

WCW PICK

Sarasota's 2nd Annual Solutionary Health Festival

November 17, 11 a.m. to 5 p.m., there will be the 2nd annual **Solutionary Health Festival**. Learn about creating healthy, compassionate, and environmentally sustainable communities through a fun-filled festival at Oscar Scherer State Park.

Featuring speakers and health professionals, plant-based food demonstrations, live music and dance performances, 50+ health and wellness vendors, a kids' healthy exploration zone, health trivia, humane education, free plant-based food samples, yoga and fitness classes, kayak demos, and more.

The festival is \$2 to attend and parking is \$5, applied



to benefit Oscar Scherer State Park. Children under 13, bicyclists (biking to the event), and those who are camping at the park don't have to pay the \$2 admission. Find out more at www.solutionaryfestival.org/osprey.

Free Seminar on Fitness

■ **The Renewal Point** has a free seminar on **Thursday, November 29, 6-7 p.m.** The talk will be on **CKC Fitness**. Are you looking to... Get your game back? Get your figure back? Gain balance, stability, and joint health? Recover from injury? Get relief from back, neck, and shoulder pain? Increase good cholesterol and cardiorespiratory fitness? Improve physical performance (golf, sports competition, etc)? If you answered yes to any one of these, then the CKC Fitness program, utilizing the Luedeka Body Weight Trainer, might be what you are looking for.

CKC Fitness is a researched, tested, and novel approach to fitness. From the person recovering from a fall to the athlete looking to increase skills, their fitness program can help. Seminar will be given by Dan Watts, MD.

Held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. Space is limited; call 941-926-4905.

Learn to Flyfish

■ **CB's Saltwater Outfitters**, 1249 Stickney Point Rd, Sarasota, have announced dates for their Orvis-Endorsed fly fishing schools for the upcoming season; **Nov 17, 2018 and Jan 19, Feb. 23, Mar. 16, and Apr 13, 2019.**

The schools will cover fly casting basics, line control, shooting line and the roll cast. Instructors, Capt. Rick Grasset and Capt. Ed Hurst, will also cover leader construction, fly selection and saltwater fly fishing techniques. The course, designed for beginning and intermediate fly casters, will focus on basics but also work with intermediate casters on correcting faults and improving casting skills. Cost for the schools, which will run from 8:30 a.m. to 2 p.m., is \$195 and includes the use of Orvis fly tackle and lunch. Contact CB's Saltwater Outfitters at (941) 349-4400 or info@cbsoutfitters.com to make reservations.

Classes at Selby Gardens

■ Register online at www.selby.org or in person at **Selby's Welcome Center**.

• **Orchids: Roots and More – UP Close & Personal** on **Nov. 9, noon-5 p.m.** Orchids are a diverse and widespread family of flowering plants. In this one day workshop, learn how to identify the different growth habits of the orchid plant, and

how to portray their structure correctly in your drawings and paintings. Dr. Antonio Toscano de Brito, Orchidologist at Selby Gardens, will join the class to share important information about this family of plants. Materials list online. Instructor: Olivia Braid; Fee per session: \$120; Materials fee: \$25 (pay instructor)

• **Gelli Plate Botanical Printing** on **Nov 15, 10 a.m.-3 p.m.** Experience the joy of monoprinting without a press thanks to the gelli plate, a product that looks and feels like gelatin and can be used again and again. Create one of a kind prints using leaves, textures, stencils, household items and acrylic paint. Materials list online. Instructor: JoAnn Migliore Campisi; Fee: \$70; Materials fee: \$5 (pay instructor)

• **Zen Watercolor Workshops** on **Nov. 16 or Nov. 17**, One-day workshops, 10 a.m.-1 p.m. Using Deborah Ross' fun and loose Zen-like painting techniques, capture some of the "gems" of Selby Gardens, including beautiful orchids, birds, butterflies and more. Register individually for one or more of her one-day workshops. Materials list online. Instructor: Deborah Ross. Fee per session: \$65

• **Tropical Holidays in Watercolor** on **Nov. 26, 10:30 a.m.-2:30 p.m.** Create a beautiful watercolor painting in one day that combines a lush colorful tropical scene with holiday influences. Suitable for all levels. Instructor: Carolyn Merenda; Fee: \$65.

Clubs

■ **The Manatee Genealogical Society** meets on **November 6, 10:00 a.m. to 12:30 p.m.**, at Manatee County Central Library, 1301 Barcarotta Blvd. W., Bradenton. Peggy Jude will speak on "What to Do With Your Stuff: Planning For The Future of Your Research and Artifacts."

Following the presentation there will be a Q & A with the speaker and then a moderated open discussion period. A "HELP desk" will be staffed with experienced MGS members who can answer questions relative to your genealogical pursuits or suggest sources to address your question. Visit the Manatee Genealogical Society Web site: <https://mgsfl.org/>.

■ **Manatee River Garden Club** meets on **November 8 from 7-8 p.m.** They're located at 3120 First Avenue West, Bradenton.

Program topic: "Using Macro Photography with Flowers" presented by Donovan Evans, Education Director at Johnson PhotoImaging in Bradenton, who will discuss use of the macro lens, camera gear, and compositional techniques, with an emphasis on photographing flowers. For info, visit: www.manateerivergardenclub.com or call (941) 870-2259.

■ **Sarasota Opera Guild's** Coming Events:

• **November 13 – Social and Singers** at **9:45 a.m.** Peterson Great Room, Sarasota Opera Pavilion Bldg. The public is invited to learn more about Sarasota Opera and the Guild. Vocalists from Sarasota Opera perform musical selections. Coffee and pastries served. Free.

• **December 7—34th Annual Poinsettia Luncheon "Diamonds Are the Guild's Best Friend"** at **11 a.m.** at the Bird Key Yacht Club in Sarasota. Join them for a fashion show of glittering gowns by Ana Molinari with diamond accessories. There's also the opportunity to win a \$3,000 diamond necklace. Register with Carolyn Lyons, 17017 Seaford Way, Lakewood Ranch, FL 34202; 215-893-1151.

Tutors Needed at Literacy Council of Sarasota

■ **The Literacy Council of Sarasota (LCS)** will sponsor tutor training workshops next month, November for volunteers who want to share their love of reading with others.

Volunteers will receive 18 hours of interactive ProLiteracy-certified instruction in three weekday sessions during the month, which includes an initial orientation. Sessions will focus on teaching adult learners to read, write, comprehend and speak better in English.

Training will be held over three days: **Tuesday, November 6 from 9 a.m. to 3 p.m., Thursday, November 8 from 9 a.m. to 3 p.m.** and **Tuesday, November 13, from 9 a.m. to 3 p.m.**

Space is limited and pre-registration is required by calling the LCS office, attn: Ann Dellarco, at (941) 955-0421 or emailing adellarco@sarasotaliteracy.org. The sessions will be held at the Literacy Council of Sarasota, Bldg J, 1750 17th St., Sarasota.

At the Expressive Arts

Florida Institute

■ **Expressive Arts Florida Institute** has programs designed to enrich one's life and to develop creative life skills for personal, professional and social change through the arts.

Expressive Arts Florida Institute offers a variety of workshops in art and expressive arts to connect you with your own creativity. Whether you identify with being an artist or you have felt out of touch with your artist self for a long time, you can explore new art processes, and have fun doing it.

• **Wednesday mornings 10 a.m.-1 p.m. "Open Studio"**. In this open format, join them and engage in quality creative time for yourself. Bring a project you are working and your favorite supplies or use studio supplies and start something new. You do not have to be an artist to enjoy the benefits of being creative; all levels of experience are welcome. By donation. Held every Wednesday.

All programs take place at the organization's facility at 200 S Washington Blvd, Suite 1 in the Towles Court Pavilion at the corner of 301 and Adams Lane in Sarasota. For more information or to register, call 941-366-9595 or visit expressiveartsflorida.com.

Meditation at The Longboat Key Education Center

■ **How To Develop Your Own Powerful Meditation Practice** is a one-time workshop on **November 17, 10 a.m.-noon** at **The Longboat Key Education Center**. Kelsan Sangzin, an ordained Buddhist nun and the education program coordinator at the Kadampa Meditation Center in Sarasota, will guide students on how to develop a home meditation practice. Learn to transform your mind, which in turn transforms your life. Less stress, more compassion, increased mindfulness, and more inner wisdom will be your lifelong rewards. Cost: \$30. Call 941-383-8811 or visit www.lbkeducationcenter.org.

Free Support Group

■ **Epilepsy Support Group** meetings offered by **JoshProvides:**

• **Epilepsy support group** meetings are held on the **1st Tuesday of each month from 6:30-8 p.m.** at State College of Florida, Lakewood Ranch Campus, Selby Rooms. This support group is offered to people living with epilepsy as well as their family, friends and caregivers and provides the opportunity to receive information about resources as well as share experiences, ask questions, receive emotional support and practical advice that may help parents and caregivers. For those who have epilepsy, feelings of loneliness and isolation have been replaced with lifelong friendships and understanding that there are others going through the same struggles and challenges. For information contact JoshProvides at Info@JoshProvides.org.

JFCS Cancer Support and

Wellness Programs

■ **JFCS of the Suncoast Cancer** offers Support & Wellness Programs. All cancer support and wellness programs are offered free of charge.

• **New: Mindful Stress Management – Wednesdays noon-1 p.m.** at the JFCS S. Tuttle Campus. Stress impacts the body's natural immune system responses resulting in increased levels of harmful stress hormones. Join Nancy Saum as she guides you in the exploration valuable tools with an emphasis on different meditation techniques that can help manage symptoms and side effects of treatment to improve day-to-day life. (Nancy will facilitate monthly walking meditation at Arlington Park beginning in November).

• **Breast Cancer Networking Support Group: 2nd Saturday of each month - 10:00-11:30 a.m.** Lakewood Ranch Medical Center, Conf. Room One. The Breast Cancer Networking Support Group meets on the 2nd Saturday of each month. This group is designed to meet the needs of people coping with breast cancer diagnosis, including those presently undergoing treatment, survivors, caregivers and family members. Shari Jansen, mental health counselor, creates a safe space to exchange valuable information and resources, share experiences and stories and provide one another with support.

• **Venice - Breast Cancer Networking Group: 3rd Tuesday of each month from 2-3 p.m.** This group offers an opportunity to support and share with other breast cancer survivors. New Location: Elite Health, 4125 S. Tamiami Trail, Suite 2, Venice (in Venice Village Shops 41 and Jacaranda). Call 941-408-9572 or 941-366-2224, ext. 167 for additional information.

• **North Sarasota Group: 2nd Tuesday of each month – 6-7:30 p.m.** at 2801 Newtown Blvd, Sarasota. Join facilitator Elizabeth Bornstein, LCSW to discuss and learn ways to reduce and manage stress while coping with a cancer diagnosis. Meetings include "Ask Dr. Lisa"-an informal question and answer session with Lisa Merritt, M.D. Group begins with a light and nutritious meal.

• **Cancer Support Expressive Arts Wellness mini-retreat: November 16, 12:30 – 3:30 p.m.** at the JFCS S. Tuttle Campus. Join them for an afternoon of exploration into the healing creative arts. A sample of expressive arts will be available to include visual arts, movement, written word and mindful breath work. Preregistration required.

Location: JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit www.jfcs-cares.org.

Send your listing to: WCWNewspaper@aol.com
DEADLINE:
NOVEMBER 5
Datebook is also available at WestCoastWoman.com