

Volume XVII | Fall 2013

Leisure Learning Society

*Rediscover the Joy
of Learning!*

*No tests, no books,
no grades!*

Fall 2013



University of
West Florida



Continuing Education

Leisure Learning Society

Welcome

Discover learning without the stress of grades with The University of West Florida's Leisure Learning Society (LLS). Founded in 1996, LLS offers social and educational opportunities for everyone 55 and older in an academic setting among peers. Whether you live in Pensacola full time or part time, come join in the fun of learning at your leisure! The Leisure Learning Society is a membership organization.

Contact Us

Have questions? We are available to assist you during normal office hours.

Monday - Friday
8:30am to 4:30pm

Phone
(850) 474-3491

E-mail
LeisureLearning@UWF.edu

Website
uwf.edu/LeisureLearning



The \$30 annual membership fee covers twelve months from the date you join.

With your LLS membership, you are entitled to:

- register for all LLS classes, tours, and events.
- an LLS Parking Decal for parking on the UWF campus.
- a printed Class Catalog mailed directly to your home each semester.

*An additional LLS membership benefit is the eligibility to purchase a **UWF Nautilus card** for only \$10. The official UWF identification card can be used for:*

- checking out books and using electronic databases at UWF Library.
- paying for food or services rendered anywhere on the UWF campus.
- an ID for campus events and offices.
- access to the Health, Leisure and Sports facility (with purchase of UWF gym membership - \$125 per semester - uwf.edu/recreation).

More information can be found on the LLS website:
uwf.edu/LeisureLearning

REGISTRATION OPTIONS

- » **ONLINE** - uwf.edu/leisurelearning
- » **MAIL** - Fill out this form and mail to the address provided below.
- » **BY PHONE** - To pay by Visa or Mastercard, call the LLS office (850) 474-3491.



What's New

Back to School, Leisure Learning Style!

Be a "full-time" student at UWF for eight **Fridays** during the Fall semester. It's easy as a member of LLS! Drive to the UWF Pensacola campus to park for the day, then stimulate your mind and socialize over lunch with fellow LLS members.

- 10:00 - 11:15am Class*
- 11:15 - 12:30pm Lunch (*Dutch treat, at the Commons*)
- 12:30 - 2:00pm Class*
- 2:00 - 3:30pm Class*

Attend all day or choose your schedule for "Fun Fridays at UWF!"

Advance registration required. See **page 20 for complete class listings and prices.*

Spring 2014 Membership and Class Dues Increase

The Leisure Learning Society will be increasing Membership dues to \$35 beginning in January 2014. The class fees will start at \$12 for one session. Charter Members (those that joined LLS in 1996) will remain the same. Charter Members may choose the gratis option or please consider paying \$10 to help with ever increasing printing and postage costs.

E-Newsletter!

Be the first to know when an event is coming up!
If you have an email address, please be sure we have it on file.
E-Newsletters will be sent periodically.

UWF Parking Passes for LLS

The blue vinyl decals are no longer valid. See Page 5 for more info.

Like LLS@UWF?

VISIT US ON FACEBOOK
AND LET US KNOW!



[facebook.com/uwfleisurelearning](https://www.facebook.com/uwfleisurelearning)

Bring a Friend!

As a current LLS member, you may bring a friend to a class as an introduction to LLS. The class price will apply. If your friend joins LLS, you AND your friend will receive a \$10 credit voucher toward a future LLS class or event.



Door Prizes!

Curiosity knows no age limit and, for those 55 or older, this fall offers an opportunity to discover one of the most dynamic learning programs in Pensacola.

**Friday
September 6, 2013
2:00pm - 3:00pm**

Bring a Friend!

Join the Leisure Learning Society for the annual Fall Open House. Meet instructors, socialize and have a little fun!

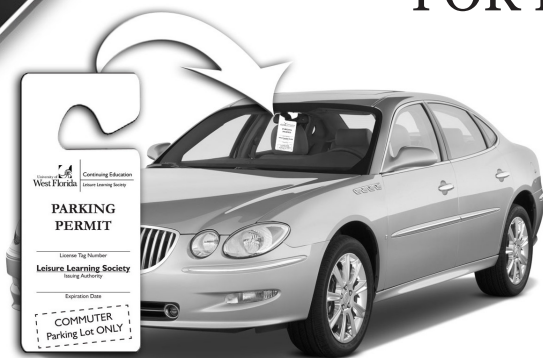
LOCATION

**Bayview Senior Center
2000 E Lloyd St.
Pensacola, FL**

*Event is free and open to the public. *Drawing to be held for a handmade quilt created by the Autumn Winds Creek Indians and Dr. Norma Whittemore. Current LLS members may bring a friend to the Open House as an introduction to LLS. If your friend joins LLS on 9/6, you AND your friend will receive a \$10 credit voucher toward a future LLS class or event!*

New!

UWF PARKING REGULATIONS FOR LLS MEMBERS



Parking during LLS courses located at UWF requires a parking permit (included in LLS membership dues). The hangtag is valid during the same months as the personal LLS membership. Participants are allowed to park in any COMMUTER parking lot. Please pay close attention to the signs and curb colors for correct parking areas.

Beginning September 1, 2013, LLS members will be required to submit a UWF Vehicle Registration Form to receive a new parking hangtag. The Vehicle Registration Form must be renewed every September as vehicle information is only retained for one fiscal year beginning September 1 through August 31. The Vehicle Registration form is included in the class registration form in this catalog or can be downloaded on the LLS site: uwf.edu/leisurelearning.

For more UWF parking information visit: uwf.edu/parking. Parking in unapproved lots or in reserved spaces will result in a ticket. If you have followed the parking regulations and are ticketed, please contact the office so that it can be taken care of.



*****The blue and white 55+ vinyl stickers are no longer valid starting 9/1/2013.**

Membership Expiration Date



If your catalog does NOT have a date on your mailing label, your membership has already expired. In order to receive a catalog every semester, your membership dues must be up to date.



***Charter Members** - Members who joined LLS in 1996 will always remain Charter Members. Please notify the office to renew your membership annually. We only ask that you consider paying the discounted \$10 membership dues to help cover printing and postage costs.

If your membership expires during a semester, it must be renewed to continue taking classes. If it is not renewed, all classes occurring after the expiration date will be cancelled and refunded. Please call LLS Member Support Services 850-474-3491 if you have any questions about your membership.

Share Your Discoveries With Us!

The Leisure Learning Society is always looking for knowledgeable individuals to volunteer their expertise with our members in all subject matters including hobbies and interests. You'll find teaching for our program a really rewarding experience as our students are very attentive.



Do You Have:

- Special interests that you can share with others?
- Background as a teacher or professor in a subject that might be of interest to others?
- Unique talents you can share with others?

Do You Know:

- Fascinating businesses who would welcome tours of their facilities?
- Others who have special interests and would be willing to teach?

Curriculum Council

Our Curriculum Council meets 3-4 times each semester to establish the following semester's class schedule. If you are interested in working with others to brainstorm class ideas, identify volunteer instructors, and determine the class day and time, then this volunteer opportunity is for you.



What Makes LLS Great? You do!

It would be hard to find a more enthusiastic and energized group of people than the Leisure Learning Society members. Volunteers abound and participation is contagious as we rediscover the joy of learning. Making a gift to LLS is an important factor in enhancing the educational experience for our members. Your generous support guarantees that LLS will continue to offer a superb quality program and unmatched value. Retirement is rewarding with programs like LLS, which foster educational enrichment and growth. Please put LLS high on your charitable giving list. Make your gift today. Your classmates are counting on you.

*Please make your
check payable to:
Leisure Learning Society*

Mail to:
**UWF Foundation
11000 University Pkwy.
Pensacola, FL 32514**

Gratitude

*Thank
You!*

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Fall 2013 Instructors:

◇ John Affleck	◇ Judy Eggart	◇ Molly O'Connor
◇ Cindra Anderson	◇ Rabbi Joel Fleekop	◇ Wesley Odom
◇ Anna Frances Apap	◇ Alvin Foland	◇ Charles Ortiz
◇ Tony Apap	◇ Sachiyo Gambrell	◇ Emily Peterson
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◇ Connie Bryars	◇ Glenn Hinote	◇ Angela Underwood
◇ Stan Burge	◇ John Holder	◇ Dr. John Vaughan
◇ Dr. Chris Burkart	◇ Linda Holt	◇ Alexander Warmka
◇ Hope Bush	◇ Ray Hudkins	◇ Sy White
◇ Jack Canavan	◇ Mike Kirk	◇ Michelle Williams
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◇ Van Deese	◇ Raina Melville	
◇ Athena duPre'	◇ Janice Monks	
◇ Jim Eddons	◇ Tom Northrup	
	◇ Oz Nunn	

Curriculum Council:

◇ David Hoffman	◇ Norman Richards
◇ Ray Hudkins	◇ Bob Robinson
◇ Dee Ingram	◇ Chris Wilde
◇ Robert Kugelman	◇ Bill Williams
◇ Oz Nunn	◇ Phyllis Williams

Editor:

◇ Charlotte Schipman

**“The Work of volunteers
IMPACTS ON ALL OUR LIVES,
EVEN IF WE ARE NOT AWARE OF IT.”**

~Anthony Worrall-Thompson

Florida Blue There's always something happening at the Pensacola Florida Blue Center.

Wellness events, educational seminars and health fairs at the Pensacola Blue Center located in Cordova Commons.

**1680 Airport Blvd., Pensacola, FL 32504
(850) 202-4188**

Tai Chi

When: Monday evenings at 6:00 pm and Friday mornings at 8:30 am

Instructor: Jerry Bozant

Cost: Free

The words T'ai Chi translate to the "grand ultimate," meaning it was the grand ultimate of fighting styles. The physical benefits of Tai Chi include improved balance and posture; strong feet, leg, hip, and core muscles; and improved range of motion in all joints. You can also gain improved spatial awareness of the body and greater endurance. Tai Chi is a weight bearing exercise, which improves bone density. It is a mild aerobic exercise that fits between standing and walking. Breathing patterns are incorporated into the movements which helps create healthy lungs. The mental benefits include improved concentration, focus, and patience. The practice can also be described as a moving meditation, as students become focused on the physical aspects of the Art. Another skill that is learned is how to quiet down the talking side of the brain, so that daily troubles fade away, and a sense of wellbeing and calm occupy your thoughts.

Yoga

When: Wednesday mornings at 8:30 am

Instructor: Lee Day

Cost: Free

In Yoga, the body is treated with care and respect for it is the primary instrument in man's work and growth. Yoga Exercises improve circulation, stimulate the abdominal organs, and put pressure on the glandular system of the body, which can generally result in better health. Mat required.

Quit Smoking Now

When: 10/9 - 11/13, Wednesdays, 6:00 pm - 7:00 pm

Instructor: Nicole Larson

Cost: Free

A six-week program led by certified health care professionals which includes free nicotine replacement products, individualized assessments and customized treatment plans. Call 850-398-6965 for more information.



Continuing Education

Learning that fits your life



University of West Florida Division of Continuing Education

Learning that fits your life

Online or On Campus

We offer over 700 courses so you can find the perfect opportunity to grow your career or enrich your personal life. Many classes are online or offered in the evenings to add flexibility to your educational choices. Find the perfect opportunity to grow your career or enrich your personal life. Upcoming classes include Pharmacy Certification Prep, Arabic Language & Culture, Investor Education, Project Management, Music Academy, Public Relations for Non Profits, Contemporary Ballroom Dancing, Voice Over Workshop, plus many more!

Explore Our Services

Did you know that Continuing Education at UWF offers more than classes? Take advantage of our conference and meeting planning services, Continuing Education Units (CEUs), Custom Training Workshops, and more. Look around, you'll find something that catches your interest!



◀ uwf.edu/continuinged/calendar/

Visit our calendar for current courses in Professional Education, Personal Enrichment, Youth Programs and Seniors 55+

Having trouble choosing a class? Contact us with questions. We are happy to help you!

ContiuingEd@uwf.edu or 850.473.7468

uwf.edu/ContinuingEd

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Innisfree Jet Center Tour**16-Sep | Mon 1:00 pm - 2:30 pm | \$10.00***Instructor:* **Raina Melville***Location:* **Innisfree Jet Center**

The new Innisfree Jet Center at the Pensacola Airport is definitely a sight to see. This facility has been marked as state of the art and has many amenities such as a fully equipped kitchen, 24 hour Chef, Putting Green, Shower Facilities, 3 Plasma TV's, Pilot Relaxation Lounge, and so much more. We will tour this beautiful facility and Mr. Braddock will fill us in on the purpose of the Jet Port and how it operates. Make sure that you can maneuver up and down steps well, for there are a couple of flights of stairs involved with this tour.

Alzheimer's Disease and Dementia: Clinical Definitions, Detection and Drug Therapies**2 Sessions****9/23 & 9/30 | Mon 10:30 am - 11:30 am | \$15.00***Instructor:* **Dr. Rodney Guttman***Location:* **UWF Building 86 Classroom: 122**

The future of drug therapies for Alzheimer's Disease. The first session will cover the future of AD drug design based on the most recent research data. A focus on how these drugs work in the brain and clinical trials will also be presented. The clinical diagnosis of Alzheimer's Disease and Mild Cognitive Impairment. The second session will focus on detection of the earliest stages of AD, the clinical definitions of MCI and AD, strategies that can be employed by families to better identify dementia.

Buying Coins and Precious Metals**30-Sep | Mon 1:00 pm - 2:30 pm | \$10.00***Instructor:* **Glenn Hinote***Location:* **Florida Public Archaeology Network**

Purchasing gold and silver has become a popular investment tool and hedge against inflation. The lecture will discuss how to buy and sell coins or bullion so that you have possession of your own material. In addition, the presentation will cover the metal value of coins compared to the collectible value, the tax advantages of coins versus metals stocks, how to monitor metals prices and some possible scenarios for how coins or bullion would be exchanged in the case of high inflation.

A Laughing Matter: Humor's Impact on Relationships and Health**3 Sessions****10/7 - 10/21 | Mon 1:00 pm - 2:30 pm | \$20.00***Instructor:* **Athena duPre'***Location:* **UWF Building 86 Classroom: 137**

In a three-part series, participants learn about the everyday functions humor serves in maintaining health, building relationships, and navigating some of life's most challenging scenarios. The series includes lots of laughter-provoking examples as well as the latest research about humor.

Japanese Tea Ceremony Demonstration**7-Oct | Mon 2:00 pm - 3:00 pm | \$10.00***Instructor:* **Sachiyo Gambrell***Location:* **UWF Building 71**

Come experience a tea ceremony and learn more about Japanese culture! Sado or Chado, the Way of Tea, has been practiced over 400 years. This session provides an explanation of each movement to help understand the significance and symbolism. Please do not be late and interrupt the ceremony. Be sure to bring white socks to wear - shoes are not permitted in the tea room. The Japan House and gardens majestically welcome you at the University of West Florida's main entrance. This building has an authentic tatami room and a Japanese tea room, as well as a Japanese viewing garden.

Joe Patti's Seafood Tour**14-Oct | Mon 9:30 am - 11:00 am | \$10.00***Instructor:* **Perry Baniakas***Location:* **Joe Patti's Seafood**

Many residents of Pensacola have had the opportunity to browse and shop at Joe Patti Seafood on Main Street. This tour will give an historical perspective of the fishing industry of Pensacola and behind the scenes into the back rooms of this local seafood plant. See how fish is processed, the tons of ice made daily, and visit the cutting room where experts display how fish is cut up. Explore the Sushi Bar, and some of the newest dips on the market. The tour also includes a visit to Anna's Wine Shop and a pleasant, memorable and reasonably priced lunch (on your own) at Joe Patti Deli, which opens at 11:00am.

Mon-Tue Classes II

Dear Friends at Home:Accounts of a Union Soldier in Pensacola

21-Oct | Mon 10:00 am - 11:00 am | \$10.00

Instructor: Tristan Harrenstein

Location: Florida Public Archaeology Network

During the Union occupation of Pensacola in the Civil War, a Union soldier by the name of Melvan Tibbetts wrote 20 letters home to his family in Maine. These letters provide a wealth of information about Western Florida during the Civil War; however, the reader also gains a strong sense of familiarity with the author. This presentation shows how using primary documents to learn about history can bring about an intimate knowledge of people in the past that is rarely found in history books.

Aviation Art and Fascinating Sculpting

17-Sep | Tue 1:00 pm - 2:00 pm | \$10.00

Instructor: Bob Rasmussen

Location: Florida Public Archaeology Network

Some years ago, Bob Rasmussen, a young, artistically talented young man, became fascinated with airplanes and decided to become a Naval Aviator. During his Navy career he gained considerable experience flying fighter planes off aircraft carriers during two wars, and also as a Navy Blue Angel. Bob Rasmussen has created hundreds of Naval Aviation paintings in water colors, acrylics and oil. His bronze sculptures are on display in Pensacola and many other parts of the country, including the Smithsonian Museum and the NASA Museum at Cape Canaveral.

Pensacola Blue Wahoos Stadium Tour

4-Nov | Mon 10:00 am - 11:30 am | \$10.00

Instructor: Charles Ortiz

Location: Maritime Park

Come explore the Maritime Park, Pensacola Blue Wahoos Multiuse Stadium. The Blue Wahoos are the Pensacola AA (Double A) affiliate of the National League Cincinnati Reds Baseball Team. There will be a behind-the-scenes tour of the front offices, players' workout facility, Hancock Bank Club, ground crew operations, and more.

Grand Dame of Palafox Place: Saenger Theatre

24-Sep | Tue 1:00 pm - 2:00 pm | \$10.00

Instructor: Mario Cieri

Location: Saenger Theater

The Saenger Theatre exists to improve the quality of life by providing the citizens of the greater Pensacola area with a location for quality performing arts and entertainment. Our tour guide will show us the renovations back stage, including the light booth, dressing rooms, performance support areas and orchestra pit. See the view from the balcony box seats!

Focus on Retirement

17-Sep | Tue 10:00 am - 11:00 am | \$10.00

Instructor: Patrick Broadus

Location: Florida Public Archaeology Network

Helps investors understand the importance of rethinking retirement, directly highlighting the value offered in the changing landscape of retirement.

Conversation with Dr. Chris Burkart on Macroeconomics and Florida

2 Sessions

9/24 & 11/5 | Tue 3:00 pm - 4:00 pm | \$15.00

Instructor: Dr. Chris Burkart

Location: UWF Building 86 Classroom: 116

Dr. Burkart will introduce macroeconomic concepts and terminology as well as several basic modeling tools used to understand how a modern economy functions. Contemporary macroeconomic issues such as employment, economic growth, fiscal and monetary policy will be discussed as well as the future Florida economic growth and steps to improve employment in the near-term (2-4 years).

Condor Sailing Cruise***1-Oct | Tue 11:00 am - 1:00 pm | \$70.00***Instructor:* **Mike Kirk***Location:* **Seville Harbour**

Experience sailing on the fastest production sailboat (Condor) ever built, with a top speed of 30+ mph. The 48 ft. by 28 ft. trimaran looks like something out of Star Wars. The futuristic Condor 40 racing multihulls were built in Annapolis, Md. from 1985 to 1991. Only twenty-one were built, making them a rare boat. Indeed, the first Condor 40 ever built was named "Endangered Species". Stretch out in super-comfortable "lazy boy" sport-seats, on the large, roomy trampolines. Join Capt. Mike Kirk for a two-hour cruise on Escambia Bay. Sign up early because the passenger limit is 6 people. Please arrive 15 minutes prior to departure. *Not available for the \$175 Option.

Social Security Benefits 101 - #1**2 Sessions****10/8 & 10/10 | Tue, Thu 6:00 pm - 7:00 pm
\$15.00***Instructor:* **Andrew McNair***Location:* **UWF Building 86 Classroom: 136**

Learn what every pre-retiree and retiree needs to know about Social Security: Social Security's birth & design, How Social Security works, Common Questions about Social Security, When Should I take Social Security, Will Social Security be there? *Other dates available for identical classes: 11/12 and 11/14.*

Bocce Ball for All**4 Sessions****10/1 - 10/22 | Tue 2:00 pm - 3:00 pm | \$25.00***Instructor:* **Bob Robinson***Location:* **Bayview Senior Citizens Center**

Bocce ball, a form of lawn bowling, is very popular in Europe and is gaining interest here. Bob and Faye have taught a number of LLS members in the past year, and some have played during the off periods as well. It is a simple game, played on a fairly level grassy area with balls that are rolled toward a little ball, the target. It's good but modest exercise and one makes new friends easily on the court. So, come join in, learn the game and meet new and old friends.

Where's My Chart? Understanding Electronic Medical Records (EMR)**15-Oct | Tue 9:00 am - 10:30 am | \$10.00***Instructor:* **Tom Northrup***Location:* **Florida Public Archaeology Network**

Learn about the new Federal Laws requiring the change to EMRs, as well as keeping track of your own EMR through online resources. We will also share how Studer Group is leading organizations to make healthcare a better place for employees to work, physicians to practice medicine, and patients and families to receive care.

Bird Banding at Fort Morgan**8-Oct | Tue 10:00 am - 11:00 am | \$10.00***Instructor:* **Bob Sargent***Location:* **Fort Morgan State Historical Park**

Observe many species of birds during their fall migration south. We will have the opportunity to see the experts catching birds, taking them to a large tent, and banding the birds prior to their release. This is a two-week operation during which they catch many of the 90 bird species including hummingbirds, 27 species of warblers, and 5 species of vireos, and many other birds heading to Mexico or Central and South America for the winter. Depending on the health of the birds, we may have our picture taken releasing a bird. Please Note: There is an additional fee of \$5 to be paid at the time of arrival to the Alabama State Park rangers.

Knowing the Creek Indians**15-Oct | Tue 10:30 am - 12:00 pm | \$10.00***Instructor:* **Linda Holt***Location:* **Florida Public Archaeology Network**

Explore the history and culture of local Creek Indians. What were the causes and effects of whites entering the Creek culture? Learn about the "Battle of Burnt Corn, the "Massacre of Fort Mims" and the events at "Horseshoe Bend". The course will also describe the annual Pow Wow that is celebrated in Santa Rosa each year.

Tuesday Classes 13

Conversation with Pam Childers, Clerk of the Circuit Court

15-Oct | Tue 3:00 pm - 4:30 pm | \$10.00

Instructor: **Pam Childers**

Location: **Florida Public Archaeology Network**

As of July 8, 2013, Ms. Childers completed her first six months in office and she will be speaking about the transition in leadership, her learning curve, and overall experiences in the Office of the Clerk of Court and Comptroller. Additionally, Ms. Childers may bring us up-to-date information on current events impacting the Clerk of Court's Office. To those of you who attended her presentation last year, Ms. Childers entertained and enlightened us greatly following her heated campaign and successful election.

Reading, Writing, and Rover

29-Oct | Tue 1:00 pm - 2:00 pm | \$10.00

Instructor: **Janice Monks**

Location: **Florida Public Archaeology Network**

An Educational Animal Welfare Program presented by the Humane Society of Pensacola. Janice and Buttons, the pet therapy dog, have seen thousands of children in the Escambia County School system. The program teaches kindness and safety to students and adults.

Addressing Volatility in Your Portfolio

29-Oct | Tue 10:00 am - 11:00 am | \$10.00

Instructor: **Patrick Broadus**

Location: **Florida Public Archaeology Network**

What's behind the ups and downs. Looking at where we are now in the markets and strategies to address volatility.

Judy Eggart: The Lady Who Makes the Big Heads

29-Oct | Tue 2:00 pm - 3:00 pm | \$10.00

Instructor: **Judy Eggart**

Location: **Florida Public Archaeology Network**

Judy Eggart has had ad clubs nationwide falling out of their chairs with laughter. The story of her rise to fame as a costume designer/sculptor is an inspiring, heart-warming tale of chasing the American dream... spiced with hilarious anecdotes of the pitfalls along the way! Her charm, wit and sincerity make it even more endearing.

Card Games: Learn to Play Texas No Limit Holdem Poker

2 Sessions

10/29 & 11/5 | Tue 11:00 am - 12:30 pm | \$15.00

Instructor: **Ray Hudkins**

Location: **Florida Public Archaeology Network**

Texas No Limit Hold'em Poker, a variation of 7 Card Stud, has become a very popular game due to televised tournaments with huge cash payouts. Class #1 focuses on the basics starting with a review of poker hands, No Hold'em rules, basic play of each hand, basic betting, and the showdown to determine winning hands. Class #2 focuses on No Limit strategies, the importance of position at the table, and understanding "Tells". Learn how and when to Bluff, the Rules of 4 and 2, and pot odds. Betting is strictly limited to the use of chips and no money is involved.

Storytelling

5-Nov | Tue 2:00 pm - 3:00 pm | \$10.00

Instructor: **Van Deese**

Location: **Florida Public Archaeology Network**

Van Deese, a local businessman, author, and storyteller is back again and will tell his stories to members of Leisure Learning. All of his tales are drawn on his life in the northern end of the county. Come, sit back, relax, and let his voice carry you with him on a journey to a friendly, warm, folksy, and often hilarious place.

National Naval Aviation Museum Tour **12-Nov | Tue 10:00 am - 1:00 pm | \$10.00**

Instructor: **Frank Cutrone**

Location: **Pensacola Naval Air Museum**

This special tour is being given by LLS member and Air Museum tour guide Frank Cutrone. He will share many interesting stories and facts as we go along. After the tour, join us for a (Dutch treat) lunch at the Cubi Bar.

Wellness Rocks! A Preventative and Holistic Health Care **7 Sessions**

9/18 - 10/30 | Wed 2:00 pm - 3:30 pm | \$40.00

Instructor: **Daralyn Chase**

Location: **UWF Building 86 Classroom: 136**

Students will learn cutting-edge information about natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle. Experience the different modalities sample products and practices used in alternative and holistic medicine. Facilitated by Daralyn Chase, publisher of the Natural Awakenings magazine in Northwest Florida, each class is taught by members of our healthy living community of experts and practitioners.

Social Security Benefits 101 - #2 **2 Sessions**

11/12 & 11/14 | Tue, Thu 6:00 pm - 7:00 pm
\$15.00

Instructor: **Andrew McNair**

Location: **UWF Building 86 Classroom: 136**

Learn what every pre-retiree and retiree needs to know about Social Security: Social Security's birth & design, How Social Security works, Common Questions about Social Security, When Should I take Social Security, Will Social Security be there? Other dates available for identical classes: 10/8 and 10/10.

Wood Carving for Fun

25-Sep | Wed 9:00 am - 11:00 am | \$10.00

Instructor: **Sy White**

Location: **Florida Public Archaeology Network**

Come meet and watch the Florabama Cutups teach about the art of woodcarving. The types of materials and tools will be explained. Each carver has a kind of work they like to do. In addition to showing these completed items, they will actually show us how to carve. Come prepared to ask questions and enjoy learning something new.

Perdido Vineyards Tour and Wine Tasting **18-Sep | Wed 11:30 am - 3:30 pm | \$10.00**

Instructor: **Jim Eddons**

Location: **Perdido Vineyards**

Begin our day at the Wind Creek Casino Taste Buffet for a dutch treat lunch. Then we will travel to the Perdido Vineyard for a personalized tour and wine-tasting. Perdido Vineyards produces premium white, red, and rosé table wines with the fresh fruity taste of native Scuppernong and Muscadine grapes. Learn about the history of the vineyard as well as the health advantages of the Muscadine grapes. Non alcoholic Muscadine juice is also available for tasting.

Around the World: Food Cultures and Customs Part 2

25-Sep | Wed 1:00 pm - 2:00 pm | \$10.00

Instructor: **Anna Frances Apap**

Location: **UWF Building 86 Classroom: 122**

Most people know that pasta came to this country from Italy. Do you know where pancakes originated? This class will explore food origins and customs, as well as interesting etiquette practices of countries around the world. Questions will be encouraged about table etiquette in this country as well. Anna Frances is a certified Home Economist as well as a retired home economics teacher.

Wednesday Classes 15

Jewish Holidays

2-Oct | Wed 10:30 am - 12:00 pm | \$10.00

Instructor: **Rabbi Joel Fleekop**

Location: **Temple Beth-El**

Come learn about the Jewish holidays which are celebrated in September. Yom Kippur means "day of atonement" Rosh Hashanah means "head of the year" so it is commonly known as "Jewish New Year." There are 3 others which are in September this year. We will have the opportunity to visit Temple Beth El as Rabbi Fleekop tells us how these holidays are observed.

Pensacola State College Center for Culinary and Hospitality Management Luncheon*

16-Oct | Wed 11:45 am - 1:00 pm | \$15.00

Location: **Pensacola State College - Pensacola Campus**

The lunch specialty is Russian and Eastern European! Pensacola State College's Center for Culinary and Hospitality Management is offering a crowd-pleasing lunch that allows their students to prepare and serve meals featuring international cuisine. Please plan on leaving a \$1.50 tip, which will go toward a scholarship program for students interested in Culinary and Hospitality Management. Do not arrive before 10:45 as they are busy with preparations.

Gardening: Creating with Natural Materials

9-Oct | Wed 10:00 am - 11:00 am | \$10.00

Instructor: **Carole Simpson and Emily Peterson**

Location: **Garden Gate**

An evergreen wreath is a wonderful way to welcome guests into your home during the Holiday season. This traditional use of evergreens made into a beautiful wreath is easy to do using greens that you can cut yourself along with a wire wreath form and some floral wire. Today will be a show and tell day of how to make wreaths quickly, easily and inexpensively. This can be fun and add a little extra enjoyment to your holiday season.

Gardening: Succulent Plants

23-Oct | Wed 10:00 am - 11:00 am | \$10.00

Instructor: **Carole Simpson and Emily Peterson**

Location: **Garden Gate**

All cacti are succulents, but not all succulents are cacti. There is resurgence in the population to grow succulents as ornamental plants because of their striking appearance. This class will delve into which succulents might be better for this area, and the class will also lean toward how much and what kind of care succulents desire.

Cottage Gardening

16-Oct | Wed 10:00 am - 11:00 am | \$10.00

Instructor: **Carole Simpson and Emily Peterson**

Location: **Garden Gate**

This planting style means lots of color and charm without lots of money and time. These gardens are great to show individualism with no two gardens being exactly alike. Every flower and plant reflects the owner's personality. Some plants are grown for their sheer beauty, while others are treasured for the warm memories they exude. There is a lot of flexibility in Cottage Gardening. Let the experts show you the way.

Community Cats: Caring for Our Friends

23-Oct | Wed 1:00 pm - 2:00 pm | \$10.00

Instructor: **Cindra Anderson**

Location: **UWF Building 86 Classroom: 134**

If you love animals (especially felines) and are concerned about their welfare in our community, this class will interest you. We will discuss the human animal bond, define stray vs. feral feline, what is T.N.R. and T.N.R. equipment, current status of cats in our community, services for free roaming cats in our county, outcome of spay and neuter grant, "Just One Day" event held this year, initiatives for the coming year to benefit animals, organizations and veterinarians that treat, support, rescue or care for community cats, and community needs and volunteer opportunities.

16 Wed-Thur Classes

Gardening: Ground Covers

30-Oct | Wed 10:00 am - 11:00 am | \$10.00

Instructor: **Carole Simpson and Emily Peterson**

Location: **Garden Gate**

Groundcover refers to any plant that grows over an area of ground, used to provide protection from erosion and drought, and to improve its aesthetic appearance (by concealing bare earth). In an ecosystem, the ground cover is the layer of vegetation below the shrub layer. The most widespread groundcovers are grasses of various types. In gardening jargon, however, the term "groundcover" refers to plants that are used in place of turfgrass. In this class we will discuss various options that work as Groundcover in our area.

Historic St. John's Cemetery Tour

13-Nov | Wed 11:00 am - 12:00 pm | \$10.00

Instructor: **Wesley Odom**

Location: **St. John's Cemetery**

Enjoy an educational and entertaining walking tour around the largest and second oldest public cemetery in Pensacola. Founded in 1876, St. John's has more than 18,000 grave markers. Notable interees include Florida's 14th Governor, 10 former mayors of the city, over 150 British and Norwegian seamen who died in Pensacola in the late 1890's, more than 100 educators, 3 Confederate Generals, and many leaders of the 19th and 20th centuries.

WEAR TV 3 Tour

6-Nov | Wed 10:30 am - 11:30 am | \$10.00

Instructor: **Jack Canavan**

Location: **WEAR Channel 3**

Today's tour of Channel 3 WEAR-TV will include a visit to the Control Room, and the Production Room. We will be in attendance while the 11:00 news Dayside with Sue Straughn is being broadcast live. The tour group is limited to 25 persons. Walking and standing is involved in the tour.

Card Games: Learn To Play Set

13-Nov | Wed 2:00 pm - 3:30 pm | \$10.00

Instructor: **Alvin Foland**

Location: **UWF Building 86 Classroom: 134**

SET is a family card game of visual perception for ages 6 to adult. It can be played by 1 or more players and is a great couple's game. SET is a game of concentration that can be played equally well with your grandchild or spouse. It is easily learned within 5 minutes and is fun to play. Also, if your grandchild isn't able to beat you, for entertainment, you can change your strategy and let them win without it being obvious. SET can be purchased on-line or at some local retail toy stores.

Karat Gold Jewelry and Gold Investing

6-Nov | Wed 2:00 pm - 3:30 pm | \$10.00

Instructor: **Alvin Foland**

Location: **UWF Building 86 Classroom: 134**

Explain the different types and properties of karat gold jewelry and how it is manufactured and repaired. Learn how to estimate the value of karat gold jewelry and gold coins for buying and selling. Explain the differences in karat gold, gold-plated, gold-filled and vermeil jewelry. Learn how to minimize the chances of buying under-karated gold jewelry and where are the best places to buy it. Bring your gold jewelry to class and determine its dollar value. Learn how to buy gold as an investment for IRA and Roth accounts.

Card Games: Learn to Play Bridge

3 Sessions

9/19 - 10/3 | Thu 10:30 am - 12:30 pm | \$20.00

Instructor: **Hope Bush**

Location: **Gull Point Recreation Center**

Come one, come all! You will learn to play bridge at a leisurely, relaxed speed. If you are completely new to bridge or just need a refresher course taught at a deliberate pace, this course will interest you. The big key to learning bridge is in the playing, so there will be ample opportunity to apply what you have learned during the play of the cards. Instructor's recommended reading: The Ideal Student Textbook," by Charles Michaels and Ruth Cohen.

Thursday Classes 17

Contemporary Native Art: Neal Ambrose-Smith

19-Sep | Thu 1:00 pm - 2:30 pm | \$10.00

Instructor: **Vivian Spencer**

Location: **Anna Lamar Switzer Center for Visual Arts**

Neal Ambrose-Smith combines drawing, painting, printmaking and collage to create a layered grouping of images. He often combines his Native-American tribal imagery with current events to create images that are intended to tease, inform, educate, and puzzle viewers.

Pensacola By Design - Go Retro Tour*

3-Oct | Thu 1:00 pm - 3:00 pm | \$21.00

Instructor: **Willie Glover**

Location: **Go Retro, Inc**

Every city has its own story, but few can trace their development from so many countries, nationalities, and disasters as Pensacola. These diverse influences have been evident in the city's architecture, and distinguishing patterns have emerged. Who were the protagonists, and was there a "downtown conspiracy"? See how we got here. From designing houses, buildings, and a community, local architect, Scott Sallis, relates this fascinating story. *Not available with the Unlimited Classes option.

Mythosophy

2 Sessions

9/19 & 9/26 | Thu 2:00 pm - 3:00 pm | \$15.00

Instructor: **Scott Davis**

Location: **UWF Building 86 Classroom: 137**

What are myths? Are they false tales and erroneous beliefs that deceive us, as popularly thought, or can they contain transcendental meaning? Mythosophy means the "wisdom of myth." Come explore selected myths and fables to see if elements of human wisdom pertain as we examine some ideals of mythology. Myth means "story" and, in session 2, we will examine examples of life stories to glean transformational meanings. What is your "story?"

Introduction to Reading Sheet Music

4 Sessions

10/10 - 10/31 | Thu 10:30 am - 11:30 am | \$25.00

Instructor: **Dave Zubke**

Location: **Bayview Senior Citizens Center**

Understand the grand staff with symbols and notation. Apply this information on the keyboard. Learn about intervals, measures, time signatures, scales, and accidentals. Discover the pleasure of tempo and dynamics. Play songs. Dave Zubke is an experienced teacher and in addition to piano, he also plays the pipe organ.

Around the World by Sailboat

26-Sep | Thu 1:00 pm - 2:30 pm | \$10.00

Instructor: **Ron and Joanne Bruce**

Location: **Pensacola Yacht Club**

Ron and Joanne Bruce circled the globe in their 42 ft sailboat Miss Jody during the past seven years. Their presentation will not only take you around the world, it will also introduce you to preparing for such a journey, navigating in foreign seas, sailing through pirate waters along Africa, living together for months at a time on the boat and the wonderful sights and friends they enjoyed along the way. After the presentation there will be an opportunity to see the boat that carried them over 40,000 miles at sea.

Habitat for Humanity Tour

10-Oct | Thu 2:00 pm - 3:30 pm | \$10.00

Instructor: **Connie Bryars**

Location: **Pensacola Habitat for Humanity**

Pensacola Habitat for Humanity is a non-profit, ecumenical, Christian ministry whose purpose is to build homes and improve communities in partnership with low and very low income families in Escambia and Santa Rosa Counties. Founded in 1981, Pensacola Habitat has built and renovated more than 1,000 homes. Learn more about the impact this top-ranked Habitat affiliate has had on our community and how you can help Habitat's mission through volunteer work. This 1.5 hour session includes an on-site facility tour and light refreshments.

Weeks Bay Reserve Pontoon Boat Tour*

17-Oct | Thu 9:00 am - 11:00 am | \$25.00

Instructor: Angela Underwood

Location: Weeks Bay Reserve

Come explore the natural beauty of Weeks Bay aboard the Weeks Bay Reserve Explorer. During this excursion participants will learn about the ecology of the Weeks Bay estuary while scouting for birds and other wildlife on the water. Learn about the rivers that feed this system as we travel up Magnolia River and discover some interesting historical tidbits about the area. We might even catch a glimpse of the mailman as he travels his mail route via boat. *Not available with the Unlimited Classes option.

19th Century American Photography

7-Nov | Thu 2:00 pm - 3:00 pm | \$10.00

Instructor: John Markowitz

Location: UWF Building 86 Classroom: 137

Photography was the first visual medium that came directly from the scientific revolution of the 19th century. It has been used to factually document, to entertain, and for personal artistic expression. Americans, in particular, embraced this new technology with great enthusiasm, and American artists were among its first practitioners. From the very beginning two aspects of photography have been explored. One has been a concern for the aesthetic qualities of the medium in relation to traditional disciplines like painting. The other has been to assert the more scientific role of photography as a social document, a visual record, and tool of communication.

Card Games: Learn To Play Skip-Bo 2 Sessions

10/24 & 10/31 | Thu 1:00 pm - 2:30 pm | \$15.00

Instructor: Alvin Foland

Location: Azalea Trace

Skip-Bo is a social card game which is rapidly gaining popularity. Easily learned and played by 2, 3 or 4 people, the game is great entertainment. Skip-Bo is played with a special card deck purchased for a few dollars at any general merchandise store. The nice thing about Skip-Bo is no memory of previously played cards is required. All play action involves the players' current cards being held and the exposed cards on the table. Conversation among the participants doesn't disrupt the game. A player's strategy is developed as one becomes more familiar with the game.

Art and Architecture of the Federal Period in America

14-Nov | Thu 2:00 pm - 3:00 pm | \$10.00

Instructor: John Markowitz

Location: UWF Building 86 Classroom: 137

After the American Revolution, the great intellectual and political minds of a young nation gathered in the city of Philadelphia. They were there to write the first drafts of the United States Constitution, and to establish themselves as the country's new elites. Artists and craftsmen, wanting the patronage of the upper class, gathered to create the "new style" that they hoped would reflect the aspirations of a new nation and its people. It was Benjamin Latrobe, famed architect and engineer, who was most ardent in his pleas that the new republic nurtured the arts.

West Florida Railroad Museum

7-Nov | Thu 10:00 am - 11:30 am | \$10.00

Instructor: George Wilson

Location: West Florida Railroad Museum

The Museum occupies the L&N Milton combination freight and passenger depot that was built in 1907-09 on the site of the original 1882 P&A depot. The station was closed in 1973, bought by the Santa Rosa Historical Society, and partially restored with a 1976 Bicentennial grant. The Museum moved into the building in 1989 and completed the restoration. The Museum houses a wide variety of memorabilia from the L&N, Frisco, and other railroads.

Roy Hyatt Environmental Center Tour

11-Oct | Fri 10:00 am - 12:00 pm | \$10.00

Instructor: Molly O'Connor

Location: Roy Hyatt Environmental Center

Located on 120 acres of pine forest, you will see a replica of a 19th century dogtrot home and pioneer garden, a replica of a 19th century one-room schoolhouse, a butterfly garden and gazebo. There is also the bird bus where you can sit and watch birds feed and splash in a bird bath. Some classrooms include a microscope lab, a reptile room, a water pollution program and a metamorphosis program. The nature trail and boardwalk offers several species of carnivorous plants, including the endangered white-topped pitcher plant.

Fri - Sat Classes 19

First City Art Center Tour*

8-Nov | Fri 10:00 am - 12:00 pm | \$20.00

Instructor: **Barbara Bess**

Location: **First City Art Center**

First City Art Center, formerly the Belmont Arts and Cultural Center, has a new home in the old waterworks building in the Long Hollow neighborhood which gives the Center 7,000 sq.ft. The Center provides opportunities for people to create through glass blowing, glass bead making, clay sculpting, pottery on the wheel, hand-built pottery and music lessons. We will have a guided tour, spending a few minutes with the glass blowers. After the tour the potters will help each of us (in air conditioning) create a hand-built pottery piece that will be glazed and fired. *Not available with the Unlimited Classes option.

Introduction to Microsoft Word, Excel and PowerPoint

3 Sessions

10/19 - 11/2 | Sat 10:00 am - 11:00 am | \$20.00

Instructor: **Kimberly Smith**

Location: **UWF Building 78 Computer Lab**

New to computers? Learn the basic features and functions of commonly used software programs. This three-part series is designed to familiarize students with terminology, screen components and the most commonly used functions offered by Microsoft Word, Excel and PowerPoint.

Reflexology

15-Nov | Fri 10:00 am - 11:00 am | \$10.00

Instructor: **Tim Atkins**

Location: **UWF Building 86 Classroom: 117**

Reflexology, or zone therapy, is an alternative medicine involving the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that are said to reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body. Tim Atkins will demonstrate the method of applying pressure to the feet in order to effect this change.

Happy Hikers - UWF Nature Trail and Wildlife Sanctuary

9-Nov | Sat 9:15 am - 1:30 pm | \$10.00

Instructor: **Carol Ann Braun**

Location: **UWF Commons Building 22**

Our walk today includes two separate nature areas on campus with a stop for lunch in the Commons building between walks. We will begin at The Edward Ball Nature Trail Boardwalk, a winding walkway over a swampy landscape providing glimpses of turtles, birds and other wildlife. After taking a lunch break at participant's expense we will proceed to the Baars-Firestone Wildlife Sanctuary, a wilderness trail winding through natural habitats of sandhill, hammock and wetland. Meet in front of the UWF Commons building at 9:15am.

Happy Hikers - Bear Lake

12-Oct | Sat 8:30 am - 1:30 pm | \$10.00

Instructor: **Carol Ann Braun**

Location: **Blackwater River State Forest**

Discover birds and spring wildflowers around the sparkling water of Bear Lake. This 4-mile hike is an all-time favorite of participants for its natural beauty and for a favorite luncheon spot, the Gator Cafe in Baker. Lunch will be at participant's own expense. Directions: Meet to carpool on UWF campus at the entrance to the UWF Bldg. 85, 86 (College of Professional Studies) at 8:30am.

CANCELLED?

We cancelled your class because we didn't know you were interested. Sometimes excellent classes with super instructors are cancelled because people wait to register. Our programs need a minimum number enrolled before a class can run.

**So, don't wait!
Avoid disappointment
by registering early!**

10:00 am - 11:15 am | Classroom:132 | \$40.00

On the Other Hand...Current Affairs Discussions - 8 Sessions

Instructor: Bob Robinson

What have the past few months wrought? What might the future portend? What is innovative and what is ominous? How can we best deal with all that? It is hard to form and validate one's views in such rapidly changing times, but this series of classes, each an independent discussion session, aims to help with that, and have a stimulating and enjoyable time in the process.

12:30 pm - 2:00 pm | Classroom:121 | \$15.00

Islam in Ferment - 2 Sessions

Instructor: Dr. Lal Goel

Islam has bloody borders. It is in conflict with all major civilizations: Christian, Buddhist, Hindu and Sikh. Islam is also divided internally among different factions: Sunnis, Shias, Wahabis, Ahmediyas, Alawites and other smaller groups. The United States has spent over a trillion dollars fighting terrorism. Yet the victory is not in sight. What factors propel suicide bombers to sacrifice themselves and untold others? Is it economic deprivation, American over-reach, or particular religious ideology? What about home-grown terrorists? What propels them to spread carnage? Discover the answers to these questions and more.

2:00 pm - 3:30 pm | Classroom:134 | \$10.00

Tears of Mona Lisa

Instructor: Oz Nunn

During World War II, Adolf Hitler and the Nazis looted Europe. They plundered and stole much of the great art of Europe. Works by the old masters – Da Vinci, Rembrandt, Michelangelo, Van Gogh, Rubens, Manet, Cranach, Botticelli, and many others. A special force, "The Monuments Men," began the greatest "treasure hunt" of all time. Please join us to hear a fantastic accounting of the work this group did and is still doing.

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:121

Islam in Ferment *Continued*

2:00 pm - 3:30 pm | Classroom:134 | \$10.00

D-Day June 6, 1944: The Last Great Crusade

Instructor: Oz Nunn

Adolf Hitler had captured most of Europe by June, 1944. There was only one way the Allies could defeat him - invade and capture his "Festung Europa" (Fortress Europe). This would be the largest amphibious operation ever. Learn all about the planning and preparation that went into this "Operation Overlord," and much, much more!

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:121 | \$10.00

Through Stained Glass: Abstraction in Early Twentieth Century Avant-Garde Circles

Instructor: Barbara Larson

The history of modern art in the 20th century has given a privileged place to abstraction as the most progressive and radically innovative direction in the second decade of that century. Mondrian, Kupka, Delaunay, and Kandinsky—all of different nationalities—have been hailed as those breakthrough radical experimenters. A number of their earliest abstractions had deep historical and spiritual resonance both for themselves and their viewers—namely churches and cathedrals with their luminous brightly colored stained glass windows. Discussion will relate to transformations in social networks in the early 20th century and the most recent innovations in neuroscience.

2:00 pm - 3:30 pm | Classroom:134 | \$10.00

Admiral Isoroku Yamamoto: Assassination, Pre-meditated Murder, or Casualty of War?

Instructor: Oz Nunn

Japanese Admiral Isoroku Yamamoto was the master-mind behind the Japanese surprise attack on Pearl Harbor. Yamamoto was the most brilliant naval strategist in the Imperial Japanese Navy. On April, 18, 1943, the Japanese “Betty” bomber, in which Yamamoto was flying on a tour of his forward bases, was shot down by American P-38 fighter planes. Now, many, many years later, some are calling Yamamoto’s death “an assassination” or “pre-meditated murder”. There is a great story behind all of this. You may be surprised.

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:134 | \$10.00

Ethics of Rightness: A Comparison of M.K. Gandhi and W.D. Ross

Instructor: John Holder

This is an introductory view into the normativity and metaphysical nature of rightness through the lenses of Ross’s ethical intuitionism and Gandhi’s Satyagraha.

2:00 pm - 3:30 pm | Classroom:117 | \$10.00

Modern Technology for Hearing Loss

Instructor: Jennifer LaBorde, Au.D.

Dr. LaBorde will define hearing loss and present modern solutions for various types of hearing loss, including surgical and non-surgical types of intervention.

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:137 | \$10.00

Basics of Adult Fitness

Instructor: **Stan Burge**

One of the most important things people can do for their health is to engage in regular physical activity. A life that includes exercise is one with less likelihood of serious physical and mental ailments. The benefits are wide-ranging, from stronger bones, greater lung power, and a healthier heart to a lower cancer risk, a sharper brain, and a happier spirit. Discussion will include types of physical activity and benefits related to cardiovascular, pulmonary and weight loss areas.

2:00 pm - 3:30 pm | Classroom:116 | \$10.00

Conversation with Dr. Rick Harper on Being a Senior Staffer to Senator Gaetz

Instructor: **Richard Harper**

Dr. Rick Harper shares his experience as a Senior Staffer to Senator Gaetz during 2012-13. Find out the types of questions and answers Dr Harper researched for the Senator and his views on policy vs politics in the Florida Legislature. Hear a quick update on the Florida economy and prospects for our future economic outlook.

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:132 | \$10.00

Human Anatomy & Floor Plan of a Church

Instructor: **John Affleck**

The floor plan of a classic cathedral is a projection of human anatomy and expresses itself in structure and function. This presentation is given to demonstrate the similarity of human anatomy to the floor plan while human neuroanatomy can be compared to the functions within a church. Time is allowed for questions and answers. More discussion will follow at lunch (Dutch treat) at the UWF Nautilus Market Cafeteria.

2:00 pm - 3:30 pm | Classroom:134 | \$10.00

Scams 101: Protect Yourself from Fraud

Instructor: **Alexander Warmka**

A scam is a dishonest attempt to trap you into parting with your money. Fraudulent individuals may email you, phone, text-message or post an offer which they pressure you to accept. If the offer sounds too good to be true, it probably is. Learn what you can do to avoid becoming a victim of fraud. Overview: Division of Consumer Services, Identity Theft, Identifying a Scam (ex. Charity, Emergency, Lottery/Sweepstakes, Internet, Counterfeit Check and "Government" scams), and How to Protect Yourself.

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:121 | \$10.00

Civil Conversation on Political Gridlock In Washington, DC

Instructor: **Ray Hudkins**

Congress and the President no longer cooperate on important issues affecting our everyday lives and our future. Why is this so? Discuss reasons for gridlock from the perspective of individual voters. Discuss former Congressman Mickey Edwards ideas for "turning Republicans and Democrats into Americans." Discuss the plans outlined by the non-partisan group No Labels for fixing Congress, government, and the Presidency. Bring your own ideas for a spirited discussion.

2:00 pm - 3:30 pm | Classroom:134 | \$10.00

Democracies Reconfigured and Reconsidered

Instructor: **Michelle Williams**

Democracy as a form of government dominates the political systems of the world today. Still, no two democracies look exactly alike in system structure or function. This class will examine what democracy as a form of government means in the twenty-first century. It will also compare and contrast democracies from around the world to consider similarities and differences in form and function. It will conclude with a discussion of challenges to democracy in the 21st century.

10:00 am - 11:15 am | Classroom:132

On the Other Hand...Current Affairs Discussions *Continued*

12:30 pm - 2:00 pm | Classroom:122 | \$10.00

Portfolio Planning for Individual Investors

Instructor: **Tony Apap**

The proposed class will take the students step-by-step through the portfolio generation process. These steps include: risk tolerance, asset allocation, portfolio goal, and stock and bond selection. If time permits, mutual funds and real estate investing will be covered. Students will be provided with handouts to facilitate accomplishing the above steps.

2:00 pm - 3:30 pm | Classroom:121 | \$10.00

Road Scholar and Education Cornucopia

Instructor: **Dr. John Vaughan**

Road Scholar, the not-for-profit leader in educational travel since 1975, offers 5,500 educational tours in all 50 states and 150 countries. Dr. Vaughan has traveled to five continents during his 36 trips through this program. Find out why Road Scholar is the world's best educational travel organization for adults.

University of West Florida

11000 University Parkway

Pensacola, FL 32514

Anna Lamar Switzer Center for Visual Arts

1000 College Blvd

Pensacola, FL 32504

Near Cordova Mall on 9th ave. The Center is on the northeast corner of College Blvd.

Azalea Trace

10100 Hillview Dr.

Pensacola, FL 32514

Located at the end of Hillview Road. If you are on University Parkway headed to University of West Florida, you will turn right onto Hillview Road. Go to the stop sign and turn left. Stay on this road until you see the Administration Information sign, then turn right into the parking lot.

Bayview Senior Citizens Center

2000 East Lloyd St.

Pensacola, FL 32503

Located in East Hill at the corner of 20th and Lloyd Street on Bayou Texar.

Blackwater River State Forest

11650 Munson Hwy

Milton, FL 32570

From University and 9 Mile Road, drive east on Highway 90 through Pace for approx 14 miles, Turn left onto SR-87 for 0.8 miles. Turn right onto CR-191/Munson Highway for approx 19.3 miles. CR-191 is just past Dixon Street. 11650 Munson Hwy is just past Sandy Landing road. Allow about an hour driving time from Pensacola.

First City Art Center

1060 N Guillemard St

Pensacola, FL 32501

On the corner of Gonzalez and Guillemard St. in the Long Hollow Neighborhood.

Florida Public Archaeology Network

207 East Main Street

Pensacola, FL 32501

Located just East of Tarragona Street on the corner of E Main St and S. Barracks St., next to The Fish House. Parking lot is located behind the FPAN building off of Barracks Street.

Fort Morgan State Historical Park

Bird Banding

Fort Morgan, AL 35408

Highway 59 south into Gulf Shores and turn west

on Highway 180 (called Fort Morgan highway) for eighteen (18) miles. Parking is no longer allowed along the roadside where we once parked. Now we need to go on toward the Fort, past the collection booth, then go left and come back up the runway. The parking area is now at the eastern end of the old runway, directly across Highway 180 from our Stable Area banding site. Parking is not allowed along the main road.

Garden Gate

3628 Fordham Parkway

Gulf Breeze, FL 32563

Gulf Breeze Parkway, past the National Seashore, go 2.35 miles past the IHOP - take a left onto College Parkway and then an immediate right onto Fordham Parkway which is the service road which runs parallel to Highway 98.

Go Retro, Inc

610 N Spring St

Pensacola, FL 32501

From I-110 South, take Cervantes exit, turn right onto Cervantes, take a left on Spring Street and travel 1 and 1/2 blocks. Destination will be on your left.

Gull Point Recreation Center

7000 Spanish Trail

Pensacola, FL 32504

Near the northeast corner of Creighton Road and Spanish Trail.

Innisfree Jet Center

4343 Jerry L. Maygarden Road

Pensacola, FL 32504

From Summit Blvd., turn on to Jerry Maygarden Road and follow the road to the Jet Center.

Joe Patti's Seafood

524 S. B Street

Pensacola, FL 32502

Go south on Palafox Street and turn right (west) on Main Street to B" Street. Joe Patti's Seafood is on the left.

Maritime Park

449 W. Main St.

Pensacola, FL 32502

Bayfront Parkway

Pensacola Habitat for Humanity

300 West Leonard St

Pensacola, FL 32501

East of the intersection of North E" Street and Leonard Street.

Pensacola Naval Air Museum

*1750 Radford Blvd
Pensacola, FL 32508*

Enter the Gate at the Pensacola Naval Air Station. Follow the signs for the Naval Air Museum.

Pensacola State College

*1000 College Blvd.
Pensacola, FL 32504*

The Culinary Dining Room is located in the back of the Student Center (Building 5 on Underwood Avenue) - the parking lot is behind the building. The book store is also in that building. Facing the back of the building - look toward the right end of the building - there's an entrance for the culinary events.

Pensacola Yacht Club

*1897 Cypress Street
Pensacola, FL 32507*

At Garden and Barrancas Ave. bear left on Barrancas. Turn left on L" Street. At stop sign, turn right onto Cypress. PYC is on the left side.

Perdido Vineyards

*22100 County Road 47
Perdido, Alabama 36562
(251) 937-9463*

Wind Creek Casino & Hotel

*303 Poarch Road
Atmore, Alabama 36502
(866) 946-3360*

Wind Creek Casino and Hotel is conveniently located halfway between Mobile and Pensacola. From Pensacola, take US-29 N to Molino, turn left onto FL-97. Crossing into Alabama, FL-97 becomes AL-21 N. Continue 8 miles north, turn left at Co Rd 14/Poarch Rd. Leaving the Casino to the Vineyard: Head north toward Co Rd 14/Poarch Rd. Turn right onto Co Rd 14/Poarch Rd. Turn left onto AL-21 N. Turn left to merge onto I-65 S toward Mobile. Take exit 45 toward Rebus Perdido. Turn left onto Co Rd 47. Destination will be on the right. (Travel time is approximately 1 hour and 5 minutes from Pensacola to the Casino according to GoogleMaps.)

Port of Pensacola

*700 South Barracks St.
Pensacola, FL 32501*

Located directly across from The Fish House. Follow US-29 south into Pensacola until it turns into Palafox. Follow Palafox south to Main Street. Turn left on Main Street to Barracks Street and turn right. The Fish House and the Port of Pensacola are in the first block.

Saenger Theater

*118 South Palafox St.
Pensacola, FL 32501*
Downtown Pensacola

Seville Harbour

*600 S Barracks St
Pensacola, FL 32502*

Our new, easy-to-find, location, is at the The Fish House restaurant's dock (also known as Seville Harbour) in downtown Pensacola, located right on Pensacola Bay.

St. John's Cemetery

*'G' & Belmont Street
Pensacola, FL 32501*

The main entrance is located at the intersection of G" Street & Belmont Streets in the western area of the city.

Temple Beth-El

*800 North Palafox St.
Pensacola, FL 32503*

On the northeast corner of North Palafox and West Cervantes. Parking available behind the Temple.

WEAR Channel 3

*4990 Mobile Highway
Pensacola, FL 32507*

Drive west from Pensacola on Highway 90 past Fairfield and past the WalMart store. WEAR-TV is on the north side of the highway. Security is evident at the building. The secretary electronically allows the door to open after ascertaining the identity of each individual.

Weeks Bay Reserve

*11300 Hwy 98
Fairhope, AL 36532*

Take US 98 west all the way to the Reserve. You will go through several towns Lillian, Elberta, Foley, Magnolia Springs, cross a large bridge and the Reserve Visitors Center is on the left once you cross the bridge. According to GoogleMaps it is about 47 miles from UWF. We will meet at the main visitors center for a restroom break and then drive to the marina.

West Florida Railroad Museum

*5003 Henry Street
Milton, FL 32570*

The historic address for the Museum is 206 Henry St. Several years ago Santa Rosa County renumbered the streets so you will find the Museum in the 5000 block of Henry St.

FAQ

How do I register for classes? You can register for classes, and pay your membership dues on-line, using the enclosed registration form or by calling the LLS office. To register online, you will need to create a New Student Profile. This will enable you to log into our system and make on-line transactions. Visit the LLS website to get started: uwf.edu/leisurelearning.

How is my credit card information handled? On-line Visa or MasterCard payments are processed by USA ePay, the industry leader in secure, on-line payment technology. USA ePay provides a SecurityMetrics Site Certificate which validates their commitment to the security of all the customers and confirms that the site is tested monthly against security vulnerabilities.

Do you offer discounts? During the Fall or Spring semester, take unlimited classes for only \$175 per semester! This option is only available by filling out the registration form in the catalog and mailing a check or calling the LLS office and paying by credit card. Some classes are not eligible for this offer and are marked with an asterisk beside the class title. Note that individual class fee refunds are not available if you are unable to attend OR for cancelled classes.

What is LLS's refund policy? If you are unable to attend your registered class, you must notify the LLS office at least 48 hours in advance of the class in order to receive a refund or credit towards a future class. Any cancellation given less than 48 hours in advance will not receive a refund or credit. Please be courteous to your volunteer instructors and fellow LLS members by adhering to this policy. For pre-paid events that include items such as: food, tickets, entry fees, etc, refunds will not be issued unless there is someone on the waiting list who replaces your registration.

Does the schedule ever change? Due to circumstances beyond our control, sometimes class dates, instructors, times and locations change. LLS will make every effort possible to notify you, in advance, about schedule changes. For the latest updated information, view our current calendar: uwf.edu/leisurelearning/calendar

Can I bring a guest? Enthusiasm for our program is contagious! You may bring a friend or family member who is unfamiliar with or never attended any LLS programs as a one-time guest to a class. The class price will apply. If your friend joins LLS, you AND your friend will receive a \$10 credit voucher towards a future LLS class or event.

Who are the teachers? Our instructors are experts in their fields and include distinguished university faculty, both active and retired, as well as community educators and leaders. We also invite members who wish to share their personal passion for a particular subject. Instructors tell us they enjoy teaching to an audience with life experience who want to be there. They also enjoy teaching without having to read papers, correct tests, and worst of all, giving out grades.

Where are the classes held? Classes are available at a number of convenient Pensacola, FL locations, including:

- University of West Florida
- Azalea Trace Retirement Community
- Bayview Senior Citizens Center
- J. Earle Bowden Building
- Florida Public Archaeology Network

Does UWF offer tuition waivers for seniors? Senior tuition fee waivers are available for regular UWF classes. For more information, contact the Registrar's office: (850) 474-2244. Visit online: uwf.edu/registrar/senior.cfm

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Division of Continuing Education
Leisure Learning Society
11000 University Parkway
Pensacola, FL 32514



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September 6!**

*See Page 4 for more
information.*

**NEW UWF PARKING
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*See Page 5 for more
information.*

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