

Updated May 3, 2012

Check out these exciting new suggested courses and let us know if you would sign up for one. These courses can only happen with your input

Course Title: 30 Seconds over Tokyo

Instructor: John Frischmann

Description: The Course is estimated to be 2 ½ to 3 hours long. The reason for this particular dissemination of material is the 70th anniversary of the air raid carried out over Japan in 1942 after only three months of preparation. The first part will recount as to how it was planned, then people involved, up to the planes taking off for the five Japanese targets. This will be followed by the showing of the black and white movie-“Thirty Seconds over Tokyo” that is timed at one hour and 35 minutes. The remaining time will be spent reviewing what the movie presented, what happened to the surviving pilots and crews after that raid and who are the crewman still alive as of the present time.

Course Title: The Artist’s Way in a Day

Instructor: Julie Devin

Description: A one day or two day workshop using the popular Artist’s Way philosophy that addresses those critical creative spiritual issues that can launch you on your own path of creative self discovery and give you the tools to build your own rewarding spiritual creative life. You will connect with ways to intensify, expand and clarify our own remarkable creativity. You will gain strength and belief in yourself, your resourceful spirit and your own amazing power to move beyond creative blocks. You will discover ways to recognize, identify and promote your own artistic talents. This class will incorporate lecture, discussion and experiential teaching methods. Plan to bring a nice notebook to take notes and journal in, a copy of the The Artist’s Way by Julia Cameron (can get used copies on Amazon.com and used book stores), copies of old magazines for collage work and any other materials that might help your “inner artist”. Please wear comfortable clothes and shoes and bring your sense of humor.

Course Title: Be Your Own Santa Claus for the Holidays!!!!

Instructor: Julie Devin

Description: Do the holidays around Christmas get you down? Do you tend to stress out about this time of year? Do you find yourself wanting the holidays to just be over with so you can return to a normal life? If so, read on. In this hour to 3 hour presentation or class, participants will: Determine where their stress with the holidays is really coming from, possibly from unresolved issues from their childhood or past relationships, Look at their own expectations for the holidays and if they are realistic, Discover and look at ways for the holidays to truly have meaning for them and what elements need to be present to have this happen, See if they need to ask others for help during the holidays without having to feel so burdened by so many activities and “to do” lists, Look at new ways to “gift” to themselves and to others without going into debt and find new ways to energize and take care of themselves so as to minimize stress during the holidays The format of this will be lecture, class/group participation, handout materials and possible viewing of DVD excerpts.

Course Title: A Biblical Portrait Marriage

Instructor: Dottie Klein

Description: Will teach course from a Bible Perspective of Marriage: Role of a Wife, Role of Husband, Finances, In laws and extended Family, Sex and Communication, Romance, Loyalty. (Part Video—Dramas) Presentation of Biblical View Discussion and Interaction

Course Title: CCNA Exams & Recommended Training

Instructor: Hans Schaefers

Description: Exam Topics: Describe how a network works, Configure, verify and troubleshoot a switch with VLANs and interswitch communications, Implement an IP addressing scheme and IP Services to meet network requirements in a medium-size Enterprise branch office network, Configure, verify, and troubleshoot basic router operation and routing on Cisco devices, Explain and select the appropriate administrative tasks required for a WLAN, Identify security threats to a network and describe general methods to mitigate those threats, Implement, verify, and troubleshoot NAT and ACLs in a medium-size Enterprise branch office network, Implement and verify WAN links

Course Title: Change Behavior with Self-Hypnosis

Instructor: Jo Conard

Description: Since all hypnosis is self-hypnosis, students need only bring the desire to learn to this class. Learning self-hypnosis is easy and fun, and an excellent tool for changing unwanted habits. This four-week class will teach students self-hypnosis with an emphasis on how to modify behavior.

Course Title: The 5 Common Sense Rules for a Happier Life

Instructor: Colleen Griffin

Description: Happiness is not the mere absence of sadness. Happiness is a mental state of well-being characterized by positive emotions ranging from contentment to intense joy. It is a dynamic, positive, pulsating energy that fills you with a sense of well-being. "Happiness cannot come from without. It must come from within." In this class you will learn the 5 common sense rules to creating a happier life. Applying these simple rules will help you to become happier and healthier. You deserve to be happy. Don't deny yourself this precious human emotion.

Course Title: CompTIA A+

Instructor: Hans Schaefers

Description: CompTIA A+ certified technicians also have excellent customer service and communication skills to work with clients. Two exams are necessary to be certified: CompTIA A+ Essentials, exam code 220-701; and CompTIA A+ Practical Application, exam code 220-702. CompTIA A+ Essentials measures the necessary competencies of an entry-level IT professional with a recommended 500 hours of hands-on experience in the lab or field. It tests for technical understanding of computer technology, networking and security, as well as the communication skills and professionalism now required of all entry-level IT professionals. CompTIA A+ Practical Application is an extension of the knowledge and skills identified in CompTIA A+ Essentials, with more of a "hands-on" orientation focused on scenarios in which troubleshooting and tools must be applied to resolve problems. Candidate job roles include *technical support specialist, field service technician, IT support technician, IT support administrator* and *IT support specialist*. CompTIA A+ is part of the certification track for corporations such as Microsoft, HP and Cisco. Other technology companies, including Dell, Intel, Lenovo and Ricoh, have made CompTIA A+ certification mandatory for their service technicians. The U.S. Department of Defense recognizes CompTIA A+ and the Department of Homeland Security requires it as part of their computer forensics program. The CompTIA A+ certification is accredited by the International Organization for Standardization (ISO) and the

American National Standards Institute (ANSI). The CompTIA A+ certification may be kept current through the CompTIA Continuing Education program. The CompTIA A+ certification may be kept current through the CompTIA Continuing Education program.

Course Title: CompTIA Linux+ Powered by LPI

Instructor: Hans Schaefers

Description: Two exams are necessary to be certified: LX0-101 and LX0-102. LX0-101 covers system architecture; Linux Installation and package management; GNU and Unix commands; devices, Linux filesystems, and filesystem hierarchy standard. LX0-102 covers shells, scripting and data management; user interfaces and desktops; administrative tasks; essential system services; networking fundamentals; security. A new benefit for CompTIA Linux+ Powered by LPI candidates is that they may choose, at the time they take the exams, to have their exam record forwarded to the Linux Professional Institute. Certification in CompTIA Linux+ Powered by LPI, attained by passing CompTIA exams LX0-101 and LX0-102, enables candidates to become certified in LPIC-1 as well, enabling further participation in the LPI program if the candidate chooses. Please note that CompTIA maintains candidate-confidential records for all exam takers, for their own access and use for employment or educational purposes. Any choice to forward an exam record to LPI is made only by the candidate. Candidate job roles include *junior Linux administrator, junior network administrator, systems administrator, Linux database administrator* and *web administrator*. Companies such as Dell, HP, IBM, Lenovo and Xerox recommend or require CompTIA Linux+.

Course Title: CompTIA Healthcare IT

Instructor: Hans Schaefers

Description: The CompTIA Healthcare IT Technician certification exam covers: Regulatory requirements, Organizational behavior, IT operations, Medical business operations, Security. Potential candidates should possess a basic understanding of practice workflow while adhering to code of conduct policies and security best practices. The exam is intended for IT professionals who are CompTIA A+ certified or have 500 hours of hands-on IT technical experience in the lab or field, plus the knowledge/skills necessary to deploy and support healthcare IT systems in clinical settings.

Course Title: CompTIA Network+

Instructor: Hans Schaefers

Description: The exam covers network technologies, installation and configuration, media and topologies, management, and security. Candidate job roles include network administrator, network technician, network installer, help desk technician and IT cable installer. Companies such as Dell, HP, Ricoh, Sharp and Xerox recommend or require CompTIA Network+ for their networking technicians. It is a technical prerequisite option for IT technicians seeking to join the Apple Consultants Network, and is recognized by the U.S. Department of Defense. The current version of CompTIA Network+, exam code N10-005, was released Dec. 1, 2011. The revised objectives address virtual networking and give increased attention to network security and coverage of the seven-layer OSI (Open System Interconnection) model. The previous version, exam code N10-004, will be available through Aug. 31, 2012. The CompTIA Network+ certification is accredited by the International Organization for Standardization (ISO) and the

American National Standards Institute (ANSI).The CompTIA Network+ certification may be kept current through the CompTIA Continuing Education program.

Course Title: CompTIA Security+

Instructor: Hans Schaefers

Description: CompTIA Security+ is an international, vendor-neutral certification that demonstrates competency in: Network security, Compliance and operational security, Threats and vulnerabilities, Application, data and host security, Access control and identity management, Cryptography. CompTIA Security+ not only ensures that candidates will apply knowledge of security concepts, tools, and procedures to react to security incidents, it ensures that security personnel are anticipating security risks and guarding against them. Candidate job roles include *security architect, security engineer, security consultant/specialist, information assurance technician, security administrator, systems administrator, and network administrator.* Organizations that employ CompTIA Security+ certified staff include Hitachi Information Systems (Japan), Trendmicro (Philippines), Lockheed Martin, the U.S. State Department, Prestariang Systems Sdn. Bhd. (Malaysia) and U.S. government contractors such as EDS, General Dynamics and Northrop Grumman. CompTIA Security+ is one of the options for certifications required by the U.S. Department of Defense, for military personnel or military contractors engaged in information assurance activities. The CompTIA Security+ certification is accredited by the [International Organization for Standardization \(ISO\)](#) and the [American National Standards Institute \(ANSI\)](#).The CompTIA Security+ certification may be kept current through the [CompTIA Continuing Education program.](#)

Course Title: Consumers Guide to Global Warming and Alternative Energy

Instructor: Peter Parrino

Description: This course provides an overview of the global warming issue as it relates to alternative energy emphasizing information that is helpful to the consumer and those interested in gaining a more complete understanding of the climate change issue. The course covers present energy usage (fossil fuel, nuclear, hydroelectric), provides an overview of the climate change concept, explains popular terms (Greenhouse effect, Carbon footprint, Ozone Layer, Etc.), discusses where many countries stand with respect to implementing those imitative and presents laws regulating these Technologies. Among the Alternative energies reviewed are solar, geothermal, wind, and other emerging technologies. Incandescent, compact fluorescent (CFL) and light emitting diode (LED) lighting are explained and information is provided to help when purchasing those products. Hybrid vehicle information is presented to assist in the cost of ownership assessment. The Smart grid concept is presented.

Course Title: Controlling the Water in Watercolor

Instructor: Louise Jackson

Description: This course is primarily for beginners or anyone that needs more control of their watercolor. It will be structured to teach flowers, leaves and back ground in an easy step by step manner. Students will learn to make corrections and fix paintings in a variety of ways. The fee includes all paint and paper for the entire series. Loaner brushes will be available to use so you may test the water before investing too much in brushes. Supply list will be provided via e-mail or address if needed.

Course Title: Creative Projects Class: Feeding Your Spirit with Art!!

Instructor: Julie Devin

Description: Do you find that something creative is missing in your life? That even though you've always thought you weren't creative, that, maybe you are?

In this 6 weeks course, we'll be exploring ways to express our creative force or spirit with several creative projects that will include making a life mask from plaster of paris, doing collage work, creating a paper mache bowl and discussion of other creative projects during the course duration. Participants will be encouraged to discover their "inner artists" and find ways to nurture and feed their creative spirits. This course will allow participants to experiment and have fun with this process in a safe, nonjudgmental environment and just a great way to be child-like during the work week. Think of it as camp for adults!!! Or Happy hours without Booze!!!

Course Title: Creativity, What is it and how do I get it?

Instructor: Don Lubov

Description: What is it? What does it take to be creative? Is it only for a select few? If it's for all, how do I get it? Can I put myself in a "creative" state? How do I do this? What would I do with this creativity? Where do I apply it? What are the "right" activities for me? Have these "right" activities always been the same? What skills should I be practicing?

These are some of the questions we ask ourselves when it comes to creativity. In this class we will answer these questions and more. Through our exploration of quotes on creativity from some of the world's great minds, we will learn what it takes to be creative. We will also delve deep within ourselves to uncover our own creativity and encourage it to emerge and blossom.

Course Title: Deepening Your World View- Part 1 Origin

Instructor: Sheila Keene-Lund

Description: A Worldview is the collection of beliefs about life and the universe held by an individual or a group. Most of us are unaware that the worldview we believe in guides most of our thoughts and actions. In ancient times, the worldview of the tribes-its social structure, norms, ethics, values, and belief system- guided all communal decisions. Today, communities around the globe embrace a vast number of fragmented worldviews. Crisis points worldwide reveal the message that history has documented all along: interactions between conflicting worldviews, unless there is sufficient self-interest, leads to social conflict, even to the point of violence and hideous wars. To neutralize global conflict arising from provincial worldviews it will be necessary to construct a global worldview.

Course Title: De-Stress after Work: Feeding Your Spirit with Art

Instructor: Julie Devin

Description: In this 6 week course, we'll be exploring ways to express our creative force or spirit with several creative projects that will include: doing collage work with magazine tearings, paper, oil pastels; creating a paper mache bowl or bowls; making a life mask from plaster of paris; and creative journal work.

Course Title: Developing an Individual Fitness Plan

Instructor: Gary Palmer

Description: The course will provide the opportunity for students to develop an individual fitness plan that will help them get started on the road to good health. The class centers on how

to develop and maintain a lifestyle of health and fitness, one that will enable you to sustain a happy, healthy life for a longer period of time. A practical approach to aerobics, flexibility, balance, and strength building exercises will be discussed and demonstrated. Besides daily exercise, nutrition, getting the proper amount of sleep, and techniques to relieve stress are part of a four prong approach to a healthy lifestyle.

Course Title: DREAMS: Their meaning and Interpretation, and key to self-understanding

Instructor: Frank Machovec

Description: A 1-session description of dreams, what they mean and how to interpret them. Freud called them “the royal road to the unconscious,” the inner you. You’ll learn about dreams in history, common dreams you’ve probably had, how to separate the hidden meaning from obvious “window dressing”, be aware you’re dreaming, cope with bad dreams, and use dreams them to better understand yourself.

Course Title: Drum Core Celebration

Instructor: Gayle Archie

Description: This course uses fantastic drum music and movements that give participants a great workout while they ‘beat’ stress and have fun. There is no complicated footwork. Large stability balls and drum sticks are used in rhythmic patterns in order to raise the heart rate, stimulate the brain and enhance muscle endurance. The workout can also be done seated in a chair. Drum sticks are provided, participants will need their own 55cm (22”) stability ball available from Target, Wal-Mart, or any sporting goods store. These can also be ordered from the instructor. The Cardio portion of the workout challenges all the core muscles located in the torso, legs, and gluteus and short segment of seated or standing core work is included. Come celebrate a healthier you.

Course Title: Eating for Health

Instructor: Kae Borrero

Description: Practical instruction to help you increase the amount of plant based, whole foods into your diet. Recipe demonstrations, menu planning, stocking your kitchen, choices in restaurants, smart food shopping, and more. Power point and email handouts

Course Title: Enhance Your Brain Power

Instructor: Robin Zahor

Description: New research confirms you can expand your brain reserve through easy, proactive practices, and overcome challenges of medication and aging. In this interactive class, learn easy techniques and activities for thinking your way to improved brain health. You will learn how diet, nutrition, stress, and sleep impact your brain’s performance. You will learn longevity tips and information on the latest research findings. Come to my class and have fun while learning healthy habits that can help maintain your brain and keep you sharp.

Course Title: The Gift of Growing Old

Instructor: Frank Hoffman

Description: This course will focus on the golden years of our lives. The struggles, the problems, the pains, the joys, the happiness, and the challenges that face us in the later part of our life will be emphasized. The realization that this segment can be the most special time period

of all and we will discuss the strengthening of our relationship with our spouses, our family, our neighbors and others. These years are not just being alive but to become more fully alive than ever. We will explore our attitudes, our desires, our wisdom and talents and to look inside ourselves rather than outside for answers to fixing of our problems. These sessions will give us an opportunity to share our experiences.

Course Title: History of Scotland: Three Infamous Events

Instructor: Elaine Emery

Description: Even today, there are three events in Scottish history which still stir strong feelings: The Glencoe Massacre; The Battle of Culloden/ Jacobite Rebellion; and The Highlands Clearances. Participants will learn about these events through lecture discussion, audio/visual materials, and other means, depending on course length. My hope is that this program will spark an ongoing study group on this topic, for the history of this proud country is fascinating. A bibliography will also be provided so that participants can pursue further learning.

Course Title: Introduction to Digital Photography

Instructor: Mark DiOrio

Description: The course Introduction to Digital photography is designed to teach the basics of digital photography. Each student will learn the functions of their camera and importance of shutter speed, lens aperture, digital file size and format in camera, and basic lighting and composition. This course is designed to familiarize the student with his/her digital SLR camera and to simplify the process of digital photography for the average person, so that they may be able to improve their skills and become comfortable with their equipment.

Course Title: Jazz Choreography

Instructor: Shirley Keith

Description: In this lively and fun class, students will learn three jazz routines to a variety of music. Basic knowledge of jazz steps is necessary.

Course Title: Just Desserts

Instructor: Nelle Mullis

Description: You will learn how to make desserts that taste wonderful and are beautiful to look at as well. You will learn techniques such as how to make the perfect cheesecake, how to decorate with whipped cream, how to make meringue topping, lemon curd and garnishes to enhance the presentation. You will learn how to make 3 desserts using some of these techniques.

Course Title: "Learn to Look Your Best!"

Instructor: Tatiana Tchernova

Description: your image is your personal resume. At a quick glance most people subconsciously make estimates about your personal appeal, approachability, intelligence, and other qualities. Learn how to create your true personal style, enhance your image, and look youthful and attractive at any age! Find out about the best personal colors that enhance your features, accessories that compliment your face shape! Discover clothing lines that flatter your figure! Learn to look more fit, proportional and always in style! Knowing your best colors and styles will also allow you to save precious money and time and build a closet full of clothes and accessories you will wear again and again. Tips and handouts for colors, makeup techniques,

accessories, wardrobe and shopping will be provided consistent with the classes you attend. Learn to look your best and feel fabulous! Each class will be specifically focused on a certain topic.

Course Title: Legacy Preservation- How to become a Personal Historian

Instructor: Keith Ogorek and Jessica Jacobs

Description: This Personal Historian Certification workshop will discuss the importance of Legacy Preservation and how you can become a Personal Historian. We will focus on two key aspects of successfully recording ones' life story--Emotional Intelligence and the Interviewing Process. At the end of the workshop students will be prepared to take a test which will allow them to become a certified Personal Historian which will qualify them to work with three of the top legacy preservation companies in the country.

Course Title: Light from the East: The Wisdom of Asia

Instructor: Frank Machovec

Description: A one-day exploration of teachings from ancient India and China, including Buddhism, Taoism, and Zen, with examples and self-help exercises to enhance your insight into self and others, based on the presenter's books on these subjects.

Course Title: Long Term/ Custodial Care and Medicaid ICP

Instructor: Craig Clark

Description: The Purpose of this course is to familiarize the student/caregiver with Medicaid financial assistance in the area of long term/ custodial care. Medicaid eligibility is often misunderstood due to misinformation. Student/caregiver attendees will be given up-to-date information in three areas of eligibility requirements: medically needy; income limit; and asset limits.

Course Title: "Married Again"

Instructor: Dottie Klein

Description: Dealing with issues of a blended family with children from former marriage.

- Role of Wife in a blended family
- Role of Husband in a blended family
- Dealing with Co-parenting issues and former spouses
- Dealing with step-parenting issues
- Coping with Adult children in a blended family
- Finances in a blended family/ Child Support/ Alimony/Wills/ Inheritance Issues
- Loyalty and expectations and assumptions

Course Title: "Moon's Up" Ocean Scene

Instructor: Louise Jackson

Description: This class is an intermediate to advanced, experienced in any medium. We will cover painting water and sky with vibrant color. Also the techniques used to create the illusion of waves and foam, rocks, and clouds. The cost will include paint.

Course Title: Mosaic Mastery

Instructor: Ed Puhr

Description: do you enjoy putting a puzzle together? Is seeing ‘the big picture’ a challenge for you? If so, then you might enjoy a mosaic craft project. Mosaics involve cutting and arranging tile pieces in a creative design. When Italy’s Pompeii ruins were unearthed, mosaics were discovered on the walls and floors of the destroyed Houses. They were exquisite in detail as one might see in an oil painting. One doesn’t need many tools for a mosaic project. Your beginning cost is minimal it just takes time, just get a mosaic tile sniper, bring along any tiles stored away and other resources will be provided.

Course Title: Motorcycle Safety Foundation Basic Rider Course

Instructor: Safe Rider Florida Motorcycle Training

Description: 15 hour curriculum which is required by the State of Florida for having the “Motorcycle Also” endorsement added to a driver’s license. Classroom and riding program for anyone who wishes to legally ride a motorcycle or scooter in Florida. We provide bikes, scooters, helmets, gloves, all textbooks, and all tests required. There is no other way to get a motorcycle endorsement under Florida law. This class is mandatory for all new endorsements whether a rider is a beginner or has experience.

Course Title: New England Colonial History (1620-1776)

Instructor: Douglas Hughes

Description: This course will explore the causes of early 17th century migration to New England and the creation of democratic governments, public education systems and religious toleration by the emigrants and their descendants. The 17th and 18th century wars helped shape the colonial attitudes leading towards the American Revolution will be visited as well as the roots of revolution that matured in the 1770’s in New England.

Course Title: Option Investing for Profitable and Reduce Risk

Instructor: Vince Geneco

Description: Course will assess strategies with examples of stock choices provided by persons in attendance. Explanation will be based on current market values and conditions. Research process of stock choices will also be included.

Course Title: Pastel Painting—Rich With Color

Instructor: Jeffery Davis

Description: This class will focus on the versatility of pastel as a painting and drawing medium, Students will learn to create a variety of textures and effects with the vast number of hues available and learn a variety of techniques for rendering an array of subject matter. At the end of six sessions each participant will know the types and uses of pastels as well as the use of color to aid with the harmony of a finished piece. Everyone can learn to “paint with pastels” and have a great time doing so.

Course Title: People Skill: Getting Through Getting Along

Instructor: Frank Machovec

Description: This one-day workshop explains transactional analysis, a way of analyzing interactions with others and how to avoid “games” we play that prevent open communication. It consists of mini-lectures followed by learn-by-doing interactions with others, based on the presenter’s books on the subject and 30 years of workshopping.

Course Title: Persuasive Speaking

Instructor: Michael Cooper

Description: Designed to help you improve your professional presence by speaking to teaching groups. This is the ideal course for sales people, business owners, and those looking towards leadership in the future. Learn the real impact of opening and closing a presentation. Develop a persuasive argument that doesn't come off as one. Learn how to diffuse your opponent's position before or after it's been stated. Overcome objections before they're stated and move your audience to 'your side of the table'. Using the Toastmasters model as the base of this course you will develop and give 3 presentations, each one building on things you learned before. You will also begin to develop impromptu speaking skills and learn valuable evaluation techniques that will help you improve your delivery while you help others to do same.

Course Title: Philosophical Issues

Instructor: Mike Enright

Description: Lecture and discussion in the following: Indoctrination vs. Education; Improving Education; the influence of Religion; and Improving the Family

Course Title: Prime-Time Health: How to Help Your Body Make Its Own Medicine

Instructor: Dr. William Sears

Description: A 1 hour presentation with DVD and/or PowerPoint, plus Q &A if time permits. The presentation is based on my new book Prime-Time Health, a scientifically proven plan for living healthier longer. The DVD that will be used won the 2011 Telly Award for the Best Health and Wellness DVD. I will discuss Noble prize research on how to help the body make its own medicines.

Course Title: Prophetic- Hearing Inner Voice for Others

Instructor: Patricia Wallens

Description: This Prophetic course will teach you how to hear your inner voice, the voice of God, for other people. We will help you identify that inner voice within you and how to hear the right voice and what is the language of God for man. This has been God's plan since the beginning of time; to communicate with mankind in a personal and intimate relationship. The voice coming to us and through us is always loving, edifying, encouraging and brings life to everyone. The gifts of the Spirit are discussed and the Fruits of the Spirit are discussed because they will flow through you to others as the Spirit of God speaks to ones' calling, gifting, plans, and destiny of each individual's life. Come learn how to receive and give prophetic words to others and yourself. Each class will include activations of learning how to speak prophetically to each other.

Course Title: Is the Rat Race Making you Fat?

Instructor: Julie Devin

Description: Have the pounds been creeping up on you as you plod through each day? Has the stress in your life added some extra inches to your waist and thighs? In this 45 minute "edutainment" session, former Betty Ford Center counselor and recovering food addict Julie Devin will look at how our weight keeps increasing as we move up the ladder of success and how the rat race eats us up as we eat more and more. Participants will look at ways to "laugh their weight

off”, reduce the toxic stress and take themselves less seriously and more “lightly”. The Bottom line is about enjoying the banquet of life that too many of us forgot about and instead plunge right into the fast lane of oblivious and non-stop chow-downs.

Course Title: Role Play to Improve Coping Skills

Instructor: Frank Machovec

Description: Psychodrama is a group method developed by Jacob L. Moreno, M.D., using a theater-in-the-round setting to enact real-life problem situations. This one-day workshop demonstrates the method and gives you the opportunity to practice new ways to interact with others.

Course Title: Sculpture-Portraits in Clay

Instructor: Lynn Thomas

Description: Introductory class enabling the student to have a better understanding of the features of the face, before attempting to model a portrait. Participants will model the four features of the face in water-based clay. The Mouth, Ear, Nose and Eye will be created and fired. These personal samples will be used as models, along with photography, so that the student can then create a clay portrait with a better understanding of these challenging features. Emphasis will be on using tools to create effects in modeling.

Course Title: Spiritual Intelligence (SIQ): A New Look at IQ

Instructor: Frank Machovec

Description: Multiple intelligence is a new theory of intelligence, and spiritual intelligence (SIQ) is suggested as one of them. This one-day workshop, based on the presenter’s research and books on the subject, explains how SIQ is non-denominational and how even an atheist can be spiritual.

Course Title: Stress Reduction in Everyday Life

Instructor: Dr. Constance Kay/ Carol Fortune

Description: This workshop is interactive and will address how stress develops and can effect everyday living and what to do about it.

Course Title: Tap Choreography

Instructor: Shirley Keith

Description: In this lively and fun class, students will learn 3 tap routines to a variety of music. Basic knowledge of Tap steps is necessary.

Course Title: Tritone Jazz Fantasy Camps

Instructor: Tritone Jazz Fantasy Camps/ Robert DeRosa

Description: Since 1998, Tritone Jazz Fantasy Camps have provided week-long, “total immersion” experiences in jazz playing and improvisation for adult learners. Many of our “campers” are professionals in their fifties, sixties, and seventies who loved and played jazz at some time in their lives, set it aside to build careers, raise families, or both, and now, with newly found discretionary time, are returning to the music they love. Tritone camps offer five-plus days of instruction and playing or singing, including big-band and small-combo playing, jazz theory and improvisation training, instrument master classes (group lessons taught by masters of

the instrument), faculty and camper concerts, and jam sessions. Our emphasis is on “mainstream” jazz as written and played by the legends of the art – Count Basie, Duke Ellington, Dave Brubeck, Miles Davis, Thelonious Monk, and many others. Our tag line, “Play. Learn. Laugh.” says it all. While our emphasis is on solid jazz training, we never forget that the purpose of this collaborative art is having fun in the company of other similarly experienced musicians. Players and singers of all levels are welcome.

Course Title: Understanding Anger

Instructor: Jo Conard

Description: Although anger is a natural human emotion, it is also addictive. However, if we experience anger too often, it robs us of energy, affects our relationships, and destroys our self-confidence. This class will help students define anger and explore this powerful emotion. We will also discuss the many forms that anger takes in depth. Students will be able to identify sources of their anger and learn appropriate and healthy coping mechanisms.

Course Title: Understanding “Children of Divorce”

Instructor: Dottie Klein

Description: Class will view video presentation by PBS done for TV entitled “Children of Divorce” about 45 min. Dan and Dottie Klein will then open with their divorce and remarriage experience combining 3 teenagers. Married 32 years in a second marriage, they will then open the group to discussion and interaction.

Course Title: Understanding the Dreaming Mind

Instructor: Lauri Loewenberg

Description: During this presentation, emceed by award winning broadcaster and funny man Skip Mahaffey, Lauri will help attendees understand the importance and power of their own dreaming minds. She will reveal how the mind, through our dreams, is helping us to recognize areas of our life and behavior that need improvement; reach our personal goals and our career goals by steering us around obstacles and keeping us focused and inspired; come up with great ideas and solutions; improve our personal and professional relationships; overcome the past and move on into the future; how to remember ALL our dreams; and how to connect the dots between our dream imagery and the previous day.

Course Title: Wheelchair Ballroom Dancing

Instructor: Marilyn Georgantis

Description: wheelchair ballroom dancing is a pattern of graceful rhythmic movements set to music. Ballroom dance patterns adapted to the wheelchair person can be danced with or without a partner as well as group formation. Standing partners are welcome and encouraged. No experience necessary ... just the desire to exercise, have fun, and meet new friends. Manual chair required.

Course Title: “White Rose and Glass”

Instructor: Louise Jackson

Description: Special workshop Painting Glass and Roses are two of the most challenging for any artist. This will be taught in a step by step manner. We will use a combination of different

kinds of watercolor, both liquid and solid (in the tube). We will also use art masking fluid to preserve some whites plus learn to lift light areas.

Course Title: Women Getting Older: An Introduction to Cronedom

Instructor: Julie Devin

Description: As our culture seems to focus more and more on being thin, and looking less than our actual age, this class will focus on ways we can empower ourselves via the celebration of “cronedom”. In our ancestors’ past, women were treated as noble and respected for getting older as they approached and passed menopause. Being a “crone” was an honorable thing.