:00 AM	Auld, Frances	
Mo	10/21/2019	2268-02	Internet Streaming Devices	12:00 PM	Nelson, James	
Mo	10/21/2019	2215	Punta Gorda: The Little Town that Unity Built	1:00 PM	Bireda, Martha	
Mo	10/21/2019	2269-02	Understanding the Cloud	3:00 PM	Nelson, James	
Tu	10/22/2019	2264-04	Single Film	1:00 PM	Pringle, Naomi	

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Tu	10/22/2019	2129	Fuel Your Central Operating System	10:00 AM	Ryerson, Cindi	
We	10/23/2019	2166	A Prison of our own Making	10:00 AM	Ehmann, Ted	
We	10/23/2019	2240	Natural Medicine for GI Health	1:00 PM	Gallagher, Karen	
Mo	10/28/2019	2243	Greece: A UNESCO World Heritage Site	10:00 AM	Derfler, Steven	
Mo	10/28/2019	2274	Apple iPhone/iPad: Camera, Photos, Editing, Organizing, Albums +...	12:00 PM	Nelson, James	
Mo	10/28/2019	2275	Apple Email and Safari	3:00 PM	Nelson, James	
Tu	10/29/2019	2264-05	Single Film	1:00 PM	Pringle, Naomi	
Tu	10/29/2019	2130	Brain Twisters	10:00 AM	Ryerson, Cindi	
We	10/30/2019	2279	Early American Ghost Stories: Suspicions of the Supernatural	10:00AM	Auld, Frances	
Th	10/31/2019	2187	Museums Without Walls - Butler Institute of American Art	10:00 AM	MacLaren, Sharon	
Fr	11/1/2019	2228	Monthly Friday Musicales	4:00 PM	Cox, Rachel	
Mo	11/4/2019	2167	Pictures from the Journey: The Life & Times of Wells Moses Sawyer	10:00 AM	Ehmann, Ted	
Mo	11/4/2019	2276	Introduction to Amateur Radio	12:00 PM	Nelson, James	
Mo	11/4/2019	2225	Mindfulness Activities for Healthy Aging	1:00 PM	Peterson, Ellie	
Mo	11/4/2019	2277	YouTube for Grownups	3:00 PM	Nelson, James	
Tu	11/5/2019	2265	Four-Film Series	1:00 PM	Pringle, Naomi	11/26/19
Tu	11/5/2019	2265-01	Single Film	1:00 PM	Pringle, Naomi	
We	11/6/2019	2263	Diametric Discussion: God	10:00 AM	Moran, Robert	
We	11/6/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	12/18/19
	11/6/2019	2284	Making Your Own Kami Boru	3:30PM	Cristina, Dedo	11/20/19
Th	11/7/2019	2235	Did You Choose Your Parents?	10:00 AM	Bireda, Martha	
Th	11/7/2019	2095	Beyond My Wildest Dreams: A German Girl's Story of WWII and Beyond	1:00 PM	Tandon, Monika	
Sa	11/9/2019	2219	Longevity & You	10:00 AM	McGready, JulieAnne	
Tu	11/12/2019	2265-02	Single Film	1:00 PM	Pringle, Naomi	
We	11/13/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	12/18/19
We	11/13/2019	2119	Medical Qigong	10:00 AM	Franks, Annette	
We	11/13/2019	2159	Elder Law	11:00 AM	Howell, Jennifer	
We	11/13/2019	2259	Science of Essential Oils	1:00 PM	Vaivoda, Dotti	

	11/13/2019	2284	Making Your Own Kami Boru	3:30PM	Cristina, Dedo	11/20/19
Th	11/14/2019	2188	Museums Without Walls - Philadelphia's Major Museums	10:00 AM	MacLaren, Sharon	11/21/19
Th	11/14/2019	2260	Plant Based Medicine: Navigating the Supplement World	1:00 PM	Vaivoda, Dotti	
Mo	11/18/2019	2220	Arranging Holiday Accessories	10:00 AM	Breay, Sharon	
Tu	11/19/2019	2265-03	Single Film	1:00 PM	Pringle, Naomi	
We	11/20/2019	2150	General DeGaulle's Legacy	10:00 AM	Ross, Stewart	
We	11/20/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	12/18/19
We	11/20/2019	2249	How to Write and Tell Personal Stories	1:00 PM	Williams, Mary Lou	
	11/20/2019	2284	Making Your Own Kami Boru	3:30PM	Cristina, Dedo	11/20/19
Th	11/21/2019	2188	Museums Without Walls - Philadelphia's Major Museums	10:00 AM	MacLaren, Sharon	11/21/19
Th	11/21/2019	2261	Plant Based Medicine: Is CBD right for you?	1:00 PM	Vaivoda, Dotti	
Mo	11/25/2019	2238	Great Furniture Arrangements and How They Are Made	10:00 AM	Breay, Sharon	
Mo	11/25/2019	2222	When Cattle Was King - Punta Gorda's Beginnings	10:00 AM	Ehmann, Ted	
Mo	11/25/2019	2226	Release Stress with Meditative Movements	1:00 PM	Peterson, Ellie	
Tu	11/26/2019	2265-04	Single Film	1:00 PM	Pringle, Naomi	
We	11/27/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	12/18/19
Mo	12/2/2019	2193	China: Super-power or Not?	10:00 AM	Bultman, Lyle	
Mo	12/2/2019	2237	Create an Awe-inspiring Home with Fabulous Color	10:00 AM	Breay, Sharon	
Mo	12/2/2019	2226	Release Stress with Meditative Movements	1:00 PM	Peterson, Ellie	12/9/19
Mo	12/2/2019	2194	The Kingdom of Thailand	1:30 PM	Bultman, Lyle	
Tu	12/3/2019	2292	3-Film Series	1:00 PM	Pringle, Naomi	
Tu	12/3/2019	2292-01	Single Film	1:00 PM	Pringle, Naomi	
We	12/4/2019	2090	WWI and the League of Nations	10:00 AM	Lanza, Joseph	12/5/19
We	12/4/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	12/18/19
We	12/4/2019	2131	Memory Strategies	10:00 AM	Ryerson, Cindi	
We	12/4/2019	2285	Impact of Immigration on the Nation-State throughout History	1:00PM	Williams, Miles	

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Th	12/5/2019	2090	WWI and the League of Nations	10:00 AM	Lanza, Joseph	12/5/19
Th	12/5/2019	2236	Senior Wisdom: The Phases and Stages	1:00 PM	Bireda, Martha	12/19/19
Fr	12/6/2019	2173	Spend the Day on Matlacha!	9:00 AM	Zimmer, Christine	
Mo	12/9/2019	2221	Advanced Color Studio Class	10:00 AM	Breay, Sharon	
Mo	12/9/2019	2224	Class and Consciousness	10:00 AM	Bireda, Martha	
Mo	12/9/2019	2226	Release Stress with Meditative Movements	1:00 PM	Peterson, Ellie	12/9/19
Tu	12/10/2019	2292-02	Single Film	1:00 PM	Pringle, Naomi	
Tu	12/10/2019	2223	Pre-history of Charlotte Harbor: 13,000 BC to 1,700 AD	9:30 AM	Ehmann, Ted	12/17/19
We	12/11/2019	2132	Brain Power Boosters	10:00 AM	Ryerson, Cindi	
We	12/11/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	12/18/19
We	12/11/2019	2250	Tall Tales: History and Telling	1:00 PM	Williams, Mary Lou	
We	12/11/2019	2262	Plant Based Medicine: Is CBD right for you?	1:00 PM	Vaivoda, Dotti	
Th	12/12/2019	2141	Museums without Walls - Boston's Best	10:00 AM	MacLaren, Sharon	12/19/19
Th	12/12/2019	2120	Understanding Alzheimer's Disease: Research, Prevention and Reversing the Progression	10:00 AM	Franks, Annette	
Th	12/12/2019	2236	Senior Wisdom: The Phases and Stages	1:00 PM	Bireda, Martha	12/19/19
Fr	12/13/2019	2229	Monthly Friday Musicales	4:00 PM	Cox, Rachel	
Mo	12/16/2019	2234	Class and Consciousness	10:00 AM	Bireda, Martha	
Mo	12/16/2019	2280	Original Fairy Tales: More Netflix than Nursery	10:00AM	Auld, Frances	
Mo	12/16/2019	2247	History of Pop Music of the 30's through the 50's	2:00 PM	Powers, David	
Tu	12/17/2019	2292-03	Single Film	1:00 PM	Pringle, Naomi	
Tu	12/17/2019	2223	Pre-history of Charlotte Harbor: 13,000 BC to 1,700 AD	9:30 AM	Ehmann, Ted	
We	12/18/2019	2157	Spanish for Travelers: Language, Culture and Tips	10:00 AM	Zimmer, Christine	
Th	12/19/2019	2141	Museums without Walls - Boston's Best	10:00 AM	MacLaren, Sharon	12/19/19
Th	12/19/2019	2236	Senior Wisdom: The Phases and Stages	1:00 PM	Bireda, Martha	12/19/19

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## Anthropology

### **Florida's Mound Builders: People of the Great Circle**

**NEW**

**\$20**

HC2163

Monday, September 9 at 10:00am to 12:00pm (2 hours)

If you know very little about the Calusa Indians and their neighbors in south Florida, this is the course for you. If you think you know all about the Calusa, think again. Historian and author, Ted Ehmann moved to Charlotte Harbor in 2016. He began to research the Calusa and other mound builders in the area, not knowing anything about them, but having studied later mound building cultures in the Ohio and Mississippi valleys for thirty years. What he discovered was remarkable. Ehmann questioned why these monumental earthwork constructions and canals were such a secret, and why they lay hidden and off-limits to the public. Ehmann's research unearthed a great deal of bias and growing disregard for the Calusa and their achievements by the Florida archaeologists since the 1980s. His work demonstrates what results when you incorporate different theoretical models, approaches and research by anthropologists outside of Florida. Ehmann's conclusions, as well as those of very recent researchers, show that what happened in south Florida from 800 B.C. to 1700 A.D. ranks as one of the most significant cultural epochs in world prehistory. *Instructor: Mr. Ted Ehmann*

## Art

### **Museum Without Walls – The Butler Museum of American Art**

**NEW**

**\$20**

HC2187

Thursday, October 31 at 10:00am to 12:00pm (2 hours)

This class is the first in a series offered under the title “Museum Without Walls,” in which various American art museums and their collections will be explored. The first museum to be studied is **The Butler Institute of American Art**, established in 1919 as the first museum in the United States dedicated to the preservation and collection of American art. This museum, though small when compared with many of the art museums in the country, has worldwide recognition as “America’s Museum”. Its holdings include pieces from the 17<sup>th</sup> century to the current art of the digital age. Though the Butler celebrates its 100<sup>th</sup> anniversary this year, it continues to grow and prosper. *Instructors: Dr. Arline Fitzmaurice and Dr. Sharon MacLaren*

### **Pictures from the Journey: Life and Times of Wells Moses Sawyer**

**NEW**

**\$20**

HC2167

Monday, November 4 at 10:00am to 12:00pm (2 hours)

Born in the Missouri Territories (Iowa) in 1863, Sawyer identified as a bohemian type painter and artist until the Columbian Exposition of 1893 in Chicago. There he met two anthropologists, and displays of world cultures that changed his life forever. Ehmann reveals a Gilded Age Walter Mitty whose preoccupations, dreams and skills had him living around the world for most of his 97 years. This is a very intimate portrait of a man with dreams and dreams deferred. **It is also a study of the history of the times.** Sawyer lived through three wars, two revolutions and met three presidents. His impressionist paintings that are his legacy are in collections around the world. Along with his painter daughter and her painter husband, he is credited with the birth of the Sarasota artist movement of the later twentieth century. Ehmann discovered the work and writing of artist Wells Moses Sawyer and identified with him as Wells shared his dual passions for painting and anthropology. Sawyer painted impressionistic landscapes till his death in Sarasota in 1960 and is best remembered for his work on a six-month expedition, the first of its kind of Calusa sites in 1895 and 1896. *Instructor: Mr. Ted Ehmann*

**Creating Your Own Kami Boru** **NEW** **\$55/ Members \$44**  
HC2284 Wednesdays, November 6, 13, 20 at 3:30pm to 5:30pm (6 hours)

*Class size is limited to 8 students*

We will be creating a decorative paper bowl from paper pulp, which will be combined with at least one element and mounted on an art board. You will get to choose the shape and colors of the bowl, what kind of element to add, and the size of the board. Your finished piece will be ready to take home at the end of this 3-session two-hour fun hands-on class. Materials fee payable to the instructor depending upon choices. *Instructor: Mr. Dedo (John) Cristina*

**What exactly is a Kami Boru? Join us for a reception on Wednesday, October 23 from 4:00pm – 5:30pm. Meet the artist, and find out!**

**Museum Without Walls – Philadelphia’s Major Museums of Art** **NEW** **\$40/Members \$32**  
HC2188 Thursdays, November 14 and 21 at 10:00am to 12:00pm (4 hours)

Philadelphia is home to the oldest art museum in the United States, the **Pennsylvania Academy of Fine Arts** founded in 1805. But this is only one of the numerous art museums that found a home in this city, including the **Philadelphia Museum of Art**, its annex the **Rodin Museum**, which holds the largest collection of Rodin sculpture outside of Paris, and the **Barnes Foundation Collection** with over 900 paintings of impressionist, post-impressionist and modernist masters. These museums and their collections will be explored in the November sessions of Museum Without Walls. *Instructors: Dr. Arline Fitzmaurice & Dr. Sharon MacLaren*

**Museums without Walls – Boston’s Best** **NEW** **\$40/Members \$32**  
HC2141 Thursdays, December 12 and 19 at 10:00am to 12:00pm (4 hours)

The Museum of Fine Arts, Boston, was founded in 1870 and moved to its present site in 1909. It is affiliated with the School of Museum of Fine Arts at Tufts University. Harvard University was also developing its Harvard Art Museums during this period. Six years before the Museum of Fine Arts, Boston, moved to its Fenway location, the Isabella Stewart Gardner Museum opened close by. These museums, in addition to the newer Institute of Contemporary Art, Boston, will be explored in the December sessions of the Museum without Walls. Series of two sessions. *Instructors: Dr. Arline Fitzmaurice & Dr. Sharon MacLaren*

**Additional Museums without Walls coming during the Winter Term:**

**Smithsonian: January 16 and 30, 2020 at 10:00am to 12:00pm**

**Metropolitan Museum of Art, NYC: February 13 and 20 at 10:00am to 12:00pm**

## Day Trips

### **Spend the Day on Matlacha** **NEW** **\$50**

HC2173 *Friday, December 6 9:15am to 4:00pm (6.75 hours)*

Located in the heart of Matlacha Island is one of Southwest Florida's most delightful areas. Lovegrove Gallery and Gardens anchors a collection of whimsical shops, gardens, galleries and restaurants. With its distinctive pink roof, polka dotted walls and mix of art, pop sculpture and gift ideas, Lovegrove's Gallery sets the tone for the island's entire gallery district. And out the back door, guests find unexpected treasure in the form of a relaxing technicolor botanical garden with a view of the tranquil waters of Matlacha Pass. Other establishments in this delightful artists' enclave include Wild Child Gallery, Island Visions Gallery, Bert's Pine Bay Gallery, Traders' Hitching Post, Matlacha Menagerie, Matlacha Specialty Market, Griffin American Center for Haitian Art and others. A variety of restaurants with delicious offerings make this area overlooking tranquil waters a wonderful place to spend a day. Included in the fee: Motor coach, snacks/water, and driver gratuity. Staff Facilitator: TBA

### **Plan to join us for these future Day Trips in the Winter/Spring Term:**

**1/24 Historic Spanish Point**

**2/14 Cabbage Key**

**3/13 Dali Museum**

**3/27 Babcock Ranch & City**

## Décor and Interior Design

### **Arranging Holiday Accessories** **NEW** **\$20**

HC2220 *Monday, November 18 at 10:00am to 12:00pm (2 hours)*

Glitter in every corner; it's the holiday season! BUT...how to arrange all those table-top, wall, mantle, and staircase decorations so they don't look like massive clutter? Learn how to arrange home accessories and then you'll also know how to make your home attractive once the holiday decorations are gone. *Instructor: Ms. Sharon Brey*

### **Great Furniture Arrangements & How They Are Made** **NEW** **\$20**

HC2238 *Monday, November 25 at 10:00am to 12:00pm (2 hours)*

This class can be a continuation of 11-18 class, Arranging Holiday Decorations, as you further hone your skills in Space Design (aka: Furniture Arrangement). It will also be just as informative to newcomers as we discuss the pros and cons of actual furniture arrangements, as well as your own furniture arrangements in your home, and other solutions. *Instructor: Ms. Sharon Brey* *There is a \$10 fee for materials payable to instructor at the beginning of this class.*

### **Create an Awe-inspiring Home with Fabulous Color** **NEW** **\$20**

HC2237 *Monday, December 2 at 10:00am to 12:00pm (2 hours)*

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

Did you know that the human eye can detect seven million unique variations in color?! We are also sensitive to the mood and feelings that colors can create. So how do we handle the colors for our homes with so much to choose from? Learn what color experts know about the Science of Color and how you can make an awe-inspiring home using color guidelines that have nothing to do with trends, but everything to do with successfully creating YOUR space. Great Colors = Beauty, Mood, & Function. Learn from power point presentations, class discussions, examples, exercises, and true stories. *Instructor: Ms. Sharon Breay*  
*There is a \$10 fee for materials payable to instructor at the beginning of this class.*

**Advanced Color Studio Class** **NEW** **\$20**  
HC2221 Monday, December 9 at 10:00am to 12:00pm (2 hours)

This class is a continuation of the class *Create an Awe-inspiring Home with Fabulous Color*. Students will consider real-life scenarios and discuss how to handle them using color to create the desired mood and space. Students will also discuss an area in their own home, its present colors, and possible changes in the future to achieve the desired results. *Instructor: Ms. Sharon Breay*

## Discussion Groups

**Did You Choose Your Parents?** **NEW** **\$18**  
HC2235 Thursday, November 7 at 10:00am to 11:30am (1.5 hours)

This is a theory espoused by Christian Medium Edgar Cayce and others who believe that we choose our parents before birth so that we can learn lessons that for our higher spiritual development. What are your thoughts? Do you believe you were born as a result of random gene-combinations or did you choose your parents based on lessons you needed to learn? Regardless of your religious beliefs, this will be an opportunity for a great discussion. Come with your own point of view and feel free to disagree respectfully. Should be loads of fun! *Instructor: Dr. Martha Bireda*

**Diametric Discussion: GOD** **NEW** **\$20**  
HC2263 Wednesday, November 6 at 10:00am to 12:00pm (2 hours)

During the session, we will partake in a respectful, objective and honest discussion on our thoughts on the concept of God. Key guidelines for participation: listen to the comments or questions of others, keep an open mind and remember that one person speaks at a time. *Facilitator: Mr. Robert Moran.*

**Class and Consciousness I** **NEW** **\$18**  
HC2224 Monday, December 9 at 10:00am to 11:30am (1.5 hours)

How often have you considered the meaning and reality of one's social class in America? Have you thought about the privileges that your social class provides? As we review three articles related to social class in each session, please feel free to agree or disagree with the author's premise. Come with your point of view. Each session has three different articles to read prior to class. These sessions provide an opportunity to discuss a critical issue in our society "class". The pertinent reading material can be emailed to participants or picked up from our lobby. The article titles for this session are:

1. *What if...*
2. *The Poor: Black and White*
3. *Good People*

*Instructor: Dr. Martha Bireda*

**Class and Consciousness II****NEW****\$18**

HC2234

Monday, December 16 at 10:00am to 11:30am (1.5 hours)

How often have you considered the meaning and reality of one's social class in America? Have you thought about the privileges that your social class provides? As we review three articles related to social class in each session, please feel free to agree or disagree with the author's premise. Come with your point of view. Each session has three different articles to read prior to class. These sessions provide an opportunity to discuss a critical issue in our society "class". The pertinent reading material can be emailed to participants or picked up from our lobby. The article titles for this session are:

1. *Classism, Racism & War*
2. *The Other*
3. *The Forgotten Americans*

*Instructor: Dr. Martha Bireda*

## Ecology and Environment

**The Menace of Plastics Pollution****NEW****\$20**

HC2278

Thursday, October 17 at 1:00pm to 3:00pm (2 hours)

The world's plastics industry produces over 400 million tons of thermoplastics (plastics that formed by melting). It is estimated that 8 million tons of plastic are thrown in the global oceans annually. The type of waste ranges from clear plastic beverage containers to laundry detergent containers. Some of this floats on top of the water and some of it sinks. Almost all of this waste is consumer items and packaging. The plastic decomposes in a number of ways to form microplastics, which slowly kills marine species by obstructing their digestive systems or chokes them when they become entangled. The plastic can also be broken down into its chemical components by the sun and pollute the sea with some very toxic chemicals. This problem is within the control of humans if we are aware of how these supposedly inert and harmless materials are a threat to our existence. *Instructor: Mr. Ken Soltys*

## Foreign Films

**September Foreign Films HC2254****Series: \$20 / Single: \$6**

Participants may register for this **4 film monthly series** or for any single film listed for the month. Enjoy a mix of drama, thriller, and comedy. As always, the series includes an introduction to each film and an opportunity for discussion afterwards. Enjoy light refreshments. *Moderator: Ms. Naomi Pringle*

**HC2254-01 "Dark Horse" (U.K. 2015)****Tuesday, September 3 at 1:00pm to 3:00pm**

In a bid to develop a champion racehorse, Welsh barmaid Jan Vokes and her husband, persuade 30 pub patrons to purchase ownership shares in the long-shot venture -- leading to the hoof-pounding saga chronicled in this upbeat documentary.

**HC2254-02 "Max Manus" (Norway 2008)****Tuesday, September 10 at 1:00pm to 3:00pm**

Max Manus: Man of War is a 2008 Norwegian biographical war film based on the real events of the life of resistance fighter Max Manus. The story follows Manus from the Winter War against the

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Soviet Union, through the outbreak of World War II and the occupation of Norway by Nazi Germany until peacetime in 1945.

**HC2254-03 “Wadja” (Saudi Arabia 2012) Tuesday, September 17 at 1:00pm to 3:00pm**

A rebellious Saudi girl (Waad Mohammed) enters a Koran recitation competition at her school and hopes to win enough money to buy her own bicycle.

**HC2254-04 “A Woman in Berlin” (Germany 2008) Tuesday, September 24 at 1:00pm to 3:00pm**

Based on the best-selling diaries of an anonymous German woman who survived the Soviet invasion of Berlin at the end of World War II, this gripping drama tells the story of a photojournalist's (Nina Hoss) forbidden relationship with a Soviet officer (Yevgeni Sidikhin). After being sexually assaulted by members of the invading Red Army, she turns to the officer for support

**October Foreign Films HC2264**

**Series: \$25 / Single: \$6**

Participants may register for this **5 film monthly series** or for any single film listed for the month. Enjoy a mix of drama, thriller, and comedy. As always, the series includes an introduction to each film and an opportunity for discussion afterwards. Enjoy light refreshments. *Moderator: Ms. Naomi Pringle*

**HC2264-01 “A Fantastic Woman” (Chile 2017) Tuesday, October 1 at 1:00pm to 3:00**

A Fantastic Woman is the story of Marina, a waitress and singer, and Orlando, an older man, who are in love and planning for the future. After Orlando suddenly falls ill and dies, Marina is forced to confront his family and society, and to fight again to show them who she is: complex, strong, forthright, and fantastic.

**HC2264-02 “White Lies” (New Zealand 2013) Tuesday, October 8 at 1:00pm to 3:00pm**

Based on a novel by Whale Rider writer Witi Ihimaera, White Lies - New Zealand's entry in the 2014 Oscar competition for best foreign-language film - is an intense drama that explores with great humanity and sensitivity such difficult topics as race relations, skin bleaching and abortion.

**HC2264-03 “Sophie Scholl: The Final Days” (Germany 2005) Tuesday, October 15 at 1:00pm to 3:00pm**

The true story of Germany's most famous anti-Nazi heroine brought to life. Sophie Scholl is the fearless activist of the underground student resistance group, The White Rose. Using historical records of her incarceration, the film re-creates the last six days of Sophie Scholl's life: a journey from arrest to interrogation, trial and sentence in 1943 Munich.

**HC2644-04 “Toni Erdmann” (Germany/Austria 2016) Tuesday, October 22 at 1:00pm to 3:00pm**

A hard-working woman reluctantly agrees to spend time with her estranged father when he unexpectedly arrives. As a practical joker, the father does his best to reconnect by pretending to be her CEO's life coach.

**HC2264-05 “Buena Vista Social Club” (Cuba 1999) Tuesday, October 29 at 1:00pm to 3:00pm**

This film is an ensemble of Cuban musicians established in 1996 to revive the music of pre-Revolutionary Cuba. The project was organized by World Circuit executive Nick Gold, produced by American guitarist Ry Cooder and directed by Juan de Marcos González.

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

## **November Foreign Films HC2265**

**Series: \$20 / Single: \$6**

Participants may register for this **4 film monthly series** or for any single film listed for the month. Enjoy a mix of drama, thriller, and comedy. As always, the series includes an introduction to each film and an opportunity for discussion afterwards. Enjoy light refreshments. *Moderator: Ms. Naomi Pringle*

**HC2265-01 “Desert Dancer” (Iran 2015)                      Tuesday, November 5 at 1:00pm to 3:00pm**

In this uplifting drama based on real events, Afshin Ghaffarian defies the government's prohibition against dancing in modern Iran and founds an underground dance company, with help from some courageous friends.

**HC2265-02 “Graduation” (Romania 2015)                      Tuesday, November 12 at 1:00pm to 3:00pm**

Romeo Aldea faces a dilemma after his daughter, Eliza, is assaulted the day before a critical final exam. Fearing that the incident may threaten Eliza's future, Romeo has the power to remedy the situation but only if he compromises his principles.

**HC2265-03 “Strawberry & Chocolate” (Cuba 2015)                      Tuesday, November 19 at 1:00pm to 3:00pm**

This Academy Award-nominated dramedy set during the Cuban Revolution mines the complex, special bond between stick-in-the-mud conservative David (Vladimir Cruz) and his cultivated, homosexual, anti-Castro neighbor, Diego (Jorge Perugorría). Can two people from opposed sides of the political coin be friends? Apparently so. When Diego's subversive adventures land him in hot water with the authorities, David decides that friendship trumps politics.

**HC2265-04 “Summer Hours” (France 2008)                      Tuesday, November 26 at 1:00pm to 3:00pm**

Sensing that death is close at hand, 75-year-old Hélène (Edith Scob) summons her three adult children to her home in the French countryside and tasks them with deciding the fate of her extraordinary art collection. Juliette Binoche, Charles Berling and Jérémie Renier star as the three siblings forced to ponder their legacy and identity in this touching drama from internationally acclaimed writer-director Olivier Assayas.

## **Foreign Language**

### **Spanish for Travelers: Language, Culture and Tips**

**\$75/Members \$60**

*HC2157                      Wednesdays, November 6, 13, 20 and December 4, and 11 at 10:00am to 12:00pm (10 hours)*

If you want or are planning to travel in the Spanish speaking parts of the world, enhance your experience with communication skills and some knowledge of what to expect! Join us for this 5-week class that combines language skills and travel vocabulary, culture, geography, and tips to make your trip even better! Each class will include multiple components, and our final activity will be lunch at Isabel and Annabel's where you can put your skills to good use!  
*Instructor: Dr. Chris Zimmer*

## **Global Issues**

### **China: Super-power or Not?**

**NEW**

**\$20**

*HC2193                      Monday, December 2 at 10:00am to 12:00pm (2 hours)*

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130



This lecture will explore the impact of globalization with a China focus related to the world market and the U.S. economy. Topics include government structure, China/U.S. trade review, China/world trade issues, the environment, copyright and intellectual property issues, energy usage and impact concerns, and economic insights. There will be opportunities for group discussion, and a chance to view interesting antiques and artifacts on display. *Instructor: Mr. Lyle Bultman*

## Health and Wellness

### **Tai Chi for Maximum Health**

**Series of 8 classes \$45**

*Ongoing Wednesdays at 12:00pm to 1:00pm*

**Intro Class \$7**

Recommended by The Mayo Clinic, Centers for Disease Control, Harvard Medical School, and many health care professionals, Tai Chi is an exercise system that is easy and fun to learn while needing no special equipment. Low impact and meditative in its execution the benefits of a consistent Tai Chi practice are many. Discover a decrease in levels of stress, anxiety, and depression. Find an improvement in aerobic capacity, energy, stamina, and balance, balance being the core to reducing risks of falling. Join us. Feel better and rediscover that sense of well-being. Class size limited. Wear comfortable clothes and shoes. No previous experience necessary. *Instructor: Ms. Sharon Fultz*

### **Understanding Alzheimers**

**\$20**

*HC2096 Thursday, September 19 at 10:00am to 12:00pm (2 hours)*

In this class, we will explore the symptoms of Alzheimer's disease and the evidence-based research around lifestyle interventions that can help prevent and reverse symptoms of cognitive decline. Alzheimer's disease is a threat to health and independent living and this class explores healthy living tips from the latest research for our brains and bodies. *Instructor: Ms. Annette Franks*

### **Plant Based Medicine: Is CBD right for you?**

**\$18**

*HC2255 Monday, September 23 at 1:00pm to 2:30pm (1.5 hours) **or***

*HC2258 Thursday, October 16 at 1:00pm to 2:30pm (1.5 hours) **or***

*HC2261 Thursday, November 21 at 1:00pm to 2:30pm (1.5 hours) **or***

*HC2262 Wednesday, December 11 at 1:00pm to 2:30pm (1.5 hours)*

*Offered four times for your convenience*

With the passing of the Farm Bill, CBD is legal and found everywhere. Come learn about how you can use CBD to reduce pain, inflammation, anxiety, depression and cancer-related symptoms. Topics such as the Endocannabinoid System, THC, Hemp and medical Marijuana will be defined and discussed. Finding a quality CBD is important to your success with the product. Our discussion will also be centered on what to look for when purchasing a quality CBD. This class is a fun learning environment where actual product can be sampled. Bring your questions with you so we can help you understand how CBD can improve your lifestyle. *Instructor: Ms. Dotti Vaivoda*

### **Plant Based Medicine: Navigating the Supplement World**

**NEW**

**\$18**

*HC2256 Wednesday, September 18 at 1:00pm to 2:30pm (1.5 hours) **or***

*HC2257 Thursday, October 10 at 1:00pm to 2:30pm (1.5 hours) **or***

*HC2260 Thursday, November 14 at 1:00pm to 2:30pm (1.5 hours)*

*Offered three times for your convenience*

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

The world of supplementation is overwhelming and confusing. You can find them at every major retailer but how do you know which ones are right for you? Join us as we share what differentiates a quality supplement, how to determine which to take for your unique body, and how polyphenols can help you obtain better health. Please bring your questions and experiences with you to class. Not all supplements are created equal! *Instructor: Ms. Dotti Vaivoda*

**Getting the Most Out of Your Brain** **\$18**

HC2127      *Monday, September 23 at 10:00am to 11:30am (1.5 hours)*

This lecture will help you learn about your brain and what you can do to help your memory. Learn about the four pillars of brain maintenance and how you can unlock the secrets to successful aging. Practice some memory strategies that can work for you. Experience a sampling of unique brain activities. *Instructor: Ms. Cindi Ryerson*

**Mind Bogglers** **\$18**

HC2128      *Monday, September 30 at 10:00am to 11:30am (1.5 hours)*

You need to think literally in order to solve these word pictures. Try your hand at these word puzzles that represent a famous phrase, song, person, place, title or movie in a unique fashion. By looking at the words and how they're arranged or the way they are placed in relation to the other letters, you will be challenged to come up with the solution. Guaranteed to really boggle your mind! *Instructor: Ms. Cindi Ryerson*

**Medicare 101 – An Overview** **\$18**

HC2198      *Thursday, October 10 at 10:00am to 11:30am (1.5 hours) or*  
HC2199      *Wednesday, October 16 at 10:00am to 11:30am (1.5 hours)*

An educational seminar with a comprehensive overview of the key Medicare options. Medicare isn't anything like the health insurance you used to have. It's a whole new ballgame, with important enrollment rules, different coverage parts (ABC&D), a variety of Medicare Supplements, and in the Charlotte Harbor neighborhood we have over twenty different Advantage plans and over twenty-five different Medicare Drug plans! It can be overwhelming and confusing, with numerous choices. *Medicare 101* is an across-the-board introduction and a good refresher. It covers the most probable enrollment periods and rules, and the Parts and Plans mentioned above along with their differences, pros, and cons. We will discuss buyer priorities vs. popular options, and a practical process for plan selection or change. Question and answer time is included. *Instructor: Mr. Ralph Temple*

**Medicare 102 – Drug Plans** **NEW** **\$15**

HC2201      *Wednesday, October 9 at 10:00am to 11:00am (1 hour) or*  
HC2202      *Monday, October 14 at 10:00am to 11:00am (1 hour)*

This class is an educational seminar on how to conduct your own annual Medicare drug plan review. Drug plan selection has become a challenge for many Medicare participants, and change is the perpetrator. Drug costs have increased faster than medical costs; drug plan benefits can change every year; and your medication list can change over time. In addition, qualified agents and advisors are poorly motivated to service drug plan renewal business. A solution: take more control and do it yourself. Attendees will learn how to preview and evaluate the numerous and wide variety of 2020 Medicare drug plans, using the medicare.gov website. Learn how to identify the more suitable drug plans and make a well-informed choice. Step-by-step handouts will be provided along with an on-line demonstration, and an explanation on how to read a report that summarizes out-of-pocket-costs based on your medications. *Instructor: Mr. Ralph Temple*

**Radiant Health – Mindful Living** **\$20**

HC2118      *Thursday, October 17 at 10:00am to 12:00pm (2 hours)*

This program will explore evidence-based integrative mind-body-health practices that we can do in our daily lives to reduce stress, feel more joy and enhance our own natural health and wellness. We will also explore the role foods play in our cellular health and immune function. *Instructor: Ms. Annette Franks*

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**Fuel your Central Operating System** **\$18**

HC2129 *Tuesday, October 22 at 10:00am to 11:30am (1.5 hours)*

This lecture will give you a comprehensive overview about dementia, both irreversible and reversible. Learn what you can to recognize causative factors in reversing certain types of dementia. Learn the difference between forgetting as we age and memory issues that lead to dementia. Explore how you can protect and strengthen your cognitive performance through a variety of everyday lifestyle choices. There will also be a sampling of cognitive exercises to help you along the way to better memory. *Instructor: Ms. Cindi Ryerson*

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**Natural Medicine for GI Health** **NEW** **\$20**

HC2240 *Wednesday, October 23 at 1:00pm to 3:00pm (2 hours)*

In this class, we will be focusing on GI inflammatory conditions, symptoms, and current interventions both herbal and pharmaceutical. We will examine evidence-based research to explore what is working and what is not. In addition, we will be concentrating on individual life-style options regarding foods, and physical and mental exercises as well as spiritual and social activities that might facilitate wellness. You will learn the secrets about GI health that doctors aren't telling you. Participants will observe a demonstration on anti-inflammatory meal preparation, discuss food allergens and have the opportunity to sample healthy nutritious foods for gastrointestinal health. *Instructor: Ms. Karen Gallagher*

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**Brain Twisters** **\$18**

HC2130 *Tuesday, October 29 at 10:00am to 11:30am (1.5 hours)*

Twist your mind around some brain maze mania in these fun and perplexing challenges. Wrap your brain around a unique word search and twist your mind in mastering your attention skills with these visual puzzles. Are you ready for mind-blowing, twist turning, divergent thinking challenges? Then this workshop is for you! *Instructor: Ms. Cindi Ryerson*

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**Mindfulness Activities for Healthy Aging** **NEW** **\$20**

HC2225 *Monday, November 4 at 1:00pm to 3:00pm (2 hours)*

Healthy aging activities promote mental, emotional, social and physical well-being. Learn simple mindfulness activities that can be integrated into your daily life so you can feel healthier, happier and whole. You will experience therapeutic Meditative Movements that have been shown to reduce anxiety, depression and fatigue, while improving emotional and functional well-being per the 2017 University of Minnesota research study. This technique uses safe, easy to follow movements that are adaptable to anyone's physical ability. *Instructor: Ms. Ellie Peterson*

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**Longevity and You** **\$20**

HC2219 *Saturday, November 9 at 10:00am to 12:00pm (2 hours)*

In regards to our health, we Americans are at a tipping point. Over \$50 billion are spent on treating low back pain every year, and billions more are spent on treating those experiencing chronic muscular and joint pain. This pain and dysfunction causes a host of issues that can affect your health and even prevent you from working, enjoying the

activities you love (exercising, golfing, walking, playing with your children, and grandchildren), and other areas of your health, including staying independent. However, did you know that factors that are completely within your control could help you dramatically improve your quality of life? Join us to learn how you could improve stamina, strength and balance, with less or diminished pain, instrumental in helping you achieve your health and fitness goals, and even increase the longevity of your life! *Instructors: Ms. JulieAnne McGready and Ms. Heather Pack*

### **The Science of Essential Oils**

**\$18**

HC2259      Wednesday, November 13 at 1:00pm to 2:30pm (1.5 hours)

Are you interested in learning more about how essential oils work within the body? Come to this informative 1.5-hour class and learn about how the chemical constituents in plants have an amazing effect on our bodies and minds. Essential oils are aromatic compounds that come from the seeds, flowers, bark, and stems of plants. When we use these compounds, they have therapeutic properties that help us fight infection, diseases and more. *Instructor: Ms. Dotti Vaivoda*

### **Medical Qigong**

**\$20**

HC2119      Wednesday, November 13 at 10:00am to 12:00pm (2 hours)

Qigong is often referred to as “Meditation in Motion.” This class focuses on Vitality Enhancement Methods and Integral Qigong Practices that are designed to increase joy, improve physical balance and heart health, increase immune function and improve our health, mental focus, and energy. Wear comfortable clothes for ease of motion. No prior Qigong experience is necessary. It’s educational and also an excellent way to be proactive in our own healthcare and optimized healthy longevity. *Instructor: Ms. Annette Franks*

### **Release Stress with Meditative Movements**

**\$60/Members \$48**

HC2226      Mondays, November 25 and December 2 and 9 at 1:00pm to 3:00pm (6 hours)

Negative daily stresses that drain your mental, emotional, physical and spiritual energy eventually lead to disease, difficult work and personal relationships and unhealthy habits. In this workshop, you will practice Meditative Movements™, which have been found to reduce anxiety, depression and fatigue while improving emotional and functional well-being per the 2017 University of Minnesota research study. These easy to follow movements are adaptable to anyone’s physical ability and can be performed throughout your normal day to release stress when you feel it. If you are caring for a loved one, adjusting to retirement, or concerned about your own health, learn how to care for yourself in a new way so you can be healthier, happier and feel whole. *Instructor: Ms. Ellie Peterson*

### **Understanding Alzheimer’s Disease**

**\$20**

HC2120      Thursday, December 12 at 10:00am to 12:00pm (2 hours)

In this class, we will explore the symptoms of Alzheimer’s disease and the evidence-based research around lifestyle interventions that can help prevent and reverse symptoms of cognitive decline. Alzheimer’s disease is a threat to health and independent living. This class explores healthy living tips, from the latest research, for our brains and bodies. *Instructor: Ms. Annette Franks*

### **Memory Strategies**

**\$18**

HC2131      Wednesday, December 4 at 10:00am to 11:30pm (1.5 hours)

This overview of how our brain functions, how to stay brain fit and strategies to assist with memory in everyday life is a great starting point to any brain fitness program. This lecture will give the learner the tools he or she needs to begin the process of coping with an aging mind but working towards optimum brain health. Learn how you can tap

into six cognitive domains and build cognitive reserve that will help ward off the potential of Alzheimer and Dementia in your lifetime. Experience a sampling of unique brain activities. *Instructor: Ms. Cindi Ryerson*

### **Brain Power Boosters**

**\$18**

HC2132      *Wednesday, December 11 at 10:00am to 11:30am (1.5 hours)*

Brain puzzles are good for your mental health. Daily brain exercises can boost memory and concentration skills. Variety, not degree of difficulty, is important and the key to success. Try these stimulating brain activities, which should prove to be more fun than math homework was! Enjoy and have fun boosting your brainpower. *Instructor: Ms. Cindi Ryerson*

## **History**

### **South Florida's Mound Builders: The People of the Great Circle**

**NEW**

**\$20**

HC2163      *Monday, September 9 at 10:00am to 12:00pm (2 hours)*

If you know very little about the Calusa Indians and their neighbors in south Florida, this is the course for you. If you think you know all about the Calusa, think again. Historian and author, Ted Ehmann moved to Charlotte Harbor in 2016. He began to research the Calusa and other mound builders in the area, not knowing anything about them, but having studied later mound building cultures in the Ohio and Mississippi valleys for thirty years. What he discovered was remarkable. Ehmann questioned why these monumental earthwork constructions and canals were such a secret, and why they lay hidden and off-limits to the public. Ehmann's research unearthed a great deal of bias and growing disregard for the Calusa and their achievements by the Florida archaeologists since the 1980s. His work demonstrates what results when you incorporate different theoretical models, approaches and research by anthropologists outside of Florida. Ehmann's conclusions, as well as those of very recent researchers show that what happened in south Florida from 800 B.C. to 1700 A.D. ranks as one of the most significant cultural epochs in world prehistory. *Instructor: Mr. Ted Ehmann, whose book on this subject will be published by Pineapple Press in December of 2019.*

### **From Spice Routes to the Space Age: Patterns of Living in the Middle East**

**\$50**

**Members \$12**

HC2242      *Wednesday, October 2 at 10:00am to 3:30pm (5.5 hours) Includes catered lunch*

Long-heralded as the birthplace of civilization, the rich historical and archaeological heritage of the Middle East gives us the template for the development of civilization and society that carries us into the 21<sup>st</sup> century. We will explore the development of humankind via the archaeology of the human experience and the evolution of its patterns of living.

**The Bedouin** – Called the “most noble of societies” by T.E. Lawrence, this semi-nomadic lifestyle is centuries old; yet faces the challenge of modernity. Low overhead, lots of fresh air, freedom of movement...sounds appealing? It also is the origination of the “world's oldest profession”. Confused?

**The village** – “Small-town” living is the core of life in the Near East and the Arab world. It is the primary focus of Mid-East Society with a majority of the population living here. For the most part insulated from the greater world, is life really easier and less stressful?

**The communal environment** - The concept of socialism swept portions of the Middle East, notably Israel, at the end of the 19<sup>th</sup> Century. The concept of the collective farms, *Kibbutzim and Moshavim*, is unique to the region. Do we truly want to have everything supplied for us?

**The city** - The notion of city and urban society is entirely different in the West than in the Mid-East. The Arab city had a mystique all of its own, and for a reason. This changed with the colonial invasion by European society in the early 19<sup>th</sup> Century. On the other hand, the Israeli city model is one that westerners feel the most comfortable identifying with. *Instructor: Dr. Steven Derfler*

**Florida's Gray Gold: Phosphate Mining 1868 - 2018** **NEW** **\$20**  
HC2165 Tuesday, October 8 at 10:00am to 12:00pm (2 hours)

Ted Ehmann makes available an intensive history of phosphate mining in Florida's Bone Valley. Beginning with changes in agriculture in the mid-1800s and the discovery of mined phosphate as a fertilizer for crops, Ehmann chronicles the growth of dependence on phosphate fertilizers to restore fertility and the global reliance on Florida's plentiful phosphate deposits. From 1886 to 1900 in Florida's Bone Valley, which encompasses Hillsborough, Polk, DeSoto, Manatee and Hardee Counties, there was great speculation resulting in the formation of some 220 strip mining companies. In 2002, the two largest remaining companies merged to create global phosphate giant, Mosaic. There has been a history of accidents related to mining operations, as well as violations of our U.S. environmental laws. Now for the first time in over a hundred years, counties, citizens and environmental groups are trying to stop further expansion in the southern region by Mosaic. The presentation will include hundreds of historical photographs and documents that paint a complete picture of the history of this industry in Florida. *Instructor: Mr. Ted Ehmann*

**America's First Spy Satellite** **\$18**  
HC2126 Wednesday, October 9 at 10:00am to 11:30am (1.5 hours)

This is the story of the camera system that made the "Iron Curtain" transparent, that dispelled the "missile gap" myth, and possibly averted a nuclear war. In the years following World War II (WWII), ideological differences between the United States of America (USA) and the Union of Soviet Socialist Republics (USSR) resulted in tense relationships between these two remaining superpowers and the nations aligned with them, the "western bloc" with the US and the "eastern bloc" with the USSR. The USSR seemed to have expansionist ambitions that it appeared willing to pursue, even if they again threatened the peace of the world, a world that was still trying to recover from the devastating effects of WWII. This combative relationship was termed the Cold War. *Instructor: Charles Kotsaftis*

**The Crackers: Their Origin, Culture and Role in Florida History** **\$20**  
HC2245 Wednesday, October 16 at 1:00pm to 3:00pm (2 hours)

When Florida became an American territory in 1821, only three kinds of people lived south of Gainesville: Indians, the military and seemingly foolish people. Who were these "fools", the pioneers who inhabited the uninhabitable? They were the Crackers. Where did they come from? They were the poor whites of the Southern states. And who were these poor white Southerners? They were the Scots-Irish who came to the colonies in five waves from 1717 to 1775. They were called hillbillies, rednecks, and crackers. This is their story. *Instructor: Ms. Mary Lou Williams*

**Punta Gorda: The Little Town that Unity Built** **NEW** **\$20**  
HC2215 Monday, October 21 at 10:00am to 12:00pm (2 hours)

The front-page article of the Charlotte Sun on Saturday, February 16, 2019, read "The Wall Divides Us". Division rather than unity characterizes almost all sectors of our nation. Unity did however occur in an unusual place and unusual time: here in Punta Gorda, Florida. The settlement, founding, and development of Punta Gorda, incorporated in 1887, has been described as a "unique sociology". Learn what factors contributed to unity between Whites and Blacks and how unity encouraged a shared prosperity in the early years. Punta Gorda was once a model for unity in this country. *Instructor: Dr. Martha Bireda*

**GREECE: UNESCO World Heritage Site** **NEW** **\$50/ Members \$12**  
HC2243 Monday, October 28 at 10:00am to 3:30pm (5.5 hours)

Founded in 1975, UNESCO's World Heritage mission is to encourage countries to sign the World Heritage Convention and to ensure the protection of their natural and cultural heritage. Greece has long been considered by many to be the

cradle of Western civilization. Today 18 sites have been designated as WHS sites in mainland Greece and her islands. They include the Temple of Apollo at Bassae, Athenian Acropolis, Sanctuary at Delphi, the Old City of Rhodes, Olympia, Mycenae, Meteora and Thessaloniki to name a few. We will examine them in depth. *Instructor: Dr. Steven Derfler* *Fee includes a catered lunch.*

**Beyond My Wildest Dreams: A German Girl's Story of WWII & Beyond** **\$20**

HC2095 *Thursday, November 7 at 1:00pm to 3:00pm (2 hours)*

Born in the turmoil of World War II, Monika's earliest memories are of a desperate attempt to escape the Red Army as it smashed its way west into Germany. Her childhood and teen years were spent in virtual servitude, abandoned by her mother's family to a harsh stepmother who tried but failed to break her spirit. As a teenager, Monika was suddenly reunited with her family, which led to a great and enduring adventure that continues today. She immigrated to the United States in 1959, and pursued degrees in Math, Modern Languages and Education. Her fairy tale continues with a marriage of more than 50 years, children, and grandchildren. *Instructor: Ms. Monika Tandon*

**General DeGaulle's Legacy** **NEW** **\$20**

HC2150 *Wednesday, November 20 at 10:00am to 12:00pm (2 hours)*

General Charles de Gaulle left many legacies. If you have ever visited France and Paris in particular, you've likely been a "victim" of at least one legacy (Ha ha, but no, I'm really not kidding). Today, we'll visit several of those legacies which focus on the French Resistance efforts during the German occupation of France between 14 June 1940 and 25 August 1944. At the end of our discussion, you'll learn why the de Gaulle legacy you experienced no longer exists. *Instructor: Mr. Stew Ross*

**When Cattle Was King - Punta Gorda's Beginnings** **\$20**

HC2222 *Monday, November 25 at 10:00am to 12:00pm (2 hours)*

Before the Civil War, in all of the southern states, cotton was king, everywhere except in Florida. Charlotte County historian Ted Ehmann reveals in words and images our cattle ranching history. In what is now Charlotte County there was the unique distinction of cowboys and Indians being the same for many years. Learn how the thousands of head of selected and adaptable cattle left here by the Spaniards fueled some of Florida's biggest cattle kingdoms as whites flooded into the Indian lands at the beginning of the 19<sup>th</sup> century.

Punta Gorda's real history was as a frontier cattle town. In this class, you will become familiar with Florida's best-known cattle kings and how they gained great wealth and power along the Peace River. Punta Gorda's cattle port and later Lee County's Punta Rassa port grew due to the increasing market for beef in Cuba. Discover Charlotte County's trade history with Cuba and Cattle's Golden Age. Illustrating this golden age was the famous American artist, Frederick Remington who came to Punta Gorda on vacation. Ehmann will provide many priceless paintings, maps and photos of this unique local history. *Instructor: Mr. Ted Ehmann.*

**The Kingdom of Thailand** **NEW** **\$18**

HC2194 *Monday, December 2 at 1:30pm to 3:00pm (1.5 hours)*

This course will outline the history and origins of Thailand and its people, its government, culture, and current events. A number of photographs of the Thai countryside will be shown, along with a variety of artifacts and handouts. *Instructor: Mr. Lyle Bultman*

**World War I and the League of Nations** **NEW** **\$40/Members \$32**

HC2090 *Wednesday, December 4 and Thursday December 5 at 10:00am to 12:30pm (5 hours)*

In 1917, President Wilson called for a "just and secure peace." His vision for a new world order following World War I was far-reaching and radical at the time. Using readings, simulations, and primary sources, we will explore

the causes and effects of World War I both domestically and abroad, the Paris Peace Conference, and the debate in the U.S. Senate about whether to join the League of Nations and ratify the treaty. At this critical moment in history, we will recreate this Senate debate in a role-play that highlights contrasting visions for U.S. policy. Finally, we will examine excerpts of foreign policy speeches made by different U.S. presidents in order to assess the impact of "Wilsonian" thought on subsequent U.S. foreign policy. *Instructor: Mr. Joe Lanza*

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**Pre-history of Charlotte Harbor: 13,000 BC to 1,700 AD** **\$40/Members \$32**

HC2223 *Tuesdays, December 10 and 17 at 9:30am to 11:30am (4 hours)*

**Part I: The Paleo-Indian and Archaic Period 13,000 B.C. to 1,000 B.C.**

In 2017, a recreational diver found a human jawbone in 20 feet of water off the Manasota Key in Sarasota County. Diver archaeologists have since found a large freshwater burial site from around 4000 B.C. The Manasota Offshore Archaeological Site is one of many known and studied prehistoric sites that tell us about the people that inhabited our area centuries ago. When the first people arrived in our area 15,000 years ago, it was a 130-mile trip in both directions till you reached the coasts. Despite the time and the great distances, archaeologists are discovering not only great cultural similarities, but DNA similarities between these earliest of groups. Findings from the following archaic sites will be covered: Windover Pond, Republic Grove, Bay West, Palmer, Little Salt Springs, Warm Mineral Springs and Manasota Offshore.

**Part II: The Woodland Period 1,000 B.C. to 1700 A.D.**

In 1896, Smithsonian ethnographer Frank Hamilton Cushing left Punta Gorda and traveled south in Charlotte Harbor, discovering the great mound complexes and intricate engineered canals and islands. Part II will cover the arrival of the Calusa from their previous home and accomplishments in Louisiana by 800 B.C. Together with their neighbors they built the largest and longest culture (25 centuries) by hunter-gatherers in world prehistory. Special attention will be paid to their beliefs and art, which were different and unique from all other North American tribes during the Woodland Periods *Instructor: Mr. Ted Ehmann.*

## Law

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**Elder Law**

**NEW**

**\$15**

HC2159 *Wednesday, November 13 at 11:00am to 12:00pm (1 hour)*

Elder Law focuses on those issues which affect the elderly and their families. It encompasses a broad understanding of aging and the law and coordinates a client's estate plan with their long-term care plan. Elder law includes consideration of the following:

Durable Power of Attorney; Qualified Income Trusts; Health Care Surrogate Designations; Living Wills and Advance Directives; HIPPA designations and releases; Planning for long term care and Medicaid; Asset preservation; Residential alternatives; Special Needs Trusts for Disabled individuals; Estate, gift and income tax issues; Trusts; Wills; Probate and Trust administration; Long Term Care Insurance; and, Personal Service Contracts. *Instructor: Ms. Jennifer Howell, Esq.*



## Life Enrichment

**Belief Systems: A Prison of Our Own Making** **NEW** **\$20**  
HC2166 Wednesday, October 23 at 10:00am to 12:00pm (2 hours)

In pursuit of greater knowledge, Ted Ehmann enrolled in a multi-year program in Neuro-Linguistic-Programming (NLP). Created as a technology, NLP combined groundbreaking research in neuroscience, psychology, physiology and behavior. Included in his study was the work of clinical psychologist Robert Dilts on beliefs and belief systems. Since integrating his knowledge of belief systems into social change modalities for himself and others, he has discovered how all humans from childhood on through life create beliefs and entire belief systems that severely limit their actions and potential. These self-imprisoning are natural to our species and unavoidable. Because beliefs reside in the human subconscious, they are very difficult to locate and to alter. In the 1990s, using his knowledge of belief systems, as well as applied neuro-science, Ehmann was able to take adults who believed they had no talent for art, and alter those beliefs, teach skills and have every adult successfully produce mature and skilled works of art. **This course is for anyone who wishes to discover their full potential, regardless of their stage in life and limiting beliefs about who they are and what is possible.** *Instructor: Mr. Ted Ehmann*

**Senior Wisdom: The Phases and Stages** **NEW** **\$45/Members \$36**  
HC2236 Thursdays, December 5, 12 and 19 at 1:00pm to 2:30pm (4.5 hours)

Psychologist Erik Erikson identified a series of eight stages that a healthy developing individual should pass through from infancy to late adulthood. We enter this final stage at 65 years of age and our final developmental task is *retrospection*, when we look back on our lives and accomplishments. In this three-session class, we will review each of Erikson's stages and explore how successfully we have completed each through a psychosocial task inventory. This class will provide us with a fascinating look at our lives. *Instructor: Dr. Martha Bireda*

## Music History

**A Journey through the American Songbook and Pop Culture** **NEW** **\$20 each part**  
HC2244 **Part 1** Monday, September 16 at 2:00pm to 4:00pm (2 hours)  
HC2246 **Part 2** Thursday, September 19 at 10:00am to 12:00pm (2 hours)

This class designed and presented by Emmy Award winning musician/entertainer Dave Powers, will educate and entertain students while providing commentary with live and recorded musical examples of American Popular Music through the 20th Century. The "American Songbook" describes popular music that was written for musicals and Broadway shows, but through the years, it has transcended into many musical styles including jazz and rock 'n roll. The term 'pop music' is coined for many different musical styles from ragtime to blues to swing to the modern music of today. The common bond is that the music, the style and the compositions are uniquely American in origin and something that Americans are proud to "call their own". Although the course will cover many genres of music, Jazz plays an important role in shaping the evolutionary styles of American popular music. *Instructor: Mr. Dave Powers*  
**This course is presented in 2 parts and each may be enjoyed on its own merits if you cannot attend both sections.**

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

**Hallmarks and Icons of American Pop Culture****NEW****\$20**

HC2248 Monday, October 14 at 2:00pm to 4:00pm (2 hours)

This class reflects on the key historical musical elements that have shaped our lives from the latter part of the last century. The subject matter of 'Hallmarks and Icons' will span 75 to 80 years, and feature live performance and commentary by Dave Powers as well as recorded examples. This course is also a continuation of "American Songbook and Pop Music Culture" course that is also offered by Dave. 'Hallmarks and Icons of American Pop Culture' provides an entertaining insight on the relationship of American popular music and our ever-changing society. *Instructor: Mr. Dave Powers*

**History of Pop Music of the 1930s – 1950s****NEW****\$20**

HC2247 Monday, December 16 at 2:00pm to 4:00pm (2 hours)

This class provides a retrospective of the music and pop culture of the 30's, 40's and 50's, featuring commentary, historic recordings and live performance. *Instructor: Mr. Dave Powers*

**Musical Concerts****Music makes the heart sing!***The Renaissance Academy is proud to present:***4:00pm – 6:00pm****Monthly Friday Musicales: A Course in Music Appreciation****\$20 each**

Our monthly Friday afternoon musicales continue through autumn, winter and into the spring! Come enjoy the wonderful sounds created by professional musicians Rachel Cox (violin and viola), Judy Kaff (piano) and friends. Audience participation is invited in various ways! Each month will be a different theme. FGCU is pleased to be a part of enhancing and enriching the cultural and educational experiences of our community. *Musicians: Ms. Rachel Cox and Ms. Judy Kaff* Scheduled dates and class numbers are:

- 10/4/19 HC2227 - **A Romantic Interlude**
- 11/1/19 HC2228 - **Masquerade**
- 12/13/19 HC2229 - **Holiday in Paradise**
- 1/10/20 HC2230 - **Music of the Holocaust**
- 2/7/20 HC2231 – **A Celebration of Black Composers**
- 3/6/20 HC2232 – **Women in Music**
- 4/10/20 HC2233 – **Spring Awakening**

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

## Political Science

### **Impact of Immigration on the Nation-State throughout History**

**NEW**

**\$20**

HC2285

Wednesday, December 4 at 1:00pm to 3:00pm (2 hours)

If asked the question “what phenomenon has most deeply affected the nature of society and the state throughout history,” a good case could be made for “immigration.” Since the earliest days of complex organized society, immigration has been a major key to the nature and development of society and the state. This presentation will examine this and why immigration has made it virtually impossible to develop the ideal model(s) of successful states. This presentation will explore this both throughout history and in the present day. This two-hour session will consist of a presentation and group discussion. *Instructor: Mr. Miles Williams*

## Psychology, Sociology and Social Science

### **Stealing the White House**

**NEW**

**\$20**

HC2164

Thursday, September 26 at 10:00am to 12:00pm (2 hours)

This is an interdisciplinary view of what has occurred since the 2016 Presidential Election. Combining anthropology, mythology, psychology and political science, Ehmann reveals how our 45th president is the incarnation of one of the world’s most celebrated mythological figures, the Trickster. In the 1980s, Joseph Campbell published his life-long study of mythology. His series, the Power of Myth, brought to light how mythology and the mythological figures are alive and well in modern American culture. Since Hermes first appeared in the ancient Greek myths, stealing has been a central behavior of the trickster. Ehmann will use the media attacks on our president, beginning with the view that he stole the election, to demonstrate that everything that has been attributed to Trump as president defines him as the incarnation of mythology’s most important figure. Campbell’s conclusions on the function of the trickster was to disrupt the status quo. Since ancient times, the tales of the trickster reveal the character who wears disguises, is lewd, vulgar and adolescent, while creating the world and shaking it up at its core. Ehmann will support his findings with many stories from indigenous cultures who used raven, coyote and spider to explain the creation of the world, an achievement that typically began with artful stealing. *Instructor: Mr. Ted Ehmann*

### **Monster in the Mirror – from the Medieval to the Modern**

**NEW**

**\$20**

HC2251

Monday, October 21 at 10:00am to 12:00pm (2 hours)

From the gargoyles atop Notre Dame to the beautiful creatures filling our Netflix watch list, monsters are everywhere in contemporary culture. Monster in the Mirror will explore the medieval roots of many contemporary monsters, as well as looking into the cultural contexts that gave birth to particular monstrous bodies. From the ancient dragons of Arthurian myth to Godzilla, these monster bodies are inscribed with (and built by) historical events and cultural anxieties. We will be looking at older texts like the *Libre Monstrum*, as well as contemporary figures of the vampire, the werewolf, and the zombie. *Instructor: Dr. Frances Auld*

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

**Early American Ghost Stories: Suspicions of the Supernatural****NEW****\$20**

HC2279

Wednesday, October 30 at 10:00am to 12:00pm (2 hours)

From the Salem Witch Trials to the bloodstained floors in Colonial Williamsburg, America's haunted past is nothing new. Whether it is the magic to be found at Southern crossroads or the mysterious tunnels under Boston's North end, there are hundreds of years of spooky stories surrounding Early America. We'll examine 16<sup>th</sup> to 19<sup>th</sup> century ghost stories/paranormal encounters from oral and written traditions across the United States. Edgar Allan Poe, Nathaniel Hawthorne, and H.P. Lovecraft had some great raw material to work from and this talk will include excerpts of their work, as well as historical reports of the eras. *Instructor: Dr. Frances Auld*

**Original Fairy Tales: More Netflix than Nursery****NEW****\$20**

HC2280

Monday, December 16 at 10:00am to 12:00pm (2 hours)

Fairy Tales have a gentle tradition as stories for children. However, these stories have changed drastically over time. Many of the early versions were told to everyone sitting in the kitchen during a cold winter night. They often had what we would call adult themes like hunger, parental loss, social jealousy. Those original oral tales were much more exciting and often violent than the sanitized Disney versions or even the edited literature of the Brothers Grimm. This presentation explores Fairy Tales from the oral and written traditions of England, Germany, France, Russia, China, and the Inuit. *Instructor: Dr. Frances Auld*

## Storytelling

**How to Write and Tell Personal Stories****\$20**

HC2249

Wednesday, November 20 at 1:00pm to 3:00pm (2 hours)

Using the "Memory Map" and "Story Box" techniques, you learn a fun, easy way to pull numerous story ideas out of personal experiences and turn any one of them into a well-rounded tale. Participants will leave the workshop with one new piece that will contain the bones of a good story. This workshop will help the participant to build his or her repertoire, enhance any presentation, and transform life experiences into spellbinding narratives. *Instructor: Ms. Mary Lou Williams*

**Tall Tales****\$20**

HC2250

Wednesday, December 11 at 1:00pm to 3:00pm (2 hours)

Tall tales are a quintessentially American art form. The stories of Paul Bunyan, Pecos Bill, and John Henry are examples. In this class, we will discuss the history of the tall tale, the characteristics of tall tales, traditional tall tales, and the king of modern-day tall tales, Bil Lepp, a five-time winner of the West Virginia Liars' Contest and nationally renowned storyteller. The instructor will also tell some of her own original tall tales. *Instructor: Ms. Mary Lou Williams*

Register online at <https://registerhcc.asapconnected.com/> or call 941-505-0130

# Technology

## **Streaming Media-TV Shows and Channels**

**\$25**

HC2266-01 Monday, September 9 at 12:00pm to 2:00pm (2 hours) *or*  
HC2266-02 Monday, October 14 at 12:00pm to 2:00pm (2 hours)

An overview of streaming services, content media, and subscriptions such as Netflix, Hulu, Vudu, Sling TV, and many more. See what TV shows and TV channels are currently available to watch on your TV or mobile devices by using streaming devices such as Chromecast, Roku, Amazon Fire TV and Apple TV. Compare streaming to traditional cable TV and satellite TV services such as Century Link, fiOS and Comcast Xfinity. Learn how and why the streaming revolution is increasingly becoming an addition to cable TV, and in some cases for many people, streaming can replace cable TV altogether. The recommended follow-up companion course is HC 2027, Connecting Streaming Devices.  
*Instructor: Mr. James Nelson.*

## **Internet Security**

**\$25**

HC2267-01 Monday, September 9 at 3:00pm to 5:00pm (2 hours) *or*  
HC2267-02 Monday, October 14 at 3:00pm to 5:00pm (2 hours)

Learn how to defend yourself from cyber-attacks. Menaces on the web include the dark web, phishing attacks, ransomware encryption, malware and spyware, keystroke loggers, Wi-Fi router compromises, Bitcoin mining hijacks, bots. You leave with a basic understanding of the techniques to minimize the chances that hackers will steal your identity, uncover your passwords, or lock up your PC. The instructor worked in cyber defense for a military contractor.  
*Instructor: Mr. James Nelson.*

## **Internet Streaming Devices**

**\$25**

HC2268-01 Monday, September 16 at 3:00pm to 5:00pm (2 hours) *or*  
HC2268-02 Monday, October 21 at 12:00pm to 2:00pm (2 hours)

Compare and Connect Internet streaming devices to your existing TV, such as Chromecast, Roku, Amazon Fire TV, and AppleTV. Understand Wi-Fi and Wireless Cellular Data Internet options. Use your phone as Wi-Fi Hotspots in event of a cable outage. Use the Internet to “project” your home TV service to a vacation or second home. Benefits and limitations of “Smart” Internet TVs. know how your choice of Internet and telephone service may be critical in a storm or 911 emergency calls. A more in-depth follow-up to Overview of Streaming Internet Movies and TV.  
*Instructor: Mr. James Nelson.*

## **Understanding the Cloud**

**\$25**

HC2269-01 Monday, September 16 at 12:00pm to 2:00pm (2 hours) *or*  
HC2269-02 Monday, October 21 at 3:00pm to 5:00pm (2 hours)

Are you hearing more about “cloud” services? What is the cloud all about? After taking this class, you will understand the pros and cons of using cloud-based services and compare various cloud offerings such as iCloud, GoogleDrive, Microsoft OneDrive and Office 365, Carbonite and Dropbox. You will have the information you need to make a choice, to decide which service best suits your needs. This is an introductory level course, but some experience using either a Microsoft Windows PC or a mobile device is recommended. *Instructor: Mr. James Nelson.*

**Step 2 for Mobile Devices: Helpful Tips****\$25**

HC2270 Monday, September 30 at 12:00pm to 2:00pm (2 hours)

Learn the hints, tips and tricks to get the most from mobile devices. Topics include lesser-known settings, sharing photos and web pages, managing your GBs of storage, home screen website shortcuts, Wi-Fi hot spots, screen shots, and security tips. Prerequisite is basic familiarity with your smartphone or tablet. *Instructor: Mr. James Nelson.*

**Step 2 for Mobile Devices: Useful Apps****\$25**

HC2271 Monday, September 30 at 3:00pm to 5:00pm (2 hours)

You will be introduced to a variety of popular apps so that you get the most out of your mobile devices. The apps to be discussed include Google Map, Webmail, WeatherBug, Skype, and WI-Fi Speed test. Prerequisite is a basic familiarity with your smartphone or tablet. *Instructor: Mr. James Nelson.*

**Beginner Android****\$25**

HC2272 Monday, October 7 at 12:00pm to 2:00pm (2 hours)

This class does not cover iPhone, iPad, or Kindle. This is a beginner's introduction to the Android operating system. Learn how to browse the internet, save favorite websites, take pictures, email photos and other attachments. Learn about important settings, including connecting to Wi-Fi and fixing the annoying screen shutoff. Discover useful and fun "Apps" that enhance your life. Learn helpful shortcuts and tricks. Some prior experience is helpful but not required. *Instructor: Mr. James Nelson.*

**Beginner Apple****\$25**

HC2273 Monday, October 7 at 3:00pm to 5:00pm (2 hours)

Learn how to browse the internet, save favorite websites, take pictures, email photos and other attachments and discover useful and fun "Apps". Learn about important settings, including connecting to Wi-Fi and fixing the annoying screen shutoff. Some prior experience is helpful, but not required. Please bring your iPad or iPhone to class. *Instructor: Mr. James Nelson.*

**Apple iPhone/iPad: Camera, Photos, Editing +...****\$25**

HC2274 Monday, October 28 at 12:00pm to 2:00pm (2 hours)

Your iPhone/iPad has two cameras for taking still photographs and HD video. In this lecture-style class, we will learn all the features of the cameras and how to use them. We will also discuss how to get photos from your digital camera onto your device and how to edit, organize, manage, email and share them. Turn your iPhone/iPad into a digital photo library of your most important photographic memories. *Instructor: Mr. James Nelson.*

**Apple Email and Safari****\$25**

HC2275 Monday, October 28 at 3:00pm to 5:00pm (2 hours)

So many have Apple iPhones and iPads and yet do not understand how to use the three most important applications on their devices. This program will dive into the detailed workings of the Email, and Safari apps on your iPhone/iPad. Learn how to add new contacts in email, work with attachments, organize email into folders, eliminate unwanted junk mail, and much more. Learn how to surf the net using Safari, read articles without ads, instantly translate foreign language pages, save photos, and add bookmarks/favorites. *Instructor: Mr. James Nelson.*

**Introduction to Amateur Radio****\$25**

HC2276 Monday, November 4 at 12:00pm to 2:00pm (2 hours)

A Lifeline in a Storm and an Enjoyable Hobby. Understand “ham radio”, a hobby enjoyed by non-technical as well as technical people. Communicate and socialize with other amateur radio operators around the world. Learning Morse code is no longer required! Because Wi-Fi, cellular internet, and phones often do not work during and after disasters such as hurricane and major electrical power outages, hams can usually communicate when others cannot. Many amateurs volunteer to provide communications for local community events. Some choose to assist local emergency authorities during natural disasters. *Instructor: Mr. James Nelson.*

**YouTube for Grownups****\$25**

HC2277 Monday, November 4 at 3:00pm to 5:00pm (2 hours)

There is much more on the free YouTube App than just streaming cute dog and cat videos. Learn how major networks post recent news interview clips, entire shows, specials, etc. One can also view interesting documentaries, older TV shows, travel, tutorials, and even stream movie rentals. Learn how to search YouTube for your desired topics or content and then save it for watching later. The Streaming Internet Course is suggested as a prequel or follow-up. *Instructor: Mr. James Nelson*

## Writing

**Find Your Voice: The Writers’ Salon****\$70**

HC2253 Wednesdays, September 4, 11, 18, 25, October 2, 9 at 11:00am to 1:00pm (12 hours)

Writers, are you ready for feedback on a project you are developing? The Writers’ Salon is a welcoming environment where writers read, discuss, and gently critique each other’s work. Whether you are a beginner or seasoned author, bring 1-3 pages of your work to our weekly table reading. We will listen for a writers’ voice, style, and crafting skills among other elements of storytelling. Class includes a guest speaker and relevant handouts. *Instructor: Ms. Naomi Pringle*

**How to Write and Tell Personal Stories****\$20**

HC2249 Wednesday, November 20 at 1:00pm to 3:00pm (2 hours)

Using the "Memory Map" and "Story Box" techniques, you learn a fun, easy way to pull numerous story ideas out of personal experiences and turn any one of them into a well-rounded tale. Participants will leave the workshop with one new piece that will contain the bones of a good story. This workshop will help the participant to build his or her repertoire, enhance any presentation, and transform life experiences into spellbinding narratives. *Instructor: Ms. Mary Lou Williams*

# Renaissance Academy Travel Abroad

## **TRAVEL – 2020 EXCURSIONS**

*Please feel free to register for any of these remarkable and interesting trips. Always out of the ordinary and always delightfully different! By registering on-line or with one of our office staff, you will receive an informational brochure as soon as they become available - to help you to decide if just one is enough!*

### **National Parks of the Southwest**

SP1910 – May 13 – 22, 2020 – 12 days

It's a land of scenes epic in scope, from the immense Grand Canyon and the sinuous Colorado to the sandstone spires of Bryce and the red-rock cliffs and chasms of Zion. It's the Southwest, which our small group celebrates at favorite national parks and preserves, America's "best idea".

### **St. Petersburg and the Baltics**

SP1911 – August 11 – 24, 2020 – 14 days

Set your sights on Europe's northeast corner, where four distinct nations strung along the Baltic Sea offer a wealth of travel riches. As we visit four thriving capitals and their provincial outskirts, we discover for ourselves the fascinating heritage and stimulating contemporary life of this remarkable and diverse region.

### **Provincial France**

SP1912 – August 24 – September 7, 2020 – 15 days

Experience the beauty, allure, and hospitality of provincial France, at an easy pace and in a unique style. Anchored by stays in vibrant Toulouse and enchanting Paris, the journey features diverse Languedoc, the remote Dordogne, the lovely Loire Valley, and historic Normandy as we stay in charming rural inns and small country hotels. It's a small group *tour de force*!

### **Northern Italy**

SP1913 – September 5 – 19, 2020 – 15 days

This leisurely exploration of Italy's varied northern regions, from the romantic Lake District and dramatic Cinque Terre to beloved Tuscany, the majestic Dolomites, and canal-laced Venice, offers a refreshing perspective on a well-known land. In the company of our congenial small group, we celebrate the Italian penchant for hospitality, good food, and good living. In a word, *splendido*!

### **Sicily in Depth**

SP1914 – September 27 – October 8, 2020 – 12 days

Crossroads of the Mediterranean ... the "toe" in Italy's boot ... "God's Kitchen" ... Sicily is all this, and much more, as we see on our stellar small group journey around this Italian island. Its lively cities and ancient ruins, temples of man – and of nature, hospitable people and delectable cuisine ... a feast for all the senses.



### **Israel: Timeless Wonders**

SP1915 – November 7 – 18, 2020 – 12 days

Encounter a land of extraordinary beauty and belief, of spirit and story, history and hospitality. From modern Tel Aviv to scenic Upper Galilee, ancient Tiberias and storied Nazareth to Jerusalem, “City of Gold,” we engage all our senses in a small group encounter with this extraordinary and holy land, with a five-night stay in Jerusalem at the legendary King David hotel.

### **Patagonian Frontiers**

SP1916 – November 18 – December 3, 2020 – 16 days

Enjoy the rare privilege of face-to-face encounters with two of the world’s last great frontiers: the majestic fjords and glaciers of Southern Patagonia, on a small-ship cruise; and the dramatic scenery of Torres del Paine on a three-night stay at the park. Along with visits to Buenos Aires and Santiago, we discover the remarkable diversity of South America.

***Register for upcoming travels online at <http://registerRA.fgcu.edu> or call (239) 434-4737 to receive complete itineraries, cost information and registration forms.***

## Instructor Biographies

**James Abraham** is an award-winning former journalist. He founded Book-broker Publishers of Florida in 2002, and has since published more than 200 books.

**Frances Auld, Ph.D.** Teaches Monsters, focusing on how cultural trauma evokes monstrosity in fiction and film. She teaches Interdisciplinary Coursework, Horror, and Fairy Tales at State College of Florida, Venice.

**Martha Bireda, Ph.D.** is the Founder and Executive Director of the Blanchard House Museum of African American History and Culture of Charlotte County. She is also a published author.

**Sharon Breay, A.S.I.D.** is an awarded and nationally certified senior design consultant with a degree from University of Michigan. She is also a Healing Touch for Animal Practitioner.

**Lyle Bultman** enjoyed a varied and successful overseas business career. His lectures reflect decades of personal and professional experiences of living and working across Asia in China, Japan, India, Thailand, Philippines, Taiwan, Singapore, Korea, and more.

**Rachel Cox**, violinist and violist, has performed with the Naples Philharmonic, Charlotte Symphony Orchestra, Dayton Philharmonic Orchestra, and the Isabella Stuart Gardner Museum Chamber Orchestra. Rachel holds a Bachelor of Music degree in Viola Performance from the New England Conservatory in Boston.

**Dedo (John) Cristina** is an independent sculptor who resides in Florida and works with collage and figurative abstracts.

**Steven Derfler, Ph.D.** was a Professor of Art History and Archaeology at the University of Wisconsin-River Falls.

**Ted Ehmann** is an educator, artist, author and passionate historian. He is the founder of the Charlotte Harbor Anthropological Society.

**Arline Fitzmaurice, Ph.D.** earned her doctorate in Modern Language. She is a former college French and Spanish professor.

**Annette Franks, M. Ed.** is a Corporate Wellness Coach (CWC) and Holistic Health Advisor and is a Licensed Professional Counselor (LPC).

**Sharon Fultz** is a Tai Chi practitioner and has been an instructor since 1995. She is also a Yoga instructor.

**Karen Ann Gallagher** Karen Ann Gallagher received her Master of Science degree in Therapeutic Herbalism from the Maryland University of Integrative Health and is currently pursuing a post master's certification in nutrition. She has a clinical practice and her research has been published in the International Journal of Professional Holistic Aromatherapy and in local newspapers.

**Jennifer Howell** is an Elder Care Attorney who practices in Charlotte County.

**Charles Kotsaftis** is an IRS Certified Tax Counselor, has 14 years as AARP Tax-AIDE volunteer, MBA Finance, California Community College instructor credential.

**Deanna Housfeld, Ph.D.** is a retired educator and a local artist.

**Judy Kaff** is a local pianist who entertains in a variety of locations and often with other musicians in the community.

**Joe Lanza** is a retired U.S. History and AP Economic instructor of 38 years who enjoys exploring historical mysteries/dilemmas as well as economic issues/topics.

**JulieAnne McGready** is an Integrative Movement Specialist, and has been an ACE Certified Personal Trainer since 1998.

**Sharon MacLaren, Ph.D** is a former academic administrator at Florida State University and St. Joseph University.

**Robert Moran** is a lifelong learner who has spent a lot of time, in his retirement especially, studying how people, including himself, think. He has completed several courses on critical thinking. A graduate of Understanding Yourself and Others. He is an Avatar Master.

**James Nelson** is a degreed Georgia Institute of Technology Electrical Engineer.

**Heather Pack** has been a certified Personal Trainer since 2011. She works with physical therapists and post-rehabilitation patients and also instructs classes for older adults.

**Ellie Peterson** is a professional speaker, author and monthly columnist.

**Dave Powers** is an Emmy award-winning composer and performer, nationally and internationally. He consults and has taught with “Piano Guy” host Scott Houston, and is an adjunct professor at the Ohio State University School of Music.

**Naomi Pringle** is an award-winning journalist; the author of two popular novels, she's a former art gallery director. Ms. Pringle hosts the Foreign Language Film Series and 'Find Your Voice: The Writers' Salon.'

**Stewart Ross** is a published author and principal of Yooper Publications, LLC. He had a 32-year career in commercial banking before retiring in 2010.

**Cindi Ryerson, R.N.**, owns and operates Millennium House, an adult day care facility, and the Millennium Cognitive Cafe.

**Anne Schroeder** has 30 years' experience in making presentations, training and projecting a positive image. She has theatre experience, is a graduate of all levels at the SAK Comedy Lab in Orlando, and uses positive humor to promote a comfortable atmosphere.

**Kenneth Soltys** is a chemist with a long career in environmental and sustainability sciences. He was employed at the Massachusetts Office of Environmental Affairs as an Environmental Analyst. He has a Bachelor of Science in Chemistry and graduate studies in organic chemistry.

**Monika Tandon** was born in the turmoil of World War II. She immigrated to the United States in 1959, and pursued degrees in Math, Modern Languages and Education.

**Ralph Temple** is a Chartered Life Underwriter with over forty years of experience in the area of member health and life insurance programs. He currently provides advisory services especially for retirees and baby boomers.

**Dotti Vaivoda** is a Wellness Advocate and is co-owner of Essential Oils Education. She has been teaching about essential oils for more than four years.

**Mary Lou Williams, M.A.**, is a professional storyteller, a writer and a retired educator.

**Miles Williams, Ph.D.** is a political scientist focusing on comparative politics, international relations, immigration and human rights in Europe, Latin America and the United States.

**Thomas Williams** is a former Lieutenant Colonel in the U.S. Army and a Vietnam veteran. He has written five novels that demonstrate the effect of historical events on people's lives.

**Christine Zimmer, Ed.D.** is a retired educator who has taught from middle school through graduate school levels. She has also been a school and district level administrator. She is enjoying her part-time work at FGCU's Renaissance Center.

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