

October 2021 Workshops

WS-1004 Flute-Private lessons

With Lynn Wilford, 4 forty minute lessons by appt only, Room 15 or 34, M\$112 NM\$120

Learn the flute with Lynn. Inquire about lessons and Instructor will call student to set up a time.

WS-1011 The Impact of Social Isolation, Loneliness and Inactivity on Health

With Greg Whyte, Monday, 10/11/21, 1-3pm, Room 30, M \$30, NM \$33

Covid-19 has opened our eyes to many things. A phenomenon that is presently being highlighted is the involvement of social isolation, loneliness and inactivity in the devastation being caused by the pandemic. These three factors appear to be secondary players that make our effort to deal with the virus more difficult. Even in "normal" times, they are destructive and harmful to health. This workshop will address the concerns and offer practical solutions. **No Max**

WS-1012 Intro to Alcohol Ink Art

With Rosana Halprine, Tuesday, 10/12/21, 9am-12pm, Room 16/17, M\$36 NM\$39

In this workshop, students will learn about the materials and supplies used in alcohol ink art. The instructor will demonstrate various techniques and the students will practice on scrap photograph or yupo paper. The students will produce 3 alcohol ink masterpieces: one on yupo paper, one on photograph paper and the last piece on tile. **\$25 cash to Instructor for supplies. Max 20**

WS-1014 Plant Based Medicine: Is CBD Right for You?

With Dotti Vaivoda, Thursday, 10/14/21, 1-2pm, Room 20, M\$12 NM \$15

With the passing of the Farm Bill, CBD is legal and found everywhere. Come learn about how you can use CBD to reduce pain, inflammation, anxiety, depression and many other health challenges. Topics such as the Endocannabinoid System, THC, Hemp and medical Marijuana will be defined and discussed. Finding a quality CBD is important to your success with the product. Our discussion will also be centered on what to look for when purchasing a quality CBD. This class is a fun learning environment where actual product is sampled. Bring your questions with you so we can help you understand how CBD can improve your lifestyle. **Max 12**

(C) WS-1022 Intro to Microsoft Excel Spreadsheets

With Dave Kesselring, Friday, 10/22/21, 9:15-11:15am, Room Con J, M\$24 NM \$27

This is an introductory workshop presenting the following: definitions, tools, formatting cells, using formulas, and step by step examples. This class requires general knowledge in the basic use of a computer. \$2 fee for handouts. **Students may bring a notebook and pen to take notes. Max 12**

WS-1024 Modular Origami Gift Boxes-Beginner Level

With Teresa Ritter, Friday, 10/22/21, 12:30-2:30pm, Room 21, M \$24 NM \$27

This workshop is a basic introduction to modular origami, intended for beginners. If you have never tried origami, or you have found origami too frustrating in the past, then this workshop is right for you. Using only two simple types of folds -- the valley fold and the mountain fold -- participants will learn how to make the modules needed for a beautiful, sturdy origami gift box. Participants will learn how to assemble their modules, creating a "Bow Knot" Base and Lid. They will also learn how the same modules used for the "Bow Knot" can be assembled in a slightly different way to create the "Wheel" Lid. The instructor will distribute printed diagrams, explain how to read them, and provide a step-by-step demonstration. The pace will be slow, including pauses and repetition, so that participants may follow along easily, making their own boxes with serenity and joy. The instructor will provide individualized help as needed, so that everyone may have a pleasant and successful origami experience. Each participant will leave this workshop with at least one completed gift box, and the printed diagrams for making more at home, along with a list of recommended modular origami books/resources. Materials are provided by the Instructor at no additional cost to students. Origami Designs by: Tomoko Fuse
Max 10

WS-1025 Using Relaxation and Meditation to Manage Daily Stress & Help Maintain Good Mental Health

With Greg Whyte, Monday, 10/25/21, 1-3pm, Room 30, M \$30, NM \$33

Many of our hospitals are overcrowded with men and women, young and old alike, who found it difficult or impossible to cope with stress. It is estimated that 50% - or more- of our contemporary diseases are directly or indirectly caused by stress. When we are incapable of controlling our everyday stress, diseases of adaptation are the result. The most common of these are stomach ulcers, diseases of the heart, nervous breakdowns, psychotic ailments, digestive problems, high blood pressure, insomnia, headaches and extreme mental and physical fatigue. Because of their ability to lessen both mental and physical tension, relaxation and meditation are uniquely suited for affecting, in positive ways, the physical and mental turmoil that are basic to most stressful situations. In essence, what they will do is help to remove the mental and physical tensions that are the results of one or more stressors. This removal or lessening of tension will help to return the body and mind to a more harmonious state; a state that is conducive to improved functioning and, ultimately, healing. This special 2-hour workshop should not be missed! **No Max**

(C) WS-1029 Intro to Microsoft Word

With Dave Kesselring, Friday, 10/29/21, 9:15-11:15am, Room Con J, M\$24 NM \$27

Basic navigation of Word including: Working with the Home ribbon, basic formatting and editing a document, and creating basic documents. Hands-on learning throughout the class and hands-on example documents as time permits. This class requires general knowledge in the basic use of a computer. **Max 12**

TO REGISTER FOR ANY OF THESE WORKSHOPS, COME INTO THE LEARNING PLACE OFFICE AT 2280 Aaron St., Port Charlotte OR REGISTER WITH CREDIT CARD BY CALLING (941) 625-4175 ext 223 DURING BUSINESS HOURS