

FALL CLASSES 2020

October 12, 2020-December 19, 2020

Most classes meet once a week.

Zoom classes and workshops conducted virtually will start in October. In-person classes will start in November. All in-person classes will be socially distanced and limited in size. We will endeavor to Zoom our yoga and fitness classes if necessary. We will advise registrants accordingly.

No classes Thanksgiving week, November 23-28, 2020.

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 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 **Mondays** **Begins: 11/2** **Ends: 12/14**
Six sessions **Members \$66** **Non-Members \$78**

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. Fitness is offered on Thursdays at 9:00 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 **Mondays** **Begins: 11/2** **Ends: 12/14**
Six sessions **Members \$85** **Non-Members \$95**

Note: This course may be postponed until January if the pandemic persists. Refunds will be given, or credits assigned, per the student's request. Or you can register and pay later if it's on.

Questions? (941) 383-8811 e-mail: info@lbkeducationcenter.org
Note: No classes Thanksgiving Week, November 23-28.

MONDAY (CONT.)

FM3

MONDAY FILM CLUB: HIDDEN GEMS

★ **NEW**

Gus Mollasis,

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! Freshly popped popcorn always adds to the movie watching experience!

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.

1:30-4:30 PM
Four sessions

Mondays
Members \$75

Begins: 11/9
Non-Members \$85

Ends: 12/7

Note: Students can join on a pro-rated basis if space permits. Social distancing will limit class size.

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 3.

3:00-4:30 PM
Six sessions

Mondays
Members \$85

Begins: 11/2
Non-Members \$95

Ends: 12/14

Note: This course may be postponed until January if the pandemic persists. Refunds will be given, or credits assigned, per the student's request. Or you can register and pay later if it's on.

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 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
Six sessions

Tuesdays
Members \$66

Begins: 11/3
Non-Members \$78

Ends: 12/15

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. Fitness is offered on Thursdays at 9:00 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.

Note: Gus is not planning to conduct his popular classes on Zoom. We will advise registrants if we decide to implement Zoom for in-person classes if they cannot take place safely with pandemic protocols.

See *Biographical Sketch* on page 4.

11:00 AM-12:30 PM
Six sessions

Tuesdays
Members \$95

Begins: 11/3
Non-Members \$105

Ends: 12/15

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

WEDNESDAY

FW1

CHAIR YOGA

Angelena Craig

Whatever your size, age or fitness level, you 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
Six sessions

Wednesdays
Members \$66

Begins: 11/4
Non-Members \$78

Ends: 12/16

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. Fitness is offered on Thursdays at 9:00 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. **Note:** Class size will be limited and social distancing in effect.

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: 11/11
Non-Members \$145

Ends: 12/9

WEDNESDAY (CONT.)

ZOFW3

ART IN THE AFTERNOON — *Understanding and Appreciating Abstract and Surrealistic Art* ★ **NEW**
Baila Miller

Part One - Abstract Art: The Rules of Engagement This lecture will survey abstract art and cover the political, economic, and social changes which took place in European and American society at the beginning to the middle of the 20th century. Abstract art began in Europe as a movement that was spiritual in nature, but it grew into a philosophy that exalted the individual and his/her creativity in society. Works by Wassily, Kandinsky, Kazimir Malevich, Sonia Delaunay, Paul Klee, Jackson Pollock, and many others will be discussed and explained.

Part Two - Surrealism: The Boundless Human Imagination Surrealist artists confuse and bewilder viewers by systematically discrediting the world of reality. They transform the real world into a surprising, magical, mystical, confusing reality. Consequently, exploring their work is an intellectual pursuit worth having. The extraordinary works of Dada (a large influence in Surrealism), Marcel Duchamp, Man Ray, Salvador Dali, Frida Kahlo, and many other surrealist artists will be viewed and discussed.

Baila Miller has been presenting college level courses that explore the role of literature, fine arts, cinema, and music in the development of European, Jewish and modern American culture. Ms. Miller has taught at the University of Memphis, The Brandeis National Committee, The Ringling College of Art & Design, and many local lifelong learning centers.

1:00-2:30 PM
Two sessions

Wednesdays
Members \$40

Begins: 10/21
Non-Members \$45

Ends: 10/28

FW4

YOU'VE GOT TO SEE THIS MOVIE!

Kathie Moon

ZAFW4

Zoom Available

If you love movies and to 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, "arthouse," 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.

Note: As of the brochure print deadline, we are unable to predict the status in November of both watching films in movie theaters and holding classes at the LBK Education Center due to the ongoing pandemic. We hope to do both, but local conditions and CDC guidelines may keep changing. Kathie will be offering Zoom class meetings and assigning movies to watch online if attending movies and classes in person cannot be done safely according to governmental recommendations and guidelines. Even if we hold classes in person but you prefer to Zoom the meetings, this will be made available to you. Simply register for ZAFW4. All registrants will be informed of how classes can be attended either in person or through the online Zoom platform. For more information about Zoom read page 2 in the brochure. Kathie will also be in touch with all her students.

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
Six sessions

Wednesdays
Members \$95

Begins: 11/4
Non-Members \$105

Ends: 12/16

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

THURSDAY

FR1

FITNESS FOR EVERY BODY!

★ **NEW**

Gerald Scott

What better time to take a fitness class than now, to make sure that you stay healthy and strong during the pandemic. This program is designed for 55+ adults of all fitness levels to help you to stay motivated and enjoy the benefits of exercise. Through a variety of exercises, you will improve your general tone, gain strength in your hip, thigh, and abdominal areas, learn to manage pain and increase your range of motion. Wear exercise clothes and shoes and join Gerald for a “good for you” morning! **Note:** Class size will be limited with social distancing in effect.

Gerald Scott is personal fitness trainer certified by the Athletics and Fitness Association of America. He works with corporations providing corporate wellness and fitness programs and also trains private clients, designing home training programs to help them reach their health and fitness goals. He has 35 years of personal training experience.

9:00-10:00 AM
Six sessions

Thursdays
Members \$66

Begins: 11/5
Non-Members \$78

Ends: 12/17

FR2

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.

11:00 AM-12:30 PM
Six sessions

Thursdays
Members \$90

Begins: 11/5
Non-Members \$100

Ends: 12/17

FR3

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 2020 Mah Jongg card will be available to purchase from Joyce. **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
Six sessions

Thursdays
Members \$90

Begins: 11/5
Non-Members \$100

Ends: 12/17

Note: Canasta and Mah Jongg may be postponed until January/February if the pandemic persists. Refunds will be given, or credits assigned, per the student's request. Or you can register and pay later if it's on. See page 32 for Canasta, and page 35 for Mah Jongg, in the Winter Term.

FRIDAY

The school is closed FRIDAYS in the Fall Term for *in-person* programs except for one class on Friday, November 13. See SPFS below.

ZOFR1

SOCRATES CAFÉ — *Thriving In Turbulent Times*

★ **NEW**

Zoom Only *Dilip Mathur*

Bring your own coffee and bagel to these brunch time forums on Zoom. Dilip, an experienced Socrates Café meeting moderator, will begin the meeting with a short introduction to the topic of the day, which will then be followed by open, lively, guided discussions. The theme for these cafes is: How do we learn to live, smile, and flourish under risky, uncertain, and restricted conditions? How do we use our creativity, expand personal resources, and recreate the intimacy of our friendships and family life? We will use stories and humor to learn how to redesign our lives, reinvent ourselves, to thrive in these turbulent times. Limited to 20 participants.

Dilip Mathur is a frequent speaker and workshop leader on topics related to wisdom and happiness. He taught the Wisdom of Vedanta course at the Chinmaya Center in Boston for 13 years. An MIT alumnus, he has been a CEO, and the architect of businesses that have created over 50,000 jobs for disadvantaged people, particularly village women.

11:00 AM-12:30 PM
Four sessions

Fridays
Members \$75

Begins: 10/16
Non-Members \$85

Ends: 11/6

ANNUAL FALL MOVIE FESTIVAL

SPFS

BURNS COURT CINE-WORLD FILM FESTIVAL SEMINAR

Gus Mollasis

The Sarasota Film Society's annual Cine-World Film Festival presents a fabulous variety of excellent films from around the world. It is a "must-do" for film buffs and great fun! After carefully selecting six films to see at Burns Court Cinema, Gus will contact each student with the assigned Cine-World movie list. Discussions will be held, if possible, at The LBK Education Center; classroom dates are listed below. **Note:** Students will be required to purchase their own film tickets online after they have been notified by Gus of the assigned movies, times and dates. Students must be members of the **Sarasota Film Society**. Call 941-364-8662 or join online: www.filmsociety.org. *The festival is slated to run from November 6-15 this year. However, the dates may change depending on the pandemic's course. The movies may also be streamed rather than shown in the movie theatres. We will keep registrants updated.*

See Biographical Sketch on page 4.

10:00 AM-12:00
Three sessions

Dates: Mon., 11/9 , Fri., 11/13 , Mon., 11/16
Members \$55 **Non-Members \$65**

SATURDAY

FS1

CHAIR YOGA

Angelena Craig

For Course Description see page 5.

10:00-11:00 AM
Six sessions

Saturdays
Members \$66

Begins: 11/7
Non-Members \$78

Ends: 12/19

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

NO CLASSES THANKSGIVING WEEK, NOVEMBER 23-28