



Leisure Learning

Spring 2024 Course Guide

Blooming with Growth: Spring into knowledge with classes for every interest

- Japanese Tea Ceremony
- Poarch Band of Creek
Indians Cultural Museum
- Veterans Memorial Park

plus

- Bodacious Kitchen
- Lunch at Jackson's
- UWF Camellia Garden

and more!

**Registration Opens
January 8!**

leisurelearning@uwf.edu

uwf.edu/leisurelearning



Leisure Learning
UNIVERSITY of WEST FLORIDA

Why join Leisure Learning?

For more than 25 years, UWF Leisure Learning has provided stimulating programs for seasoned adults who are interested in joining a spirited community of intellectual contemporaries and lifelong learners.

Our diverse lineup of classes offers you the opportunity to explore Pensacola and the surrounding areas, discover exciting research and ideas or learn new skills—all while making friends.

Become a member and start attending class in the New Year!

1. Review this catalog and select your classes.
2. Register and pay for your annual membership and individual classes in one of 3 easy ways. (Page 29)
3. Learn more about Nautilus Card benefits for UWF Leisure Learning members. (Page 31)
- 4. Enjoy class!**



How does the UWF Leisure Learning membership work?

The \$40 annual membership fee covers 12 months from the date you join. With your membership, you are entitled to:

- Register for all Leisure Learning classes, tours and events.
- A UWF parking pass for parking on the UWF Pensacola campus for classes.
- A course catalog mailed to you every semester.

Learn more about membership perks on Page 31!

Questions? Call us at 850.473.7468.

Registration Opens January 8! Classes start January 22!

Three Easy Ways to Register:

Register for classes online at **uwf.edu/leisurelearning**, call us at 850.473.7468 or mail in the registration form located in this catalog. More information and office hours on Page 29.



Give the Gift of Lifelong Learning

Buy a Leisure Learning membership gift card! Call 850.473.7468 to order.



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facebook.com/uwfleisurelearning

Leisure Learning is a program of UWF Continuing Education, a premier regional provider of high-quality credit and non-credit courses, community programming, customized training, CEUs and conference planning. uwf.edu/continuinged

Bridging Arts, Culture and Education: Meet UWF Leisure Learning's New Director!

BY HEATHER LEBLANC

UWF Leisure Learning is excited to welcome our newest coordinator alongside the latest Spring 2024 course lineup! Read more about UWF Leisure Learning's Director.

With a profound passion for literature and the arts, Julie Still-Rolin is a published author with an energetic event-hosting and community engagement background. Having orchestrated a diverse array of events, from spooky ghost tours that send shivers down the spine to enchanting fundraising galas that raise vital resources for charitable causes, Julie is looking forward to combining her creative skills with the ability to coordinate events for the Leisure Learning community.

With more than 72 classes planned for this semester, Julie says picking just one class she's most looking forward to is hard. "However, I am excited



about taking the class to my hometown of Atmore to see the Poarch Creek Indians Cultural Museum and have lunch at Wind Creek Casino. They'll enjoy this. I am also excited about the tours of Historic Sacred Heart Hospital, Belmont-Devilliers, and more, as well as the lecture series and the Planetarium—see, I can't narrow it down!"

Julie holds a Master's degree in English and was an instructor for 11 years before moving to Pensacola. In 2018, she published her first book

and took to the road with it. This tour led her to publish her second work in 2020. During this time, she also worked as a freelance writer and editor and began volunteering with nonprofits for fundraising initiatives. Although she's taken a break from writing, it remains her passion, and she says she has a few ideas up her sleeve for the future!

Beyond literature and event hosting, Julie serves as a member of the Board of Directors for the Stamped Film Festival, where she's helped foster a vibrant cultural scene that celebrates diversity and creativity.

A fun fact about Julie? "To unwind, I like to cook. I see cooking as an art I can share with my loved ones, and of course, I love to eat!"

While Julie officially joined Leisure Learning this past semester, she is excited for all that is in store for the Spring 2024 semester ahead. "I am excited to work with this population because they are as passionate about learning as I am. I already love the energy of the group. It's contagious!"

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**Not available on the all-inclusive Unlimited Classes option.*

Important Information: Credit Cards and other forms of payment are accepted. Phone and online registrations are highly recommended. If mailing a check, contact the Leisure Learning office or check classes online to make sure they are not already full.

Volunteer to be a Leisure Learning Liaison!

We are looking for social, enthusiastic volunteers to become Liaisons for Leisure Learning.

The best part — you will only be contacted for classes that you are already attending.

This is an easy way to be involved and get to know your fellow Leisure Learners.

Primary Liaison duties include:

- Taking attendance
- Introducing speakers
- Delivering announcements
- Ensuring class ends on time

We are now accepting volunteer sign-ups for Leisure Learning Liaisons!

Contact us at 850.473.7468 or email leisurelearning@uwf.edu.



CLASSES

Monday

Memory Skills for Seniors with Dr. Kathryn Dekemel

Join us for an engaging and informative presentation as we explore memory skills with Dr. Kathryn Dekemel, a speech pathologist with a special focus on cognitive health. In this enlightening session, Dr. Dekemel will delve into the intricacies of memory and provide participants with invaluable tools and strategies to enhance their cognitive abilities. This presentation on

memory skills for seniors promises to be a valuable and engaging event. Participants will leave with a deeper understanding of memory, practical techniques to improve cognitive abilities, and the confidence to embrace the aging process with an empowered and resilient mind. Come unlock the full potential of your memory.

22-Jan | Mon 10:00 AM - 11:15 AM | \$15

Instructor: Kathryn Dekemel

Florida Public Archaeology Network

Recorder Ensemble Series — 14 Sessions

This multi-week course is tailored for individuals who have successfully completed the Beginner Recorder series. As a continuation of your musical journey, you'll explore the second volume of the textbook utilized in the beginner course, available for \$7.95. In addition to this, we will delve into enriching supplemental literature from the Renaissance era. For any inquiries or clarifications, feel free to get in touch with the instructor, Charles Tucker, at 850.525.8256. Students who have previously attended our beginner classes are encouraged to contact the instructor before registering.

22-Jan to 22-Apr | Mon 1:00 PM - 2:30 PM | \$30

Instructor: Charles Tucker

St. Christopher's Episcopal Church

Learning to Play the Recorder — 14 Sessions

Discover the melodic charm of the Renaissance flute in this multi-week course. Everyone is welcome, regardless of their musical background, who wishes to embark on a captivating journey of learning to play the recorder. Guiding you on this musical voyage are the accomplished instructors from the Pensacola Early Music Consort. Making music in a group setting can be a profoundly fulfilling experience. To fully embrace the potential of this course, regular attendance and dedicated practice outside of class are essential, both for the collective group and individual progress. Should you have any questions or require further information, please don't hesitate to contact our primary instructor, Charles Tucker, at 850.525.8256.

22-Jan to 22-Apr | Mon 2:30 PM - 4:00 PM | \$30

Instructor: Charles Tucker

St. Christopher's Episcopal Church

Retirement: Making Your Money Last

Retirement: Making Your Money Last is designed to help you prepare to live the retirement you have envisioned.



EVENT SPOTLIGHT:

Bodacious Kitchen: Charcuterie Board Crafting with Chef Kim Armstrong*

Elevate your entertaining game and embark on a delightful culinary adventure with Chef Kim Armstrong in the lovely Bodacious Kitchen! In this hands-on class, you'll learn the art of crafting stunning charcuterie boards that not only tantalize the taste buds but also serve as a work of edible art. You won't just leave with newfound knowledge; you'll take your very own charcuterie masterpiece home to share with friends and family. This class is designed for all skill levels. Join us for an engaging session of culinary creativity. You'll leave with the skills to impress your guests and create memorable charcuterie experiences of your own. Class will take place on the second floor. **Not available on the all-inclusive unlimited classes discount.*

5-Feb | Mon 11:00 AM - 12:30 PM | \$20

Instructor: Kim Armstrong

Bodacious Shops Upstairs



EVENT SPOTLIGHT:

Acupuncture and Reflexology with Felipe Munoz from Empathic Practice

Explore the time-honored wisdom of acupuncture and reflexology with Felipe Munoz. This class is your gateway to understanding the theory, history, and practice of these holistic healing arts. Learn how to enhance your everyday life by integrating techniques that have stood the test of time. This class is your passport to a holistic approach to life. By bridging the wisdom of acupuncture and reflexology with the science of modern medicine, you'll gain a profound understanding of how this can enhance your daily well-being. Join us on this transformative journey of mind, body, and soul integration.

19-Feb | Mon 10:00 AM - 11:15 AM | \$15

Instructor: Felipe Munoz

Florida Public Archaeology Network



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coast. Jean Lafitte and Charles Gibbs, two of the most notorious pirates from this period, had close ties to the Florida panhandle. This presentation dives into the multifaceted world of piracy during the early 1800s in the Gulf and Caribbean regions. We'll explore the intriguing historical context, as well as shine a spotlight on the latest archaeological findings that shed light on the potential wrecks of pirate ships from this fascinating era hidden beneath the waters of the Gulf.

12-Feb | Mon 10:00 AM - 11:15 AM | \$15

Instructor: Mike Thomin

Florida Public Archaeology Network

Pensacola Blue Wahoos Stadium Tour and Lunch*

Discover the magic of Maritime Park - home of the Pensacola Blue Wahoos. This exclusive behind-the-scenes tour will take you beyond the grandstands and into the heart of the action. You'll gain rare access to the front offices, peek into the players' workout facility, and luxuriate in the ambiance of the Hancock Bank Club, among other exciting highlights. After the tour, indulge in a delightful light lunch, providing the perfect opportunity to relax, share stories, and connect with fellow enthusiasts. Secure your spot now for an insider's view of Maritime Park and the Pensacola Blue Wahoos – where the love of baseball meets the beauty of Pensacola.

**Not available on the all-inclusive unlimited classes discount.*

26-Feb | Mon 11:30 AM - 1:30 PM | \$30

Instructor: Shannon Hannah

Vince J. Whibbs Sr. Community Maritime Park

It's Fun to Stay at the Y.M.C.A.: A Tour & Talk at the Downtown Y

Join us at the Downtown Y.M.C.A. to explore the wide range of opportunities the Y has to offer. The Y understands the unique needs of senior members, and they have tailored services to cater to them. Did you know that 14% of Y members are 60 years or older? That's a testament to the incredible community they've built for active older adults. On your visit, JoAnn Pesce will show us around the fantastic facility. Plus, a member of the Wellness team will provide an informative presentation on the numerous benefits of movement and exercise. It's

Students will learn investment strategies to help build a strategy to last throughout one's retirement years. In addition, we'll explore how to address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected.

29-Jan | Mon 10:00 AM - 11:15 AM | \$15

Instructor: Jacey Consentino

UWF Building 86, Room 116

Pirates! The Last Scourge of the Gulf

Two centuries ago, a massive wave of piracy struck the Gulf of Mexico and terrorized shipping along the Gulf

CLASSES

an opportunity you won't want to miss! Parking in the Southtowne Garage has gotten even easier and can be validated at the Y. All you need is your tag number.

4-Mar | Mon 10:00 AM - 11:15 AM | \$15

Instructor: JoAnn Pesce

Bear Levin Studer Family YMCA

Uncover the Charm of Downtown Pensacola at Oyster Bay Boutique Hotel

Nestled just off Seville Square in Downtown Pensacola, Oyster Bay Boutique Hotel invites you to come and relish this precious find, where authenticity meets luxury. With a commitment to providing unique experiences

and supporting the local community and environment, Oyster Bay offers travelers and locals an exceptional destination to discover. Your guide, Jessica Barry, will lead you through the enchanting features of this beautiful hotel, revealing the comfort and spaciousness it has to offer. To elevate this experience, you can also savor a delightful cup of coffee.

18-Mar | Mon 11:00 AM - 12:30 PM | \$15

Instructor: Jessica Barry

Oyster Bay Boutique Hotel

Exploring the Legacy and Relevance of the American Chautauqua Movement

Join archivist Dean Debolt as he unveils the legacy and relevance of the American Chautauqua Movement. Emerging in the late 1870s, the American Chautauqua Movement rapidly gained momentum, eventually reaching every corner of the US. Today, approximately a dozen Chautauquas continue to thrive, complemented by numerous communities featuring dedicated Chautauqua Parks and structures. Exploring the origins, historical trajectory and contemporary significance of this movement unveils a fascinating tapestry that resonates with the past while holding implications for the present day.

1-Apr | Mon 10:00 AM - 11:15 AM | \$15

Instructor: Dean Debolt

UWF John C. Pace Library Basement

What to Keep, What Not to Keep, That Is the Question

Embark on the insightful journey of grappling with the papers and possessions that weave the narrative of your life. In this exploration, discover the delicate art of discernment—unraveling the intricacies of what to keep and what to let go. Get some understanding of wrestling with the papers in your life and possessions. Your stuff, what to do with it, what to save, why and why not with archivist Dean DeBolt.

8-Apr | Mon 10:00 AM - 11:15 AM | \$15

Instructor: Dean Debolt

UWF John C. Pace Library Basement

Tuesday

Conversation with Rick Outzen

Rick Outzen, publisher and owner of Inweekly magazine joins us to discuss his recent work and City



EVENT SPOTLIGHT:

Unveiling History: Explore the Hilton-Green Research Room Archives at Voices

Step back in time with the archives in the Hilton-Green Research Room, which are housed on the second floor of the Voices of Pensacola Multicultural Museum. Here you'll find a treasure trove of over 100,000 images, telephone books, cemetery records and the invaluable records of Spanish Land Grants. Also, the Lelia Abercrombie Historical Reference Library boasts an array of out-of-print and hard-to-find volumes. Whether you're a researcher, history enthusiast or simply curious about the stories that have shaped our community, a visit to the Hilton-Green Research Room is a journey through time you won't want to miss.

11-Mar | Mon 10:00 AM - 11:15 AM | \$15

Instructor: UWF Staff

Voices of Pensacola Multicultural Center

of Grudges. "City of Grudges captures my hometown of Pensacola, Florida, much the same way Midnight in the Garden of Good and Evil immortalized Savannah," said Joe Scarborough, Host of MSNBC's Morning Joe, former congressman (R-FL). In City of Grudges, publisher and reporter Rick Outzen writes straight from the heart in his stories based on own experience. Come learn what inspired him to write the book and explore Pensacola through the eyes of the characters he created. Books will be available for purchase for those interested.

23-Jan | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Rick Outzen

Florida Public Archaeology Network

Beatles Unveiled: A Musical Odyssey Through Their Lives and Legacy — 8 Sessions

Embark on an in-depth journey into the lives of the legendary Beatles, delving into their upbringing, distinct personalities, musical styles, and preferences. Explore their early studio recordings, dissect the phenomenon of Beatlemania, and accompany them on their world-spanning tours. In this multi-week course, you'll enter the realm of the Beatles' groundbreaking work and unravel the creation of an iconic and trailblazing album that left an indelible mark on the global music scene. To enhance your appreciation of their music and intricate compositions, join Steve Douglas, a lifelong musician and devoted music

enthusiast, as he performs along with their songs on bass and a variety of guitars.

23-Jan to 12-Mar | Tue 1:00 PM - 3:00 PM | \$30

Instructor: Steve Douglas

Florida Public Archaeology Network

Celebrating a Lifetime of Music with Don Snowden

Don Snowden, a passionate music educator who has dedicated 44 years to teaching, will present on his journey and the music of the trombone. Don has held the second trombone position with the Pensacola Symphony Orchestra (PSO) since 1979. A fascinating tidbit about Don is that his musical journey began in the 5th grade when he picked up the trombone, although his heart initially yearned for the trumpet. Through Don's presentation, you'll gain insight into his remarkable career and his enduring love for music. Don't miss this opportunity to explore the world of music through his eyes and experiences.

30-Jan | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Julie Martin Greene

Studer Community Institute Community Room

Focus on Fixed Income

Focus on Fixed Income is a seminar designed to educate students on how fixed income investments such as bonds can help them to reach their financial goals. Participants will learn bond characteristics and features,

Unlimited Classes Discount

During the Fall and Spring semesters, take unlimited classes for only \$185 per semester!

This option is available by completing the registration form in the catalog and mailing a check or calling the Leisure Learning office at 850.473.7468 to pay by credit card. Some classes are not eligible for this offer and are marked in this catalog with an asterisk beside the class title.

Because of possible schedule or location changes, advance registration is highly recommended for ALL classes.

Please Note: Individual class fee refunds are not available for the unlimited class option if you are unable to attend OR if the class is canceled.



CLASSES

the relationship between interest rates and bond prices, tax advantages of municipal bonds, and how bonds may help investors weather fluctuating markets. Equip yourself with insights on how bonds act as a stabilizing force. This will be an exploration into the world of fixed income investments that can pave the way to financial success.

6-Feb | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Jacey Consentino

Florida Public Archaeology Network



EVENT SPOTLIGHT:

Sweet Creations: A Sugar Cookie Class at Chrisoula's Cheesecake Shoppe*

Step into a world of delectable delights as Tony and Chrisoula warmly welcome you to their bakery and cafe where Chrisoula will do a sugar cookie baking demonstration. Afterward, savor a delicious Dutch lunch with an array of soups, salads and sandwiches expertly crafted by our hosts. With a decade of culinary excellence and numerous awards to their name, a taste of their cheesecake is sure to please. Nestled on charming Garden Street, Chrisoula's offers ample parking and an inviting ambiance for this class. Seating is limited, so secure your spot soon and indulge in the sweetness! **Not available in the unlimited class option.*

19-Mar | Tue 10:00 AM - 11:15 AM | \$20

Instructor: Chrisoula Hulion

Chrisoula's Cheesecake Shoppe Bakery and Cafe

Calling All Bookies: "The Ninth Hour"

Calling all book lovers to embark on a literary adventure with "The Ninth Hour" by Alice McDermott.

McDermott, a distinguished professor at Johns Hopkins University, is one of the most celebrated American writers of our time. We will follow the captivating story of a young Irish immigrant set against the backdrop of Catholic Brooklyn in the early twentieth century. This narrative immerses us in a world of faith, devotion, and the unbreakable spirit of the human heart. You're invited to join us for an engaging discussion, where we dissect the pages, characters, and themes woven into the work. You can share your thoughts, insights, and interpretations and be part of a vibrant exchange of ideas or just get cozy and listen. *Note: Please purchase and read the book before class begins.*

13-Feb | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Dr. Louise Tolbert

Azalea Trace

Celebrating President's Day with Dr. Mary Minkoff

Prepare to embark on a captivating journey through the annals of American history as we celebrate President's Day with Dr. Mary Minkoff, Director of the FPAN (Florida Public Archaeology Network). "Celebrating President's Day" with Dr. Mary Minkoff promises to be an educational and inspiring journey through time and history. Gain a newfound appreciation for the presidents who have shaped our nation, learn about their enduring legacies, and discover the vital role of archaeology in preserving our heritage. Join us for this illuminating presentation and celebrate the essence of President's Day in a truly enlightening way.

20-Feb | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Mary Minkoff, Ph.D., RPA

Florida Public Archaeology Network

Step Into Comfort: Healthy Feet at Fleet Feet

Join business owner Micaiah Rockwell for an enlightening presentation at Fleet Feet. On this visit to Fleet Feet, we will discover the meticulous outfitting process and gain valuable insights into improving your walking and running experiences. Micaiah will delve into the importance of maintaining healthy feet and introduce you to Fleet Feet's innovative 3D Fit ID foot scanning



EVENT SPOTLIGHT:

Embark on an Astronomical Adventure: “Voyage to Distant Worlds” at the Planetarium*

Are you ready to take off on a journey of cosmic proportions? Join us at the Pensacola State College Planetarium for an extraordinary experience that will transport you to the far reaches of our solar system in “Voyage to Distant Worlds.” Step into the captivating world of the Planetarium, where the night sky above you comes to life, and the stars twinkle with anticipation. The state-of-the-art dome will become your virtual spaceship, your vessel of exploration through the vast expanse of the cosmos. The universe is waiting. Are you ready to explore it? **Not available on the all-inclusive Unlimited Classes option.*

2-Apr | Tue 10:00 AM - 11:30 AM | \$15

Instructor: Billy Jackson
Pensacola State College Planetarium, Building 21



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from the comfort of your seat, as you take a virtual journey that will bring the island’s history and culture to life. This class is for history enthusiasts, cultural explorers and anyone curious about the captivating island of Saipan. Reserve your spot now to gain a deeper appreciation of Saipan and its rich history. Note: No scuba gear or snorkel required—just bring your curiosity and a love for history.

5-Mar | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Mike Thomin
Florida Public Archaeology Network

Discovering the Heritage of Belmont-DeVilliers with Robin Reshard

Step into the rich tapestry of Pensacola’s history as we journey through the captivating Belmont-DeVilliers neighborhood with the passionate guide, Robin Reshard. This historic district, nestled just west of downtown Pensacola, boasts a legacy of cultural significance and a vibrant community that has played an integral role in the city’s story. As you stroll through the neighborhood’s historic streets, you’ll witness the echoes of the past, from the early days of development to its transformation into a hub of African-American culture. Note: All you need to bring is your curiosity and comfy walking shoes.

12-Mar | Tue 1:00 PM - 2:30 PM | \$15

Instructor: Robin Reshard
Kukua Institute

AmeriCorps at 30 Years: Its Local Impact

Do you remember President John F. Kennedy’s call to service in his inaugural address? “Ask not what your country can do for you—ask what you can do for your country.” Celebrating its 30th anniversary, AmeriCorps is a movement that is part of JFK’s legacy of service. Class participants will learn about local volunteer opportunities available through AmeriCorps VISTA and AmeriCorps Seniors. Discover if stepping up to serve as an AmeriCorps volunteer is right for you!

19-Mar | Tue 1:00 PM - 2:15 PM | \$15

Instructor: Dr. Janet Rice Mccoy
Florida Public Archaeology Network

technique. Don’t miss this opportunity to elevate your comfort and performance in every step.

27-Feb | Tue 9:00 AM - 10:30 AM | \$15

Instructor: Micaiah Rockwell
Fleet Feet

Discovering Saipan: A Journey with Mike Thomin and Nicole Grinnan

Join us for an adventure into the enchanting world of Saipan, led by historian Mike Thomin and archeologist Nicole Grinnan. During this class, you’ll explore Saipan

CLASSES

Energy Healing with Felipe Munoz at Empathic Practice

Are you curious about the profound world of energy healing and how it has woven its way through history and diverse spiritual practices? Join us for an immersive class that examines the theory, practice, and historical roots of energy healing. This transformative experience will provide a comprehensive understanding of this ancient and effective approach to holistic wellness. By blending theory, hands-on practice, and a journey through the history of spiritual traditions, you will emerge with a profound understanding of energy healing's potential to nurture both body and soul.

16-Apr | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Felipe Munoz
Empathic Practice



EVENT SPOTLIGHT:

Veterans Memorial Park of Pensacola: A Sanctuary of Remembrance and Reflection

For over three decades, the Veterans Memorial Park of Pensacola has stood as a sacred sanctuary, a place of solace, reflection and reverence. Here, history comes alive as you explore the monuments and memorials that pay homage to the diverse wars and conflicts that have shaped our nation. A visit to the Veterans Memorial Park is an opportunity to connect with history, to appreciate the enduring spirit of the nation's warriors, and to be reminded of the sacrifices that have preserved our freedom.

9-Apr | Tue 10:00 AM - 11:15 AM | \$15

Instructor: Butch Hansen
Pensacola Veterans Memorial Park

Rome and the Mediterranean World — 2 Sessions

Embark on a historical odyssey as Department History and Philosophy Associate Professor Dr. Marie Champagne's students trace the remarkable development of Rome, from its humble origins as a tiny town to its unparalleled domination of the entire Mediterranean. Explore the foundations of Roman society, where the structures of family, government and military played pivotal roles in shaping the destiny of this ancient powerhouse. The narrative extends beyond the political and military realms to capture Rome's cultural evolution and uncover the dynamics of social relationships, the accumulation of wealth and the roles played by women in shaping the trajectory of Rome's history.

23-Apr & 25-Apr | Tue & Thu 1:00 PM - 2:15 PM | \$20

Instructor: Dr. Marie-Thérèse Champagne
UWF Building 86, Room 116

Wednesday

Historic Sacred Heart Hospital Tour

The tour of the Old Sacred Heart Hospital offers a unique opportunity to connect with the rich history and architectural splendor of this landmark institution. We will traverse through time and witness the legacy of the Old Sacred Heart Hospital. This remarkable institution, which first opened its doors in September 1915, holds a special place in both the history of Pensacola and the broader context of healthcare in Florida. Our tour offers a rare opportunity to discover the captivating history and architectural beauty of this late Gothic Revival building that has served as a symbol of healing and compassion for over a century.

24-Jan | Wed 10:00 AM - 12:00 PM | \$15

Instructor: Aaron Ritz
Old Sacred Heart Hospital

Azalea Trace Tour

Join us for an exclusive visit to Azalea Trace, where we'll be hosted by CJ Lydon. During our time at Azalea Trace, we'll embark on a guided tour of this vibrant community and engage in a thoughtful discussion about the keys to an active, secure, and personally fulfilling lifestyle in a place you'll cherish. The tour will also include an inside look at our very own Louise Tolbert's apartment. Prepare to actively participate, ask insightful questions, and absorb as much information as possible during our visit.

This experience is tailored for those who are curious and eager to explore life adjacent to the University of West Florida and understand what it's like for residents in this exceptional community. Guests will make their way to the administration building and gather at the auditorium located on the main floor.

31-Jan | Wed 1:00 PM - 3:00 PM | \$15

Instructor: Nicole Nelson

Azalea Trace

From Clay to Bronze: A Journey through Local Bronze Public Sculptures and the Lost Wax Process with Local Sculpture Artist Randy New

From Clay to Bronze is a captivating presentation that explores the world of bronze sculpture. Randy New, a passionate and skilled sculptor, will take the audience on a visual and educational journey through the process of creating bronze sculptures, from initial concept to their installation in public spaces. The audience will be treated to a showcase of significant bronze sculptures in the local area. The core of the presentation is devoted to the lost wax process, a time-honored technique for creating bronze sculptures. The presentation also includes hands-on examples for students to get a real feel for the art.

7-Feb | Wed 10:00 AM - 11:15 AM | \$15

Instructor: Randy New

Florida Public Archaeology Network

Path to the Stage: What it Takes to Become an Opera Singer

Thousands of singers graduate each year from universities and conservatories around the country, dreaming of a career as a professional opera singer. In this session, you'll meet Pensacola Opera's Jan Miller Studio Artists, four singers and one pianist at the beginning of their careers. They'll perform a brief program of arias and duets, followed by a guided, interactive conversation led by Music Director Cody Martin.

14-Feb | Wed 1:00 PM - 2:15 PM | \$15

Instructor: Cody Martin

Pensacola Opera Company

Fiore: The Art of Flowers

Join us for a journey that combines the joy of discovery with the art of flower arrangement. Step into the charming old carriage house, where they've curated an



EVENT SPOTLIGHT:

Scenic Highway Trolley Tour — 2 Groups*

Join the knowledgeable Scenic Highway Foundation member, Robin Rowan, for an engaging journey along one of Florida's most picturesque scenic highways in a Go Retro shuttle. Explore the rich history and natural beauty of this area as you discover landmarks, including America's oldest neighborhood, Magnolia Bluffs Park, and Gull Point. Our adventure begins at Alga Brewing Company on 12th Avenue, where we will set off. After our enlightening tour, we'll reconvene at Alga for a Dutch-Treat lunch. Don't miss this opportunity to immerse yourself in the charm and wonder of this scenic highway. **Not available on the all-inclusive Unlimited Classes option.*

Group #1: 14-Feb | Wed

Group #2: 19-Apr | Fri

10:00 AM - 12:00 PM | \$25

Instructor: Robin Rowan

Alga Beer Company

inviting atmosphere. During your visit, you might even find yourself as the fortunate recipient of a special prize, adding an extra touch of magic to your experience. And rest assured, you'll find ample parking space conveniently located on the side and at the rear of the shop. Come and revel in the world of Fiore, where every petal holds a promise of delight, and every occasion is transformed into a memory to be treasured.

21-Feb | Wed 11:00 AM - 12:15 PM | \$15

Instructor: Shannon Pallin

Fiore of Pensacola

CLASSES

CPR: Online Learning + Hands-On Practice

This comprehensive CPR course is designed to equip you with the skills and confidence needed in critical situations. Students will start with a one hour online course prior to the class. Covering essential techniques and protocols, this module provides the fundamentals. The class is then led by an instructor, who will help you hone your CPR skills and provide real-time feedback. You can opt for certification to demonstrate your proficiency in CPR, or simply take the course for personal knowledge without certification. If certified, your qualification is valid for two years from the date of the class and costs \$80.

28-Feb | Wed 10:00 AM - 11:15 AM | \$15

Instructor: Nancy Quina

UWF Building 72 (HLES), Room 235

WOW: World of Water Presentation by Butterflies in Motion

Prepare to embark on a mesmerizing journey through the intricate and fragile ecosystem of our planet's oceans. Join us for the "WOW: World of Water" presentation, where we delve deep into the fascinating and crucial subject of how water pollutants find their way into the vast and mysterious world of the ocean. This presentation is an immersive and eye-opening experience that combines education and visual storytelling. The goal is to shed light on the complex processes that lead to ocean pollution and its detrimental effects on marine life and ecosystems.

28-Feb | Wed 1:00 PM - 2:15 PM | \$15

Instructor: Jenny Weber

Florida Public Archaeology Network

Empowering Seniors: Navigating the World of Smart Technologies for a Fulfilling Life

As technology development accelerates, the integration of artificial intelligence into smart devices and services takes center stage. Although many of these technologies may appear experimental and enigmatic, they hold tremendous potential and immediate benefits for seniors. These advancements provide pathways to enhance safety, well-being and a fulfilling life as we age. Mr. Newby will introduce us to current, proven technologies that offer tangible advantages, as well as emerging innovations. Through his guidance, we'll gain a deeper understanding of how to harness these tools to fortify and enrich our lives.

6-Mar | Wed 10:00 AM - 11:15 AM | \$12

Instructor: Josh Newby

Florida Public Archaeology Network

Explore the Beauty of Camellias at the UWF Camellia Garden

Nestled within the picturesque campus of the University of West Florida, the Camellia Garden awaits to captivate you with a spectacular display of enchanting blooms. This garden is not just a feast for the eyes—it's a testament to a collaborative effort between UWF, the Pensacola Camellia Club and the UWF Retired Employee Association, designed to showcase the finest Pensacola registered varieties alongside camellias sourced from across the globe.

13-Mar | Wed 1:00 PM - 2:15 PM | \$15

Instructor: Louise Seitz

UWF Camellia Garden



EVENT SPOTLIGHT:

Art in the Heart of Pensacola: A Visit to the Pensacola Museum of Art*

Immerse yourself in the vibrant history of Fiesta and discover a diverse array of artwork at the Pensacola Museum of Art. Whether you're an art enthusiast or simply seeking a dose of creative inspiration, a visit to the Pensacola Museum of Art promises a journey through culture, history and the boundless talent that thrives within our community. Come and experience the magic of art in the heart of Pensacola. **Not available on the all-inclusive Unlimited Classes option.*

20-Mar | Wed 10:30 AM - 11:45 AM | \$15

Instructor: Caitlin Rhea

Pensacola Museum of Art

Classes Continued on Page 19

JANUARY 2024 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 New Years Eve	1 New Years Day	2	3	4	5	6
University of West Florida Closed for Winter Break December 21, 2023 - January 3, 2024						
7	8	9	10	11	12	13
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22 10 AM - 11:15 AM Memory Skills for Seniors with Dr. Kathryn Dekemel 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	23 10 AM - 11:15 AM Conversation with Rick Outzen 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	24 10 AM - 12:00 PM Historic Sacred Heart Hospital Tour	25 12 PM - 2 PM Award Winning Crabcakes at Azalea Trace	26 10 AM - 11:15 AM Current Affairs Discussions 1 PM - 2:15 PM Inside Israel: Film and Discussion with Dr. Gil Fried	27
28	29 10 AM - 11:15 AM Retirement: Making Your Money Last 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	30 10 AM - 11:15 AM Celebrating a Lifetime of Music with Don Snowden 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	31 1 PM - 3 PM Azalea Trace Tour	1 9:30 AM - 11 AM J. W. Renfro Pecan Company	2 10 AM - 11:15 AM Current Affairs Discussions 1:00 PM - 2:15 PM Running Scared: Examining Dorothy Kenyon's Response to Communist Allegations	3

FEBRUARY 2024 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	10 AM - 11:15 AM Retirement: Making Your Money Last 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	10 AM - 11:15 AM Celebrating a Lifetime of Music with Don Snowden 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	1 PM - 3 PM Azalea Trace Tour	9:30 AM - 11 AM J. W. Renfroe Pecan Company	10 AM - 11:15 AM Current Affairs Discussions 1:00 PM - 2:15 PM Running Scared: Examining Dorothy Kenyon's Response Groundhog Day	
4	5	6	7	8	9	10
	11 AM - 12:30 PM Bodacious Kitchen: Charcuterie Board Crafting 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	10 AM - 11:15 AM Focus on Fixed Income 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	10 AM - 11:15 AM From Clay to Bronze: A Journey through Local Bronze Public Sculptures and the Lost Wax Process with Local Sculpture Artist Randy New	10 AM - 11:15 AM Shining Light on Human Trafficking: Magdalene's Gifts & Gatherings 1 PM - 2:15 PM Sado: Japanese Tea Ceremony	10 AM - 11:15 AM Current Affairs Discussions 2 PM - 3:30 PM Tour the W.R. Taylor Brick Company	
11	12	13	14	15	16	17
	10 AM - 11:15 AM Pirates! The Last Scourge of the Gulf 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	10 AM - 11:15 AM Calling All Bookies: <i>The Ninth Hour</i> 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	10 AM - 12 PM Scenic Highway Trolley Tour: Group #1 1 PM - 2:15 PM Path to the Stage: Become an Opera Singer Valentine's Day	10 AM - 11:30 AM Exploring Child Advocacy: A Visit to Gulf Coast Kid's House	10 AM - 11:15 AM Current Affairs Discussions 1 PM - 2:15 PM Social Engineering Before Social Media-Stamping Out Bad Behavior	
18	19	20	21	22	23	24
	10 AM - 11:15 AM Acupuncture and Reflexology 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder President's Day	10 AM - 11:15 AM Celebrating President's Day with Dr. Mary Minkoff 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	11 AM - 12:15 PM Fiore: The Art of Flowers	10 AM - 11:30 AM Exploring Sacred Spaces: First Baptist Church of Pensacola	10 AM - 11:15 AM Current Affairs Discussions 1 PM - 2:15 PM Read All About It, or Maybe Not: Why the Issue of Book-Banning Won't Go Away	
25	26	27	28	29	1	2
	11:30 AM - 1:30 PM Pensacola Blue Wahoos Stadium Tour and Lunch* 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	9 AM - 10:30 AM Step Into Comfort: Healthy Feet at Fleet Feet 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	10 AM - 11:15 AM CPR: Online Learning + Hands- On Practice 1 PM - 2:15 PM WOW: World of Water Presentation by Butterflies in Motion	10 AM - 11:15 AM Unlock the Ancient Wisdom of Chinese Foot Reflexology with Renowned Expert, Tim Atkins	10 AM - 11:15 AM Current Affairs Discussions 1 PM - 2:15 PM SR-71 Blackbird: Fighting the Cold War From 85,000 Feet	

MARCH 2024 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
	11:30 AM - 1:30 PM Pensacola Blue Wahoos Stadium Tour and Lunch* 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	9 AM - 10:30 AM Step Into Comfort: Healthy Feet at Fleet Feet 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	10 AM - 11:15 AM CPR: Online Learning + Hands-On Practice 1 PM - 2:15 PM WOW: World of Water Presentation by Butterflies in Motion	10 AM - 11:15 AM Unlock the Ancient Wisdom of Chinese Foot Reflexology with Renowned Expert, Tim Atkins	10 AM - 11:15 AM Current Affairs Discussions 1 PM - 2:15 PM SR-71 Blackbird: Fighting the Cold War From 85,000 Feet	
3	4	5	6	7	8	9
	10 AM - 11:15 AM It's Fun to Stay at the Y.M.C.A. 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	10 AM - 11:15 AM Discovering Saipan: A Journey with Mike Thomin and Nicole Grinnan 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	10 AM - 11:15 AM Empowering Seniors: Navigating the World of Smart Technologies for a Fulfilling Life	9:30 AM - 11 AM Dance Through Time: A Fusion of Movement and Expression with Dr. Kym Atwood	10 AM - 11:15 AM Current Affairs Discussions 12 PM - 1:15 PM Argos Abroad: Lunch and Learn with UWF Alumni Travel Program	
10	11	12	13	14	15	16
	10 AM - 11:15 AM Hilton-Green Research Room Archives 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	1 PM - 2:30 PM Discovering the Heritage of Belmont-DeVilliers 1 PM - 3 PM Beatles Unveiled: A Musical Odyssey	1 PM - 2:15 PM Explore the Beauty of Camellias at the UWF Camellia Garden	10:30 AM - 11:30 AM Bocce Ball for All	10 AM - 11:15 AM Current Affairs Discussions	
17	18	19	20	21	22	23
St. Patrick's Day	11 AM - 12:30 PM Oyster Bay Boutique Hotel 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	10 AM - 11:15 AM Sugar Cookie Class at Chrisoula's Cheesecake Shoppe 1 PM - 2:15 PM AmeriCorps at 30 Years: Its Local Impact	10:30 AM - 11:45 AM Art in the Heart of Pensacola: A Visit to the Pensacola Museum of Art	10:30 AM - 11:30 AM Bocce Ball for All 10 AM - 11:30 AM Nonprofit Highlight: Big Brothers Big Sisters	11 AM - 12:30 PM Lunch at Jackson's: Rich in History, Rich in Flavor	
24	25	26	27	28	29	30
	1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder			10:30 AM - 11:30 AM Bocce Ball for All		
31						

APRIL 2024 CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 10 AM - 11:15 AM American Chautauqua Movement 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	2 10 AM - 11:30 AM Embark on an Astronomical Adventure: "Voyage to Distant Worlds" at the Planetarium	3 10 AM - 11:15 AM Park, Pay and Play: Downtown Parking Workshop	4 10:30 AM - 11:30 AM Bocce Ball for All	5 9 AM - 3 PM Exploring Culture and Culinary Delights: A Day at the Poarch Band of Creek Indians Cultural Museum	6
7	8 10 AM - 11:15 AM What to Keep, What Not to Keep 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	9 10 AM - 11:15 AM Veterans Memorial Park of Pensacola: A Sanctuary of Remembrance and Reflection	10 10 AM - 11:15 AM Stocks: The Nuts and Bolts Seminar	11 10:30 AM - 11:30 AM Bocce Ball for All 1 PM - 2:15 PM Untangling the Myth: The American Cowboy in Short Stories of the West	12 10 AM - 11:15 AM Geopolitics with Capt. USN Retired Frederick Levin 1 PM - 2:15 PM Embark on a Journey to Optimal Health with OsteoStrong®	13
14	15 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	16 10AM - 11:15 AM Energy Healing with Felipe Munoz at Empathic Practice	17 1 PM - 2:15 PM Outsmart the Scammers	18 10 AM - 11:15 AM Magic for Your Grandchildren	19 10 AM - 12 PM Scenic Highway Trolley Tour: Group #2 1 PM - 2:15 PM Pioneering Innovation: Sea3D Printing	20
21	22 1 PM - 2:30 PM Recorder Ensemble 2:30 PM - 4 PM Learning to Play the Recorder	23 1 PM - 2:15 PM Rome and the Mediterranean World	24 10 AM - 11:15 AM New Baptist Hospital Tour	25 10 AM - 11:15 AM Magic for Your Grandchildren 1 PM - 2:15 PM Rome and the Mediterranean World	26 1 PM - 2:15 PM Yes, and...: Improv 101	27
28	29	30	1	2	3	4

Bring a Friend! Current members may bring a friend to try out one Leisure Learning class. The class price will apply. If your friend joins Leisure Learning, you AND your friend will receive a credit voucher toward a future class or event.

Continued from Page 14

Park, Pay and Play: Downtown Parking Workshop

(Pre-Registration Required)

Learn how to park, pay and play in Downtown Pensacola! Join Lissa Dees for a training session designed for anyone who wants to learn more about parking downtown. At this workshop, guests will learn how to identify DIB parking, where to find free parking, how to load and use the new Passport Parking app, how to use a pay machine and how to navigate the parking website to find parking locations and pricing, as well as have the opportunity to meet the downtown parking ambassadors and ask questions. **Please Note: This session is free to Leisure Learning members; pre-registration is required.*

3-Apr | Wed 10:00 AM - 11:15 AM | Free

Instructor: Lissa Dees

Florida Public Archaeology Network



New Baptist Hospital Tour

Witness the culmination of a vision as you explore the grounds of the new Baptist Hospital campus—a healthcare center that exceeds expectations. Nestled in a thoughtfully designed environment, this new campus not only exudes beauty but also fosters well-being and tranquility, creating a healing haven for patients and their families. Beyond its aesthetic appeal, this world-class facility seamlessly integrates cutting-edge technologies, elevating the standard of care provided by experienced and compassionate team members.

24-Apr | Wed 10:00 AM - 11:15 AM | \$15

Instructor: Kristin Ales

Baptist Hospital Bear Health Center

Stocks: The Nuts and Bolts Seminar

Stocks may play a major role as investors try to reach their long-term financial goals. This presentation shares information to help investors evaluate how this type of investment may fit into an overall strategy. This class looks at common versus preferred stock, dividends, investment strategy and different ways to own stock.

10-Apr | Wed 10:00 AM - 11:15 AM | \$15

Instructor: Jacey Consentino

Florida Public Archaeology Network

Outsmart the Scammers

This seminar is designed for financial empowerment. In addition to mastering fixed income investments, we'll equip you with the skills to identify red flags signaling potential fraud. Explore resources for navigating fraudulent encounters, ensuring you and your loved ones are safeguarded. Learn proactive steps you can take today to fortify your financial defenses, creating a resilient shield against potential threats. Don't just invest, invest wisely and securely with the knowledge gained in this essential seminar.

17-Apr | Wed 1:00 PM - 2:15 PM | \$20

Instructor: Jacey Consentino

Florida Public Archaeology Network

Thursday

Award Winning Crabcakes at Azalea Trace*

Are you ready for a unique experience that combines the charm of Azalea Trace with the culinary excellence of Chef James Fontaine? Be prepared for a delectable dining experience as you relish every bite of Chef James' award-winning crab cakes along with Grouper Involtini, Brussel Sprouts Marnaz, Homemade Bread, and Almond Joy Cake. Coffee, tea and iced tea are also included. This is your opportunity to experience the grace and hospitality of Azalea Trace, relish Chef James Fontaine's culinary masterpiece, and engage with the vibrant community that calls this place home. All you need to bring is your appetite. Seats are limited, so book yours today. *Note: We will meet in the main building, the Club House, where the dining room is straight through the lobby. Park in front of the building. *Not available on the all-inclusive Unlimited Classes option.*

25-Jan | Thu 12:00 PM - 2:00 PM | \$35

Instructor: Chef James

Azalea Trace

CLASSES

Shining Light on Human Trafficking: Magdalene's Gifts & Gatherings

Magdalene's is a unique shop dedicated to raising awareness about the harsh reality of sex trafficking in our community. Lisa Kidd will present a video about Magdalene's House, a place where hope is rekindled. This gathering will also offer you the opportunity to ask questions and gain insight into volunteer opportunities. Plus, you'll have a chance to explore the gift shop, featuring a wide range of artisan designs and products crafted by survivors themselves. Every purchase from this 100% volunteer-supported social enterprise goes directly towards ending human trafficking and providing essential services to survivors.

8-Feb | Thu 10:00 AM - 11:15 AM | \$15

Instructor: Lisa Kidd

Magdalene's Gifts and Gatherings



EVENT SPOTLIGHT:

J. W. Renfroe Pecan Company

Indulge your senses and explore the history of pecans at The Renfroe Pecan Company, a time-honored institution where passion meets production. This captivating two-part journey takes you behind the scenes into the heart of pecan craftsmanship and welcomes you into their charming store. Since 1931, the Renfroe family has been dedicated to providing pecans for baking, gifting, and wholesome snacking. Join us for a visit that celebrates tradition, flavor, and the joy of discovery. Embrace the essence of pecan perfection and the enduring legacy of a family dedicated to bringing joy to your table.

1-Feb | Thu 9:30 AM - 11:00 AM | \$15

Instructor: Dona Bouchard

J.W. Renfroe Pecan Co.

Exploring Child Advocacy: A Visit to Gulf Coast Kid's House

During our visit, you'll have the unique opportunity to explore this state-of-the-art facility and gain firsthand insights into their mission. Our journey will include a guided tour, allowing you to witness the compassionate and multidisciplinary approach taken to protect and support child abuse victims. Additionally, a thought-provoking presentation will be given, shedding light on the pivotal role that education plays in ending child abuse. This will inspire a deeper understanding of the vital work being done to protect and nurture children in our community.

15-Feb | Thu 10:00 AM - 11:30 AM | \$15

Instructor: Amy Stamey

Gulf Coast Kid's House

Exploring Sacred Spaces: First Baptist Church of Pensacola

In the next captivating installment of our "Places of Worship Series," we embark on a guided journey into the heart of one of Pensacola's most iconic and historically significant religious institutions, the First Baptist Church of Pensacola. Our class will commence with an exploration of the church's architectural and historical facets. A knowledgeable guide will lead us through a journey of discovery, sharing insights into the church's core beliefs, religious practices and its profound role in shaping the spiritual and cultural tapestry of Pensacola.

22-Feb | Thu 10:00 AM - 11:30 AM | \$15

Instructor: Peter Burneister

First Baptist Church of Pensacola

Unlock the Ancient Wisdom of Chinese Foot Reflexology with Renowned Expert, Tim Atkins

Discover the profound healing and relaxation potential that lies within your feet. Gain insights into the ancient art of reflexology, a practice that has been cherished for centuries and explore the rich history and philosophy that underlies Chinese foot reflexology. Tim will demonstrate techniques and share insights on how to apply this ancient practice to alleviate stress, enhance vitality and promote a profound sense of relaxation. Don't miss this unique opportunity to delve into the holistic world of Chinese foot reflexology with a master in the field.

29-Feb | Thu 10:00 AM - 11:15 AM | \$15

Instructor: Tim Atkins

Azalea Trace Azalea Room



EVENT SPOTLIGHT:

Sado: Japanese Tea Ceremony

Immerse yourself in Japanese culture and come practice the traditional art of “Chado” (The Way of Tea) with Chado enthusiasts. The tea ceremony involves taking turns at serving and receiving a cup of matcha and Japanese sweets while striving for aesthetic grace and perfection of predetermined forms in movements. Appreciation of the ceramic tea bowls, bamboo implements, flower arrangements, artistic scrolls and nature are enhanced through this practice.

Note: It is recommended that you bring or wear socks and avoid jeans or other restrictive clothing. Please do not wear any strong fragrances.

8-Feb | Thu 1:00 PM - 2:15 PM | \$15

Instructor: Shigeko Honda
UWF Building 71, Japan House



Connect with us on Facebook!

facebook.com/uwffleisurelearning

Bocce Ball for All — 5 Sessions

Come be part of the next exciting round of Bocce Ball. Bocce Ball is an easy-to-learn game that guarantees endless enjoyment. While not overly strenuous, a game of Bocce Ball still offers a touch of exercise to keep you on your toes. The light physical activity adds to the game’s charm, making it an ideal way to stay active while having a blast. So, why wait? Whether you’re a seasoned pro or have never rolled a bocce ball in your life, we invite you to join us for a fun-filled game of Bocce Ball.

14-Mar to 11-Apr | Thu 10:30 AM - 11:30 AM | \$25

Instructor: Bob & Joan Cochrane
Bayview Senior Citizens Center

Nonprofit Highlight:

Big Brothers Big Sisters

For over a century, Big Brothers Big Sisters has operated with the profound belief that every child possesses the potential to succeed and flourish. They are the nation’s largest mentoring network, supported by dedicated donors and volunteers, and their mission is clear: to create and support one-to-one mentoring relationships that ignite the power and promise of youth. They are excited to welcome us to provide an overview of how the organization accomplishes its mission as well as a tour of the facilities. Come see how this organization is making a difference in the lives of future generations.

21-Mar | Thu 10:00 AM - 11:30 AM | \$15

Instructor: Lori Oswald
Big Brothers Big Sisters

Untangling the Myth: The American Cowboy in Short Stories of the West

Saddle up for a journey into the heart of the American West as we explore the rich tapestry of short stories that have woven the legend of the cowboy. Through a collection of short stories, we will dissect the real-life experiences and challenges faced by those who rode the range, revealing the authentic narratives that often diverge from the romanticized versions. Get ready to untangle the myth and appreciate the genuine stories that have etched the cowboy’s place in the cultural landscape of the West.

11-Apr | Thu 1:00 PM - 2:15 PM | \$15

Instructor: Stephanie McNeill Mps
UWF Building 86, Room 108

Dance Through Time: A Fusion of Movement and Expression with Dr. Kym Atwood

Delve into the captivating history of dance, exploring its roots as a powerful form of communication. This journey connects the dots between the evolution of dance and the art of conveying messages. One notable example we’ll explore is the ballet “The Green Table,” choreographed by Kurt Jooss in the 1930s. This timeless masterpiece portrays the complexities of war and the delicate dance of peace negotiations. From the graceful motions of ballet to the rich storytelling inherent in Hula, we’ll explore how different forms of dance serve as powerful languages of expression.

7-Mar | Thu 9:30 AM - 11:00 AM | \$15

Instructor: Kym Atwood
Florida Public Archaeology Network

CLASSES

Magic for Your Grandchildren — 2 Sessions

Join us for an enchanting morning as the Gulf Coast Magicians Guild presents “Magic for Your Grandchildren.” Immerse yourself in a world of wonder and awe as this talented group of amateur and professional magicians showcase their spellbinding skills. From mesmerizing illusions to delightful sleight of hand, this presentation is crafted to captivate and entertain. Building upon the first class, the second session will be a continuation of the world of wonder and awe of magic by Pensacola’s very own guild of amateur and professional magicians. From mesmerizing illusions to delightful



EVENT SPOTLIGHT:

Social Engineering Before Social Media-Stamping Out Bad Behavior

Many people believe social media is a new phenomenon. However, there have been small messages that educate, inform, or convince people to change their behaviour for over 120 years. Those messages are called stamps. While many people look at stamps as just proof of paying to send a letter, they are much more. Stamps celebrate people, events, and countries. Stamps have also been used to shape public behaviour. Through examining stamps from all over the world, Dr. Gil Fried will show how stamps have been used to change behavior from trying to stop racism, hunger, and climate change to individual actions such as stopping aids, smoking, drunk driving and more.

16-Feb | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Dr. Gil Fried

UWF Building 86, Room 108

sleight of hand, this presentation is crafted to captivate and entertain. Prepare to be amazed and share the magic with your grandchildren for an unforgettable experience filled with laughter, joy, and a touch of mystery. *Please bring a deck of cards with you to class.*

18-Apr to 25-Apr | Thu 10:00 AM - 11:15 AM | \$20

Instructor: Phil Deprotine

Florida Public Archaeology Network

Friday

Inside Israel: Film and Discussion with Dr. Gil Fried

Go beyond myths, fake news, and propaganda of the ancient history and current hotbed that is the Israel debate with someone who has lived there through several wars and also studied while employed with an Israel advocacy lobbying entity in Washington D.C. (AIPAC). In this immersive experience, we will dive deep into the core of the Israel debate and unpack topics of religion, hate, geopolitics and other issues. Those with a genuine thirst for knowledge, who are eager to engage in informed and civil discussion, should participate. The goal is to provide an environment where individuals can learn and exchange ideas without the burden of indoctrination or being subjected to preachy rhetoric.

26-Jan | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Dr. Gil Fried

UWF Building 86, Room 108

Current Affairs Discussions — 8 Sessions

Our diverse topics encompass the remarkable tapestry of our existence, from the intriguing origins of our species to the mind-boggling discoveries of the universe. We journey through shifts in culture, art, music, and so much more. Facilitated by Bob and the class participants, we meticulously curate materials for you to explore before each session. These materials serve as the launchpad for our discussions, which are characterized by the lively exchange of opinions backed by facts, and thought-provoking counterarguments. The result? Engaging, productive conversations that foster greater understanding. *Please Note: To participate in our discussions and receive articles in advance of the sessions, you'll need to provide a valid email address. It's essential for keeping you informed and engaged. The views and opinions expressed in these discussions are solely those of the contributors and participants. Views and opinions expressed*



EVENT SPOTLIGHT:

SR-71 Blackbird: Fighting the Cold War From 85,000 Feet

The SR-71 Blackbird is recognized as one of the most distinctive air-breathing aircraft ever constructed. Serving as a strategic reconnaissance asset for the Free World throughout the final years of the Cold War, this extraordinary aircraft boasted the ability to soar at incredible speeds exceeding Mach 3 and altitudes exceeding 80,000 feet. Only a select few Air Force pilots ever operated this remarkable aircraft. In this presentation, you will gain a comprehensive insight into the SR-71 and its pivotal role in the Cold War, presented by an SR-71 pilot with over 900 hours of flight experience.

1-Mar | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Joe Kinego

UWF Building 86, Room 116

response to Senator Joseph McCarthy's Communist allegations. Kenyon was a remarkable figure in American history, known for her advocacy for civil rights and social justice. During the era of the Cold War and the Red Scare, Senator McCarthy's pursuit of suspected communists had a chilling effect on American society. Kenyon was among those targeted by McCarthy's accusations, and her response to these allegations serves as a compelling case study. This lecture promises to be an enlightening journey through a critical chapter of American history, shedding light on the complex interactions between politics, activism, and civil liberties during a time of ideological conflict.

2-Feb | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Dr. Jennifer Brinkley

UWF Building 70, Courtroom

Tour the W.R. Taylor Brick Company

Discover the unique gem that is the W.R. Taylor Brick Company. Originally a stable trading in horses, mules, harnesses, hay, feed and wagons, this more than one hundred-year-old building now houses a state-of-the-art brick studio. Hayden Ward, the division manager, will share his knowledge of the history of brick and the industry's importance in Pensacola. Also, we will get to experience the water powered elevator, which was once powered by the creek that runs under St. Michael's Cemetery. Prepare to be surprised and fascinated by the architecture of this historic building as well as the stories of the brick company.

9-Feb | Fri 2:00 PM - 3:30 PM | \$15

Instructor: Hayden Ward

W.R. Taylor Brick Company

Read All About It, or Maybe Not: Why the Issue of Book-Banning Won't Go Away

Join Dr. Randy Bobbitt, a semi-retired educator and accomplished author, as he explores the enduring issue of book banning. In this engaging presentation, discover why the contentious debate over restricting access to literature remains a compelling topic. Gain insights into the historical context and the reasons behind the persistence of this important discussion. Dr. Bobbitt offers a thought-provoking perspective on the complex world of book censorship that continues to captivate our attention.

23-Feb | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Dr. Randy Bobbitt

Florida Public Archaeology Network

do not represent Leisure Learning, the Leisure Learning staff and/or any contributors to the program.

26-Jan to 15-Mar | Fri 10:00 AM - 11:15 AM | \$30

Instructor: Bob Robinson

UWF Building 86, Room 116

Running Scared: Examining Dorothy Kenyon's Response to Senator Joseph McCarthy's Communist Allegations with Jennifer Brinkley

Join us for a captivating lecture led by Assistant Professor Jennifer Brinkley, an expert in Legal Studies. In this presentation, Professor Brinkley delves into the historically significant topic of Dorothy Kenyon's

CLASSES

Lunch and Learn About Travel With UWF Alumni Travel Program

Indulge your wanderlust and join us for a captivating Lunch and Learn with the UWF Alumni Travel Program! Embark on a journey of discovery as we showcase the incredible opportunities to explore the world alongside your fellow Argos. Your adventurous spirit will soar with tours meticulously curated by the seasoned experts at Collette Travel. Uncover the exciting details of upcoming travel experiences, learn about the unique destinations, and get ready to make unforgettable



EVENT SPOTLIGHT:

Exploring Culture and Culinary Delights: A Day at the Poarch Band of Creek Indians Cultural Museum*

Discover the rich heritage of the Poarch Band of Creek Indians at The Kerretv Cuko (Building of Learning) Poarch Creek Indians Museum. The museum showcases how the Muskogee Creek Indians lived. After an enlightening visit, savor a delectable lunch at the Market at Wind Creek Casino. They have options for everyone including authentic BBQ, chicken and burgers, seafood favorites, salads and Italian. With a satisfied palate and a deeper understanding of the Poarch Creek culture, this day promises an enriching blend of history and culinary delight. *Note: Participants will park at Target (1749 E Nine Mile Road, Pensacola) and be picked up by a shuttle bus. *Not available on the all-inclusive Unlimited Classes option.*

5-Apr | Fri 9:00 AM - 3:00 PM | \$45

Instructor: Samantha Miller
Poarch Creek Indian Museum and Gift Shop

memories with your UWF alumni community.

8-Mar | Fri 12:00 PM - 1:15 PM | \$15

Instructor: Theresa Burgess
UWF Building 12, Room 150

Lunch at Jackson's: Rich in History, Rich in Flavor*

Prepare your taste buds for an extraordinary culinary event at Jackson's Steakhouse. For over two decades, Jackson's Steakhouse, guided by the visionary Founding Executive Chef Irv Miller, has stood as a cornerstone of Pensacola's dining scene. The lunch package includes a creamy asparagus soup, grilled chicken or shrimp caesar salad or paneed chicken breast medallions, and homemade cookies as well as tea and coffee. Join fellow Leisure Learners for a flavorful lunch that celebrates the artistry of cuisine and the history of excellence. **Not available on the all-inclusive Unlimited Classes option.*

22-Mar | Fri 11:00 AM - 12:30 PM | \$42

Instructor: Kady Reeves
Jackson's Steakhouse

Geopolitics with Capt. USN Retired Frederick Levin

Study patterns of conflict, cooperation, and change in world politics with former Navy Intelligence Officer, Fred Levin. Focusing on the post-Cold war period, the creation of world order under anarchic conditions, and religious, cultural and economic crises in a large portion of the world, Fred will share insights and experiences in this class from an insider's perspective. This class is not just an academic exploration; it's an insider's journey into the heart of world politics.

12-Apr | Fri 10:00 AM - 11:15 AM | \$15

Instructor: Fred Levin
UWF Building 86, Room 116

Embark on a Journey to Optimal Health with OsteoStrong®

Discover the unique system of OsteoStrong®, a program that offers a revolutionary approach to enhancing overall well-being. Unlike traditional gyms, diets, supplements, or medical treatments, OsteoStrong® is a unique wellness center dedicated to a single, common denominator: your skeletal system. The human skeletal system, often underestimated in its importance, serves as the fundamental framework for our bodies, offering more than just structural support and protection. During

this visit, you will explore the revolutionary techniques for strengthening the skeletal system as well as the equipment and facilities.

12-Apr | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Kasey Titus
Osteostrong

Pioneering Innovation: Sea3D Printing

Sea3D, a vital component of the UWF Haas Center, is a dynamic focal point for groundbreaking research, innovation, and exploration in the ever-evolving realm of additive manufacturing. Nestled within the historic walls of the Museum of Commerce in downtown Pensacola, Sea3D is not only a center for invention but also a catalyst for converting real-world challenges into ingenious solutions. Within its walls, you'll discover a realm of cutting-edge technology and witness firsthand

the marvels of real-world science and the limitless potential of 3D printing.

19-Apr | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Nicole Gislason
Museum of Commerce

Yes, and...: Improv 101

Interested in learning more about improv? Wanting to get out of your comfort zone and try something new? This Improv 101 workshop will give you a fun, supportive and hands-on introduction to the basics of improv comedy taught by members of Improvable Cause. Actors will run through the core tenets of improv and create a space for play, growth, and flexibility that can impact your life both on and off stage!

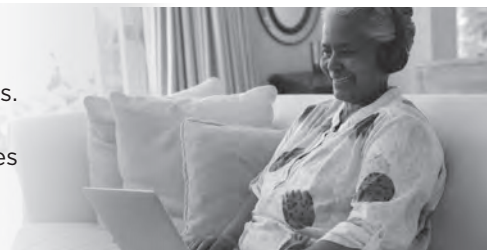
26-Apr | Fri 1:00 PM - 2:15 PM | \$15

Instructor: Laynie Gibson
The Gordon Community Art Center

Discover more classes online!

UWF Continuing Education offers a variety of 6-week online enrichment courses. From **Drawing for the Absolute Beginner** and **Introduction to Guitar** to **Speed Spanish**, **Write and Publish Your Nonfiction Book** and more, these online courses provide you the opportunity to gain new skills on your own time.

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uwf.edu/cfpa



Center for Fine
and Performing Arts
UNIVERSITY of WEST FLORIDA

LOCATIONS & DIRECTIONS



Main Campus:

University of West Florida
11000 University Pkwy.
Pensacola, FL 32514

From 110: Take exit 13 (Davis Hwy.) and go north. Stay in the far left lane to follow signs to University Pkwy. Turn left onto University Pkwy. Stay in the right lane and follow University Pkwy. until it ends.
850.473.7468

Historic Pensacola Campus Downtown locations:

Florida Public
Archaeology Network
207 E Main St.
Pensacola, FL 32501

Located just East of Tarragona St. on the corner of Main and Barracks streets, next to The Fish House. Parking is available behind the FPAN building, off of Barracks St., or on the east side near the park. **850.595.0050**

J. Earle Bowden Building
120 Church St.
Pensacola, FL 32501

Two-story building is located on Church St. off of Tarragona St. behind the T.T. Wentworth museum. PARKING IS LIMITED There is a paid lot on the corner of Church and Tarragona. BE AWARE parking adjacent to the Bowden building because they are private parking and have Tow Away zone signs posted.
850.595.5985

Please Note: Schedule and location changes will be communicated through email. Be sure to check your email leading up to the event.

Alga Beer Company
2435 N 12th Ave. Pensacola, FL 32503
Located in East Hill on the corner of 12th Ave. and E Scott streets.
850.473.7468

Azalea Trace
10100 Hillview Dr. Pensacola, FL 32514
Located at the end of Hillview Rd. If you are on University Pkwy. headed to University of West Florida, you will turn right onto Hillview Road. Go to the stop sign and turn left. Stay on this road until you see the Administration Information sign, then turn right into the parking lot. **850.478.5200**

Baptist Hospital Bear Health Center
125 Baptist Way
Pensacola, FL 32503
The Bear Health Center is on the new Baptist Hospital campus located at the corner of Brent Lane and I-110.
448.227.8479

Bayview Senior Citizens Center
2000 E Lloyd St.
Pensacola, FL 32503
Located in East Hill at the corner of 20th and Lloyd Street on Bayou Texar.
850.436.5190

Bear Levin Studer Family YMCA
165 E Intendencia St.
Pensacola, FL 32502
The entrance to the YMCA faces Intendencia Street. Parking is available in the Southtowne parking garage and can be validated by bringing your license plate into the YMCA. Paid parking is also available along Tarragona Street, but it cannot be validated. Parking video: https://www.youtube.com/watch?v=RI_esDXqjuw.
850.438.4406

Big Brothers Big Sisters
1320 Creighton Rd.
Pensacola, FL 32504
Located east of Davis Hwy. on Creighton Rd. between the Vitas Healthcare and Woerner. Parking is available on site. **850.433.5437**

Bodacious Shops
407 S Palafox St.
Pensacola, FL 32502
Located in Downtown Pensacola on South Palafox St. between East Zarragossa and East Main streets.
850.438.7857

Chrisoula's Cheesecake Shoppe Bakery and Cafe
236 W Garden St #2A
Pensacola, FL 32502
Located downtown Pensacola on Garden St. between North Spring and South Reus Streets. The shop is in a small strip mall next to other businesses. **850.438.5650**

Empathic Practice
2701 N 12th Ave. Pensacola, FL 32503
Located in East Hill on the corner of 12th Ave. and Cross St. Parking is available in the lot. **850.777.3334**

Fleet Feet
236 W Garden St. Pensacola, FL 32502
Located downtown Pensacola on Garden St. between North Spring and South Reus Streets. The shop is in a small strip mall next to other businesses. **850.332.7723**

Fiore of Pensacola
405 South K St.
Pensacola, FL 32502
Located downtown off of Barrancas Avenue between Government and Zarragossa streets. From I-110S take the Cervantes exit and head west to North A street. Take a left on A street and when you get to Garden, take a right. Travel 3 blocks and take a slight left onto Barrancas. Take a right on South K St., the destination will be on your left. **850.469.1930**

First Baptist Church of Pensacola
500 N Palafox St.
Pensacola, FL 32501
Located in Downtown Pensacola north of Garden St. Park in the parking lot on the north side of the church, and enter through the north doors. **850.433.5631**

Gulf Coast Kid's House

3401 N. 12th Ave. Pensacola, FL 32504

Go South on N. Davis Hwy. to Olive Rd. and make a left onto Olive Rd. Turn right onto 9th ave and follow south to Texar Drive. Turn left onto Texar Dr and then right onto 12th ave. Gulf Coast Kid's House will be 2 blocks on the right. Landmarks: Next door to the Cactus Flower Restaurant and across the street from St. Christopher's Church. **850.595.5800**

Historic Sacred Heart Hospital

1010 N 12th Ave. Pensacola, FL 32501

Located in East Hill off 12th Ave. Parking is available in the front and on the sides of the building. **850.432.8900**

J.W. Renfroe Pecan Co.

794 W Main St. Pensacola, FL 32501

Downtown Pensacola. Located on Main St. between Joe Patti's Seafood and the Blue Wahoos Stadium. **850.332.7714**

Jackson's Steakhouse

400 S Palafox St. Pensacola, FL 32502

Located in downtown Pensacola, behind the Museum of Art, on the corner of Zarragossa and Palafox. **850.469.9898**

Kukua Institute

300 N Reus St. Pensacola, FL 32501

On I-110S take Garden St exit. Turn right on Reus St., location will be on your right between Wright and Belmont. **850.356.6921**

Museum of Commerce

201 E. Zaragoza St.

Pensacola, FL 32501

Downtown Pensacola, on the corner of Tarragona and Zaragoza. **850.595.5985**

Osteostrong

1151 Office Woods Dr.

Pensacola, FL 32504

Located west of 12th Ave. Shares the lot with the Leisure Club Coffee & Brunch Bar. **850.972.0529**

Oyster Bay Boutique Hotel

400 Bayfront Pkwy.

Pensacola, FL 32502

Located downtown on the corner of Bayfront Pkwy. and Alcaniz St. Across from Fountain Park. **850.912.8770**

Pensacola Museum of Art

470 S Jefferson St.

Pensacola, FL 32501

Corner of Jefferson and Main St. Directly across the street from the Pensacola Little Theatre/Pensacola Cultural Center. Take I-110 to downtown Pensacola. Exit 1-C which goes on to Garden Street. At the second traffic light, turn left onto Jefferson Street and follow almost to the end. The Museum of Art is on the right. For parking information: www.pensacolamuseum.org/visit. **850.432.6247**

Pensacola Museum of Commerce

201 E Zaragoza St.

Pensacola, FL 32501

Downtown Pensacola, on the corner of Tarragona and Zaragoza. Free parking is available on the street or in Fountain Park, near Christ Church, on Zaragoza. **850.595.5985**

Pensacola Opera Company

75 S Tarragona St.

Pensacola, FL 32502

Heading south on I-110, take Garden exit and turn left at the first light, Tarragona St. Location will be on your right. Do not park in lot behind our building. No guest parking is allowed. You will need to use street parking or one of the paid lots in close proximity to the Opera Center. The two blocks directly in front of us are free 2-hour spots, and there are also city-metered spots on the block south of us on Tarragona, adjacent to the Southtowne Apartments. **850.433.6737**

Pensacola State College Planetarium

1000 College Blvd. Pensacola, FL 32504

Enter campus from Airport Blvd across from Steak N Shake. You will be right in front of the planetarium. Parking is available anywhere in front of the planetarium in building 21, except for the Green painted curbs (faculty and staff). **850.484.1238**

Pensacola Veterans Memorial Park

200 S 10th Ave. Pensacola, FL 32502

Park is located in downtown Pensacola on East Romana St., south 9th Ave. and Bayfront Pkwy. **850.473.7468**

Poarch Creek Indian Museum and Gift Shop

5484 Jack Springs Rd.

Atmore, AL 36502

We will provide a shuttle from Target on Nine Mile Rd. to the location and back. **251.368.9136 ext. 2053**

St. Christopher's Episcopal Church

3200 N 12th Ave. Pensacola, FL 32503

Located across from Cactus Flower Cafe east of 12th Ave. **850.433.0074**

Studer Community Institute

220 W Garden St. Pensacola, FL 32502

Formerly the Sun Trust building located downtown, two blocks west of Palafox St. Parking is available in the lot on Spring and Chase streets. Signs indicating private parking and numbered spaces, but it is the event parking for that building. Take the elevator on the right of the building's front entrance. **850.359.9595**

The Gordon Community Art Center

306 N De Villiers St. Pensacola, FL 32501

From I-110 S, take Cervantes exit and turn right. When you reach De Villiers, take a left, destination will be on your left past Five Sisters Blues Cafe. **850.857.8961**

Vince J. Whibbs Sr.

Community Maritime Park

301 W Main St. Pensacola, FL 32501

Downtown Pensacola on Main St. between Spring and DeVilliers. Parking information and map: downtownpensacola.com/parking **850.436.5670**

Voices of Pensacola Multicultural Center

119 E Government St.

Pensacola, FL 32502

Located in downtown Pensacola across from Seville Quarter. Take I-110S to Garden exit, turn left on Tarragona St. then right on Government St. Destination on your left. **850.595.5840**

W.R. Taylor & Company

17 Manresa St. Pensacola, FL 32502

Downtown Pensacola at Garden exit from I110S, take very first left on Manresa St., location will be on your right. **850.432.6163**

VOLUNTEERS

Spring 2024 Instructors

Kim Armstrong
Dr. Kym Atwood
Lissa Dees
Steve Douglas
Nicole Gislason
Nicole Grinnan
Colonel Joe Kinogo,
USAF (Ret)
Dr. Janet Rice McCoy
Bob Robinson
Robin Rowan
Mike Thomin
Dr. Louise Tolbert
Felipe Munoz
Caitlin Rhea

Nicole Nelson
Julie Martin Greene
Dr. Mary Minkoff
Nancy Quina
Robin Reshard
Kasey Titus
Billy Jackson
Josh Newby
Louise Seitz
Amy Stamey
Samantha Miller
Peter Burneister
Shannon Pallin
Jacey Consentino
Randy New

Fred Levin
Aaron Ritz
Laynie Gibson
Dr. Gil Fried
JoAnn Pesce
Dona Bouchard
Charles Tucker
Kady Reeves
Phil Deprotine
Dr. Kathryn Dekemel
Lori Oswald
Cody Martin
Shannon Hannah
Dr. Randy Bobbitt
Dr. Marie Therese Champagne

Shigeko Honda
Lisa Kidd
Micaiah Rockwell
Chrisoula Hulion
Kristin Ales
Hayden Ward
Jessica Barry
Tim Atkins
Stephanie McNeill, MPS
Butch Hansen
Jenny Weber
Theresa Burgess
Dean DeBolt

Curriculum Council

David Hoffman
Robert Kugelman

Bob Robinson
Linda Sampson

Pam Smith
Louise Tolbert

Volunteer Opportunities

Curriculum committee members earn a free class for every class they organize. No minimum number required! Responsibilities include attending 2-3 meetings per semester, contacting potential instructors, occasionally take attendance and be a supportive presence in the classroom.

To get involved, send an email to leisurelearning@uwf.edu or call 850.473.7468.

Want to teach a class?

We are always looking for instructors in basic computers, U.S. and International history, fine arts, music, theater and behind-the-scenes tours.

Have an idea for a class? Visit the “Want To Get Involved” page at uwf.edu/leisurelearning and submit an online course proposal.

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Leisure Learning
UNIVERSITY of WEST FLORIDA



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- **Online** - uwf.edu/leisurelearning
- **Mail** - Fill out the registration form.
- **By Phone** (Mon - Fri, 9 a.m. to 4 p.m.) - To pay by Visa, Mastercard or American Express, call the Leisure Learning office at 850.473.7468.



Important Information: Credit cards and other forms of payment are accepted. Phone and online registrations are highly recommended. If mailing a check, contact the Leisure Learning office or check classes online to make sure they are not already full.

OFFICE HOURS

Mon - Thu, 9 a.m. to 4 p.m.
Appointments also available upon request.

Building 77, Suite 138
11000 University Parkway
Pensacola, FL 32514

Class selections listed on reverse side >>

☐ Check this box if address/info has changed

Name _____

Phone # _____

Address _____

City, State, Zip _____

Email _____



Members who joined LL in **1996** will always remain Charter Members, but your membership must be renewed annually. Please consider the discounted \$10 membership dues to help cover printing and postage costs.

The \$40 annual membership fee covers 12 months from the date you join.

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- ☐ No fee - Membership Dues are current

Charter Membership (*Joined LL in 1996*)

- ☐ \$10.00 - Renew Charter Member
- ☐ No fee - Renew Charter Member Gratis

Total Class Tuition: _____

Membership Dues: _____

Total Payment Enclosed: _____

Writing a check for class?

Many Leisure Learning events and classes fill up quickly and result with a waiting list. If you are paying by check, please visit uwf.augusoft.net or call Student Support 850.473.7468 to check availability before mailing payment.

Make check payable to: **Leisure Learning**

Mail this form along with your check to:

University of West Florida
Leisure Learning (Bldg. 77/ Suite 131)
11000 University Pkwy., Pensacola, FL 32514

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☐ **\$185** Unlimited Class Option

Arts and Literature

- ☐ **\$15** Art in the Heart of Pensacola: A Visit to the Pensacola Museum of Art*
- ☐ **\$30** Beatles Unveiled: A Musical Odyssey Through Their Lives and Legacy — 6 Sessions
- ☐ **\$15** Calling All Bookies: "The Ninth Hour"
- ☐ **\$15** Celebrating a Lifetime of Music with Don Snowden
- ☐ **\$15** Dance Through Time: A Fusion of Movement and Expression with Dr. Kym Atwood
- ☐ **\$15** From Clay to Bronze: A Journey through Local Bronze Public Sculptures and the Lost Wax Process
- ☐ **\$30** Learning to Play the Recorder — 14 Sessions
- ☐ **\$20** Magic for Your Grandchildren — 2 Sessions
- ☐ **\$15** Path to the Stage: What it Takes to Become an Opera Singer
- ☐ **\$30** Recorder Ensemble Series — 14 Sessions
- ☐ **\$15** Untangling the Myth: The American Cowboy in Short Stories of the West
- ☐ **\$15** Yes, and... Improv 101

Business, Finance and Technology

- ☐ **\$15** AmeriCorps at 30 Years: Its Local Impact
- ☐ **\$15** Empowering Seniors: Navigating the World of Smart Technologies for a Fulfilling Life
- ☐ **\$15** Focus on Fixed Income
- ☐ **\$15** Outsmart the Scammers
- ☐ **Free** Park, Pay and Play: Downtown Parking Workshop
- ☐ **\$15** Retirement: Making Your Money Last
- ☐ **\$15** Stocks: The Nuts and Bolts Seminar

Culinary and Food

- ☐ **\$35** Award Winning Crabcakes at Azalea Trace*
- ☐ **\$20** Bodacious Kitchen: Charcuterie Board Crafting*
- ☐ **\$15** J.W. Renfro Pecan Company Visit
- ☐ **\$42** Lunch at Jackson's: Rich in History, Rich in Flavor*
- ☐ **\$20** Sweet Creations: A Sugar Cookie Class at Chrisoula's Cheesecake Shoppe*

Culture, Travel and Tours

- ☐ **\$15** Azalea Trace Tour
- ☐ **\$15** Discovering the Heritage of Belmont-DeVilliers
- ☐ **\$45** Exploring Culture and Culinary Delights: A Day at the Poarch Band of Creek Indians Cultural Museum and Lunch at the Market at Wind Creek Casino*
- ☐ **\$15** Exploring Sacred Spaces: First Baptist Church of Pensacola
- ☐ **\$15** Historic Sacred Heart Hospital Tour
- ☐ **\$15** Lunch and Learn about Travel with UWF Alumni Travel Program
- ☐ **\$30** Pensacola Blue Wahoos Stadium Tour and Lunch*
- ☐ **\$15** Sado: Japanese Tea Ceremony
- ☐ **\$25** Scenic Highway Trolley Tour — 2 Groups*
- ☐ **\$15** Uncover the Charm of Downtown Pensacola at Oyster Bay Boutique Hotel

Gardening and Environment

- ☐ **\$15** Explore the Beauty of Camellias
- ☐ **\$15** Fiore: The Art of Flowers
- ☐ **\$15** WOW: World of Water Presentation by Butterflies in Motion

History and Current Affairs

- ☐ **\$15** Celebrating President's Day with Dr. Mary Minkoff
- ☐ **\$15** Conversation with Rick Outzen
- ☐ **\$30** Current Affairs Discussions — 8 Sessions
- ☐ **\$15** Discovering Saipan: A Journey with Mike Thomin and Nicole Grinnan
- ☐ **\$15** Exploring Child Advocacy: Gulf Coast Kid's House
- ☐ **\$15** Exploring the Legacy and Relevance of the American Chautauqua Movement
- ☐ **\$15** Geopolitics with Capt. USN Retired Frederick Levin
- ☐ **\$15** Inside Israel: Film and Discussion with Dr. Gil Fried
- ☐ **\$15** Nonprofit Highlight: Big Brothers Big Sisters
- ☐ **\$15** Pirates! The Last Scourge of the Gulf
- ☐ **\$15** Read All About It, or Maybe Not: Why the Issue of Book-Banning Won't Go Away
- ☐ **\$20** Rome and the Mediterranean World — 2 Sessions
- ☐ **\$15** Running Scared: Examining Dorothy Kenyon's Response to Senator Joseph McCarthy's Communist Allegations with Dr. Jennifer Brinkley
- ☐ **\$15** Shining Light on Human Trafficking: Magdalene's Gifts & Gatherings
- ☐ **\$15** Social Engineering Before Social Media: Stamping Out Bad Behavior
- ☐ **\$15** SR-71 Blackbird: Fighting the Cold War From 85,000 Feet
- ☐ **\$15** Tour the W.R. Taylor Brick Company
- ☐ **\$15** Unveiling History: Explore the Hilton-Green Research Room Archives
- ☐ **\$15** Veterans Memorial Park of Pensacola

Science and Health

- ☐ **\$15** Acupuncture and Reflexology with Felipe Munoz from Empathic Practice
- ☐ **\$25** Bocce Ball for All — 5 Sessions
- ☐ **\$15** CPR: Online Learning + Hands-On Practice
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- ☐ **\$15** Energy Healing Workshop at Empathic Practice
- ☐ **\$15** It's Fun to Stay at the Y.M.C.A.: A Tour & Talk at the Downtown Y
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- ☐ **\$15** New Baptist Hospital Tour
- ☐ **\$15** Pioneering Innovation: Sea3D Printing
- ☐ **\$15** Planetarium: Voyage to Distant Worlds*
- ☐ **\$15** Step Into Comfort: Healthy Feet at Fleet Feet
- ☐ **\$15** Unlock the Ancient Wisdom of Chinese Foot Reflexology with Renowned Expert, Tim Atkins
- ☐ **\$15** What to Keep, What Not to Keep, That Is the Question

Total Class Tuition: \$ _____

**Not available on the all-inclusive Unlimited Classes option.*

Schedule and location changes are communicated through email. Check your email leading up to the event.

Registration Opens January 8.

Phone and online registrations are highly recommended.

If mailing a check, contact the Leisure Learning office at 850.473.7468 or check classes online to make sure they are not already full.

How to Register Online: Visit uwf.edu/leisurelearning. Select "Register Now" to visit the online registration site. Under the Leisure Learning section, select "All Classes" to see the full class list or view classes by category.

INFORMATION

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- **Mail** - Fill out the registration form.
- **By Phone** (Mon - Fri, 9 a.m. to 4 p.m.) - To pay by Visa, Mastercard or American Express, call the Leisure Learning office at 850.473.7468.



Important Information: Credit cards and other forms of payment are accepted. Phone and online registrations are highly recommended. If mailing a check, contact the Leisure Learning office or check classes online to make sure they are not already full.

OFFICE HOURS

Mon - Thu, 9 a.m. to 4 p.m.

Appointments also available upon request.

Building 77, Suite 138

11000 University Parkway

Pensacola, FL 32514

UNIVERSITY OF WEST FLORIDA Nautilus Card Benefits



Leisure Learning members are eligible to purchase a UWF Nautilus card for only \$10.

The official UWF identification card can be used for:

- Checking out books and using the electronic databases at the UWF Library. **library.uwf.edu**
- An ID for campus events, including \$7 admission to UWF Center for Fine and Performing Arts events. **uwf.edu/cfpa**
- Access to the Health, Leisure & Sports facility with purchase of gym membership — \$35/monthly, \$100/semester or \$250/annual. **uwf.edu/recreation**

How do I acquire my Nautilus card?

1. Take your membership receipt to the UWF cashier's office (Building 20E) to purchase the \$10 card.
2. Take your payment receipt, membership receipt, and a government issued photo ID to the Nautilus Card office (Building 20W) to have your picture taken and a Nautilus Card issued.



LL Member Parking

At the start of each semester, members will receive an emailed link to register for a parking pass. Parking passes will be mailed out as they are received.

Parking in unapproved lots or reserved spaces will result in a ticket. If you have followed the parking regulations and are ticketed, please contact the Leisure Learning office so that it can be taken care of.

For more parking information visit: **uwf.edu/parking**

48-hour cancellation and refund policy

If you are unable to attend your registered class, you must notify the Leisure Learning office at least **48-hours** in advance of the class in order to receive a refund. Any cancellation given less than **48-hours** in advance will not receive a refund. Please be courteous to your volunteer instructors and fellow members by adhering to this policy. **Please Note:** For events that require Leisure Learning to PREPAY, refunds cannot be processed if you are unable to attend unless there is someone on the waiting list to take your place.

Leisure Learning

11000 University Pkwy.
Building 77, Suite 138
Pensacola, FL 32514
uwf.edu/leisurelearning

Advocate for UWF Leisure Learning

Retirement can be a rewarding experience with participation in programs that foster educational enrichment and growth, like UWF Leisure Learning. Gifts to UWF Leisure Learning are an important factor in enhancing the educational experience for our members.

Your generous support guarantees that we can continue to offer a superb quality programming at an unmatched value.

Please add Leisure Learning to your charitable giving list.

Please make checks payable to:

UWF Foundation - Leisure Learning
11000 University Pkwy., Building 12, Pensacola, FL 32514

