

MONDAY CLASSES

(Note class start dates & times may vary)

SIGN LANGUAGE (107)

Monday 10:30 – 12:00, in Room 12 (6 Classes 10/11 to 11/15)	Tuition \$35
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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.

LET'S CELEBRATE THE SEASON! (136)

Monday 10:30 – 12:30, in LEC Lobby (one 2-hour Class 11/15)	Tuition \$7	Limited to 6
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This workshop will help students set the groundwork for creating a festive mood in their homes. Discussion will include how to host pulled-together, affordable gatherings, for guests to enjoy and always remember. Invitations and small gifts for guests will be discussed. This fun workshop will cover holiday decor, ideas for creating welcoming table settings and gift wrap suggestions. Learn the importance of selecting a theme and carrying it throughout the home for the season. Create magic and a warm welcoming atmosphere by using what is already own. Choosing a single item, a ribbon, an image or perhaps a color scheme, that can be used everywhere. This fun workshop will give you may ideas for bring joy to yourself and to others! **There is a required \$24 charge for materials, payable to the instructor.**

Maria Trupia has been a professional designer and producer of events and gifts for well over 25 years. She produced corporate events for clients including Rolls-Royce, Parker Pen Co, Lancome Cosmetics, Memorex Corp., Sylvania, Escada Fragrances, Home Shopping Network, and Morgan Stanley. Her events include tea parties, weddings, press events, meetings, and conventions. Maria has traveled the world extensively. She held a number of well received workshops and classes in the New York area and is a style expert who staged homes for clients, and friends. She has won numerous awards for her holiday decor.

GRANDMOTHER'S APRON (140)

Monday 1:00 – 3:00, in LEC Lobby (one 2-hour Class 11/15)	Tuition \$7	Limited to 6
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Stroll down memory lane with Maria. This nostalgic, heartwarming and fun filled workshop will give you the history of aprons. Remember the days when your grandma or mom wore an apron every day. Share your family's apron story, and chat about Lucille Ball and Donna Reed in their stage set kitchens wearing pretty aprons. Everyone will have fun painting the bib of their very own keepsake apron. Maria will share with you some of her collection of vintage aprons. She encourages you to bring your apron along and share with the class, an apron that means something special to you. Maria held this class in New York, and it was very popular. Did you know that aprons are making a comeback? **There is a required \$24 charge for materials, payable to the instructor.**

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TUESDAY CLASSES

(Note class start dates & times may vary)

MANAGING LIFE TRANSITION AND ESTATE PLANNING (434)

Tuesday 10:30 – 12:00, in Creason Hall (6 Classes 10/12 to 11/16)	Tuition \$35
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When was the last time you reviewed your Estate Plan? How would the loss of your spouse or health affect your retirement? Maintaining dignity in retirement only happens when you have an effective plan in place. Give yourself the security you deserve by attending our interactive Life Transition and Estate Planning Workshop. You will benefit from the discussions about:

- Do I need a Trust: Are there simpler solutions that would work better for me?
- Making the most of your IRA. New law changes in January may need to address your current plan.
- How do I know if I will have enough resources in retirement?

Paul Sponseller, CFP® has worked with over a thousand families and individuals in Sun City Center over the past 23 years, specializing in maintaining retirement income, managing life transitions, and developing effective estate planning strategies. He is the author of [20 Great Tax Saving Ideas for your IRA](#) and has been a contributor to Market Watch Retirement Weekly. As a regular lector at the Center 4Life Learning, Paul has had hundreds of students attend his Life Transition and Estate Planning courses over the past 10 years.

BASIC DRAWING (324)

Tuesday 10:30 – 12:00, in Room 19 (6 Classes 10/12 to 11/16)	Tuition \$35	Limited to 10
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This course provides beginners with the knowledge needed to develop a drawing using line, shape, value, texture, one and two-point perspective.

Students need to bring a set of drawing pencils, drawing pad used for pencil and charcoal, 12" ruler, and eraser.

Barbara Weskot comes to us from the states of New Jersey and New Mexico with an MFA plus an MA in Education. She has taught at a community school for thirty years, in the field of art.

TUESDAY CLASSES

(Note class start dates & times may vary)

LIFE LESSONS FROM LUCKY! (139)

Tuesday 10:30 – 12:00, in Room 11 (1 Class 10/19) Tuition \$7
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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.

BEGINNING GENEALOGY (444)

Tuesday 1:00 – 2:30, in Room 11 (6 Classes 10/12 to 11/16) Tuition \$35 Limited to 12
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Course is targeted to those who have not searched for any genealogy records on loved ones or persons who have limited genealogy work. We will explain how to begin and what forms are needed. Many sources will be provided.

Judy Lee has studied genealogy for well over 30 years and has searched 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

(Note class start dates & times may vary)

CREATIVE WAYS TO AGE WELL IN OUR RETIREMENT YEARS (216)

Wednesday 1:00 – 3:00, in Room 12 (2 Classes 10/13 to 10/20)	Tuition \$14
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Part I: Why seniors fail to achieve their best potential in their daily lives. Unfortunately, a host of retirees make unhealthy choices about the management of their lives during their retirement years.

Part II: We will focus on the issues which will help them discover rich satisfaction and their best ability. The content of the seminar leader's new edition Making Healthy Choices for Senior Living will emphasize how we can manifest a lifestyle which will bring joy and satisfaction to our personal life. **Students are requested to bring pen/paper for notetaking.**

Rev. Dr. Ken Barringer served in the Navy, WWII; 25 years as a Methodist pastor in the Midwest; University professor at Morningside College and the University of Iowa; PhD in clinical psychology and became licensed psychologist; maintained a group counseling practice in Waterloo, Iowa and Sheboygan, Wisconsin. In retirement, he has provided numerous leadership roles in the mental health field in Sun City Center, Florida.

THURSDAY CLASSES

(Note class start dates & times may vary)

CHAUTAUQUA (511)

Thursday 10:30 – 12:00, in Choir Room (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 18
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Our fall Chautauqua will explore social, demographic, economic, political, and philosophical aspects of justice. One of the instructors will introduce the day's topic, followed by viewing and class discussion of a twenty-five-minute video selection from the PBS *Justice* series.

The *Justice* series stars the "rock-star" philosopher, Michael Sandel of Harvard. As with prior Chautauquas, the emphasis will be on promoting lively, civil, intelligent class discussion. More important is the wonderful mix of experience and knowledge to be shared by you and the former managers, bench and line workers, teachers, administrators, financial advisors, first responders, town officials, medical workers, engineers, attorneys, and others who will be your classmates. Together we will discuss citizenship and justice in the finest traditions of comity, with intelligence and humor. This semester, we'll be discussing issues including taxation, surrogate motherhood, military conscription, and others from the modern libertarian and liberal perspectives. It will be lively, respectful, and fun! Newcomers to Chautauqua are welcome. You need not have attended prior Chautauqua classes to enjoy the new material we will be covering and participate actively.

Wiley Mangum is Professor Emeritus of Gerontology at The University of South Florida, with special expertise in demographics and social policy.

Frank L. Slesnick is Professor Emeritus of Economics at Bellarmine University, with special expertise in compensation and the social implications of economic policy.

Robert Silverman taught philosophy at Rutgers University and now teaches logic and ethics at Hillsborough Community College. He is retired from IT work at IBM and cryptocurrency development at JPMorgan Chase.

Professors Mangum and Slesnick are long-time Center 4Life Learning instructors, and Professor Silverman is the relative newcomer, having instructed four prior courses at the Center.

UNDERSTANDING JAZZ (447)

Thursday 10:30 – 12:00, in Creason Hall (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 10
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Jazz is composition without an eraser. It is a mixture of African musical culture and Western European musical culture. This mixture makes Jazz a truly American music. Topics will include 1) definition, 2) improvisation explained, 3) the art of transcription, 4) the art of listening, 5) learning by rote, 6) performance practice in jazz, and more. No musical experience is required. Questions and discussion are encouraged. We will put the secrets of jazz performance in the spotlight.

Harry Miedema was saxophonist and/or Music Director for 23 years for the O'Jays. In 1997, he became Director, Jazz Studies at the University of Indianapolis where he instituted an undergraduate degree in Jazz Studies. He retired as Professor Emeritus in 2014. He attended Indian University receiving a master's degree in saxophone performance. He is the leader of the Blue Heron Sextet.

THURSDAY CLASSES

(Note class start dates & times may vary)

PREPARING FOR LIFE CHANGING EVENTS (131)

Thursday 10:30 – 12:00, in Room 30 (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 20
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The facilitator 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 in order to prepare for life changing events.

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.

There is a required \$7 charge for an expandable binder that each student will use to collect and store their personal documents, payable to instructor.

BASIC WATERCOLOR PENCIL (124)

Thursday 10:30 – 12:00, in Room 19 (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 10
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Learn the relationship of colors and why colors work well together. Draw objects that grab your attention with textural quality and shape. Learn the skills to create fantastic illusions of 3-D designs with color pencils.

Students will need to bring a set of drawing pencils, watercolor pencils, one medium watercolor flat brush, one small flame brush, watercolor palette, kneading eraser, 9x12 watercolor pad and 12" ruler.

Barbara Weskot comes to us from the states of New Jersey and New Mexico with an MFA plus an MA in Education. She has taught at a community school for thirty years, in the field of art.

THURSDAY CLASSES

(Note class start dates & times may vary)

WHAT KIND OF ANIMAL ARE YOU? A STRONG LION, FUN LOVING OTTER, LOYAL RETRIEVER, OR CAREFUL BEAVER? (133)

Thursday 10:30 – 12:00, in Room 11 (1 Class 11/04)	Tuition \$7
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During this eye-opening workshop, she will review information from the book Different Children, Different Needs, by Charles Boyd. The below points from the book will be discussed:

- Understand your own natural behavior style and the way it affects your interactions with others.
- Become aware of how your style may complement or clash with other personalities.
- Become more effective in dealing with different personality types.
- Discover whether you and other family members are lions, otters, retrievers, or beavers!

This is an extremely practical workshop with simple checklists you will do immediately! Curious? Please join us.

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

FRIENDSHIP ROCKS (132)

Thursday 10:30 – 12:00, in Creason Kitchen (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 8
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Come together to share your time and talent, to create amazing colorful rock decorations. Enjoy the peace and serenity painting offers. Share your art with friends and family or hid them for others to fine and enjoy. Rocks and paint supplies will be provided.

Sharron Nabak and Sheila Thurston Sharron has 25 years as a quilter; 40 years as a garden plaque painter; 5 years teaching techniques; and 5 years bible character painting. Sheila and Sharon have over one year of rock painting experience.

THURSDAY CLASSES

(Note class start dates & times may vary)

FUNDAMENTALS OF ECONOMICS & INVESTING (206)

Thursday 1:00 – 2:30, in Room 30 (4 Classes 10/28 to 11/18) **Tuition \$28**

- **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 to communicate complicated topics in an understandable manner.

INEQUALITY IN AMERICAN SOCIETY – SOCIOLOGICAL, ECONOMIC & PHILOSOPHICAL/ETHICAL ASPECTS (130)

Thursday 1:00 – 2:30, in the Choir Room (6 Classes 10/14 to 11/18) **Tuition \$35** Limited to 20

This course, co-facilitated by three instructors with academic backgrounds in sociology/gerontology, economics, and philosophy, will focus on current and historically recent inequalities in American society. These include, but are not limited to, issues such as social stratification (social class, socio-economic status --SES, including income and wealth, and social mobility), gender (including LGBTQ issues), race and ethnicity (including wokeness and critical race theory: CRT), education, and politics. As all of us are likely to have interesting perspectives and opinions on the various issues, class participation is welcomed and strongly encouraged.

Wiley Mangum is a Professor Emeritus of Gerontology at the University of South Florida, Tampa, with expertise in demography and social policy.

Frank Slesnick is a Professor Emeritus of Economics at Bellarmine University, with special expertise in compensation and the social implications of economic policy.

Robert Silverman taught philosophy at Rutgers University and currently teaches logic and ethics at Hillsborough Community College. He is retired from IT work at IBM and cryptocurrency development at JPMorgan Chase.

THURSDAY CLASSES

(Note class start dates & times may vary)

CHINESE BRUSH PAINTING/SUMI-E, Beginner Workshop (425)

Thursday 1:00 – 2:30, in LEC Lobby (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 12
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Introduction to the materials, how to hold the brush, etc. Calligraphy stroke for Eternity practiced prior to commencing traditional Chinese motifs like the bamboo, Chinese lanterns, mums, pine, and panda.

There is a required \$8 charge for all materials used at each session, payable to instructor.

CHINESE BRUSH PAINTING/SUMI-E, Intermediate Workshop (419)

Thursday 3:00 – 4:30, in LEC Lobby (6 Classes 10/14 to 11/18)	Tuition \$35	Limited to 12
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This course has a requirement that you have taken the beginners course, or you have the basic concepts. See Beginners course on Thursday at 1:00 for a full description. Topics to include prunus blossoms, tulips, mums in vase, sun flowers, daisies, and peonies.

There is a required \$8 charge for all materials (use of equipment, special brushes and rice paper, pigments, and ink) at each session, payable to instructor.

Renee M. Vickery trained in art and design UK, 1971. Trained at the Nan Yang Academy of Fine Arts, Singapore in 2002. Exhibited in Singapore, Taiwan, and Sarasota, FL, and was later employed to teach Chinese brush painting by ACE Singapore for 4 years.

FRIDAY CLASSES

(Note class start dates & times may vary)

COMPUTER ORGANIZATION (409)

Friday 8:30 – 10:00, in Room 30 (6 Classes 10/15 to 11/19)	Tuition \$35	Limited to 12
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An organized home computer can be more useful and more fun to use. This course will show you how you can organize your documents, pictures, videos, and music on your laptop or desktop computer. The course will teach you how to use File Explorer to create folders, move and copy files and folders on your computer. The class will also review the use of many Windows Accessories that can help improve your organization. Backing up your valuable documents and pictures to an external device will also be discussed and demonstrated. **Bring your fully charged laptop to class and learn on your own equipment.**

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.

SELLING ON EBAY (531A)

Friday 8:30 – 10:00, in LEC3 (3 Classes 10/15 to 10/29)	Tuition \$21
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Whether downsizing, creating, or expanding an online or existing business, this three-session class will answer your questions and give practical 'how-to' information for successful eBay selling. Topics include finding things to sell, researching and pricing what you have, auctions or fixed-prices, headlines that work, photography that sells, description guidelines, packing, shipping, and record-keeping.

SELLING ON EBAY (531B)

Friday 8:30 – 10:00, in LEC3 (3 Classes 11/05 to 11/19)	Tuition \$21
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Whether downsizing, creating, or expanding an online or existing business, this three-session class will answer your questions and give practical 'how-to' information for successful eBay selling. Topics include finding things to sell, researching and pricing what you have, auctions or fixed-prices, headlines that work, photography that sells, description guidelines, packing, shipping, and record-keeping. **This is the same class presented on Friday 10/15, 10/22 & 10/29**

Jon Wagner is a Top-Rated eBay seller who leads the eBay market in two niche categories, shipping packages daily worldwide. Jon also offers individual and company training throughout West-Central Florida. His successful sales and marketing background will expand your visions for profitable eBay activity.

FRIDAY CLASSES

(Note class start dates & times may vary)

ANDROID SMARTPHONES & TABLETS WORKSHOP (428)

Friday 10:30 – 12:00, in Room 30 (6 Classes 10/15 to 11/19)	Tuition \$35	Limited to 12
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This class will start with the very basics of the Android Operating System and introduce you to the uses of Smartphones and Tablets. You will learn how to connect to the internet and use your device to do things, such as: download Apps to your device; check your email and calendar; take pictures and share them with your friends; review your collection of photos; read a book; watch a video; listen to music; and play games like Solitaire and Word Cookies. Apps determine what the device can do, so the class will concentrate on basic Apps such as Google Playstore, Email, Photos, Camera, and Settings. Apps that expand the use of the device, such as OneDrive, Pandora, and Facebook, will also be downloaded and discussed. Each class will consist of presentation, demonstration, and practice using these Apps in your own device. **Bring your fully charged devices to class and learn on your own equipment.**

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LET'S WRAP A GIFT - BEGINNERS WORKSHOP (534A)

Friday 10:30 – 12:30, in LEC Lobby (one 2-hour Class 10/15)	Tuition \$7	Limited to 6
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This workshop is a beginner class in gift wrapping and will include various paper types, ribbons, trims, tags, and glue. The class will start by learning the simple steps to wrapping a box with paper and making a bow. Students will be encouraged to theme their wraps, to be creative, and to think out of the box. This hands-on workshop will be creative and fun! Everyone will be encouraged to join in. At the end of the class, students will go away with a clear knowledge of what to do the next time they have a gift to wrap. Students are asked to bring a sharp pair of scissors. **There is a required \$24 charge for materials, payable to the instructor.**

LET'S WRAP A GIFT - BEGINNERS WORKSHOP (534B)

Friday 1:00 – 3:00, in LEC Lobby (one 2-hour Class 10/15)	Tuition \$7	Limited to 6
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This workshop is a beginner class in gift wrapping and will include various paper types, ribbons, trims, tags, and glue. The class will start by learning the simple steps to wrapping a box with paper and making a bow. Students will be encouraged to theme their wraps, to be creative, and to think out of the box. This hands-on workshop will be creative and fun! Everyone will be encouraged to join in. At the end of the class, students will go away with a clear knowledge of what to do the next time they have a gift to wrap. Students are asked to bring a sharp pair of scissors. **There is a required \$24 charge for materials, payable to the instructor. This is the same 2-hour class presented on Friday 10/15 at 10:30**

Maria Trupia has been a professional designer and producer of events and gifts for well over 25 years. She produced corporate events for clients including Rolls-Royce, Parker Pen Co, Lancome Cosmetics, Memorex Corp., Sylvania, Escada Fragrances, Home Shopping Network, and Morgan Stanley. Her events include tea parties, weddings, press events, meetings, and conventions. Maria has traveled the world extensively. She held a number of well received workshops and classes in the New York area and is a style expert who staged homes for clients, and friends. She has won numerous awards for her holiday décor.

FRIDAY CLASSES

(Note class start dates & times may vary)

LET'S WRAP A GIFT - INTERMEDIATE WORKSHOP (135A)

Friday 10:30 – 12:30, in LEC Lobby (one 2-hour Class 10/22)	Tuition \$7	Limited to 6
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This workshop is for people who already know how to wrap a gift, and make a simple bow. Class goes deeper into learning how to make magic happen, by beautifully embellishing packages. Students will learn how to use things like natural twigs, leaves, or feathers. Students will be shown how to create magical gift wraps which include fabric, flowers, affordable ornaments and/or meaningful items they may already own. Friends and family will be thrilled receiving a gift that is wrapped so thoughtfully. Warning: after this recipients may not want to open your gifts because they are so special! **There is a required \$24 charge for materials, payable to the instructor.**

LET'S WRAP A GIFT - INTERMEDIATE WORKSHOP (135B)

Friday 1:00 – 3:00, in LEC Lobby (one (2) hour Class 10/22)	Tuition \$7	Limited to 6
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This workshop is for people who already know how to wrap a gift, and make a simple bow. Class goes deeper into learning how to make magic happen, by beautifully embellishing packages. Students will learn how to use things like natural twigs, leaves, or feathers. Students will be shown how to create magical gift wraps which include fabric, flowers, affordable ornaments and/or meaningful items they may already own. Friends and family will be thrilled receiving a gift that is wrapped so thoughtfully. Warning: after this recipients may not want to open your gifts because they are so special! **There is a required \$24 charge for materials, payable to the instructor. This is the same 2-hour class presented on Friday 10/15 at 10:30.**

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ALL ENDURING PATHOLOGY IS ROOTED BY FEAR (141)

Friday 1:00 – 3:00, in Room 19 (3 Classes 10/15 to 10/29)	Tuition \$21
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Our class discussion will focus upon the idea that all enduring pathology is maintained and supported by fear. An imbalance is created and nurtured by that fear and becomes the root of the types of diseases that make doctors scratch their heads in wonder. Once identified, the fear can be removed and replaced with love. Simply understanding this gives comfort and clarity rather than uncertainty and confusion. Knowing a bit about how communication and compounding work in the relationships we share with ourselves and with others lends a very impressive spin to the word 'trust' and facilitates healing.

Jeff Tannen has degrees in Psychology and Traditional Chinese Medicine and certifications in Wing Chun Kung Fu and Hypnotic Interventions. His many interests include music, chess, form-correction, and self-improvement; belief in truth, learning, and the importance of having a sense of humor.