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Division of Continuing Education

**(904) 620-4200**

**[www.learnjacksonville.com](http://www.learnjacksonville.com)**

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or call (904) 620-4200.  
See p. 15 for details.

## ARTS, CRAFTS and HOBBIES

### Painting with Acrylics – Level I

**Instructor:**  
Keith Doles

6:30 to 8:30 p.m.  
Thursdays  
Jan. 7 – Feb. 11

**(\$129)**

■ Learn fundamental studio acrylic painting techniques that you can use whether you are a traditional or a contemporary artist. Lessons will include painting demonstrations, discussions and exercises for understanding the elements of design including space, line, shape, texture and value. Create a starter portfolio and receive feedback from your instructor.

**Required:** A supply list for this course is available online.

### Painting with Acrylics – Level II

**Instructor:**  
Keith Doles

6:30 to 8:30 p.m.  
Thursdays  
Feb. 25 – April 7  
No class March 17

**(\$129)**

■ Take your acrylic painting skills to the next level by learning various traditional and mixed media techniques with the brush, palette knife and more. Lessons will include painting demonstrations, discussions and exercises for understanding the design elements and principles. Build a portfolio and receive feedback from your instructor.

**Required:** A supply list for this course is available online.

### Let's Make a T-Shirt Quilt!

**Instructor:**  
Julie Mainor

6:30 to 8:30 p.m.  
Tuesdays  
March 22 – April 26

**(\$129)**

■ You've hung on to them for years - those beloved tees from your favorite concerts, events, vacations and school days. Gather all your old favorites and create a beautiful memory quilt using 12-16 of your T-shirts! Learn the use of a rotary cutter, fabric stabilizers and basic quilting skills. No experience required.

**Required:** Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. The instructor will provide rotary cutter, mat and ruler to use in class. A supply list, including fabrics and notions, will be distributed on the first night of class.

## Beginning Creative Watercolor – Part I

**Instructor:**  
Jennie Szaltis

6:30 to 8:30 p.m.  
Tuesdays  
Jan. 26 – March 1

**(\$129)**

■ Learn the basic techniques of color blending, mixing and painting on both wet and dry paper. Class exercises will be pre-drawn, so no drawing or watercolor painting experience is necessary.  
**Required:** Purchase your own supplies using the supply list provided by the instructor before the start of class (approx. \$80 value) or rent gently used supplies from your instructor for the course duration for \$45. All rented supplies must be returned at the end of the course.

## Beginning Creative Watercolor – Part II

**Instructor:**  
Jennie Szaltis

6:30 to 8:30 p.m.  
Tuesdays  
March 15 – April 19

**(\$129)**

■ Building on basic watercolor techniques and extended color blending, you will explore watercolor painting techniques, such as negative painting. Learn the use of mastoid to begin building a platform for creativity in watercolor. Class exercises will be pre-drawn. No drawing experience is necessary.  
**Required:** Purchase your own supplies from the supply list provided by the instructor before the start of class (approx. \$80 value) or rent gently used supplies from your instructor for the course duration for \$45. All rented supplies must be returned at the end of the course.

## Creative Mosaic Workshop

**Instructor:**  
Laure Norton

6:30 to 8:30 p.m.  
Tuesday, Jan. 12  
**OR**  
Monday, March 7  
**OR**  
Thursday, April 14

**(\$25)**

■ Explore the fun and creative possibilities of mosaics. Projects you can choose from include sea turtle, sea horse, mirror, butterfly and more. You will learn the basics of mosaics using the direct method. Supplies such as glass tile, adhesive and grout will be provided and the use of tools, such as tile nippers will be shown. A grouting demonstration will be provided and each student will get a grouting kit to take home. At the end of the evening, you will have created your own mosaic art. No prior mosaic or art experience is necessary.  
**Required:** Additional materials fee of \$25 to be paid to the instructor.

## Introduction to Sewing

**Instructor:**  
Julie Mainor

6:30 to 8:30 p.m.  
Tuesdays  
Jan. 5 – Feb. 2

**(\$119)**

■ Gain the confidence and skills you need to become an accomplished seamstress. You will learn the basics of sewing, how to thread, how to use and maintain your machine and how to read and use a pattern. Projects will include a zippered cosmetic bag, a standard pillowcase and an apron from a purchased pattern. No experience needed.

**Required:** Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Pillowcase supplies: 3/4 yard 100% cotton, 45" wide favorite fabric, 1/4 yard 100% cotton, 45" wide complimentary fabric, all – purpose thread to match. Additional project supplies will include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

## Intermediate Sewing

**Instructor:**  
Julie Mainor

6:30 to 8:30 p.m.  
Tuesdays  
Feb. 9 – March 8

**(\$119)**

■ Discover the secrets to fitting patterns to your measurements, plus learn best practices for repairing and altering existing clothing. Projects include elastic waist pants with pockets from a purchased pattern and a shirt or blouse with set in sleeves, collar and buttons. Basic sewing skills required.

**Required:** Sewing machine with bobbins, dressmaker shears, seam ripper, thread, tape measure, dressmaker pencil or chalk, machine and hand sewing needles, straight pins, notepad and pen. Additional project supplies will include purchased pattern, fabric and notions. The remaining supply list will be available on the first night.

## Mixed Media Studio

**NEW!**

**Instructor:**  
Keith Doles

9 a.m. to 2 p.m.  
Saturday  
March 5

**(\$59)**

■ Learn how to develop your own abstract still life painting from start to finish in a studio environment. The elements of design will be covered as you use acrylic paint, paper and other materials. Workshop will include lecture, step-by-step instruction and feedback from the instructor.  
**Required:** A supply list for this course is available online.





## Hand Appliqué and Embroidery Fundamentals – A Rose is A Rose is A Rose

**NEW!**

### Instructor:

Jan Vaine

9 a.m. to 3 p.m.

Saturdays

March 12 – 19

**(\$119)**

■ Discover the time-honored artistry of appliqué as you learn the fundamentals of hand needle-turned appliqué.

Beginners and experienced students of appliqué will be inspired by the elegant simplicity of this appliqué and embellished vase of roses. Explore the possibilities of embellishing with three rose techniques, a touch of ribbon

work and dimensional stump work. Stitches and techniques will be worked on sample pages for inclusion in a personal workbook, the start or continuation of an invaluable reference tool you will refer to again and again.

**Note:** A supply list for this course is available online.

**Required:** Additional materials fee of \$50 to be paid to the instructor (includes pattern, all the fabrics, ribbons, embroidery thread and embellishing supplies for the block and samples, along with workbook instruction pages.)

## HEALTH and WELLNESS



### Unlock Your Potential

**NEW!**

### Instructor:

Pixie Larizza

6:30 to 8:30 p.m.

Wednesdays

Jan. 6 – 20

**(\$79)**

■ Discover the power of your body, mind and spirit connection. This course will give you tools to focus on the positive and transform the negative aspects of daily living into your own personal power system. Learn visualization and mini meditation techniques to slow down your body and mind while enhancing your spirit within. Gain knowledge of the Chakra system (Eastern philosophy of energy centers within our bodies) and how to promote well-being from within.

## Vision Board – Living and Dreaming Bigger

**NEW!**

### Instructor:

Alison Cacella

6:30 to 8:30 p.m.

Mondays

Jan. 25 – Feb. 8

**(\$79)**

■ A dream board is a magnificent tool to awaken your deepest dreams and set the universe's actions in motion. In this class, we will create a unique vision map using pictures, images and words to represent our dreams and goals. As we allow our energy and focus to create a vision map, it projects to our unconscious mind and begins the process of setting ourselves up for success. Workshop includes guided worksheets, supplies for dream board and meditation time.

## Attracting Abundance I

### Instructor:

Sharon Y. Cobb

9 a.m. to 5 p.m.

Saturday

Jan. 9

**OR** March 12

**(\$99)**

■ In this one-day workshop, learn how to attract abundance into your life by opening your mind to receiving wealth, love and all possibilities. You can use the law of attraction to manifest what you would like to attract into your world. Get techniques to focus on what you want in your life and get rid of worries that are counterproductive and sabotaging your power to attract the positive. Learn a life imagery technique similar to visualization

exercises used by Olympic athletes before competitions. Start a gratitude journal. Participate in a short meditation that could change your life when practiced often. Get affirmations and find resources to enhance your ability to attract abundance on a daily basis.

## Attracting Abundance II

### Instructor:

Sharon Y. Cobb

9 a.m. to 5 p.m.

Saturday

April 2

**(\$99)**

■ If you know the basics of attracting abundance through affirmations, visualizations and meditation, join us for Attracting Abundance II and push your ability to a whole new level. Discover your purpose and learn how to use it to manifest the best in life. Change your negative thoughts to rational and then to positive with simple exercises. Get ideas about how to change your environment to welcome abundance into your life. Find

out how to design wild daydreams and use them to create almost anything you want. In this class, we will each design personal key affirmations and daily declarations to improve our realities. Add more joy to life with easy techniques shared in class. This workshop expands your knowledge of the basics learned in Attracting Abundance I.

## Practical Self-Defense and Awareness

**Instructor:**

Tim Robinson

6:30 to 8:30 p.m.  
Mondays  
Jan. 11 – Feb. 8  
No class on Jan. 18

**(\$99)**

■ The ability to defend yourself, develop strength and build confidence does not require years of training. Tim Robinson, a lifetime practitioner with black-belt certifications in five different martial arts, will teach you a system of practical, proven self-defense techniques and strategies for personal safety and awareness. This system includes powerful street self-defense, unarmed weapons defense, defense from the ground, effective use of your environment and defense tools found in everyday life. Learn to protect yourself and your loved ones during this four-week course.

## Advanced Self-Defense

**Instructor:**

Tim Robinson

6:30 to 8:30 p.m.  
Mondays  
Feb. 22 – March 7

**(\$79)**

■ This is a continuation of the Practical Self-Defense course that focuses on advanced self-defense techniques. Learn simple but effective techniques to quickly recover from being knocked to the ground, from a stronger opponent trying to hold you down and how to prepare and defend against multiple attacks. Learn how to deal with more than one attacker, how to defend yourself when weapons are involved and how proactive planning will help you move from self-defense to self-offense. The Practical Self Defense course is not a pre-requisite.

## Healthy Posture Yoga

**Instructor:**

Elinor Grabar

6:30 to 8 p.m.  
Wednesdays  
March 9 – April 6

**(\$89)**

techniques to help release deep tension, strengthen core support and bring overall balance and ease. All levels welcome.

**Note:** Please bring a mat and towel for head support.

■ Basic stretching and strengthening exercises help relieve pain, improve your posture and encourage your body's healthy range of motion. You will be guided safely and mindfully through a series of postures to release tightness and improve mobility in your spine, neck, shoulders, hips, arms and legs. This therapeutic practice includes breathing and relaxation

## Learn to Kayak

**Instructor:**

Michael Metzler

6 to 8 p.m.  
Tuesday, March 29  
and 10 a.m. to noon,  
Saturday, April 2

**OR**

6 to 8 p.m.  
Tuesday, April. 26  
and 10 a.m. to noon,  
Saturday, April 30

**(\$49)**

■ Discover the basics of kayaking, both in class and on the water. Learn the different types of kayaking, equipment, safety and the rules and regulations. Everyone will learn how to paddle a kayak properly and have an opportunity to learn and practice proper maneuvering techniques. The last class takes place at All Wet Sports, 8550 Beach Blvd. and includes 90 minutes of paddling on the water.

**Note:** Minimum age of 10 accompanied by an adult.

**Required:** Additional materials fee of \$21 to be paid to the instructor at the last session.

## Tai Chi for the Mind, Body and Soul

**Instructor:**

Alison Cacella

6:30 to 8:30 p.m.  
Thursdays  
Feb. 4 – March 10

**(\$129)**

■ Tai Chi is an ancient Chinese exercise practice recognized for benefiting overall health and the most prominent Chinese martial art emphasizing internal strength. Within the practice, focus on fluid, gentle, graceful and circular relaxed movements. Slow the body and mind, deepen the breath. Relax, focus and visualize. Allow Chi, or energy, inside the body to flow. Breathe Easy practices the Sun-Style to allow all participants with injuries, ailments or arthritis to safely and effectively learn Tai Chi.

## Beginning Meditation

**Instructor:**

Pixie Larizza

6:30 to 8:30 p.m.  
Wednesdays  
March 16 – 30

**(\$79)**

■ Meditation is safe, healthy, timely and regenerative. Learn techniques to develop a meditation practice for your own peace and well-being. Practice proper breathing to optimize relaxation into the practice of meditation. Enter the world of guided imagery meditation and sound and vibration relaxation therapy, along with others to choose from.



To register, visit  
[learnjacksonville.com](http://learnjacksonville.com)  
or call (904) 620-4200.

## Advanced Tai Chi

**Instructor:**  
Alison Cacella

6:30 to 8:30 p.m.  
Thursdays  
March 24 – April 28

**(\$129)**

■ This is a continuation of Tai Chi for the Mind, Body and Soul. Dig deeper into the meditation of motion presented by Tai Chi while embodying the principles previously discussed. You will explore the power of meditation, breath, space and healing.

## Brain Foods – Eating for Healthy Living

**Instructor:**  
Katherine Vogel

6 to 8 p.m.  
Wednesday  
Feb. 10

**(\$39)**

■ We have all heard the expression, "You are what you eat." Join us as we take a closer look at the thoughts and behaviors that greatly influence our decisions long before that chai latte with a carrot muffin crosses the taste buds. We will explore the super foods that recharge our brains to make healthier choices about our diet, thoughts and behaviors. In addition, the true benefits of meditation in releasing good hormones (i.e., melatonin and DHA), endorphins and reducing stress (inflammation) will be revealed. Journey on this introspective view of nutrition and its effect on your brain!

## The Healthy Fats

**Instructor:**  
Katherine Vogel

6 to 8 p.m.  
Wednesday  
March 23

**(\$39)**

■ Fat is a macronutrient that deserves a better perspective for its benefit to the body. Fats are an essential part of our balanced diet. At nine calories per gram, they pack twice the calories as proteins or carbohydrates. Join us and discover the real skinny on fats and how to better incorporate them into a healthy lifestyle.

## Carbohydrates – Energy in Abundance

**Instructor:**  
Katherine Vogel

6 to 8 p.m.  
Wednesday  
Feb. 24

**(\$39)**

■ Under constant scrutiny, carbohydrates are our greatest resource for energy. In fact, we would be unable to sustain our body's homeostasis without them. Join us for this insightful appreciation into our greatest macronutrient.

## HOME and GARDEN



### Accessorize Your Home With Style

**Instructor:**  
Sandra Millis

6 to 8 p.m.  
Thursday  
Feb. 18  
**OR**  
Wednesday  
April 13

**(\$39)**

■ Focus on quick, easy and inexpensive ways to accessorize your home. Bring your favorite container whether it is ceramic, wicker, wood or metal and learn about scale, balance and texture and how it can enhance your decor. Along with styling advice, have some fun and learn the tips and tricks of enhancing your home with unique and different items which can breathe life into every room. Bring your enthusiasm, your favorite container and learn the basics of accessorizing your home. Take home a list of resources to help you create the desired style for your container.

### Let's Decorate Together

**Instructor:**  
Ann Gobler

6:30 to 8:30 p.m.  
Mondays  
Feb. 1 – 29

**(\$119)**

■ Explore the basics of decorating through practical application. Learn how to put a space together and find your style. Join Ann Gobler, an interior decorator and interior re-designer certified by three national interior redesign organizations as she discusses trade techniques as you make the room-by-room journey through the house.

### Home Staging and Home Styling

**Instructor:**  
Becky Harmon

6:30 to 8:30 p.m.  
Monday  
Feb. 15

**(\$39)**

■ Explore the important but often overlooked areas that require attention to sell your home quickly and for more money. If you are not selling, discover many ways to update your home without spending a fortune. Learn great DIY tips and tricks. This course includes presentations with before-and-after pictures on de-cluttering, paint color, furniture placement, curb appeal, remodeling kitchens, baths and more.



To register, visit  
[learnjacksonville.com](http://learnjacksonville.com)  
or call (904) 620-4200.



**NEW!**

# Fabulous Florals!

## Fresh Floral Design – Love Nests

Learn the fundamentals of working with fresh plant materials. At the end of the class, you will have created an arrangement made with a woodland nest with fresh flowers, greens and a pretty ribbon accent. Bring clippers to class. All other materials provided.

**Required:** Additional materials fee of \$25 to be paid to the instructor.

**Instructor:** Liz Stewart  
6 to 8 p.m., Tuesday, Jan. 26  
**(\$39)**

## Fresh Floral Design – Glass Vase

Learn the technique of gridding for designs in a vase with water. At the end of the class, you will have created a spring-themed piece featuring the best of season Dutch blooms. Bring clippers to class. All other materials provided.

**Required:** Additional materials fee of \$25 to be paid to the instructor.

**Instructor:** Liz Stewart  
6 to 8 p.m., Tuesday, March 15  
**(\$39)**

## Fresh Floral Design – European-style Bouquet

Learn how to create a European-style hand-tied wrapped bouquet for gift giving, utilizing pretty tissue paper, cellophane and ribbons. Bring clippers to class. All other materials provided.

**Required:** Additional materials fee of \$25 to be paid to the instructor.

**Instructor:** Liz Stewart  
6 to 8 p.m., Tuesday, April 12  
**(\$39)**



## Organic Vegetable Gardening

**Instructor:**  
Matthew Barlow

6 to 8 p.m.  
Tuesdays  
Feb. 9 – 23

**(\$79)**

■ Grow delicious, nutrient-rich organic herbs and vegetables in your own backyard. Discover how to build, layer and create healthy soil without chemical fertilizers or pesticides. Step-by-step techniques for planting and harvesting take the guesswork out of getting the most from your garden. Month-by-month planning calendars keep your vegetables producing year round. Whether you are new to gardening or a seasoned gardener, expand your horticultural knowledge in organic fertilization and pest management. Pick up tips and tricks for creating a robust garden that thrives rather than just survives.

## Gardening in Northeast Florida

**Instructor:**  
Matthew Barlow

6 to 8 p.m.  
Tuesdays  
March 8 – 22

**(\$79)**

■ This course will be useful to both new and experienced gardeners who face the challenge of dealing with Northeast Florida's climate and soils. You will learn the basics of horticulture as it relates to our region. You will learn which plants are appropriate and how to start new plants by using seed cuttings and other means. Overriding themes will include how to minimize maintenance, be environmentally responsible and where to find plants and seeds.

## Landscape Design for the Homeowner

**Instructor:**  
Matthew Barlow

6 to 8 p.m.  
Tuesdays  
April 12 – 26

**(\$79)**

■ Learn how to create a professional looking landscape design. Avoid costly errors by locating the right plant in the right place, determining the number and size of plants needed to complete a project and discussing the use of native and unusual plant material. Using basic landscaping principles, you will learn how to select plant material and complete a professional-style landscape design.

## LANGUAGES



### Introduction to the Italian Language

**NEW!**

**Instructor:**

Annalisa Rinaldi

6 to 8:30 p.m.

Mondays

Feb. 1 – April 18

**(\$259)**

■ This introductory course is intended for students with no previous experience in listening to, speaking or studying Italian. It is designed to help you develop basic communication skills in Italian by engaging in a variety of interactive tasks, such as oral and written exercises, readings, language games and easy conversations.

**Required:** "Percorsi: L'Italia attraverso la lingua e la cultura" by Francesca Italiano and Irene Marchegiani.

### Introduction to American Sign Language – Level I

**Instructor:**

Jon Antel

6 to 8 p.m.

Wednesdays

Jan. 13 – Feb. 17

**(\$129)**

■ American Sign Language has grown enormously in popularity and is now accepted in Florida as a foreign language in high schools and university settings. It is an incredibly beautiful and moving language. This six-week course will survey the basics of sign language and afford students the chance to practice it in a relaxed and comfortable environment. You will learn about the uniqueness of

people who are deaf and hard-of-hearing, some of their challenges, as well as myths and realities that deaf people face. Course goals include learning five characteristics of ASL signs, the basics of how signs are made and beginning finger spelling. You will develop a basic vocabulary of signs, based on the student's individual needs.

### Introduction to American Sign Language – Level II

**NEW!**

**Instructor:**

Jon Antel

6 to 8 p.m.

Wednesdays

March 2 – April 6

**(\$129)**

■ Build on your basic knowledge and skills learned in ASL I. Goals include learning five characteristics of ASL signs, how advanced signs are made and advanced finger spelling. Expect to increase your fluency in expressive finger spelling and learn more about receptive finger spelling. For more meaningful conversations in sign language, you'll expand your vocabulary

in categories such as foods, animals, money, time and giving or receiving directions. You will develop an advanced vocabulary of signs, based on your individual need and learn about myths and realities of the deaf culture.

### Introduction to Mandarin Chinese Language and Culture

**NEW!**

**Instructor:**

Natalie Irie

6:30 to 8:30 p.m.

Thursdays

Jan. 7 – March 10

**(\$219)**

■ Learn the fundamentals of spoken and written Mandarin Chinese, the official language of Mainland China and Taiwan, while learning about important elements of Chinese culture including cuisine, dining etiquette, pop culture and philosophy. By the end of the class you will be able to engage in simple conversation, read and write (and even type!) multiple characters and better understand what you see on

Chinese menus and what you hear about China on the news. During the fun, interactive and never intimidating course, you will emerge with a solid foundational knowledge of the Mandarin Chinese language and culture.

### Spanish – Level II

**Instructor:**

Adriana Giles

6 to 8:30 p.m.

Wednesdays

Jan. 6 – March 23

**(\$259)**

■ A continuation of Spanish - Level I, you will increase your vocabulary and become more comfortable with speaking and comprehending the Spanish language. Explore simple verb tenses, likes and dislikes, conversing with a doctor, your family, phone conversations, and more.

**Note:** The prerequisite for this course is basic Spanish comprehension, including:

Spanish vowel sounds; alphabet and spelling; numbers (0 - 1,000); self-introductions, greetings and goodbyes, etiquette and social niceties, days, months, years, and telling time; asking for and understanding directions; colors; subject pronouns; the verb "to be"; and vocabulary for airport, hotels, restaurants, clothing and shopping.

## MONEY MATTERS

### The Professor's One-Minute Guide to Stock Management

**Instructor:**

Hank Swiencinski

6:30 to 8:30 p.m.

Wednesdays

Feb. 17 – March 2

**(\$149)**

■ Learn about trading and managing your portfolio. Discover how to identify stocks that go up and how to avoid those that go down. Learn to do this yourself, without the aid of a broker. This is not your typical financial planning course. Take control. Manage your investments.

**Note:** Some basic knowledge of the stock market is recommended. Students attending the course will receive a copy of "The Professor's One-Minute Guide to Stock Management."





## Investment Basics

**Instructor:**  
Charles Drysdale

6:30 to 8:30 p.m.  
Tuesday, Jan. 12  
**OR** March 15

**(\$39)**

■ Interested in investing but not sure where to start? Get a broad overview of the investment process and its vehicles (e.g., stocks, bonds, cash equivalents and funds). Discuss key points regarding stock evaluation in this comprehensive, one-night course.

## The Retirement Continuum

**Instructor:**  
Jon Castle, MSFS, CFP®  
Michelle Ash, CFP®, CASL®  
Kris d'Esterhazy, CFP®

9 a.m. to noon  
Saturdays, Feb. 6 – 13  
**OR**  
6:30 to 9:30 p.m.  
Tuesdays, Feb. 9 – 16

**(\$79)**

■ Most people want to retire ONCE, so it makes sense to get it right the first time! This fun, but comprehensive, course addresses the ongoing process that includes proper preparation for living in retirement successfully. The instructors address both the financial issues affecting retirement and the life planning challenges which will ultimately determine their quality of life. Modules include: pension maximization and health insurance decisions, tax savings strategies, maximizing your Social Security, projecting retirement expenses, income sources and effective income planning.

**Note:** A detailed workbook, a thumb drive filled with guides, calculators and articles, an optional personal consultation and attendance for a guest is included with enrollment. Call (904) 620-4200 or e-mail [unfce@unf.edu](mailto:unfce@unf.edu) with your guest's name.

## Clarifying Medicare

**Instructor:**  
Karen O'Brien

6:30 to 8 p.m.  
Monday, Feb. 15  
**OR**  
Tuesday, April 5

**(\$29)**

■ Get a broad overview of Medicare, how it works, when to enroll and available options. Examine the differences between Medicare Advantage Plans and supplements. Understand individual needs and examine available tools and resources.

## Savvy Social Security Planning

**Instructor:**  
Karen O'Brien

6:30 to 8:30 p.m.  
Monday, Jan. 25  
**OR**  
Wednesday, Feb. 24

**(\$39)**

■ Social Security is far more complicated than most people realize. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This informative seminar covers the basics of Social Security and reveals innovative strategies for maximizing your benefits.

## PHOTOGRAPHY

### Pre-Level I Photography – DSLR Camera Boot Camp

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Monday  
Jan. 11

**(\$39)**

■ This one-night class is designed to explain the controls on your DSLR camera. You will learn what all the buttons, dials and switches are used for and how to change the settings on your camera so that all future courses are easier to understand as well as participate in. How the settings impact your photos will be covered in Levels I, II and III.

This class is not a prerequisite for later levels, but is strongly recommended unless you are already familiar with your camera controls. If you've just gotten your digital camera or a bought a new one that is confusing, this class is for you.

**Required:** Please bring your camera and manual to class.

## Level I Photography – Digital Photo Basics and Fundamentals, Using Your Camera

**Instructor:**  
John Reed

6 to 8:30 p.m.  
Mondays  
Jan. 25 – Feb. 8

**(\$89)**

■ This is a beginner's course in digital photography that includes but is not limited to the following topics:

**The basics:** Exposure triangle, aperture and depth of field, shutter speed and motion, ISO and noise and exposure compensation.

**The rest:** Various shooting modes, how they work, when to use them, how the camera sets the exposure and what

to do when it gets it wrong, using the histogram to insure good exposures and basic white balance.

**Note:** This course is geared toward interchangeable lens DSLR cameras. Those with other cameras can benefit from understanding the concepts taught but may not be able to apply all the lessons because the camera may lack the necessary controls. If you've just gotten your digital camera, you may benefit by taking the Pre-Level 1 class beforehand to have a better understanding of your camera.

**Required:** Please bring your camera and manual to class.

## Level II Photography – Taking More Control, Beyond the Basics for Refining Your Photos

### Instructor:

John Reed

6 to 8:30 p.m.

Mondays

Feb. 22 – March 7

(\$89)

■ This course builds on the concepts taught in Level I while continuing to add new information. Topics include:

**Lighting:** recognizing the type of light present and using it properly, learning the qualities, traits and types of light, white balance in depth for color control.

**Other:** key concept for exposure of neutral and learning to recognize it in a scene, how all the camera metering modes

work and when to use each one, getting sharp images, controlling where you focus, and the graduate course on depth of field for dramatic photos. The course finishes with an introduction to flash and a wrap up with some image analysis.

**Note:** You should be familiar with your camera controls from either your own experiences or by having taken the Level I course. Basic knowledge of your camera is required.

**Required:** There will be hands-on exercises so please bring your camera and manual to class.

## Level III Photography – Final Steps, In Depth Topics and Applications Learned

### Instructor:

John Reed

6 to 8:30 p.m.

Mondays

March 21 – April 4

(\$89)

■ This course goes deeper into previous topics and also covers new ground.

**Manual mode:** for the most control possible.

**Flash:** both built-in on camera and external flash guns.

**Lenses:** everything you need to know about lenses including characteristics, cost, and which lens are best for you.

**Other:** back button focusing for faster and more control, dust and sensor cleaning.

We conclude with a final exam, which includes class participation analyzing photos provided on screen and commenting on settings used, examples of what went right or wrong, as the instructor provides answers as needed.

**Note:** You should be familiar and comfortable with your camera and the use of the controls. That is, you should know the purpose of the important buttons, dials and switches, ideally without having to refer to your manual. All lessons include large numbers of actual photographs to discuss and evaluate relative to the lessons taught.

**Required:** There will be some in class exercises, so please bring your camera and manual to class.



## Mastering Zoo Photography

### Instructor:

John Reed

6 to 8:30 p.m.

Thursday

March 3

(\$39)

■ Through instruction and examples, you can take wonderful photos at the zoo without looking like you're at a zoo! Discover catch shots you can make while you're there, as well as more serious work you can do alone. Understand depth of field and how using it makes fences and glass disappear. Create images to be proud of no matter what your photo kit:

long lenses, short lenses and everything in between. Shooting subjects will include: large and small mammals, reptiles, birds, flowers and even indoor photography. Learn the best camera settings to use for all situations. Tips on composition will also be included.

**Recommended:** A DSLR camera or very advanced point-and-shoot camera is recommended. Those with more basic cameras should be aware of limitations in the lessons.

**Required:** Basic understanding of photographic concepts of exposure, exposure compensation and metering.

**Note:** While there are no planned hands-on exercises in class, please bring your camera and manual to class.

## Photo Safari at the Jacksonville Zoo and Gardens

### Instructor:

John Reed

8 a.m. to noon

Saturday

March 5

(\$59)

■ This is a four-hour, hands-on in-the-field workshop applying the lessons provided in the classroom. It is not a prerequisite to Mastering Zoo Photography. Concentrate on a few specific areas to reinforce the techniques needed to shoot through fences, glass and other obstructions to shoot photos that look like they were taken in the wild outdoors. Learn to use whatever camera/

lens combination you have for maximum enjoyment and efficiency.

**Note:** Tips and help will be provided throughout this exciting workshop rather than formal sit-down lessons. When the workshop is over, continue on your own for the rest of the day practicing what you have learned. As a bonus, receive early admission, as the class has access from 8 to 9 a.m., prior to the public. The price of admission is included in the course fee.

## Composition in Photography

### Instructor:

John Reed

6 to 8:30 p.m.

Thursday

March 31

**(\$39)**

and vision has nothing to do with how sophisticated the camera. Line, form, shape, color and much more are all covered. Rules are explained and provided so they can then effectively and knowledgeably be broken.

**Note:** There is no need to bring a camera to this class.

## Digital Photography – Basic Lightroom and the RAW File

### Instructor:

John Reed

8:30 a.m. to 2 p.m.

Saturday

Feb. 27

**(\$69)**

familiar with computers, files, file organization and common program conventions such as using menus. Since Lightroom is based on the Adobe RAW Converter, we'll also touch on it as supplied with Photoshop CS6 and Photoshop Elements.

**Note:** A 30-minute lunch is built into the lesson plan. Laptops are welcome, but not required. You should be familiar with computers, files, file organization and common program conventions such as using menus.

## Digital Photo Editing Basics Using Adobe Photoshop® Elements

### Instructor:

John Reed

6 to 8:30 p.m.

Thursdays

Jan. 7 – 28

**(\$119)**

welcome, but those with Elements or Photoshop and a basic working knowledge of computers, files, file organization and common program conventions will gain the most benefit. This is an instructor-led presentation illustrating techniques, not a hands-on computer lab. Laptops are welcome, but not required.

■ Learn how to create pleasing and interesting photos using the concepts of photo composition, regardless of what type of camera you own. Concepts covered include what to include or exclude in your photo, how you arrange subjects and the different impacts of light, color and viewpoint. This is a function of the image maker, position

■ Explore the basics of Adobe Lightroom 6/CC in this one-day workshop. Investigate the library module, including importing catalogs and organization. Discover the develop module for editing your digital images. Learn the basic adjustments possible with this powerful, non-destructive editing software, applicable to both RAW and jpg files. You should be

■ Understand the fundamentals of editing your digital images. Learn the layers-based method using Photoshop Elements 12. Techniques used will work in earlier versions 7 through 11, the full version Photoshop (CS4 through CC2015) and other layers-based programs. Lightroom and Aperture are not suitable for this approach. All levels of experience are

## TECHNOLOGY



## iMac, iPad and iPhone Fundamentals

### Instructor:

Daren Dillinger

6:30 to 9 p.m.

Thursday, Feb. 11

**OR**

Tuesday, April 19

**(\$39)**

■ Whether you are a new owner of an Apple product or a long-time user, you will learn how to operate and use your iPhone, iPad or iMac from an Apple-certified consultant. Acquire the best set up methods ensuring your device is on a good foundation. Tips on troubleshooting provide the information you need to fix the most common problems. Parental controls, iCloud 101 for back-ups and how to find lost Apple devices will also be discussed. You may bring your device to class with you.

## iMac, iPad and iPhone Advanced Training

### Instructor:

Daren Dillinger

6:30 to 9 p.m.

Thursday, Feb. 18

**OR**

Tuesday, April 26

**(\$39)**

■ If you have completed the fundamentals class or have Apple experience, join us for this advanced training class from an Apple certified consultant. Topics includes Wi-Fi and wired networking, printing from iPad and iPhone, Apple TV and Time Capsule best installation set up. In addition, learn how the widely-used Microsoft products, such as Windows and Office, can operate on your Apple product. You may bring your device to class with you.

## Introduction to MS Excel 2010

### Instructor:

Michael Metzler

6 to 8 p.m.

Mondays

Feb. 8 – March 14

**(\$129)**

■ Learn the skills necessary to develop workbooks from creation to editing, with formatting in between. We'll work with cells, columns, rows and sheets, apply simple formulas, work with functions and hyperlinks, build charts and diagrams and add comments and pictures. A basic working knowledge of a computer is recommended.

**Note:** Please bring a USB drive to class.







## Introduction to MS Word 2010

**Instructor:**  
Joseph Adir

6:30 to 8:30 p.m.  
Wednesdays  
Jan. 6 – Feb. 3

**(\$119)**

■ If you are new to Microsoft Word 2010 or just looking to improve your knowledge, this course teaches basic skills and formatting techniques. Previous experience is not required. Explore document basics, editing, formatting, tool bars, menus, columns and tables and shortcuts.

**Note:** Please bring a USB drive to class.

## Blogging for Business and Pleasure

**Instructor:**  
Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday  
Feb. 6

**(\$99)**

■ A blog is a free, easy, do-it-yourself website where you may write about anything you please. Learn all the blogging basics: choosing subjects, locating the best website host, finding readers and adding an Amazon store to sell cool stuff. Incorporate YouTube videos and other sites, using the best keywords to attract readers and maintaining a vibrant schedule of posts. Your blogging possibilities are endless.

**Note:** Laptops are not required. You will not build blogs during the workshop due to time constraints, but a detailed workbook will guide you in creating your own blogs after the class.

## Pinterest and Facebook Boot Camp

**Instructor:**  
Pam Ramsey

9 a.m. to noon  
Saturday  
Jan. 23

**(\$49)**

■ Join us for this three-hour boot camp about Facebook and Pinterest, two of the most popular social networks for friends and family. Learn the basics and best practices for these two platforms. Learn how to set your security settings, post on Facebook and pin on Pinterest like a pro. Manage friends and followers and learn how to share with everyone or just a few friends.

This is a hands-on class so come prepared to be social!

**Note:** Please create a Pinterest and Facebook account before class.

## WRITING



### Creative Writing – An Introduction

**Instructor:**  
John Boles

6:30 to 8:30 p.m.  
Wednesdays  
Jan. 6 – Feb. 3

**(\$119)**

■ This five-week course will be a combination of lecture and writing assignments for beginning to intermediate writers. We will address problem areas many writers encounter, such as point of view, voice, characterization, conflict and exposition vs. dialogue. Whether you are interested in fiction or nonfiction, you can become a better writer. Your instructor, an award-winning author, as well as your classmates, will provide invaluable feedback on your work.

### Memoir Writing – Telling Your Story

**Instructor:**  
Judith Erwin

6:30 to 8:30 p.m.  
Thursdays  
April 7 – 28

**(\$99)**

■ Study the scope and characteristics of a memoir in this four-week course. Select and capture meaningful moments in your life for purposes of personal enrichment, preservation or publication. Using lessons learned, tap into your past to retrieve childhood memories, relationships, challenges and accomplishments. Once discovered, add fire and color to the page. By the end of the course, you will have written one or more sections of a memoir and gained the skills to further develop a project of any chosen length.

### The ABC's of Publishing Your Children's Book

**Instructors:**  
Frances Keiser and  
Jane Wood

6 to 9 p.m.  
Tuesday  
Feb. 2

**(\$49)**

■ Do you have an idea for a children's book but don't know how or where to start? Turn your story into a book. Course topics include: types of children's books, publishing options, book parts, book essentials and credentials, and marketing. From A-to-Z, learn everything you need to put your book on the right track.



To register, visit  
[learnjacksonville.com](http://learnjacksonville.com)  
or call (904) 620-4200.



## Crash Course in Screenwriting

### Instructor:

Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday  
Jan. 30

**(\$99)**

■ Join this action-packed day for beginning screenwriters. Explore the three-act structure, basics of creating movie characters, film stories and plot construction. Learn about loglines, synopses and beat sheets. Your instructor is a professional screenwriter who has sold pitches and scripts to studios and had films produced.

**Recommended:** We suggest watching the movie "Alice In Wonderland" (2010), directed by Tim Burton and starring Johnny Depp, before the workshop. The film will be used as a teaching example.

## Legacy Books

**NEW!**

### Instructor:

Frances Keiser

6 to 8 p.m.  
Monday  
April 11

**(\$39)**

■ From expertise, wisdom and service, to family stories, recipes, memoirs and so much more, we all have something to share, give and pass on to future generations. This class will show how you can turn your words and images into Legacy Books, from simple projects you can do at home for no cost, all the way to a published book available worldwide on Amazon.

## How to Publish Your e-Book

### Instructor:

Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday  
Feb. 20

**(\$99)**

■ It's time to take control of your writing career. This one-day class will prepare you for e-publication with editing tips, formatting information and distributing avenues. Discover the eight things you should know about cover design. Take control of the 18 departments of your publishing house. You will uncover eight elements your e-Book must possess and receive an invaluable e-publishing checklist.

## Creating the Hero's Journey

### Instructor:

John Boles

6:30 to 8:30 p.m.  
Wednesdays  
Feb. 17 – March 16

**(\$119)**

■ Writers are storytellers, and the best often use elements of myth to create compelling narratives. Based on the highly acclaimed works of Joseph Campbell and Christopher Vogler, this course provides writers with the tools to utilize mythic structure to formulate masterful stories. Through the examination of popular works, discover effective principles for structuring plots and creating believable characters.

Practice these methods to analyze and improve your work through exercises. Why settle for mundane when you can infuse your writing with the magic of myth?

## Turning Your Story into a Novel

### Instructor:

Judith Erwin

6:30 to 8:30 p.m.  
Tuesdays  
Feb. 23 – March 15

**(\$99)**

■ Writers today face an uphill climb. By learning the basic techniques for crafting a novel, the beginning writer can quickly flatten the learning curve. You will learn how to merge the techniques of journalist non-fiction writing with the creativity and artistic freedom of fiction writing from an instructor who has published numerous non-fiction articles and two full-length novels. In addition to weekly lectures, you will create one or more potential sections of a novel.

## How to Sell Your Books and Scripts to Hollywood

### Instructor:

Sharon Y. Cobb

9 a.m. to 5 p.m.  
Saturday  
March 5

**(\$99)**

■ Hollywood is looking for books and scripts to buy. In this one-day workshop, learn what sold to film producers and studios in 2014, where to find information about contacting producers and how to get your books and scripts directly to them without agency representation. Get an insider's look at films featured at the 2014 American Film Market and see an analysis

of the most popular genres. Discover how to choose production companies that most likely want to read your scripts and with whom to speak at the selected companies. Explore websites used by professional Hollywood writers to keep up with what's selling in Hollywood. Find out what happens when a producer wants to option or buy your scripts. This workshop is a must for writers who want to see their stories on the big screen.



## Plot and Story Structure

**Instructor:**

John Boles

6:30 to 8:30 p.m.

Wednesdays

March 23 – April 20

**(\$119)**

■ Plot and story structure are two areas where many writers struggle. We often know the beginning and end of a story, but weaving a compelling tale from start to finish can be a major challenge. This course will help you learn how to train the left and right sides of your brain to work together. By answering a list of questions and using creative templates, writers can master the art of plot and story structure in a way that will allow their creativity to fill in the blanks—both in the mind and on the page.

## Marketing Your Books Workshop

**Instructor:**

Sharon Y. Cobb

9 a.m. to 5 p.m.

Saturday

April 9

**(\$99)**

■ It's not enough to write a great book. To be a successful author, you must learn to effectively market your book. This one-day workshop will give you all the tools needed to promote them, starting with branding. As we develop the marketing plan, we will cover new, traditional, local and national media. Learn to write and distribute a news release. Discover your

author platform and how to optimize your Internet presence. Discuss book signing for authors who have printed books to sell.

## Writing Critique Workshop

**Instructor:**

John Boles

6:30 to 8:30 p.m.

Mondays

March 21 – April 18

**(\$119)**

■ The best advice new writers often receive from professionals is to join a workshop to get feedback on their writing. Led by an award-winning author and professional writing coach, this course allows you that opportunity. Each attendee will submit weekly pages via e-mail. All writers will be responsible for reading other's work and providing

a critique. During each class, the group will engage in a supportive critical discussion of the week's submissions. This offers each writer feedback from the instructor and fellow authors, as well as the invaluable experience of honing each writer's editing skills.

## BEER AND WINE

All participants must be at least 21.

### Wine Essentials I – Understanding Taste, Aromas, Flavor, Balance and Quality

**Instructor:**

Richard Park

6:30 to 8:30 p.m.

Wednesdays

Jan. 27 – Feb. 10

**(\$129)**

■ Whether you're new to wine or a frequent consumer seeking to gain a better understanding, this course is an essential guide to the basic knowledge you need for a lifetime of wine enjoyment. We will combine tastings, lively discussions and spirited opinions in an attempt to answer the age-old questions: What is quality and is this wine great, good or merely average? Sample six wines each week. The cost of the wine is included.

### Wine Essentials II – Beyond the Obvious and Familiar

**Instructor:**

Richard Park

6:30 to 8:30 p.m.

Wednesdays

April 13 – 27

**(\$129)**

■ There are some 2,500 different grape varieties grown worldwide specifically for commercial wine production. How many are you familiar with? Designed for adventurous, open-minded individuals who welcome opportunities to venture beyond the obvious and the familiar, this course will explore the wines sought after by cutting edge restaurants and demanding Sommeliers the world over. These remarkable wines are rarities found only in those American restaurants and wine shops that champion uniqueness and excellence. Sample six wines each week. The cost of wine is included.





## Wine Essentials Focus – Classic Wine & Cheese Pairings

**Instructor:**  
Richard Park

6 to 8:30 p.m.  
Thursday  
Feb. 25

**(\$89)**

■ Most wines and cheeses just don't work well together! In fact, it's pretty difficult to get it right – that is, to taste wines and cheeses that work harmoniously, even synergistically, together. Examine six classic wine and cheese combinations that exemplify either a complementary or contrasting pairing. This is an essential class for anyone who enjoys entertaining or pursuing a higher level of understanding of both wines and cheese. The cost of the wine and cheese is included.

## Wine Essentials – Focus on the Region of Tuscany **NEW!**

**Instructor:**  
Richard Park

6 to 8:30 p.m.  
Thursday  
March 10

**(\$79)**

■ With more than 2,500 years of winemaking history, the wines from Tuscany Italy continue to intrigue wine lovers to this day. We will look closely at – and taste wines from the Tuscan sub-regions of San Gimignano, Chianti, Montepulciano, Montalcino and Bolgheri. We'll taste seven wines – mostly red – from this world-class wine region. This is a one-night class and the cost of the wines is included.

## Wine Essentials – The Seven Best Wines for Springtime **NEW!**

**Instructor:**  
Richard Park

6 to 8:30 p.m.  
Wednesday  
March 30

**(\$79)**

■ Spring – a time of excitement for most folks as the days get longer and the temperatures get warmer. Excitement too can be found in the bounty of fruits, vegetables, herbs and flowers making their way to market and, of course, the new vintage of hundreds of thousands of wines popping up in wine shops throughout the world. We'll taste seven small-production wines – mostly

estate-bottled – that capture the essence of yearly renewal and the traditions of wine drinking that date back 8,000 years. This is a one-night class and the cost of the wine is included.



## Beer Appreciation

**Instructor:**  
Michael Lentz

6:30 to 8:30 p.m.  
Mondays  
April 11 – 25

**(\$69)**

■ Do you enjoy beer? This course will introduce you to beer ingredients and the brewing process and how each contributes unique characteristics to the finished product. Explore and discuss the history, diversity and evolution of unique beer styles around the world. Tastings will highlight the diverse range of beer styles available to today's craft beer drinker. **Required:** Additional materials fee of \$20 to be paid to the instructor on the first night of class.

## Registration is easy!

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**Call:** (904) 620-4200

**E-mail:** [unfce@unf.edu](mailto:unfce@unf.edu)

**Visit:** UNF Adam W. Herbert  
University Center (Bldg. 43, Rm. 2110)  
12000 Alumni Drive, Jacksonville, FL 32224

### Cancellation Policy

Your cancellation and/or refund request must be received no later than five (5) business days prior to the first day of class in order to receive a 90 percent refund.\* No refunds are given for requests made within five (5) business days or if you do not attend. A credit memo can be requested in the full amount and used for a future course. Once a credit memo is issued, you cannot receive a refund.

\*A 10 percent administrative fee is retained by the University.



## WINTER 2016

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