



Senior Learners, Inc.
Course Catalog for the 2018-Fall Term

***Sponsored Events and Special Classes**

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
Friends of the Ocala Public Library Quarterly Book Sale	Holloran	Sat, 11/3/18	1	10:00 AM	4:00PM	\$0.00

Senior Learners, Inc. is a proud sponsor of the Friends of the Ocala Public Library's The Quarterly Book Sale is at the Ocala Public Library at 2720 E Silver Springs Blvd, Ocala, FL 34470. Hardback books are \$0.50 and paperbacks are \$0.25, with about 10,000 books to choose from.

Chair Yoga	Saldarriaga	Tue, 11/6/18	2	12:15 PM	1:15 PM	\$5.00
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oga for everyone! Learn to practice yoga by adopting poses to meet your personal needs using a chair for support. No special gear is needed. Just wear comfortable loose clothing. Lessons will include breathing techniques, poses, balance, meditation, and end in a relaxation. Class meets in Room 109.

Lunch and Learn - What To Do Before Getting Rid of a Computer or Device	Davis	Fri, 11/9/18	1	12:30 PM	1:00 PM	\$0.00
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Learn what you should do before you sell, give away, or trash an older computer, smartphone, or tablet. It isn't difficult but you want to make sure that all your personal data and information has been completely removed. Although most of the tips will be for computers, iPhones and iPads, the advice is relevant to Android devices. Bring your own brown-bag lunch to this free event and join us.

Chair Yoga	Saldarriaga	Tue, 12/4/18	2	12:15 PM	1:15 PM	\$5.00
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oga for everyone! Learn to practice yoga by adopting poses to meet your personal needs using a chair for support. No special gear is needed. Just wear comfortable loose clothing. Lessons will include breathing techniques, poses, balance, meditation, and end in a relaxation. Class meets in Room 109.

Health and Better Living

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
Beginners Tai Chi 3	Potter	Thu, 11/8/18	2	2:00 PM	4:00 PM	\$10.00

This class is recommended for new students as well as those who are still learning the Yang 8 & 16 short forms of Tai Chi. The instructor weaves into the practice some insights into Chinese culture and history based on his personal experience living and teaching in China.

Four Diseases United in Misery: Diabetes	Putzeys	Mon, 11/26/18	1	10:00 AM	12:00 PM	\$5.00
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Dr. Roberto Putzeys, a retired oncology radiologist shares his perspective on four diseases, which so often accompany each other, causing seniors pain and misery. This course focuses on diabetes. Four Diseases United in Misery: Diabetes

Beginners Tai Ch 4	Potter	Mon, 11/26/18	3	10:00 AM	12:00 PM	\$15.00
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This class is recommended for new students as well as those who are still learning the Yang 8 & 16 short forms of Tai Chi. The instructor weaves into the practice some insights into Chinese culture and history based on his personal experience living and teaching in China.

More About Chocolate with Tastings	Holloran	Tue, 11/27/18	2	1:30 PM	3:30 PM	\$10.00
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All aspects of chocolate will be addressed: what it is; its history; where it comes from; how it is made; why we like it; what part is good for us; and what part can cause problems. Each class includes tasting a variety of chocolate bars. These tastings will expand your horizons and palate, as well as provide the vocabulary for describing the multitude of flavors in chocolate. In addition to chocolate bars, various recipes of chocolate baked goods, sauces, spreads and drinks will be tasted and shared. Throughout the course Bob

Holloran will share his experience in making and commercially marketing organic-certified, raw chocolates spreads. A nominal additional fee will cover tasting costs.

The Value of Playing Games	Sherwood	Fri, 12/7/18	2	1:30 PM	3:30 PM	\$10.00
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Card Games (samba, canasta, pinochle, euchre-), Board games (Ticket to Ride, Clue, Parcheesi), Domino games (Mexican Train and Chicken Foot) and favorites like Sequence and Rummikub have benefits beyond their intrinsic value of fun and play. Playing games is not a waste of time or only for children. Older adults can benefit from the social, emotional, and cognitive value of engaging in game playing regularly. Socializing can be a powerful way to inject more fun into your life. In the words of George Bernard Shaw, "We do not stop playing because we grow old; we grow old because we stop playing." Expect to participate in playing games at each session. In the words of George Bernard Shaw, "We don't stop playing because we grow old; we grow old because we stop playing." Expect to participate in playing games at each session.

History and Geography

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
Understanding the US Constitution and the Bill of Rights	Harding	Wed, 10/31/18	6	1:30 PM	3:30 PM	\$5.00

This course is a basic introduction to our Constitution and the Bill of Rights. Topics of discussion will include the Founding Fathers and the Constitutional Convention, original interpretations vs the living constitution and how the miracle of 1787 affects your life today. Included in the class will be a step-by-step analysis of the Constitution from the Preamble through the first ten amendments, which became the Bill of Rights.

Travel, Culture and Beyond: Brazil - A Rising Country and Hot Destination	Kelly	Tue, 11/6/18	1	10:00 AM	12:00 PM	\$5.00
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We will begin our armchair tour of Brazil, the vast South American country, in the exciting city of Rio de Janeiro.. This historical city is symbolized by its huge Christ the Redeemer statue atop Mount Corcovado. It is also famed for its busy Copacabana and Ipanema beaches, as well as its enormous, raucous Carnival festival, featuring parade floats and flamboyant costumes. We will also look in the north at the busy city of Sao Paulo and then south to beautiful Iguasu Falls. If anyone speaks Portuguese, please come to this session. I found the language most difficult.

Travel, Culture and Beyond: Brazil - Manaus Paris of the Jungle	Kelly	Tue, 11/13/18	1	10:00 AM	12:00 PM	\$5.00
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In the late 1880's with the advent of the automobile, the demand for rubber became overwhelming. Men came to the Amazon jungles to harvest the rubber trees. These men, known as the Rubber Barons, became extremely wealthy overnight. The city of Manaus was born as the port for exporting rubber latex. These wealthy barons built fabulous structures with all materials imported from the Europe. One of the major sites is the famous opera house, center of culture. It is said they were so wealthy that men lit their cigars with bills equivalent to \$100; women refused to have their clothes washed in local water and sent them back to Europe to be laundered. Manaus, now a city of 2 million, is reviving and renovating the beautiful old structures. This city is a true world wonder and is the place of beginning a tour of the Amazon.

Travel, Culture and Beyond: Brazil - The Amazing Amazon	Kelly	Tue, 11/27/18	1	10:00 AM	12:00 PM	\$5.00
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Have you ever wonder what piranha soup might taste like? Well- come with me on a fabulous 8-day cruise of the Amazon. We embark at the port of Manaus- the place where the rubber barons brought their materials from the jungle. We will explore the two rivers that meet to make the Amazon- and the mysterious fact that they travel side-by-side for 6 miles without mixing. Excursions into the jungle will tell you how the natives live and survive in the harsh climate. You will also look at some of the flora and fauna of the region. I will even take you fishing for piranha (I did not catch one).

Science and Technology

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
Tech Clinic: Windows 10	Hautanen	Mon, 11/5/18	1	10:00 AM	12:00 PM	\$5.00

This course will include a short review of the basic features of a Windows 10 computer, with additional discussion of more topics such as security and virus protection, and new features like virtual desktops. We will also discuss common productivity apps such as word processors and spreadsheets, and pros and cons of using free versions of those versus using Microsoft Office.

Fringe Science	Stephens	Wed, 11/7/18	5	10:00 AM	12:00 PM	\$25.00
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Our understanding of our world and the universe is increasing exponentially. We now have powerful tools for exploring phenomena that were in the realm of science fiction only a few years ago. In this course we will examine our scientific understanding about what

we know and do not know about a number of topics that may become mainstream in a few years. These include: teleportation, time travel, parallel universes, extra-sensory perception, artificial intelligence/singularity, and bionic men, women and pets.

Tech Help Clinic - replaces Mac Help	Davis	Tue, 11/13/18	1	1:30 PM	3:30 PM	\$2.00
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- NEW - Are you a new computer, smartphone, or tablet user? Do you need help with using your Mac, your PC, or your mobile device? These 2-hour clinics provide an opportunity for you to drop in to get help with your hardware, software, and devices. These are not classes or lectures. Rather the help will be one-on-one and will be first come, first served. Our tech folks will be there to answer questions, provide useful tips, and help you use your technology more effectively. We can help with desktops, laptops, macOS, iOS, Windows 10, and Android operating systems.

How the English Language Evolved Prior to 1600	Holloran	Fri, 11/16/18	4	10:00 AM	12:00 PM	\$20.00
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Historical linguists and archeologists have traced the beginnings of English, and many other modern languages, to a group of nomads who lived north of the Black Sea about 2500 BCE. They tamed horses and invented the wheel, which allowed their descendants to migrate from original territory in every direction. With time their languages evolved in these regions into new languages, of which one became Old English We will follow this trail to the English of Shakespeare with the help of lectures by several professors from The Great Courses.

Science Surprises 4	Pealer	Tue, 12/4/18	1	10:00 AM	12:00 PM	\$5.00
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For biology enthusiasts, this monthly class will be whatever videos, articles, websites I have found interesting. It is sort of an in-person blog instead of an online blog!

Mastering Black and White Photography	Bouley	Tue, 12/11/18	1	10:00 AM	12:00 PM	\$5.00
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In this class on mastering black and white photography, instructor and professional photographer Bruce Bouley will show you how to choose your subjects, set up your camera and how simple, but effective adjustments in Photoshop and Lightroom can make your images stand out. Converting an image to black and white is pretty simple, but if you want truly impressive results it pays to think about how and what you shoot, and learn how to use the powerful tools of your photo editing software to get the most from your shots. When it comes to black-and-white imagery, being able to see how your final shot will look is a key skill. It is important to understand how the color image you see through the viewfinder of your camera will translate into a monochrome image. To get the best results, you have to look beyond the colors, and instead try to visualize how the shapes, textures and tones of the shot will be recorded.

Special Event

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
2018 Fall Holiday Party	Kelly	Tue, 12/11/18	1	1:30 PM	3:30 PM	\$5.00

Come for some great fun and terrific food (including Bob's famous Flour less chocolate brownies). We may ask you to become Senior Learners actors in a game of charades and hear some interesting seasonal songs- such as the Florida 12 Days of Christmas. See you there.

the Arts

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
Masterworks in Music: Landmark Symphonies, Operas, Concerti, and Chamber Compositions	Satterfield	Fri, 11/2/18	4	1:30 PM	3:30 PM	\$20.00

This course will explore masterworks in music including landmark symphonies, operas, concerti, and chamber compositions. Participants will have the opportunity to learn about the structure and history of each type of music, as well as to listen to recordings that illustrate the evolution of these genres.

For Love of Film: Neil Simon Film Festival	Smith	Mon, 11/26/18	3	1:00 PM	4:00 PM	\$15.00
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Neil Simon wrote stories about the human condition that have made us laugh and made us cry. Join us in viewing and discussing three of his gems: Barefoot in the Park starring Jane Fonda and Robert Redford, The Odd Couple starring Jack Lemmon and Walter Matthau and The Goodbye Girl starring Marsha Mason and Richard Dreyfuss. Popcorn will be provided to enhance the viewing experience.

For the Love of Film: Mary Poppins Movie	Smith	Thu, 12/13/18	1	1:00 PM	4:00 PM	\$5.00
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Practically Perfect In Every Way, Mary Poppins (Julie Andrews) flies out of the windy London skies and into the home of two mischievous children. With the help of a carefree chimney sweep named Bert (Dick Van Dyke), the spirited nanny turns every chore

into a game and every day into a Jolly Holiday. Mary Poppins was one of the more innovative films to show on screens in 1964, combining live action with animation in a joyous film. Join us in viewing and discussing Mary Poppins before the release of Mary Poppins Returns on December 19th. Popcorn will be provided to enhance the viewing experience.

Topical Issues

TITLE	INSTRUCTOR	FIRST	WEEKS	STARTS	ENDS	FEE
Law School for Seniors: Civil Procedure II	Kelly	Thu, 11/29/18	2	1:30 PM	3:30 PM	\$10.00

These two sessions are the ending in the series of Civil Procedure. We will culminate by looking at the civil jury trial and appeals.

*Senior Learners, Inc., sponsors events offered by non-profit organizations, such as the CF Foundation and its Appleton Museum, which the Board considers will be of interest to our students.

IMPORTANT Please do not contact CF personnel about any Senior Learners, Inc., courses. Senior Learners, Inc., is independent of CF. We have the use of a classroom and support the CF Foundation with donations. If you have any questions about our courses or operations please contact us:

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NOTE: The views of our instructors and students are their own and do not necessarily represent the views of Senior Learners, Inc. This position is also true for videos, handouts, and other instructional materials used in our courses, and for events that we may sponsor in conjunction with other non-profit organizations.

All classes are in Central Florida Community College's University Center (Building 20) Room 112. Parking passes are required. Obtain them from your instructors.