



Center 4Life Learning

Nonaccredited Adult Education School
2024 Fall Semester begins October 7

Contact: Sue Holter, Manager, 813-634-8607

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Center 4Life Learning Office Hours: Monday – Friday, 8:30 a.m. – 12:30 p.m.

United Methodist Church of Sun City Center, 1971 Haverford Ave, Sun City Center, FL 33573

INTRODUCTION

The Center 4Life Learning's purpose is to serve the local community and surrounding South Shore area by offering non-credited adult educational courses in a broad variety of subjects. It is our goal to inform, entertain and inspire all students with the intellectual stimulation they seek. All courses are offered by qualified instructors drawn from the local community in an informal and relaxed environment. Courses are presented in person at our campus located at the *United Methodist Church of Sun City Center*. In addition to our courses, the Center 4Life Learning offers fun and exciting day trips and tours to venues and events in central Florida.

REGISTRATION PROCESS

- The school offers three semesters of classes each year.
- Regular courses are \$45.00 for six 90-minute classes. Some courses accept walk-ins for \$12.00. Walk-ins pay in advance at the *Center 4Life Learning* office. Some courses cost more or less as noted in each course description. Attendance for some of our courses is limited as shown in each course description.
- Classes and trips can be ordered online at our website www.sccumc.com/4lifelearning. We accept Visa, Mastercard, Discover and American Express.
- If you prefer, you can complete a manual order form (at the back of this packet). Additional mail order forms, course packets, Center trifold, and trip fliers may be picked up at the *Center 4Life Learning* office or in the church lobby at the United Methodist Church of Sun City Center.
- You can pay by mail or drop off your order with your check at the *Center 4Life Learning* office (Do not mail cash.).
- You can pay in person at the *Center 4Life Learning* office by credit card, check, or cash.
- Refunds are only made for health emergencies or if the class is cancelled. Our instructors have the option to cancel a class due to low registration.
- As soon as we receive your order, we will send you a registration confirmation. When a class is full, you will be notified and added to a wait list. Your money will be returned.
- *All our classes are non-accredited. Our instructors' curriculums and programs are planned and implemented independent of our church. All class materials and opinions of the instructors are not to be construed as that of the church. Center 4Life Learning does not endorse any products.*

MONDAY CLASSES

BEGINNERS CONVERSATIONAL SPANISH (157)

Mondays, 8:30 – 10:00 (6 Classes 10/7 – 11/11) in Room 11

Tuition \$45

Limited to 10

The students will learn basic vocabulary and verb structure that will enable them to converse on an elementary level. The class will hopefully find a comfort level with the above through dialogue with other class members. Continued practice will be encouraged during the week using handouts, internet resources, and a textbook. Course will use textbook: Carson Dellosa Skills for Success, Spanish Workbook for Middle School and High Schools Students. **The textbook is \$11.00, payable to Center 4Life Learning on October 7th. The textbook can also be purchased in advance at the Center 4Life Learning office.**

Hud Richard is a retired Roman Catholic priest who spent 10 years in two inner-city Hispanic parishes in Connecticut (Hartford and New Haven) where he conducted services and some pastoral duties in Spanish. Besides the usual high school and college courses (especially the advance conversational course at Boston College), he spent two summers in intensive language courses. The first was in Cuernavaca, Mexico where he lived with a Mexican family. (Four students in the class.) The second was a Middlebury, Vermont in their International Language School. He taught Spanish (beginning/advance) for two years in a parish elementary school in Connecticut. He also taught an informal class at Kings Point, Sun City Center at the request of some residents. For three years, Hud has taught beginners and intermediate conversational Spanish classes for the Center 4Life Learning.

WORLD RELIGIONS (165)

Mondays, 10:30 – 12:00, in Room 30 (6 Classes on 10/7 – 11/11)

Tuition \$45

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

This six-week course will explore six of the world's largest faiths. Our topics will include:

- Protestantism
- Catholicism
- Judaism
- Islam
- Hinduism
- Buddhism

Thomas Holter holds a BS in Commerce and Engineering from Drexel University in Philadelphia. Tom enjoyed a career in Supply Chain Management (Purchasing) with Leeds & Northrup Co, Moulinex (France), Dominion Resources Inc, and in private consulting. He also served as Township Manager in Warminster, PA. Tom lectured at the American Management Association on a variety of Supply Chain topics. He has lived in Ruskin since 2019 where he assists his wife, Sue, in administration of the Center 4Life Learning. As a teenager, Tom lived in Mumbai, India. His friends and classmates belonged to eight different religious faiths which led to his lifelong interest in world religions.

SIGN LANGUAGE (107)

Mondays, 10:30 – 12:00 (6 Classes 10/7 thru 11/11) in Room 12

Tuition \$45

Limited to 12

You will learn the manual alphabet, numbers, and basic signs to communicate with the hard of hearing and the deaf. **The book Signing Made Easy, by Rod R. Butterworth and Mickey Florin is required for the class. It can be purchased at Barnes and Noble or online at amazon.com**

Bonnie DeVagno taught school for 25 years and taught sign language at Western Connecticut State University for 13 years before retiring to Florida in 2006.

IMMIGRATION: ITS HISTORY, CURRENT CONTROVERSIES, AND PROPOSALS FOR REFORM (197)

Mondays, 1:00 – 2:30 p.m. (3 Classes 10/7 thru 10/21 in Room 30

Tuition \$30

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

This three-week course will first examine the history of immigration in the Country, up to the present time. In the second week, there will be discussion of the current controversies such as the problem of open borders while the Country needs additional workers in industries such as health care, construction, and agriculture. Finally, the course will look at the proposals that have been made to improve our immigration system, with particular emphasis on the platforms of the major political parties.

Frank Slesnick, PhD is a Professor Emeritus of Economics at Bellarmine University, where he taught for 30 years. He is Vice-Chair of the Center 4Life Learning and has lived in Kings Point for a number of years.

FILM HISTORY 1929-1961 [FEATURING MOVIES OF THE 1940s AND 1950s] (196)

Mondays, 1:00 – 2:30 p.m. (3 Classes 10/28 thru 11/11) in Room 30

Tuition \$30

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

This course will discuss the studio system [MGM, Paramount, Universal, Warner Brothers, Twentieth Century Fox, and more]. We will examine the work of prominent Producers, Directors, Movie Stars, and their movies.

Thomas Norstrand has, over the last 34 years, cultivated an interest in American Cinema. Tom's uncle, *Bernard Herrman* was one of this country's most famous composers who worked exclusively with prominent directors like *Orson Wells*, *Alfred Hitchcock* and *Martin Scorsese*. Mr. Herrman's films included *Citizen Kane* (1941), *North-By-Northwest* (1959), *Psycho* (1960), and *Taxi Driver* (1978). Tom holds a master's degree in psychology.

TUESDAY CLASSES

BEFRIENDING THE ENDING, Part 1: AN INTRODUCTION TO ADVANCE CARE PLANNING (180)

Tuesdays, 10:00 – 12:00, (3 Classes, 10/8 thru 10/22) in Room 19

Tuition \$30

Limited to 15

Over three sessions you will receive an introduction to Advance Care Planning:

- What is a Health Care proxy/surrogate/power of attorney and why is it so important?
- How to choose one; how to be one
- List of questions to ask when making healthcare decisions.
- Introduction to the Florida POLST form (Physician Orders for Life Sustaining Treatment)
- What is Code Status and why is it so important?

Lisa Ahbel, RN has recently retired to Sun City Center from Massachusetts. She has years of experience in Hospice and Palliative care, in addition to working with patients in long-term care facilities, in doctor's offices, urgent care clinics and in their own homes. She is passionate about helping people to craft end of life plans which allow them to live their lives fully all the way to the very end, with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.

BEFRIENDING THE ENDING, Part 2: ADVANCE CARE PLANNING (187)

Tuesdays, 10:00 – 12:00 (3 Classes, 10/29 thru 11/12) in Room 19	Tuition \$30	Limited to 15
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Over three sessions we will discuss the following topics (and any others that concern you) with the goal of crafting a meaningful document/guide for your loved ones:

- Exploring possibilities for end of life within the context of Code Status.
- Exploring and making best use of the POLST form: who can fill it out/under what circumstances? Where to keep my copy of the POLST?
- Let's maximize *Quality of Life*: what are realistic expectations? What's non-negotiable for you? What do you wish that your family would know?
- How do I engineer conversations with loved ones about this topic?
- What about Dementia? Other chronic illnesses?
- What are Hospice and Palliative care? What other resources are available to caregivers?
- Signs that end of life may be near.
- What if I can't talk to my doctor?
- What if my child(ren) want me to go the hospital again but I don't want to?
- When to call 9-1-1.....and when not to.

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INTRODUCTION TO MODERN CALLIGRAPHY (141)

Tuesdays, 10:00 – 11:30 (6 Classes 10/8 thru 11/12) in Creason Hall	Tuition \$45	Limited to 15
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If you've always loved the look of calligraphy and wanted to learn how it's done, this is your class. Here, participants will learn the differences between classic calligraphy and modern calligraphy – from learning to draw letters with the ancient dip pen and ink, to constructing faux calligraphy using glitter gel pens, to creating fun and bouncy modern calligraphy with brush pen. The class will learn on a variety of paper types and learn about how each is used with different drawing instruments. This experience is highly participative and great fun. Participants will have something to take home after every class meeting. **There is a required materials charge of \$20, payable to instructor on October 8.**

Julia Macek, a self-taught professional calligrapher and paper craft artist, is originally from San Jose, California. Her calligraphic work includes hundreds of wedding envelopes, party invitations, name plates, signs, and seating charts on any number of media. Julia uses her iPad, apple pencil and Cricut cutting machine to elevate the breadth of work she creates. She often marries her love for calligraphy with her love for quilting to create award-winning artwork, featuring the natural beauty of Florida.

INVESTMENT, ESTATE, AND TAX PLANNING (206)

Tuesdays, 2:00 – 4:00 (3 Classes, 10/29 thru 11/12) in Room 19

Tuition \$32

ATTENTION: \$5 tuition fee for the first 20 students who register for this three-week course. To promote financial literacy, this course is being subsidized by Baird Private Wealth Management.

- **Overview of Investments and Markets:** Learn the basics of the capital markets and forces that cause stocks and bonds to fluctuate. Understand how the Fed, the markets, and the economy interact.
- **Taxes, Estates, Probate and Trusts:** Simplify life for your survivors. Plan for the efficient transfer of assets during your life and at death. Understand wills, trusts, and steps to reduce your tax liability.
- **Evaluating Special Situations:** Retirement plans; Taxable versus Tax Free Investments; managing your portfolio rationally.
- **Investment Strategies:** Updating your investment portfolio and understanding the markets in today's volatile economy.

(Informational purposes only. Contact your Tax Advisor/Estate Planner for more information.)

Rudy Fernandez, CFP® has practiced in the financial services industry since 1982. Rudy works with businesses and individuals, guiding them to achieve their financial objectives. His years of experience have given him a depth of knowledge--particularly in the field of Retirement Planning. Rudy earned his degree in Accounting at the University of Notre Dame. Since 1987, he has taught courses dealing with current financial and economic issues at Hillsborough Community College, at USF Osher Lifelong Learning Institute, and at the Center 4Life Learning. A highly active member of the Tampa Bay community, Rudy was elected to the Tampa City Council in 1991. During his time as a council member, he served as Finance Chairman for eight years. Rudy has also served on many other civic boards throughout the area. Rudy is known for his clear, concise way of communicating complicated topics in an understandable manner.

BEGINNING GENEALOGY (444)

Tuesdays, 2:30 – 4:00 (6 Classes, 10/8 thru 11/12) in Room 30 (10/29 SouthShore Regional Library)
Limited to 12

Tuition \$45

Are you curious or perhaps fascinated by your family's history and want to uncover the stories of your ancestors? Your instructor will cover the ins and outs of the two largest genealogical websites with their vast collection of records. She will cover both the Family Search and Ancestry websites. Other valuable websites will be covered also along with the sources from the Hillsborough County Library. On Tuesday, October 29, the class will meet at the SouthShore Regional Library, 15816 Beth Shields Way, Ruskin. **You are encouraged to bring a fully charged laptop to class.**

Judy Lee has studied genealogy for well over 30 years and has searched for at least 20 different families. Judy uses Family Tree Maker and Ancestry for most of her online searches. She will furnish many handouts for the students.

WEDNESDAY CLASSES

AGING WITH GRACE & VITALITY THROUGH HOLISTIC METHODS (161)

Wednesdays, 10:00 – 11:30 (2 Classes, 11/6 & 11/13) Room 12

Tuition \$20

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

Join Shirley Sullivan and experience the transformative power of holistic living as we explore the art of aging with grace and vitality. This class delves into the connections between body, mind, and spirit, using a range of holistic practices to optimize your physical and emotional well-being. From gentle movement and meditation to nourishing nutrition and stress-reducing techniques, we'll work together to cultivate a radiant sense of health, joy, and purpose. Leave feeling revitalized, renewed.... Come prepared to relax, unwind, and rediscover your natural vitality!

Shirley Sullivan is a Nutritionist and Holistic Health Educator; Founder of Southshore Wellness. Southshore Wellness offers a wide range of virtual and mobile services. Services include Individualized Meal Planning, FIT Testing (discover what your body may be intolerant or sensitive to) Lightwave Patch Therapy and Youth Wellness Programs/Yoga/Mindfulness.

ANDROID SMARTPHONES & TABLETS WORKSHOP (428)

Wednesday, 10:00 - 11:30 (3 Classes 10/30 thru 11/13) in Room 30	Tuition \$30	Limited to 15
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This three-day course will review and demonstrate the many uses of these devices. Many of these uses depend on Internet resources, so connecting to the Internet, and downloading Apps will be a focus, along with many basic device settings. The course will demonstrate how these devices can help you to: check your email, take and share pictures, transfer your pictures to your computer, read a book, watch a movie, listen to music, and play games. Apps determine what the device can do, so the class will concentrate on basic Apps such as *Google Playstore, Email, Calendar, Photos, Camera, and Settings*. Apps that expand the use of the device, such as *GoogleDrive, Photos, and Maps*, will also be discussed and demonstrated. A basic knowledge of your device is expected.

Phil Sorrentino is the secretary of the *Sun City Center Computer Club* and a past president of the *Sarasota Computer Users Group*. He has taught a variety of beginner and advanced computer classes and writes a monthly computer article for both organizations' newsletters. Phil is an electrical engineer and has worked at developing computer hardware and software for his entire career.

IPHONE/IPAD FOR SENIORS (198)

Wednesdays, 1:00 – 2:30 (4 Classes 10/23 thru 11/13) in Room 19	Tuition \$40	Limited to 15
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Overview of iPhone/iPad Hardware, review settings, customizing home screen, grouping APPs, software updates, Find My iPhone, Airdrop, printing from device, texting (message), using Camera app, Photo app, moving pictures from your device to PC or Mac, Tips and Tricks, and iCloud storage.

Paul Fales has been in the tech field for over 30 years. He started his career as technician providing engineering, installations, end user training of phone systems for businesses, and eventually became President of PSS Communications in San Jose CA. Paul built PCs *DOS* and *Windows* and is currently engaged with Apple products. Upon retiring, Paul volunteers his time providing support and classes to Sun City Center residents computer club.

THURSDAY CLASSES

INTERMEDIATE CONVERSATIONAL SPANISH (192)

Thursdays, 8:30 – 10:00 (6 Classes 10/10 thru 11/14) in Room 19	Tuition \$45	Limited to 10
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In this intermediate course, we will focus on becoming accustomed to the sound of the Spanish language by listening to native speakers through recordings of cuentos (short stories) in Spanish and through video presentations. Exercises in class will include not only listening but also speaking, reading, and writing. Verbs and vocabulary frequently used in conversation will be emphasized as will correct pronunciation of the Spanish language. Verbs in the imperative, past, and future tenses will be introduced especially how they relate to day-to-day conversations. Assignments will be given to encourage use of the language in real life encounters with Spanish speakers in our community. Course will use textbook: Carson Dellosa Skills for Success, Spanish Workbook for Middle School and High Schools Students. **The textbook is \$11.00, payable to Center 4Life Learning on October 10. The textbook can also be purchased in advance at the Center 4Life Learning office.**

Susan Cintron has a long history of student of the Spanish language. It began on a military base high school in Spain and continued years later in Anne Arundel Community College after she married a man from Puerto Rico. When they moved to Puerto Rico, (where they lived for eight years), She studied for several years with a private teacher from Peru. To ensure that their children would be bilingual, they spoke both Spanish and English at home. After moving back to the U. S., she found her use of the language suffered from the lack of practice and decided to do something, about it. When she came across life learning classes at the United Methodist Church of Sun City Center, it was exactly what she was looking for.

INTRODUCTION TO MODERN QUILLING (176)

Thursdays, 10:00 – 11:30 (6 Classes 10/10 thru 11/14) in Creason Hall	Tuition \$45	Limited to 15
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Paper quilling is a beautiful craft, utilizing colorful strips of paper and a simple slotted tool to create the stunning art you've seen on greeting cards and home décor. In this class, participants will learn to create 8 basic quilling shapes and then bend, twist, pinch and manipulate these strips of paper to represent letters, birds, flowers, leaves, and whatever is imagined. This class is highly participative, so get ready to revive your creativity! Participants will have something to take home after every class meeting. **There is a required materials charge of \$20, payable to instructor on October 10.**

Julia Macek, a self-taught professional calligrapher and paper craft artist, is originally from San Jose, California. Julia's quilling work has been featured on a book cover and postcards, has been sold in local stores and craft fairs, and has been featured in local galleries. Julia has won awards for her quilled work at the Hillsborough County Fair and Florida State Fair. She often marries her love for quilling with her love for calligraphy, featuring the natural beauty of Florida.

WHAT WOULD HAPPEN IF YOU GOT HIT BY A BUS? (PREPARING FOR LIFE CHANGING EVENTS BY GETTING YOUR STUFF TOGETHER) (131)

Thursdays, 10:30 – 12:00 (6 Classes 10/10 thru 11/14) in Room 19	Tuition \$45	Limited to 15
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John O'Connor will help the participants understand the information and documents that should be located and assembled to allow spouses and /or children to either handle your affairs should you become incapacitated or settle your affairs upon your passing. The course will lay out a plan for you to follow to prepare for life-changing events. We will cover such areas as emergency contacts, relatives and friends, your professional and medical providers, medical conditions, financial institutions, living expenses, insurance policies, last wishes, and even pet care. **An expandable binder will be available for each student to use to collect and store personal documents, \$8, payable to instructor.**

John O'Connor is a retired US Army officer with a bachelor's degree in economics and an advanced degree in management. He was an instructor of military personnel involved in the management of the military pay system. Through his involvement with grief groups, experiences with friends and neighbors and volunteer work with individuals with dementia, he has recognized the need for properly preparing for life changing events. He will take a management approach to give you a plan necessary to organize the information and documents to ease the burden on your spouses and/or children upon your death or incapacitation.

CHAUTAUQUA IX (511)

Thursdays, 10:30 - 12:00 (6 Classes 10/10 thru 11/14)) Room 30	Tuition \$45
Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.	

This is a dynamic, fun, discussion-oriented class. In each session, we will watch and discuss two TED talks. The topics are at the "general interest" level (not technical) and will range across psychology, economics, political philosophy, sociology, health, and other topics of general interest. Class participation is always encouraged and lively, with students sharing interesting perspectives based on their diverse experiences and backgrounds. There are no prerequisites.

Wiley Mangum, PhD is Professor Emeritus of Aging Studies at the University of South Florida, Tampa, where he taught for 31 years. He is Chair of the Advisory Board of Center 4Life Learning and has lived in Kings Point since 2002.

Robert Silverman is an Adjunct Professor of Philosophy at Hillsborough Community College and, before retiring, was an IT executive with IBM and JP Morgan Chase. He is a member of the Advisory Board of the Center 4Life Learning and has lived in Valencia Lakes for a number of years.

Frank Slesnick, PhD is a Professor Emeritus of Economics at Bellarmine University, where he taught for 30 years. He is Vice-Chair of the Center 4Life Learning and has lived in Kings Point for a number of years.

For your convenience, on Thursdays at noon, bag lunches are available for the six-week semester. The entire lunch package is \$72. The lunch will consist of a sandwich/wrap, side, cookie, and bottled water. The menu is available in the Center office. There will be no substitutes and no cancellations/refunds. Lunch packages need to be ordered by Wednesday, October 2. Orders can be placed on the C4LL website when you register for your course(s) or in the Center office.

NEWS AND VIEWS (179)

Thursdays, 1:00 - 2:30 (6 Classes 10/10 thru 11/14) Room 30

Tuition \$45

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

We will have lively and respectful class discussion of current news and underlying social/economic/political-philosophical trends. We'll also take a retrospective peek at front page news from yesteryear. Candid discussion of today's news can be stimulating, respectful of diverse viewpoints, and sometimes even fun? We definitely think so!

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BEGINNING MODERN DOT ART (195)

Thursdays, 1:00 – 2:30 (6 Classes 10/10 thru 11/14) Creason Hall

Tuition \$45

Limited to 8

Let's have some fun using dots and acrylic paint to create art! Small, distinct dots of color will be applied in patterns to form images. Many cultures, and famous painters have used a technique called *pointillism* to express a variety of styles. In this introductory class we will learn about the modern tools, paints, methods, and standard strokes required to practice this popular version of dot art. Creating mandalas is a great way to begin this journey. Steady hands helpful. A starter kit will be provided.

There is a required materials charge of \$22, payable to instructor on first day of class. Note: If student already owns nail art dotting tools kit, you may purchase a kit without tools for \$18.

Sharon Carothers enjoyed a 20-year career as a stained glass artist and teacher in Maumee, (Toledo) Ohio. Her studio and retail center, *PrismGlassWorks Ltd*, offered a variety of classes, including Fusing, Stained Glass, Mosaics, Acrylic Flow Art, and other arts and crafts that interested her clientele. Since retirement, she enjoys teaching a variety of classes, also including doodle art, and dot art.

FRIDAY CLASSES

CRAFTY SEW AND PAINT (200)

Fridays, 8:30 – 10:00 (5 Classes 10/18 thru 11/15) Creason Kitchen

Tuition \$42

Limited to 6

Students will learn hand sewing, ribbon making, and painting while making pouches, coasters and other crafts. The instructor provides all materials and equipment. Students may select from a variety of fabrics and colors to customize each project to their own taste. **There is a required materials charge of \$10 each week, payable to instructor.**

Tae-Im LaBreche studied fashion design at California State University San Marcos and Honolulu Community College. Tae-Im has a bachelor's degree in art therapy and a teaching certification from King George International College. She is a native of South Korea and resides in Sun City Center with her husband and their three kids.

ARTIFICIAL INTELLIGENCE, THE NEW FRONTIER, THE NEXT 10 YEARS (171)

Fridays, 1:00 – 2:30 (6 Classes 10/11 thru 11/15) in Room 30

Tuition \$45

Walk-in \$12 Pay prior to the class in the Center 4Life Learning office.

Over the next 10 years Artificial Intelligence will affect every aspect of human existence, no exceptions. Are you, your children and grandchildren ready?

Martin Lambert holds a master's degree in education and taught social studies for seven years before becoming a CPA and CFP. He then taught accounting and taxation at the university level for ten years.

CUT THE CORD (162)

Friday, 10:00 – 11:30 (One-day Class, 11/1) in Room 30

Tuition \$12

These days most of us get our information and entertainment from our cable provider either Spectrum or Frontier. Phone, television, and internet comprise the triple play. How many cable TV channels do you actually use? This presentation will review the triple play and discuss broadcast television, streaming devices, and services as alternatives to the cable TV channels. Using these alternatives, you can eliminate the television portion of your cable bill, and possibly reduce your monthly costs. Come and see the alternatives so you can make your own "Cut the Cord" decision.

Phil Sorrentino is the secretary of the Sun City Center Computer Club and a past president of the Sarasota Computer Users Group. He has taught a variety of beginner and advanced computer classes and writes a monthly computer article for both organizations' newsletters. Phil is an electrical engineer and has worked at developing computer hardware and software for his entire career.

STARLINK PRESENTATION (199)

Friday, 10:00 – 11:30 (One-day Class, 11/8) in Room 30

Tuition \$12

Starlink is a constellation of satellites that has been launched by, and is operated by, *SpaceX*. *Starlink* can provide access to the internet just like the Cell phone towers and your Wi-Fi Internet Service Provider. *Starlink* can provide the ability to connect your client device, phone or computer, to the internet so you can take advantage of the many Servers available. *Starlink* is relatively new but may play a big part in connecting Clients to Servers in the future. This class will discuss the internet and how *Starlink* can provide internet access. A recent launch and First-stage recovery video will show some of the sophisticated technology being used to put this internet service in place.

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STREAMING MOVIES, TV, AND MUSIC (190)

Friday, 10:00 – 11:30 (One-day Class, 11/15) in Room 30	Tuition \$12
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Streaming is the new way to get entertainment delivered to our homes. Streaming is the transmission of video/audio entertainment from a cloud streaming service to our home TVs, via the internet. This presentation will discuss the use of this technology to allow entertainment to be delivered to our home devices: TV, computer, smartphone, and tablet. Various Streaming Devices and Services will be discussed with respect to their suitability and cost. The internet, as the conduit that delivers the entertainment, will be reviewed. Streaming services and a streaming device will be used to demonstrate entertainment streaming during the class.

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SATURDAY CLASS

LIFE LESSONS FROM LUCKY

Saturday, 10:30 – 12:00 (1 Class 10/26) in Room 30	Tuition \$12
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Lessons from a dog? Yes! Our pets can teach us a lot! Come and learn Nancy's best counseling advice she gave as a school psychologist for over 30 years. Using lessons learned from Lucky, Nancy will share her "best kept secrets" to help you and your family members with the following:

- * how to remember the power and importance of our hands
- * how to fight anxiety
- * how to handle perfectionism
- * how to become more self-motivated and responsible
- * how to keep alive the memory of loved ones who have died
- * how to experience joy and "live in the now!"
- * how to recognize the most important quality of a real friend
- * how to use the best listening technique ever
- * how to stay calm and recognize what are temporary vs. real problems in life
- * how to have more patience and follow the Lucky Lessons

These practical techniques can be used immediately to help you, your children and grandchildren live more abundantly! Great techniques for teachers too!

Nancy Starewicz is a school psychologist who has worked with students and families for over 30 years. She was born and raised in Alexandria, Minnesota. She attended Valparaiso University and Loyola University, earning her BA and M.Ed. degrees in Educational Psychology. In 1990, she was named Outstanding School Psychologist for the state of Indiana. She taught Psychology of Learning at Purdue University for seven years. She is married to Doug, a retired educator and coach. They have three adult children and two grandchildren. Since retiring from her full-time job in 2008, Nancy has written

eight books about her Wheaten Terrier Lucky, and they have visited thousands of students in Indiana, Minnesota, and Florida. During their interactive programs, students, teachers, and parents hear about Lucky and see her demonstrate her “good behaviors!” All the Lucky books have universal messages for all ages emphasizing empathy, listening, trust, being thankful, and friendship. Nancy says she writes her books about important life lessons she has learned from Lucky.