



## January 2019 Workshops

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### **WS-0100 Flute-Private lessons**

With Lynn Wilford, 4 forty min. lessons by appt only, Room 15, M\$112 NM\$118  
4 forty minute private lessons in a month to help students learn the flute. Potential students need inquire at The Learning Place and the Instructor will call student to set up a time before the student pays and registers for the lessons.

### **WS- 0112 Belly Dance for Seniors Ages 50 & Up**

With Nancy Kevorkian, Saturday, 1/12 & 1/19/19, 10-11am, room 30, M\$20 NM\$23  
Try Belly Dancing! For Women 50 - 60 - 70 and UP. WIGGLE ... WIGGLE... WIGGLE  
2-Day Easy and Fun Beginner Workshop. Any age, shape, or fitness level also welcome to participate. Max 24

### **(C) WS-0117 Basic PC Maintenance**

With Dave Kesselring, Mon. 1/14/19, 9:30-11:30am, Room Con J, M\$20 NM \$23  
This workshop is designed to equip you with the basic fundamentals for keeping your PC safe and running smoothly, saving you money by not having to call in a professional to do basic software maintenance. The class is limited to 15 attendees. You may bring your own laptop if you wish, but desktop computers are available in the lab. Max 14

### **WS-0121 Introduction to Quilling**

With Carol Berntsson, Monday, 1/14/19, 11am-1pm Room 21, M\$20 NM \$23  
Quilling is essentially the art of paper sculpture. This beautiful old art form can be mastered easily following the basic technique and using the materials provided in this introductory workshop. In this workshop, students will be provided with the materials and equipment that will enable them to develop a hobby that produces lovely accents, ornaments, and three-dimensional pictures to enhance gifts and cards. \$15.00 materials fee to Instructor. Max 5

### **WS-0125 Effective Ways to Get Rid of a Pot Belly**

With Greg Whyte, Weds, 1/16/19, 9am-12pm Con I, M\$30 NM\$33  
The pot belly, like obesity, affects millions of people worldwide, and although millions of dollars are spent each year to deal with the problem, the traditional way of confronting it has proved to be ineffective. Our pot belly elimination workshop will help participants acquire the tools they need to deal with a pot belly. This lively and fact-filled workshop offers the principles and techniques that are necessary for most people to safely and effectively rid themselves of a pot belly. Gregory Whyte, B.S., M.S., H.H.P. is a health education and communication specialist, holistic health practitioner and creator of the Fusion One holistic health system.

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### **WS-0126 Staghorn Ferns**

With Kate Preston, Weds, 1/16/19 9-10:30am Gazebo M\$15 NM\$18

Join us for a hands-on demonstration of how to divide and propagate Staghorn ferns. During this class, you will learn what Staghorns are, how to grow them and many creative ways that they can be displayed. A complementary epiphyte of your choice such as an orchid, rhipsalis or Hoya will be provided to add to your work of Art. Staghorn ferns and plaques will be provided at a cost of \$17 (and yours to take home) or feel free to bring your own Staghorn fern and/or plaque. The instructor for this workshop is a Botanist and former curator of Ferns, cycads and economic Plant collections at the US Botanic Garden in DC. Kate also started the staghorn collection at the Peace River Botanical and Sculpture Gardens in Punta Gorda. She can be reached at [staghornfernart@gmail.com](mailto:staghornfernart@gmail.com) for additional information.

### **WS-0128 Rubber Stamping for Fun**

With Lynn Koepke, Thursday, 1/17/19, 1-4pm Room 22 M\$30 NM\$33

Come stamp with me! Card making using rubber stamped images. Make and Take 4 greeting cards in an afternoon. I have all the supplies for this workshop but feel free to bring your own supplies too. All experience levels welcome. Lynn is an independent demonstrator for Stampin' Up and has been teaching the art of Rubber Stamp Greeting Cards for over 6 years. \$20 materials fee to Instructor. Max 9

### **WS-0129 What Makes for a Successful Retirement?**

With Joyce Curry RSW, ACC, Friday, 1/18/19, 10am-12pm, Room 20, M \$20, NM\$23

This workshop is not talking about finances. It will cover things that you need to be aware of to create a plan that works and is for people who are thinking about retirement or who have retired and wonder what it's all about. Max 12

### **WS-0130 Clay Garden Face**

With Pam Cox, Friday, 1/18/19, 1-4pm, Room 31 M\$30 NM\$33

Create your own unique clay garden face that you can hang on a fence or a tree to give your yard some personality. In this hands-on clay workshop, you will be shown how to make a terracotta face using a clay slab. This workshop is for both beginners and experienced clay workers. Creativity and fun will be stressed while learning a new skill and having a good time. A great workshop to take with a friend. All tools will be provided but feel free to bring your own tools if you'd like. Piece will be fired and it will be finished and ready to pick up in about 3 weeks. \$6 clay & firing fee is payable to the instructor the day of the workshop. Max 10

### **WS-0131 The Practice of Self-Care**

With Svetlana Parquette, Friday, 1/18/19, 1-4pm Room 34, M\$30 NM\$33

Learn simple techniques for self-massage, stretches and mini exercise routines to be ready on the go. Also includes some theory of human body anatomy. Max 12



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### **WS-0135 Acrylic & Resin Pouring Techniques**

With Nancy Thomas, Monday, 1/21/19, 9am-12pm, room 16/17, M\$30 NM \$33

This workshop will introduce the student to several different methods of mixing and pouring acrylic paints for interesting effects as background or final paintings. There will be a demo of resin application and torching. Students will be able to pour at least one canvas. Because resins need 24 hours to dry sufficiently to move, there will only be a demo for that procedure. Materials to be provided by the instructor for a fee include: canvas, paint, medium, stirrers and cups, gloves, etc. Please wear an apron or clothing that you don't care about as the pouring can be very messy. **\$15 cash fee to instructor for supplies. Max 12**

### **(C) WS-0143 Using your iPad**

With Pam Cox, Friday, 1/25/19, 10am-1pm Con L M\$30 NM\$33

In this 3 hour workshop, we will explore the iPad, helping the user better understand how to set it up, care for your iPad, onscreen typing tips and more. **Requirement: Must bring your iPad. Max 14**

### **WS-0145 Intro to Clogging-Ages 16 & Up**

With Gaylynn Brenoel, Friday, 1/25/19, 1-3pm, Room 30, M\$20 NM\$23

"Clogging is an expressive style of American dance with origins in the folk dances of the British Isles, Africa, and pre-Columbian America. Settlers in the American South took elements of these styles to form a unique American dance style, Appalachian clog dancing." Beginning in the 1970s, clogging experienced a resurgence of interest. Today, clogging styles are varied and clogging can be done to all types of music. Come join us for a fun, interactive workshop and learn beginner steps and dances. All ages welcome. *Clogging shoes are NOT needed for this workshop. No flip flops or strapless-heel sandals, please. Max 18*

### **WS-0147 Intro to Alcohol Ink Art**

With Nancy Thomas, Sat. 1/26/19, 9am-12pm, Room 16/17, M\$30 NM\$33

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 three alcohol ink masterpieces: one on yupo paper, one on photograph paper and the last piece on tile. **\$15 cash to instructor for supplies. Max 20**

### **C) WS-0150 Smart TV - Internet, TV & Movies**

With John Pappa, Saturday, 1/26/19, 1-4pm Con L, M \$30 NM \$33

This course will help you understand and sort through the many options to enjoy Streaming Internet movies and television, such as Hulu, Apple and Amazon Fire. Learn how to connect many other Internet video devices together such as an Internet TV set, Apple TV, Slingbox, Roku, Chromecast, etc. **Max 14 Bring pen & notebook to take notes.**

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### **WS-0155 The Science of Essential Oils**

With Dottie Vaivoda, Thursday, 1/31/19, 1-3pm, Room 20, M\$20, NM\$23

This class is designed to educate the student on the science behind essential oils while discussing where the oils come from, exploring the constituents in oils and how they affect the body. This class is a fun informative class enabling the students to have a hands-on experience with oils. They will be able to touch, smell and use 10 of the most popular oils. FREE samples are always provided to students so they can take them home and continue to benefit from the amazing powerful properties of the oils. **Max 12**

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