



Celebration
Foundation

Presents:



CELEBRATION LIFELONG

Spring 2022 – Courses will be presented virtually using Zoom with some selections
OUTDOORS!

Course Catalog & Schedule

Mission

The mission of Celebration Lifelong is to provide an extraordinary educational and enriching program for adults in Celebration and beyond. Dedicated to intellectual growth, social interaction and well-being of its members, Celebration Lifelong is a membership program that encourages those who are willing to volunteer their time and talents to teach and develop courses and activities.

Celebration Lifelong is a community partnership program with the Celebration Foundation and the Celebration Residential Owners Association (CROA). The office is located at the Celebration Foundation on 610 Sycamore Street in Suite #110 in the Seminole Building, and the outdoor courses for members are held at the 851 Building (Town Hall) Side Patio.

There are three sessions in the Spring. Each session lasts three weeks. This Spring the sessions begin on February 8, March 8, and April 12. Most classes last one hour and fifteen minutes and there are three classes for each course. Courses meet on Tuesdays, Wednesdays, and Thursdays. In addition, Tuesdays from 3:00 – 4:15 pm are devoted to our Tuesday Lecture Series.

Benefits of Becoming a Member of Celebration Lifelong

COURSES: A selection of 30+ courses offered this term with no tests or homework required.

LECTURE SERIES: Every Tuesday, 3:00–4:15 pm during the term.

CLUBS: Participation in a variety of clubs – Book Club, Brain Train Club, Film Club, Travel Club, Wellness Club, and Recipe Club.

COMMUNITY: A congenial learning community and social environment for sharing information and conversation while making lasting friendships.

PASSES: Two guest passes per term which can be used for a 75-minute class, lecture or club based on availability.

NEWSLETTER: A weekly e-mail newsletter, Celebration Lifelong Mondays, informing you of updates and events.

A Word about Participating in Outdoor Programs

Celebration Lifelong is pleased to offer our members an option to participate in several outdoor programs. We ask that members be aware of CDC guidelines. Outdoor spaces will be set up to allow for proper social distancing. Masks are welcome and encouraged when social distancing is not an option.

Term Membership Fee

Membership is PER TERM. The fee for Celebration Lifelong Membership is \$40. Membership can be purchased without purchasing any courses. Membership is non-transferable.

Whether you're in town full-time or part-time, you can still be a Member of Celebration Lifelong! As a Member, you can participate in all the clubs and attend the lecture series and any special events. You also have the ability to sign up for as many courses as you'd like. There is an additional fee for each course.

Course Fees

Each course is \$20. Some courses have additional fees that may be required for course materials as noted in this catalog. You can pick as many courses as you like! There are many choices to fit your interests and/or lifestyle. Courses in this catalog must be taken during the membership term (Spring 2022). Courses are not transferable to others.

What do I do if I ONLY want a Single Course?

If you're not a Member but want to take a single course, you can do that too! The charge is \$60 (\$40 for Membership and \$20 for the course). The bonus is that you get to enjoy all the lectures and clubs that term.

We Appreciate Our Instructors, Lecturers, & Club Facilitators – The Ultimate Benefit

Thinking of being an instructor, lecturer or club facilitator for Celebration Lifelong? Visit our website www.celebrationlifelong.org and click on the tab "Want to Teach?" to fill out a course, lecture or club proposal form for the following term. The details of submission are on the form. If your course, lecture or club is approved by the Lifelong Steering Committee, you will receive the following:

- As a Celebration Lifelong instructor, you will receive Celebration Lifelong dollars (with a value of up to \$200) to be used toward **your** Term Membership and any courses, including any material fees, for the term you are teaching.
- As a lecturer, you will receive one FREE Term Membership (\$40 value) for the current term.
- As a club facilitator, you will receive one FREE Term Membership (\$40 value) per each term that your club meets.

Guest Pass Information

Due to the virtual presentation of courses, lectures and clubs for the Spring 2022 Term, members are asked to please contact the Celebration Lifelong Coordinator at 407-595-5905 if they wish to share their course link with a guest.

Refund Policy

Course refunds will be made prior to the beginning of the term, **February 8** for any registered Celebration Lifelong participant needing to drop a course. We are not able to refund a course fee once the term has begun. If your schedule changes, you may enroll in or switch to another available course within the term. Prorated refunds may be available in cases of extreme hardship, such as immediate death in the family or medical emergencies. Material fees are **not** subject to refund. All requests for refunds must be made in writing and submitted directly to the Celebration Lifelong Office.

Membership and courses are not transferable.

Course Cancellations

On occasion, we need to reschedule or cancel an entire course. In this event, we will notify you and give you an opportunity to sign up for another course in the same term.

CELEBRATION LIFELONG LECTURE SERIES AT A GLANCE

February 8th – Tax Tips for Seniors – *Tom Williams & Iris Palma*

February 15th – Stabilizing Our Climate by Protecting & Restoring Nature – *Stephanie Wagoner Kimball*

February 22nd – Help Hummingbirds! – *Don Kendzior*

March 8th – A Conversation about The Celebration Foundation – *Kathleen Sipio*

March 15th – Edgar Degas & The Little Dancer – *Arlene Sanchez-Busse*

March 22nd – Into Kenya, Africa – *Bill & Carol Carbrey*

April 12th – The Roaring Twenties– *Don & Dolores Salvo*

April 19th – An Insider’s Perspective on Depression– *Steph Garber*

April 26th – 10 Minute Play Readings – *Will Newkirk*

CLUB SCHEDULE AT A GLANCE			
All Clubs will be via Zoom except as noted			
	Tuesday	Wednesday	Thursday
Club Week	2/1, 3/1, 4/5, 5/3, 6/7, 7/5, 8/9, 9/6, 10/4, 12/6	2/2, 3/2, 4/6, 5/4, 6/8, 7/6, 8/10, 9/7, 10/5, 12/7	2/3, 3/3, 4/7, 5/5, 6/9, 7/7, 8/11, 9/8, 10/6, 12/8
Morning	Wellness Club or Brain Train - alternates every month 11:00 am - 12:00 pm (noon)	Book Club 10:30 am - 12:00 pm (noon)	Film Club 10:30 am - 12:00 pm (noon)
Afternoon		Recipe Club - NEW! OUTDOORS 1:30 pm - 2:45 pm	Travel Club 3:00 pm - 4:00 pm

SPRING 2022 - COURSE SCHEDULE AT A GLANCE

Note: All Courses and Lectures will be given on Zoom except courses marked as being outdoors.

Time	Tuesday	Wednesday	Thursday	Saturday
Session 1	Feb 8, 15, 22	Feb 9, 16, 23	Feb 10, 17, 24	Feb 12, 19, 26
10:30 - 11:45	Musical Ramblings with Tom Kennington	Coloring the Full Picture (10:00-11:45)	Creating Handmade Mini Books* (10:00 -11:45)	Astronomy: The Stars and Planets
12:00 - 1:15	----- 12:30 ----- Life Transition Workshop (12:30 - 1:45) Outdoors ----- 1:45 -----	Creative Open Studio Outdoors	Blogging & Podcasting for Beginners	
1:30 - 2:45	Workshop: Write a Ten-Minute Play Part 1	Secrets of a Financial Planner...Learn how to spot misinformation, and get your real questions answered!	Watercolor Unleashed* Fortified Wines of the World* Outdoors	
3:00-4:15	Lecture	Understanding Your Neighbor: The Honey Bee	Ordinary to Extraordinary Travel Adventures! The Insider's Edition-Germany Part 2, New Zealand and Spain!	
Session 2	Mar 8,15,22	Mar 9, 16, 23	Mar 10, 17, 24	Mar 12, 19, 26
10:30 - 11:45	Form Captured in Ink* Outdoors Radio & Rock 'n Roll – Part 2: 1965 - 1980	Big Questions in Being Human	Let's Play with Clay* (10:00-11:45) Outdoors	Astronomy: Space Exploration
12:00 - 1:15	Short Stories of Annie Proulx	Creative Open Studio Outdoors	Rving	
1:30 - 2:45	Workshop: Write a Ten-Minute Play Part 2 Social Media for Seniors	Secrets of Paris from a Francophile - the New Paris Post-Pandemic	Classic Moments in Hollywood Films	
3:00-4:15	Lecture			
Session 3	Apr 12, 19, 26	Apr 13, 20, 27	Apr 14, 21, 28	Apr 16, 23, 30
10:30 - 11:45	Handmade Artist Books* (10:00-11:45) Outdoors Remember When...Lasting Memories from the Early Days of Rock n' Roll	Road Trip Planning 101	Broadway's Greatest Musicals	Astronomy: Black Holes, Parallel Universes and Cosmology
12:00 - 1:15	Relationships: A Scientific and Practical Tour	Creative Open Studio Outdoors	Celebration's "Alphabet Soup"	
1:30- 2:45	Workshop: Write a Ten-Minute Play Part 3 Mix it Up -- Using Brusho and Other Art Mediums Outdoors	An Introduction to Ancestry.com and How to Build Your Family's Dossier	An Elite Sorority: America's First Ladies (Part 2) and More	
3:00-4:15	Lecture			

*This course has an optional materials fee - see course description for details

REGISTRATION BEGINS ONLINE

Date: Monday January 24th

- Online registration opens at 10:00 am
- If you need registration assistance, call 407-595-5905 or email Lifelong@CelebrationFoundation.org

How Can You Become More Involved?

Volunteer!

Celebration Lifelong relies on the support and help of member volunteers. To volunteer, call the Celebration Lifelong Office at 407-595-5905 or e-mail volunteers@celebrationfoundation.org

Volunteer Services: Registration Assistants and Zoom Classroom Assistants

Registration Assistants make themselves available by telephone to assist members with the online registration process. Zoom Classroom Assistants are responsible for hosting the Zoom virtual classes – assisting the instructor and taking attendance.

The Lifelong Steering Committee

The Lifelong Steering Committee, composed of Operations and Curriculum Committees, provides direction and leadership for Celebration Lifelong. This group oversees the administration of Celebration Lifelong and develops the curriculum of courses, lectures and clubs offered each term.

The Lifelong Steering Committee Members

- Jennifer Glah, Celebration Lifelong Manager
- Dolores Salvo, Steering Committee Chair
- Mark Hayes
- Joe Horacsek
- Floyd McCollum
- Bob Pearson
- Meryl Rachlin
- Cheryl Rosenberg
- Don Salvo
- Sue Wagoner
- Janet Wheatley

Celebration Foundation

Celebration Foundation was established in March of 1996 to promote and conduct community building activities in Celebration. Its mission is to build better community through arts, culture and education. Through its programs, listed below, Celebration Foundation promotes a sense of belonging and nurtures a strong community spirit. Arts, culture and education enhance social health, economic prosperity, social engagement, and community strength.

- Celebration Lifelong
- Celebration Concert Series
- Holiday Home Tour & Winter Wonderland
- Learning Without Hunger
- New Urbanism
- Scholarships
- Thriving in Place

Disclaimer

The views and opinions of instructors and lecturers do not necessarily reflect the views of the Celebration Foundation or CROA. Please consult your own appropriate professional if you have questions or concerns. We ask you to be aware of your physical limitations and surroundings while participating in Celebration Lifelong activities.

CELEBRATION LIFELONG COURSES

LISTED IN ALPHABETICAL ORDER BY COURSE TITLE

An Elite Society: America's First Ladies (Part 2) and More

“The power behind the throne is the power.” Join us once again as we discuss several more of America’s First Ladies. How did their lives before living in the White House impact the contributions they made while there? What are their lasting legacies? The position of First Lady is a fascinating aspect of American culture. Together, let’s learn more about the influence of some of these remarkable women. We will also spotlight some of the spectacular weddings that took place in The White House.

Instructor:

Mark Hayes

Mark Hayes has been a student of the presidency for 50 years. He spent thirty of those years living in and around Washington, D.C. Always fascinated with the history of Washington, DC and especially The White House and its inhabitants, he brings an in-depth knowledge and passion for the subject. In his two previous courses, The White House and most recently, The American Presidency, he shared his knowledge and keen interest on the two subjects. Mark, a “junior historian,” majored in American Studies in college and continues to study American history today.

3 Sessions — 4/14/2022 — 4/28/2022

Thursday, 1:30 — 2:45PM

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#### **An Introduction to Ancestry.com and How to Build Your Family's Dossier**

Although not an expert, my recent experiences have helped me become proficient in the world of genealogical research and constructing my family’s history. In this course, we will start with Ancestry.com, and branch out into the other resources that people can use to research and build their family trees. We will also explore the reasons why you might want to build your family tree and how you can use it, either for sentimental value, publication, or handing down to the next generation.

**Instructor:**

**Dan Zagata**

Dan Zagata is the Managing Director of Evershore Financial Group, an independent comprehensive financial services firm. Dan brings 19 years of experience working with professionals, businesses, and non-profits to help them realize their financial potential and goals. Dan earned a BA in Economics and an MBA in Finance from Bentley University, Boston, and earned his DBA in Finance from the International School of Management, Paris, France. He also holds a graduate certificate of Financial Planning from University of Miami. In addition, he has earned the Certified Financial Planner (CFP) and Chartered Financial Consultant designations from the American College and is a Chartered Life Underwriter

3 Sessions — 4/13/2022 — 4/27/2022

Wednesday, 1:30 — 2:45PM

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Astronomy: The Stars and Planets

Join us as we study the composite makeup of the universe, its size (both observed and unobserved), and the terminology behind a variety of quantifiable distance markers in space and their significance. We will explore theories about the origin of the universe and its rate of expansion as well as the differing theories of its eventual fate or fates.

Instructor:

Alan Bako

Alan Bako's of 30 years as a medical physicist has afforded me privilege of working within the healthcare industry, working with a variety of technological needs, and allowing an insight into the complexities of patient related needs and concerns. As a radiation safety officer, I have been intimately involved with staff and patient related protection requirements, and regulatory protocols pertaining to such concerns. I have taught at several different levels from radiological interns to nursing staff to patient related understanding of their own specific treatment processes. 3 Sessions — 11/2/2021 — 11/16/2021

3 Sessions — 2/12/2022 — 2/26/2022

Saturday, 10:30 — 11:45AM

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## Astronomy: Black Holes, Parallel Universes and Cosmology

Join us as we overview claims made by a variety of cosmologists and astrophysicists throughout time. We will explore string theory as well as theories about the existence and role of black holes, parallel universes, and worm holes and their relation to potential time travel. We will gain a basic understanding of how such theories tie into the fundamental principles of quantum theory.

Instructor(s):

**Instructor:**

**Alan Bako**

See bio above.

3 Sessions — 4/16/2022 — 4/30/2022

Saturday, 10:30 — 11:45AM

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Astronomy: Space Exploration

In this course, we will look at the ongoing search for exoplanets, including those that have the requirements for sustaining life. We will explore the probabilities that such earth-like planets exist in our galaxy and we will learn about the technology used to gather evidence to either support or unsubstantiate such theories.

Instructor:

Alan Bako

See bio above.

3 Sessions — 3/12/2022 — 3/26/2022

Saturday, 10:30 — 11:45AM

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## Big Questions in Being Human

How do psychologists measure intelligence and memory, and how do these qualities change in adult life? What is personality, how much do we change as people as we get older, and do our priorities and goals shift as we reach the end of life? What makes for living wisely and being happy as adults? In this class, Janet will explore these three big questions in human development and describe how they are being answered (or attempting to be answered!) by researchers.

### **Instructor:**

#### **Janet Belsky**

Janet Belsky has a PhD in Psychology from the University of Chicago and has been teaching courses and writing textbooks in human development for the past 40 years. She is the author of *Experiencing the Lifespan*, now in its sixth edition, a market-leading undergraduate text in the field. She has also written textbooks in child development, aging and adult development and a popular book in gerontology. Dr. Belsky is thrilled to finally share the captivating science of development with such a knowledgeable group - her fellow travelers in life!

3 Sessions — 3/9/2022 — 3/23/2022

Wednesday, 10:30 — 11:45AM

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Blogging & Podcasting for Beginners

Blogs & podcasts are websites that focus on written and spoken content. There are literally billions of blogs and podcasts being produced daily and a million new ones each week from all over the world. They cover subjects that go beyond one's imagination - from soup to nuts, as the old adage proclaimed. So, if you have fun reading or posting to social media sites, producing your own website is the next logical step in telling your own story, sharing ideas and skills, and controlling the content and news you want to explore. And you can start writing or narrating your site (free!) in less than 20 minutes. Course content includes exploring the genres for ideas, creating a blog or podcast (or both), promoting your posts, and making money from your stories. In the final class, students will have the option to share their first post and website address.

Instructor:

Calvin Iszard

Calvin Iszard has taught a variety of online and face-to-face courses at three community colleges since 2011. He is currently teaching Leadership online for Delaware Technical Community College in Dover and taught Introduction to Computer Fundamentals and Microsoft Office at Wor-Wic Community College in Maryland. Before returning to education, Calvin worked in commercial and public network broadcasting as a producer, director and filmmaker. For Verizon, he served as the manager of the corporate television facility in Philadelphia. He later served as director of external affairs for the state of New Jersey. Calvin has a B.A. in Fine Arts Education, an M.A. in Public Relations from Rowan University, a NJ State Department of Education Teaching Certificate and is a certified SCORE Mentor.

3 Sessions — 2/10/2022 — 2/24/2022

Thursday, 12:00 — 1:15PM

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## Broadway's Greatest Musicals

Join us as we explore some of Broadway's Greatest Musicals! Using extensive song and dance video excerpts, we will transport from Celebration to Broadway for some of the greatest classic and modern shows which will make you tap your toes, wipe your tears, and remember why Broadway Musicals are the greatest entertainment in the world! New numbers, new shows, new reasons to fall in love with Broadway!

### **Instructor:**

#### **Don Salvo**

Don Salvo is an Equity member who performed in over 60 productions with the nationally known Kenley Players. He was a teaching Fellow in the School of Speech and Drama at Northwestern University, taught playwriting at Stetson University Lifelong, and is a co-founder of the Playwrights' Lab at the Pittsburgh Public Theatre. Don's play, *Unraveled*, a Heideman Award Finalist, has been produced in New York City, Miami, Ft. Lauderdale, and Pittsburgh. Additional productions include *One-Way Mirror* (West Virginia), *The Musicians* (Orlando and Pittsburgh), and *Naked Player* (Orlando). *Naked Player* is published in *Stage It! 2* and is available for viewing on YouTube. Don's most recent works form a coronavirus-themed trilogy. *Love, Game...Match* and *Love, Game...Waiting* were produced online as part of The Playwrights Round Table's "Connected Voices." The trilogy ends with *Love, Game...Over*. Don earned degrees from Edinboro University of Pennsylvania, the University of Pittsburgh, and Duquesne University.

3 Sessions — 4/14/2022 — 4/28/2022

Thursday, 10:30 — 11:45AM

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## Celebration's Alphabet Soup

Have you ever wondered: Who takes care of the park at the end of your street? Who do you call when there is a pothole in front of your house? Or who can answer questions about social issues or volunteerism? If you are like most of the residents in Celebration, you have certainly been befuddled at some point by the numerous associations, companies, and government entities that make up our "Alphabet Soup" governance. In this course, representatives from the various organizations will lead you through the maze of acronyms and entities that affect how our town functions on a daily basis.

### **Instructor(s):**

#### **Floyd McCollum**

Floyd McCollum has a BS and BArch from The Pennsylvania State University. He is a Registered Architect, founding member of the Celebration Foundation's New Urbanism Committee, former general contractor, former Celebration Community Development District Supervisor, holds a LEED AP BD+C green building certification, and is a member of the AIA, CNU, and NCARB.

#### **David Anderson**

David Anderson serves as a Director and immediate past President with the Board of Directors of the Celebration Residential Owners Association (CROA). After a forty-five year career as a college administrator and professor, he is Professor Emeritus of Education and Human Development at George Mason University. He remains active professionally, continuing his professional research, writing, and consulting, with specialties of drug and alcohol abuse prevention, strategic planning, program development, needs assessment and evaluation, and health communication.

#### **Kathleen Sipio**

Kathleen Sipio is the Executive Director of the Celebration Foundation. A lifelong volunteer starting with the Girls Scouts, she learned how to give her time, talents and treasure from her family, friends and community. Kathleen graduated with a degree in Business Administration from Chestnut Hill College in Philadelphia, and has been a Celebration resident since 2009.

3 Sessions — 4/14/2022 — 4/28/2022

Thursday, 12:00 — 1:15PM

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## Classic Moments in Hollywood Films

Join us as we explore some classic moments of Hollywood films. In Class 1, we'll laugh at classical comedy skits of Abbott and Costello, Laurel and Hardy and others. In Class 2, we'll hum along to iconic movie music, such as Gene Kelly's "Singin' in the Rain." In Class 3, we'll discuss some of the greatest actors and actresses of yesterday and today. We'll view clips of actresses such as Katherine Hepburn, who won four Oscars for Best Actress, and Meryl Streep who won three. And we'll discuss which actors offer the most versatility, excelling in drama, comedy and musicals – Marlon Brando, Hugh Jackman or ??? Let's enjoy together some of Hollywood's best memories!

### **Instructor(s):**

#### **Dolores Salvo**

Dolores Salvo has a BS in Education, Mathematics and English from Edinboro University of Pennsylvania, an MA in English from the University of Pittsburgh and an MEd from Duquesne University. Dolores taught math and English at a suburban high school near Pittsburgh before serving as Supervisor of Mathematics for the district. She has conducted workshops and seminars in math pedagogy and educational software at the national, state and regional levels. Dolores runs the Celebration Duplicate Bridge Club which meets Thursdays at Celebration Town Hall and she is excited by the prospect of once again indulging her passion for literature by helping facilitate the Celebration Lifelong Book Club.

#### **Don Salvo**

See bio on page 11.

3 Sessions — 2/10/2022 — 2/24/2022

Thursday, 1:30 — 2:45PM

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## Coloring the Full Picture

Continuing our joyful exploration of simple techniques using colored pencils, in this course we will render full-page floral spring designs. Our coloring projects are on a "no need to know how to draw" basis. You will be provided with templates of the full-page drawings and step-by-step simple coloring guidelines. We will work together in class, practicing old and new techniques. You will discover once again that with your set of colored pencils and basic coloring techniques, you will create beautiful flower artwork you can proudly frame and display.

### **Instructor:**

#### **Arlene Sanchez-Busse**

Arlene Sánchez-Busse has a BA in Anthropology from the University of Puerto Rico and a JD from the University of Puerto Rico, School of Law. Arlene spent twenty-five years as a practicing attorney in the Courts of Puerto Rico, specializing in family law and children's rights. She spent ten years teaching English. She studied painting with Andres Bueso, one of the Caribbean's foremost painters. Arlene has studied the Impressionist Movement for many years and has traveled to museums all over the world to view the masterpieces of Monet, Renoir, Morisot, Degas, Pissarro and Manet. She has also visited many of the sites and towns in France and Europe that inspired their paintings.

3 Sessions — 2/9/2022 — 2/23/2022

Wednesday, 10:00 — 11:45AM

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## Creating Handmade Mini Books

In this course students will learn to make mini books from folded paper. The adaptable accordion book structure can be used to make a variety of book designs. Students will learn to fold two or three different book styles to create unique one-of-a-kind books. Books will be finished by adding photos, drawings, lettering or a variety of collected collages papers and scraps, creating finished works of art.

You must register for this course no later than Tuesday February 1st due to the need to place orders for the quality bookmaking supplies.

### **Instructor:**

#### **Linda Quinn**

Linda Quinn is a fine art photographer and book artist with over thirty years experience as both an artist and art teacher. She taught art in New York for 33 years, and has exhibited her photography in venues on Long Island and New York City. After retiring from teaching art, Linda attended classes at the Center for Book Arts in Manhattan and uses her knowledge to make artists books showcasing her photographic images.

3 Sessions — 2/10/2022 — 2/24/2022

Thursday, 10:00 — 11:45AM

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## Creative Open Studio – **OUTDOORS!**

Have you ever taken any art classes? Did you purchase art materials that are now put on a shelf somewhere in your house and you never seem to have the time to use them? Then the Creative Open Studio might just be the perfect course for you! This open studio is for anyone wishing for a block of time to work on creative projects! Whatever your medium – graphite, colored pencils, watercolor, felting, etc. – you are welcome to complete your “masterpieces” in this open studio. Meryl will provide individual assistance. Enjoy listening to soft music while you work and get to know other creative members of your Lifelong community. Bring your own materials. You are welcome to enroll in one or more of these courses. Class size limited to 15.

### **Instructor:**

#### **Meryl Rachlin**

Meryl Rachlin has been an artist for as long as she can remember. Meryl studied Graphic Design at Massachusetts College of Art. She worked on creative technology as part of her corporate career until starting her own mural /decorative painting business in 1995.

Meryl also creates unique 3-dimensional dog portraits upon commission, manages the Celebration Art & Wine Strolls, and is a member of Lifelong's Steering Committee. Meryl continues to learn new arts and craft mediums to teach at Lifelong as well as to Brazilian exchange students.

Session 1 — 2/9/2022 — 2/23/2022

Session 2 — 3/9/2022 — 3/23/2022

Session 3 — 4/13/2022 — 4/27/2022

Wednesday, 12:00 — 1:15PM

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## Form Captured in Ink - No Materials – OUTDOORS!

OR

## Form Captured in Ink - With Materials – OUTDOORS!

Unlike a sculptor who uses clay to express a form or a painter who uses color, the artist who uses black ink can only create dimension through lines, dots, and black areas on paper. How you make those marks is as unique as your handwriting. Join us as we learn texture techniques. Through guided instruction, we will create one still life and one landscape. This cour

### **Instructor:**

#### **Joan Werner**

Joan Werner - Art has been a part of Joan Werner's life ever since she can remember. As a little girl, she remembers painting with her grandmother, an art and music teacher, who traveled by wagon between schools to teach. After her graduation from Kutztown University with a BS in Art Education, Joan also traveled among four schools and used an "art cart." She subsequently earned a degree in Early Childhood and Elementary Education, served as a high school Art & Music department head, taught AP Art and many other art courses, and received a Master's Degree in Education when online learning was a new concept. After retiring from public education, she continued educating and learning from others as director of a small museum. Art has always let her HeART soar, and teaching keeps her grounded.

3 Sessions — 3/8/2022 — 3/22/2022

Tuesday, 10:30 — 11:45AM

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## Fortified Wines of the World – OUTDOORS!

The world's best-known fortified wines are Sherry, Port, Madeira and Marsala. Are there more than these four in the world of fortified? And how are they made? What makes them special? When should we enjoy them? What foods do these wines pair with the best? All these questions and more will be covered in this first-time offered fortified wine course. Are you ready to fortify your wine knowledge? If so, then join us as we journey into the fortified wines of the world together; you're in for quite a journey!

### **Instructor:**

#### **Theresa Duwe**

Theresa Duwe has a BS in Telecommunications from Indiana University. She has enjoyed cooking since she was a child and eventually transformed her love of cooking into a small catering business which she owned for 16 years. She is a self-taught private chef and has taught cooking classes. After moving to the Orlando area, she met some wine enthusiasts who introduced her to the world of studying wine. Theresa was hooked and her new passions became studying wine and pairing food and wine. She holds a SafeServ Manager Certificate and an Alcohol Server Certificate. She has passed the Introduction Level of Court of Master Sommeliers Exam and continues to study and learn as much as she can about wine. Now she enjoys teaching others about wine as well as food and wine pairings.

3 Sessions — 2/10/2022 — 2/24/2022

Thursday, 1:30 — 2:45PM

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Handmade Artist Books – OUTDOORS!

This course is for students with some book arts experience. Students will be introduced to several new styles of book structures and will create books ranging in size from 4" to 8". By the end of the workshop, students will have created one or more of their own one-of-a-kind artist books.

Instructor:

Linda Quinn

See bio on page 13.

3 Sessions — 4/12/2022 — 4/26/2022

Tuesday, 10:00 — 11:45AM

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## Let's Play with Clay - No Materials – OUTDOORS!

**OR**

## Let's Play with Clay - With Materials – OUTDOORS!

Using an air-drying clay, we will learn three basic methods of sculpting: slab, coil, and pinch. We will build a small box with a lid using the slab method, a bowl or vase using the coil method, and a small figurine using the pinch method. This is a very clean, easy-to-use clay with all the best features of real potter's clay. It stays pliable for a long time, can be reactivated by wetting with water, and can be textured, sanded, and painted. Join us as we play with clay!

### **Instructor:**

**Meryl Rachlin**

See bio on page 13.

3 Sessions — 3/10/2022 — 3/24/2022

Thursday, 10:00 — 11:45AM

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Life Transition Workshop – OUTDOORS!

Life transitions are significant and can be difficult. There are many types of transitions, including transitioning from married to divorced or widowed, from independent living to assisted living, or even from working full-time to part-time or fully retired. In Class 1, we will identify life transitions that the participants are currently experiencing (or anticipate experiencing) or have experienced. We will define factors related to those transitions and discuss “systems” that are impacted by the transition (ex. nuclear family, extended family, work tribe, etc.). In Class 2, we will explore a participant “case study” and identify the top three focus areas we can help manage. In Class 3, we will “put it all together” by flushing out what steps are needed to actually accomplish the transition. Participants will leave with an increased awareness of elements to consider when transitioning. They will also have the opportunity to share their experiences and interact as a community of support.

Instructor:

Ashleah Bechtel

Ashleah Bechtel is an entrepreneur and serves as President of The Bechtel Group & Associates, Inc.. She is currently starting up A to B Health & Wellness Coaching, focused on serving clients needing assistance with life transitions. Prior to entering the private sector, Ms. Bechtel was a career Army officer, serving in numerous command and staff positions. A 1991 graduate of Memphis State University with a Bachelor’s degree in Journalism, she also holds a Master’s degree from the University of North Carolina at Greensboro in Counseling, and a Certification in Health and Wellness Coaching from Georgetown University. She also served as an assistant professor and course director in the Department of Behavioral Science and Leadership at the United States Military Academy at West Point.

3 Sessions — 2/8/2022 — 2/22/2022

Tuesday, 12:30 — 1:45PM

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## Mix it Up - Using Brusho and Other Art Mediums – OUTDOORS!

To be honest...how many of you follow all recipes strictly? We often add a little of this or a little of that, depending on how we feel and what we have at home. We sometimes combine two unusual foods to create a culinary delight (think sweet and sour anything). Mixing art mediums can also create true joy. If you have used Brusho and have done some ink drawings, you have come to realize that they are complete opposites. However, when combined, a visual delight is experienced. Throw in some pastel work, and you have another visual explosion. Trees during the fall season will be our first piece along with smaller demonstrations, but this is your opportunity to mix it up and have fun.

### **Instructor:**

#### **Joan Werner**

See bio on page 14.

3 Sessions — 4/12/2022 — 4/26/2022

Tuesday, 1:30 — 2:45PM

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Musical Ramblings with Tom Kennington

Join Tom Kennington for another course exploring the pure joys of pop music. In Class 1, Tom will focus on Doo-Wop hits, a genre of rhythm and blues popular in the 1950s and early 1960s which continues to influence performers today. In Class 2, Tom will reveal his Personal Favorites. And in Class 3, Tom will share the music of and personal anecdotes about stars he has had the pleasure to work with. Once again, it's time to thrill to the music (and performers) of our lives!

Instructor:

Tom Kennington

Tom Kennington has a BS in Broadcasting from University of Florida. Tom spent 20 years in radio as an on-air personality, Program Director, National Program Director and General Manager. For 16 years, he worked at Walt Disney World as the Manager of Promotions and Film and as Television Development Director.

3 Sessions — 2/8/2022 — 2/22/2022

Tuesday, 10:30 — 11:45AM

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## Ordinary to Extraordinary Travel Adventures! The Insider's Edition-Germany Part 2, New Zealand and Spain

It's easy to figure out the top sights within a destination, but what if you want to do more than check a list? Where do you go for insider knowledge? How do you get the local view and immersive experiences? Join Cindy and her notable destination experts as you travel through Germany (part 2), New Zealand, and XXX and learn about each destination from an insider's perspective.

Cindy is thrilled to bring her valuable connections to Celebration Lifelong to share their expertise, giving us the insider's knowledge of what and how to see these beautiful countries. Hear about their favorite places, things to do, eat, and unique experiences you can incorporate into your next vacation.

### **Instructor:**

#### **Cindy Dykman**

Cindy Dykman has a BS in Business Administration from Bowling Green State University. She spent her 35+ year career in the travel industry working for companies such as Delta Dream Vacations, Holiday Inn and Disney Destinations. Cindy was awarded the Walt Disney World Partner in Excellence award in 2007. In 2019 Cindy opened Inspired Travel Designs to share her passion with others. Cindy and her husband have traveled to 38 countries – and counting!

3 Sessions — 2/10/2022 — 2/24/2022

Thursday, 3:00 — 4:15PM

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Radio & Rock 'n Roll – Part 2: 1965 - 1980

Join us for a walk through Rock 'n Roll history - from the Beatles to rap, the emergence of FM radio, diversification of formats, and the rise of underground music to mainstream. You do not have to have attended Part 1 to enjoy Part 2.

Instructor:

Tom Kennington

See bio on page 15.

3 Sessions — 3/8/2022 — 3/22/2022

Tuesday, 10:30 — 11:45AM

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Relationships: A Scientific and Practical Tour

Getting married (or having a caring partner), being a good parent, and making close friends are basic goals in human life. In this course you will learn how these three core relationships have changed throughout history and how they continue to develop and change today. Janet will also share some hot-off-the-presses scientific strategies that will help you succeed (meaning relate lovingly!) as partners, parents, and friends.

Instructor:

Janet Belsky

See bio on page 10.

3 Sessions — 4/12/2022 — 4/26/2022

Tuesday, 12:00 — 1:15PM

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Remember When...Lasting Memories from the Early Days of Rock n' Roll

Groove through the wide range of music that we listened to from 1955–1980 and learn more about those stars over 70 still going strong, pioneering ladies of rock 'n' roll, early trendsetters, TV stars who had hit records, solo artists who started in groups, instrumental hits you may have forgotten and much more! Relive your youth and learn more about what made popular tunes popular.

Instructor:

Tom Kennington

See bio on page 15.

3 Sessions — 4/12/2022 — 4/26/2022

Tuesday, 10:30 — 11:45AM

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Road Trip Planning 101

Get inspired to take a long-haul road trip! In this course, you'll have an in-depth look at planning and executing a multi-stop adventure, including prepping for a trial run. For the last decade, Tom and Iris crisscrossed the U.S. and Canada on trips lasting

months at a time. These savvy travelers are ready to share their unique experiences to help transform your next journey. Sign up for this course to discover time-saving and money-saving travel tips, access get checklists, and learn more about must-see attractions.

Instructor(s):

Thomas Williams

Tom Williams is a federally licensed tax practitioner with 20 years' experience in the small business field. He holds an undergraduate degree in accounting and an Enrolled Agent license, an elite status reflecting the highest designation awarded to individuals for taxes by the IRS.

Iris Palma

Iris Palma has a Juris Doctor and an undergraduate degree in entrepreneurship. Both Iris and Tom Williams are the co-authors of a series of tax books and guides for small business owners and individual taxpayers, including the award-nominated book *Deducting The Right Way: Untangling Small Business Accounting & Taxes*.

3 Sessions — 4/13/2022 — 4/27/2022

Wednesday, 10:30 — 11:45AM

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**RVing**

The pandemic lit a fire under the purchase of RVs in the United States. And for good reason. Free to travel with your own bed on your back, many people are using RVs to escape the confines of their homes and strike out to locations unknown. RVs remain on many people's wish lists (and probably on quite a few "wish-I-hadn't" lists). This course will share the experiences of purchasing, driving, and maintaining a 30-foot motor home. It will describe the various types of RVs available and how to plan for excursions. The course will also take you on photo journeys of some of the country's spectacular parks. You will be transported to Alaska, Utah, the Maritime Provinces, and more, including Florida's state and county parks. Bob and Wilma have driven their RV more than 60,000 miles across 45 states and seven provinces and territories. Whether you're into RVing or not, you will likely enjoy their stories of mis- and good- fortune on the road!

***Instructor:***

**Robert Pearson**

Bob Pearson taught at the University of Pennsylvania for ten years, where he was voted best teacher by the Fels Institute of Government's graduating class of 2011. The Florida Writers Association recently awarded Bob's memoir about growing up in the 1950s and 1960s, *In Black and White*, a 2020 Golden Palm literary award. He earned a PhD in political science from the University of Chicago and taught Sunday school to second-graders – both, many years ago -- although he doesn't look a day over 71.

3 Sessions — 3/10/2022 — 3/24/2022

Thursday, 12:00 — 1:15PM

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Secrets of a Financial Planner...Learn how to spot misinformation, and get your real questioned answered!

In this course we will explore the world of misinformation surrounding finances and money. Misinformation is often not malicious. Instead, it is often the product of misunderstanding, or it is littered with biases, preconceived ideas, and expired information, or,

sometimes, it's just plain wrong. This course is not about whether you should buy gold or not. But instead, you will learn how to be accurate in your research when your brother "Bob" tells you what to do.

Instructor:**Daniel Zagata**

See bio on page 8.

3 Sessions — 2/9/2022 — 2/23/2022

Wednesday, 1:30 — 2:45PM

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**Secrets of Paris from a Francophile - the New Paris Post-pandemic**

Join us in a course to explore the secrets and nuances of one of the best cities in the world ... according to me! As a self-diagnosed Francophile, I have spent a cumulative three or four years in Paris and return two-three times every year -- until November of 2020, when my City of Lights locked me out! But finally ... I returned in July of 2021 to find a new, softer, and even more joyful Paris. We will scratch the surface of the city's history, layout, and distinct neighborhoods. Most importantly, we will study the thing that makes Paris so amazing -- the elusive and misunderstood Parisian. French culture is well studied, but make no mistake about it, one is Parisian before one is French! This interactive course will be filled with stories, experiences, and developments that have occurred over my last 20 years of Paris travel. Please join and share your experiences and let's put Paris under a microscope as we dive into her most interesting lifestyle.

**Instructor:****Daniel Zagata**

See bio on page 8.

3 Sessions — 3/9/2022 — 3/23/2022

Wednesday, 1:30 — 2:45PM

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Short Stories of Annie Proulx

Join us as Annie Proulx takes us on a journey through the American Far West in *Close Range: Wyoming Stories*. "These are stories of desperation, hard times, and unlikely elation, set in a landscape both brutal and magnificent." The stories have been selected for O. Henry Awards and the Best American Short Stories of the Century and the collection was shortlisted for the Pulitzer Prize. We will discuss one or two stories a week from *Close Range*, which is available in multiple formats: e-book, paperback, and audiobook. For our first class we will read "The Half-Skinned Steer" and "The Mud Below." Set your inner cowboy (or cowgirl) free as we read Proulx's masterpiece stories together!

Instructor:**Dolores Salvo**

See bio on page 12.

3 Sessions — 3/8/2022 — 3/22/2022

Tuesday, 12:00 — 1:15PM

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**Social Media for Seniors - UPDATED**

Do you know the difference between Facebook, Twitter, and Instagram messaging? The news is full of references to “Social Media” - its benefits, evils, and controversies. Social networking can be fun when it is used properly and highly informative for the “educated” user. This course is not for computer geeks. It’s a primer for those who need some basic information so you can catch up and communicate not only with your friends but also impress your grandkids who think you are too old to be “socially savvy”! Social media changes almost daily - this updated course will share the latest information on existing and added services for Spring 2022.

**Instructor:****Calvin Iszard**

See bio on page 10.

3 Sessions — 3/8/2022 — 3/22/2022

Tuesday, 1:30 — 2:45PM

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Understanding Your Neighbor: The Honey Bee

What do we know about the planet's little helpers in yellow and black jumpsuits? Be prepared to be surprised! This course is about the biology, sociology, and scientific understanding of pollinators, namely, honey bees. We'll explore the ins and outs of their complex and fascinating lives through presentation and Q&A-style classes.

Instructor:**Amber Griffin**

Amber Griffin is a dedicated and self-taught beekeeper of 2 years, but in those 2 years she has acquired a near master-level amount of knowledge regarding bees and their sciences. Bees are her life and educating is her passion. Together we can protect our planet.

3 Sessions — 2/9/2022 — 2/23/2022

Wednesday, 3:00 — 4:15PM

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**Watercolor Unleashed - with Materials****OR****Watercolor Unleashed - without Materials**

Learn how to use the art of Brusho to create vibrant, brilliantly colored artwork. Brusho is a unique painting medium that uses crystalline powders to create a loose and expressive watercolor style. Brusho can be used alone or with traditional watercolors and

in a variety of artistic applications. This course is perfect for beginners through experienced watercolorists. Enjoy being guided through some happy “accidents” with this vibrant, expressive style!

**Instructor:**

**Joan Werner**

See bio on page 14.

3 Sessions — 2/10/2022 — 2/24/2022

Thursday, 1:30 — 2:45PM

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Workshop: Write a Ten-Minute Play - Part 1

This workshop teaches a highly successful method of writing a ten-minute play. Although the workshop is designed for first-time playwrights, many people have taken it several times. In Part 1, the instructors assist the participants in selecting play topics that are likely to be successful and producible. Once the participants have selected their story and characters, the instructors encourage and guide the participants as they complete their first drafts. Classes consist of reading the plays as they have been written so far with supportive class feedback. Note: This is a nine-class course. Participants are expected to enroll in Parts 1, 2 and 3.

Class size is limited to 6.

Instructors:

William Newkirk, Don Salvo

Will’s award-winning play [Miss] received the 2017 Charles M. Getchell Prize from the Southeastern Theatre Conference. Other award-winning plays include: East Lansing (Best Play, Tampa Bay Theatre Festival), In Me (Vigoda Award, Best Dramey), 5 to 4 (Best Play, 4x6 Fest, Tampa, Florida), Suffocation (Grand Prize, Emerald Theatre Company New Play Festival, Memphis, Tennessee), The Nude (Best Play, A Strong Woman Play Festival, Washington, D.C.), and After the Intervention (Judges Choice Award, Festival of Shorts, Edmonds, Washington.) William Newkirk has a BA from Harvard and an MD from The Ohio State University.

See Don’s bio on page 11.

3 Sessions — 9/7/2021 — 9/21/2021

Tuesday, 1:30 — 2:45PM

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## Workshop: Write a Ten-Minute Play - Part 2

The second part of this workshop consists of the participants re-writing their plays to refine the dialogue, conflict and resolution. Plots are re-worked, characters redefined and dialogue scrutinized. During Part II, the instructors are closely involved in the play development, offering suggestions intended to produce a more successful play. Note: This is a nine-class course. Participants are expected to enroll in Parts 1, 2 and 3.

**Instructors:**

See Will’s bio on page 22. See Don’s bio on page 11.

3 Sessions — 10/5/2021 — 10/19/2021

Tuesday, 1:30 — 2:45PM

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### **Workshop: Write a Ten-Minute Play - Part 3**

The third part of this workshop begins with polishing the plays for the final class which is a staged reading for Lifelong members. The playwrights cast their plays, supervise final dress readings, and experience the excitement of seeing their original work being presented. Following the staged reading, the instructors provide concrete steps for the playwright to take to submit their play for professional production and publication. Plays written in this workshop have been performed throughout the United States, received important awards, and been published in international anthologies of the Best New Plays of the Year. But most of all, we will have had fun working as a group to create original works of drama. Note: This is a nine-class course. Participants are expected to enroll in Parts 1, 2 and 3.

***Instructors:***

**William Newkirk, Don Salvo**

See Will's bio on page 22. See Don's bio on page 11.

3 Sessions — 11/2/2021 — 11/16/2021

Tuesday, 1:30 — 2:45PM

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## WHAT ELSE DOES CELEBRATION LIFELONG OFFER?

Celebration Lifelong prides itself on its approach to community-building and on our fun events including the Celebration Lifelong Lecture Series and Club offerings.

### CELEBRATION LIFELONG LECTURE SERIES

(LIFELONG MEMBERS and GUESTS with a PASS)

The Celebration Lifelong Lecture Series is scheduled on **Tuesdays, 3:00 pm–4:15 pm**

Single session talks on a wide variety of subjects. Usually held Tuesday afternoons however we are starting to add evening lectures on occasion.

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### February 8<sup>th</sup>

#### TAX TIPS FOR SENIORS

The tax code is an ever-changing body of work. We'll discuss what you should expect in this tax season, including the last-minute changes approved by Congress. Learn more about common mistakes, overlooked deductions, and possible strategies.

**Lecturers:**

**Thomas Williams, Iris Palma**

See bios on page 17.

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### February 15<sup>th</sup>

#### STABILIZING OUR CLIMATE BY PROTECTING & RESTORING NATURE

To prevent irreversible harm to Earth's life-support systems, humanity must emit less climate-warming greenhouse gases, including carbon dioxide, while also removing excess carbon from the atmosphere. This will require an urgent and large-scale transition to clean and renewable sources of energy. But if we don't also protect and restore nature, we will fail to prevent catastrophic climate breakdown. Join me to hear about my career journey to becoming a natural climate solutions expert; my recent participation in the UN climate conference in Glasgow, Scotland; and my reflections on the progress and obstacles we are witnessing in our fight to save the planet.

**Lecturer:**

**Stephanie Wagoner Kimball**

**Stephanie Wagoner Kimball** is the Climate Change Strategy Director for Conservation International. Her passion is working to mitigate climate change for her children and the world. (She is also the daughter of dedicated Lifelong volunteers Sue and Brad Wagoner!).

For many people the job of organizing is truly onerous, but Steph Garber LOVES it. Starting in high school, Steph never visited friends without going into their kitchen and putting their spices in alpha order! After working casually in the business for decades, she started her own business, From Chaos to Order, in 2014. Her BA in Psychology from the University of Miami helps keep her non-judgmental and understanding – helping clients find organizing a joy rather than a chore.

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February 22nd

HELP HUMMINGBIRDS!

Explore the wonderful world of hummingbirds with noted naturalist Don Kendzior. Don has studied these magical creatures and will share how they fly, eat, sleep, nest, and migrate thousands of miles. He will also show how you can help hummingbirds by creating safe pollinator habitat in your garden.

Lecturer:

Don Kendzior

Don is president of Noah's Notes, a nonprofit environmental organization, and a certified state naturalist with a comprehensive knowledge of the environment and a passion for sharing the wonder of nature. His professional experience encompasses work as an environmental consultant, designer, and communicator. He lectures extensively on environmental topics from helping hummingbirds to gardening with nature. Don's communication talents and love of nature have inspired many to make a difference right in their own backyard.

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## March 8<sup>th</sup>

### THE CELEBRATION FOUNDATION: A CONVERSATION WITH KATHLEEN SIPIO

What is the Celebration Foundation? How does it affect you, your neighbors, your community? Join Kathleen Sipio and her interviewer, Mark Hayes, to learn about what the Foundation does to make a difference in the Town of Celebration. Kathleen will describe the programs, volunteers and initiatives that drive home the mission of building a better community through arts, education and culture.

**Lecturer:**

**Kathleen Sipio**

See bio page 11

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March 15th

EDGAR DEGAS AND THE LITTLE DANCER

Edgar Degas exhibited The Little Dancer Aged Fourteen sculpture at the Sixth Impressionist Exhibition held in Paris in 1881. It was the only sculpture Degas ever exhibited in public during his lifetime. The sculpture was found stored in Degas' Parisian apartment at the time of his death. The story behind Degas and his Little Dancer sculpture is bittersweet and represents the contrasts of Parisian life in the 1880s. Beauty and poverty, poise and hardships, art and discipline, and the gifted talents of the artist intertwine to create a serene and majestic masterpiece of French Impressionism. You are cordially invited to partake in the story of Edgar Degas and The Little Dancer sculpture.

Lecturer:

Arlene Sanchez-Busse

See bio on page 12.

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March 22nd

INTO KENYA, AFRICA

Join Bill and Carol Carbrey as they recount their three-week trip to Kenya in November 2021. They visited Utange Orphanage - Casuarina House and Kenya's Celebration High School, both of which are supported in part by the Community Presbyterian Church at Celebration. Bill and Carol will share their many pictures of the area around Mombasa, Kenya, as well as stories about the lives that touched them.

Lecturers:

Bill and Carol Carbrey

Carol and Bill Carbrey have been Celebration residents for 20 years. Bill was a healthcare consultant, and Carol, a nurse, became a travel advisor and devoted her time to "earning and planning" their vacations. Their wanderlust has taken them through Europe, the Mediterranean, and most of the Caribbean. Having a natural proclivity to travel, they continue to find parts of Central Florida that they had forgotten about or never seen. Carol, almost a native Floridian, has a keen interest in seeking out all that they can see. Bill drives.

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April 12th

ADDRESSING GUN VIOLENCE - A HUMAN RIGHTS CRISIS

This lecture will address three questions: 1) Why is gun violence in the United States considered a human rights crisis by Amnesty International? 2) What are the current laws regarding gun ownership and background checks and why are they not adequate? 3) What legislation is presently being considered by Congress to address gun violence? Paula Winker-Tata and Robert Tata will team up to address these questions and consider what we as individuals can do in response to this crisis. Learn how we can participate in or support organizations which are leading the way to help make our country safe.

Lecturers:

Paula Winker-Tata

Paula Winker-Tata MA is a mental health counselor who also served as a School Counselor. As a neighboring resident to Parkland, Florida, she observed firsthand the impact of gun violence on individuals, families and communities. As an Educator she understands the impact on children practicing "active shooter" lock down and safety drills in their schools.

As Associates with the Dominican Sisters of Sinsinawa, Wisconsin, both Paula and Bob are called to act for justice. They have

engaged with this Dominican Community in the study of gun violence and how to help restore our human right to be safe in our society.

Robert Tata

Robert Tata PhD has studied the well-being of citizens across the globe as Professor of World Geography for 30 years at Florida Atlantic University in Boca Raton, Florida. As a retired Colonel in the US Army, he understands the need for proper training in the use of firearms.

As Associates with the Dominican Sisters of Sinsinawa, Wisconsin, both Paula and Bob are called to act for justice. They have engaged with this Dominican Community in the study of gun violence and how to help restore our human right to be safe in our society.

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## **April 19<sup>th</sup>**

### **AN INSIDER'S PERSPECTIVE ON DEPRESSION**

What is depression? Is it like the blues or having a bad day? How is it different from bipolar disorder? What can be done to treat it? Come learn about the ugly hell of depression and the promising warmth of treatments that work. Through sharing her own story, Steph will tell what depression is -- how it feels, how it can be handled, and, most importantly, how it can be treated. Older adults are at an increased risk for experiencing depression. If you are concerned about yourself or a loved one, this lecture may help you understand what depression is and what can be done about it.

#### **Lecturer:**

### **Stephanie Garber**

For many people the job of organizing is truly onerous, but **Steph Garber** LOVES it. Starting in high school, Steph never visited friends without going into their kitchen and putting their spices in alpha order! After working casually in the business for decades, she started her own business, From Chaos to Order, in 2014. Her BA in Psychology from the University of Miami helps keep her non-judgmental and understanding – helping clients find organizing a joy rather than a chore. In addition, Steph spent nearly 40 years of her career working with nonprofits in fundraising. Since leaving that area she has enjoyed volunteering with various organizations to assist them in raising more money.

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April 26th

TEN-MINUTE PLAY READINGS

Come, be amazed and enjoy the new plays of the Lifelong Playwrights, written in this term's Workshop: Write a Ten-Minute Play! Previous plays from these readings have gone on to be performed in professional theaters and published in anthologies of the best plays of the year.

Lecturers:

William Newkirk, Don Salvo

See Will's bio on page 20. See Don's bio on page 8.

CELEBRATION LIFELONG CLUBS

(LIFELONG MEMBERS ONLY)

Celebration Lifelong Clubs are a benefit for Lifelong Members (and guests with a pass). There are several special-interest clubs that meet monthly. See detailed descriptions below. During the Spring 2022 Term, all Clubs will take place via Zoom or outdoors.

Club Weeks for 2022:

January 4-6, February 1-3, March 1-3, April 5-7, May 3-5, June 7-9, July 5-7, August 9-11, September 6-8, October 4-6, no Club Week in November, December 6-8

Wellness Club

Tuesday 11:00 am–12:00 am Tuesday of Club Week (Meets Every Other Month)

February 1, April 5, June 7, August 9, October 4

Do your diet and exercise plans fall apart after a few weeks or never get started at all? Would you like to achieve lasting improvement in areas of health and wellness such as fitness, nutrition, energy, quality sleep and stress management? Discover how to clarify your direction, create a realistic plan of action and make permanent lifestyle changes in a positive, non-judgmental group environment. The built-in support system of a group provides accountability, new perspectives and creative strategies to unlock your wellness potential. Be motivated, confident, and empowered as you travel on your journey to health and celebrate your achievements with your Wellness Club!

Brain Train Club

Tuesday 11:00 am–12:00 am Tuesday of Club Week (Meets Every Other Month)

January 4, March 1, May 3, July 5, September 6, December 6

Join us as we focus on topics and fun activities targeting all dimensions of brain health. Directly address every function of the brain, including attention, memory, motor skills, visual/spatial skills and executive abilities within the gentle encouragement of a friendly group setting. Receive the latest research updates, the most reliable information on a brain-healthy lifestyle and great suggestions on successfully incorporating brain training into everyday life. Learn to preserve all of your cognitive abilities to live independently and happily into your later years!

Facilitator:

Alexis Saire MEd, MA, is a Health and Fitness Educator and Certified Personal Trainer at AdventHealth Wellness Center Celebration. Prior to her many years in Florida, she was a faculty member at Penn State University and community colleges, as well as an educator at hospital and rehab centers. Alexis has been a conference presenter for local and national organizations on topics including yoga, stress management, obesity, senior health issues, creativity, brain health and self-esteem.

Book Club

Wednesday 10:30 am–12 noon of Club Week

A Year of Reader's Choice

Fall 2021-Winter 2022

Join us this spring on Wednesdays during Club Week from 10:30 – 12 noon as we discuss books recommended by our members.

February 2 – *The Paris Library* by Janet Skeslien Charles (2020)

"In the darkness of war, the light of books - how librarians defied the Nazis." Based on the true Second World War story of the heroic librarians at the American Library in Paris, this is an unforgettable novel of romance, friendship, family, and of heroism found in the quietest of places – the library. *Booklist* calls *The Paris Library* "A love letter to Paris, the power of books, and the beauty of intergenerational friendship."

March 2 – *Sing, Unburied, Sing* by Jesmyn Ward (2017)

An intimate portrait of a family and an epic tale of hope and struggle, *Sing, Unburied, Sing* examines the ugly truths at the heart of the American story and the power – and limitations – of family bonds. The book was the 2017 winner of the National Book Award for Fiction and was named one of the top ten novels of the year by both *The New York Times* and *Time* magazine.

April 6 – *The Soul of a Woman* by Isabel Allende (2021)

From the author of *The House of the Spirits*, comes this memoir, "a bold exploration of womanhood, feminism, parenting, aging, love and more." (Associated Press) Allende hopes that her book will "light the torches of our daughters and granddaughters with mine. They will have to live for us, as we lived for our mothers, and carry on with the work still left to be finished."

May 4 – *The Vanishing Half* by Brit Bennett (2020)

The Vanishing Half follows the lives of twin girls, both light-skinned Black girls, who run away from home at the age of sixteen. Desiree marries a dark-skinned Black man and has a child, while Stella lives her life passing as white. The book tracks their lives across generations, as their lives branch away from each other and yet remain intertwined. It's a story that explores the intricacies of identity, family and race in a provocative but compassionate way. The book was selected for the *New York Times Book Review's* "10 Best Books of 2020" list.

Facilitators:

See Dolores' bio on page 12. See Don's bio on page 11.

Recipe Club – OUTDOORS!

Wednesday 1:30 pm–2:15 pm of Club Week

Are you a good cook? Do you like to cook but always struggle with what to make? Or maybe you are like me, love to eat, love to cook great food, and always on the lookout for new recipes and ways of bringing new life to foods you eat every week.

In this club, guess what? We will meet and share recipes! We can highlight the holidays, feature individual food groups and yes, we can discuss healthy eating and how to alter fattening recipes.

For the Fall 2021 Term we'll be meeting outdoors under a rooftop so we can still have fun getting together and sharing the stories that make them special to us. I see a Celebration cookbook in the making!

Come join Meryl in this new club adventure, expand your taste buds and your recipe collection.

Facilitator:

Meryl Rachlin

See Meryl's bio on page 13.

Film Club

Thursday 10:30 am–1:00 pm of Club Week

Join us this spring on Thursdays during Club Week from 10:30 – 12 noon as we discuss films that complement our Book Club selections. Films will be announced in the Celebration Lifelong Monday email. Please view the movie before its discussion. Don't forget to bring your popcorn and movie candy!

Facilitator:

See Don's bio on page 11.

Travel Club

Thursday 3:00 pm–4:00 pm of Club Week

Join us on Thursday during Club Week for a discussion about **Truly Terrific Travel Tips and Tricks!** There will be presentations on a variety of travel topics timed to truly titillate terrific travel thoughts! Join the group to look at the rapidly changing travel landscape that is changing from one day to the next. These are unprecedented times, and every week that passes presents new opportunities and new threats to our plans and potential travel adventures. Each month this interactive club will dive into a specific topic and will open up for questions and experiences.

Facilitator:

Dan Zagata

See bio on page 8.