

ilife activities

2021-2022



by members, for members



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SPRING RUN'S ILIFE PROGRAM

iLife is a unique presentation series and social club created by Spring Run members for Spring Run members. While most iLife activities are member-led, guest presenters from other clubs and area organizations are also invited to give presentations, facilitate clinics, and lead discussion groups at no cost to participants (the only fees are for certain art or culinary classes which is clearly stated in the activity description).

Since 2011, iLife has continued to grow and evolve. A distinctive alternative to the usual fare of golf, tennis, bocce and pickleball, Spring Run members attend iLife activities not just to learn or have fun, but also to see familiar faces, meet neighbors, and make new friends with similar interests. With an average of 2,500 registrations each season, iLife features over 100 unique and diverse opportunities for members to learn and connect.

With such a large footprint at the club, a lot of consideration goes into scheduling iLife activities. Golf, tennis, bocce and all ten neighborhood associations schedule their meetings and functions first before iLife activities are scheduled. iLife participants are also asked to walk, bike or carpool to activities to alleviate the parking problem at the club.

It's thanks to the quality work of iLife's volunteers that the program is the success that it is today. They not only spend hours preparing and facilitating their activities, but they also provide sound counsel and leadership, conduct research, and recruit new presenters. With the support of the Board of Directors, the General Manager and an army of volunteers, the iLife program is able to continue flourishing each season.

Much like the rest of the world, iLife was not immune to the effects of the pandemic. This season will mark a return to normal with distancing and headcount restrictions going back to previous norms. But one lingering effect of the pandemic will be the use of Zoom to broadcast select iLife activities virtually.

INVITATION TO PARTICIPATE

If you or someone you know is interested in volunteering for the iLife program, whether as a presenter or in another supporting role, please reach out to the Activities Office:

Phone: 239-444-2127

Email: activities@springrun.com

The iLife program exists thanks to the hard work of member volunteers (like you). Contact the Activities Office today!

REGISTRATION NOTES

To register for iLife activities online, log on to the Spring Run website and click on the Calendar link on the Home page. In the Calendar find and click on the link for your activity of interest to open the registration page. Below the activity description, click the Register button. The page will expand so you can indicate the headcount for your reservation and type the names of any additional guests in the Registration Notes box. Once you click the Save Registration button, you will receive a registration email from the website. If you do not receive a registration email, contact the Activities Office to make sure your registration went through.

Registrations are available two weeks prior to the start of each semester:

Fall registration opens Monday, October 4 2021

Winter registration opens Monday, December 20 2021

Spring registration opens Monday, February 14 2022

You may cancel your registration online up to 48 hours out from the event start time. Revisit the registration page of the activity on the website calendar and click on the Cancel Registration button at the bottom of the page.

Please honor your reservations. Members will be assessed a \$5 no cancellation fee for activities with a waitlist.

You may view who is registered for iLife activities by clicking on the View Current Registrations button at the bottom of the registration page. This is a great tool for ridesharing if any of your friends are attending the same activity. Help us do our part to alleviate the perpetual parking problem at the clubhouse.

Please note that activity dates & times are subject to change. Email announcements and reminders are sent regularly so keep an eye out for updates. A master list of changes to the schedule is kept on the Home page of the Spring Run website. In the Announcements section, click on the UPDATE – iLife Additions, Cancellations & Reschedules link.

Help us by completing a survey at each iLife activity you attend. Honest feedback is essential for us to improve what we do. These surveys are also a great opportunity to give general comments or suggest other activities you would like to see offered through the iLife program.



6

AROUND THE GLOBE

- G1: China's Belt and Road Initiative – Silk Road 2.0?
- G2: China Dream 2049 – Master Plan for Global Dominance
- G3: Eleanor Roosevelt – First Lady-turned Diplomat
- G4: Global Supply Chain
- G5: The Great Canadian Road Trip
- G6: Great Decisions – Group Discussion
- G7: Great Decisions – Volunteer Facilitators
- G8: Harry Hopkins – FDR's Deputy President
- G9: National Missile Defense
- G10: Nuclear Proliferation since 1945
- G11: Treasures of the Ancient Greek World

8

ARTISAN SERIES

- A1: Acrylic Tile Mosaic Art Project
- A2: Card Shop
- A3: Decorative Art Project
- A4: The Renaissance Man
- A5: Sing Along with Bob and Kathy

9

COGNITIVE FITNESS

- M1: Bridge: 1-Introduction to Bridge
- M2: Bridge: 2-Suit Bidding
- M3: Bridge: 3-No Trump Bidding
- M4: Bridge: 4-Play of the Hand
- M5: Bridge: 5-Defense
- M6: Canasta: Beginners Clinic
- M7: Canasta: Intermediate Review
- M8: Let's Do Books
- M9: Mah Jongg: Beginners Clinic
- M10: The Science of Thinking I: Healthy Brain Functions – The Basics
- M11: The Science of Thinking II: Choosing Healthy Brain Challenges – The Stories We Tell Ourselves – Our Goal Setting
- M12: The Science of Thinking III: Creating Healthy Brain Contexts – Brain Functions That Change “The Way We Do Things Around Here
- M13: The Science of Thinking IV: Using Longevity Brain Extenders –All About Successful Aging, Dreams, Adapting and Purposing
- M14: Spring Run Men's Book Group
- M15: There's no Crying in Cribbage

TABLE OF CONTENTS

12

CULINARY SERIES

- C1: Chilled Appetizers
- C2: Cooking with CBD
- C3: For the love of Chocolate
- C4: Grazing Boards: Cheese is just the Beginning
- C5: The key to Keto
- C6: The Pair Beyond Compare
- C7: Sous Vide with Wine
- C8: The World of Tapas and Wine

13

FIDUCIARY SERIES

- F1: Considering Florida Residency
- F2: Estate Planning – Beyond the Basics
- F3: Long-term Care
- F4: Market & Economic Update
- F5: Retirement Reinvented I: Financial Basics & Risk Management
- F6: Retirement Reinvented II: Retirement Income and Investing
- F7: Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan
- F8: Wearing the Trustee Hat
- F9: Women and Wealth

15

HEALTH & BEAUTY

- H1:** 5 Tips to avoid back pain, maintain your independence, and live your best life
- H2:** 5 Tips to lose abdominal fat, improve sleep, and add years to your life
- H3:** 10 Steps to better fitness
- H4:** Acupuncture Explained
- H5:** Anti-Aging Posture Workshop
- H6:** Athletic Motion and the Golf Swing
- H7:** Bicycle Safety and Maintenance
- H8:** Bocce: Intermediate Clinic
- H9:** Bocce: Orientation
- H10:** Bocce: Spring Run Rules
- H11:** Bunker Busters
- H12:** A Chip off the Old Block
- H13:** Color Me Beautiful
- H14:** Distance is not Defined by Age – Learn how to gain 20 to 40 yards off the tee
- H15:** Flatstick Fix
- H16:** Guided Meditation
- H17:** Kicking the Sugar Habit
- H18:** Learn to Bike 15 Miles in 6 Weeks
- H19:** Medicare 101: Understanding the Basics and Private Options
- H20:** Par for the Course – Spring Run Golf Rules
- H21:** Pickleball Orientation
- H22:** Planning is for the future
- H23:** R.E.A.D.Y. for Women
- H24:** Resolving pain and navigating the gym
- H25:** Take control of your arthritic pain to elevate your active lifestyle
- H26:** Talk on Genetics
- H27:** Tennis: Beginner and Intermediate Clinic
- H28:** Wine & Line Dancing

20

SPECIAL TOPICS

- S1:** Active Violence/Shooter – How would you respond?
- S2:** Behind the Sound: 40 years in audio engineering and production
- S3:** Birds of Spring Run
- S4:** Dog Park Safety
- S5:** Dog Training 101
- S6:** Eternal Vigilance – Fighting to Restore Estero Bay Tributaries
- S7:** FGCU tour – The Founder's Tour
- S8:** Frauds, Scams, and Identity Theft
- S9:** The Generational Shift – Blame it on COVID?
- S10:** Handgun Safety & Basics
- S11:** Here for you when you lose a loved one
- S12:** Hurricane Preparedness – How to prepare like a Florida Native
- S13:** News & Views Roundtable Discussions
- S14:** Packing Smart for the Best Start
- S15:** PBS & NPR at FGCU
- S16:** See the Wildlife of Southwest Florida
- S17:** Spring Run: A Closer Look
- S18:** Spring Run Golf Club – The Superintendent's Tour
- S19:** Streaming of Miss Scarlet and the Duke and other PBS programs
- S20:** Talking the Talk – 40 years behind the microphone
- S21:** Toxic Puzzle – Hunt for the Hidden Killer Docu-discussion
- S22:** Troubled Waters: A Turtle's Tale Docu-discussion
- S23:** Weeds and Seeds: A History of Dining in Southern Florida
- S24:** The World of Human Trafficking

25

TECHNOLOGY SERIES

- T1:** Apple Watch – more than a fancy life-alert bracelet
- T2:** Going Paperless – Apple's Note and Reminder Apps
- T3:** iMovies – Creating Memories with Friends and Family
- T4:** iOS App of the Month
- T5:** iPhone Camera & Photos
- T6:** Libby – Library eBooks
- T7:** Newsletters Gone Digital!



AROUND THE GLOBE

G1: China's Belt and Road Initiative (BRI) – Silk Road 2.0?

January 28th 2022 · 10:00–12:00 pm

Is the BRI a vast, unprecedented infrastructure effort that will improve connectivity and enhance global commerce? Or is it an undisciplined financial overreach intended to project the economic and military heft of China at the expense of the loss of sovereignty of vulnerable partner countries? Why haven't Japan and India signed on? Is the United States ignoring the BRI at its own risk? Announced in 2013 by President Xi Jinping, the BRI will be the signature project, good or bad, of his tenure. The scope and dimensions of the BRI have expanded significantly to Latin America and to new maritime trade routes passing through Arctic regions. Space applications are now being considered. Financed by debt diplomacy or debt traps wherein smaller, financially challenged developing countries agree to take on unsustainable debt in exchange for enormous infrastructure projects that some naysayers claim are not needed. The price tag? Some estimates reach \$8 trillion.

Purpose: Learn about China's BRI, possible roadblocks and what this could potentially mean for the US

Facilitator: Mike Quinlan

G2: China Dream 2049 – Master Plan for Global Dominance

March 4th 2022 · 10:00–12:00 pm

President Xi Jinping makes it clear – the China Dream 2049 is about rejuvenation of China to its past glory. Clearly, the most recent 40 years tells us that China will likely achieve its goal. We will examine the six “traps” that could break China's momentum and derail the China Dream. Demographics, enormous debt, middle income, wealth disparity, migrant worker and farmer unrest, and the “Lewis Turning Point” are critical issues that the Chinese are all too familiar with. Further, China has no real allies and has never been able to feed itself. Clearly, the ambitious Belt and Road Initiative (BRI) could assure China the necessary natural resources to emerge as the dominant superpower. But the BRI could also become a massive overreach dragging down the entire Chinese economy. In this presentation we shall examine both sides of each issue. Of paramount importance, we will look closely at the possibility of hostilities between China and the United States – every conceivable scenario. In the end, we hope that we will have a clearer picture of what the future holds for China and – most importantly – our grandchildren.

Purpose: Learn about the China Dream 2049, what stands in the way and what this could possibly mean for our grandchildren

Facilitator: Mike Quinlan

G3: Eleanor Roosevelt – First Lady–turned Diplomat

January 14th 2022 · 10:00–11:30 am

First lady Eleanor Roosevelt (1884–1962), wife of Franklin D. Roosevelt (1882–1945), the U.S. president from 1933–1945, was a leader in her own right and involved in numerous humanitarian causes throughout her life. The niece of President Theodore Roosevelt (1858–1919), ER was born into a wealthy New York family. She married FDR, her fifth cousin once removed, in 1905. By the 1920s, ER, who raised five children, was involved in Democratic Party politics and numerous social reform organizations. Because of FDR's handicap, ER traveled the world, including the USA, being FDR's eyes and ears on the ground. In the White House, she was one of the most active first ladies in history and worked for political, racial and social justice. After President Roosevelt's death at age 63, ER was appointed by President Truman as the USA's delegate to the United Nations and continued to serve as an advocate for a wide range of human rights issues. She remained active in numerous causes and was a prolific writer until her death at age 78.

Purpose: Learn about the life and accomplishments of first lady Eleanor Roosevelt

Facilitators: Jane Alter, Mo Winograd, Mary Tousignant, Ruthmarie Mitsch (Guest Presenter – Lighthouse Bay), Jan Johnson (Guest Presenter – Shadow Wood)

G4: Global Supply Chain

February 4th 2022 · 10:00–12:00 pm

Global supply chains are networks that can span across multiple continents and countries for the purpose of sourcing and supplying goods and services. Global supply chains involve the flow of information, processes and resources across the globe. The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item? Countries suddenly unable to meet the demand for certain supplies are faced with growing calls for economic nationalism. What are some of the lasting effects that the pandemic could have on global supply chains and trade? How would this affect national security?

Purpose: Learn about the interconnected nature of the global supply chain and how it impacts the U.S.

Facilitator: Craig Korkoian

G5: The Great Canadian Road Trip

February 11th 2022 · 10:00–12:00 pm

The question isn't “why would you want to drive across Canada?” so much as “why wouldn't you want to?” If you love nature, fascinating culture and kind people, and lots of adventures, then you should totally consider taking that epic Canadian road trip. At the right time of year, the drive up around Lake Superior and across the prairies is staggeringly beautiful and rewarding. Even Canadians are shocked by the diversity of the people and landscape when traversing the country. You'll be moving through a range of cultures, languages and dialects, provinces, time zones, and

topographies that are all compelling and very Canadian. Don't be overwhelmed by Canada's size: Embrace it and tackle it head-on with the ultimate Canadian road trip. Purpose: Take an imaginary trip across Canada highlighting points of interest in each province
Facilitator: Paula Lockhart

G6: Great Decisions – Group Discussion

January 25th 2022 · 3:00–5:00 pm | February 1st 2022 · 3:00–5:00 pm | February 8th 2022 · 3:00–5:00 pm | February 15th 2022 · 3:00–5:00 pm | February 22nd 2022 · 3:00–5:00 pm | March 1st 2022 · 3:00–5:00 pm | March 8th 2022 · 3:00–5:00 pm | March 15th 2022 · 3:00–5:00 pm

The first “Great Decisions” group was launched in Portland, Oregon in 1954 by the Foreign Policy Association’s (FPA) Vice President Roger Mastrude. Based on face-to-face, active and informal conversation, participants would read a fact sheet on each of the eight topics before meetings, where they aired their respective views and opinions. FPA would tally up opinion ballots and report the results to the Department of State. The program gained media attention, was picked up by local schools, and soon gained national attention. Today, Great Decisions is America’s largest discussion program on world affairs with tens of thousands of participants taking part in discussions nationwide annually. The program model now involves reading the Great Decisions Briefing Book, reviewing optional additional resources and meeting in a discussion group to discuss the most critical global issues facing America today. Each year, the eight featured topics are chosen by a panel of experts. To join in the discussion participants are required to order the current Great Decisions Briefing Book from the FPA website and familiarize themselves with the topics set for discussion. Over the course of 8 Tuesdays, the discussion leader will provide a brief summary of the topic before engaging group discussion. Please remember to be respectful and to keep discussion civil. Signing up for the first session gets you into all eight sessions – limit of 20 participants.

Purpose: Over the course of 8 sessions discuss in a group setting the most critical global issues facing the U.S.

Facilitator: Bill Krein

G7: Great Decisions – Volunteer Facilitators

January 24th 2022 · 2:00–4:00 pm | January 31st 2022 · 2:00–4:00 pm | February 7th 2022 · 2:00–4:00 pm | February 14th 2022 · 2:00–4:00 pm | February 21st 2022 · 2:00–4:00 pm | February 28th 2022 · 2:00–4:00 pm | March 7th 2022 · 2:00–4:00 pm | March 14th 2022 · 2:00–4:00 pm

The mission of the Foreign Policy Association (FPA) is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through

its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. The country’s largest discussion program on world affairs, the FPA’s Great Decisions, provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. Each year, eight featured topics chosen by a panel of experts are discussed by tens of thousands of participants nationwide. To join the discussion participants are required to order the current Great Decisions Briefing Book from the FPA website and familiarize themselves with the topics set for discussion (optional, additional resources for each topic are outlined in the Briefing Book). Participants may volunteer to facilitate one of the 8 topics. Over the course of 8 Mondays, volunteer facilitators will give a brief overview of their topic before engaging group discussion. Please remember to be respectful and to keep discussion civil. Signing up for the first session gets you into all eight sessions – limit of 20 participants.

Purpose: Over the course of 8 sessions discuss in a group setting the most critical global issues facing the U.S.

Facilitator: Craig Korkoian

G8: Harry Hopkins – FDR’s Deputy President

March 11th 2022 · 10:00–12:00 pm

Born in 1890 in Sioux City, Iowa, Harry Hopkins grew up imbued with traditional Midwestern values of self-reliance, thrift, and pragmatism. At Grinnell College, he studied American politics and the British Parliamentary system. He began his career working for charitable organizations and from the start, Hopkins’ own well-being took a back seat to his work. A colleague later described the chain-smoking Hopkins as “the ulcerous type; intense and driven by nervous energy.” In 1928, Hopkins supported Democrat Franklin Roosevelt for the governorship of New York, and Roosevelt rewarded him three years later by naming Hopkins the head of the state’s new Temporary Emergency Relief Administration. Hopkins subsequently supported Roosevelt’s campaign for the presidency and his promise of a “New Deal” for Americans. Hopkins became head of FERA, the CWA, and the WPA and came to be regarded as the Chief Apostle of the New Deal. Roosevelt had other advisers, but he found Hopkins perfect company and liked to discuss important matters with him informally. Hopkins was unwaveringly loyal to the president, who in turn often heeded his friend’s advice on significant policy issues. Harry Hopkins went on to be recognized by world leaders like George Marshall, Churchill, Stalin, and others as having an important role in the success of Allied efforts in World War II.

Purpose: Learn about the life and career of Harry Hopkins – presidential adviser and confidante

Facilitator: Steve Vesce (Guest Presenter – West Bay Club)

G9: National Missile Defense

February 18th 2022 · 10:00–12:00 pm

In January 2021, North Korea outlined plans to upgrade



the country's nuclear forces, develop hypersonic weapons and solid-fuel intercontinental ballistic missiles, and build the ability to strike targets out to 15,000 kilometers, which would encompass the entire United States. The ballistic missile threat to our homeland is real, and we need a continual dialogue on how to address it, including a layered approach. For decades American scientists have been working on missile defense technology with the aim of creating a reliable shield for the U.S. homeland. The Missile Defense Agency is the section of the United States government's Department of Defense responsible for developing a layered defense against ballistic missiles. In total, the U.S. missile defense system encompasses a global network with 24-hour surveillance by land-, sea- and space-based sensors, all of which are constantly looking for signs of anything amiss in North Korea. Regional missile interceptors are deployed in Japan, South Korea, Guam, and on U.S. Navy ships, while military bases in Alaska and California are equipped to intercept a missile headed toward the United States.

Purpose: Learn about our national missile defense system and how effective it would be in responding to attack

Facilitator: Craig Korkoian

G10: Nuclear Proliferation since 1945

December 3rd 2021 · 10:00-12:00 pm

The issue of nuclear weapons proliferation has preoccupied U.S. policy makers since the Manhattan Project's first detonation of a plutonium device at dawn on July 16, 1945 at a test site known locally as "The Day of the Dead." The most serious diplomatic effort at containing proliferation came not long after the U.S.-USSR face-off over the Soviet Union's introduction of nuclear-tipped missiles in Cuba during the summer and fall of 1962. Fast-forward to the present and the focus of multilateral non-proliferation efforts is on containing Iran's nuclear program through the Joint Comprehensive Plan of Action (JCPOA), which has had ups and downs across three presidencies since 2015. There are strong views on all sides, and the JCPOA will be with us for years to come.

Purpose: Lessons Learned to date from 75 years of the nuclear era with global proliferation of military arsenals

Facilitator: Peter Borré (Guest Presenter - Canonical Advocate)

G11: Treasures of the Ancient Greek World

February 25th 2022 · 10:00-12:00 pm

About 2,500 years ago, Greece was one of the most important places in the ancient world. The Greeks were great thinkers, warriors, writers, actors, athletes, artists, architects and politicians. They lived in mainland Greece and the Greek islands, but also in colonies scattered around the Mediterranean Sea. There were Greeks in Italy, Sicily, Turkey, North Africa, and as far west as France. They sailed the sea to trade and find new lands. The Greeks took their ideas with them and they started a way of life that's similar to the one we have today. At one point, the Greek world

was divided into roughly 2,000 city-states; most with their own unique coin production and imagery. Each city minted its coins with its most significant symbols, which remain famous and extremely evocative until today: the Athenian owl is still present on the Greek euros.

Purpose: Learn about ancient Greece and examine ancient Greek coins first hand

Facilitator: Dick Eidswick (Guest Presenter - Shadow Wood)

ARTISAN SERIES



A1: Acrylic Tile Mosaic Art Project

March 26th 2022 · 9:00-12:00 pm

For thousands of years, mosaics have been part of interior spaces. Their start can be traced back to primitive man's simple arrangements of pebbles into patterns, describing a direction or message. The techniques gradually developed throughout history - from decorative floor and wall surfaces in villas and cathedrals to the modern expression of mosaics as art. Mosaics can be described as the art of decorating a surface with designs made up of small, closely placed pieces. In a single, guided session, participants will learn how to create a unique mosaic piece using modern materials and techniques to replicate the look of traditional mosaic in their artwork. Please note that we will not be completing the mosaic in one sitting, but you will learn everything necessary to complete it on your own. All supplies and materials provided for \$15 per participant. Registrations are limited to 12 participants. A waitlist will be available if necessary.

Purpose: Learn how to create a mosaic piece of art using modern materials and techniques

Facilitator: Beverly Wojcie

A2: Card Shop

November 13th 2021 · 9:00-12:00 pm | January 22nd 2022 · 9:00-12:00 pm | February 9th 2022 · 9:00-12:00 pm | March 9th 2022 · 9:00-12:00 pm | April 9th 2022 · 9:00-12:00 pm

Card making is such a rewarding hobby. There's just something deeply satisfying about creating something with your hands, and the fruits of your labor happen to be the perfect expression of sentiment for birthdays, holidays and any other special occasion. With nearly limitless possibilities, though, it can be overwhelming to figure everything out on your own. In these guided sessions, participants will learn the skills necessary to make cards that your family and friends will love and your neighbors will envy! All supplies

and materials are provided for \$20 per participant per clinic. Registrations are limited to 8 participants.

Purpose: Create your own cards in a single session

Facilitators: Terri Socol, Patrice Sabo, Patti Kraska, Dianne Haist

A3: Decorative Art Project

November 17th 2021 · 9:00–12:00 pm | January 15th 2022 · 9:00–12:00 pm | February 5th 2022 · 9:00–12:00 pm | February 19th 2022 · 9:00–12:00 pm | March 5th 2022 · 9:00–12:00 pm | March 19th 2022 · 9:00–12:00 pm

Complete a creative art project in a single class session. All supplies, including surfaces, brushes and paints, are provided for \$20 per participant per clinic. Participants will be guided as they prepare and paint creative designs using acrylic paints. Information about individual projects will not be available until closer to the project date. Keep an eye on your club email for project announcements. Headcount limit of 16 participants.

Purpose: Create a painting art project in one session

Facilitators: Stonie Frame, Suzanne Mikulka (Guest Presenter – Stoneybrook)

A4: The Renaissance Man

February 16th 2022 · 10:00–11:30 am

Leonardo da Vinci was a true genius. He is among the most influential artists in history, having left a significant legacy not only in the realm of art but in science as well, each discipline informing his mastery of the other. Da Vinci lived in a golden age of creativity among such contemporaries as Raphael and Michelangelo, and contributed his unique genius to virtually everything he touched. Today, no name better symbolizes the Renaissance age than Leonardo da Vinci. He was driven by an insatiable curiosity that led him to explore ideas in music, math, architecture, design, engineering, geology, hydraulics, anatomy, optics, cartography, sculpting, drawing and, of course, painting. His surviving work as a painter is remarkably slim: Fewer than 20 artworks can be comfortably attributed to him, although two of them -- the "Mona Lisa" and "The Last Supper" -- are easily among the most famous in the world.

Purpose: Learn about the life and art of this Renaissance era master

Facilitator: Dean Oestreich

A5: Sing Along with Bob and Kathy

November 10th 2021 · 3:30–4:30 pm | January 19th 2022 · 3:30–4:30 pm | February 16th 2022 · 3:30–4:30 pm | March 16th 2022 · 3:30–4:30 pm | April 20th 2022 · 3:30–4:30 pm

There's no doubt that listening to your favorite music can instantly put you in a good mood. But scientists are now discovering that music can do more for you than just lift your spirits. Research is showing that music can come with many health benefits such as reducing pain and anxiety, relieving stress, and even helping with cognitive issues like memory loss, recovering from brain injury, and treating seizures. So

come gather around the piano and sing some old favorites! Don't miss the fun (and beneficial) opportunities to enjoy the resounding sounds of members singing your favorite songs. Contribute to our collective voice or just listen to the refrain of moving music from the good old days. This group meets once a month before Happy Hour at the clubhouse (Happy Hour priced drinks are available to participants).

Purpose: Enjoy singing or listening to live music

Facilitator: Kathy Bartl, Bob Ciccarella, Kilby Hume, Bonnie Mittendorf

COGNITIVE FITNESS



M1: Bridge: 1–Introduction to Bridge

January 22nd 2022 · 10:00–12:00 pm

Bridge is played with a standard 52 card deck and four players in two competing partnerships. If you're new to Bridge, or have played and felt lost, this clinic is perfect for you. Participants will learn Bridge basics such as tricks, suits, partnership play, scoring, trump, hand evaluation, and contract bidding. Participants will be given the opportunity for open card play during the last hour of this session.

Purpose: Learn the basics of Bridge

Facilitator: Dean Oestreich

M2: Bridge: 2–Suit Bidding

January 29th 2022 · 10:00–12:00 pm

Bidding is the language of Bridge. Its purpose is to relay information about the strengths and weaknesses of each player's hand to his partner. This is a great clinic for beginners who want to gain a solid understanding of the first two rounds of bidding in suit contracts. Participants will learn: hand evaluation, requirements for an opening and responding bid, suit preference, over calls, game and partial game bids, and when to pass. The last hour will be open card play with other participants.

Purpose: Learn the basics of bidding in Bridge

Facilitator: Dean Oestreich

M3: Bridge: 3–No Trump Bidding

February 5th 2022 · 10:00–12:00 pm

When the final bid ends in no trump, the highest card played in the suit that has been led wins the trick. More contracts are played at no trump than in any of the four suits. This is a great clinic for beginners who want to focus on the requirements for the opener and responder in no trump contracts. Participants will learn: point count, distribution and stopper requirements. The last hour will be practice



with actual dealt hands.

Purpose: Gain a deeper understanding of contract bidding
Facilitator: Dean Oestreich

M4: Bridge: 4–Play of the Hand

February 19th 2022 · 10:00–12:00 pm

After the bidding for tricks, the play begins. When the opening

lead lands on the table, the game really begins to roll. This is a great clinic for beginners who want a deeper understanding of how to evaluate the declarer's and dummy's hands for total winning and possible losing tricks. This clinic will also cover the various strategies to increase the number of winning tricks and ways to eliminate potential losers. The last hour will be practice with dealt hands.

Purpose: Learn how to evaluate hands and play accordingly
Facilitator: Dean Oestreich

M5: Bridge: 5 – Defense

February 26th 2022 · 10:00–12:00 pm

Approximately 25 percent of the time, you'll be the declarer; 25 percent of the time, you'll be the dummy; and the remaining 50 percent of the time, you'll be on defense. You want to be able to take all the tricks your side has coming. This is a wonderful clinic for beginners to help them learn the basic strategy options for defense and how to defeat a contract including: card selection, suit count and opening leads against both no trump or suit contracts. Participants will also review ACBL recommended "Code of Conduct." The last hour will be open card play.

Purpose: Learn how to use legal signals by making informative leads and discards

Facilitator: Dean Oestreich

M6: Canasta: Beginners Clinic

January 21st 2022 · 9:30–11:30 am | January 28th 2022 · 9:30–11:30 am | February 4th 2022 · 9:30–11:30 am | February 11th 2022 · 9:30–11:30 am | February 18th · 9:30–11:30 am | February 25th 2022 · 9:30–11:30 am | March 4th 2022 · 9:30–11:30 am | March 11th 2022 · 9:30–11:30 am

Invented in Montevideo, Uruguay, Canasta is one of the most popular card games in the United States. It combines luck of the draw, skill and diverse strategies. The Canasta game you played with your grandparents as a kid has drastically changed. If you're not familiar with these changes, or if you're new to the game, these are the perfect clinics for you. This eight-week progressive clinic will include instruction about the rules and cover strategies needed to play the game. Participants will be given the opportunity for engaged playing time with other participants. Each week's instruction will build on the previous week's information. Men and women welcome. Signing up for the first session gets you into all eight sessions.

Purpose: Learn the basics of canasta as played in Spring Run

Facilitator: Bobbie Allen

M7: Canasta: Intermediate Review

January 25th 2022 · 3:00–5:00 pm | February 1st 2022 · 3:00–5:00 pm | February 8th 2022 · 3:00–5:00 pm

One reason for Canasta's widespread popularity is because it is one of the few partnership games where the players can work in unison. There is etiquette to follow and many strategies to employ. If you've taken the clinic for beginners or even if you consider yourself fairly familiar with Canasta, these clinics are great opportunities for review. This three-week progressive clinic will include a quick review of the rules and strategies needed to play the game. Participants will be given the opportunity for engaged playing time with other participants. Both men and women welcome.

Purpose: Solidify previous canasta lessons or review for previous canasta players

Facilitator: Bobbie Allen

M8: Let's Do Books

October 22nd 2021 · 1:00–3:00 pm | November 19th 2021 · 1:00–3:00 pm | January 21st 2022 · 1:00–3:00 pm | February 18th 2022 · 1:00–3:00 pm | March 18th 2022 · 1:00–3:00 pm | April 22nd 2022 · 1:00–3:00 pm

Join others in reading fresh, engaging and intelligent fiction and nonfiction books. The texts are about challenges, tragedies, love, family, identity, and major reality issues. Stimulating discussions of the works provides smiles, laughter and much to think about. The group will meet and discuss in October, November, January, February, March and April. To find out which books will be discussed or to be included in the mailing list, contact Marianne Kure at tbird2k@gmail.com

Purpose: Book club discussion group

Facilitator: Marianne Kure, Tish Breschi

M9: Mah Jongg: Beginners Clinic

February 7th 2022 · 10:00–12:00 pm | February 14th 2022 · 10:00–12:00 pm | February 21st 2022 · 10:00–12:00 pm | February 28th 2022 · 10:00–12:00 pm | March 7th 2022 · 10:00–12:00 pm | March 14th 2022 · 10:00–12:00 pm

Mah Jongg is a game of skill, strategy, calculation and involves a degree of chance. Played by four players, the game utilizes a set of 152 tiles resembling dominoes bearing various designs based on Chinese characters and symbols. If you're a beginner, or new to Mah Jongg, these are the perfect clinics for you. This six-week progressive clinic will cover the basic rules and strategies needed to play the game. Attendance of the first introductory session is mandatory as it will cover the basics. Because this clinic is intensive and each session has specific, progressive goals to achieve, we will not accept "add-on" signups. Signing up for the first session gets you into all six sessions. Each participant is required to have the current, official National Mah Jongg League Card.

Purpose: Learn the Basics of Mah Jongg

Facilitator: Ann Sullivan, Susan Crandall, George & Jo Ann Bryan

MIO: The Science of Thinking I: Healthy Brain Functions – The Basics

January 28th 2022 · 1:00–3:00 pm

As we age, our brain's health influences our ability to think, act, live well, adapt to changes, search for meaning and connect with others. Our age-related cognitive decline (a gradual decrease in mental capabilities) needs our attention so we can keep our brain in good health. In the first of a series of 4 independent but related presentations, participants will share a brief experiential learning activity using the I-Gifter program – a toolkit that may be used for brain healthy checkups and for making dynamic improvements. We will examine what happened to our I-Gifter's basic components and functions (your brain and its functions). Topics include sense-making, creating memories, managing routine situations, addressing strangeness, and using time travel.

Purpose: Become familiar with the brain's basic purposes, functions, and sources of influence

Facilitator: Bill Furtwengler

MII: The Science of Thinking II: Choosing Healthy Brain Challenges – The Stories We Tell Ourselves – Our Goal Setting

February 4th 2022 · 1:00–3:00 pm

The I-Gifter toolkit consolidates research findings about thinking and explains in simple language how: we think, influence our thinking, and exercise periodic brain-healthy tune ups. In the second of a series of 4 independent but related presentations, participants will share a brief activity, explore the I-Gifter's major influencer, our self-image, the power of storytelling in our lives, and how we choose our goals and actions. We will examine our thought monitoring, image comparisons, emotion and shadow thinking processes along with the anatomical aspects of the I-Gifter's neuroplasticity, and the basic elements of the I-Gifter toolkit for tune ups (dimensions of our self-image, self-image bypasses, the gift of imperfections, creating flow, fear of failure, stepping into an arena, reducing shadow behaviors, elements of interpersonal attractions, and the functions of chemical cocktails.

Purpose: Learn how to begin using elements of the I-Gifter toolkit for brain check-ups and tune ups

Facilitator: Bill Furtwengler

MII: The Science of Thinking III: Creating Healthy Brain Contexts – Brain Functions That Change “The Way We Do Things Around Here”

February 11th 2022 · 1:00–3:00 pm

The I-Gifter toolkit can raise your thinking, adjust your thinking process, if needed, and improve your brain's health which may be helpful in staving off dementia or Alzheimer's. In the third of a series of 4 independent but related presentations, participants will focus on how to alter the I-Gifter's recorded actions (cultural agreements or habits). After a brief exposure to a cultural complexity experience, we will address strategies for making toxic social agreements visible and/or subject to change, explore

assets for discovering our purposes, and improving our connections with others.

Purpose: Use the I-Gifter toolkit to influence brains for successful living

Facilitator: Bill Furtwengler

MII: The Science of Thinking IV: Using Longevity Brain Extenders – All About Successful Aging, Dreams, Adapting and Purposing

February 18th 2022 · 1:00–3:00 pm

In the fourth and final presentation, participants will focus on how to use thinking (meta-awareness) and new understandings to improve the aging process (use of the I-Gifter tools). We will participate in a brief discussion about our beliefs about aging, and our dreams, what they are, mean, and how they contribute to the health of our brains. Finally, we will summarize research findings about the I-Gifter's memory systems, and strategies for successful aging.

Purpose: Using the I-Gifter Tools for successful aging

Facilitator: Bill Furtwengler

MII: Spring Run Men's Book Group

November 9th 2021 · 1:00–3:00 pm | January 11th 2022 · 1:00–3:00 pm | February 8th 2022 · 1:00–3:00 pm | March 8th 2022 · 1:00–3:00 pm | April 12th 2022 · 1:00–3:00 pm

Join other Spring Run men in reading fresh, engaging and intelligent fiction and nonfiction books. The works are about challenges, tragedies, world affairs, government, identity, major issues, and historical events. Rich discussions of the texts provide enjoyment and varying perspectives on today's issues. This group meets on the second Tuesday of every month at 1:00 p.m. In season, we meet in the Club House and at other times we meet via Zoom (during the Covid-19 lock-down we found we were very effective meeting via Zoom). To learn which books will be discussed or to be included in the monthly mailing, contact Bill Krein at wakrein@wpi.edu or call 239-405-7248.

Purpose: Book club discussion group

Facilitator: Bill Krein

MII: There's no Crying in Cribbage

March 18th 2022

10:00–11:30 am

Cribbage evolved from an earlier English game called “nobby,” and the man credited with inventing it is Sir John Suckling, a wealthy English poet. Cribbage affords players

both the anticipation of the luck of the deal as well as ample opportunity to exercise their skills in discarding and play. One of the novel features of Cribbage is that a Cribbage board is used for scoring rather than the usual pencil and paper. The rectangular wooden board is equipped with holes that



accommodate pegs. The boards speed up scoring, and in this fast-moving game, pegging greatly reduces chances for errors in computing scores. Cribbage has come a long way from Suckling's nobby invention to "Britain's national card game." Participants will need to register with a partner and purchase a cribbage board along with a deck of cards (boards are available on Amazon for less than \$20).

Purpose: Learn how to play the game of Cribbage

Facilitators: George & Nancy Taylor



CULINARY SERIES

C1: Chilled Appetizers

March 2nd 2022 · 11:00–1:00 pm

Have you ever hosted a watch party or get-together where you spent the entire party shuffling food in and out of the oven, barely seeing the big game – or catching up with others? Even if you're just hosting your immediate family or planning a virtual get-together, you want to be there for the fun, right? When you want minimal work to do on the day of, dishes that can be made in advance and don't need to be kept warm are the MVP. There's nothing worse than hosting a party, only to find out your appetizers have gone cold and soggy before guests have even arrived. Luckily there is a veritable smorgasbord of chilled appetizers for you to choose from for your next gathering. No last-minute baking, sautéing, simmering, or frying. Stress less and focus on your party more! \$20 per participant – cash only.

Purpose: Learn and taste chilled appetizer recipes

Facilitator: Michel Urbano

C2: Cooking with CBD

January 27th 2022 · 11:00–1:00 pm

It's high time you've tried the health benefits of cannabidiol or as it's more commonly known, CBD. Once edgy and under-the-radar, CBD has officially become mainstream. CBD is a chemical found in marijuana but does not contain tetrahydrocannabinol (THC), the psychoactive ingredient found in marijuana that produces a high. People report that CBD helps with complex problems like arthritis, Crohn's disease, diabetes, multiple sclerosis, and cancer treatment. Others use it to treat more mild everyday issues like skin health, sleep, anxiety, general pain, and brain health. There are many ways to take CBD. Tinctures and gummies are likely already part of your holistic toolkit. But the next level of using and enjoying the popular cannabinoid is incorporating it into foods and drinks. Maybe the idea of

CBD-infused foods freak you out. But having anxiety about cooking with CBD is not only ironic, it's unnecessary. It is far easier to incorporate CBD into your diet than you think! \$20 per participant – cash only.

Purpose: Learn and taste recipes made with CBD oils

Facilitator: Michel Urbano

C3: For the love of Chocolate

February 8th 2022 · 11:00–1:00 pm

The craving for chocolate is physical, arising out of the desire for its uniquely dark, slightly bitter, rich taste. But the craving is also emotional for chocolate symbolizes, as does no other food, luxury, comfort, sensuality, gratification and love. Although chocolate may not actually be a true aphrodisiac, it does contain theobromine, a mild relative of caffeine and magnesium, a component found in some tranquilizers, so it has the unique ability to simultaneously both pick you up and calm you down. In addition, it's said eating chocolate releases a chemical in your body similar to that which is produced when you're in love. Chocolate can be used as an ingredient in most recipes with no preparation at all and the applications are seemingly endless. If you think that chocolate is only for after dinner, think again! \$20 per participant – cash only.

Purpose: Learn and taste recipes featuring chocolate

Facilitator: Kristopher Jubinville

C4: Grazing Boards: Cheese is just the Beginning

April 4th 2022 · 5:00–7:00 pm

What's all the craze over grazing boards? This delicious culinary demonstration will highlight everyone's latest favorite food trend. Perfect for parties or a fun family dinner, we will explore all of the possibilities from breakfast to dessert! Feast your eyes on beautiful food displayed beautifully on boards. Registration limit of 24 participants.

Purpose: Learn how to create great grazing boards and graze on delicious samples

Facilitator: Lauren Simon (Guest Presenter – FineMark Bank)

C5: The key to Keto

January 12th 2022 · 11:00–1:00 pm

The ketogenic diet (or keto, for short) gets its name for the metabolic state known as ketosis in which your body uses fat for fuel instead of carbs. In essence, keto is a low carb, high fat diet that offers many health benefits. In fact, many studies show that this type of diet can help you lose weight and improve your health. Ketogenic diets may even have benefits against diabetes, cancer, epilepsy, and Alzheimer's disease. But if you've ever tried a keto diet before, then you know the special type of torture involved with cutting out carbs. However if you do it right, keto doesn't have to be torture. It can actually be pretty tasty! There is a cornucopia of recipes that can help keep things interesting while staying kosher to core keto principles. \$20 per participant – cash only.

Purpose: Learn and taste keto-friendly recipes

Facilitator: Kristopher Jubinville

C6: The Pair Beyond Compare

March 14th 2022 · 3:00–5:00 pm

Both wine and chocolate can be very complex on their own. Yet, with the right combination, both the chocolate and the wine tastes can be elevated to a whole new level and tasting experience. Wine and chocolate have a lot of similarities to each other. For one, they're both considered aphrodisiacs and they both contain flavanols (antioxidants). Despite these striking similarities, it's somewhat challenging to pair wine and chocolate together. Join us as we feature delicious chocolates with carefully selected wines for a fun and exciting happy hour event at the club. We'll briefly discuss chocolate and introduce each of the carefully selected wines. With a bit of flexibility and delicious experimentation, you are sure to find remarkable wine and chocolate pairings that find the balance and seamless synergy of a well-paired union. Registration limit of 24 participants. \$20 per participant – cash only.

Purpose: Indulge in a special wine and chocolate pairing event

Facilitator: Aikaterina Galeos (Guest Presenter – Lee Health)

C7: Sous Vide with Wine

April 12th 2022 · 11:00–1:00 pm

The “sous vide” part of sous vide cooking refers to the vacuum-sealed bags that are often called for when using the technique (in French the phrase literally means “under vacuum”). However, these days, when someone says “sous vide cooking,” they're generally referring to any kind of cooking that takes place in a precisely temperature-controlled water bath, whether you're actually using a vacuum-sealed bag or not. Sous vide cooking offers unparalleled control over whatever it is you are trying to cook, whether it's steaks and chops, shrimp and lobster, vegetables, or even large cuts of meat like pork shoulders and legs of lamb. With fast-cooking foods, like steaks and chicken breasts, sous vide removes all the guesswork involved in traditional methods. No poking with a thermometer, no cutting and peeking, and no jabbing with your finger – just perfect results every single time. \$20 per participant – cash only.

Purpose: Learn and taste sous vide dishes with wine

Facilitator: Michel Urbano

C8: The World of Tapas and Wine

February 22nd 2022 · 11:00–1:00 pm

One legend of the origin of tapas involves King Alfonso X, El Sabio or “The Wise One,” who made sure that Castilian taverns serving wine always accompanied it with something to eat so that the wine would not go straight to the patron's heads (and potentially cause rowdiness and disagreements). Today, tapas are known as snacks, canapés, or small plates of Spanish origin. Tapas can include practically anything – from a chunk of tuna, a cocktail onion, and an olive skewered on a long toothpick, to piping hot chorizo sausage served in a small clay dish, to a gourmet slow-cooked beef cheek served over a sweet potato purée.

Though the concept of tapas varies throughout the country, they are so much a part of the culture and social scene that the Spanish people even use the verb tapear, which means to go and eat tapas! But in order to enjoy them like the Spanish do, you have to pair them with a big glass of wine! \$20 per participant – cash only.

Purpose: Learn and taste tapas recipes paired with wine

Facilitator: Michel Urbano

FIDUCIARY SERIES



F1: Considering Florida Residency?

February 16th 2022 · 1:00–3:00 pm

Are you aware of the financial incentives for becoming a Florida resident? This presentation will be an overview of the income tax, estate tax, homestead, and other laws that make Florida residency desirable for some. We will also include instruction for properly claiming Florida domicile. Question and answer session to follow.

Purpose: Learn about the benefits of Florida Residency

Facilitator: Dustin Rinaldi (Guest Presenter – Rinaldi Wealth Management)

F2: Estate Planning – Beyond the Basics

February 3rd 2022 · 10:00–11:30 am

Do you think you have a unique family situation? More complex scenarios may require additional planning considerations to protect your property, legacy and family harmony. Estate planning can be time consuming, complicated and emotional. It isn't only a concern for the super wealthy, either. Failure to take simple steps can lead to some dire consequences. Don't rely on your will or living trust document to override outdated beneficiary designations.

Purpose: Learn about estate planning for unique families

Facilitators: Dennis Landfried, Billie Porter (Guest Presenters – FineMark Bank)

F3: Long-term Care

November 19th 2021 · 10:00–11:30 am

Long-term care (and the ancillary needs around long-term care) is something that is often overlooked and an area of growing concern in America. Statistically, 52% of people over the age of 65 will need some level of long-term care services ranging from intermittent in-home care to extensive nursing home/memory care. The nationwide average cost of nursing home care in 2020 was \$82,125, and this figure is projected to inflate by approximately 4% per year. It is important to know what long-term care is, where care can

be received, and the various ways to fund your care.

Purpose: Learn important planning aspects involving long-term care needs

Facilitator: Aaron Pierce (Guest Presenter – Mutual Trust Family Office)

F4: Market & Economic Update

January 21st 2022 · 1:00–3:00 pm

Are you curious about the current market environment? What are some of the short and long term concerns in the economy and markets, and how can it be possibly impacting your portfolio? Should we be worried about inflation?

Purpose: Get a current overview of the markets and the economy

Facilitators: Dennis Landfried, Billie Porter (Guest Presenters – FineMark Bank)

F5: Retirement Reinvented I: Financial Basics & Risk Management

March 1st 2022 · 10:00–12:00 pm

The investment universe offers a multitude of choices – choices that require decisions to be made by you, the investor. You may ask, what's wrong with simply playing it safe with all your retirement money and keeping it in cash instead of investing it? The answer is inflation. In the first part of this session we will cover the basics of investments such as the importance of emergency reserves, traditional cash reserves, government securities, municipal and corporate bonds, equity investment overviews, common and preferred stock, mutual funds, tax-deferred annuities, and asset allocation techniques. It's never too late to learn about investing and risk management! Managing your risks allows you to provide a solid foundation for your overall financial portfolio. If you don't cover your risks, a mistake could financially devastate you or your family. The first step in the risk management process is identifying areas that may cause you to experience financial loss. The second step is determining how to manage those risks. Four ways to manage risk include retaining, reducing, avoiding, and transferring. In this session, learn about managing risks, health insurance & Medicare, disability income insurance, long-term care, changing life insurance needs, and pension maximization & life insurance.

Purpose: Learn about financial basics and how to analyze and manage your risk, given your risk tolerance

Facilitator: Ken Wise (Guest Presenter – Touchstone Wealth Partners)

F6: Retirement Reinvented II: Retirement Income & Investing

March 8th 2022 · 10:00–12:00 pm

People today are living longer than at any time in history. In fact, your retirement years may outnumber your working years. Will you have enough money to

be financially comfortable during retirement? Learn about retirement income perception versus reality and the nine reasons people fail financially in retirement. Retirement isn't merely a financial freedom to do what you want to do after your working years. One step to a successful retirement is knowing where your retirement income will come from. All sources of retirement income will fit into one of these groups: Income from government-sponsored programs; Income from employer-sponsored programs; and Income from personal savings and investments. In this session we will cover social security benefits, 401(k) plans, employer-sponsored plans, traditional & Roth IRAs, required minimum distributions, and systematic withdrawal programs. There's a retirement check list, so let's start checking off those items!

Purpose: Learn about the fundamental choices of investing and sources of retirement income

Facilitator: Stefan Contorno (Guest Presenter – Touchstone Wealth Partners)

F7: Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan

March 15th 2022 · 10:00–12:00 pm

Estate planning is the process of indicating how you want your assets distributed. Learn about the importance of estate planning objectives and what to consider within that plan. Planning is an essential step in helping to provide the financial security necessary to enjoy the lifestyle you want in your retirement. Complete the fact finder to step in the direction of retirement success – becoming actively involved.

Purpose: Learn about estate planning and how to ensure a personal successful retirement

Facilitator: Kenny Wise (Guest Presenter – Touchstone Wealth Partners)

F8: Wearing the Trustee Hat

March 25th 2022 · 10:00–11:30 am

Have you been named trustee? Have you selected a trustee or are you in the process of choosing one now? It's important to understand what that role entails. Through real-life scenarios, this presentation will highlight the responsibilities of trustees and how they can be active participants in the decisions impacting their families.

Purpose: Learn about the role of a trustee

Facilitators: Dennis Landfried, Billie Porter (Guest Presenters – FineMark Bank)

F9: Women and Wealth

November 10th 2021 · 10:00–11:30 am

From pay disparity and unpaid family caretaking, to greater longevity and increased health care costs, women face some unique financial challenges. This may include the unfortunate death or disability of a spouse or the untimely nature of divorce. In the past it was typical to see women less involved when it came to financial decision making, but women today are in an incredible position to achieve financial security for themselves and take charge of their



financial future.

Purpose: Empower women by giving them the knowledge to make well-informed financial decisions

Facilitator: Aaron Pierce (Guest Presenter – Mutual Trust Family Office)



HEALTH & BEAUTY

H1: 5 Tips to avoid back pain, maintain your independence, and live your best life

January 25th 2022 · 2:00–3:00 pm

When “snap,” “crackle,” and “pop” are sounds you associate more with getting out of bed in the morning than with your breakfast cereal, it’s time to do something about your back pain. Back pain is common, particularly the older you get. Some might even say that one of the milestones of age is when you realize your back goes out more than you do. The simple fact is that 80% of adults will experience back pain at some point in their lives. Back pain takes various forms, from a persistent dull ache to sudden sharp pain, and has many causes. Sometimes it results from a sprain, fracture or other accidental injury. It can stem from a disease or medical condition, such as arthritis, fibromyalgia, or spinal stenosis. Many people develop back pain in part because they’re overweight or sedentary. The good news is that most back pain usually gets better within a few days or weeks, and surgery is rarely necessary. You can even reduce the chances that you experience back pain by making positive lifestyle changes.

Purpose: Learn 5 tips to avoid back pain and stay active

Facilitator: Dr. Jake Berman (Guest Presenter – Berman Physical Therapy)

H2: 5 Tips to Lose Abdominal Fat, Improve Sleep, and Add Years to Your Life

January 13th 2022 · 10:00–12:00 pm

Abdominal fat is more than a nuisance that makes your clothes feel tight. It’s seriously harmful. One type of belly fat – referred to as visceral fat – is associated with heart disease, diabetes, dementia, breast and colon cancers, and other chronic health conditions. Many health organizations use body mass index (BMI) to classify weight and predict the risk of metabolic disease. However, this is misleading, as people with excess belly fat are at an increased risk even if they look “thin.” Though losing fat from this area can be difficult, there are several things you can do to reduce excess abdominal fat. Studies show that there is a

link between reducing belly fat and improving sleep. These lasting effects will go far beyond a better night’s sleep and well into a healthy future.

Purpose: Get 5 actionable tips on losing belly fat, improving sleep and adding years to your life

Facilitator: Jenni Berman, PA-C (Guest Presenter – Berman Health and Wellness)

H3: 10 Steps to better fitness

February 15th 2022 · 1:00–2:30 pm

There are reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling. Or perhaps you think that exercising simply isn’t for you. But as you grow older, an active lifestyle becomes more important than ever to your health. Physical activity is the number one contributor to longevity, adding extra years to your life – even if you don’t start exercising until your senior years. But getting active is not just about adding years to your life, it’s about adding life to your years. Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. It’s never too late to find simple, enjoyable ways to become more active, improve your mood and outlook, and reap all of the physical and mental health benefits of exercise.

Purpose: Get 10 tips for improving your fitness routine

Facilitator: Dr. Vivian Ebert (Guest Presenter – Living Well Chiropractic)

H4: Acupuncture Explained

December 3rd 2021 · 1:00–3:00 pm

Traditional Chinese healing practices, including acupuncture, have been relatively recently presented as a system on par with, if not superior to, medicine in the West. However, accompanying the introduction of Chinese healing practices to the West have come some rather widespread and fundamental misunderstandings of what acupuncture is and was, and how it developed. These misunderstandings appear to have gained widespread credence. The biggest misconception is that acupuncture, and other aspects of Chinese medicine (currently described as traditional Chinese medicine, TCM), is a reflection of the traditional medicine that is most commonly practiced in China, and, furthermore, that the medicine that is practiced in China is a true reflection of ancient practice. Neither premise is correct. Indeed, acupuncture, and what is very much now an “alternative” Chinese medicine is only a minimal vestige of ideas and practices extracted from a highly impressive variety of medical thought, and supplemented with modern elements of Western rationality. Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force – known as chi or qi (chee) – believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners

believe that your energy flow will re-balance. In contrast, many Western practitioners view the acupuncture points as places to stimulate nerves, muscles and connective tissue boosting your body's natural painkillers. Either way, acupuncture is becoming a more common alternative to conventional methods as a means to control a variety of painful conditions.

Purpose: Learn about acupuncture, its risks, its benefits and common misconceptions

Facilitator: Dr. Jay Chang (Guest Presenter - Recharge Wellness Clinic)

H5: Anti-Aging Posture Workshop

November 16th 2021 · 1:00-2:30 pm |

March 15th 2022 · 1:00-2:30 pm

People often ask if the loss of mobility, flexibility and vitality is just a normal part of the aging process. The answer is a definite no. Getting older does not have to result in physical limitations. The common bent over posture of old age occurs as a result of the body adapting to long-term poor posture. If we let it, the aging process often begins with avoidance of movement. Some people begin early in life to limit their activity or what they perceive may cause pain. Some people limit their activity due to past injuries. The injury causes abnormal movement patterns which actually result in pain. Many other people eliminate activity just because they think it will cause discomfort. In some cases the only limitations we have are those we place on ourselves. Youth is a feeling, not an age. Think young and be young. Improving your posture not only leads to improved balance, coordination and function, but an erect stature will add a lot to our youthful appearance.

Purpose: Review posture exercises and props that help you improve at home

Facilitator: Dr. Vivian Ebert (Guest Presenter - Living Well Chiropractic)

H6: Athletic Motion and the Golf Swing

January 15th 2022 · 1:00-2:00 pm

The golf swing is an athletic motion similar to the basic action of throwing a ball, hitting a tennis ball, kicking a soccer ball, or rolling a bocce ball. These fundamentals are simple, logical, and easy to understand and put into action. As you let your natural chain of motion take over, you will see great progress in your game. It doesn't have to be hard to discover the PAR golfer in you!!

Purpose: How to incorporate athletic principles into your golf swing

Facilitator: Patty Driapsa

H7: Bicycle Safety and Maintenance

March 5th 2022 · 9:00-11:00 am

Just like a motor vehicle, a bicycle needs maintenance and care to perform at its best. Brakes, tires, gears and other components should be regularly checked and maintained, so you can enjoy a safe, comfortable ride, whenever and wherever you decide to go. With a simple checklist, you

can determine what to check before every ride and the types of maintenance that need to be performed monthly vs annually. Participants are encouraged to bring their bicycle to this clinic for an evaluation and adjustments.

There will be hands-on demonstrations and an optional

Fix a Flat clinic following the bike maintenance clinic. There will also be a discussion on bicycle safety, safety equipment and rules of the road. Due to the unique nature of this clinic, participants are asked to meet in the driveway of the class instructor along with your bicycles.

Purpose: How to care for and maintain your bicycle along with bicycle safety and etiquette

Facilitator: Craig Korkoian

H8: Bocce: Intermediate Clinic

January 19th 2022 · 7:00-8:30 pm | February 23rd 2022 · 7:00-8:30 pm

Have you taken the beginner's bocce ball clinic? Once you start playing, all the basics quickly become second nature. As you become more competitive, you'll discover that finesse and strategy come hand in hand. Placement of the pallino can make a big difference to the course of play. It's important to assess risk versus reward when considering what play or strategy to deploy. Knowledge is power. With proper practice over time, you can become the dark horse player on your bocce team. Registrations are limited to 24 participants and will be on a first come, first served basis. There will be a waitlist started when necessary.

Purpose: Sharpen bocce skills to become more competitive

Facilitator: Gary Orten

H9: Bocce: Orientation

November 10th 2021 · 7:00-8:30 pm

Bocce Ball is a relaxed but strategic game with an ancient lineage. Although probably emerging from ancient Egypt, bocce started to hit its stride with the Romans and Emperor Augustus. It gained massive popularity in the US with the influx of Italian immigrants at the turn of the 20th century. Today, bocce is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends. The terminology is simple and basic skills are easy to produce. Meet other members, stretch muscles, check balance, improve hand-eye coordination and experience the joy of rolling for points, banking shots, spocking, shooting and bombing. Registrations are limited to 16 participants and will be on a first come, first served basis. There will be a waitlist started when necessary.

Purpose: Learn how to play Bocce Ball

Facilitator: Gary Orten



H10: Bocce: Spring Run Rules

November 17th 2021 · 6:30–8:30 pm | January 12th 2022 · 6:30–8:30 pm

Over 400 Spring Run members play in Bocce Association leagues each season and while different rules are discussed in various emails through the year, the rules are still often not well understood. Good sportsmanship and fair play are the norms with courtesy and respect displayed at all times, but what about the less obvious norms that regulate play? Did you know that when the starting team twice fails to validly place the pallino and the opposing team fails in their first attempt to place the pallino that the official will place the pallino in a valid position? What happens when a player steps over the foul line? What if the wrong color ball is rolled? Learn the answers to these questions and so much more in this comprehensive Spring Run bocce rules clinic. This clinic will be conducted on the Spring Run Bocce Courts.

Purpose: Learn the rules and regulations of bocce play at Spring Run

Facilitator: Craig Korkoian

H11: Bunker Busters

February 4th 2022 · 3:00–4:00 pm

Golf can put some of the best players in uncomfortable situations at any given time. One of these conditions consists of the dreaded sand bunker shot. On paper it is a shot that is said to be simple, yet so many golfers seem to lose their poise and confidence when faced with the perceived challenge. Outside of fear for the sand bunker shot, the biggest issue involved is the stance of the golfer. Like with most activities, having the correct body position is essential for success. Lower your score by raising your sand trap game. Participants are asked to meet in the Golf Shop with their clubs prior to class. Registration limit of 10 participants per session. Due to the high demand and limited availability, if you have attended this class previously, please allow others the opportunity to attend.

Purpose: Improve your ability to get out of sand traps

Facilitator: Jeff Carter

H12: A Chip off the Old Block

January 7th 2022 · 3:00–4:00 pm

Chipping looks so easy when you see a good player doing it. On the flip side, it can be hard to watch when someone is struggling with these little shots. The biggest issue players have is making solid contact with the ball. That's because the club isn't moving fast enough to keep you going if you hit the ground – you chunk it halfway there. And if you catch the ball thin, it skips over the green. Contact is everything. Drive down your score by practicing up this important part of your game. Participants are asked to meet in the Golf Shop with their clubs prior to class. Registration limit of 10 participants per session. Due to the high demand and limited availability, if you have attended this class previously, please allow others the opportunity to attend.

Purpose: Improve your chipping game

Facilitator: Jeff Carter

H13: Color Me Beautiful

January 19th 2022 · 1:00–3:00 pm

Learn how to reinvent yourself by following the “4 Season Color Theory.” Do you know what “season” you are? Do you know how you can appear 10 years younger by wearing the correct color clothing, lipstick, eyeglasses and earrings? Utilizing your seasonal type to coordinate color options is a simple yet powerful tool.

Purpose: Learn about the 4 Season Color Theory and how to apply it

Facilitator: JoAnne Richmond

H14: Distance is not Defined by Age – Learn how to gain 20 to 40 yards off the tee

November 15th 2021 · 1:00–2:00 pm | January 25th 2022 · 1:00–2:00 pm | April 14th 2022 · 1:00–2:00 pm

The best advice for how to hit driver for seniors is not the same as the tips you usually see in articles and videos. You see, traditional coaching draws from the techniques used by the best players on the Tour – players who are in incredible shape – golfers who dedicate every waking moment of their lives to golf – guys and gals who are, well ...young. Our bodies change as we get older. We have less flexibility and a smaller range of motion. Those of us who are more “experienced” can no longer rely on traditional advice for generating speed. But, what if there was a way to increase the distance on your drive without hitting a ball or even focusing on your swing? What can you do to optimize movements in the correct muscle groups during the golf swing to increase your distance off the tee?

Purpose: Learn a special methodology to golf longer, healthier and happier

Facilitator: Dr. Jake Berman (Guest Presenter – Berman Physical Therapy)

H15: Flatstick Fix

March 4th 2022 · 3:00–4:00 pm

Description: You read almost every putt, but if you're like most players, your routine is guesswork disguised as green-reading. You're not the only one reading, and weeping, on the greens. Regardless of skill level, putting accounts for approximately 43% of your total strokes, taking into account your good putting days and the ones where you're ready to snap your flatstick over your knee. Lower this percentage and your scores will go down. Allocate at least one-third of your practice time to becoming the best putter you can be. Participants are asked to meet in the Golf Shop with their clubs prior to class. Registration limit of 10 participants per session. Due to the high demand and limited availability, if you have attended this class previously, please allow others the opportunity to attend.

Purpose: Improve your putting game

Facilitator: Jeff Carter





H16: Guided Meditation

March 21st 2022 · 1:00–2:00 pm

Meditation is both a skill and an experience – a formal approach to training the mind, similar to the way fitness is an approach to training the body. Many studies have been conducted to look at

how meditation may be helpful for a variety of conditions, such as high blood pressure, symptoms of irritable bowel syndrome and ulcerative colitis, anxiety and depression, insomnia, and pain. Meditation is not necessarily spiritual or religious. It shares a very long history with religion and offers an important spiritual component for many practitioners. But anyone can meditate, regardless of creed, and a guided meditation is a great place to start.

Purpose: Learn about meditation through a guided session
Facilitator: Nicole Traum (Guest Presenter – Lee Health)

H17: Kicking the Sugar Habit

January 7th 2022 · 2:00–3:00 pm

Many people regularly experience sugar cravings. Health professionals believe that this is one of the main reasons it can be so hard to stick to a healthy diet. Cravings are driven by your brain's need for a "reward" – not your body's need for food. Those experiencing a sugar craving feel a strong urge to eat something sweet and can find it difficult to control themselves around food. Research has shown that sugar can be as addictive as some street drugs with similar effects on the brain! It's no wonder some of us are looking for ways to take the edge off. Join us for this special discussion on sugar cravings, why sugar is so powerful, and how we can break the habit.

Purpose: Learn how to tame your sweet tooth
Facilitator: Carrie Bloemers (Guest Presenter – Lee Health)

H18: Learn How to Bike 15 Miles in 6 Weeks

January 17th 2022 · 9:00 am | January 24th 2022 · 9:00 am | January 31st 2022 · 9:00 am | February 7th 2022 · 9:00 am | February 14th 2022 · 9:00 am | February 21st 2022 · 9:00 am

Biking in Florida is great exercise and can be a lot of fun. This 6-week series will teach participants how to ride up to 15 miles, beginning at 5 miles and increasing incrementally each week. Participants will learn the rules of the road, how to inflate tires to maximize ride, necessary/optional equipment to enhance your ride, routes of different lengths (on the road and on paths) that are close to Spring Run, and how to navigate alone, as well as with other riders. There is a lot to learn to safely maximize your ride. Participants are to meet in the tennis court parking lot.

Purpose: Strengthen your endurance and learn how to enhance your ride solo or with a group
Facilitator: Terri Socol

H19: Medicare 101: Understanding the Basics and Private Options

October 29th 2021 · 10:00–12:00 pm

There are many important facts you need to understand about Medicare prior to enrolling to make sure you get the most out of the available plans and benefits. During this educational seminar you will learn what Medicare covers and what it doesn't, along with how to apply and how to avoid possible penalties. We will go into detail about how private insurance plans work with Medicare. We will also explain how you can make changes to your plan, and what to know when selecting a plan that is best for you.

Purpose: Learn about Medicare along with how and when to sign up or make changes to your plan
Facilitator: Andrea Munao (Guest Presenter – Informed Choice)

H20: Par for the Course – Spring Run Golf Rules

February 21st 2022 · 7:30–9:00 am

Golfers love rules and some can be real sticklers for them. We all know those golfers who will have arguments and carry a pocket rule book to prove they're right over the tiniest of innocent infringements. That's a minority of golfers but generally we all like to play by the book as best we can. However the official rule book is over 100 pages long and a bit boring to sift through and know which are the most essential. Of course you should be familiar with the material for your own reference, but there are some more important rules to ensure you don't commit any mortal sins on the course. And what better place to learn about some of these things than out on the very course you play on?

Purpose: Learn basic rules of golf at Spring Run out on the course
Facilitator: Scott Kash

H21: Pickleball: Orientation

January 20th 2022 · 9:00–10:30 am | February 3rd 2022 · 9:00–10:30 am | February 17th 2022 · 9:00–10:30 am | March 3rd 2022 · 9:00–10:30 am | March 17th 2022 · 9:00–10:30 am

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball combines many elements of tennis, badminton and ping-pong and is the fastest growing sport in America. Played as doubles or singles, it's no wonder this game is catching on around the world. Participants will cover how the game is played, the equipment involved, where the game can be played, how to properly strike and serve the ball, and successful playing strategies. Registrations are limited to 12 participants per session and will be on a first come, first served basis. A waitlist will be started when necessary.

Purpose: Learn how to play pickleball
Facilitator: Joe McCreery, David Brinkruff

H22: Planning for the future

February 2nd 2022 · 1:00–3:00 pm

Many people signing up for Medicare don't realize that some budget-busters, like dental care and hearing aids, are generally not covered. Neither is care received overseas, long-term care, and routine vision, among others. The difference between being kept at the hospital for observation instead of being admitted as a patient can result in surprise costs. Even for those services covered under a health insurance policy, the consumer can be on the hook for significant cash outlays. With medical expenses accounting for a significant share of bad debt and bankruptcies in the United States, it is vital that consumers closely examine their benefit coverage options when they shop for health insurance.

Purpose: Learn about the medical financial risks individuals are subject to that are not covered by health insurance

Facilitator: Andrea Munao (Guest Presenter – Informed Choice), Adam Corcoran (Guest Presenter – Golden Care)

H23: R.E.A.D.Y. for Women

March 16th 2022 · 9:30–11:00 am

Walking through a parking lot alone and feeling uneasy? Getting a weird vibe from a stranger on the sidewalk? Many of us have been there. In a January 2018 survey of 1,000 women nationwide, 81% reported experiencing some form of sexual harassment, assault, or both in their lifetime. Even if you've personally never felt yourself in a situation that made you feel physically unsafe, having reassurance about your next steps (and what you can do to help yourself should the unfortunate circumstance ever happen) can make all the difference. This is a special program just for the ladies – all ages, teenagers and up. There are special forms to fill out, due to the specific nature of this program. Part of the class is spent going over personal safety and situational awareness. Participants will then learn a series of moves they can perform if they ever feel threatened or are faced with a potential assault. Registration is limited to 20 participants.

Purpose: Learn basic self-defense designed for women

Facilitator: Heather Turco (Guest Presenter – Lee County Sheriff's Office)

H24: Resolving pain and navigating the gym

November 12th 2021 · 1:00–3:00 pm

Sometimes pain has a purpose – it can alert us that we've sprained an ankle, for example. But for many people, pain can linger for weeks or even months, causing needless suffering and interfering with quality of life. When you're dealing with aches and soreness, there's a good chance all you want to do is stay in bed. You might think that if you rest your pain will go away. It's actually the opposite. Movement is the best medicine. Inactivity can make the muscles tighten up, causing even more pain. Flexibility and strength exercises are key to preventing and relieving pain. Although it may seem difficult to take a proactive approach, alleviating your pain may largely be within your control. However

navigating your community gym can be a challenge in itself. You need to know where to locate the equipment you want to use along with how to properly use it. Even though gyms are usually organized into practical sections and most of the machines have pictured instructions, it's not

uncommon to feel confused, conspicuous and at a loss for where to start. Pain can emanate from a number of places for a number of reasons so choosing the appropriate training regimen is essential.

Purpose: Learn how to alleviate pain through exercise and find your way around the gym

Facilitator: Ryan Vesce (Guest Presenter – Matterhorn Fit)

H25: Take control of your arthritic pain to elevate your active lifestyle

March 10th 2022 · 1:00–3:00 pm

Arthritis is a condition that can cause swelling, pain, stiffness and decreased range of motion in your joints. The term literally means "inflammation of the joint." Arthritis is a progressive disorder, which means that it typically starts gradually and gets worse with time. Our joints move an incredible amount each day, bearing heavy loads and often being strained, without us really paying attention. When you combine arthritis with such frequent movement, it can cause a great deal of pain that can feel debilitating at times. However, while you may not be able to prevent or cure any form of arthritis, there is a lot you can do to slow its progression, reduce pain, and maintain or improve function. Don't let arthritis get in the way of your active lifestyle!

Purpose: Learn about the many facets of arthritis and learn exercises that help manage arthritic pain.

Facilitators: Dr. David Lee, Dr. Teo Buzas (Guest Presenters – Bridging the Gap Physical Therapy)

H26: Talk on Genetics

February 9th 2022 · 1:00–3:00 pm

Genetics is the scientific study of genes and heredity – of how certain qualities or traits are passed from parents to offspring as a result of changes in DNA sequence. Humans have long observed that traits tend to be similar in families. People inherit one copy of each gene from their mother and one copy from their father. Sometimes, changes in genes, called mutations, may be passed on from parents to children. However, genetic mutations may also occur over a person's lifetime, either by chance or as a result of exposure to something that increases the risk of cancer, such as smoking cigarettes. Genetic mutations can interfere with how the body normally works, such as stopping cells from growing out of control or repairing any damage to the cells. Most cancers are caused by genetic mutations. Genetic testing is how we examine our DNA and reveal mutations that may cause illness or disease. Although genetic testing can provide important information for diagnosing, treating



and preventing illness, there are limitations. So what is the difference between genetic testing from a healthcare provider vs a direct-to-consumer genetic test? What is the difference between hereditary cancers vs sporadic cancers? How can we leverage the information we find out after a closer inspection of our genes?

Purpose: Learn about the influence of genes on heredity and disease along with the available methods for genetic testing

Facilitator: Mary Ann Orlang (Guest Presenter - Lee Health)

H27: Tennis: Beginner and Intermediate Clinic

January 14th 2022 · 9:00-10:30 am | January 21st 2022 · 9:00-10:30 am | January 28th 2022 · 9:00-10:30 am | February 4th 2022 · 9:00-10:30 am | February 11th 2022 · 9:00-10:30 am | February 18th 2022 · 9:00-10:30 am | February 25th 2022 · 9:00-10:30 am | March 4th 2022 · 9:00-10:30 am | March 11th 2022 · 9:00-10:30 am | March 18th 2022 · 9:00-10:30 am | March 25th 2022 · 9:00-10:30 am | April 1st 2022 · 9:00-10:30 am | April 8th 2022 · 9:00-10:30 am | April 15th 2022 · 9:00-10:30 am

Tennis, invented by the British army officer Major Walter Clopton Winfield in 1873 and originally called lawn tennis, has become a worldwide sport and a great way to exercise and stay in shape. Tennis transcends all age groups and is enjoyed by young kids as well as seniors. Come learn, practice or re-learn how to play the wonderful sport of tennis from outstanding volunteer professional coaches. Beginners and those who've spent significant time away from the sport are strongly encouraged to attend the Friday clinics at 9:00 am January through April. Meet other members while learning basic tennis shots, court positions and strategies designed to keep the ball in play. Players of all levels are invited to attend. From beginners and returning players to intermediate and advanced players, join in on the exciting action!

Purpose: Play tennis with others at similar skill levels

Facilitators: John Foley, Jan Esper, Mike Bannigan, Glenn Mattson

H28: Wine & Line Dancing

March 13th 2022 · 4:00-6:00 pm | April 3rd 2022 · 4:00-6:00 pm

Line dancing is exactly what its name implies: people dancing in lines to music. Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows, most often without the dancers making contact with one another. Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands. The movements of a line dance are marked as "counts" where one count generally equals one musical beat, with a particular movement or step taking place at each beat. But don't be intimidated at the sound of counting out choreographed steps! It all comes much more naturally than you would think. Also, a little wine never hurts! Happy

hour priced drinks will be available. Participants are encouraged to wear shoes that slide instead of gym shoes. Join in on the fun as we learn the choreography for some of the most popular line dances. You and other participants won't be able to resist showing off these routines at the next neighborhood gathering or party at the clubhouse.

Purpose: Learn the basics of line dancing over drinks (drinks optional)

Facilitator: Patty Fitzgerald, Kim Corso

SPECIAL TOPICS



S1: Active Violence/Shooter – How would you respond?

February 15th 2022 · 10:30-12:00 pm

You are at the mall, the movies, your clubhouse and you hear gunshots. How would you react? What would you do? These cases are rare; but, they do happen. The Lee County Sheriff's Office has conducted research on recent events. During this presentation, crime prevention specialists will share with you what they've learned from these tragedies and give you information that could one day save your life. You will walk away from this presentation with important knowledge you can teach others.

Purpose: Learn how to respond to active violence/shooter scenarios

Facilitator: Heather Turco (Guest Presenter - Lee County Sheriff's Office)

S2: Behind the Sound: 40 years in audio engineering and production

February 3rd 2022 · 5:00-7:00 pm

Growing up, Tom Young's parents listened to a lot of music around the house, including a fair bit of the music of the two iconic artists he would later come to know and work with, Sinatra and Bennett. Originally a guitar player, Young got into the business of sound reinforcement, as many musicians do. He continued to play throughout college as a business major at Penn State, but he never really embraced school. All he wanted was to be involved in music, either as a player, or behind the scenes. After Penn State, he got his wish, embarking on his career in audio engineering and production. Sound engineers play a vital role in the music industry. Anyone who ever has been to a concert and was impressed with the clarity of the overall quality of the music can thank a talented engineer controlling that sound. Sound engineers, also known as audio engineers, mix, reproduce, and manipulate the equalization and electronic



effects of sound, but they don't have to work strictly in music. Young has worked on system design projects worldwide and consulted on numerous sound installations. He recently consulted on a redesign of the sound system at Radio City Music Hall in New York City, the

St. George Theater in Staten Island, Jones Hall in Houston, and the Frank Sinatra School of the Arts. He spent over 12 years as the front-of-house engineer for Frank Sinatra and for 26 years had the distinction of mixing for all live concerts and recording projects for Tony Bennett. Young even won a Grammy Award in 2002 for his work with Tony Bennett's "Playing with My Friends." Young, however, doesn't measure success by hardware; rather, it's about building relationships and having the right attitude. Never take anything for granted. Never forget where you came from. And approach each day trying to do it a little bit better.

Purpose: Hear stories and music from the "man behind the audio board" for Tony Bennett and Frank Sinatra

Facilitator: Tom Young

S3: Birds of Spring Run

March 29th 2022 · 1:00-3:00 pm

Birding and bird watching mean the same thing – the observation of live birds in their natural habitat. Whether you enjoy bird watching to spot a new species, or to capture them in photographs, birding is something you can do in your own back yard, your local park, or anywhere you travel. Southwest Florida offers a wealth of birding possibilities thanks to the large number of refuges, parks, and protected areas. Spring Run's ideal setting and eco-friendly operations provide a sanctuary for wildlife that attracts a bounty of beautiful birds to our community. Some of the more common birds of Southwest Florida can be spotted in Spring Run along with some less commonly observed species. Come learn about the different birds that frequent Spring Run and how to identify them.

Purpose: Birding in Spring Run

Facilitator: Ted Hoffman, George Taylor

S4: Dog Park Safety

March 10th 2022 · 9:00-10:30 am

Dog parks are a place for your dog to have fun and play with other four-leggers. But it doesn't always work out that way e.g., bigger dogs can be too rough with smaller dogs, favorite balls get snatched, gangs of dogs pick on loners... the list goes on. Here's the rub. It doesn't have to be that way. Enjoying the dog park only works when owners act responsibly and take charge of their dog. Learning a few basic commands gives you the ability to recall the dog or divert their attention from trouble. Topics will include picking a safe dog park, canine socialization, canine language, recognizing and correcting improper canine behavior as

well as how to prevent/safely break up a dog fight. This presentation is intended for dog owners only, please do not bring your pets.

Purpose: Learn about the ins and outs of dog park safety
Facilitator: Joe De Simone (Guest Presenter – Canine Command)

S5: Dog Training 101

February 15th 2022 · 9:00-10:30 am

Did you know Iditarod mushers start socializing their pups at 2 weeks? Proper training and socialization, early and often, are keys to owning a Good Canine Citizen. Nevertheless, dogs of all ages benefit from training– learning how to focus, track, recall, sit, stay, walk calmly on leash and be comfortable with strangers. Research has shown that short 5-minute fun interactions with our canine companions lowers blood pressure, increases good brain hormones and strengthens the immune system of both the owner and dog! Quick training mentally and physically stimulates your dog while enhancing your leadership making your dog feel safe and secure. Pet owners will obtain valuable information they can use right away to improve their canine's behavior, including a Canine Communication Training 101 Guide. This presentation is intended for dog owners only, please do not bring your pets.

Purpose: Learn and observe quick and easy dog training techniques.

Facilitator: Joe De Simone (Guest Presenter – Canine Command)

S6: Eternal Vigilance – Fighting to Restore Estero Bay Tributaries Docu-discussion

April 14th 2022 · 10:00-12:00 pm

Estero Bay was Florida's first aquatic preserve. The bay and its nine tributaries are magnificent bodies of water that are now imperiled and need our help. Everything we do here in Southwest Florida is dependent on the quality of our waterways: our economy, our tourism, our recreation and even our physical health. Eternal Vigilance is a 25 minute documentary that showcases the imperiled status of Estero Bay, its nine tributaries and the people who have been working to preserve and restore these vital waterways over the last 30 years. On any given day, Calusa Waterkeeper Rangers might be flying over the Caloosahatchee scanning for algae, sampling its urban tributary creeks for fecal bacteria, crunching over water quality numbers or screening a documentary about local water health. The mission of this nearly all-volunteer corps is to protect the expansive region that includes the Caloosahatchee from Lake Okeechobee and all its tributaries, an area that encompasses more than 1,000 square miles. The short film tells the story of Estero Bay and the fight to protect its waters during a time of increasing development pressures which have led to the Gulf of Mexico and Estero Bay being fed storm runoff and releases from Lake Okeechobee which threaten water quality, wildlife and even public health. Following the viewing, Chris and Ed Shinouskis, Calusa Waterkeeper Rangers, will discuss

what they do for the Calusa Waterkeeper organization and what they've promoted at Pelican Landing to combat Estero Bay's pollution.

Purpose: Screen the film *Eternal Vigilance* and participate in a group discussion about the film and about local water conservation efforts

Facilitators: Terri Socol, Chris & Ed Shinouskis (Guest Presenters – Calusa Waterkeeper)

S7: Florida Gulf Coast University – The Founder's Tour

November 4th 2021 · 10:00–1:00 pm | February 24th 2022 · 10:00–1:00 pm

Dr. Roy McTarnaghan was Vice-Chancellor of the State University System of Florida and was deeply involved in the planning and development for Florida Gulf Coast University including its legislative approval in 1991. He subsequently served as Founding President of FGCU helping develop the land use plan, establishing a private foundation for fundraising, hiring of faculty and staff and establishing policies including non-tenure appointments for faculty, public service experience requirement for students, a PBS Radio and TV station, and a significant commitment to online and distance learning. The university's enrollment is presently 15,000. Join Dr. McTarnaghan for a tour of the FGCU campus and have lunch where the students eat in South Village Dining Hall. Participants will need to bring \$9 for lunch (cash only) and provide their own transportation to the FGCU campus.

Purpose: Take a tour of FGCU and learn about its history and its future

Facilitator: Dr. Roy McTarnaghan

S8: Frauds, Scams, and Identity Theft

February 2nd 2022 · 10:00–11:30 am

My-oh-my, there are so many creative ways criminals are stealing our money, from realistic-looking websites and warnings, to convincing threats and awards. Wow, every day the devious plot list is growing – thieves using our devices to scam us. It's unsettling, embarrassing and unfortunately, the criminals can quickly drain our bank accounts. You hear the stories and think, "that will never happen to me..." but sadly, it just takes one vulnerable moment for us to fall victim. The crime prevention specialists at the Lee County Sheriff's Office are experts on crime trends and can share those with you, along with valuable advice on how to spot a scammer or fraudster and what to do if you become a victim. This is so important, because cybercrime is growing, with criminals getting their hands on billions of dollars across the U.S.

Purpose: Learn different ways you can fall victim to cybercrime and how to prevent or minimize threats

Facilitator: Heather Turco (Guest Presenter – Lee County Sheriff's Office)

S9: The Generational Shift – Blame it on COVID?

February 22nd 2022 · 1:00–3:00 pm

Think back to March of 2020. How has your life changed since the beginning of the COVID-19 Pandemic? Are the

changes you've experienced strictly because of COVID, or something more? Even before COVID, people were buying their groceries and clothes online, working from home, and getting their education virtually. Could this be part of a sort of Generational Shift? Join us for a round table discussion on how the way we live our lives has begun to change, and not just because of COVID-19. This will be an open table format where everyone will be able to share their personal experiences since the beginning of the Pandemic.

Purpose: Share your opinion on the changing social paradigms of the 21st Century

Facilitator: Peggy Schick

S10: Handgun Safety & Basics

January 25th 2022 · 10:00–12:00 pm

The handgun is the toughest of the three primary firearms to master. Rifles and shotguns are fired from the shoulder, which provides a more stable platform, but a handgun is fired while hanging out there on the end of those noodles we call arms. Learning to shoot a handgun requires a very different skill set. The decision to own a handgun assumes you are prepared to undertake full-time responsibility for your weapon's safety and security. Florida Statutes require a loaded firearm in the home to be stored in a locked box container or secured with a trigger lock if the owner reasonably knows that a child under the age of 16 can gain access to the firearm. You must also assume full-time responsibility for your firearm's safe handling and use, making sure you know how it works and how to maintain it. To put it very simply, all firearms can kill and should be respected and used properly. To qualify for a concealed weapon license, Florida law requires you to submit proof of competency with a firearm. It just goes to show that learning basic firearm safety comes first and foremost. Please note there will be no real handguns at this presentation.

Purpose: Learn about handgun basics & safety, Florida gun laws and get hands on experience with plastic trainers (optional)

Facilitator: Rick Fox

S11: Here for you when you lose a loved one

January 14th 2022 · 1:00–3:00 pm

Many of us avoid talking about death; however, death is inevitable. When you or a loved one is having a medical event, you call 911...then what? What happens if you find your loved one passed away? Participants will walk through the reasons we call 911, what happens after that call, who responds and why they do what they do. Get your questions answered regarding death investigations. Prepare for later, so you can sit back, relax and enjoy life now! Get your bucket list ready!

Purpose: Talk about the taboo subject of death



Facilitator: Heather Turco (Guest Presenter – Lee County Sheriff's Office)

S12: Hurricane Preparedness – How to prepare like a Florida Native

April 1st 2022 · 1:00–3:00 pm

The Atlantic hurricane season lasts from June to November with storms typically peaking between August and October. As with every hurricane season regardless of forecast, knowing the essentials of how to prepare could truly be a life saver. How well do you know your area? Where are public shelters located? How about evacuation routes? Hurricanes don't only affect people living along the coast. They can cause damage hundreds of miles from the shore. Before hurricane season each year, make sure you and your family are prepared by planning ahead.

Purpose: Learn how to prepare for a hurricane and what to do if you need to evacuate

Facilitator: Susan Lindenmuth (Guest Presenter – Estero Fire Rescue)

S13: News & Views Roundtable Discussions

November 11th 2021 · 1:00–3:00 pm | February 17th 2022 · 1:00–3:00 pm

Discussing current topics of interest is often more difficult than you think. In today's technologically social environment, everyone seems to be an "expert" on pretty much everything. Worse, people have become quick to disparage and insult those who they disagree with. This shift towards uncivil discussions achieves nothing and will only stand to divide us even further. As the world is gripped with political and social strife, the importance of engaging in face-to-face conversations with others on hot-button topics serves to bridge the gap between our differing viewpoints and, potentially, ourselves. These topics can include current events, national and international affairs, burning social and economic topics, scientific and environmental issues, and so much more. Participants are asked to contribute items for discussion at each session along with brief reasons why it's important. Participants are also encouraged to bring in reputable sources that they believe support their beliefs.

Purpose: Discuss current events and other topics in a group setting

Facilitator: Mark Michel

S14: Packing Smart for the Best Start

November 5th 2021 · 10:00–11:30 am

We've all been there. It's time to pack and you don't know

where to start. And if you're anything like the majority of travelers, you're probably a hopeless over-packer. For example, if "I need to pack this parka just in case" or "of course I'll read all 7 Harry Potter books this trip" sounds familiar to you, then you may be part of the

over-packing crowd. But take comfort in the fact that you CAN learn to be a smart packer. From the basic 'no duhs' to some unconventional gems of genius, these packing tips and tricks can save you headaches and heartaches along the way. While all the advice in the world can't force you to pack calmly in plenty of time ahead of your trip, at least having some good tips in mind can help you furiously pack last minute.

Purpose: Learn how to pack smart for your trip

Facilitator: Nancy Taylor

S15: PBS & NPR at FGCU

April 8th 2022 · 10:00–12:00 pm

WGCU Public Media is Southwest Florida's source for PBS and NPR. WGCU provides quality programming 24-hours a day and is a trusted storyteller, teacher, theater, library and traveling companion. As a member-supported service of Florida Gulf Coast University, WGCU's mission is to provide educational programming that inspires, informs and engages our community. Serving all or part of 12 counties in south and Southwest Florida with five distinct digital TV channels, three radio services, and multiple digital media platforms, WGCU delivers national and international programming, as well as develops and produces award-winning relevant, informative and educational local content. Join us for this special tour of the WGCU broadcasting station at the FGCU campus. Participants are responsible for providing their own transportation to and from the FGCU campus. Registration limited to 40 participants.

Purpose: Learn about and tour the WGCU broadcasting station at FGCU

Facilitator: Anne Stavely (Guest Presenter – WGCU Public Media)

S16: See the Wildlife of Southwest Florida

January 29th 2022 · 10:00–12:00 pm

Southwest Florida has a unique environmental ecosystem consisting of preserves, sanctuaries, swamps, and estuaries. The flora and fauna are on display daily in their natural environment located throughout all of Southwest Florida. You can also see them up-close and personal right in this region! Participants will be introduced to trips around the Bonita Springs area where people can see a variety of wildlife starting with free opportunities and progressing to more expensive but incredible opportunities to view Florida wildlife such as bald eagles, manatees, burrowing owls, lions, and so much more! This is a great session for those who host out of town visitors as some of the trips are short and "on the way" to other destinations, while others are full or half-day trips.

Purpose: Learn about local places to see the wildlife of Southwest Florida

Facilitators: Terri Socol

S17: Spring Run: A Closer Look

April 1st 2022 · 10:00–11:30 am

Nestled amidst 200 lush acres, Spring Run is a golf inclusive



planned community consisting of 847 residential units including single family homes, carriage homes, attached villas, and garden condominiums. Bundled communities – such as Spring Run – also known as C.I.R.A.’s (Common Interest Realty Association) are responsible for property maintenance and repairs, management services, and other tasks defined in its governing documents. The association is funded by ongoing member assessments. Members elect the association’s Board of Directors, which represents their interests in the association. However, beyond this basic understanding of bundled communities, the association’s financials and structure of governance can be a little more hazy. Do you know how all of the improvement projects around Spring Run, from the gatehouse to the outdoor dining expansion, are funded? How were these projects chosen and who had a hand in their conception? Join us for this in-depth discussion on Spring Run’s finances and structure of governance.

Purpose: Learn about Spring Run’s finances and structure of governance

Facilitators: Jim Rock, Mike Zigler

S18: Spring Run Golf Club – The Superintendent’s Tour

January 13th 2022 · 7:00–8:30 am | February 3rd 2022 · 7:00–8:30 am

Back in 2009, Spring Run’s golf course achieved designation as a “Certified Audubon Cooperative Sanctuary” through the Audubon Cooperative Sanctuary Program for Golf Courses – an Audubon International Program. Since then the Golf Course Superintendent spearheads the effort to maintain this sanctuary status. Spring Run is the 97th golf course in Florida and the 789th in the world to receive this honor. What does it take to maintain Spring Run’s Audubon Sanctuary status? How does the Superintendent manage with uncooperative weather or address an invasive species? Participants will take a brief golf cart tour of Spring Run’s Audubon certified golf course. Registration limit of 16 participants due to cart availability.

Purpose: Learn about Spring Run’s Audubon certification and how the golf course is managed

Facilitator: Ben Hanshew

S19: Streaming of Miss Scarlet and the Duke and other PBS programs

March 9th 2022 · 1:00–3:00 pm

In Victorian London, Eliza Scarlet is left almost penniless when her father unexpectedly dies. He was a retired detective who taught her everything about detection. Although marriage would appear to be the only option for a woman’s financial security, Eliza resolves to carry on in her father’s footsteps and become a private detective. However, the men of Scotland Yard, especially her childhood friend William “The Duke” Wellington, see Eliza as little more than a hindrance. With the second season of Miss Scarlet and the Duke set to air early 2022, now is the perfect time to catch up with the first season. This special screening of the first episode of the series will be followed by a group

discussion along with information on how to stream more PBS programs.

Purpose: Screen the first episode of Miss Scarlet and the Duke, participate in a group discussion and learn how to stream additional PBS programming

Facilitator: Anne Stavely (Guest Presenter – WVCU Public Media)

S20: Talking the Talk – 40 Years behind the Radio Microphone

March 29th 2022 · 10:00–12:00 pm

Ed Walsh was bitten by the radio bug in high school and in college worked on-air delivering the news while getting a degree in economics. But he would have to wait until after serving in combat as a naval officer in Vietnam to pursue his career in broadcasting. Working in major markets like New York City, Boston and Phoenix, Walsh focused on news casting, reporting and hosting talk radio. From the earliest days, news was a crucial part of radio broadcasting. It was soon followed by live entertainment, recorded music and then eventually all talk formats for politics, sports and lifestyles. In his 40 plus years on some of the country’s most popular and powerful stations, Walsh has reported major news events across America and from Moscow, Rome and London. He was on-the-air on New York’s WOR when hijacked planes slammed into the World Trade towers on 9/11. An award winning journalist and named one of America’s top 100 talk show hosts, Walsh will explain how stories are chosen and presented, how media bias can threaten news trustworthiness, yet why radio still draws more people than any other medium.

Purpose: Learn about the now 100 year old world of commercial broadcasting and hear stories from more than 40 of those years on the airwaves

Facilitator: Ed Walsh

S21: Toxic Puzzle – Hunt for the Hidden Killer Discussion

March 31st 2022 · 10:00–12:00 pm

Toxic Puzzle is a medical and environmental detective story that follows a scientific team around the world as they hunt for a hidden killer. Alzheimer’s, ALS and Parkinson’s are all diseases caused by destruction of the brain and nervous system. With these diseases on the rise, scientists suspect environmental toxins may trigger disease in a gene-environment interaction. The pieces come together when cyanobacteria (also known as blue-green algae) in our waters is identified as the culprit. Are some of the smallest organisms on Earth destroying our brains? Add pollution from agriculture and cities to climate change, and the result is more algae growth than ever before. It’s an ecological catastrophe. Is this also becoming a serious public health concern? Toxic blooms now occur in the Great Lakes,



New England waters, in the Baltic Sea, in SW Florida and in many other places around the world. Higher numbers of ALS in the same regions are cause for concern. Are the toxins produced by cyanobacteria to blame? Is there a potential cure?

Purpose: Screen the film Toxic Puzzle (80 Minutes) and participate in a group discussion about the film

Facilitator: Terri Socol

S22: Troubled Waters: A Turtle's Tale Docu-discussion

February 26th 2022 · 10:00-12:00 pm

Troubled Waters: A Turtle's Tale explores the impact of human behavior on our environment – as seen through the lens of one of South Florida's most beloved and fragile underwater creatures – the sea turtle. This one-hour film takes a critical look at the effects of global warming, water pollution and our "throw-away" plastic lifestyle on this keystone species, and inevitably ourselves. At the center of Troubled Waters is a dedicated team of biologists, researchers and conservationists. Often struggling to remain optimistic for the future, they pour their hearts and souls into saving a species with a past as old as the dinosaur. While education, political will, technology and science offers hope, changing human behavior is crucial. What challenges confront the largest resource of life on earth? What solutions and actions can be taken to help turn back the tide?

Purpose: Screen the film Troubled Waters and participate in a group discussion about the film

Facilitator: Terri Socol

S23: Weeds and Seeds: A History of Dining in Southern Florida

November 12th 2021 · 10:00-11:30 am

Cattle, citrus, and many other foods synonymous with Florida were actually brought over by the Spanish, so what were people eating before then? 2,000 years ago, the Calusa were a growing power in Southwest Florida, and would eventually dominate the area. They had a complex society with trade routes spanning hundreds of miles, a powerful military, and they engineered their environment including building wide canals and islands made of shells to make life better. Unlike other groups in Florida, and around the world, the Calusa built their expansive kingdom without agriculture, something that is often thought to be a requirement of complex societies. So what did they actually eat? Researchers have been busy studying how a society that collected all of its food by fishing, hunting and gathering was able to secure enough food to support its ambitious construction projects, military and wide spread influence in the area. What was on the dinner table 2,000 years ago in Southwest Florida?

Purpose: Learn about what Southwestern Floridians had for dinner 2,000 years ago

Facilitator: Sara Ayers-Rigsby (Guest Presenter – Florida Public Archaeology Network)

S24: The World of Human Trafficking

January 13th 2022 · 1:00-3:00 pm

Human trafficking ties as the world's second largest global enterprise. Florida ranks third in the nation for reported cases with a large percentage emanating from Southwest Florida. Approximately fifty percent of victims are children. Human trafficking respects no boundaries, borders or jurisdictions. It exists right here in Collier County; in areas you would never suspect as we carry out our daily routines and errands. In this presentation, the issue of human trafficking will be explained and what can be done to prevent this heinous crime. By opening our eyes and asking the right questions, not only can we become better aware of how to combat this terrible human tragedy, we might even help save or redeem some lives.

Purpose: Learn about human trafficking and what can be done to combat it

Facilitator: Dennis Solon (Guest Presenter – Southwest Florida Regional Human Trafficking Coalition)

TECHNOLOGY SERIES



T1: Apple Watch – more than a fancy life-alert bracelet

February 8th 2022 · 9:00-11:00 am

The Apple Watch is a smart watch with fitness tracking and message exchanging capabilities connected directly with your iPhone. Despite its small size, the Apple Watch is a complicated piece of hardware with many functions. It's the world's most advanced wearable operating system designed to keep users healthy, active, and connected. But it's only as smart as the person wearing it! What do all the buttons do? What are the basic gestures that the watch will respond to? What are some of the most useful features new users should be aware of? While you may not immediately memorize every function right away, this is a great place to start.

Purpose: Learn the basics of the Apple Watch

Facilitators: Terry & Susan Crandall

T2: Going Paperless – Apple's Note and Reminder Apps

March 2nd 2022 · 1:00-3:00 pm

Do you find yourself rummaging around for a pen and loose piece of paper to take a quick note? Perhaps you need to jot down an address, recipe or quick grocery list. Maybe you need to write down a date for an important appointment you don't want to forget. These days, the one thing that is constantly within reach is your iPhone. The Notes app

built into the iPhone, iPad and iPod touch has always been a quick and convenient way to record lists, thoughts, and other random items. It's traditionally eschewed the bells and whistles that grace many of the best note-taking apps, but Apple beefed up their app in recent years with a healthy dose of new and improved features. Apple also has the Reminders app which makes it quick and simple to track and manage your day. There's options to create lists, set due dates, and even send reminders straight to your Apple Watch. So next time you need to take a quick note or write yourself a reminder, don't reach for a piece of paper. Reach right in your pocket and pull out your iPhone!

Purpose: Learn how to use Apple Notes and Reminders
Facilitator: George Taylor

T3: iMovie – Creating Memories with Friends and Family

November 9th 2021 · 10:00–12:00 pm

Want to create that perfect Christmas video? Or maybe you want to make an instructional “how-to” for your favorite hobby or skill? Better yet, why not make a video chronicling your time at Spring Run? With iMovie, the possibilities are endless. iMovie is a video editing software application developed by Apple that allows you to edit your photos and videos on your devices in many different ways. From adding text and transitions to stabilizing shaky videos to including music to reducing background noise, iMovie can help you create a myriad of effects. In this course, you will gain the tools and the knowledge needed to use iMovie to shoot and edit your own videos for your family and friends! Make sure to come to the class with iMovie downloaded on your iPad or Macbook and that your device is connected to the Spring Run Wi-Fi. Intermediate iPad experience is preferred.

Purpose: Use iMovie to create a movie for your family and friends
Facilitator: Terry Crandall

T4: iOS App of the Month

January 11th 2022 · 10:00–11:00 am | February 1st 2022 · 10:00–11:00 am | March 1st 2022 · 10:00–11:00 am | April 12th 2022 · 10:00–11:00 am

A mobile application, also referred to as a mobile app or simply an app, is a computer program or software application designed to run on a mobile device such as a phone, tablet, or watch. Apps were originally intended for productivity assistance such as email, calendar, and contact databases, but the public demand for apps caused rapid expansion into other areas such as mobile games, factory automation, GPS and location-based services, order-tracking, and ticket purchases, so that there are now millions of apps available. While we can't talk about all these apps, join us for an introduction to some apps that can make your life a whole lot more easy – and a whole lot



more fun!

Purpose: Learn the basics of popular mobile apps

Facilitator: Gary Ward

T5: iPhone Camera & Photos

January 21st 2022 · 10:00–12:00 pm

Apple's iPhone has once again topped the “most used camera” list. This comes as no surprise as Apple has long been the reigning champion of the most used camera in the world. Capturing, storing, managing, and editing your photos on your iPhone/iPad has never been easier to do. Apple is always adding new apps that offer lots of photo and video editing features. The content of this clinic will be designed by you. We will cover the basics, but the remainder of the content will be about specific subjects requested by the participants.

Purpose: How to store, manage, edit, and share photos on apple devices

Facilitator: Nancy Taylor

T6: Libby – Library eBooks

March 3rd 2022 · 10:00–12:00 pm

Did you know there is an app for borrowing library books and reading or listening to them from your iPhone or iPad? Libby is a free app available for both apple and android that allows you to access thousands of electronic books through your local libraries. Its 2:00 am, you can't sleep, and you wish you had a book from one of your favorite authors. With just a few taps on a screen you can have your book! Caregivers will find the Libby app helpful. The app does the “leg work” by sending books to someone's iPad who may not have the mobility to go to the library. Maybe you know someone who can no longer hold a book or turn pages. You can download books that will appear on their iPad. Every book enthusiast needs to come and meet Libby. Please note: Participants will need their Apple ID and password along with their current library card in order to register with the Libby app.

Purpose: How to use Libby to access electronic books and audio books from local libraries through your iPhone or iPad

Facilitator: Mary Lou Smith

T7: Newsletters Gone Digital!

October 29th 2021 · 1:00–3:00 pm | March 11th 2022 · 1:00–3:00 pm

We see newsletters in almost every aspect of our lives. From disseminating community information to advertising business activities to sharing personal adventures, people can't seem to get enough of them. Now that newsletters have entered the digital age, they're even easier to make. Using the Pages App on any Apple product, you can make a digital letter for whatever occasion comes along. Join us for an introduction into the world of digital newsletters that will leave you itching to create one for your next community or family function.

Purpose: Use the Pages App to create a digital newsletter
Facilitator: Susan Crandall, Nickel Lepchitz

FALL SEMESTER

Week 1 October 17-23

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M8-1	Let's Do Books	10/22/2021	1:00-3:00 pm	F	Greens	Tish Breschi

Week 2 October 24-30

H19	Medicare 101: Understanding the Basics and Private Options	10/29/2021	10:00-12:00 pm	F	Greens	Andrea Munao
T7-1	Newsletters Gone Digital!	10/29/2021	1:00-3:00 pm	F	Greens	Susan Crandall, Nickel Lepchitz

Week 3 October 31 - November 6

S7-1	Florida Gulf Coast University – The Founder's Tour	11/4/2021	10:00-1:00 pm	TR	FGCU	Dr. Roy McTarnaghan
S14	Packing Smart for the Best Start	11/5/2021	10:00-11:30 am	F	Lakeview	Nancy Taylor

Week 4 November 7-13

M14-1	Spring Run Men's Book Group	11/9/2021	1:00-3:00 pm	T	Multipurpose	Bill Krein
T3	iMovies – Creating Memories with Friends and Family	11/9/2021	10:00-12:00 pm	T	Lakeview	Terry Crandall
A5-1	Sing Along with Bob and Kathy	11/10/2021	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Ciccarelli, Kilby Hume, Bonnie Mittendorf
F9	Women and Wealth	11/10/2021	10:00-11:30 am	W	Lakeview	Aaron Pierce
H9	Bocce: Orientation	11/10/2021	7:00-8:30 pm	W	Bocce Courts	Gary Orten
S13-1	News & Views Roundtable Discussions	11/11/2021	1:00-3:00 pm	TR	Greens	Mark Michel
H24	Resolving pain and navigating the gym	11/12/2021	1:00-3:00 pm	F	Greens	Ryan Vesce
S23	Weeds and Seeds: A History of Dining in Southern Florida	11/12/2021	10:00-11:30 am	F	Lakeview	Sara Ayers-Rigsby
A2-1	Card Shop	11/13/2021	9:00-12:00 pm	S	Lakeview	Terri Socol, Patrice Sabo, Patti Kraska, Diane Haist

Week 5 November 14-20

H14-1	Distance is not Defined by Age – Learn how to gain 20 to 40 yards off the tee	11/15/2021	1:00-2:00 pm	M	Lakeview	Dr. Jake Berman
H5-1	Anti-Aging Posture Workshop	11/16/2021	1:00-2:30 pm	T	Lakeview	Dr. Vivian Ebert
A3-1	Decorative Art Project	11/17/2021	9:00-12:00 pm	W	Lakeview	Stonie Frame, Suzanne Mikulka
H10-1	Bocce: Spring Run Rules	11/17/2021	6:30-8:30 pm	W	Bocce Courts	Craig Korkoian
M8-2	Let's Do Books	11/19/2021	1:00-3:00 pm	F	Greens	Tish Breschi
F3	Long-term Care	11/19/2021	10:00-11:30 am	F	Lakeview	Aaron Pierce

Week 7 November 28 - December 4

G10	Nuclear Proliferation since 1945	12/3/2021	10:00-12:00 pm	F	Lakeview	Peter Borré
H4	Acupuncture Explained	12/3/2021	1:00-3:00 pm	F	Lakeview	Dr. Jay Chang

WINTER SEMESTER

Week 12 January 2-8

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H12	A Chip off the Old Block	1/7/2022	3:00-4:00 pm	F	Golf Practice Area	Jeff Carter
H17	Kicking the Sugar Habit	1/7/2022	2:00-3:00 pm	F	Greens	Carrie Bloemers

Week 13 January 9-15

M14-2	Spring Run Men's Book Group	1/11/2022	1:00-3:00 pm	T	Multipurpose	Bill Krein
T4-1	iOS App of the Month	1/11/2022	10:00-11:00 am	T	Greens	Gary Ward
C5	The key to Keto	1/12/2022	11:00-1:00 pm	W	Dining	Kristopher Jubinville
H10-2	Bocce: Spring Run Rules	1/12/2022	6:30-8:30 pm	W	Bocce Courts	Craig Korkoian
H2	5 Tips to lose abdominal fat, improve sleep, and add years to your life	1/13/2022	10:00-12:00 pm	TR	Lakeview	Jenni Berman
S18-1	Spring Run Golf Club – The Superintendent's Tour	1/13/2022	7:00-8:30 am	TR	Golf Course	Ben Hanshew
S24	The World of Human Trafficking	1/13/2022	1:00-3:00 pm	TR	Lakeview	Dennis Solon
G3	Eleanor Roosevelt – First Lady-turned Diplomat	1/14/2022	10:00-11:30 am	F	Lakeview	Jane Alter, Mo Winograd, Mary Tousignant, Ruthmarie Mitsch, Jan Johnson
H27-1	Tennis: Beginner and Intermediate Clinic	1/14/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
S11	Here for you when you lose a loved one	1/14/2022	1:00-3:00 pm	F	Greens	Heather Turco
A3-2	Decorative Art Project	1/15/2022	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka
H6	Athletic Motion and the Golf Swing	1/15/2022	1:00-2:00 pm	S	Lakeview	Patty Driapsa

Week 14 January 16-22

H18-1	Learn to Bike 15 Miles in 6 Weeks	1/17/2022	9:00 am	M	Tennis Courts	Terri Socol
A5-2	Sing Along with Bob and Kathy	1/19/2022	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Ciccarella, Kilby Hume, Bonnie Mittendorf
H8-1	Bocce: Intermediate Clinic	1/19/2022	7:00-8:30 pm	W	Bocce Courts	Gary Orten
H13	Color Me Beautiful	1/19/2022	1:00-3:00 pm	W	Multipurpose	Joanne Richmond
H21-1	Pickleball: Orientation	1/20/2022	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brink-ruff
M6-1	Canasta: Beginners Clinic	1/21/2022	9:30-11:30 am	F	Lakeview	Bobbie Allen
M8-3	Let's Do Books	1/21/2022	1:00-3:00 pm	F	Greens	Marianne Kure
F4	Market & Economic Update	1/21/2022	1:00-3:00 pm	F	Lakeview	Dennis Landfried, Billie Porter
H27-2	Tennis: Beginner and Intermediate Clinic	1/21/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
T5	iPhone Camera & Photos	1/21/2022	10:00-12:00 pm	F	Greens	Nancy Taylor
A2-2	Card Shop	1/22/2022	9:00-12:00 pm	S	Lakeview	Terri Socol, Patrice Sabo, Patti Kraska, Diane Haist
M1	Bridge: I-Introduction to Bridge	1/22/2022	10:00-12:00 pm	S	Greens	Dean Oestreich

Week 15 January 23-29

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H18-2	Learn to Bike 15 Miles in 6 Weeks	1/24/2022	9:00 am	M	Tennis Courts	Terri Socol
G7-1	Great Decisions – Volunteer Facilitators	1/24/2022	2:00–4:00 pm	M	Greens	Craig Korkoian
G6-1	Great Decisions – Group Discussion	1/25/2022	3:00–5:00 pm	T	Multipurpose	Bill Krein
M7-1	Canasta: Intermediate Review	1/25/2022	3:00–5:00 pm	T	Greens	Bobbie Allen
H1	5 Tips to avoid back pain, maintain your independence, and live your best life	1/25/2022	2:00–3:00 pm	T	Lakeview	Dr. Jake Berman
H14-2	Distance is not Defined by Age – Learn how to gain 20 to 40 yards off the tee	1/25/2022	1:00–2:00 pm	T	Lakeview	Dr. Jake Berman
S10	Handgun Safety & Basics	1/25/2022	10:00–12:00 pm	T	Lakeview	Rick Fox
C2	Cooking with CBD	1/27/2022	11:00–1:00 pm	TR	Dining	Michel Urbano
G1	China's Belt and Road Initiative – Silk Road 2.0?	1/28/2022	10:00–12:00 pm	F	Dining	Mike Quinlan
M6-2	Canasta: Beginners Clinic	1/28/2022	9:30–11:30 am	F	Lakeview	Bobbie Allen
M10	The Science of Thinking I: Healthy Brain Functions – The Basics	1/28/2022	1:00–3:00 pm	F	Dining	Bill Furtwengler
H27-3	Tennis: Beginner and Intermediate Clinic	1/28/2022	9:00–10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M2	Bridge: 2–Suit Bidding	1/29/2022	10:00–12:00 pm	S	Greens	Dean Oestreich
S16	See the Wildlife of Southwest Florida	1/29/2022	10:00–12:00 pm	S	Lakeview	Terri Socol

Week 16 January 30 - February 5

H18-3	Learn to Bike 15 Miles in 6 Weeks	1/31/2022	9:00 am	M	Tennis Courts	Terri Socol
G7-2	Great Decisions Volunteer Facilitators	1/31/2022	2:00–4:00 pm	M	Greens	Craig Korkoian
G6-2	Great Decisions – Group Discussion	2/1/2022	3:00–5:00 pm	T	Multipurpose	Bill Krein
M7-2	Canasta: Intermediate Review	2/1/2022	3:00–5:00 pm	T	Greens	Bobbie Allen
T4-2	iOS App of the Month	2/1/2022	10:00–11:00 am	T	Greens	Gary Ward
H22	Planning for the future	2/2/2022	1:00–3:00 pm	W	Greens	Andrea Munao, Adam Corcoran
S8	Frauds, Scams, and Identity Theft	2/2/2022	10:00–11:30 am	W	Lakeview	Heather Turco
F2	Estate Planning – Beyond the Basics	2/3/2022	10:00–11:30 am	TR	Lakeview	Dennis Landfried, Billie Porter
H21-2	Pickleball: Orientation	2/3/2022	9:00–10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
S2	Behind the Sound: 40 years in audio engineering and production	2/3/2022	5:00–7:00 pm	TR	Dining	Tom Young
S18-2	Spring Run Golf Club – The Superintendent's Tour	2/3/2022	7:00–8:30 am	TR	Golf Course	Ben Hanshew
G4	Global Supply Chain	2/4/2022	10:00–12:00 pm	F	Dining	Craig Korkoian
M6-3	Canasta: Beginners Clinic	2/4/2022	9:30–11:30 am	F	Lakeview	Bobbie Allen
M11	The Science of Thinking II: Choosing Healthy Brain Challenges – The Stories We Tell Ourselves – Our Goal Setting	2/4/2022	1:00–3:00 pm	F	Dining	Bill Furtwengler

Week 16 January 30 - February 5 (cont.)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H11	Bunker Busters	2/4/2022	3:00-4:00 pm	F	Golf Practice Area	Jeff Carter
H27-4	Tennis: Beginner and Intermediate Clinic	2/4/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
A3-3	Decorative Art Project	2/5/2022	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka
M3	Bridge: 3-No Trump Bidding	2/5/2022	10:00-12:00 pm	S	Greens	Dean Oestreich

Week 17 February 6-12

H18-4	Learn to Bike 15 Miles in 6 Weeks	2/7/2022	9:00 am	M	Tennis Courts	Terri Socol
G7-3	Great Decisions – Volunteer Facilitators	2/7/2022	2:00-4:00 pm	M	Greens	Craig Korkoian
M9-1	Mah Jongg: Beginners Clinic	2/7/2022	10:00-12:00 pm	M	Club	Ann Sullivan, Susan Crandall, George & Jo Ann Bryan
G6-3	Great Decisions – Group Discussion	2/8/2022	3:00-5:00 pm	T	Multipurpose	Bill Krein
M7-3	Canasta: Intermediate Review	2/8/2022	3:00-5:00 pm	T	Greens	Bobbie Allen
M14-3	Spring Run Men's Book Group	2/8/2022	1:00-3:00 pm	T	Multipurpose	Bill Krein
C3	For the love of Chocolate	2/8/2022	11:00-1:00 pm	T	Dining	Kristopher Jubinville
T1	Apple Watch – more than a fancy life-alert bracelet	2/8/2022	9:00-11:00 am	T	Lakeview	Terry & Susan Crandall
A2-3	Card Shop	2/9/2022	9:00-12:00 pm	W	Lakeview	Terri Socol, Patrice Sabo, Patti Kraska, Diane Haist
H26	Talk on Genetics	2/9/2022	1:00-3:00 pm	W	Lakeview	Mary Anne Orlang
G5	The Great Canadian Road Trip	2/11/2022	10:00-12:00 pm	F	Dining	Paula Lockhart
M6-4	Canasta: Beginners Clinic	2/11/2022	9:30-11:30 am	F	Lakeview	Bobbie Allen
M12	The Science of Thinking III: Creating Healthy Brain Contexts – Brain Functions That Change "The Way We Do Things Around Here"	2/11/2022	1:00-3:00 pm	F	Dining	Bill Furtwengler
H27-5	Tennis: Beginner and Intermediate Clinic	2/11/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson

Week 18 February 13-19

H18-5	Learn to Bike 15 Miles in 6 Weeks	2/14/2022	9:00 am	M	Tennis Courts	Terri Socol
G7-4	Great Decisions – Volunteer Facilitators	2/14/2022	2:00-4:00 pm	M	Greens	Craig Korkoian
M9-2	Mah Jongg: Beginners Clinic	2/14/2022	10:00-12:00 pm	M	Club	Ann Sullivan, Susan Crandall, George & Jo Ann Bryan
G6-4	Great Decisions – Group Discussion	2/15/2022	3:00-5:00 pm	T	Multipurpose	Bill Krein
H3	10 Steps to better fitness	2/15/2022	1:00-2:30 pm	T	Lakeview	Dr. Vivian Ebert
S1	Active Violence/Shooter – How would you respond?	2/15/2022	10:30-12:00 pm	T	Lakeview	Heather Turco
S5	Dog Training 101	2/15/2022	9:00-10:30 am	T	Memorial Garden	Joe De Simone

Week 18 February 13-19 (cont.)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
A4	The Renaissance Man	2/16/2022	10:00-11:30 am	W	Lakeview	Dean Oestreich
A5-3	Sing Along with Bob and Kathy	2/16/2022	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Ciccarelli, Kilby Hume, Bonnie Mittendorf
F1	Considering Florida Residency?	2/16/2022	1:00-3:00 pm	W	Lakeview	Dustin Rinaldi
H21-3	Pickleball: Orientation	2/17/2022	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
S13-2	News & Views Roundtable Discussions	2/17/2022	1:00-3:00 pm	TR	Greens	Mark Michel
G9	National Missile Defense	2/18/2022	10:00-12:00 pm	F	Dining	Craig Korkoian
M6-5	Canasta: Beginners Clinic	2/18/2022	9:30-11:30 am	F	Lakeview	Bobbie Allen
M8-4	Let's Do Books	2/18/2022	1:00-3:00 pm	F	Greens	Marianne Kure
M13	The Science of Thinking IV: Using Longevity Brain Extenders – All About Successful Aging, Dreams, Adapting and Purposing	2/18/2022	1:00-3:00 pm	F	Dining	Bill Furtwengler
H27-6	Tennis: Beginner and Intermediate Clinic	2/18/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
A3-4	Decorative Art Project	2/19/2022	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka
M4	Bridge: 4-Play of the Hand	2/19/2022	10:00-12:00 pm	S	Greens	Dean Oestreich

Week 19 February 20-26

H18-6	Learn to Bike 15 Miles in 6 Weeks	2/21/2022	9:00 am	M	Tennis Courts	Terri Socol
G7-5	Great Decisions – Volunteer Facilitators	2/21/2022	2:00-4:00 pm	M	Greens	Craig Korkoian
M9-3	Mah Jongg: Beginners Clinic	2/21/2022	10:00-12:00 pm	M	Dining	Ann Sullivan, Susan Crandall, George & Jo Ann Bryan
H20	Par for the Course – Spring Run Golf Rules	2/21/2022	7:30 -9:00 am	M	Golf Course	Scott Kash
G6-5	Great Decisions – Group Discussion	2/22/2022	3:00-5:00 pm	T	Multipurpose	Bill Krein
C8	The World of Tapas and Wine	2/22/2022	11:00-1:00 pm	T	Dining	Michel Urbano
S9	The Generational Shift – Blame it on COVID?	2/22/2022	1:00-3:00 pm	T	Greens	Peggy Schick
H8-2	Bocce: Intermediate Clinic	2/23/2022	7:00-8:30 pm	W	Bocce Courts	Gary Orten
S7-2	Florida Gulf Coast University – The Founder's Tour	2/24/2022	10:00-1:00 pm	TR	FGCU	Dr. Roy McTarnaghan
G11	Treasures of the Ancient Greek World	2/25/2022	10:00-12:00 pm	F	Dining	Dick Eidswick
M6-6	Canasta: Beginners Clinic	2/25/2022	9:30-11:30 am	F	Lakeview	Bobbie Allen
H27-7	Tennis: Beginner and Intermediate Clinic	2/25/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M5	Bridge: 5-Defense	2/26/2022	10:00-12:00 pm	S	Greens	Dean Oestreich
S22	Troubled Waters: A Turtle's Tale Docu-discussion	2/26/2022	10:00-12:00 pm	S	Lakeview	Terri Socol

SPRING SEMESTER

Week 20 February 27 - March 5

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
G7-6	Great Decisions – Volunteer Facilitators	2/28/2022	2:00–4:00 pm	M	Greens	Craig Korkoian
M9-4	Mah Jongg: Beginners Clinic	2/28/2022	10:00–12:00 pm	M	Club	Ann Sullivan, Susan Crandall, George & Jo Ann Bryan
G6-6	Great Decisions – Group Discussion	3/1/2022	3:00–5:00 pm	T	Multipurpose	Bill Krein
F5	Retirement Reinvented I: Financial Basics & Risk Management	3/1/2022	10:00–12:00 pm	T	Lakeview	Ken Wise
T4-3	iOS App of the Month	3/1/2022	10:00–11:00 am	T	Greens	Gary Ward
C1	Chilled Appetizers	3/2/2022	11:00–1:00 pm	W	Dining	Michel Urbano
T2	Going Paperless – Apple's Note and Reminder Apps	3/2/2022	1:00–3:00 pm	W	Greens	George Taylor
H21-4	Pickleball: Orientation	3/3/2022	9:00–10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
T6	Libby – Library eBooks	3/3/2022	10:00–12:00 pm	TR	Lakeview	Mary Lou Smith
G2	China Dream 2049 – Master Plan for Global Dominance	3/4/2022	10:00–12:00 pm	F	Dining	Mike Quinlan
M6-7	Canasta: Beginners Clinic	3/4/2022	9:30–11:30 am	F	Lakeview	Bobbie Allen
H15	Flatstick Fix	3/4/2022	3:00–4:00 pm	F	Golf Practice Area	Jeff Carter
H27-8	Tennis: Beginner and Intermediate Clinic	3/4/2022	9:00–10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
A3-5	Decorative Art Project	3/5/2022	9:00–12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka
H7	Bicycle Safety and Maintenance	3/5/2022	9:00–11:00 am	S	Silver Creek	Craig Korkoian

Week 21 March 6-12

G7-7	Great Decisions – Volunteer Facilitators	3/7/2022	2:00–4:00 pm	M	Greens	Craig Korkoian
M9-5	Mah Jongg: Beginners Clinic	3/7/2022	10:00–12:00 pm	M	Club	Ann Sullivan, Susan Crandall, George & Jo Ann Bryan
G6-7	Great Decisions – Group Discussion	3/8/2022	3:00–5:00 pm	T	Multipurpose	Bill Krein
M14-4	Spring Run Men's Book Group	3/8/2022	1:00–3:00 pm	T	Multipurpose	Bill Krein
F6	Retirement Reinvented II: Retirement Income & Investing	3/8/2022	10:00–12:00 pm	T	Lakeview	Stefan Contorno
A2-4	Card Shop	3/9/2022	9:00–12:00 pm	W	Lakeview	Terri Socol, Patrice Sabo, Patti Kraska, Diane Haist
S19	Streaming of Miss Scarlet and the Duke and other PBS programs	3/9/2022	1:00–3:00 pm	W	Lakeview	Anne Stavely
H25	Take control of your arthritic pain to elevate your active lifestyle	3/10/2022	1:00–3:00 pm	TR	Greens	Dr. David Lee, Dr. Teo Buzas
S4	Dog Park Safety	3/10/2022	9:00–10:30 am	TR	Memorial Garden	Joe De Simone
G8	Harry Hopkins – FDR's Deputy President	3/11/2022	10:00–12:00 pm	F	Dining	Steve Vesce

Week 21 March 6-12 (cont.)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M6-8	Canasta: Beginners Clinic	3/11/2022	9:30-11:30 am	F	Lakeview	Bobbie Allen
H27-9	Tennis: Beginner and Intermediate Clinic	3/11/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
T7-2	Newsletters Gone Digital!	3/11/2022	1:00-3:00 pm	F	Greens	Susan Crandall, Nickel Lepchitz

Week 22 March 13-19

H28-1	Wine & Line Dancing	3/13/2022	4:00-6:00 pm	SN	Dining	Patty Fitzgerald, Kim Corso
G7-8	Great Decisions – Volunteer Facilitators	3/14/2022	2:00-4:00 pm	M	Greens	Craig Korkoian
M9-6	Mah Jongg: Beginners Clinic	3/14/2022	10:00-12:00 pm	M	Dining	Ann Sullivan, Susan Crandall, George & Jo Ann Bryan
C6	The Pair Beyond Compare	3/14/2022	3:00-5:00 pm	M	Dining	Aikaterina Galeos
G6-8	Great Decisions – Group Discussion	3/15/2022	3:00-5:00 pm	T	Multipurpose	Bill Krein
F7	Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan	3/15/2022	10:00-12:00 pm	T	Lakeview	Kenny Wise
H5-2	Anti-Aging Posture Workshop	3/15/2022	1:00-2:30 pm	T	Greens	Dr. Vivian Ebert
A5-4	Sing Along with Bob and Kathy	3/16/2022	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Ciccarelli, Kilby Hume, Bonnie Mittendorf
H23	R.E.A.D.Y. for Women	3/16/2022	9:30-11:00 am	W	Lakeview	Heather Turco
H21-5	Pickleball: Orientation	3/17/2022	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
M8-5	Let's Do Books	3/18/2022	1:00-3:00 pm	F	Greens	Marianne Kure
M15	There's no Crying in Cribbage	3/18/2022	10:00-11:30 am	F	Lakeview	George & Nancy Taylor
H27-10	Tennis: Beginner and Intermediate Clinic	3/18/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
A3-6	Decorative Art Project	3/19/2022	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

Week 23 March 20-26

H16	Guided Meditation	3/21/2022	1:00-2:00 pm	M	Greens	Nicole Traum
F8	Wearing the Trustee Hat	3/25/2022	10:00-11:30 am	F	Lakeview	Dennis Landfried, Billie Porter
H27-11	Tennis: Beginner and Intermediate Clinic	3/25/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
A1	Acrylic Tile Mosaic Art Project	3/26/2022	9:00-12:00 pm	S	Lakeview	Beverly Wojje

Week 24 March 27 - April 2

S3	Birds of Spring Run	3/29/2022	1:00-3:00 pm	T	Lakeview	Ted Hoffman, George Taylor
S20	Talking the Talk – 40 years behind the Radio Microphone	3/29/2022	10:00-12:00 pm	T	Lakeview	Ed Walsh
S21	Toxic Puzzle – Hunt for the Hidden Killer Docu-discussion	3/31/2022	10:00-12:00 pm	TR	Lakeview	Terri Socol

Week 24 March 27 - April 2 (cont.)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H27-12	Tennis: Beginner and Intermediate Clinic	4/1/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
S12	Hurricane Preparedness – How to prepare like a Florida Native	4/1/2022	1:00-3:00 pm	F	Greens	Susan Lindenmuth
S17	Spring Run: A Closer Look	4/1/2022	10:00-11:30 am	F	Lakeview	Jim Rock, Mike Zigler

Week 25 April 3-9

H28-2	Wine & Line Dancing	4/3/2022	4:00-6:00 pm	SN	Dining	Patty Fitzgerald, Kim Corso
C4	Grazing Boards: Cheese is just the Beginning	4/4/2022	5:00-7:00 pm	M	Dining	Lauren Simon
H27-13	Tennis: Beginner and Intermediate Clinic	4/8/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
S15	PBS & NPR at FGCU	4/8/2022	10:00-12:00 pm	F	FGCU	Anne Stavely
A2-5	Card Shop	4/9/2022	9:00-12:00 pm	S	Lakeview	Terri Socol, Patrice Sabo, Patti Kraska, Diane Haist

Week 26 April 10-16

M14-5	Spring Run Men's Book Group	4/12/2022	1:00-3:00 pm	T	Multipurpose	Bill Krein
C7	Sous Vide with Wine	4/12/2022	11:00-1:00 pm	T	Dining	Michel Urbano
T4-4	iOS App of the Month	4/12/2022	10:00-11:00 am	T	Greens	Gary Ward
H14-3	Distance is not Defined by Age – Learn how to gain 20 to 40 yards off the tee	4/14/2022	1:00-2:00 pm	TR	Lakeview	Dr. Jake Berman
S6	Eternal Vigilance – Fighting to Restore Estero Bay Tributaries Docu-discussion	4/14/2022	10:00-12:00 pm	TR	Lakeview	Terri Socol, Chris & Ed Shinouskis
H27-14	Tennis: Beginner and Intermediate Clinic	4/15/2022	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson

Week 27 April 17-23

A5-5	Sing Along with Bob and Kathy	4/20/2022	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Ciccarelli, Kilby Hume, Bonnie Mittendorf
M8-6	Let's Do Books	4/22/2022	1:00-3:00 pm	F	Greens	Tish Breschi

NOTES



NOTES

THANK YOU



Dear iLife Volunteers,

What a last two seasons it has been! Not only did we have to cut iLife activities short in 2020, but we also had quite a challenging season in 2021. With limited headcounts, masks and social distancing, it's a wonder how we had such a successful season of iLife! Thanks to your determination and perseverance we provided virtual options and even held activities outside to adapt to the unusual circumstances.

I would like to take a moment to thank Mark Oroyan and Luke Richmond for all their meticulous planning and execution. I would also like to give a special thanks to Terri Socol for her passion and guidance as the iLife Champion. Thanks to the iLife Advocates

who are out in the community fostering good will, mining new activities, and recruiting new presenters. I would also like to thank the iLife Advisory Committee for their sound counsel each season. Finally, I would like to thank our exceptionally talented presenters for their quality work and devotion to continuing education.

Without all of our volunteers, we wouldn't have an iLife program. Thank you all for your extraordinary contributions.

Mike Zigler
General Manager

2021-2022 iLIFE VOLUNTEERS

ADVISORY COMMITTEE

Susan Crandall
Bill Furtwengler
Bill Hess
Carol Heffernan
Craig Korkoian
Mark Michel
Mike Quinlan
Patrice Sabo
Mary Tousignant
Mo Winograd

ADVOCATES

Susan Falci
Molly Forbush
Pat Ghelli
Mary Giaquinto
Lynn Guarasci
Bette Lennox
Jean MacLean
Pamela Perri
Jeanne Quinlan
Sammy Samuelson

FACILITATORS

Bobbie Allen
Jane Alter
Mike Bannigan
Kathy Bartl
Tish Breschi
Jo Ann Bryan
George Bryan
Jeff Carter
Bob Ciccarelli
Kim Corso
Susan Crandall
Terry Crandall
Patty Driapsa
Jan Esper
Patty Fitzgerald
John Foley
Rick Fox
Stonie Frame
Bill Furtwengler
Diane Haist
Ben Hanshew
Ted Hoffman
Kilby Hume

Scott Kash
Craig Korkoian
Patti Kraska
Bill Krein
Marianne Kure
Gary Orten
Kristopher Jubinville
Nickel Lepchitz
Paula Lockhart
Glenn Mattson
Joe McCreery
Roy McTarnaghan
Mark Michel
Bonnie Mittendorf
Dean Oestreich
Mike Quinlan
JoAnne Richmond
Jim Rock
Gloria Rosen
Patrice Sabo
Peggy Schick
Mary Lou Smith
Terri Socol
Ann Sullivan

George Taylor
Nancy Taylor
Mary Tousignant
Michel Urbano
Gary Ward
Mo Winograd
Beverly Wojie
Tom Young
Mike Zigler

GUEST PRESENTERS

Sara Ayers-Rigsby
Jake Berman
Jennifer Berman
Carrie Bloemers
Peter Borre
Teo Buzas
Joe De Simone
Vivian Ebert
Aikaterina Galeos
Jan Johnson
Dennis Landfried
David Lee
Susan Lindenmuth

Suzanne Mikulka
Ruthmarie Mitsch
Bryan Mulcahy
Andrea Munao
Mary Anne Orlang
Billie Porter
Dustin Rinaldi
Chris Shinouskis
Ed Shinouskis
Lauren Simon
Dennis Solon
Anne Stavely
Nicole Traum
Heather Turco
Ryan Vesce
Steve Vesce