Conveniently located in downtown Punta Gorda at 117 Herald Court, #211
On the first floor of the FREE parking garage

Florida Gulf Coast University

Single Lectures
Short Courses
Film Series
Life Enrichment
Travel Abroad

New Classes Begin Each Week!

Adult Lectures & Short Courses

Winter - Spring 2019

“Learning for Life Enrichment”
Florida Gulf Coast University
117 Herald Court - Suite 211
Punta Gorda, Florida 33950

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Website: www.fgcu.edu/hcc
Email: nstaub@fgcu.edu
Phone (941) 505-0130

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Director, Continuing Education the Renaissance Academy

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Program Director

Jessica Hosfeld
Administrative Assistant

Christine Zimmer
Administrative Assistant

Richard A. Ramos
Publicity Assistant

HOW TO REGISTER FOR CLASSES!

PAYMENT: All payments for classes must be made by credit card or check only. Cash is not accepted at any Renaissance Academy location.

ONLINE: Use a credit card to safely and securely register online at www.fgcu.edu/hcc or https://hcc.asap.connected.com

BY PHONE: Use a credit card to register by calling (941) 505-0130

IN-PERSON or BY MAIL: Herald Court Centre - See address above

RA in Collier/Lee Counties: To receive the Lee/Collier County Renaissance Academy catalog call (239) 745-4600

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Members – Welcome to our Winter-Spring Catalog.
All highlighted lectures are single session lectures for your enjoyment at No Charge

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
FGCU Herald Court
Renaissance Academy Memberships

Become a Renaissance Academy Member
Support Lifelong Learning

Membership Details
- $180 Annual Membership: January - December 2019
- Seasonal Memberships:
  - $125 January – April 2019 (Seasonal)
  - $100 May – August 2019 (Summer)
  - $125 September – December 2019 (Fall)

Benefits:
- Unlimited single session lectures – see highlighted courses
- Exclusive events
- Connect with like-minded students
- Contribute to the ongoing growth of the Renaissance Academy
- This unlimited Membership program applies to Charlotte County offerings only

Membership is NOT required to take Renaissance Academy courses.

MEMBERSHIP FEES ARE NONREFUNDABLE

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
Foreign Films

Refreshments included
Donation: $6.00

at

Renaissance Academy
117 Herald Court, Suite 211
Punta Gorda, Florida 33950

Herald Court Centre
Every Tuesday
From 1:00pm to 3:00

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
Archaeology

**History of the Human Experience Baroque and Rococo Period**  NEW  Non-members $50

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<tr>
<td>HC1963</td>
<td>Monday, March 11 at 10:00am to 3:30pm (5.5 hours)</td>
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Following the traditional era known as the Renaissance, Mannerism (1525–1600) is a period of time that emerged from its later years in Italy. It lasted until about 1580 in Italy, when the Baroque style began to replace it. The word mannerism derives from the Italian maniera, meaning "style" or "manner". By the end of the High Renaissance, young artists experienced a crisis: it seemed that everything that could be achieved was already achieved. No more difficulties, technical or otherwise, remained to be solved. The young artists needed to find a new goal, and they sought new approaches. During the 18th century, the Enlightenment culminated in the French and American revolutions. Philosophy and science increased in prominence. The Age of Enlightenment is from the 1650s to the 1780s in which cultural and intellectual forces in Western Europe emphasized reason, analysis, and individualism rather than traditional lines of authority. In art, Rococo means in "The Style of Louis XV" and developed after the death of Louis XIV. It can also be referred to as the Late Baroque. The word 'Rococo' is derived from the French "rocaille", a word used to describe the rock and shell work of the Versailles grottoes. A catered lunch is included. Instructor: Dr. Steven Derfler.

**The Architecture of Faith**  Non-members $50

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<td>HC1964</td>
<td>Monday, February 11 at 10:00am to 3:30pm (5.5 hours)</td>
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Western religious tradition and thought, Judaism, Christianity, and Islam, are all rooted in a patriarchal tradition. Stemming from ancient Israeli faith, the three would evolve in different ways spiritually, but the “architecture of faith”, the places of community and worship, would share many common traits. For the Jewish community, the Hebrew term is beit k'nesset (literally, House of Assembly), but Synagogue is derived from the Greek, Synagogos, place of community. Very little is known about early church architecture due to the "underground" nature of the religious community. This was mostly due to the persecution of the community in its early centuries at the hands of the Roman world. The mosque, or Masjid, serves both spiritual and communal needs of the Islamic Community. The Arabic word masjid literally means a place of prostration, and is a direct reference to a physical aspect of prayer associated with Islam. We will explore the nature of these three styles of religious architecture. A catered lunch is included. Instructor: Dr. Steven Derfler.

Art

**Open Studio**  $45

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<tr>
<td>HC1030</td>
<td>Ongoing Thursdays, 9:00am to 12:00pm (18 hours)</td>
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Enjoy a six-week art course with fellow artists. These sessions will be of great benefit to all students regardless of their level of experience. Whether you are a beginner, intermediate or an advanced artist, this course is especially good for those who wish to develop creativity and improve their painting skills in the medium and style of their choice. Instructor: Dr. Deanna Housfeld.

**Van Gogh: His Art Lives On**  NEW  $55

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<tr>
<td>HC1983</td>
<td>Thursdays, February 7, 14, 21, 28 1:00pm to 3:00pm (8 hours)</td>
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More than a dozen films have been made over the years about the life and art of Vincent Van Gogh. Theories abound regarding his struggles to find acceptance for himself and for his artwork. Countless studies have been devoted to his
mental condition as well as to the circumstances of his death at age 37. Why are we so compelled to continue to examine his life and works, as evidenced in the two feature films we’ll see as well as several clips and trailers? Why do his painted images seem both to haunt us and, at other times, uplift us? Through whole-class discussion and small group activities we’ll work to answer these questions--and in so doing perhaps create our own legacy for this universally beloved artist. Instructor: Ms. Roxanne Hanney.

**Biography**

**The Life and Times of Busby Berkeley**  NEW

HC2013  Friday, February 8 at 10:00am to 12:00pm (2 hours)

Film dance director/choreographer Busby Berkeley redefined as well as resuscitated Hollywood musicals by creating elaborate production numbers to enthusiastic audiences. His 42nd Street as well as Gold Diggers of 1933 and Footlight Parade assured Busby’s place in film history. Berkeley went on to arrange the colorful patterns seen in The Gang’s All Here and later created his stunning swimming routines with Ester Williams. So brilliant were his dance numbers that his style is still popular in today’s musicals. Fascinating commentary and clips of Berkeley’s film highlights will be shown. Instructor: Mr. Gary Olsen

**The Life and Films of Akira Kurosawa**  NEW

HC2014  Monday, February 11 at 10:00am to 12:00pm (2 hours)

Akira Kurosawa’s influence in today’s films is so vast that there isn’t a contemporary director who has failed to give the Japanese master credit. George Lucas based his Star Wars on Kurosawa’s work, while the American action movie is patterned after his groundbreaking films. His pivotal Rashomon, Ikiru, and Seven Samurai impressed cinematic circles the day they were released, beginning a string of stirring Kurosawa movies. This fast-paced lecture contains fascinating commentary supported by memorable clips. Instructor: Mr. Gary Olsen

**Day Trips**

**Duncan McClellan Gallery**  NEW

HC1976  Thursday, January 17 at 8:00am to 4:00pm (8 hours)

Duncan McClellan Gallery is much more than a gallery. It is home to The St. Petersburg Hot Glass Workshop and DMG School Project. It features glass art by Duncan and national and internationally recognized artists. The Gallery features indoor and outdoor display areas. With his signature combination of internal graal and overlay techniques, Duncan McClellan’s glass works are in demand with galleries and collectors the world over. The processes used in his one-of-a-kind and series works enable glass imagery to come to life, whether inside the glass, on the glass surface, or a combination of both to juxtapose combined images that articulate the message that inspires his art. While Duncan is an accomplished artist, he also appreciates others’ art in a variety of media. With the Duncan McClellan Gallery, a wide variety of artists are honestly and equitably represented, both local and abroad. $55  Fee includes: motor coach, private docent tour, driver gratuity, snacks and water on the trip. A cash donation of at least $10 per person is suggested, as there is not an admission fee. The Gallery depends on donations to meet their obligations. Motor coach ride to a nearby restaurant for lunch on your own.

Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
Snook Haven Boat Tour and Lunch  NEW

HC1979  Friday, February 15 at 10:15am to 3:30pm (5.25 hours)

Snook Haven Boat Tour and Lunch  NEW  $65

In 1987 the State of Florida designated the Myakka River as one of only two “Wild and Scenic Rivers” in the state, a federal designation designed to preserve the Myakka River Basin in its natural state. Sarasota County purchased the property in 2006 in an effort to further protect this showcase of an earlier era as part of the Parks system. Logan River Tours has been family owned and operated for over 35 years. The captain is very knowledgeable about the Myakka River and the wildlife in and around it. Experience one of Florida’s most unique restaurants, tucked away on the banks of the Myakka River in a true Old Florida setting. Enjoy your meal in the new dining room, or on the deck while taking in the peaceful view of the river and wildlife. Snook Haven features a delicious Back Woods Smokehouse menu featuring ribs, chicken, pulled pork as well as fresh fish, and shrimp. They have over 30 different beers to choose from, including some of Florida’s own craft beers, and other international favorites. $65 Fee includes: motor coach, Myakka River boat tour, driver/crew gratuities, snacks and water on the trip. Lunch will be at Snook Haven, paid individually. Bring your hat, sunglasses, and a light jacket.

Tarpon Springs Day Trip  NEW  $65

HC1980  Friday, March 15 at 8:00am to 5:00pm (8 hours)

Tarpon Springs Day Trip  NEW  $65

Join us for a Day Trip to Tarpon Springs, Florida! Found along the shore of the Gulf of Mexico, Tarpon Springs was named for the fish found in abundance in nearby waters. But it also is known as the "sponge capital of the world," and for its 51 miles of waterfront allure. In addition, Tarpon Springs' charming downtown center is listed on the National Register of Historic Places. Visitors to the Historic District can stroll along brick streets while browsing in art galleries, antiques stores, and specialty shops housed in buildings dating from the late 1800s. Stroll through the Greek Village at the Tarpon Springs Sponge Docks, and visit over 100 unique shops and restaurants (great options for your lunch!). Tarpon Springs is also home to an Aquarium and a Primate Sanctuary, as well as numerous parks and beaches. We’ll be in Tarpon Springs from about 10am until about 3pm, so you will have lots of time to explore whatever interests you! $65 Fee includes: motor coach, driver gratuity, snacks and water on the trip. This trip gives you the opportunity to wander lovely Tarpon Springs at your leisure. Arrive at FGCU Herald Court Centre by 7:45am to sign in and prepare for an 8:00am departure. We will arrive back at HCC at approximately 5:00pm. Bring your hat, sunglasses, sunscreen and a light jacket.

Discussion Group

Great Decisions  $80

HC1952  Tuesdays, Jan 22, 29, Feb 5, 12, 19, 26, March 5, 12 at 10:00am to 12:00pm (16 hours)

Register early so that the Great Decisions 2019 Edition can be ordered and delivered prior to January 16. Great Decisions is a discussion group of individuals interested in important foreign policy issues. Great Decision groups are centered on the Great Decisions briefing book. This well-researched annual publication provides eight timely global topics to be read by participants prior to the weekly meeting to facilitate active participation. The cost of the Great Decisions briefing book ($25) is included in the registration fee. Topics for 2019 are: Refugees and Global Migration, The Middle East, Nuclear Negotiations, The Rise of Populism in Europe, Decoding U.S. – China Trade, Cyber Conflicts and Geopolitics, U.S. and Mexico: Partnership Tested, State Department and Diplomacy. Instructor: Mr. Joe Lanza.

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
Ecology & Environment

An Economic and Environmental Strategy for a Sustainable Florida **NEW** $30
HC2034   Wednesdays, February 20 and 27 at 10:00am to 11:30am  (3 hours)

This course provides a summary of 22 common sense actions which would help stabilize environmental integrity and preserve economic stability in Florida. While some may seem bold and challenging, things worth doing are rarely easy. With political will and cooperation among disparate groups each of these actions can be implemented. *Instructor: Mr. Allen Stewart*

Dangers Under the Kitchen Sink **NEW** $20
HC1975   Wednesday, March 13 at 10:00am to 12:00pm (2 hours)

With the blight of Harmful Algal Blooms of blue green algae and red tide in the Caloosahatchee Watershed, the consumer should become more aware of the impact phosphorus based chemicals used in home and garden have not only on the environment but on the human health and safety of the products they use. This course will identify the hazardous chemicals contained in some of the common household cleaners and garden chemicals used in consumer products. In addition, the health effects and environmental impacts of these chemicals will also be discussed. *Instructor: Mr. Ken Soltys.*

Peace River Gardens – We’re Growing on You! **NEW** NC
HC2057- 01  Friday, February 1 at 10:00am to 12:00pm (2 hours)
HC2057- 02  Friday, February 8 at 10:00am to 12:00pm (2 hours)

Learn how this sanctuary of art and nature along the beautiful Peace River has grown over its first year of operation. The history of the development, the plants and the sculptures will be shared by Garden leadership. Listen for the development plans for the future! *Instructor: Peace River Gardens Leadership*

Financial Planning

Foundations of Investing $20
HC2019   Monday, January 28 at 10:00am to 12:00pm(2 hours)

This educational program is geared to people who want an overview of investing, including key terms and investment types. *Foundations of Investing* covers the basic features of bonds, stocks and mutual funds, and the importance of asset allocation. *Instructor: Mr. Adam Cummings*

Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
Foreign Language

Italian for the Traveler  **NEW**

$70

HC2054  Wednesdays, January 23, 30 February 6 and 13 at 1:00pm to 3:00pm (8 hours)

Planning a trip to Italy? Discover some basic Italian to make it more fulfilling. Learn vocabulary, grammar and phrases needed to make hotel and restaurant reservations, use public transportation, browse in shopping areas, and visit tourist attractions. Handouts for practice and homework will be provided.  *Instructor: Dr. Nicholas Patruno*

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Foreign Language Films

January Foreign Films  $20 / Single: $6

Participants may register for the monthly series or for any single film listed for the month. Enjoy a mix of drama, thriller, and comedy. As always, the series includes an introduction to each film and an opportunity for discussion afterwards. **A new year and new beginnings.** Enjoy light refreshments. *Moderator: Ms. Naomi Pringle*

**HC2042-01 “Another Year” (UK 2010)**  Tuesday, January 8 at 1:00pm to 3:00pm

Over the course of a tumultuous year, contented medical counselor Gerri (Ruth Sheen) and her geologist husband, Tom (Jim Broadbent), see their friends and relations through a series of happy events and heartbreaks -- including a birth and a death. Imelda Staunton and Oliver Maltman co-star in this character-driven ensemble dramedy from writer-director Mike Leigh (Happy-Go-Lucky, Vera Drake, Secrets & Lies).

**HC2042-02 “Fanny and Alexander” (Sweden 1982)**  Tuesday, January 15 at 1:00pm to 3:00pm

Director Ingmar Bergman's autobiographical drama, the 1984 Best Foreign Film Oscar winner, depicts a family in crisis after its lively patriarch dies unexpectedly, leaving his grieving wife desperate to provide stability for her children. The widow marries a minister, but their new life proves to be foreboding and lonesome, so it's up to the children's grandmother to infuse joy into their existence.

**HC2042-03 “Captain Corelli's Mandolin” (USA 2001)**  Tuesday, January 22 at 1:00pm to 3:00pm

Dr. Iannis and his beautiful daughter, Pelagia, live an idyllic life on the Greek island of Cephallonia -- that is, until Italian forces occupy it during World War II and Capt. Corelli is placed in the Iannis home as a boarder. Corelli and Pelagia are quickly smitten with each other. But when the Nazis arrive, he must fight to liberate the island from the real enemy. **STUDENT PICK**

**HC2042-04 “Coming Home” (China 2018)**  Tuesday, January 29 at 1:00pm to 3:00pm

In the waning days of China's Cultural Revolution, dissident Lu Yanshi returns home after he's released from a labor camp, only to find his wife suffering from amnesia. But Lu is determined to bring back her lost memory

Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
February Foreign Films

$20 / Single: $6

Participants may register for the monthly series or for any single film listed for the month. Enjoy a mix of drama, thriller, and comedy. As always, the series includes an introduction to each film and an opportunity for discussion afterwards. **Love and the Irish are in the air.** Enjoy light refreshments. **Moderator: Ms. Naomi Pringle**

**HC2045-01 “Loves of a Blonde” (Czech 1965) Tuesday, February 5 at 1:00pm to 3:00pm**

Inexperienced young factory worker Andula falls for visiting pianist after they spend one night together in this touching drama. Longing for Milda after he's gone away, Andula decides to track him down in Prague. The film, which garnered international recognition for director Milos Forman and the Czech New Wave movement, received an Oscar nomination for Best Foreign Language Film.

**HC2045-02 “Wings of Desire” (German 1987) Tuesday, February 12 at 1:00pm to 3:00pm**

From director Wim Wenders comes this hypnotic fantasy about an angel who falls in love with a beautiful circus performer while drifting unnoticed through West Berlin. Overcome by the girl's beauty, the angel decides he wants to become human.

**HC2045-03 “The Snapper” (Ireland 2001) Tuesday, February 19 at 1:00pm to 3:00pm**

Stephen Frears directs this dramedy about a working-class Dublin family that's thrown into chaos when they learn that daughter Sharon is pregnant. But by choosing not to reveal the identity of the father, Sharon becomes the target of rampant gossip. Colm Meaney co-stars in this adaptation of the book from Irish author Roddy Doyle's Barrytown trilogy, which also includes The Commitments and The Van.

**HC2045-04 “La Grande Bouffe” (France 1973) Tuesday, February 26 at 1:00pm to 3:00pm**

Bored with modern living, four middle-aged friends -- a pilot, a judge, a television star, and a chef -- embark on a gluttonous weekend of food and fornication that's to die for. Italian director Marco Ferreri scored his greatest global success with this darkly amusing allegory, which nabbed the Cannes Film Festival's International Critics Award. **STUDENT PICK**

**Genealogy**

**Genealogy 101 and Going Beyond**

$70

**HC2053 Thursdays, March 7, 14, 21, 28 at 1:00pm to 3:00pm (8 hours)**

**Enrollment is limited to 11 students.** This is a hands-on class for those eager to dig into the roots of their family tree. A PowerPoint presentation will give you a travel map of your family tree. Through step-by-step instruction and practical application, students will learn the specifics of how to find the WHO, WHERE, WHEN and WHAT their ancestors may have been doing. Handouts will include a folder with Individual Work Sheets, Family Group Sheet, and Blank Source Page for background note taking. The instructor will demonstrate how to search online. Each week you will step further into the tools available and work out any problems you may have. **Instructor: Ms. Karen A. Bryant**

**Health and Wellness**

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
**Tai Chi for Maximum Health**  
Series of 8 classes $45  
*Intro Class $7*

*Ongoing Mondays & Wednesdays at 12:00pm to 1:00pm*

Recommended by The Mayo Clinic, Centers for Disease Control, Harvard Medical School, and many health care professionals, Tai Chi is an exercise system that is easy and fun to learn while needing no special equipment. Low impact and meditative in its execution the benefits of a consistent Tai Chi practice are many.

Discover a decrease in levels of stress, anxiety, and depression. Find an improvement in aerobic capacity, energy, stamina, and balance. Balance being the core to reducing risks of falling. Join us. Feel better and rediscover that sense of well-being. Class size limited. Wear comfortable clothes and shoes. No previous experience necessary. *Instructor: Ms. Sharon Fultz*

**What to Expect from a Visit to the Emergency Room**  
New $20

*HC2041 Tuesday, January 22 at 10:00am to 12:00pm (2 hours)*

What can you realistically expect during a visit to the emergency room? What services can they provide, and what can’t they do? Like many parts of our lives, emergency medicine continues to evolve. If you haven’t experienced an ER visit recently, this is the class for you! Dr. Irma Nin is a retired emergency physician who has also been a staff doctor and the director of an emergency department. Currently she volunteers in several clinics in SW Florida.  
*Instructor: Dr. Irma Nin*

**Memory Strategies**  
$18

*HC2010 Thursday, February 7 at 10:00am to 11:30am (1.5 hours)*

This overview of how our brain functions, how to stay brain fit and strategies to assist with memory in everyday life is a great starting point to any brain fitness program. This lecture will give the learner the tools he or she needs to begin the process of coping with an aging mind but working towards optimum brain health. Learn how you can tap into six cognitive domains and build cognitive reserve that will help ward off the potential of Alzheimer and Dementia in your lifetime. Experience a sampling of unique brain activities. *Instructor: Ms. Cindi Ryerson*

**Radiant Health – Mindful Living**  
$20

*HC1942 Thursday, February 14 at 10:00am to 12:00pm (2 hours)*

This program will explore evidence-based integrative mind-body-health practices that we can do in our daily lives to reduce stress, feel more joy and enhance our own natural health and wellness. We will also explore the role foods play in our cellular health and immune function.  
*Instructor: Ms. Annette Franks*

**Think: Be Informed about Your Brain Health**  
$18

*HC2011 Monday, February 18 at 10:00am to 11:30am (1.5 hours)*

You can increase your memory. You can build up your brain reserves. You can sharpen your perceptions, you can reduce stress and anxiety, and you can give yourself a mental edge. In this lecture, learn the steps needed to improve your overall brain health and build new neurons.  
*Instructor: Ms. Cindi Ryerson*

**Sleep and Your Brain**  
New $18

*HC2006 Thursday, February 21 at 10:00am to 11:30am (1.5 hours)*

In this class, you will learn why sleep is so important to our well-being. Constant processing of information requires a lot of resources from our brain. Learn the criteria for a good quality sleep and identify common sleep problems. There will be a discussion on steps to take for a good night’s sleep and review why sleep is important for your memory.  
*Instructor: Ms. Cindi Ryerson*

Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
Brainstorm Challenge
HC2012 Wednesday, March 6 at 10:00am to 11:30am (1.5 hours)
$18

See if you can recall these slogans from the past and these classic proverbs. Proverbs are short well-known sayings that express an obvious truth or offer advice. These old time slogans and famous proverbs will bring back fond memories of yesterday and test your recall. Identify these slogans used to advertise products over the years. Have fun testing your brain power. Instructor: Ms. Cindi Ryerson

The Power of Herbs: A Scientific Perspective
HC2002 Monday, April 22 at 1:00pm to 2:00pm (1 hour)
New $15

Herbal supplements are a $37 billion-a-year business in the U.S. Some can be helpful to health outcomes, even life-saving. But how do you separate fact from hype? This class brings evidence-based knowledge to a misunderstood area of health care resources. Instructor: Ms. Karen Gallagher.

Science of Essential Oils
HC2047 Thursday, March 14 at 1:00pm to 2:30pm (1.5 hours)
HC2048 Tuesday, April 11 at 1:00pm to 2:30pm (1.5 hours)

Are you interested in learning more about how essential oils work within the body? Come to this informative class and learn about how the chemical compounds in plants have an amazing effect on our bodies and minds. Essential oils are aromatic compounds that come from the seeds, flowers, bark and stems of plants. When we use these compounds, they have therapeutic properties that help us fight infection, diseases and more. Instructor: Ms. Dotti Vaivoda

Aging More Naturally with Essential Oils
HC2050 Tuesday, March 12 at 1:00pm to 2:30pm (1.5 hours)
HC2051 Tuesday, April 23 at 1:00pm to 2:30pm (1.5 hours)

Are you aware of all the harmful toxins and chemicals that we put into our bodies on a daily basis? Do you know how those affect the aging process? There are ways to eliminate them and live a more natural and healthy lifestyle. Come to this informative class and learn more about how to “ditch the chemicals” and incorporate healthy alternatives to keep you young, energetic, and looking your best. Instructor: Ms. Dotti Vaivoda

Cooking with Essential Oils
HC2055 Thursday, March 28 at 12:00pm to 1:30pm (1.5 hours)

Did you know that essential oils can be used in cooking to significantly enhance the flavors of your food? Are you tired of buying fresh herbs only to find them going moldy in your refrigerator and being disappointed that you have to toss them in the trash? Learn how you can use a number of pure and potent essential oils to enhance the flavors in your dishes. We will make 3 cold dishes flavored with essential oils. You will take home your very own specialty essential oil salad dressing of your choice. Instructor: Ms. Dotti Vaivoda

Exploring the Psychology of Chakras
HC1974 Thursday March 21 at 10:00am to 12:00pm (2 hours)

In this class, we explore the Psychology of the Chakras (Human Energy Centers) and look at how the Psychology of each Chakra relates to our lives. We will also explore how blocks in each of the human energy centers can play a role

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130

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in our overall health and wellness. The class consists of education and handouts for written self-exploration. No Yoga experience necessary.  

**Fuel Your Central Operating System**  
$18  
HC1647  Tuesday, February 20 at 10:00am to 11:30am (1.5 hours)

This lecture will give you a comprehensive overview about dementia, both irreversible and reversible. Learn what you can do to recognize causative factors in reversing certain types of dementia. Learn the difference between forgetting as we age and memory issues that lead to dementia. Explore how you can protect and strengthen your cognitive performance through a variety of everyday lifestyle choices. There will also be a sampling of cognitive exercises to help you along the way to better memory.  

**Instructor:** Ms. Cindi Ryerson

**Understanding Alzheimer’s Disease**  
$20  
HC1943  Wednesday, January 16 at 10:00am to 12:00pm (2 hours)  
HC1945  Thursday, April 25 at 10:00am to 12:00pm (2 hours)

In this class we will explore the symptoms of Alzheimer’s disease and the evidence-based research around lifestyle interventions that can help prevent and reverse symptoms of cognitive decline. Alzheimer’s disease is a threat to health and independent living. This class explores healthy living tips, from the latest research, for our brains and bodies.  

**Instructor:** Ms. Annette Franks

**Medical Qigong**  
$20  
HC1944  Thursday, March 14 at 10:00am to 12:00pm (2 hours)

Qigong is often referred to as “Meditation in Motion.” This class focuses on Vitality Enhancement Methods and Integral Qigong Practices that are designed to increase joy, improve physical balance and heart health, increase immune function and improve our health, mental focus, and energy. Wear comfortable clothes for ease of motion. No prior Qigong experience is necessary. It’s educational and also an excellent way to be proactive in our own healthcare and optimized healthy longevity.  

**Instructor:** Ms. Annette Franks

**The Amazing Health Benefits of Sleep**  
$20  
HC1981  Friday, March 22 at 10:00am to 12:00pm (2 hours)

In this class we will explore the natural cycles of the body and the important role sleep plays in our health. We will explore circadian rhythm patterns and the role natural light exposure and nature have on our overall health and longevity. This class incorporates evidence based mindfulness and breathing practices that are designed to enhance our health and help improve our sleep and circadian rhythm.  

**Instructor:** Ms. Annette Franks

**Remembering Faces and Names**  
$18  
HC2007  Wednesday, March 20 at 10:00am to 11:30am (1.5 hours)

In daily life, one of the biggest complaints from people about their memory is not being able to recall people’s names. During this lecture you will learn new techniques to encode information so you will not need to be so dependent on your memory to recall a name. Learn how to create associations that will help your recall.  

**Instructor:** Ms. Cindi Ryerson

Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
Brain Bashers

HC2009  Monday, April 1 at 10:00am to 11:30am (1.5 hours)

$18

Let us help you challenge your brain with these Brain Bashers Puzzles. Join with us as we travel to Brain Boot Camp in order to boost your I.Q. and sharpen your memory. At the end of our program you’ll discover your memory will be noticeably sharper and your mind more agile. The puzzles are organized in levels from easy to difficult so you can increase the intensity of your mental workout as we progress through the program.  
Instructor: Ms. Cindi Ryerson

History

Beyond My Wildest Dreams: A German Girl’s Story of WWII and Beyond  NEW  $18

HC2039  Wednesday, January 23 at 2:00pm to 3:30pm (1.5 hours)

$18

Born in the turmoil of World War II, Monika’s earliest memories are of a desperate attempt to escape the Red Army as it smashed its way west into Germany. Her childhood and teen years were spent in virtual servitude, abandoned by her mother’s family to a harsh stepmother who tried but failed to break her spirit. As a teenager Monika was suddenly reunited with her family, which led to a great and enduring adventure that continues today. She immigrated to the United States in 1959, and pursued degrees in Math, Modern Languages and Education. Her fairy tale continues with a marriage of more than 50 years, children, and grandchildren.  
Instructor: Ms. Monika Tandon

Black History Month Lecture Series  NEW  Series Fee $60

HC2003  Mondays, February 4, 22, 18, 25 at 2:30pm to 4:00pm (6 hours)

Black History Month, also known as African-American History Month in the U.S., is an annual observance that began as a way for remembering important people and events in the history of the African diaspora.  
Join us for a 4 part series, or select from the sessions of your choice below at $18 each.  
Instructor: Mr. James Abraham

February 4: Frederick Douglass In The #MeToo Era: We abuse our heroes when we make them supermen and women; to understand historical figures we should consider them, warts and all. Douglass takes a beating in such an examination, but still emerges as a man worthy of respect.

February 11: The Black Activist-Athlete: Spartacus Reborn: Athletes are great when they’re bouncing, passing or hitting. But what happens when they use their forum for social change. All too often the applause stops and the anger begins. From Jack Johnson to Colin Kaepernick, black athletes have always walked a fine line between adulation and protest.

February 18: Slavery Caused the Civil War: More than 150 years since the Civil War, some continue to speak of state’s rights as the precipitating reason for the climactic struggle. No. Listen to the truth, because to believe otherwise is to perpetuate decades of mistrust and disunity.

February 25: Race and Class in Southwest Florida: Why does PGI look so different from Trabue Woods? What’s the easiest way to get a job in the school district? Hint, it involves a wedding ring. Learn how decades of disinvestment and mis-education has doomed Florida’s people of color to a second-class existence.

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
Corona: The Nation’s First Photo Reconnaissance Satellite  New  $18
HC1972  Monday, February 4 at 2:00pm to 3:30pm (1.5 hours)

This is the story of the camera system that made the "Iron Curtain" transparent, that dispelled the "missile gap" myth, and averted a nuclear war. Satellite technology is, by far, the most expensive ISR method at the US's disposal but also the most effective, its results well worth the billions of dollars spent. Today we know how many missiles other countries have and, it turns out, our guesses were way off. We were doing things we didn't need to do. We were building things we didn't need to build. We were harboring fears we didn't need to harbor. The USSR seemed to have expansionist ambitions that it appeared willing to pursue, even in the years following World War II, ideological differences between the USA and the Soviet bloc again threatened the peace of the world, a world that was still trying to recover from the devastating effects of WWII. This combative relationship was termed the Cold War.
Instructor: Mr. Charles Kotsaftis.

WWII: The Battle of Tarawa, 2nd Marine Division  New  $20
HC2044  Monday, February 18 at 10:00am to 12:00pm (2 hours)

A major turning point in the Pacific theater of WWII was on the island of Betio in the Tarawa atoll. Here, for three days in November 1943, the Second Marine Division experienced its first amphibious assault landing at the start of the USMC's Central Pacific Island hopping campaign of World War II. The Marines faced the Japanese Imperial Navy and the Japanese Special Naval Landing Forces, an enemy committed to fight to the death. Three days of pure hell ensued. This presentation examines the commitment by both sides. One side’s goal was to capture the island and its airfields and the other’s was to prevent progress of the American forces toward their eventual goal of reaching Tokyo and defeating the Japanese. This class will examine the lessons learned in a large scale amphibious assault against a strongly fortified position that still forms the benchmark of operational assaults from the sea by the United States Marines Corp.
Instructor: Mr. Anthony Ciampa

The Navy SEALS  $20
HC1962  Tuesday, March 5 at 1:00pm to 3:00pm (2 hours)

This is the story of the SEALS, the most highly trained and elite special forces organization in the world. We will cover their history, organization, training, connection to Florida and Charlotte County, and an overview of selected military organizations.  Instructor: Mr. Richard Johnson

Punta Gorda and Charlotte Harbor Area Prior to 1865 NEW  $20
HC1951  Thursday, February 28 at 10:00am to 12:00pm (2 hours)

This seminar will work backwards from 1865 (the beginning point for Mr. Peeples’ excellent book about Punta Gorda) using the writings of travelers who visited the area in those early years. We will learn about Charlotte Harbor and the Lower Peace River as described in the correspondence, journals and memoirs of conquistadors, army officers, customs collectors, trading house operators, surveyors and other travelers. The “First Contacts” with the Calusa, the early fishery, the Seminole Wars, the Civil War and the mapping of the harbor will all be discussed.  Instructor: Mr. Graham Segger.
National researcher and investigator Jack Rabito will discuss lingering questions surrounding the assassinations of RFK and MLK. Rabito contends that, despite convictions in both 1968 cases, serious questions remain regarding the guilt of both convicted assassins. A Q&A session will be included in each class session. Rabito is a retired National Network Radio broadcaster, who has been lecturing on the assassination of JFK for the past 25 yrs. He is also considered a prominent historian of the Presidency of Harry S. Truman, performing a one man play entitled "Give ‘em Hell Harry" since 2011. Instructor: Mr. Jack Rabito.

The History of Punta Gorda in its Murals – Part I, The Early Years to WW I

HC1966 Monday, January 28 at 10:00am to 12:00pm (2 hours)
HC1967 Monday, February 25 at 10:00am to 12:00pm (2 hours)
HC1968 Monday, March 25 at 10:00am to 12:00pm (2 hours)

Have you seen the murals around Punta Gorda and wondered what they are all about? Join Kelly Gaylord from the Punta Gorda Historic Mural Society as she presents the history of the area as told through the historic murals throughout our beautiful City. In Parts I and II we will visit all 30 murals from the comfort of your air conditioned classroom seat while Kelly walks through 450 years of history using the murals as a guide. Part I covers our area from the time before the Spanish exploration until World War I. Instructor: Ms. Kelly Gaylord

The History of Punta Gorda in its Murals – Part II, WWI to Modern Day

HC1969 Wednesday, January 30 at 10:00am to 12:00pm (2 hours)
HC1970 Wednesday, February 27 at 10:00am to 12:00pm (2 hours)
HC1971 Wednesday, March 27 at 10:00am to 12:00pm (2 hours)

Have you seen the murals around Punta Gorda and wondered what they are all about? Join Kelly Gaylord from the Punta Gorda Historic Mural Society as she presents the history of the area as told through the historic murals throughout our beautiful City. In Parts I and II we will visit all 30 murals from the comfort of your air conditioned classroom seat while Kelly walks through 450 years of history using the murals as a guide. Part II picks up after World War I and continues to modern times. Instructor: Ms. Kelly Gaylord

The Way of St. James – Camino de Santiago

HC1973 Thursday, January 24 at 10:00am to 12:00pm (2 hours)

The Way of St. James, the Camino de Santiago in Spanish, was one of the most important Christian pilgrimages during the Middle Ages, in addition to Rome and Jerusalem. Legend tells us that the remains of St. James the Apostle were buried in this area of Galicia, and are now interred in the Cathedral of Santiago de Compostela. Annually thousands of pilgrims travel on foot, bicycle, horse and vehicle along the varied historic routes, all of which lead to the ancient walled city of Santiago de Compostela. This session will examine the history of the Camino and learn about the personal experience of the pilgrim-presenter. Instructor: Dr. Christine Zimmer

Camino de Santiago Related Movies

HC1982-01  The Way  Monday, January 18 at 9:30am to 12:00pm

An American father (Martin Sheen) travels to France to retrieve the body of his estranged son, who died while attempting the pilgrimage to Spain’s Santiago de Compostela. He resolves to take the journey himself, in an effort to understand both himself and his son. This is a preview for the 1/24 class “The Way of St. James – Camino de Santiago”, and also great independently. Facilitator: Dr. Christine Zimmer

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130

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HC1982-02  I'll Push You  Friday, February 1 at 10:00am to 12:00pm (2 hours)

In June 2014 two lifelong friends, Justin Skeesuck and Patrick Gray, embark on a five-and-a-half-week journey to hike Spain’s El Camino de Santiago. Their pilgrimage is further complicated by the fact that Justin is a wheelchair user and paralyzed. This touching movie is great as a stand-alone or as a sequel to the 1/24 program on the Camino. Facilitator: Dr. Christine Zimmer

Rendezvous with the Gestapo  NEW  $20
HC1948  Thursday, January 31 at 10:00am to 12:00pm (2 hours)

This is the story of Sgt. Hilton Hilliard, top turret gunner on a B-17 which was shot down over northern France in 1943. Hilliard was ultimately captured and turned over to the Gestapo in Paris where he was likely tortured, interrogated and imprisoned. Sgt. Hilliard was captured while dressed in civilian clothes. He was lucky not to be executed as a spy. He spent four months in solitary confinement while a “guest” of the Gestapo. He was later sent to a POW camp and remained there for two years. As the Soviet army was advancing west towards the POW camp, the Nazis marched the POWs west where they finally abandoned the prisoners who were picked up by Patton’s Third Army. Sgt. Hilliard was repatriated to the United States where he found employment, married, and raised a family. Unfortunately, Mr. Hilliard suffered from PTSD the rest of his life. He died at the young age of 65. We will be fortunate to have Mr. Hilliard’s daughter, Ann, with us at the seminar. Instructor: Mr. Stew Ross

Marie Antoinette’s Last Ride  NEW  $20
HC1949  Tuesday, March 19 at 10:00am to 12:00pm (2 hours)

This is the story of the last days of Marie Antoinette and the events that led to her execution. We will take you on a walking tour along the exact route the queen’s cart took to the Place de la Révolution (today it’s known as the Place de la Concorde). Starting in her cell at the Conciergerie, we’ll stop along the way at Robespierre’s apartment, the pharmacy where her alleged lover bought his invisible ink to write love letters to her, and the site where Jacques-Louis David sat and sketched his famous picture of her in the cart. You’ll learn how to distinguish between buildings that were pre-Revolution and post-Revolution. Your tour ends at the exact spot where the guillotine was set up—it was not in the same spot where her husband was executed ten months earlier. Instructor: Mr. Stew Ross.

Amazing Women of the French Resistance  NEW  $20
HC1949  Tuesday, March 26 at 10:00am to 12:00pm (2 hours)

We will visit with some of the most heroic members of the French Resistance and learn how they defied the Nazis during the four years of occupation. They are the women who slipped through the initial grasp of the Gestapo because the Germans never believed women could perform resistance activities like their male counterparts. That is, until so many were betrayed and the Nazis came to realize women were playing a huge role alongside the men. You will meet the women of the British-led Special Operations Executive, a French woman who singlehandedly saved thousands of artworks from falling into the hands of Göring and other high-ranking Nazis, and the White Mouse. These women were Americans, French, British, Belgian, and other nationalities—all of whom knew what the ultimate price would be if they were caught. Instructor: Mr. Stew Ross.
During the Occupy movement in 2011 someone held a hand-printed sign that read “We Want Change”. These words are more relevant today than then. Prior to the end of the “Cold War” there were two understandings of civilization locked in a battle to dominate the world: One collapsed; the other claimed victory: When we look at the world today many see not collapse or victory, but chaos. Every social institution from criminal justice to healthcare seems to be broken, and no one seems to be able to fix anything. Is it time for some new ideas? If so, what should they be? This course answers the first question with a “Yes” and then will enlist the class to work on the second. Those who take this course should be free enough to question, open enough to listen, and brave enough to suggest something new. 

_Instructor: Mr. Howard Goldson_

**Jewelry**

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<thead>
<tr>
<th>Course Name</th>
<th>Fee</th>
<th>Start Date</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Wearable Wire Wrapped Jewelry 2</strong></td>
<td>$55</td>
<td>Mondays, January 28, February 4, 11 at 5:30pm to 7:30pm</td>
<td>6 hours</td>
<td>The world of do-it-yourself jewelry has really stepped up its game. Wire wrapping is one of the oldest techniques for making handmade jewelry. It is fun, requires no soldering or heating up wire and you end up with a unique piece of jewelry to wear. Three classes, two hours each, and you can be wearing a wire wrapped ring or bracelet with pride. Medium to advanced wrapping skills will enhance your experience. There is a material fee payable to the instructor. The fee is dependent on your choice of materials. The instructor will furnish tools for use in class. Accompained by an adult, children 12 years and older are welcome! Snacks and a beverage are included. <em>Instructor: Ms. Estellita Rainwater-August</em></td>
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<td><strong>Ring Bling: Making a Fabulous Beaded Ring</strong></td>
<td>$40</td>
<td>Fridays, March 1, 8 at 1:00pm to 3:00pm</td>
<td>4 hours</td>
<td>In a few easy steps, using the same peyote stitch throughout, you will create a gorgeous domed ring with your choice of colored glass beads. Devotees of the peyote stitch have found it to be a zen-like experience. You must bring appropriate eye wear to see very small beads. Cheaters of 2.75 - 3.00 magnification will work well. Materials fee of $5.00 is due to the instructor. <em>Class size limited to 10. Instructor: Ms. Anne Schroeder</em></td>
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**Life Enrichment**

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<tr>
<th>Course Name</th>
<th>Fee</th>
<th>Start Date</th>
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<tr>
<td><strong>Become a More Protected Consumer</strong></td>
<td>$15</td>
<td>Thursday, February 28 at 1:00pm to 3:00pm</td>
<td>2 hours</td>
<td>For 12 years, over 60,000 Southwest Florida residents regularly read David’s weekly consumer advocate and education column in the Charlotte Sun, Englewood Sun and North Port Sun. From identity theft, data breaches, elder fraud, deceptive business practices, and the latest scams, David uses actual reader issues and problems to explore how all consumers can be better informed and protected. A comprehensive list of consumer tips and resources will be distributed. <em>Instructor: Mr. David Morris</em></td>
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Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
Security Basics & Personal Awareness for Seniors

HC2035  Thursday, March 7 at 1:00pm to 3:00pm (2 hours)

This presentation will discuss and present strategies, tips and options on how to observe and evaluate your surroundings. We will discuss personal awareness, home security devices, i.e. locks, windows, surroundings, outside the home travel tips, cyber risks, and various safety devices, both personal and property. *Instructor: Mr. John Weber*

Music

**Musical Highlights: 3 Exciting Concerts**  NEW  Series: $60 / Single: $20

HC2015  Fridays, January 18, February 22, March 15 at 4:00pm to 6:00pm (6 hours)

The Musical Highlights Concert Series features an ensemble comprised of three musicians based in Southwest Florida. Each month’s performance highlights the talents of violinist Rachel Cox, pianist Judy Kaff, and cellist Ann Alton. Enjoy a delightfully different theme each month. An intermission is included during each performance. Join us for the series or the concert(s) of your choice for $20 each.

*A Scandal in Paris*
January 18 at 4:00pm to 6:00pm

The tumultuous relationship between the celebrated pianist and composer Frederic Chopin and France’s most famous—and notorious—woman writer George Sand is one of history’s greatest love stories. Both Chopin and Sand cultivated friendships among the most influential figures of the nineteenth century, uniting the world of art, politics, and money together in an unprecedented manner. Enjoy musical selections that surround their disparate lives.

*The Russians are Coming*
February 22 at 4:00pm to 6:00pm

Nineteenth-century Russian composers had a burning desire to develop the same classical musical tradition that Europe had enjoyed for centuries. From this desire came the formation of the Russian Five, five composers who sought inspiration from the Russian tradition of religious and folk music to create art music. Enjoy musical selections that highlights the strong tradition of music pedagogy that marks the Russian culture.

*Gangsters, Jazz, and Flappers*
March 15 at 4:00pm to 6:00pm

Enjoy the exciting music of the Roaring Twenties, America’s first party decade and the time of bathtub gin, hip flasks, guys and dolls, and hot jazz. Come dressed to the nines in your twenties attire for an evening of dancing to the Charleston and whistling those lovable tunes of bygone years.

Register online at [https://registerhcc.asapconnected.com/](https://registerhcc.asapconnected.com/) or call 941-505-0130
Learning to Love Opera  NEW
HC1956  Wednesdays, February 13, 20, 27, March 6, 13, 20 at 1:30pm to 2:30pm (6 hours)

$60

Each workshop will have the same format, a blend of information, performance and discussion with videos of Opera highlights, and some live performance when singers are available, and as much participant interaction as possible. The goal is to educate participants and encourage their interest in Opera. While the workshops are taking place during February and March, 2019, the Gulf Coast Opera will be performing in assorted venues, so there will be opportunities for workshop participants to join me at local operatic performances and events and to see the 2019 full scale performance of La Traviata at the Cultural Center in Port Charlotte on March 30th.  Instructor:  Dr. Linda Greene.

Retirement

Time Matters:  A Women’s Retirement Outlook
HC2021  Wednesday, February 20 at 10:00am to 12:00pm (2 hours)

$20

This class shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement.  The presentation describes retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates.  It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising cost of health care and long-term care.  Instructor:  Mr. Adam Cummings

What Happens When the Paychecks Stop?
HC2022  Monday, March 4 at 10:00am to 12:00pm (2 hours)

$20

This is a retirement income primer that discusses income during retirement to budget for retirement expenses, examine sources of income and ways to address potential risks.  Instructor:  Mr. Adam Cummings

Science

Celestial Science: Visit the Heavens  NEW
HC2005  Tuesday, April 9 at 10:00am to 11:30pm (1.5 hours)

$18

There’s so much going on out there.  Revisit the basics of what we know about our solar system.  Or perhaps, learn something you never knew before about astronomical events such eclipses, seasons, our moon’s formation, other planets, comets, meteors and asteroids, the milky-way and black holes.  Classroom demonstrations will aid participants’ understanding of some of the intricate workings of our natural universe.  Instructor:  Mr. Robert Moran.

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Islam 101
HC1955 Monday, January 14 at 10:00am to 3:30pm (5.5 hours) Members pay only $12 (lunch fee)

Islam is the 3rd of the great western religious traditions. Traditionally descending from the relationship between Abraham and Hagar, it shares many of the tenets of its two siblings. However, it evolves into its own religious tradition in the 7th Century CE through its unique understanding of the human condition. This split has led to misconstruction and misunderstanding that still exists today, oftentimes exhibiting itself through violent discord. Come away with a better understanding of the nature of the Islamic faith and its relationship with its "siblings" of Judaism and Christianity. A catered lunch is included. Instructor: Dr. Steven Derfler.

Your Thoughts on God
HC2004 Tuesday, January 15 at 10:00am to 11:30pm (1.5 hours)

The objective in this class is simply: to hear one another. Let’s practice getting more comfortable with our own vulnerability and tolerance of differing view-points. During this discussion, we will contribute thoughts on the concept of God. Key guidelines for participation: listen to the comments or questions of others, respect others’ views, keep an open mind and remember that one person speaks at a time. Instructor: Mr. Robert Moran.

A Passover Seder Experience
HC1965 Thursday, April 11 at 1:00pm to 4:00pm (3 hours)

The Passover narrative of the Hebrew Bible is one of those experiences that truly shapes western religious traditions. Jews celebrate Passover as a commemoration of their liberation by God from slavery in Ancient Egypt and their freedom as a nation under the leadership of Moses. The concept of no human ever being enslaved to another and redemption in the face of evil has been a foundation stone to people of goodwill around the world. In this class, we will explore the Passover narrative, examine the history and its archaeology, and 'relive' the experience to gain a comprehensive understanding of a cornerstone of Judaism and Christianity. Dessert will be served as part of the Passover experience. Instructor: Steven Derfler.Instructor: Dr. Steven Derfler.

YouTube: It’s Not Just for Kids
HC2024 Monday, January 7 at 12:00pm to 2:00pm (2 hours)
HC2024-02 Monday, February 18 at 3:00pm to 5:00pm (2 hours)

There is much more on the free YouTube App than just streaming cute dog and cat videos. Learn how major networks post recent news interview clips, entire shows, specials, etc. One can also view interesting documentaries, older TV shows, travel, tutorials, and even stream movie rentals. Learn how to search YouTube for your desired topics or content and then save it for watching later. The Streaming Internet Course is suggested as a prequel or follow-up. Instructor: Mr. James Nelson
Cyber Security  $25
HC2025-01  Monday, February 18 at 12:00pm to 2:00pm (2 hours)
HC2025-02  Monday, February 25 at 3:00pm to 5:00pm (2 hours)

Learn how to defend yourself from cyber-attacks. Menaces on the web include the dark web, phishing attacks, ransomware encryption, malware and spyware, keystroke loggers, Wi-Fi router compromises, Bitcoin mining hijacks, bots. You leave with a basic understanding of the techniques to minimize the chances that hackers will steal your identity, uncover your passwords, or lock up your PC. The instructor worked in cyber defense for a military contractor.  Instructor: Mr. James Nelson

Streaming Shows and Channels  $25
HC2026  Monday, February 25 at 12:00pm to 2:00pm (2 hours)

A more in-depth follow-up to Overview of Streaming Internet Movies and TV. Compare and connect Internet streaming devices such as Chromecast, Roku, Amazon Fire TV and Apple TV to your existing TV. Understand Wi-Fi and wireless cellular data internet options. Use your phone as Wi-Fi hotspots in the event of a cable outage. Use the internet to “project” your home TV service to a vacation or second home. Learn the benefits and limitations of “smart” internet TVs. Instructor: Mr. James Nelson

Streaming Devices  $25
HC2027  Monday, March 4 at 12:00pm to 2:00pm (2 hours)

This is a follow-up to Overview of Streaming Internet Movies & TV. Compare and connect internet streaming devices such as Chromecast, Roku, Amazon Fire TV and Apple TV to your existing TV. Understand Wi-Fi and wireless cellular data internet options. Use your phone as Wi-Fi hotspots in the event of a cable outage. Use the internet to “project” your home TV service to a vacation or second home. Learn the benefits and limitations of “smart” internet TVs. Instructor: Mr. James Nelson

Introduction to Amateur Radio  $25
HC2028-01  Monday, January 7 at 3:00pm to 5:00pm (2 hours)
HC2028-02  Monday, March 25 at 12:00pm to 2:00pm (2 hours)

A lifeline in a storm and an enjoyable hobby. Understand “ham radio”, a hobby enjoyed by non-technical as well as technical people. Communicate and socialize with other amateur radio operators around the world. Learning Morse code is no longer required! Because Wi-Fi, cellular internet, and phones often do not work during and after disasters such as hurricane and major electrical power outages, hams can usually communicate when others cannot. Many amateurs volunteer to provide communications for local community events. Some choose to assist local emergency authorities during natural disasters. Instructor: Mr. James Nelson

Beginner Android  $25
HC2029-01  Monday, April 1 at 3:00pm to 5:00pm (2 hours)
HC2029-02  Monday, March 18 at 12:00pm to 2:00pm (2 hours)

This class does not cover iPhone, iPad, or Kindle. This is a beginner’s introduction to the Android operating system. Learn how to browse the internet, save favorite websites, take pictures, email photos and other attachments. Learn about important settings, including connecting to Wi-Fi and fixing the annoying screen shutoff. Discover useful and fun “Apps” that enhance your life. Learn helpful shortcuts and tricks. Some prior experience is helpful but not required. Instructor: Mr. James Nelson

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Beginner Apple  $25
HC2030-01  Monday, March 18 at 3:00pm to 5:00pm (2 hours)
HC2030-02  Monday, April 1 at 12:00pm to 2:00pm (2 hours)

Learn how to browse the internet, save favorite websites, take pictures, email photos and other attachments and discover useful and fun “Apps”. Learn about important settings, including connecting to Wi-Fi and fixing the annoying screen shutoff. Some prior experience is helpful, but not required. Please bring your iPad or iPhone to class.  
Instructor:  Mr. James Nelson

Understanding the Cloud  $25
HC2031-01  Monday, March 4 at 3:00pm to 5:00pm (2 hours)
HC2031-02  Monday, March 25 at 3:00pm to 5:00pm (2 hours)

Are you hearing more about “cloud” services?  What is the cloud all about?  After taking this class, you will understand the pros and cons of using cloud-based services and compare various cloud offerings such as iCloud, Google Drive, Microsoft OneDrive and Office 365, Carbonite and Dropbox.  You will have the information you need to make a choice, to decide which service best suits your needs.  This is an introductory level course, but some experience using either a Microsoft Windows PC or a mobile device is recommended.  
Instructor:  Mr. James Nelson

Essential Apps for Mobile Devices  $25
HC2032-01  Monday, April 8 at 12:00pm to 2:00pm (2 hours)
HC2032-02  Monday, March 11 at 3:00pm to 5:00pm (2 hours)

You will be introduced to a variety of popular apps so that you get the most out of your mobile devices.  The apps to be discussed include Google Map, Webmail, WeatherBug, Skype, Wi-Fi Speed test.  Prerequisite is a basic familiarity with your smartphone or tablet.  
Instructor:  Mr. James Nelson

Useful Tips for Mobile Devices  $25
HC2033-02  Monday, March 11 at 12:00pm to 2:00pm (2 hours)
HC2033-01  Monday, April 8 at 3:00pm to 5:00pm (2 hours)

Learn the hints, tips and tricks to get the most from mobile devices.  Topics include lesser known settings, sharing photos and web pages, managing your GBs of storage, home screen website shortcuts, Wi-Fi hot spots, screen shot and security tips.  Prerequisite is a basic familiarity with your smartphone or tablet.  
Instructor:  Mr. James Nelson

Travel

The Value of a Travel Agent  NEW  $15
HC2043  Wednesday, January 23 at 10:00am to 11:00am (1 hour)

Are you a frequent traveler, or are you dreaming of that once in a lifetime dream trip? Is everything expensive? Do you question whether you are getting the best deal? Is the hotel the quality that you expect? Do you need visas? Do you know how to get them? What about vaccinations? How reliable is travel in a foreign country? These are just a few of the questions that you may have while planning a trip. You may be so experienced that you can answer all these questions and more about your destination, but you may be “missing the boat” if you don’t consult a travel agent.  Most agents work with a consortium to get their clients the best deals, and they can supply you with lots of ideas based on their own travel experiences or those of other agents in their consortiums. If you are even dreaming of travel, don’t miss this class with Ms. Sandra Bevers and benefit from her 25+ years in the travel business!  
Instructor:  Ms. Sandra Bevers
Writing

Find Your Voice: The Writers’ Salon  $60
HC1961  Wednesdays, January 9, 16, 23, 30, February 6, 13 at 11:00am to 1:00pm (12 hours)

Writers, are you ready for feedback on a project you are developing? The Writers’ Salon is a welcoming environment where writers read, discuss, and gently critique each other’s work. Whether you are a beginner or seasoned author, bring 1-3 pages of your work to our weekly table reading. We will listen for a writers’ voice, style, and crafting skills among other elements of storytelling. Class includes a guest speaker and relevant handouts. Instructor: Ms. Naomi Pringle

Finishing Your Book  $60
HC1977  Tuesdays, February 5, 12, 19 and 26 at 6:00pm to 7:30pm (6 hours)

This is a course for writers who are considering a book, in the process of completion, or are wondering what to do with a finished manuscript. Each session is based on the mission statement of questions below, and is designed to offer collegial feedback and gentle coaching to help writers achieve their goals. Instructor: Mr. James Abraham

February 5: The Vision/Setting Goals/Selling One’s Work.
Whether you have finished your manuscript and are in the editing mode, or you are just considering your writing project, setting goals is the key to effective marketing. Once you establish a vision, your next question should be: Who cares? If there is no reading or buying market out there for your work – why write? And if the market is out there, how do you reach them from the moment you start writing until the day you have a book to sell?

Characters are not born; they are made, but writers need to understand how to flesh out the principals in their work. Readers make decisions about characters based on what they do and what they say, as in real life. Hence, the goal of this class is to show writers how to create characters of depth and import.

We have an inner rhythm, a cycle of ebb and flow that dictates our lives. Writers should learn to build plot and pacing into their stories, to control the flow so that the message is delivered without confusion or distraction.

February 26: Romance and Conflict.
Writing about romance and conflict is tricky, but well worth it. Without romance, there would be a lot fewer of us and the ones that would exist would not have very much to sing about. Conflict is the friction of life; it keeps us grounded and sharpens our senses.

Publishing Your Story  NEW  $60
HC2017  Mondays and Wednesdays January 28 & 30, February 4 & 6 at 10:00am to 11:30am (6 hours)

The book is written - NOW WHAT?!?! Learn some of the technical aspects of bringing your book to print. This course is a basket of "Gotta dos" and "Be Carefuls". Finding the right questions to ask is critical. You must start with the end in mind. Instructor: Dr. Rene’ Desjardins.

Register online at https://registerhcc.asapconnected.com/ or call 941-505-0130
Creating & Writing Memorable Stories  NEW
HC2018  Tuesdays and Thursdays January 29 & 31, February 5 & 7 at 10:00am to 12:00pm (8 hours)

$70

There is always an idea bubbling below the surface. How do you turn it into a written story, poem, essay or book? This course will give hands on guidance from a published author who has written and poetry, short stories, novels and children’s books. Please bring your own laptop or write the old fashioned way, paper and pencil! Whatever feels best! Class size is limited to 8 students. Instructor: Dr. Margaret Desjardins.

Travel Abroad

Since 2002, the Renaissance Academy has sponsored more than 40 high-end, intimately sized, concierge-style excursions domestically and abroad. Through unique custom itineraries, participants have the opportunity to learn outside the classroom, visit historic and cultural sites with outstanding local guides, experience another culture – its customs, cuisine, language, and history – and delight in conversation and laughter with fellow travelers who share a love of learning and a sense of adventure. Register online at registerra.asapconnected.com to receive complete itineraries, cost information and registration forms or call 239 434-4737. Reserve early!

Southern Italy and Sicily  September 19-October 3, 2019 (15 days)

Delight in a special exploration of Italy’s southern climes, from striking Sicily and the breathtaking Amalfi Coast to unheralded Apulia, the alluring “boot heel” where a vivid history, unique architecture and bountiful plains join the sun and sea in creating a prized (and crowd-free) region. Add Italian hospitality, outstanding cuisine and notable lodgings for la dolce vita, small group style.

Moroccan Discovery  September 27-October 10, 2019 (14 days)

This land of dramatic contrasts invites us to encounter its ancient ruins and sacred mosques, endless desert and storied mountains, imposing kasbahs and spirited souks. As we travel from the imperial cities of Rabat, Fez and Marrakech to the High Atlas and vast Sahara, we open our eyes, and hearts, to a truly foreign land, an age-old culture, and genuinely hospitable people.

Ancient Greece  October 10-23, 2019 (14 days)

Unearth the grandeur of the ancient world on this singular journey combining premier archaeological sites with the beauty and lore of the Aegean and her isles. As the ancient world comes alive in Athens and Nafplion, Crete and Santorini, we celebrate the glory that was Greece – and still is today.

Exploring Australia and New Zealand  November 2-23, 2019 (22 days)

Small group touring and the Lands Down Under – they add up to a perfect combination! Join us as we travel from Australia’s spectacular Great Barrier Reef and the storied Outback to sophisticated Sydney; from New Zealand’s towering Mt. Cook and breathtaking Milford Sound to high-spirited Queenstown and nautical Auckland.

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Visit www.fgcu.edu/complete for full details
Instructor Biographies:

Ann Alton is a concert cellist who has won awards from multiple regional and national organizations. She has performed as soloist and chamber musician at Lincoln Center, Carnegie Hall, Alice Tully Hall, Weill Hall, Salle Cortot, the Caramoor Festival, and other prestigious concert venues.

James Abraham is an award-winning former journalist. He founded Book-broker Publishers of Florida in 2002, and has since published more than 200 books.

Sherry Austin is a Certified Retirement Coach. Her passion is to help retirees with non-financial planning to create a more fulfilling retirement experience.

Sandra Bevers is a travel agent in Punta Gorda with over 25 years’ experience in the field.

Karen Bryant has done extensive research on both her and her husbands’ ancestors. Her search began well before online tools like Ancestry, Family Search, and Newspapers.com.

Anthony Ciampa has an Executive MBA from Penn State University, MBA from Northeastern University, and an AB in Chemistry and Biology from Boston University. He has interest in World War II, Pacific and European Theatres.

Rachael Cox, is a violinist and violist. She has performed with the Naples Philharmonic, Charlotte Symphony Orchestra, Dayton Philharmonic Orchestra, and the Isabella Stuart Gardner Museum Chamber Orchestra. Rachel holds a Bachelor of Music degree in Viola Performance from the New England Conservatory in Boston.

Adam Cummings is a Financial Advisor at Edward Jones. He was Past Commissioner at Charlotte County Board of County Commissioners and a graduate of Florida Gulf Coast University.

James DeMaio is a recently retired personal and addictions counselor who has spent decades helping others be their best selves, and repair relationships through honesty and communication.

Steven Derfler, Ph.D., is a retired Professor of Art History and Archaeology at the University of Wisconsin-River Falls.

Rene' Desjardins, Ed.D. is a retired educator who began a second career as a publisher 5 years ago. His company, Egg Rock Publishing has brought 30 hard or soft cover and books to print to date. His education career spanned 4 decades including teaching and administration from middle school through post-graduate and district levels.

Margaret Desjardins, Ed.D. is the author, of 17 books of different genres and for all age groups. She was an educator for 4 decades, with her career spanning classroom and administrative posts at elementary, college and post-graduate levels.

Arlene Fitzmaurice, Ph.D., earned her doctorate in Modern Language. She is a former college French and Spanish professor.

Nancy Fleming, is a 2nd generation beader with 50 years’ experience. She holds a design patent on a necklace she created. Nancy has taught at Michael's Arts and Crafts as well as at the Tucson Bead Show.

Annette Franks, M. Ed. is a Corporate Wellness Coach (CWC) and Holistic Health Advisor and is a Licensed Professional Counselor (LPC).
Sharon Fultz is a Tai Chi/Qi Gong practitioner. From her lengthy studies, she has crafted a program that is easy in conception and execution. All her teachings are based on classic Tai Chi principles.

Kelly Gaylord is the President of the Punta Gorda Mural Society.

Karen Gallagher is currently working towards Master of Science Degree from Maryland University for Integrative Health with a concentration in Therapeutic Herbalism.

Linda Greene is the Director of the Gulfshore Opera Advisory Board.

Roxanne Hanney, Ph.D. had career in education, first as a teacher of French and then as a middle school principal. As an artist, she has years of experience with pastels and oils.

Deanna Housfeld, Ph.D. is a retired educator and a local artist.

Richard Johnson served in the first US Navy Submarine Squadron. He holds degrees in Engineering, Solid State Physics, and Business. He is a retired IBM Senior Engineer and Executive Manager.

Judy Kaff is a local pianist who entertains in a variety of locations and often with other musicians in the community.

Charles Kotsaftis is an IRS Certified Tax Counselor, has 14 years as AARP Tax-AIDE volunteer, MBA Finance, California Community College instructor credential.

Joseph Lanza is a retired U.S. History and AP Economic instructor of 38 years who enjoys exploring historical mysteries/dilemmas as well as economic issues/topics.

Sharon MacLaren, Ph.D., is a former academic administrator at Florida State University and St. Joseph University.

Robert Moran is a lifelong learner who has spent a lot of time, in his retirement especially, studying how people, including himself, think. He has completed several courses on critical thinking. He is a graduate of Understanding Yourself and Others and an Avatar Master.

James Nelson is a degreed Georgia Institute of Technology Electrical Engineer.

Irma Nin, MD Nin is a recently retired emergency physician who has also been a staff doctor and the director of an emergency department. Currently she volunteers in several clinics in SW Florida.

Gary Olsen is the author of The 15 Geniuses behind the Lens: How the Greatest Film Directors Shaped the Movies We See Today. A 30-year video producer/director for the United States Department of Justice, Olsen earned a Master’s of Film/Mass Communications at Emerson College in Boston. He is giving film lectures around the country on the top movie directors as well as on the history of the Academy Awards Best Pictures.

Nicholas Patruno, Ph.D. is Professor Emeritus of Italian at Bryn Mawr, where he taught for 40 years. He holds a PhD in Italian language and literature from Rutgers University and has authored several articles on 19th and 20th century Italian literature.

Naomi Pringle is an award-winning journalist and author of three books. Acting and love of film is a big part of her family experience.

Jack Rabito is a forty-year broadcast news veteran and JFK historian and researcher. Both a movie consultant and author, he has interviewed many of those involved in the events of that infamous day in Dallas.

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Stewart Ross is a published author and principal of Yooper Publications, LLC. He had a 32 year career in commercial banking before retiring in 2010.

Cindi Ryerson, R.N., owns and operates Millennium House, an adult day care facility, and the Millennium Cognitive Cafe.

Anne Schroeder has 30 years’ experience in making presentations, training and projecting a positive image. She has theatre experience, is a graduate of all levels at the SAK Comedy Lab in Orlando, and uses positive humor to promote a comfortable atmosphere.

Graham Segger has great interest in the history of the area and is the author of the popular book about the Burnt Store area titled Where do we Live?

Allen Stewart is a retired Registered Professional Engineer, trained in both engineering and biological sciences.

Kenneth Soltys is a chemist with a long career in environmental and sustainability sciences. He was employed at the Massachusetts Office of Environmental Affairs as an Environmental Analyst. He has a Bachelor of Science in Chemistry and graduate studies in organic chemistry.

Dotti Vaivoda is a Wellness Advocate and is co-owner of Essential Oils Education. She has been teaching about essential oils for more than four years.

John Weber is retired from a career in bank operations. He was responsible for the bank’s physical and cyber assets along with the security of bank personnel. He’s an NRA certified firearms instructor and volunteers for the Boy Scouts of America.

Christine Zimmer, Ed.D. is a retired educator who has taught from middle school through graduate school levels. She has also been a school and district level administrator. She is enjoying her part-time work at FGCU’s Renaissance Centre.
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