

FALL CLASSES 2019

October 14, 2019 - December 14, 2019

Most classes meet once a week.

No classes Thanksgiving week, November 25-30, 2019.

MONDAY

FM1 GENTLE KRIPALU YOGA — Open the Doors to Your Inner Knowing

Emme Shapiro

Kripalu yoga is a form of Hatha yoga named after The Kripalu Center for Yoga and Health, the largest residential facility in North America for holistic health and education, located in Stockbridge, Massachusetts. Students will be guided into meditation, breathing techniques, various standard yoga postures and relaxation. Attention will also be given to the seven main energy centers in the body known as chakras to improve overall physical functioning and mental well-being. The primary focus of Kripalu style yoga is on BRFWA-breathe, relax, feel, witness, and allow — the mantra of Kripalu yoga. All ages and fitness levels are welcome. Bring a mat (mats also provided) and wear exercise clothing.

Emme Shapiro acquired 200-hour certification in Kripalu Yoga and then completed an additional 500 hours. Emme taught yoga for seven years in the Cincinnati area in her home studio or privately before she made Florida her permanent home.

9:00-10:00 AM
Eight sessions

Mondays
Members \$88

Begins: 10/14
Non-Members \$104

Ends: 12/9

Note: Yoga is offered Monday, Tuesday and Wednesday (Chair Yoga) in the fall at 9:00 AM and Chair Yoga on Saturdays at 10:00 AM. Students can join at any time on a pro-rated basis if space permits.

FM2 MIXED BEGINNERS BRIDGE

Larry Auerbach

This course will cover the basic mechanics and fundamentals of the game. It is designed to combine players who have some knowledge of the game and new players.

Larry Auerbach is well known in the Sarasota area as a professional player, teacher and director. He has been playing bridge for over 40 years and has more than 8,000 masterpoints. He has won many regional events in bridge tournaments. Mr. Auerbach has a BA from the University of Nevada.

1:00-2:30 PM
Six sessions

Mondays
Members \$85

Begins: 10/28
Non-Members \$95

Ends: 12/9

IN LOVING MEMORY

MICHAEL GIVANT

beloved husband of Maddie Givant

Michael taught Birding and the Foreign Film Fest at the school. His courses were very popular.

ROGER GOLDSTEIN

beloved husband of Judy Goldstein

Roger was a familiar face at many of our programs. We shall miss his jovial spirit.

ALAN PORTNOFF

beloved husband of our Advisory Board member, Lois Portnoff.

MONDAY (CONT.)

FM3 BROWN BAG BIJOU: HIDDEN GEMS — *Lunch & A Movie!*

Gus Mollasis,

Enjoy a brown bag lunch (actually it's a buffet), freshly popped popcorn and beverages, and view a full-length movie followed by a stimulating discussion with popular movie maven and critic Gus Mollasis. He has an impressive repertoire of hidden gems; films that you probably have never heard of, much less seen! It's always fun to spend time with Gus! Come with an appetite for a delicious lunch and food for thought!

Gus Mollasis is a professional movie maven. He is host of "At The Movies," a Sarasota television show dedicated to the discussion of film which ran for over nine years and now airs on various social media platforms. From big stars to first time filmmakers, Gus loves to talk film with them all. The show supports both major film festivals in town — The Cine-World Film Festival and the Sarasota Film Festival. Gus brings a passion and knowledge of movies that both a film buff and casual movie fan can enjoy. He is co-creator and host of the PBS award-winning series "Diamonds Along the Highway," featuring short films about interesting places and personalities in Florida on WEDU. Gus also writes a monthly movie column for Sarasota Scene.

12:30-3:30 PM
Four sessions

Mondays
Members \$85

Begins: 11/4
Non-Members \$95

Ends: 12/2

Note: Price includes lunch, popcorn, and beverages. Students can join on a pro-rated basis if space permits.

FM4 MIXED INTERMEDIATE BRIDGE

Larry Auerbach

This course is for all intermediate level players who are ready for more complex bridge concepts. Classes will cover opening leads, concentrating on standard American conventions and touching on more advanced conventions. Advanced Intermediate players can also join this class and work separately with Larry at their own table(s).

See Biographical Sketch on page 1.

3:00-4:30 PM
Six sessions

Mondays
Members \$85

Begins: 10/28
Non-Members \$95

Ends: 12/9

TUESDAY

FT1 SWEET AND SPIRITED YOGA!

Mary Kane

Enjoy a gentle yoga class with a sweet and spirited approach! Focus will be on body awareness, alignment, and deep connecting breath. This class is designed for men and women of all ages and fitness levels. Bring a mat (mats are available for use) and wear comfortable clothing suitable for exercise. Students are welcome to come at 8:30 AM for preliminary stretching.

Mary Kane earned an MA in creative arts and therapy from Hahnemann Medical College and University. She became an Ashtanga instructor in 1995 and a Reiki Master in 1998. She studies energy and consciousness work and practices and teaches Ashtanga yoga and Reiki throughout the area.

9:00-10:00 AM
Eight sessions

Tuesdays
Members \$88

Begins: 10/15
Non-Members \$104

Ends: 12/10

Note: Yoga is offered Monday, Tuesday and Wednesday (Chair Yoga) in the fall at 9:00 AM and Chair Yoga on Saturdays at 10:00 AM. Students can join on a pro-rated basis if space permits.

TUESDAY (CONT.)

FT2

AT THE MOVIES

Gus Mollasis

Join Gus on a celluloid adventure as he assigns quality films that are playing locally for you to see and then discuss together in class. Film is the greatest art form according to Gus because it encompasses all the arts and touches all the senses. In class you will decide whether your film assignment was a hit or a miss as you discuss the script, acting, cinematography, directing and scoring. Call the school (**941-383-8811**) or check our website for your first and subsequent movie assignments, www.lbkeducationcenter.org.

See Biographical Sketch on page 2.

11:00 AM-12:30 PM
Eight sessions

Tuesdays
Members \$120

Begins: 10/15
Non-Members \$130

Ends: 12/10

Note: Students can join at any time on a pro-rated basis if space permits.

WEDNESDAY

FW1

CHAIR YOGA

Angelena Craig

Any body, any size or age or fitness level can benefit from chair yoga, which makes the practice of yoga more accessible to people unable to exercise on the floor with ease. Most of the class is seated, however there is a standing portion, for those who are able, to practice balancing and strengthening, using the chair for support. Resistance bands, inspiring music and a guided meditation further enhance the program. Chair yoga, just like traditional yoga, lifts the spirits, works the body, and calms the mind. Wear exercise clothes.

Angelena Craig is a professional level Kripalu yoga instructor, having completed 500 hours of training. She founded Beacon Light Yoga Center in Boston and her present Sarasota company, A New Aging Movement. Angelena publishes a newspaper op-ed column "Boomer Talk," addressing all the concerns of aging Boomers and those beyond.

9:00-10:00 AM
Eight sessions

Wednesdays
Members \$88

Begins: 10/16
Non-Members \$104

Ends: 12/11

Note: Yoga is offered Monday, Tuesday and Wednesday (Chair Yoga) in the fall at 9:00 AM and Chair Yoga on Saturdays at 10:00 AM. Students can join on a pro-rated basis if space permits.

FW2

WATERCOLOR, ACRYLIC, PASTELS, OILS

Renee DiNapoli

Learn to paint like the masters in your medium of choice with simple techniques. Depth and perspective, light and shadow will be covered with personal instruction and demonstrations. Easy subject materials will be provided. A delightful method of creating abstract, seascapes, landscapes, etc. will also be introduced. Seasoned artists or complete novices will enjoy these classes. Students can bring their own materials (the office also has a supply list). Or materials can be bought in class for an additional \$10 per class, payable to the teacher.

Renee DiNapoli trained with Italian master, Carlo DiNapoli, for many years and is a graduate of the Red Mountain Institute of Art in Mountainbrook, AL. She has taught at Ringling College of Art and Design, Selby Gardens and various universities and art leagues. Her work is represented in numerous galleries and museums.

9:00-11:30 AM
Four sessions

Wednesdays
Members \$135

Begins: 11/6
Non-Members \$145

Ends: 12/4

WEDNESDAY (CONT.)

FW3 **iPHONE & iPAD: FUNDAMENTALS FOR BEGINNERS**

Keith S. Coker

If you are a new iPhone or iPad user, or you have had your device for a while and are still trying to grasp the basics, then this course, which aims to simplify getting to know your iOS device, is for you! First and foremost, we will go over what an Apple ID is and the functions that it serves. You will then be guided through the fundamental features and functions of your devices: making and receiving phone calls and Facetime calls, sending and receiving texts and emails, creating and managing your contacts, using your calendar, and exploring some of the applications (Apps) that come with your iOS device. Bring your devices fully charged, and bring your chargers, just in case. **Try your best to know in advance of the first class what your Apple ID (usually your email) and the Apple ID password are.** This class will also be offered in the Winter Term. See page 22.

Keith S. Coker is an IT and technology consultant specializing in Apple technology and products. He is owner and president of Cybaris Network, Inc., providing in-home and in-office, personalized audio-visual advice and technical support in the greater Sarasota area since 1997. He was senior associate with Computer Technologies Group (CTG) for 10 years and was media center coordinator for New Gate School and media center assistant at New College of Florida. He holds a BA from New College of Florida, Sarasota, and has been president and vice-president of Sarasota/Manatee Macintosh User's Group (SMUG).

1:00-3:00 PM **Wednesdays** **Begins: 11/6** **Ends: 12/4**
Four sessions **Members \$100** **Non-Members \$110**

FW4 **iPHONE & iPAD — BASICS PLUS**

Keith S. Coker

This course is for people who are a little beyond beginners but who are not fully utilizing the many basic features of their iOS devices. Fundamentals will be fully reviewed to make sure everyone is up to speed. The definition and uses of your Apple ID for Apple's iCloud will be explored as well as navigating the App Store for new Apps and Games. The main features and use of your iOS device, including the Control Center and everything for essential communication will be covered: using the iPhone and/or iPad itself to make phone and Facetime calls, texting, iMessage, web browsing and email. Use of your camera, Apple's photo management and storage app, Photos, as well as the useful but often overlooked Notes and Calendar, will be explored. This is a hands-on experience. Bring your iOS devices fully charged with your chargers. Please try to have your devices updated to the most current iOS, and **it is essential that you know your Apple ID and password.** Return students welcome. This class will also be offered in the Winter Term. See page 24.

See Biographical Sketch above.

3:15-5:15 PM **Wednesdays** **Begins: 11/6** **Ends: 12/4**
Four sessions **Members \$100** **Non-Members \$110**

Questions? (941) 383-8811 e-mail: info@lbkeducationcenter.org
Note: No classes Thanksgiving Week, November 25-30.

WEDNESDAY (CONT.)

FW5 YOU'VE GOT TO SEE THIS MOVIE!

Kathie Moon

If you love to go to movies and talk about them, then this course is for you. Each week students will be assigned a quality film to see from a variety of current movies, "art," foreign language, independent and the best of Hollywood. The following week students will discuss the movie—themes, style, techniques, previous work of the director and actors, etc. Call the Education Center for the first movie assignment (**941-383-8811**). All movie assignments will also be posted on our website: www.lbkeducationcenter.org.

Kathie Moon, movie critic/ film guru and award-winning former *Sarasota Pelican Press* film reviewer, now Tweets, Blogs and Tumblrs about film as art. She is involved in film studies through classes, field trips, film programming, film societies and film festivals.

3:00-4:30 PM **Wednesdays** **Begins: 10/16** **Ends: 12/11**
Eight sessions **Members \$120** **Non-Members \$130**

Note: Classes can be pro-rated if space permits.

THURSDAY

FR1 LET'S PLAY CANASTA! — *For Beginners*

Joyce Doran

Have fun learning how to play this easy and fascinating card game. The variation taught will be American canasta. A hands-on class will guide you through each concept of the game and teach you rules and strategies. **Students cannot miss the first class or they will not be able to take the course.** Class size is limited so all players can have more one-on-one attention.

Joyce Doran is a retired English teacher from London and has been playing canasta for ten years and teaching the game for eight. She learned Chinese mah jongg while living in Hong Kong and fell in love with the game. After moving to Sarasota she subsequently learned the American version and has been teaching it for six years. Joyce teaches canasta and mah jongg again in the Winter Term, see pages 30 and 31 respectively.

11:00 AM-12:30 PM **Thursdays** **Begins: 11/7** **Ends: 12/5**
Four sessions **Members \$60** **Non-Members \$70**

FR2 LEARN HOW TO PLAY MAH JONGG

Joyce Doran

This time-honored, rummy-like Chinese tile game is simple and at the same time, challenging. It's competitive and requires skill, concentration, and luck! But the main objective is to have fun and enjoy this wonderful, sociable game in a relaxed atmosphere. This course teaches you the basics and will get you playing fairly quickly. There's nothing more exciting than when you call "Mah Jongg!" We play by the rules of the National Mah Jongg League based in New York. Hands-on instruction will be given while you learn to play. Time permitting, Joyce will cover winning strategies. Mah Jongg sets are provided and the 2019 Mah Jongg card will be available to purchase from Joyce.

Note: Students cannot miss the first class or they will not be able to take the course.

See *Biographical Sketch* above.

1:00-2:30 PM **Thursdays** **Begins: 11/7** **Ends: 12/19**
Six sessions **Members \$90** **Non-Members \$100**

NO CLASSES THANKSGIVING WEEK, NOVEMBER 25-30.