

# SPRING CLASSES 2021

March 1, 2021-April 24, 2021

*Most classes meet once a week.*

Check beginning and end dates carefully. A few classes will meet by Zoom only (ZO), many will have a combo of in-person and Zoom available (ZA), and some will meet in-person only with social distancing and all pandemic safety protocols followed.

## MONDAY

**SM1** GENTLE KRIPALU YOGA — *Open the Doors to Your Inner Knowing*  
*Emme Shapiro*

For Course Description see page 3.

**9:00-10:00 AM**      **Mondays**      **Begins: 3/1**      **Ends: 4/19**  
**Eight sessions**      **Members \$88**      **Non-Members \$104**

**Note:** Yoga is offered Monday, and Tuesday with Chair Yoga on Wednesday, in the spring at 9:00 AM. Chair Yoga is also given on Saturdays at 10:00 AM. Fitness classes are offered Thursdays and Fridays at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.

**SM2** AT THE MOVIES  
*Gus Mollasis*

For Course Description see page 5.

**11:00 AM-12:30 PM**      **Mondays**      **Begins: 3/1**      **Ends: 4/5**  
**Six sessions**      **Members \$95**      **Non-Members \$105**

**Note:** We will pro-rate number of classes desired, space permitting.

**SM3** ADVANCED INTERMEDIATE BRIDGE  
*Larry Auerbach*

For Course Description see page 14.

**1:00-2:30 PM**      **Mondays**      **Begins 3/1**      **Ends: 3/22**  
**Four sessions**      **Members \$60**      **Non-Members \$70**

**SM4** HOLLYWOOD ICONS  
*Gus Mollasis*

Gus will select four of his favorite Hollywood icons from his vast list of historical stars and directors who deserve the title. This year's selection of icons will be wide and diverse and will stir up the conversations as to who was the biggest Hollywood icon of the 20th century. The four indelible movies with star power that you will view and discuss wait to be rediscovered and enjoyed. This annual series never fails to deliver!

See *Biographical Sketch* on page 4.

**1:00-4:00 PM**      **Mondays**      **Begins: 3/1**      **Ends: 3/22**  
**Four sessions**      **Members \$75**      **Non-Members \$85**

*Some courses that are offered in February are extended by student demand. Or new courses are added in the spring line-up after the brochure printing. Please inquire at the office for updated spring scheduling or check our website. [www.lbkeducationcenter.org](http://www.lbkeducationcenter.org)*

## MONDAY (CONT.)

**SM5**

### LIGHTROOM — *The Ultimate Editing and Organizing Tool*

Wayne Eastep

★ **NEW**

Learn how Lightroom can meet all your editing, organizing, storing, and sharing needs for your digital images taken with your iPhone camera, an Android phone/camera, or a regular digital SLR camera. Think of Lightroom as a modern “digital” darkroom where you can process and make infinite adjustments to your images. Additionally, Lightroom is a robust way to organize your images so you can find them quickly and share them in all the ways you need in the digital era. From Lightroom you can take your images into a publishing service and, also prepare your images for print. Lightroom is the central place to do all the things you need to achieve with your digital images. This course is an introductory one for beginners or for those who want to review, in depth, what they learned about Lightroom in Wayne’s iPhone camera course, see page 43.

See *Biographical Sketch* on page 43.

**1:00-3:00 PM**

**Mondays**

**Begins: 3/1**

**Ends: 3/8**

**Two sessions**

**Members \$50**

**Non-Members \$60**

**SM6**

### MIXED BEGINNERS BRIDGE

Larry Auerbach

This course combines Beginning Bridge I for players with some knowledge of the game and Beginning Bridge II for advanced beginners. Basics will be reviewed and developed.

See *Biographical Sketch* on page 3.

**3:00-4:30 PM**

**Mondays**

**Begins: 3/1**

**Ends: 3/22**

**Four sessions**

**Members \$60**

**Non-Members \$70**

## TUESDAY

**ST1**

### SWEET AND SPIRITED YOGA!

Mary Kane

For Course Description see page 4.

**9:00-10:00 AM**

**Tuesdays**

**Begins: 3/2**

**Ends: 4/20**

**Eight sessions**

**Members \$88**

**Non-Members \$104**

**Note:** Yoga is offered Monday, Tuesday and Wednesday (Chair Yoga), in the spring at 9:00 AM. Fitness classes are offered on Thursdays and Fridays at 9:00 AM. Chair Yoga is also given on Saturdays at 10:00 AM. Students can join at any time on a pro-rated basis if space permits.

**ST2**

### LET’S GO BIRDING ON LONGBOAT AND LIDO KEYS!

Kathy Doddridge

For Course Description see page 18.

**9:00-10:30 AM**

**Tuesdays**

**Begins: 3/2**

**Ends: 3/23**

**Four sessions**

**Members \$75**

**Non-Members \$85**

**ST3**

### AT THE MOVIES

Gus Mollasis

For Course Description see page 5.

**11:00 AM-12:30 PM**

**Tuesdays**

**Begins: 3/2**

**Ends: 4/6**

**Six sessions**

**Members \$95**

**Non-Members \$105**

**Note:** We will pro-rate number of classes desired, space permitting.

**ST4**

### AT THE MOVIES

Gus Mollasis

For Course Description see page 5.

**1:00-2:30 PM**

**Tuesdays**

**Begins: 3/2**

**Ends: 4/6**

**Six sessions**

**Members \$95**

**Non-Members \$105**

**Note:** We will pro-rate number of classes desired, space permitting.

## TUESDAY (CONT.)

**ST5**

### EXPRESS YOURSELF THROUGH WRITING

*Ronni Miller*

**ZAST5**

Zoom Available

For Course Description see page 22.

**1:00-3:00 PM**

**Tuesdays**

**Begins: 3/2**

**Ends: 3/23**

**Four sessions**

**Members \$85**

**Non-Members \$95**

**ST6**

### AT THE MOVIES

*Gus Mollasis*

For Course Description see page 5.

**3:00-4:30 PM**

**Tuesdays**

**Begins: 3/2**

**Ends: 4/6**

**Six sessions**

**Members \$95**

**Non-Members \$105**

**Note:** We will pro-rate number of classes desired, space permitting.

*Lecture Series 2021 continues through March every Tuesday at 3 PM.  
See pages 53 and 54. Call (941) 383-8811 for reservations.*

## WEDNESDAY

**SW1**

### CHAIR YOGA

*Angelena Craig*

For Course Description see page 5.

**9:00-10:00 AM**

**Wednesdays**

**Begins: 3/3**

**Ends: 4/21**

**Eight sessions**

**Members \$88**

**Non-Members \$104**

**Note:** Yoga is offered Monday, Tuesday and Wednesday (Chair Yoga), in the spring at 9:00 AM. Fitness classes are offered on Thursdays and Fridays at 9:00AM. Chair Yoga is also given on Saturdays at 10:00 AM. Students can join at any time on a pro-rated basis if space permits.

**SW2**

### MINDFULNESS MEDITATION

*Ruth Fishel*

For Course Description see page 24.

**9:00-10:30 AM**

**Wednesdays**

**Begins: 3/3**

**Ends: 3/24**

**Four sessions**

**Members \$75**

**Non-Members \$85**

**SW3**

### WATERCOLOR, ACRYLIC, PASTELS, OILS, AND DRAWING

*Renee DiNapoli*

For Course Description see page 5.

**9:00-11:30 AM**

**Wednesdays**

**Begins: 3/3**

**Ends: 3/24**

**Four sessions**

**Members \$135**

**Non-Members \$145**

**SW4**

### YOU'VE GOT TO SEE THIS MOVIE!

*Kathie Moon*

**ZASW4**

Zoom Available

For Course Description see page 6.

**1:00-2:30 PM**

**Wednesdays**

**Begins: 3/3**

**Ends: 4/7**

**Six sessions**

**Members \$95**

**Non-Members \$105**

**Note:** This course is also offered from 3:00-4:30 PM (see p. 58). Classes can be pro-rated if space permits.

## WEDNESDAY (CONT.)

**SW5**

**YOU'VE GOT TO SEE THIS MOVIE!**

*Kathie Moon*

**ZASW5**

**Zoom Available**

For Course Description see page 6.

**3:00-4:30 PM**

**Wednesdays**

**Begins: 3/3**

**Ends: 4/7**

**Six sessions**

**Members \$95**

**Non-Members \$105**

**Note:** This course is also offered from 1-2:30 PM (see page 57). Classes can be pro-rated if space permits.

## THURSDAY

**SR1**

**FITNESS FOR EVERY BODY!**

★ **NEW**

*Gerald Scott*

For Course Description see page 7.

**Note:** Class size will be limited with social distancing in effect.

**9:00-10:00 AM**

**Thursdays**

**Begins: 3/4**

**Ends: 4/22**

**Eight sessions**

**Members \$88**

**Non-Members \$104**

**SR2**

**HEADS AND TAILS — *A History of Dogs and Horses in Art***

★ **NEW**

*Kevin Costello*

**ZASR2**

**Zoom Available**

From the Ice Age cave paintings of woolly mammoths, to sculptures of warriors astride horses, to images of dogs in contemporary art, animals have played an important role in the history of civilization and the art story. This two-part PowerPoint series will trace the unique and lasting relationship in the annals of art between man and beast. Part One will cover how dogs have symbolized protection and love in art and Part Two will trace how horses in art have been the embodiment of grace and speed as well as warfare.

See *Biographical Sketch* on page 26.

**11:00 AM-12:30 PM**

**Thursdays**

**Begins: 3/4**

**Ends: 3/11**

**Two sessions**

**Members \$40**

**Non-Members \$45**

## FRIDAY

**SF1**

**FUNCTIONAL FITNESS**

★ **NEW**

*Lara Malone, Ph.D.*

This fitness course focuses on practicing exercises and techniques to help you function better in your everyday activities. For example, we will cover sitting/standing techniques, getting in and out of the car skills, climbing stairs, carrying things, reaching, loading, and even foot care. You will focus on how to pay attention to what muscles are involved and that may need strengthening. You will learn to move and walk more efficiently with better posture, balance, and alignment for optimal functioning and confidence. All ages and fitness levels will benefit from this program. Wear comfortable clothing. For Lara's workshop *Simple Steps to Better Balance* see page 49.

See *Biographical Sketch* on page 49.

**9:00-10:00 AM**

**Fridays**

**Begins: 3/5**

**Ends: 4/23**

**Eight sessions**

**Members \$88**

**Non-Members \$104**

**Note:** Fitness classes are offered on Thursdays and Fridays in the spring at 9:00 AM. Students can join at any time on a pro-rated basis if space permits.

**SF2**

**MORNING FORUMS**

★ **NEW**

*Ed Dwyer, Ph.D.*

For Course Description see page 31.

**9:00-10:30 AM**

**Fridays**

**Begins: 3/5**

**Ends: 3/26**

**Four sessions**

**Members \$75**

**Non-Members \$80**

## FRIDAY (CONT.)

**SF3**

### **STREISAND: The Soul of Stardom**

★ **NEW**

*Susan Benjamin*

**ZASF3**

**Zoom Available**

Barbra Streisand's current status as a true American diva belies her early struggles with low income and low self-esteem. She struggled to find her identity with a father who died when she was a toddler and a mother who was non-affirming about Barbra's goals. Her rise to, not only stardom, but to multi-faceted heights (writing, directing, producing, etc.) provides an inspirational story. This two-part program is sprinkled with examples of her best film, television and concert work, from *Funny Girl* to the present.

*See Biographical Sketch on page 44.*

**1:00-2:15 PM**  
**Two sessions**

**Fridays**  
**Members \$40**

**Begins: 3/5**  
**Non-Members \$45**

**Ends: 3/12**

**SF4**

### **INTERMEDIATE BRIDGE I**

*Larry Auerbach*

For Course Description see page 42.

**1:00-2:30 PM**  
**Four sessions**

**Fridays**  
**Members \$60**

**Begins: 3/5**  
**Non-Members \$70**

**Ends: 3/26**

**SF5**

### **INTERMEDIATE BRIDGE II**

*Larry Auerbach*

For Course Description see page 44.

**3:00-4:30 PM**  
**Four sessions**

**Fridays**  
**Members \$60**

**Begins: 3/5**  
**Non-Members \$70**

**Ends: 3/26**

## SATURDAY

**SS1**

### **CHAIR YOGA**

*Angelena Craig*

For Course Description see page 5.

**10:00-11:00 AM**  
**Eight sessions**

**Saturdays**  
**Members \$88**

**Begins: 3/6**  
**Non-Members \$104**

**Ends: 4/24**

## *New One-Time Special Friday Programs*

11:00 AM-12:30 PM

### MARCH 5

#### **ZOSPF1 THE RUSSIAN AVANT-GARDE**

**Zoom Only** *Baila Miller*

The Russian Avant-Garde, covering the period of 1912-1935, was a large, influential group of artists who were heavily influenced by modern artistic innovations taking place in Paris. Analytic and synthetic cubism developed by Pablo Picasso and George Braque were transformed into suprematism, constructivism, cubo-futurism, zaum, and neo-primitivism. This lecture will introduce the most famous members of the group: Wassily Kandinsky, Kazimir Malevich and Marc Chagall. Each artist had his own, unique voice.

*See Biographical Sketch on page 6.*

### MARCH 12

#### **ZOSPF2 APPRECIATING CHAMBER MUSIC**

**Zoom Only** *Jack Winberg, M.D., Ph.D.*

Chamber music is probably one of the most creative collaborative processes that musicians bring to their audience, a small group, that participates in the intimate, in-depth experience. Most often the music ensemble is a string quartet — 2 violins, viola and cello. This lecture will cover the facets and exquisite art form of some of the greatest music ever written. We will cover how the players interpret the works of Haydn, Mozart, Beethoven, and Brahms, as well as how these composers evolved their musical styles, the impact of their lives on their music and the actual artistic process of turning notes into music. Students will explore how different artists come together to create something greater than the sum of the parts.

*Dr. Winberg, played cello with the Minneapolis Symphony, then attended college, earning degrees in medicine and microbiology. Jack continues as an active chamber music cellist, and award-winning photographer, and an experienced instructor in both music and digital imaging. Jack has taught at OLLI at Ringling College for many years and considered to be their resident Renaissance man with his vast knowledge in a variety of subjects.*

#### **Registration is required for all lectures.**

Register online at [www.lbkeducationcenter.org](http://www.lbkeducationcenter.org),  
email [info@lbkeducationcenter.org](mailto:info@lbkeducationcenter.org) or call (941)383-8811.

**11:00 AM-12:30 PM    Members \$15    Non-Members \$20**  
**Per Person, Per Program**