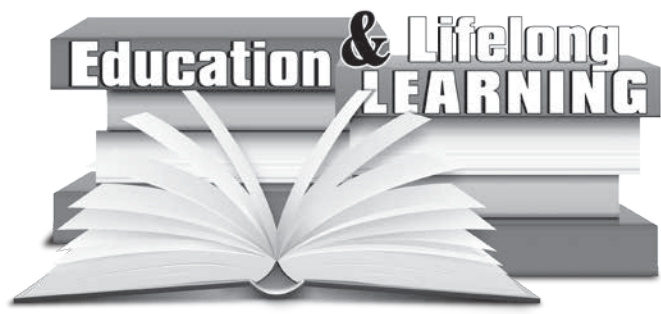




lifelong learning news

Classes

Adult Community Enrichment

(ACE) welcome you to the New Year with 500+ classes in their Winter 2016 line-up. ACE's brand new, user-friendly registration website offers online registration. It is now easier than ever to peruse the inspired class offerings and register for your desired courses – whether in the arts, self-exploration, foreign language or almost anything you desire. Classes and workshops start every week and run evenings, weekdays and Saturdays.

To begin the online process, visit the ACE website at www.ace-sarasota.com, and select Online Registration. Prefer the personal touch? Their staff can register anyone who calls or comes into their office at 4748 Beneva Road in the STC. Call 941-361-6590 for details. So come leap into a favorite pursuit or try something new... at ACE – where parking is always free, the facility is new and the staff ready to help you on your learning journey!

At the Longboat Key Education Center:



Alicia De Mirza, Assistant Director (left) and Susan Goldfarb, Executive Director (back) of the Longboat Key Education Center.

- **Friday At Five:** Enjoy great music in an intimate setting with amazing artists who play and sing and interact with the audience offering insights, stories and historical background about their music. Wine, champagne, and Happy Hour nibbles included. 5-6:30 p.m. Members \$20; non-members \$25. Registration is required for each performance. Call 941-383-8811 to register.
- **January 22: Art Of Blues:** Featuring Bill Buchman, jazz/blues pianist, and Steve Arvey, guitarist/singer, with Michael Dempsey, bass and Rick Andre, drums. A stirring and heartfelt musical visit to the realm of authentic piano and guitar.
- **February 19: Thomas Carabasi Samba Jazz Quartet:** Featuring Thomas Carabasi and his jazz artists.
- **February 26: Katt Hefner & The Boyz In The Band:** Katt Hefner with bass, keyboard and drums accompaniment.
- **Sunday Performing Arts Series:** 3-4:30 p.m. Members \$20;

non-members \$25 per session. Registration is required for each performance. Call 941-383-8811 to register.

- **January 24: Jewish Jazz With The Fiddling Flute:** With Jane Hoffman, flute and Mike Markaverich, piano.
- **February 14: Songs From The Heart: The Many Facets of Love:** With Jason Stearns, baritone, and Lee Dougherty Ross, piano.
- **February 28: Bach & Handel:** Interpreted by Mendelssohn, Moscheles and Schumann: With Carol Lieberman, violin, and Mark Kroll, piano.

All courses are non-credit, and there are no prerequisites for admission. For more information, visit www.lbkeducationcenter.org.

At Lifelong Learning Academy:

The winter and spring semesters include more than 150 courses on a wide variety of topics; lectures by a noted news analyst and the only child of jazz legend Louise Armstrong; two new history workshops conducted by noted archaeologist Steven Derfler; a reception and in-depth tour of the South Florida Museum, and the return of the popular Einstein's Circle forums.

LLA will offer 150 in-depth courses offered this winter and spring by Lifelong Learning Academy. Courses are now offered at 10 different locations, including on the campus of USF-Sarasota-Manatee in Sarasota; State College of Florida in Lakewood Ranch; Center of Anna Maria in Anna Maria Island; Westminster Towers & Shores in Bradenton; Ringling College of Art and Design in Sarasota; Florida Maritime Museum in Cortez; Players Theatre in Sarasota; South Florida Museum in Bradenton; Art to Walk On Gallery in downtown Sarasota; and the Edwards Building in north Sarasota.

Weekly classes run two to eight weeks, January 11-April 28. For more information about Lifelong Learning Academy, call 941-359-4296 or visit www.lla-sm.org to view or request a catalog.

Lectures

Pierian Spring Academy's

(PSA's) course registration for the winter and spring 2016 season is open. Courses for the winter semester will begin January 11 and the spring session will kick off February 29. Enrollments for the just completed fall semester and early enrollments for the rest of the year already have reached an all-time high for the 18-year old non-profit institution. Seating is limited for certain courses and students are encouraged to act now to insure a place for these inspiring lifelong learning opportunities.

PSA's seminar-style courses are presented by its distinguished faculty of retired college professors and other experienced experts.

They cover the gamut from art and music, through science, politics and world affairs. Courses are offered at 10 Sarasota locations. Tuition is reasonable — \$60 for four weeks and \$85 for six. There are no registration fees and free parking is available at all locations.

Check www.PSAsrq.org for the most updated program details and an on-line registration form offering credit card payment. A downloadable PDF of PSA's current course catalog is available with a printable registration form for students wishing to pay by check. Printed catalogs may be requested by E-mailing: info@PSAsrq.org or calling: (941) 716-2471.

Here's a sample course:

- **The Technological Art Revolution with Dave Gordon.** Since the Industrial Revolution, increasing numbers of artists have made art rooted in technology. This pushes the development of technology, challenges the establishment's notions of art, and is great fun. Runs January 13-February 17 (6 weeks) at Argosy University. Cost: \$85.

Sarasota Institute of Lifelong Learning

(SILL) is now at Aging in Paradise Resource Center, 2nd Floor, Longboat Island Chapel, 6200 Gulf of Mexico Drive Longboat Key.

They have their **Global Issues Lecture Series** on 12 Fridays, 10:30 a.m. – noon, January 15, 2016 - April 1, 2016

Speakers included in 2016: Dr. Robert Lieber on Foreign Policy; Martin Walker on Putin; Dr. Na-beel Khoury on the Iran Deal and Ambassador Christopher Hill. Plus much more on hot global and domestic issues.

Here's a sample lecture:

- **Russia and Putin: What Next?** Facing a World of Challenge on February 12 with Martin Walker and on March 25 with Ambassador Christopher Hill. Vladimir Putin has launched Russia back onto the world stage as a major player. By combining the old game of international power politics and new cyber tools, Putin has played a weak hand with ruthless cunning and ability. But the real test of any authoritarian regime is the matter of succession. International journalist and author Martin Walker looks ahead to Russia after Putin. Call 941-383-6493. Cost is \$75 for all 12 Lectures or \$8 per individual lecture. For more information on Aging in Paradise Resource Center, go to www.aginginparadise.org. Unlimited on-site parking.

Kobernick House

is offering these lectures:

- **Marden Paru: The 33 Jewish Languages** Wednesdays, January 6, 13, 20 & 27 1-2:20 p.m. Marden Paru is dean and co-founder of the Sarasota Liberal Yeshiva and ethics instructor at the Melton Adult Mini-School sponsored by the Jewish Federation of Sarasota-Manatee. For

over 3,500 years the Jewish people have endured anti-Semitism, conquest and subjugation yet they have remained a distinctively identifiable people. Various languages and dialects have developed in Jewish communities around the world but only a few remain active today: Aramaic, Yiddish, Ladino and Hebrew. In this course you will explore the fundamentals of Jewish history and the role their ever-adaptive language played in their perseverance as a culture.

- **Hal Hammond: Understanding Your VA Benefits** on January 7, 2-3 p.m. Applying for veteran's benefits can be a long and confusing procedure; but it does not have to be. This seminar will help veteran's and/or their loved one's understand the application process while teaching what benefits are available for those needing assisted living, VA eligibility and general VA benefits. Hammond is a Navy Veteran and a finance expert with over 25 years of experience in pension and retirement management.
- **Bob Clementis: Shaping Our Country's Future** on January 28, 2-3 p.m. Do you wish to have informed, intelligent conversations with someone about what you read in the paper or observe on the news? Clementis is a respected former foreign policy analyst with NATO and the US military. He was an instructor for the Department of Defense and an instructor on location in the newly joined former Warsaw Pact states. Join him as he leads a lively discussion/lecture on today's political geography and the daily happenings that shape our country's present and future. Student participation is highly encouraged. Emphasis is on foreign policy.

All classes offered at Kobernick House, 1951 N. Honore Ave., Sarasota. To RSVP call Natalie Chuquiza, 941-225-8369. They're at 1951 N. Honore Avenue Sarasota.

Nature, Gardening etc.

Sarasota Garden Club

offers these classes:

- **"Beekeeping"** on Jan. 13, 9:30 a.m. The speaker will be a Master Beekeeper, Richard Yacso. Plant exchange of your favorite plant. Guests and the public are wel-



come for \$5; members are free.

- **"Slideshow and Lecture on Florida Orchids"** on Jan. 18, 10 a.m. Dr. Carl Lewis from Fairchild Tropical Botanic Gardens will talk about the Million Orchid Project and orchids that are native to Florida. Guests and the public are welcome for \$5; members are free.
- **"Phenology"** on Feb. 10, 9:30 a.m. This is a study of timing recurring biological events in animal & plant worlds. Gardening book exchange. Guests and the public are welcome for \$5; members are free.
- **"Ikebana Demonstration"** on Feb. 15, 10 a.m. Kay Vosburgh is a First Grade Ikebana Teacher in the Sogetsu School and teaches monthly classes in New York and Boston. Guests and the public are welcome for \$10; members are free.
- **"Orchid Workshop 101"** on Apr. 13, 9:30 a.m. How to divide, re-pot, fertilize, & care for your orchids. Raffle. Guests and the public are welcome for \$5; members are free.

For information, visit Sarasota Garden Club, 1131 Blvd. of the Arts, Sarasota, 941-955-0875 or www.sarasotagardenclub.org.

Sarasota County

has this event:

- **What's that?! Plant and Animal ID Hike** at Red Bug Slough Preserve. Join Sarasota County Environmental Specialist and super sleuth, Jeff Weber at Red Bug Slough Preserve from 9 - 11 a.m. on January 29 as he leads participants on an fun informative journey of discovery



through pine flatwoods and oak hammocks highlighting both native and non-native plants and animals of the preserve.

Red Bug Slough Preserve is one of many natural areas available through the county's environmental lands program. In addition to a wide variety of native plant species, the preserve is home to bobcats, an occasional river otter, and an assortment of bird species, including red-shouldered hawks, osprey, barred owls and wood ducks.

Participants should wear long pants, comfortable walking shoes, and bring a light jacket, a hat, sun screen, insect repellent, drinking water, binoculars, camera and hand lens (optional). All Sarasota County nature walks prohibit participants from smoking.

Red Bug Slough Preserve is at 5200 Beneva Rd, Sarasota. Register on-line at Parks Online. Space for this walk is limited to 20. Learn more about Sarasota County Parks, Recreation and Natural Resources at www.scgov.net.

continued on the next page



lifelong learning news

Selby Gardens

has these classes:

- **Orchids 101** — Jan. 15, 10 a.m. – noon. Are you an orchid novice? You'll be surprised at how easy orchid growing can be! Get insightful instruction, enjoy a power-point presentation and tour the orchids found growing in the Tropical Conservatory. Instructor: Monroe Kokin Class Fee: \$50 (Members \$35).



- **Bromeliads in the Landscape** — Feb. 20, 10 a.m. – noon. Bromeliads aren't just for collecting or use as houseplants. Discover the many types of bromeliads that grow wonderfully in our harsh Florida landscape. The diversity of texture, color, size, and blooms, in addition to their toughness, make bromeliads a natural in Florida gardens. Come and enjoy a beautiful presentation, great ideas and lively discussion with other garden enthusiasts. Instructor: Maureen McCracken. Class Fee: \$50 (Members \$35).

- **Potting & Mounting Orchids** Session I: Feb. 24 Session II: April 13 11 a.m. – 1 p.m. each session Selby's knowledgeable Orchid Grower will help you give your treasured plants a new lease on life! Bring an orchid to re-pot for an additional fee. Instructor: Angel Lara. Member, \$35; Non-member, \$45 Class Fee per Session: \$50 (Members \$35) Potting Fee: \$10 average, depending on size of plant.

- **Growing Orchids in SW Florida** — Mar 12, 10 a.m. – noon. Orchid enthusiasts with some experience will get more detailed information on growing many of Florida's remarkable native orchids and those orchids best suited for our area. Enjoy a tour of the many orchids found growing in the Tropical Conservatory. Instructor: Monroe Kokin. Class Fee: \$50 (Members \$35).

- **Florida Fern Safari** — Apr 8, 10 a.m. – noon Bill Coblenz has been instructing and inspiring others on how to successfully grow ferns in his Selby classes for more than a decade. Learn about the general care and fertilizing of ferns best suited to grow in our area, while touring his large and diverse ferns collection; including mature ferns with up to 8' fronds and over 200 spectacular staghorns. Ferns will be available for purchase. Bring a folding chair. Directions to Bill's home will be given to those who register for class. Instructor: Bill Coblenz Class Fee: \$50 (Members \$35).

((ecko))

Meet ((ecko)), a new Sarasota-based ecotourism nonprofit program that offers sustainable, curated, expert-led outdoor adventures to highlight the Gulf Coast's natural and cultural diversity. ((ecko))'s tours will take travelers on all-inclusive ecotours of the region's most beautiful attractions, bringing them face to face with the area's unique, incredible wildlife and its varied and fascinating history.

((ecko)) is a new project of the Science and Environment Council of Southwest Florida, a coalition of science-based environmental nonprofit and governmental organizations that has launched a number of public education programs and worked with local



Robinson Preserve.
Photo by Mary Lou Johnson

decision-makers to ensure sound science and environmental principles guide public policy. All proceeds generated by ((ecko)) tours will go to support the environmental programs of the Science and Environment Council and its members.

Their first tour, Inspired Sarasota Bay, took place Oct. 25-29 and offered expert-guided visits to bays, islands and beaches, showcasing the environmental heritage and beauty of Sarasota Bay. Partners included Marie Selby Botanical Gardens, Mote Marine Laboratory and Aquarium, Save Our Seabirds, Sarasota Bay Watch and Sarasota Bay Estuary Program.

For more information, visit www.ecko.tours or call 844-299-3493.

Health & Fitness

Selby Gardens:

- **Winter Yoga Pass.** Valid Jan 4 through April 25. This is an 8-session registration option for students who want the freedom to come for 8 sessions but may not be able to attend them all in 2 consecutive months. Choose any 8 of the classes offered from January through April. Purchase Pass before Jan 4 online; after Jan 4, purchase in Welcome Center. Instructor: Linda Lee Pass Fee: \$150 (Members \$110). Classes are 9 a.m. to 10 a.m.
- **Yoga in the Gardens:** Session I: Jan 4, 11, 18 & 25 Session II: Feb 1, 8, 15 & 22 Session III: Mar 7, 14, 21 & 28 Session IV: Apr 4, 11, 18 & 25 Start your week off right by treating yourself to a peaceful mind/body Yoga experience in a beautiful Garden or indoor setting. Focus is on alignment, breathing tech-

niques and relaxation. For beginners as well as advanced students.

Sports & Recreation

CB's Saltwater Outfitters

1249 Stickney Point Rd, Sarasota are offering Orvis-Endorsed fly fishing schools for the winter and spring; Jan 16, Feb. 20, Mar. 12, Apr 2 and Apr 11, 2016. Located on Siesta Key, named Best Beach in America, the schools will cover fly-casting basics, line control, shooting line and the roll cast. Instructors, Capt. Rick Grasset and Capt. Ed Hurst, will also cover leader construction, fly selection and saltwater fly-fishing techniques. The course, designed for beginning and intermediate fly casters, will focus on basics but also work with intermediate casters on correcting faults and improving casting skills.

Cost for the schools, which will run from 8:30 a.m. to 3 p.m., is \$150 and includes the use of Orvis fly tackle, a textbook and lunch. Contact CB's Saltwater Outfitters at 349-4400 or info@cbsoutfitters.com to make reservations.



Learn to fly fish or sharpen your fly fishing skills at CB's Saltwater Outfitters Orvis-Endorsed Fly Fishing School.

The Ladies Let's Go Fishing Foundation

a non profit public 501C3, has opportunities for women and families to learn fishing and conservation. Programs hosted by "Ladies, Let's Go Fishing!" have generated 8,000 graduates over the past 20 years. This fishing immersion program offers a weekend of classroom presentations, networking, hands-on skill practice and an optional charter fishing trip.

Upcoming events for 2016 are:



- **March 12-13** — West Coast FL/Ft. Myers at Matlacha Community Center

- **April 29-May 1** — South FL/ Dania Beach at I.T. Parker Community Center

More events for Treasure Coast, Northeast Florida, Bimini Bahamas and Florida Keys will be announced in Spring of 2016. Depending on the location, activities include presentations on Offshore, Inshore and Bottom Fishing, plus Fishing Basics. Hands-on skill practice sessions offer releasing, knot tying, de-hooking, bait rigging, spin casting, gaffing grapefruits, cast netting, trailer backing, boat handling, reel maintenance and more. Most venues offer a networking social to encourage mentorship. Women have the option to register a male guest or teens to include the whole family.

Contact: LLGF, phone 954-475-9068, email: fish@ladiesletsgofishing.com, or at www.ladiesletsgofishing.com.

Nature

The Bay Wise Kayak Tour Program

returns for its ninth season with the Sarasota Bay Estuary Program (SBEP). This is a fun and healthy way for residents and visitors to explore Sarasota Bay and learn about its wildlife, habitat and other features. The morning excursions with professional guide Brad Tanner visit popular sites in Sarasota and Manatee County. The program is free for the public although participants need to provide their own kayaks. Many local outfitters rent kayaks for the day.

Discover the wildlife, plants, habitats, and other features that make Sarasota Bay an "Estuary of National Significance."

The kayak trips run through April and Brad is a professional guide, American Canoe Association Instructor and naturalist. Brad is a member of the SBEP Citizens Advisory Committee and he also works at Mote Marine Laboratory as the Senior School Programs Coordinator.

This year's kayak excursions will visit Neal Preserve, Leffis Key and Jewfish Key, Lido Mangrove Tunnels, Pinecraft Park down Phillippi Creek, Blind Pass, and Lyons and Blackburn Bay. Online registration is now open for Jewfish Key on January 9 and January 16. The trips are not recommended for novice kayakers. Minors under 18 must be accompanied by their parent or legal guardian. Visit the SBEP website's Eco-Tourism section of

pages at SarasotaBay.org for more information and links to the registration pages for the upcoming trips in January.

The Sarasota Bay Estuary Program is dedicated to restoring the area's greatest natural asset—Sarasota Bay. Its unique program strives to improve water quality, increase habitat and enhance the natural resources

of the area for use and enjoyment by the public. Sarasota Bay is one of 28 protected estuaries in the U.S. The SBEP was founded in 1989 and its partners include Sarasota County, Manatee County, City of Sarasota, City of Bradenton, Town of Longboat Key, Southwest Florida Water Management District, the Florida Department of Environmental Protection, and the U.S. Environmental Protection Agency.

Art Classes

Ringling College of Art + Design

has **Spring Art Week** through their **Continuing Studies and Special Programs**. Don't miss out on the opportunity to study with notable visiting or emerging artists in these intensive non-credit workshops, open to the public, which are held on the campus of Ringling College of Art and Design. High School students are welcome to attend all courses and workshops offered by Continuing Studies and Special Programs.

Registration is now available for Spring Art Week 2016 workshops. Download details and printable registration form, or phone Continuing Studies at 941-955-8866 to reserve you space in these highly popular classes. Additional workshops will be added as they are confirmed.

Here are just two of the classes being offered:

- **March 7-13 — Traditional Figure Drawing: Anatomy & Construction** Glenn Vilppu, Visiting Artist, 5 sessions, M-F, 9 a.m.-12:30 p.m., March 7-11 (undraped and draped models) \$375. Join this Glenn Vilppu master class and learn his traditional Renaissance approach to figure drawing, internationally recognized as the Vilppu Method. His simple technique will allow you to understand the construction of the human figure so intimately that you can draw the figure in any position from memory. His methodology is applicable whether your direction is fine art, illustration, computer or traditional animation. Previous drawing experience required. High School students registering for this workshop must be at least 16 years of age
- **March 7-11—Head Drawing and Expression** with Glenn Vilppu, Visiting Artist, 5 sessions, M-F, 1:30-5 PM, \$375. Learn master artist Glenn Vilppu's structural approach to head drawing, constructing the head through an understanding of anatomy and planes. Study also includes a focus on clothing and drapery, with both short and long poses. Gain an understanding of the fundamentals of expression and drapery, and how to capture them in a quick sketch. Previous drawing experience required. High School students registering for this workshop must be at least 16 years of age. Info visit Ringling.edu/SPRING-ART or call 941-955-8866.

continued on the next page



lifelong learning news

Artist's Guild of Anna Maria Island

offers these classes:

- **"Palm Frond Elephants"** with Dee Pastorius on January 13 at GT Bray Recreation Center, 5502 33rd Ave Drive W, Bradenton. Cost \$65 M/\$80 NM
- **Decorative Paper Painting** with Joey Long on January 27 at Gloria Dei Lutheran Church, 6608 Marina Drive, Holmes Beach. Cost \$45 M/\$60 NM
- **"Tall Palms" Acrylic Painting** with Kathy Sparks on Wednesdays February 3, 10, 17, 24 at Artists' Guild Gallery, 5414 Marina Drive, Holmes Beach. Cost \$75 M/\$90 NM
- **"Values in Watercolor** with Cheryl Jorgensen on Tuesdays, February 2, 9, 16, 23 at CrossPointe Fellowship, 8605 Gulf Drive, Holmes Beach. Cost \$75 M/\$85
- **Drawing & Colored Pencil** with Roger Rockefeller on Mondays, February 1, 8, 15, 22 at CrossPointe Fellowship, 8605 Gulf Drive, Holmes Beach. Cost \$75 M/\$85 NM
- **Photoshop Elements: Tools and Techniques** with Mariarosa Rockefeller on Mondays, February 1, 8, 15, 22 at CrossPointe Fellowship, 8605 Gulf Drive, Holmes Beach. Cost \$75 M/\$85

This is just a partial list. Call 778-6694.

Expressive Arts

Expressive Arts Florida Institute

, located in the artist colony of Towles Court, has programs designed to enrich one's life and to develop creative life skills for personal, professional and social change through the arts.

Expressive Arts Florida Institute no experience is necessary for any of their Creative Life Enrichment offerings. These workshops offer you a chance to get connected to your creative self, explore new art processes, and have fun doing it. Classes range from Gelatin Printmaking and Mandala Club to Art as a Healing Practice. Full weekend immersions in expressive arts processes offer a retreat for those who want a deeper and fuller experience.

Expressive Arts encompasses visual art, movement, writing, music, drama and other creative processes that combine and interact to bring about growth, healing and wellness. It does not require art training or "talent" in art and is more about the process of being creative than the product that results. Expressive Arts has many benefits, including self-awareness, relaxation, self-esteem, mindfulness, balance, joy, and healing.

Their Internationally known Certificate Training Program in Intermodal Expressive Arts has open enrollment and is accepting applications for students to begin in January. Faculty/partners are: Kathleen Horne, MA, LMHC, REACE; Victoria Domenichello-Anderson, MA, REACE; and Tamara Teeter Knapp, BA, Certified K-12 Art Teacher.

Unless otherwise noted, all pro-



grams take place at the organization's facility at 200 S Washington Blvd, Suite 1 in the Towles Court Pavilion in Sarasota. For information or to register, call 941-366-9595 or visit expressiveartsflorida.com.

- **"Expressive Arts for Body, Mind, Spirit EAFI 120"** January 7, 5 p.m. – January 10, 1 p.m. This is a course in the Certificate Training Program and is open to non-certificate students. In this course, participants experience the holistic nature of Expressive Arts and engage in a variety of multi-modal processes. They will explore the self through the portals of body, mind, and spirit and create a beautiful and meaningful mandala along the way. Taught by EAFI faculty Kathleen Horne, Victoria Domenichello-Anderson and Tamara Teeter Knapp.
- **"Expressive Arts Community Networking: Setting Intentions"** January 20, 6:30-8:30 p.m. "Expressive Arts Community Networking: Setting Intentions" activate your intentions for 2016 through a simple and profound expressive arts process. \$10 at the door. For practitioners or students of Expressive Arts or related field. This annual event always fills up, so RSVP asap.
- **"Mandala Club"** with Kathleen Horne. January 23, 1:30-4:30 p.m. Kathleen Horne, co-founder and core faculty of Expressive Arts Florida Institute; explore these "sacred circles," a primal pattern in nature found in a wide variety of spiritual traditions across cultures; \$40.
- **Weekend with Shaun McNiff "Imagination in Action: Movement Basis of Creative Expression"** January 30-31. Expressive Arts Florida Institute welcomes Shaun McNiff, PhD for a second regional IEATA co-sponsored event. McNiff is an exhibiting painter, one of the founders of Expressive Arts and University Professor at Lesley University. As a well-published author in the realm of arts and medicine and shamanism, he has lectured and taught throughout the world. Registration is filling up. This offering is now full; register on the website to be put on the waitlist if spaces open up. \$495 Fee includes materials kit and box lunch Sunday. Held at Holiday Inn Sarasota/Bradenton Airport.
- **"Adult Art Camp: Needle Felted Painting"** with Tamara Teeter Knapp and Victoria Domenichello-Anderson. February 17, 6-8:30 p.m. Using colorful wool fibers and the simple process of needle felting, you will feel how exciting it is to see images appear in three dimensions on your painting. It is

a great class for beginners and anyone interested in experimenting with a new medium. \$50.

■ **"Mandala Club"** with Tamara Teeter Knapp. February 20, 1:30-4:30 p.m. Tamara Teeter Knapp, co-founder and core faculty of Expressive Arts Florida Institute; explore these "sacred circles," a primal pattern in nature found in a wide variety of spiritual traditions across cultures; \$40.

- **"Expressive Arts Community Networking"** February 24, 6:30-8:30 p.m. Engage in a process presented by a guest and share with others your current offerings in the community. \$10 at the door. For practitioners or students of Expressive Arts or related field.
- **"Art as a Healing Practice"** with Kathleen Horne. March 4, 9:30 a.m. – 12:30 p.m. An expressive arts process that embraces the positive power of creative work/play to change lives, the series consists of a gentle and powerful blend of guided meditation, visual art, writing and sharing/witnessing.; \$45.
- **"Creative Bookmaking"** with Tamara Teeter Knapp and Victoria Domenichello-Anderson. March 5, 10 a.m. – 5 p.m. Each person will take home a completed handmade book made with simple bookbinding techniques after enjoying a morning of painting. These books have become gorgeous gifts, precious places to record personal journeys, and personalized art journals. Only 10 spaces available; all supplies included and no experience needed; \$95.
- **"Art as a Healing Practice"** with Kathleen Horne. March 11, 9:30 a.m.-12:30 p.m. An expressive arts process that embraces the positive power of creative work/play to change lives, the series consists of a gentle and powerful blend of guided meditation, visual art, writing and sharing/witnessing.; \$45.
- **"Expressive Arts for Body, Mind, Spirit EAFI 120"** January 7, 5 p.m. – January 10, 1 p.m. This is a course in the Certificate Training Program and is open to non-certificate students.
- **"Mandala Club"** with Kathleen Horne. March 12, 1:30-4:30 p.m. Kathleen Horne, co-founder and core faculty of Expressive Arts Florida Institute; explore these "sacred circles," a primal pattern in nature found in a wide variety of spiritual traditions across cultures; \$40.
- **"Adult Art Camp: Journey Bracelets"** March 16, 6-8:30 p.m. This is part of our Adult Art Camp series. During this class, participants will choose beads that represent parts of their own unique life and create a beautiful piece of jewelry to honor their journeys. Register by Friday prior. \$40 plus \$10 supply fee.
- **"Art as a Healing Practice"** with Kathleen Horne. March 18, 9:30 a.m.-12:30 p.m. An expressive arts process that embraces the positive power of creative work/play to change lives, the series consists of a gentle and powerful blend of guided meditation, visual art, writ-

ing and sharing/witnessing.; \$45.

- **"Expressive Arts Community Networking"** March 30, 6:30-8:30 p.m. Engage in a process presented by a guest and share with others your current offerings in the community. \$10 at the door. For practitioners or students of Expressive Arts or related field. To register or for more information, visit expressiveartsflorida.com or call 941-366-9595.

Acting & other Theatre Courses

Florida Studio Theatre

has workshops and classes for artists and those interested in learning more about the theatre arts. In this session, there are class offerings for adults in acting, improvisation, play reading, playwriting, sketch comedy, spoken word, and more.

FST Director of Improv and Teaching Artist, Will Luera explains the benefits of these classes stating, "The skills required and taught to us by theatre are not just important for performance but also for helping us succeed in an increasingly fast and complex world. From youth to retired adults, theatre can teach us how to interpret the world around us, be confident in our ideas, support others, and take risks."

To enroll, contact Pamela Smith, Education Administrator at 366-1350 or at www.floridastudiotheatre.org/education.

Adult Education Classes:

- **Reader's Circle:** Wednesdays, 1-3 p.m. Read and discuss plays, similar to a book club. Students and FST staff and apprentices will read plays aloud and analyze the newest scripts, selected from FST's Literary Department. A lively mix of discovery and discussion, Reader's Circle gives students a peek at the new play development process. Fee: \$149/8-week session. \$50 discount per session will be given to students who elect to receive scripts via email and read from a tablet or laptop.
- **Flying Solo: Writing for Performance:** Mondays, 7-9 p.m. Create and perform original solo theatre. Under the guidance of professional teaching artists, students will create and develop solo plays and monologues based on prompts, exercises, and improvisation. Additionally, students will receive acting coaching with the goal of presenting original work in our Session Showcase. Prerequisite: No Fear Acting or submit a theatre resume for instructor permission. Fee: \$199/8-week session.
- **Playwriting Intensive:** Thursdays, 2-4 p.m. Write a 10-minute play and see it performed on the Lab stage. This special 16-week class will guide students through the drafting, rewriting, editing, and rehearsal process, resulting in every student completing a 10-minute play that will be rehearsed and performed by the

FST Acting Apprentices at the Session Showcase. Fee: \$398/16-week session.

- **No Fear Acting 1:** Tuesdays, 7-9 p.m. Unleash your inner actor and 'set the stage' for future acting work. Start your training with a solid foundation, and learn the building blocks of mind, heart, body, and voice. Script and character analysis will sharpen your mind; emotional intelligence exercises will deepen your heart; biomechanics and physical warm-ups will free your body; and breathing and vocal exercises will strengthen your voice. Students will prepare and polish monologues for performance in the culminating Session Showcase. Fee: \$199/8-week session.
- **No Fear Dance and Movement:** Thursdays, 7-9 p.m. Dancing should be fun! If you have ever wanted to express yourself through movement, learn Broadway choreography, or just get in shape, then this is the class for you! No Fear Movement offers the opportunity for adults to dance in a stress-free and fun environment. Through gentle stretching, conditioning, and various styles of dance, you will get fit while having fun. Fee: \$199/8-week session.
- **Spoken Word:** Wednesdays, 7-9 p.m. Explore the vibrant world of spoken word and slam poetry. Students will explore expressing their truest selves on stage through the poetic form through prompts, exercises, improv, and discussion. After devising original works, students will work on bridging text with emotion and intention, culminating in a poetry slam at our Session Showcase for all to enjoy. Fee: \$199/8-week session.
- **Musical Theatre Workshop:** Thursdays, 7-9 p.m. Delve into the voice, the lyrics, and the melody to bring a song to life. Students will learn which songs best suit them and how to convey emotion within each piece through proper technique and analysis. This class is a deep investigation into the music and the process of preparing a song by discovering the meaning of the lyrics while acknowledging the relationship between the acting and the singing. The class culminates in a performance at the Session Showcase. Prerequisite: Submit a theatre resume for instructor permission. Students are responsible for providing sheet music. Fee: \$199/8-week session.
- **Intro to Improvisation (Level 1):** Mondays, 7-9 p.m. The launching ground for developing improv performance skills, Intro to Improv allows students to explore creativity, hone presentation skills, and build self-confidence. Focus is on playing together, making others look good, confidence, support, truth in comedy, and the basic tenets of "Yes, and..." Under the guidance of our experienced Teaching Artists, every student learns they already have what it takes to improvise successfully both onstage and off. Fee: \$199/8-week session.