

educations news

Here's our extensive look at lifelong learning opportunities in our area. There's something for everyone — to learn, experience and enjoy.

The Arts

At Venice Theatre

Join **Venice Theatre** for their Education Open House on Saturday, Jan. 13 from 10:30 a.m. – noon. You'll have the chance to meet teachers, choose classes and register. If interested, you'll also learn about scholarship opportunities. Questions? Call the Education and Outreach Department at 941-486-8679 or email kellyduyn@venicetheatre.net.



More classes are listed on Venice Theatre's Education and Outreach website. Here are a few of the classes for adults.

- **Acting for Adults.** Looking for some fun? Whether you are an actor, musician or playwright, this class will challenge your creative potential. Explore acting styles through the ages (pageant plays through modern musical theatre), including how music and playwrighting techniques uniquely affected each style. Instructor: Preston Boyd. Dates: January 24-March 14; Wednesdays, 1:30-3 p.m.
- **Stand Up For Laughs, Beginning Level.** A NYC comic will entertain, enlighten and help you laugh at yourself as you learn basic stand-up comedy formulas and routines. Maximum of 8 students. There will be a performance on March 18 at 7 p.m. Instructor: Ashley Strand. Dates: January

27-March 17; Saturdays, 11 a.m. - 1 p.m.

- **Beginning Acting: Learn acting technique** from one of VT's favorite directors and have a lot of fun. Memorization necessary.

Instructor: Peter Ivanov.

Dates: January 27-March 17; Saturdays, 10:30 a.m. – noon. Venice Theatre, 140 W. Tampa Ave., Venice. Education and Outreach Department: 941-486-8679. Visit venicestage.com.

At The Players Centre

- **Playwriting** (ages 18-adult). Instructor: Jeffery Kin. Saturday 1-3 p.m. In this three-part class there will be a focus on the art of writing short plays (1-10 minutes) utilizing our experiences and interests. Play structure will be taught, with an emphasis on harnessing emotions and ideas that drive a well-written and producible play. A basic knowledge of theater and plays is expected. No previous playwrighting experience is necessary. Dates: January 20, February 3 & 17.

- **Stage Make-Up** (ages 13-Adult) Instructor: Miranda Becker. Monday 5-6:30 p.m. This six-week tutorial, with required Stage Make-Up Kit purchase (included in workshop fee), will take you through various stages of make-up application and techniques. From "Basic Day Face" to "Stage Beauty," "Theatrical Old Age" to "Whimsical Fairy," learn how to look your best for special occasions and everyday. Dates: January 17 – February 21. Students must register by January 10.

Check out all classes at www.theplayers.org.

At Island Gallery West

Weekly Art Demonstrations will be offered at Island Gallery West from January 6 through March 31. The free events are open to the public and are held on Saturday mornings from 10:30 a.m. to noon at the gallery located at 5368 Gulf Dr. (S & S Shopping Plaza, Trolley Stop 15), Holmes Beach. Seating is first come, first served. Here's the schedule of demonstrations:

- **Jan. 6:** Lee Mears - Acrylics
 - **Jan. 13:** Jane Keeling - Painting Water Birds
 - **Jan. 20:** Caroline Whitmore - Watercolor
 - **Jan. 27:** Candace Bennington - Pastels
 - **Feb. 3:** Sharon Lennox Woelfling - Watercolor
 - **Feb. 10:** Joanna Karpay - Pastels
 - **Feb. 17:** Judy Saltzman - Layering Watercolor
 - **Feb. 24:** Graciela Giles - Watercolor
 - **Mar. 3:** Carole Dougherty - Mixed Media
 - **Mar. 10:** Annual IGW Artists' Studio Sale
 - **Mar. 17:** Sue Elliott - Introduction to Alcohol Ink
 - **Mar. 24:** Judy Saltzman - "Just Add Water"
 - **Mar. 31:** Maria Sine - Acrylics
- Visit www.islandgallerywest.com or call 941-778-6648 for gallery updates.

Programs With a Focus on Women

The Longboat Key Education Center

The Longboat Key Education Center, a not-for-profit adult enrichment school for lifelong learning, located in the Centre Shops of Longboat Key, offers



a variety of programs through April. In January there are several programs with a focus on women. Call 941-383-8811 for a brochure or find further details at www.lbkeducationcenter.org.

- **The Women's Circle** with Patricia Werlau, social worker and women's group leader. This circle of women will give everyone an opportunity to discuss a variety of issues and topics that will inspire stimulating conversation and provide a supportive atmosphere for connecting with new friends, sharing insights and increasing self-awareness. There are six sessions from 11 a.m.-12:30 PM on Tuesdays beginning January 23 and running until February 27. Cost is \$95 for members; \$105 for non-members.

- **Great Women Artists—The Famous And Not So Famous** with Jean Renoux, art, architecture, and history lecturer. A fascinating lineup of great female artists from the 16th century to present day, awaits your discovery or re-discovery, with captivating personal stories, historical references, and a critique of the art that made them famous or left them in obscurity. This two-part series is offered on Wednesdays from 1-2:30 PM on January 24 and 31. Cost is \$40 for members; \$45 for non-members.

- **She Who Rules** With Kevin Costello, artist, art critic, art history teacher. Learn about the historical epochs wherein political and military power rested in the hands of women. Vivid portraits of Semiramis, Queen of Babylon; Elizabeth I of England, Catherine the Great of Russia, and Margaret Thatcher will be covered, offered on two consecutive Wednesdays from 3-4:30 p.m., Beginning January 10 and ending January 17.

Cost is \$40 for members; \$45 for non-members.

- **Alive, Unabashed And Passionate—Extraordinary Women Of The Bible** with Rachel Zohar Dulin, Ph.D., biblical scholar, lecturer and performer. Enjoy a powerful, breathtaking, one-woman show that will shed light on the hearts and souls of iconic women of the Bible and give them unspoken emotions and unuttered desires. Q&A will follow. Friday, January 12 from 3-4:30 p.m. Cost is \$20 for members; \$25 for non-members.

- **Women Leaders Of The World—History, Politics, And Secret Illnesses** with Allan B. Schwartz, M.D., professor of medicine and history scholar. Students will learn and engage in discourse about Eleanor Roosevelt, Golda Meir, Hillary Clinton and Ruth Bader Ginsburg—dynamic leaders with compelling stories. Classes meet four times, once a week on Fridays from 11 a.m.-12:30 p.m. February 2-23. Cost is \$75 for members; \$85 for non-members.

Learn the Funny Business

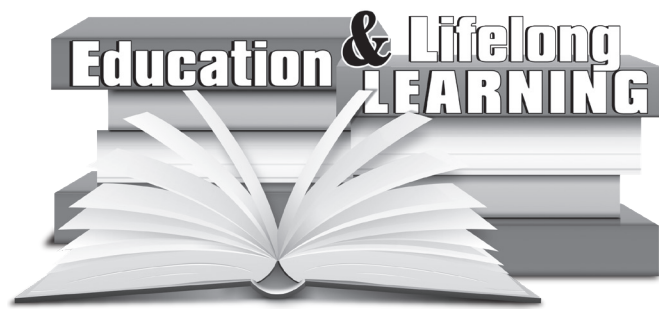
At The Humor Institute

Improvisation for Singles is on January 8 at **the Humor Institute at McCurdy's Comedy Theatre**. Are you ready to have some fun? Are you single and tired of the lunch/dinner/bar meet ups and want to try



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lifelong learning continued

something different? “Improvisation For Singles” is a great way not only to meet new singles, but to show off another side of you that you might not get to at a dinner table.

Have you ever played Charades or Pictionary? Improvisational Theatre is a fun way to explore your creative side. All ages are welcome to join in on the fun. This event will be lead by comedian Scott Novotny, who brings over 30 years of comedy and improvisational training with him. Scott has headlined comedy rooms, was artistic director of The Comedy Cabaret in Minneapolis, and actor/writer for the Improv Troupe Brave New Workshop. He has been teaching improv and stand up comedy classes for the past 30 years. Doors open at 6 p.m. Cost: \$25. Call the Box Office to register at 941-925-3869.

The Humor Institute is dedicated to Art of Stand-Up Comedy. Les McCurdy & Ken Sons are the foundation of the Institute with over 30 years of experience as performers, speakers and instructors.

The core programs are focused on teaching the understanding and structure behind developing a stand-up routine and performance. For ages 18 and up. Their Comedy Boot Camp is an immersion program offering 10 hours of training over three days to develop a three to five minute stand-up performance set. They're at 1923 Ringling Blvd, Sarasota. Call 941-925-3869.

Gardening



Selby Library

A Master Gardening Class: Growing Edibles will be on January 29, 10:30 a.m. to noon at **Selby Library**. Learn to grow fresh, healthy produce in your own backyard. This course, open to the public, will include advice for successful vegetable gardening in southwest Florida. Advance registration is required. Register early through Eventbrite.com.

Selby Gardens

Who better to learn from than **Selby Gardens**?

- Herb Gardening in Containers on January 25, 11 a.m.-1

p.m. Whether you live in a condo or out in the country, creating an herb garden in Florida is easy. Growing your favorite herbs in containers is a great way to accent your garden, balcony or patio, and bring their wonderful aromas and flavors to your kitchen. Bring your own container (12" diameter or smaller), they'll provide the soil, plants...and recipes. Instructor: Tracy Calla. \$55

- **Growing Orchids in SW Florida** Session I: Sat, Feb 3; Session II: Fri, April 6. 10 a.m.-noon. Orchid enthusiasts with some experience will get more detailed information on growing many of Florida's remarkable native orchids and those orchids best suited for our area. Enjoy a tour of the many orchids found growing in the Tropical Conservatory. Instructor: Monroe Kokin. Class Fee per session: \$50

- **Potting & Mounting Orchids.** Session I: Wed, Feb 28; Session II: Wed, April 1. 11 a.m.-1p.m. Selby's knowledgeable Orchid Grower will help you give your treasured plants a new lease on life. Bring an orchid to re-pot for an additional fee.

Instructor: Angel Lara Class Fee per Session: \$50. Potting Fee: \$10 average, depending on size of plant.

- **Orchids 101** on March 3, 10 a.m.-noon. Are you an orchid novice? You'll be surprised at how easy orchid growing can be. Get instruction, enjoy a PowerPoint presentation and tour the orchids found

growing in the Tropical Conservatory. Instructor: Monroe Kokin. \$50.



RCLLA Presents

The Social And Psychological Aspects Of Retirement



RCLLA presents the **Social and Psychological Aspects of Retirement** on Thursday, February 1 at the Social Hall of Temple Beth Shalom, 1050 S. Tuttle Ave., Sarasota. \$109 non-members and \$98 for RCLLA members including lunch.

Our sense of purpose and social networks often center on our careers. As you prepare for retirement, what are you doing to develop new social networks? How will you bring purpose to your life? Retirement brings a bounty of emotions—some good and some not so good. Join them as experts show you ways to thrive in retirement.

Welcome and keynote is by Nancy K. Schlossberg, Professor Emerita of Counseling and Personnel Services at the University of Maryland. Dr. Schlossberg previously served on the faculties of Wayne State University, Howard University, and Pratt Institute. She was the first woman executive at the American Council of Education (ACE) where she established the Office of Women in Higher Education (1973). She later served as a Senior Fellow at ACE's Center on Adult Learning. She has published nine books including the bestsellers *Revitalizing Retirement: Reshaping Your Identity, Relationships, and Purpose* and *Retire Smart, Retire Happy: Finding Your True Path*.

Agenda:

- 8:30-9 a.m. Continental Breakfast
- 9-10 a.m. Welcome and Keynote (Dr. Nancy K. Schlossberg)
- 10:15-11:30 a.m. First Session: Transitions (Louise Gallagher and Dr. David Klain)
- 11:30 a.m.-12:45 p.m. Roundtables Luncheon
- 12:45-1 p.m. Break
- 1-2:15 p.m. Second Session: Networking (Andrea R. Nierenberg)
- 2:30-3:30 p.m. Third Session: Making a Plan (Debbie

Drinkard Grovum and Susan M. Larson)

- 3:30-4 p.m. Wrap Up

This one-day conference will help you create your next chapter with joy and purpose. For more information or to register, call 941-309-5111, or go to www.rclla.org.

Nature and the Environment

UF/IFAS Extension Sarasota County

Wild Sarasota: Sensational Sharks by **UF/IFAS Extension Sarasota County** on January 22, 2-3 p.m. Join Florida Sea Grant agent Armando J. Ubeda to discover amazing facts about the sharks that inhabit our waters. Register early through Eventbrite.com to reserve your spot and receive notice of any changes. For more information, call 941-861-5000 or email sarasota@ifas.ufl.edu.

At The Sarasota Audubon Society

Did you know birding is one of the most popular outdoor activities in America? According to U.S. Fish and Wildlife Service, there are currently 48 million birders in the United States alone. There are many ways you can get involved:

- **Visit the Sarasota Audubon Nature Center** at the Celery Fields, an oasis of restored wetlands and prime birding and wildlife habitat.
- **Participate in one of their activities this year** – monthly meetings, family fun, day birding trips and conservation projects and more.

Here are a few upcoming events:

- **eBird:** January 15, 16, 17 and 18, 1:30-3:30 p.m. Join Kathryn Young and Tom Jiamachello on 3 field trips to 3 different habitats, where you will learn how to enter a bird checklist into the ebird phone app. The last date will be in

the classroom where you'll explore the ebird database. This database will help you find birds and birding hotspots anywhere in the world. Smart phone required. \$25

- **2nd Saturday Celery Fields Walk** on January 13, and 20, 8-10 a.m. 2nd Saturday Celery Fields Walk. Join birders on the 2nd Saturday of each month through April and explore the great variety of habitats and birds found in the Celery Fields. Meet at the Nature Center.

- **Constellation Walk** on January 20, 6-8 p.m. Local group of Deep Sky Observers' president Jonathan Sabin. Registration required. Sign up online at: sarasotaudubon.org/TRIPS or at the Nature Center. \$5.

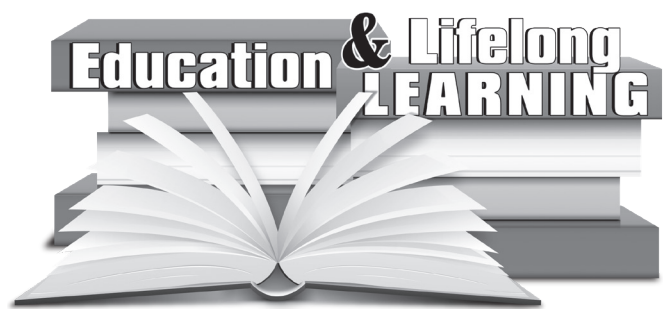
- **January 30: Fort DeSoto birds and ducks** 7:30 a.m.-1:30 p.m. Meet behind Starbucks (University and I-75) at 7:30 a.m. Lynn Jakubowicz (lynn234@comcast.net) and Mary Heinlen. Bring lunch.

- **Tai Chi For Beginners** – 6 Sessions starting February 6-March 13, 10-11:00 a.m. at the Nature Center. Learn Tai Chi with Marcy Packer. This gentle (low impact) martial art of spiritual and physical discipline developed in China over millennia to bring balance to the body and flowing peace to the mind. Learn the first part of Yang style in these sessions. 6 Sessions: \$4 per session.

- **Celery Fields Management Walk** on February 17, 8:30-10:30 a.m. Lisa Wedin and Tom Medel, Environmental Specialists with Public Utilities of Sarasota County, will lead a walk of the Celery Fields and discuss the many and varied ways they help manage the Celery Fields for plants and wildlife while balancing the function of the Fields as a stormwater collection zone. Meet at the nature center. Leader: Jeanne Dubi; dubi@comcast.net. www.sarasota-audubon.org.



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lifelong learning continued

Climate Symposium

The Suncoast Climate Change Symposium



(www.bdhinc.net) presents "Climate in Crisis" on April 17, 5-8:30 p.m. at the Sarasota Municipal Auditorium. This is the 6th Climate Symposium sponsored by BDH Associates, LLC.

The Symposium features two prominent speakers: Dr. Stuart Pimm of Duke University and President of SavingSpecies.org; and Dick Russell, a bestselling author with Robert F. Kennedy, Jr. as the editor of his newest book *Horsemen of the Apocalypse*.

Included with your ticket are: Food selections from Toasted Mango Café during intermission; a photographer from SAGE Art Sarasota will take your picture with one of the speakers and email the finished image to you; a book signing with Dick Russell; And music with Sarasota's Bob Teesdale. For more information and to buy tickets, go to www.bdhinc.net.

Lectures

- **The Great Depression, Causes and Cures:** January 16, 10 a.m.-noon at **Elsie Quirk Library**. The Great Depression lasted from 1929-1939, and was the worst economic downturn in the history of the industrialized world. Join moderator John Ragen for this series of 6 lectures on The Great Depression.

- **The Operas of Mozart - Great Courses** video lecture by Professor Robert Greenberg on January 12 and 26, 11 a.m.-noon at **Gulf Gate Library**. In this course, Professor Greenberg explores the height of Mozart's operatic achievement by analyzing two masterpieces: *Così fan tutte*, and *The Magic Flute*. The course also studies Mozart's early life and development from the first opera he wrote (when he was 11 years old) to *Don Giovanni*, completed when he was 31.

- **Travelogue Series with Dr. Ken Erb: Athens and the Greek Islands** on January 30, 2-4 p.m. at **Gulf Gate Library**. Join Dr. Erb as he takes us through an armchair exploration of Athens and the Greek Islands.

- **Black History Month: Racism in America.** Held at **Selby Library**. A variety of writings and speeches will be reviewed and presented by Ed Dwyer, Ph.D. Theme: Black Prophetic Epistles

- February 7, 2- 3 p.m. - James Baldwin

- February 14, 2-3 p.m. - Ta Nahisi Coates "Between the World and Me"

- February 21, 2-3 p.m. - Michael Eric Dyson "Tears We Cannot Stop"

Current Events

Sarasota Institute of Lifetime Learning

Internationally renowned experts discuss a vast range of domestic and global issues as part of **Sarasota Institute of Lifetime Learning's (SILL) 2018 "Global Issues" series**. The season features 72 programs in Sarasota, Venice and Lakewood Ranch, and runs January through March. Speakers will explore topics including the opioid crisis, artificial intelligence, America's volatile politics, and topical issues in China, Korea, Russia and the Middle East.

This year's headliners include: Hedrick Smith, the bestselling author and Pulitzer Prize-winning reporter; Martin Walker, senior fellow of the Global Business Policy Council, and a senior scholar of the Woodrow Wilson International Center for Scholars; James Collins, former U.S. ambassador to the Russian Federation and diplomat in residence at the Carnegie Endowment for International Peace; Dennis Ross, former Special Envoy for Middle East Peace and the William Davidson Distinguished Fellow at The Washington Institute for Near East Policy; and Mickey Edwards, vice president of the Aspen Institute, director of the Aspen Institute's Rodel Fellowships in Public Leadership and a former U.S. congressman. Robert Deutsch, a retired U.S. Foreign Service Officer who served as a State Department senior advisor on Iraq, Afghanistan and Pakistan, is the program committee chair.

SILL's Global Issues lectures are 40-50 minutes, followed by 30 minutes of questions. The lectures are Tuesdays, Wednesdays and Thursdays,



Mickey Edwards, vice president of the Aspen Institute, will speak about America's collapsing democracy

10:30 a.m., at First Church, 104 S. Pineapple Ave., in Sarasota; Tuesdays, 2:30 p.m., and Fridays, 10 a.m., at the Venice Community Center, 326 S. Nokomis Ave., in Venice; and Thursdays at 7 p.m. at Cornerstone Church, 14306 Covenant Way in Lakewood Ranch.

To purchase subscriptions, or learn about the program, visit www.sillsarasota.org. For information, call 941-365-6404.

Sports & Recreation

CB's Saltwater Outfitters

at 1249 Stickney Point Rd, Sarasota, have Orvis-Endorsed fly fishing schools for winter and spring; January 20, February 24, March 24, and April 14. Located on Siesta Key, the schools will cover flycasting basics, line control, shooting line and the roll cast. Instructors, Capt. Rick Grassett and Capt. Ed Hurst, will also cover leader construction, fly selection and saltwater flyfishing 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 \$175 and includes the use of Orvis fly tackle and lunch. Contact CB's Saltwater Outfitters at 941-349-4400 to make reservations.

Lifelong



Learning & Adult Enrichment

At Longboat Key Education Center

The Longboat Key Education Center, a not-for-profit educational organization, has been providing the community with lifelong learning, adult enrichment, recreational, and performing arts programs for 33 years. This season brings back the perennial favorites as well as 75% new programs for a total of over 175 offerings including academic and recreational courses, special events, lectures and performances through April.

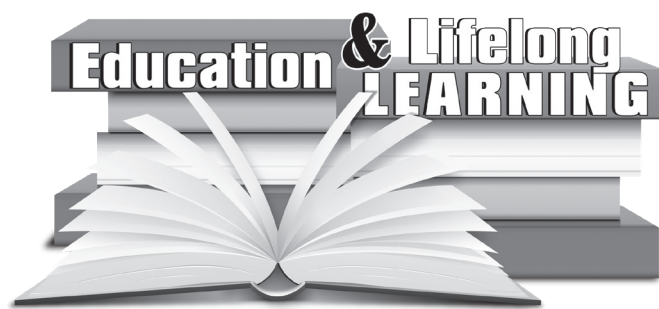
The Winter Term begins January 4 and provides a smorgasbord including yoga, bridge, qigong, meditation, writing workshops, Buddhism, Bible, Shakespeare, Mark Twain, art, dance and music appreciation, The Women's Circle, breakfast forums, improv, The Future of the News, iPhone, canasta, mah jongg, nature walks, birding, psychology, Broadway bios, the solar system, Yiddish, film festivals, New Orleans jazz nights, Friday Happy Hours with live bands, the Supreme Court, America and the World, book and film discussions, Self-Care Saturdays, American history, theatrical productions, one time lectures, daytrips, fun workshops and much more.

Special One-Time Programs in January:

Lecture Series 2018 will kick off with a presentation by Dr. Thomas O. Hecht, a Holocaust survivor, titled "**In Celebration Of Israel's 70th Anniversary—Looking Back and Looking Forward**" on February 9 from 3-4:30. The series continues with 11 more lectures every Tuesday until the end of March on a range of subjects from the relevancy of the CIA to the moral and ethical implications of the human genome project.

Phillip Gainsley will host the program "**Inside Sarasota's Performing Arts Organization**," moderating a panel that includes representatives from Sarasota's top cultural organizations; Joseph McKenna, President and CEO, Sarasota Orchestra; Richard Russell, Executive Director, Sarasota Opera; Marjorie Floyd, Marketing and Development Director, Sarasota Ballet; and Will Luera, Artistic Associate Director, Florida Studio Theatre. These panelists will be asked questions about how they manage and maintain their status as first-rate cultural institutions. The audience will also be invited to participate. The event is on January 25 from 11 a.m.-12:30 p.m.

continued on the next page



lifelong learning continued

Alive, Unabashed And Passionate—Extraordinary Women of The Bible, a powerful and evocative one-woman show performed by Rachel Zohar Dulin, Ph.D., biblical scholar, lecturer and performer, presents a unique way to look at heroines of the Bible. The theatrical production takes place on January 12 from 3-4:30.

The Future of the News will be presented in two separate lectures from 11 a.m.-12:30 p.m. with Alan Cohn, Anchor/Managing Editor, ABC 7 at 7 WWSB-TV (January 8) and Matthew Sauer—Executive Editor, Sarasota Herald-Tribune (January 15).

For information, call 941-383-8811 or visit www.lbke-educationcenter.org. The Longboat Key Education Center is located in The Centre Shops of Longboat Key at 5370 Gulf of Mexico Drive.

Cooking Classes Sarasota Cooking School at Publix

on University Parkway offers these classes:

- **Grilling in the New Year** on January 19, at 6:30 p.m. \$50. Instructor: Aprons Staff. Spend some time at the grill and warm yourself next to the fire. Learn how to capture those backyard barbeque flavors any time of the year.

Menu: chicken shawarma with quick pickled cucumbers and yogurt; lamb and charred tomato sliders with feta; dry-rubbed and glazed St. Louis-style ribs over sweet potatoes; grilled pineapple sundaes with macadamia cookie crumble and Thai coffee ice cream.

- **Kale Creations.** January 31, at 6:30 p.m. \$45. Instructor: Aprons Staff. Rich in vitamins A, C and K, kale is one of the most popular greens. Publix Aprons Chefs will guide you through these delicious recipes so you can begin to incorporate this versatile green into your Culinary repertoire.

Menu: roasted cauliflower and kale soup; lemony, garlic kale chips; marinated kale and salmon Caesar salad; sausage, kale, and ricotta ravioli with pumpkin sage.

- **Chefs Table: Very Familiar.** February 2, at 6:30 p.m. \$65. Instructor: Aprons Staff. In this class you'll explore some of their favorite flavor combinations and how they can be refined into a Five Star meal.

Menu: "mirepoix"—celery root puree, charred carrot and pearl onion agrodolce; "bacon and eggs"—bacon braised pork belly with soft poached egg and escarole; "ketchup and mustard"—crispy short rib with a tomato and fennel glaze and mustard green nsima; "Caprese salad"—tomato pound cake with whipped sweetened mozzarella and candied basil.

In this interactive Chefs Table class, chefs will offer limited classroom style seating with a small ratio of students to instructors. Each course will be paired with wine.

- **Be My Valentine.** February 10, at 6:30 p.m. \$120 per couple. Instructor: Aprons Staff. Bring along that special someone and enjoy a romantic evening of food and good cheer.

Menu: curried shrimp and lobster bisque; mixed baby green salad with strawberries, candied pecans and goat cheese with honey-truffle vinaigrette; marinated beef tenderloin with port demi, mascarpone-whipped potatoes and charred Brussels sprouts with bacon; salted caramel pot de crème.

Held at the Publix on University Walk, 2875 University Pkwy, Sarasota. Cooking School: 941-358-7781 or visit www.publix.com/recipes-planning/aprons-cooking-schools/sarasota/classes.

Finances for Women

At The Women's Resource Center

Become Empowered to Make the Best Financial Decisions for Your Life is a series of workshops for women offered by **the Women's Resource Center**.

Presenter: Dr. Laura Mattia, CFP; Guest Presenter: Marcey J. Walsh, CBC, DSS.

Join the WRC for a two session workshop that will focus

on: Understand how money decisions fit into your life plan and your personal goals; Learn how to generate income in retirement to last your lifetime; Get hands-on experience to create your own retirement plan; Take advantage of expert knowledge to address personal questions regarding your own retirement needs and discover key strategies required to protect and grow your life savings.

Women's Money Empowerment Series Workshop runs February 3, 9:30 a.m. -12:30 p.m. and February 10, 9:30 a.m. -12:30 p.m. at the University of South Florida Sarasota-Manatee. \$50 for the full workshop. Seating is limited. Scholarships available for those who qualify.

Nationally known women and money expert, Dr. Laura Mattia, CFP is a Researcher and Financial Planning Professor at Muma College of Business, University of South Florida. Dr. Mattia's research on women and money has received accolades for insights aimed at helping women better prepare for retirement. Her financial expertise is a unique combination of advanced financial degrees and certifications and over 28 years of financial leadership experience.

Dr. Mattia is the author of the forthcoming book *Gender On Wall Street: Uncovering Opportunities For Women In Financial Services* from Palgrave Macmillan. She is the internet radio show host of Women's Money Empowerment Network with Dr. Laura Mattia and the author of a financial news column and financial workbooks used to educate women. Her Knowledge Sharing Workshops focus on helping women make effective financial decisions.

Guest Presenter: Marcey J. Walsh, CBC, DSS is the CEO of Strategic Brilliance and author of *Everything Begins with a Decision*. Call 941-366-1700 for information.

Enrich & Develop Creative Life Skills

Expressive Arts Florida Institute

located in the artist colony of Towles Court, has programs designed to enrich one's life and to develop creative life skills for personal, professional and social change through the arts.

Weekly on Wednesday mornings, 10 a.m. -1 p.m., they offer "Open Studio," an open format where you can come join them and engage in quality creative time for yourself. Bring a project you are working and your favorite supplies or use

their studio supplies and start something new.

You don't have to be an artist to enjoy the benefits of being creative; all levels of experience are welcome. There is no required registration fee for Open Studio. Donations toward supplies are accepted. Held at Expressive Arts Florida Institute, 200 S. Washington Blvd, Suite 1, Sarasota. To register, call 941-366-9595 or visit expressiveartsflorida.com.

Yoga



Feel Good Yoga

is a yoga class dedicated to finding the alignment that makes your body "feel good." Often times we move from posture to posture without noticing the "in between" spaces. The spaces where your breath is present, you are moving your body and noticing sensations and emotions. Move and groove to energizing music and just let go. Unwind. Unwrap. Flow mindfully.

Feel Good Yoga Studio in Longboat Key is a boutique studio that offers Yoga Flow, Gentle Yoga, Nia, Pilates, and all sorts of wellness workshops. Here's the schedule: Monday and Wednesday yoga at 9 a.m. and 10:45 a.m. Tuesday 5:30 Yoga; Thursday Nia at 10:30; Friday 9 a.m. Pilates; 10:30 a.m. Yoga and Saturday 9:30 a.m. Yoga.

Feel Good Yoga Studio is located at 6350 Gulf of Mexico Drive, Longboat Key. Info: 904-610-7565 or visit feelgoodyogalongboatkey.com. Debby McClung, E-RYT 500, has been teaching wellness for 38 years.

Continuing Studies

At Ringling College

The School of Continuing Studies (SCS) invites you to join them for inspiration and camaraderie. Explore new materials, learn new skills, or refresh your creative practice in the studio and digital arts. Be a part of our diverse community of artists, designers, and specialists

by enrolling in our non-credit classes, workshops and lectures or, embark on a more comprehensive creative journey in one of their certificate programs.

There are over 60 classes including many new topics and visiting artist workshops. They're introducing a survey of **The Sky-scraper: From America to Asia**, a print workshop using the Risograph, an individual approach to Guided Projects in Book Arts + Letterpress, how to approach **Getting Your Creative Writing Published**, tell your tale in **Playwriting**, or explore **Shakespeare's Language** to name a few. Study with the masters in the **Charles Reid Watercolor Workshop**, **Phillippe Faraut's Full Figure in Clay**, or **Glenn Vilppu's Traditional Figure: Anatomy & Construction**, or **Head Drawing & Expression**.

Do a deep dive into **The Art of Color**, challenge your expression with **Encaustic**, or **Cold Wax and Oils**, or push your creativity in new directions in **Elisabeth Condon's Sketchbook Landscape**. Ready to push your process further? Embark on a **Printmaking journey** with Eszter Sziksz in **Draw, Paint, & Print**, or **Silkscreen**, or **Monotype & Image Transfer** in the new print studio in Basch Visual Art Center. From History to the Contemporary Figure in Mixed Media, to Photo Montage, to Video Editing, there's a medium and method here for your discovery.

Visit them at www.ringling.edu/ContinuingStudies or call 941-955-8866. Class starts weekly: January 6 through April 8.

Glassworking Classes

Sarasota School of Glass

has enlarged its workspace for students in open studio and offers technique workshops as well as full classes. They've added a separate schoolroom so that open studio students and classroom students can take advantage of the space at the same time. SSG now has a staff of 9 people.

SSG has 3500 sq. ft. of space, sharing it with its sister company, Firelite Forms. In the meantime the calendar is full, students are returning again and again to learn new techniques and expanding their capabilities. Many are working independently in their 'Open Studio' going on to open studios of their own. Sue Kutno owns and operates SSG which is open 7 days a week. To register for a class, call 941-925-4527. SSG is located at 5704 Lawton Drive, Sarasota. Email: sarasotaschoolofglass@gmail.com

