



Center 4Life Learning

Nonaccredited Adult Education School
2026 Winter Semester begins January 26

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

The 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 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 \$50.00 for six 90-minute classes. Some courses accept walk-ins for \$14.00. 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 lovethelight.org/4lifelearning. We accept Visa, Mastercard, Discover and American Express.
- If you prefer, you can complete a manual order form. Additional mail order forms, course descriptions, informational 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 a registration confirmation to you. When a class is full, you will be notified and added to a waitlist. 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 LEVEL II (143)

Mondays, 8:30 – 10:00 (6 Classes 1/26 – 3/2) in Room 11	Tuition \$50	Limited to 10
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Students will continue to 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 \$16.00, payable to Center 4Life Learning on January 26. The textbook may 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 advanced 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 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.

MID-CENTURY COUNTERCULTURE (211)

Mondays, 1:00 –2:30, (5 Classes 1/26 – 2/23) in Room 30	Tuition \$47
Walk- in Friendly, \$14. Pay prior to the class in the Center 4Life Learning office.	

We have all lived through the hippie years. This discussion course will cover the following topics:

- The Early Years: From beatnik to activist
- The Vietnam War: How the draft changed a movement
- Political Activision, the SDS, and Weather Underground
- Cultural Revolutionaries, Summer of Love, and the Diggers
- Legacy: How the movement changed America

Bill Ebert retired as a high school teacher specializing in *Twentieth Century U.S. History and Holocaust and Genocide* in 2024. Over the course of his career, Bill earned B.A.s in Biology, Chemistry, Education and Art History and a M.A. in American History. Concurrently, he was an adjunct with Camden County College as a professor for The Center for Civic Leadership and Responsibility. In that position, Bill taught wide-ranging social history courses to adults on various topics such as the evolution of graffiti, the relationship of social dance to social movements, man's historical relationship to the food he eats, and others. He looks forward to sharing his education and research with the Sun City Community.

MINDFULNESS-BASED STRESS REDUCTION (216)

Mondays, 8:30 – 10:00 (6 Classes 1/26 – 3/2) in Room 30	Tuition \$50
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Strengthening our ability to be self-aware, self-actualized and self-determined; and understand our inter-connectedness with ones' self and others. This course will involve group mediation and individual mediation at home between classes.

Robert Rios is Psychologist with an MS and MS. ED; and post-graduate training at the Center for Medicine/University of Massachusetts.

MONDAY CLASSES (continued)

SIGN LANGUAGE (107)

Mondays, 10:30 – 12:00 (6 Classes 1/26 – 3/2) in Room 12	Tuition \$50	Limited to 12
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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.

TUESDAY CLASSES

BEGINNING PAPER QUILLING (146)

Tuesdays, 10:00 – 11:30 (5 Classes 1/27 – 2/24) Creason Hall	Tuition \$47	Limited to 15
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Paper quilling is an ancient art, which is currently enjoying a resurgence in popularity. In this class, participants will learn to use the slotted quilling tool to create 8 basic shapes. From these basic shapes, they will learn to bend, twist, pinch and turn strips of paper to letters, birds, flowers and take the creator to whatever is imagined. This class is highly participative, and participants will have something to take home after every class meeting.

There is a required materials charge of \$20, payable to the instructor on January 27.

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 quilling to create award-winning artwork, featuring the natural beauty of Florida.

END-OF-LIFE CARE PLANNING FOR YOU AND YOUR FAMILY (180)

Tuesdays, 10:00 – 12:00, (3 Classes, 1/27 – 2/10) in Room 19	Tuition \$37	Limited to 15
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Are you prepared to deal with the medical, legal and emotional issues that are inevitable at the end of life? Do you know what a healthcare proxy really does? How do you ensure your values are respected in a medical crisis? What's the difference between palliative care and hospice and when should either be considered? How do you effectively communicate with doctors under stressful circumstances? This course will give you the tools to approach the end-of-life process with clarity and confidence.

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, in 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 with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.

TUESDAY CLASSES (continued)

INVESTMENT, ESTATE, AND TAX PLANNING (206)

Tuesdays, 2:00 – 4:00 (3 Classes, 2/17 – 3/3) in Room 19

Tuition \$37

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 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. Rudy was recently recognized by Shook Research as a 2024 and 2025 FORBES Best-In-State Wealth Advisors. 2025 recognition published on 4/8/25. Rankings based on data as of 6/30/24.

PLANT-POWERED LIVING: A HOLISTIC APPROACH TO VIBRANT HEALTH (161)

Tuesdays, 1:00 – 2:30, (2 Classes, 1/27 – 2/3) in Room 19

Tuition \$25

Discover the power of plants and the wisdom of holistic living in this uplifting and educational class. Designed for those curious about a plant-based lifestyle or looking to deepen their wellness journey, this class explores how food, mindset, and natural healing work together to support whole-body health.

We'll cover the essentials of plant-based nutrition, meal planning made simple, natural detox tips, health benefits of using essential oils and daily habits that nourish your body, mind, and spirit. You'll also learn how to tune into your body's signals, reduce inflammation, boost energy naturally, and cultivate a more balanced, vibrant life—one meal and mindful step at a time.

Shirley Sullivan is a holistic nutritionist and wellness educator passionate about the healing power of plants. With a focus on whole-food, plant-based living, she along with the Wellness Warriors she has partnered with to empower others to take control of their health through simple, sustainable lifestyle changes.

WEDNESDAY CLASSES

MUSIC OF GREAT COMPOSERS: BEAUTIFUL, POWERFUL, INSPIRING (214)

Wednesdays, 1:00 – 2:30, (3 Classes 1/28 – 2/11) in Rm 19

Tuition \$35

Walk- in Friendly, \$14. Pay prior to the class in the Center 4Life Learning office.

We all know music we like. This is usually why we decide to go to a particular concert: to hear the melodies and harmonies and rhythms we have come to love. This course will explore some of the techniques and methods composers use. We will see video recordings of great orchestras performing famous works while a “guided tour” is provided of what is happening in the music as it is being played. For example, we all know the most famous 4 notes of classical music: the beginning of Beethoven’s 5th symphony. But did you know that Beethoven used these 4 notes and rhythms in each of the 4 movements of his 5th symphony to create other beautiful and stirring themes but in different even disguised ways? You will hear Beethoven’s 5th symphony (being performed by the Sarasota orchestra this March), Bach’s spectacular Toccata and Fugue in D minor-what is a toccata? what is a fugue? You will also hear throughout the beautiful and stirring music of West Side Story how Leonard Bernstein used a musical interval literally banned by the church for many years because the interval was deemed too discordant. Come and learn about the lives and some music of three great composers.

Bill Smith is a graduate of the Cleveland Institute of Music. Has performed in operas and plays in the Cleveland area and has conducted several choirs. Has sung for years in the 100-member Key Chorale, the symphonic chorale of Sarasota—and sang in the Chorale’s smaller chamber chorus. Bill wrote the program notes for many concerts performed by the Chorale discussing the lives of the composers and analyzing the great works being performed. A few of the choral works Bill has sung are: Bach’s Magnificat in D; Mozart’s Requiem, Hayden’s The Creation; Handel’s Messiah, Beethoven’s 9th; and Bloch’s Sacred Service.

HIGH ALTITUDE RECONNAISSANCE DURING THE COLD WAR (218)

Wednesday, 1:00 – 2:30, (1 Classes, 2/25) in Room 19

Tuition \$17

Tom Barrett will give a presentation on **“High Altitude Reconnaissance During the Cold War.”** During three of the twenty-two years he served in the United States Air Force, he was a high-altitude reconnaissance pilot who participated in some of the USAF’s most secretive photographic and nuclear sampling reconnaissance flights. Few aviation enthusiasts know about the aircraft he flew. Built in 1964 to replace U-2A and B models, this General Dynamics 122’ wingspan RB-57F aircraft was designed to carry a pilot, systems operator and the world’s largest camera. It was the size of a VW, weighed almost 6,000 pounds and could produce detailed photographs of objects fifty miles away while flying above 70,000 feet. Twenty-one of the aircraft were built by General Dynamics. To minimize public speculation and maintain secrecy, the aircraft were never painted black and were given the same designation as an existing aircraft the 65’ wingspan Martin B-57.

Especially interesting are the missions flown taking samples of nuclear detonation “mushroom clouds” throughout the world. Please note that at night “Tom may glow in the dark. “

Tom Barrett, USAF Retired, was the (Oshkosh WI) Experimental Aircraft Associations (EAA) museum / flight operations director from 1995 – 2000. His previous appointment was six years as Associate Professor and Director of the Business Management Program at Ripon College in Wisconsin. That academic career followed a nine-year contract position as Transportation Services Division Manager for SDI “Star Wars” research at Kwajalein Missile Range in the Marshall Islands. During a twenty-two-year Air Force career, he logged over 10,000 flight hours including 541 combat missions over North and South Vietnam. His UC-123 aircraft encountered sixty-seven hits by ground fire including eighteen hits on the mission which earned him the Distinguished Flying Cross. Tom also served in several key USAF staff positions including Director of Cadet Wing Operations at the United States Air Force Academy. A graduate of the University of Nebraska with a degree in Geopolitics, Tom also holds a master’s degree in public administration from Auburn University. He has published studies

of third world economic development and authored "Wants-N-Tides," a book of poetry reviewed by The Washington Post. One of his works has become a classical choral work performed in concert halls. [youtube.com/watch?v=Gjutt-c8efw](https://www.youtube.com/watch?v=Gjutt-c8efw)
Tom and his wife Lynn (glider pilot /sailor /former USAF RN) live in Ruskin, FL. They spend their summers in Ludington, MI. They are lifelong sailors and completed a five year five-thousand-mile voyage on their 35' sailboat 2003-2008. Now that "age has set upon them (87/79) they frequently travel in their RV most recently to Alaska and the Canadian Maritimes. Their son Ian is an Embry-Riddle Aeronautical University graduate and Delta Airlines Captain based in Minneapolis. Their daughter Jen is an archeologist living with her husband in Scotland.

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

Wednesdays, 1:00 – 2:30 (6 Classes 1/28 – 3/4) in Room 11	Tuition \$50	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.

THURSDAY CLASSES

ADVANCED PAPER QUILLING (215)

Thursdays, 10:00 – 11:30 (5 Classes, 1/29 – 2/26) in Creason Hall	Tuition \$47	Limited to 15
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Have you enjoyed quilling for a while and want to ramp it up? If you have already taken an intermediate quilling class or feel ready to move ahead to more complex subjects, this is the class for you! In the advanced class, you will learn to create multi-level objects, blend paper colors and types, and manipulate basic shapes into intricate forms. This class is highly participative, and participants will have a creation to take home after every class meeting.

There is a required materials charge of \$20, payable to the instructor on January 29.

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.

BEGINNING MODERN DOT ART (195)

Thursdays, 1:00 – 2:30 (6 Classes 1/29 – 3/5) Creason Hall	Tuition \$50	Limited to 8
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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 \$25, payable to the instructor on first day of class. Note: If student already owns nail art dotting tools kit, you may purchase a kit without tools for \$21.

Sharon Carothers enjoyed a 20-year career as a stained-glass artist and teacher in Maumee, (Toledo) Ohio. Her studio and retail center, *Prism Glassworks 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.

THURSDAYS CLASSES (continued)

CHAUTAUQUA XII (511)

Thursdays, 10:30 - 12:00 (6 Classes 1/29 – 3/5) Room 19

Tuition \$50

Walk-in Friendly, \$14. 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. .

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.

ENRICHING RELATIONSHIPS THROUGH SELF-DISCOVERY (219)

Thursdays, 1:00 – 2:30, (4 Classes, 1/29 – 2/19) in Room 19

Tuition \$45

Do you sometimes feel you haven't been heard? Is it difficult for you to understand people with different personalities? How well do you know and accept your own personality traits? This class will help you discover the strengths and shadows of how you process information and express yourself into the world. Using the Jungian model of personality types you'll learn more about what drives your behavior and how it is perceived by others. This will also help you to better understand, appreciate, and interact with others. Your family, friends, and even your enemies will thank you for taking this class!

Reverend Betty Martin-Lewis is the founding minister of Unity SouthShore Spiritual Center located in Ruskin. As a Certified Ministry Consultant, she also supports other spiritual centers with Board training and organizational development. Prior to her 19 years in ministry, she had a career in Human Resources, helping business leaders develop their potential to build healthy and productive workplaces. Her academic credentials include a master's degree in Business and Public Administration and a PhD in Organization Development. As a former Peace Corps volunteer, she loves to travel and explore other cultures. Her personal mission is to help individuals discover and express their inherent gifts and powers. She lives in Sun City Center and loves movies, theater, jazz and reading/writing poetry.

FRIDAY CLASSES

BEGINNERS CONVERSATIONAL SPANISH LEVEL I (157)

Fridays, 10:00 – 11:30 (6 Classes on 2/20 – 3/27) in Room 30	Tuition \$50	Limited to 10
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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 \$16.00, payable to Center 4Life Learning on February 20. The textbook may also be purchased in advance at the Center 4Life Learning office.**

Carmen Menendez was born in Havana, Cuba, immigrated with parents and siblings to the United States at the age of 7. Her first language was Spanish but after immigrating at such a young age, quickly became fluent in English as well. Her parents always ensured she and her siblings grew up knowing their culture and traditions, and especially their language; Spanish was always spoken in their home. Prior to moving to Florida, the family's first 8 years in the United States were in the small town of Newton, N.J., where there was a very small Hispanic community of which most were relatives. Her parents were determined that they would be bilingual and know their culture, something that Carmen has been very thankful for. As a result, Carmen is fluent in both Spanish and English and, as an adult, raised her three sons to be bilingual and to value their culture.

Being bilingual has helped Carmen serve many communities during her career life. Early on, while living in Silver Spring, Maryland, she had the opportunity to serve the migrant community as a backup teacher for the ESOL program (English for Speakers of other Languages). While living in Western North Carolina, she worked with the County Social Service Agency and worked with migrant worker families. She translated for the many services and programs available to them. Carmen often served as a court translator. She taught conversational Spanish classes in her church, hosted, and translated for the missionary guests. Returning to Florida in 2000, Carmen was employed with the State of Florida, where she recently retired after 25 years. After retiring, Carmen joined the Hope Fund and currently provides after school tutoring one day a week at the Wimauma Migrant Academy.

BEGINNERS CONVERSATIONAL SPANISH LEVEL III (192)

Fridays, 1:00 – 2:30 p.m. (6 Classes 1/30 – 3/6) in Room 11	Tuition \$50	Limited to 10
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We will continue with our text, Carson and Delosa's Spanish for Middle and High School. After a review of the regular verbs, we will focus on the most common irregular verbs. Conversations with our fellow travelers are part of the fun, so we will be asking and answering the basic questions: who, what, where, etc. (and, of course, how much). Sample conversations will be distributed between Spanish speakers, Spanish on the left and English on the right.

Andrea Ellena, a graduate of the University of Colorado, earned a B.A. degree in Spanish conversation and composition, and completed advanced immersive study in Spain.

FRIDAY CLASSES (continued)

DEMOGRAPHICS: YOU'RE MORE THAN A NUMBER (220)

Fridays, 1:00 – 2:30 (3 Classes 2/20 – 3/6) in Room 30

Tuition \$35

Walk-in Friendly, \$14. Pay prior to the class in the Center 4Life Learning office.

Martin will explore the science of demographics and its application in corporate, governmental, fundraising, and political decision-making. In the new age of A.I., and the world web, we will explore how the discipline of demographics has morphed from a general research tool to a one that can specifically target you and your family. We will also explore how changes in population models have the potential to dramatically alter our future.

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.

FILM HISTORY OF SCIENCE FICTION MOVIES (196)

Fridays, 1:00 – 2:30 (3 Classes 1/30 – 2/13) in Room 30

Tuition \$35

Walk-in Friendly, \$14. Pay prior to the class in the Center 4Life Learning office.

Science Fiction films have been with us as far back as the silent film era. They reached the height of popularity in the 1950s with tales of flying saucers and time travel. We will explore some of the most memorable films like "War of the Worlds," "Close Encounters of the Third Kind" and "Star Wars". We will also look at TV series like "The Forbidden Planet" starring "Robbie the Robot." Put on your Tinfoil Hat and prepare for a fun trip to Infinity and beyond!

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). Thomas holds a master's degree in psychology.

"MAKE YOUR MARK" WITH NO RULES! (221)

Fridays, 10:00 – 11:30 (3 Classes 1/30 – 2/13) in Creason Hall

Tuition \$35

Limited to 8

This "Just for Fun" class is for anyone that got yelled at by their teachers in school for doodling while the lecture was taking place. In this three-week class you will have fun while making random marks that become fun "Art Pieces". We will explore several styles of abstract art and create some cool images that are suitable for cards or bookmarks, and that might just lead you on a journey to much bigger projects. Starter kits of paper surfaces, plus pens, markers and other tools will be provided.

Materials charge of \$10 payable to instructor on January 30.

Sharon Carothers enjoyed a 20-year career as a Stained-Glass artist and teacher in Maumee, (Toledo) Ohio, after a 30-year career in the Sprinkler Irrigation Industry. Her studio and retail center, **Prism GlassWorks Ltd.**, offered a variety of classes, including Fusing, Stained Glass, Mosaics, Acrylic Flo art, and other arts and crafts that interested her clientele. Since retirement, she enjoys teaching a variety of classes, including doodle art and dot art.

FRIDAY CLASSES (continued)

THE ADAMS FAMILY: A MULTIGENERATIONAL LEGACY OF PUBLIC SERVICE (213)

Fridays, 1:00 – 2:30 (3 Classes 2/13 – 2/27) in Room 19

Tuition \$35

Walk-in Friendly, \$14. Pay prior to the class in the Center 4Life Learning office.

- Session 1: Describes the Contributions of cousins Samuel and John Adam to making the American Revolution happen. Sam was the firebrand and propagandist. Together they attend the First Constitutional convention, but with help from his cousin, John rises to leader of the American Independence movement
- Session 2: This will not be a lecture, but rather an interview of and conversation in depth with John Quincy Adams, oldest son of John and Abigail, and, like his father, a one-term President. Asking the questions will be Dan Madden, portraying noted newspaper editor, Amos Kendall, a strong supporter of Andrew Jackson. Richard Werking, Emeritus Professor of History at the U.S. Naval Academy, who has lectured several times at the Center, will portray Adams, Jackson's opponent in the elections of 1824 and 1828. Considerable attention will be given to the first of these elections, one of the two in American history decided by the House of Representatives and unique because no candidate could muster a majority of the electoral votes. Adams, defeated by Jackson in the rematch of 1828, will go on to discuss his post-Presidential career as the only U.S. President to serve subsequently in Congress, which he did for the rest of his life. He became the leading Congressional opponent of slavery's expansion into the territories and played the leading role in the famous *Amistad* case. He had a rich and interesting life and is likely the only individual in history to have had substantive conversations about policy with both George Washington and Abraham Lincoln. He died in 1848 literally in the Capitol building."
- Session 3: Meet Abigail Adams, Charles Francis Adams and Henry Adams. Abigail's letters are a literary treasure, Charles, as US Ambassador to Great Britain, will keep England neutral during the Civil War; Henry's *THE EDUCATION OF HENRY ADAMS* is a masterpiece of literature.

Dan Madden is a Freedom Plaza resident and author of two books on the Ancient World, *The Twisty Trail from Homer to Copernicus* and *Avenging Persephone: Alcibiades and the Loss and Restoration of Athenian Democracy*. He earned his PhD in history in 1972 from the University of Wisconsin-Madison. He has taught classes at Freedom Plaza, Aston Gardens, and Center 4Life Learning.

SATURDAY CLASS

FUN WITH IMPROV (222)

Saturday, 10:30 - 12:00 (1 Class 2/21) in Room 30

Tuition \$17

Limited to 20

Improv is a pathway to spontaneity and fun. This improv class offers a unique and engaging experience for individuals of all backgrounds and skill levels. This is a fantastic opportunity to explore creativity, develop quick-thinking skills, and build confidence in a supportive, playful, and team-building environment. Whose line is it anyway!!

Diane Keyes is a member of the Pelican Players, President of the The Literacy Alliance (a children's storytelling nonprofit) and has taken improv classes at the SAK comedy club. Diane has been an educator for 25 plus years. Also, Diane was the 2nd Runner-up of the 2025 Ms. Sun City Center Pageant. She is excited to laugh, giggle, and have fun with everyone.