

SATURDAY

WS1

CHAIR YOGA

Angelena Craig

For Course Description see page 5.

10:00-11:00 AM
Eight sessions

Saturdays
Members \$88

Begins: 1/5
Non-Members \$104

Ends: 2/23

SATURDAY WINTER WORKSHOPS ALL NEW

WWK1

FLOWERS FOR YOU — *The Basics Of Flower Arranging*

Joan Vigeurs

Have fun learning how to create a lovely, unique, arrangement of fresh flowers step by step while exploring your intuitive sense of artistry. The workshop will cover size, color, shape, texture, conditioning flowers for use, and the art of design. You will go home with a beautiful floral centerpiece. Flowers, containers and other supplies will be provided. Just bring a pair of scissors. Haven't we all dreamed of working in a flower shop?!

Joan Vigeurs had a flower business for over 20 years and exhibited for many years in the Philadelphia Flower Show. She has taught at local adult education learning centers, given demos for garden clubs, and worked for the Pennsylvania Extension gardening programs in elementary schools. She has entered and judged many flower shows.

10:00 AM-12:00

Saturday, January 12

Members \$50

Non-Members \$60

WWK2

HOW TO TAKE BETTER TRAVEL PHOTOGRAPHS

Michael Page Miller

Whether you are using a smart phone, a point-and-shoot camera, or a DSRL, you will bring back photographs of your travels that will delight you, your friends, and your family by using 10 essential, easy-to-remember rules and techniques, which will be covered in this workshop. Learn why you should be taking many more photographs, why cloudy days are your best friend, and the magic of diagonal lines. This workshop will include a quick survey of easy-to-use editing programs and suggestions for storing your valuable pictures. For students who would like their photos critiqued in class, please contact the office upon registration (941-383-8811 or info@lbkeducationcenter.org) and we will give you the email address where you can send them (up to three photos may be submitted). This is optional.

Michael Page Miller has extensive experience photographing fascinating people, their arts, and environments in 27 countries. He has had solo exhibits in New York and on Longboat Key and has been selected for juried shows at the Garrison (New York) Art Center and the Sarasota Art Center. He has two books: Australia and New Zealand and 12 Days in Bhutan and was the photographer and designer for The Gardens of Bayport, (on Longboat Key) a photographic guide to over 140 flowers and trees.

10:00 AM-12:00

Saturday, January 19

Members \$30

Non-Members \$35

SATURDAY WINTER WORKSHOPS (CONT.)

WWK3 INTRODUCTION TO INSTAGRAM

Jeffrey Paul Gunthart

Get an overview of how Instagram fits within the world of social media, along with creating your own account. Take a hands-on tour through creating fun images, posting with hashtags, and using privacy settings. Delve into beautiful photography on international accounts like NatGeo; follow your favorite artists and celebrities, or simply enjoy connecting with your friends. This is a great companion course to explore after taking one of our iPhone courses with Keith Coker (see pages 4, 22, 25, 27) or one of the Creative Imaging With Your iPhone courses with Jeffrey, see page 43. Bring your iPhones fully charged. This workshop is for people who have a good working knowledge of their iPhones.

See Biographical Sketch on page 43.

10:00 AM-12:00 **Saturday, January 26**
Members \$30 **Non-Members \$35**

WWK4 COMPOSITION IN ART AND PHOTOGRAPHY

Jeffrey Paul Gunthart

Regardless of the subject matter, composition can make or break a painting or a photograph. Whether you have an “eye for composition” or not, you can develop or build on the skills for composition to help you manifest your unique vision and refine your natural-born skills. This workshop will examine the “Rule of Thirds,” one of the most useful and well-known guidelines used in art and photography. It is intended to help the artist or photographer with the placement of the elements and focal point within the composition to build drama and interest. Other composition techniques will also be discussed. This workshop is for people who have an interest in improving and enhancing their photography (even casual snapshots) or art (hobbyists or painting students).

See Biographical Sketch on page 43.

1:00-3:00 PM **Saturday, January 26**
Members \$30 **Non-Members \$35**

WWK5 FISHING IN OUR LOCAL WATERS

Capt. Bucky Goldman

For Course Description see page 6.

10:00 AM-12:00 **Saturday, February 2**
Members \$30 **Non-Members \$35**

WWK6 MINDFUL ORGANIZING — *Mindfulness Tools for Organized Living*

Patricia Diesel

Are you someone who struggles with a cluttered environment? There is a way to organize your life! In this workshop you will learn how to recognize the thoughts and emotions that hold you hostage to clutter and patterns that self-sabotage your well-intentioned efforts. Patricia will help you develop mindfulness tools that support conscious, healthy living for an organized environment and a clutter-free recovery plan for your lifestyle.

Patricia Diesel, is a sought-after speaker, empowerment and lifestyle coach, columnist, and author of Organically Yours — Open Yourself To A Vibrant Healthy Life Through Clean Living.

1:00-3:00 PM **Saturday, February 9**
Members \$30 **Non-Members \$35**

SATURDAY WINTER WORKSHOPS (CONT.)

Culinary Adventures With Condiments And Spices

Each culinary workshop will include demos, recipes, and tastings.

WWK7 THE ART OF OLIVE OIL

Robert Gaglio

Join Chef Robert for an appetizer workshop utilizing the oil from the irresistible olive, which is harvested from trees that grow on more land than any other fruit tree. Participants will learn the secrets of the fruit that seduced the world since ancient times. You will watch a few dishes being prepared such as caponata, homemade hummus, and other delightful appetizers, and then enjoy tasting them! Delicious!

See Biographical Sketch on page 31.

10:00 AM-12:00

Saturday, February 9

Members \$35

Non-Members \$40

WWK8 A TASTE OF INDIA

Shyamala Badrinath, M.D.

Shyamala will introduce you to the variety of tastes in the north and south regions of India and talk about the history of Indian cuisine and the true meaning of curry in Indian cookery, which is not just the curry powder you buy in a spice bottle. You will learn how to mix your own spices and make delicious, traditional vegetarian and non-vegetarian Indian dishes. Shyamala is a physician, so she will also share all the health benefits of Indian spices such as turmeric, cinnamon, cardamom, pepper, and cloves. Your palate will enjoy an exotic and savory adventure!

Dr. Shyamala Badrinath is an anesthesiologist at Rush University Medical Center and retired medical director of Rush Surgery Center. She has a great love for cooking and has taken many courses. Her primary focus is on nutrition and the prevention of diseases. "Let food be thy medicine and medicine be thy food," said Hippocrates, and so says Shyamala.

10:00 AM-12:00

Saturday, February 16

Members \$35

Non-Members \$40

WWK9 A MEETING OF SPICES OF JERUSALEM — *Introduction To Baharat*

Jeffrey Paul Gunthart

Jeffrey will take you on a guided journey to explore the colorful taste of the Middle East through Baharat—a beautiful mix of invigorating spices—along with a brief history of how the spices came together through trade and travel. You will sample a few dishes made with Baharat, including lamb meatballs and a veggie dish, to get your senses inspired to use this ancient blend in your own kitchen!

Jeffrey Paul Gunthart has always had a passion for world-wide cuisines and the cultural celebrations that center around food. His travels as an international photographer provided many opportunities to explore diverse culinary adventures. His new art school, "Longhaus," combines his love of photography, education, traditional craft, and cultural celebration, often including food demonstrations. Visit thelonghaus.com

10:00 AM-12:00

Saturday, February 23

Members \$35

Non-Members \$40

SATURDAY WINTER WORKSHOPS (CONT.)

Health, Wellness, And The Family

WWK10 DEPRESSION IN MEDICAL ILLNESS

Steven Cole, M.D.

Between 20-50% of individuals with any chronic illness (Parkinson's disease, heart disease, dementia, to name a few) will get depressed. And about 50% of caregivers develop symptoms of depression. The aim of this program is to provide participants with a broad overview of current psychiatric understanding (biologic and psychosocial) of depression and illness, its impact on the family, and its treatment. In group discussions, attendees will be able to address their principal questions and concerns and learn from the workshop leader as well as their peers.

Dr. Steven Cole is professor of psychiatry, emeritus, from Stony Brook University of Medicine, where he directed the Consultation-Liaison Psychiatry Service and the Geriatric Psychiatry Fellowship. Dr. Cole has focused most of his career on understanding and managing depression and other psychiatric problems in patients with general medical illnesses. He has published extensively, received many grants, and is now semi retired and has a part-time practice.

10:00 AM-12:00

Saturday, February 9

Members \$30

Non-Members \$35

WWK11 HOW TO DEAL WITH CHANGE AND TRIUMPH OVER LOSS

Diane Lang

Loss and change are inevitable. Dealing with these losses and changes can be the most difficult times in our lives. Whether it is the death of a spouse, friend or family member; moving to a new city; retiring from your job; downsizing—the stress and subsequent grief are challenging. How do we triumph and flourish? We will discuss: reactions to grief and recognizing the damaging effect of unresolved grief; strategies for grieving effectively and how to support family members and friends who are grieving. Diane will use techniques from Positive Psychology and Elizabeth Kubler-Ross's stages of grief. Participants will be encouraged to interact in a supportive atmosphere.

Diane Lang, practicing therapist, national speaker, educator, and certified positive psychology coach, has her master's degree in counseling psychology and is an adjunct professor in psychology at Montclair State University. She has written two books, and has been featured in various publications, and on TV and Internet shows.

10:00 AM-12:00

Saturday, February 16

Members \$30

Non-Members \$35

WWK12 ADDICTION — How You Can Help

Kathy Lang

Addictive behavior creates increased stress, anxiety, feelings of helplessness and even depression for family and friends of the person suffering from addiction. This workshop will provide you with the information you need to give effective help to those family members/friends who may benefit from your support. Join us in exploring what research shows — that there is an alternative to the commonly held beliefs about “tough love” and “rock bottom.”

Kathy Lang, retired social worker with a master's degree from Fordham University, has been facilitating SMART Recovery online meetings for families and friends of those with addictive behavior for over five years.

10:00 AM-12:00

Saturday, February 23

Members \$30

Non-Members \$35