



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 competitive 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. But that's not to say that there aren't golf, tennis, bocce and pickleball iLife activities! 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.

Despite the renovation work going on at the clubhouse, 2022-23 will be another robust season of iLife activities. We have a full lineup with over half of the presentations and activities being brand new offerings along with returning favorites. As always, the schedule is subject to change so keep an eye on your club emails for any new developments.

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 Additional Guests 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 3rd 2022

Winter registration opens Monday, December 19th 2022

Spring registration opens Monday, February 13th 2023

You may cancel your registration online up to 48 hours out from the event start time. Revisit the registration page for 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.



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- S16: Spring Run: A Closer Look
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- S18: Spring Run Eco Club
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- S20: Toxic Puzzle – Hunt for the Hidden Killer Docu-discussion
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- S22: The US Air Force Tanker Program – A Failed Air Force Acquisition Process
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- T5: The Impact of Digitization and AI on the Future of Humanity – Regulation of Technology
- T6: iPhone: Apps
- T7: iPhone: Basics
- T8: iPhone: Camera & Photos
- T9: Libby – Library eBooks



AROUND THE GLOBE

G1: 1942: America's Pivotal Year – From Defeat to Victory to World Leadership

February 3rd 2023 · 1:00–3:00 pm

Three weeks before January 1, 1942, the Japanese Army attacked Pearl Harbor and Americans finally unified in a common effort to defeat Fascism and Militarism throughout the world. During this tumultuous year America and its Allies were on the brink of defeat and collapse, and confronted many critical challenges both at home and abroad. Who were the key domestic and military characters of this time? What challenges and achievements would go on to define America and create the world we know today?

Purpose: Take a look back at key events, characters, challenges and achievements from the turbulent year of 1942

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

G2: China's Dramatic Growth – At what cost to US (U.S.)?

March 17th 2023 · 10:00–12:00 pm

Since China began to open up and reform its economy in 1978, GDP growth has averaged almost 10 percent a year, and more than 800 million people have been lifted out of poverty, but at what cost? What are the annual costs of intellectual property losses to China, real and imagined? What are the annual losses of trademark, patent, and copyright violations to China? President Clinton paved the way for China's membership in the World Trade Organization. That's worked well for China, but how has it worked out for the U.S.? Before WTO membership, China allegedly did not conduct global commerce by the rules. Have they improved? What is the state of our current trade imbalance with China compared to the year 2000? Is China really responsible for the closing of thousands of factories in the U.S. or would they have closed regardless? What is "civilian-military fusion" and how does it apply to Chinese students and workers currently in the U.S.? What is "forced technology transfer" and how does it impact U.S. companies with facilities in China? What are the total losses endured by the U.S. due to deaths, hospitalizations, lost revenue, etc. attributable to either wet markets or labs in the Wuhan Province? How much of the Fentanyl or Fentanyl ingredients that enter the U.S. annually by way of Mexico are originally from China? How much has the emergence of China bolstered the U.S. and global economies? Planning, strategy and logistics have surely been impacted in more ways than

one. Do the sanctions imposed on China work? What are the downsides?

Purpose: Learn more about our role in helping China emerge from a backward, third-world country

Facilitator: Mike Quinlan

G3: The Daughters of Yalta

November 14th 2022 · 1:00–3:00 pm

Much has been written about the historic Yalta Conference in February 1945, when Churchill, Stalin and Roosevelt met to decide the future of the postwar world. Little, however, is known about the role played behind the scenes by three young women who were chosen by their fathers to travel with them to Yalta, each bound by fierce family loyalty, political savvy, and intertwined romances that powerfully colored these crucial days. Situated in the political maelstrom that marked the transition to a postwar world, the Daughters of Yalta is a remarkable story of fathers and daughters whose relationships were tested and strengthened by the history they witnessed and the future they crafted together.

Purpose: Learn about the lesser known but equally important role of the Daughters of Yalta

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

G4: Great Decisions

January 24th 2023 · 3:00–5:00 pm | January 31st 2023 · 3:00–5:00 pm | February 7th 2023 · 3:00–5:00 pm | February 14th 2023 · 3:00–5:00 pm | February 28th 2023 · 3:00–5:00 pm | March 7th 2023 · 3:00–5:00 pm | March 14th 2023 · 3:00–5:00 pm | March 21st 2023 · 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 purchase the current Great Decisions Briefing Book through the club and familiarize themselves with the topics set for discussion. Over the course of 8 sessions, 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

G5: The Great Canadian Road Trip

March 9th 2023 · 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, kind people, and lots of adventures, then you should consider taking that epic Canadian road trip. At the right time of year the drive around Lake Superior and across the prairies is beautiful and full of interesting destinations. 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 fascinating 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 a road trip across Canada through the eyes of a Canadian

Facilitator: Paula Lockhart

G6: The Life & Legacy of Nancy Reagan

March 10th 2023 · 1:00–3:00 pm

The influential and stylish wife of the 40th president of the United States who unabashedly put Ronald Reagan at the center of her life but became a political figure in her own right, Nancy Reagan was a fierce guardian of her husband's image, sometimes at the expense of her own, and during Mr. Reagan's improbable climb from a Hollywood acting career to the governorship of California and ultimately the White House, she was a trusted adviser. It has been said that without Nancy, there would have been no Governor Reagan and no President Reagan. Of the pair, Nancy was the one with the sharper instincts about people, the superior radar for trouble, and the keen sense of how to secure his place in history. The only person in the world to whom Ronald Reagan felt truly close, Nancy understood how to foster his strengths to compensate for his weaknesses. Neither timid nor apologetic about wielding her power, Nancy Reagan made herself a place in history.

Purpose: Learn about the life and legacy of Nancy Reagan

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

G7: Putin the Dictator

February 24th 2023 · 1:00–3:00 pm

When Russian President Boris Yeltsin suddenly resigned

on December 31st 1999, he handpicked a former KGB official just a few years into politics as his successor. At first it was not obvious that Vladimir Putin would last very long in the job, but over twenty years later,

he still grips the reins of power. Putin consolidated control over Russia by transforming the courts, media and other governance institutions to serve his interests. He has spent lavishly on the military, banned or jailed opposition politicians and journalists, and cracked down on dissent by restricting free speech on the internet. His rule has often been marked by cooperation with the West, but more often by antagonism and confrontation. Having emerged as one of the most aggressive challengers to the western liberal order, Putin is the pioneer of a new model of authoritarian leadership on the global stage. How did this former KGB official with no clearly articulated worldview rise to be Russia's newest czar? As the world struggles to confront a hostile Russia, the importance of understanding the formidable and ambitious Putin has never been greater.

Purpose: Learn about the enigma that is the Russian dictator

Facilitators: Carol & Bill Furtwengler

G8: Taiwan – The Ragged Edge

January 27th 2023 · 1:00–3:00 pm

By 2049, "Taiwan and the People's Republic of China will be reunited – peacefully or by force," so says, Xi Jinping, General Secretary of the People's Republic of China. President Biden frequently states that the U.S. will come to the aid of Taiwan. Does the U.S. have a mutual defense treaty with Taiwan? If not, how will the U.S. respond if China conducts a military invasion? What are the risks to the U.S.? In defending their homeland, will the Taiwan military fight like the freedom fighters of Ukraine or those of Afghanistan? Should the U.S. insist that Taiwan – and any Asian country relying on our military might – spend the same 3.2% of GDP on military weapons? Could an amphibious or airborne attack on Taiwan succeed? If Japan becomes engaged in a kinetic war with China over any of its disputed islands, will the U.S. respond so as to help Japan? Would a blockade of Taiwan succeed? What are the likely scenarios of a Chinese invasion? What would be the impact on U.S. relations with Japan, Australia, etc. – if the U.S. refuses to come to the aid of Taiwan?

Purpose: Learn more about Taiwan and its relationship with the U.S.

Facilitator: Mike Quinlan

G9: Ukraine "special military operation" – Lessons Learned

March 30th 2023 · 1:00–3:00 pm

Although it is too early to guess when Russia's war of aggression will end, it is not too early to start learning



from the conflict. Developments in Ukraine have already forced us to question some of our assumptions and reacquaint ourselves with older truths. When Russian President Vladimir Putin ordered his invasion of Ukraine, he envisaged a quick seizure of Kyiv and a change of government analogous to Soviet interventions in Budapest in 1956 and Prague in 1968. But it wasn't to be. The war is still raging, and no one knows when or how it will end. So how have military operations from logistics and intel to allied inter-operability brought us to this point? What role does diplomacy play in regards to NATO enlargement, the deterrence doctrine and nuclear proliferation? Can future weapons development including "Game of Drones," heavy artillery, and tactical data integration turn the tide of war? Despite shows of unity, the war's economic costs weigh heavily on Western leaders. Now the question is, "what is the endgame?"

Purpose: Learn more about the ongoing Ukraine Russia war

Facilitator: Peter Borré

(Guest Presenter - Canonical Advocate)

G10: Ukraine Update - A Panel Discussion

January 12th 2023 · 2:00-4:00 pm

Russia's massive assault on an independent Ukraine menaces not only Eastern Europe, but the human effort, since World War II, to build global peace through international rule of law. The reverberating effects are already being felt across the globe raising concerns about what Russia's proclivity for aggression will be going forward. The war in Ukraine has held a mirror to mankind reflecting, yet again, its propensity to live on the razor's edge of folly, to take steps back even as it pursues progress. Ukrainian President Volodymyr Zelensky said that the conflict can only be resolved through diplomacy so what is the status of negotiations? Have sanctions had a desirable effect? With no end in sight to the fighting, the US continues to send military, economic and humanitarian aid. Are American-supplied weapons to Ukraine having a significant impact on the front lines? Are leaders concerned about Russia utilizing low-yield nuclear weapons? How about the weaponization of nuclear power plants such as in Zaporizhzhia or the defunct Chernobyl plant? Before the war, Ukraine exported about 6 million tons of agri-commodities on average. How is the war affecting the global food supply?

Purpose: Get an update on the state of affairs with the Russo-Ukraine war

Facilitators: Alan Van Egmond (Guest Presenter - Pelican Bay), Gregore Zore (Guest Presenter - Bonita Bay), John Rittenhouse (Guest Presenter - Shadow Wood), Steve Vesce (Guest Presenter - West Bay), Peter Borré (Guest Presenter - Canonical Advocate)

G11: Ukraine - Global Impact - Why we should care

October 28th 2022 · 10:00-12:00 pm

On February 24th 2022, Russia invaded Ukraine in a

major escalation of the Russo-Ukrainian War that began in 2014. The invasion has caused Europe's fastest-growing refugee crisis since World War II, with more than 7.4 million Ukrainians fleeing the country and a third of the population displaced. So what motivated President Putin to invade Ukraine and what were his goals? What went wrong with planning, strategy, logistics, etc.? Major Western nations have reacted with outrage, but the global reaction was less unanimous. Why did China, India, and other countries not support the UN resolution? What would be an acceptable end to this conflict for Russia and for Ukraine? Why are the imposed sanctions more punishing than any previous sanctions? Many countries and large companies are severing ties with Russia. Is this permanent? Will the Russian economy survive this de-coupling and the heavy sanctions? Why will Russia still rely on globalization? How much will this conflict impact the global order, in particular, relations between Russia and China? There will be much more to follow as the conflict develops.

Purpose: Learn more about the global impact of this consequential conflict

Facilitator: Mike Quinlan

ARTISAN SERIES



A1: Acrylic Tile Mosaic Art Project

March 1st 2023 · 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

Facilitators: Beverly Wojcie, Lois Samuelson

A2: Card Shop

October 26th 2022 · 9:00–12:00 pm | January 18th 2023 · 9:00–12:00 pm | February 15th 2023 · 9:00–12:00 pm | March 15th 2023 · 9:00–12:00 pm | April 5th 2023 · 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 12 participants.

Purpose: Create your own cards in a single session

Facilitators: Terri Socol, Patrice Sabo, Patti Kraska, Penni Kline

A3: Cricut 101

February 1st 2023 · 1:00–3:00 pm

The Cricut machine is one of the most powerful tools in your craft toolkit used to make a wide variety of crafts including custom t-shirts, greeting cards, stickers, and so much more. About the same size as a small printer, the Cricut is an electronic desktop cutting machine that hooks up to your computer. It comes with software that enables you to basically create anything and then cut it out on paper, vinyl, fabric or heat transfer material. The possibilities are truly endless. From all the online resources and designs for making everything you can think of, to the slick interface of the design software, to the ease of setup, to the availability of customer support when you get stuck and to the results you get time after time, the Cricut is an essential tool for any crafty crafter.

Purpose: Learn how to use the Cricut for crafting projects

Facilitators: Barb Rigo, Marianne McGlennon

A4: Decorative Art Project

October 29th 2022 · 9:00–12:00 pm | November 5th 2022 · 9:00–12:00 pm | January 28th 2023 · 9:00–12:00 pm | February 4th 2023 · 9:00–12:00 pm | February 25th 2023 · 9:00–12:00 pm | March 4th 2023 · 9:00–12:00 pm | March 25th 2023 · 9:00–12:00 pm | April 15th 2023 · 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)

A5: Interior Design: Space Planning 101

April 28th 2023 · 10:00–12:00 pm

Space planning is an essential step in the interior design process. Without effective space planning, projects or entire homes and buildings can lack a cohesive sense of form and function that makes them attractive and usable. The key to a successful design job starts with determining the purpose of the space being designed. If you ask all the right questions and gather all the necessary information, you can plan out a functional space that suits your needs. Your in-depth analysis together with basic design principles will help you create a well-balanced, easily navigable and beautiful space.

Purpose: Learn basic design principles along with how to read a plan, measure spaces, establish a Pinterest account, and communicate with contractors

Facilitator: Deb Evans

A6: Intro to Stone Carving

March 15th 2023 · 1:00–3:00 pm

Stone carving is an age-old form of sculpture whereby pieces of natural stone are fashioned by the removal of stone in a pre-determined way to achieve a specific design. To carve the many types of stone available, sculptors turn to fundamental hand carving chisels, hammers, specialty tools and accessories. There are many types of stone to carve, but as with all natural materials there is some variation to be expected. Because of the permanence of stone, artwork that was created in ancient times still exists today! While most artists now carve more for enjoyment and decoration than out of necessity, and although the techniques may have improved, much stays the same.

Purpose: Learn about stone carving along with the skills and tools used

Facilitator: Jack Marino

A7: Paint Like Vermeer

February 1st 2023 · 10:00–12:00 pm

Today, the name Vermeer instantly conjures an image of his Girl with the Pearl Earring painting, known as the “Mona Lisa of the North.” The 17th century Dutch Master’s rendition of an ordinary girl, sublimely glancing at the viewer from a mysterious black background with a shining pearl on her lobe, has become a universal icon of Dutch Golden Age artwork. Vermeer was best-known for his genre scenes, or images of daily life, often imbued with his stylistic hallmarks. Vermeer did not feature Nobility, Generals or the famous. Instead he painted scenes of the Middle Class, mostly women, going about their daily activities with dignity and purpose. These scenes resonated with the Dutch reflecting their strong values of the home, family and hard work. Participants



will review several of Vermeer's paintings along with a detailed step-by-step process of how a "traditional" Vermeer oil painting was probably produced.
Purpose: Learn about the style and technique of this Dutch master painter
Facilitator: Dean Oestreich

A8: Sing Along with Bob and Kathy

November 9th 2022 · 3:30-4:30 pm | January 18th 2023 · 3:30-4:30 pm | February 15th 2023 · 3:30-4:30 pm | March 15th 2023 · 3:30-4:30 pm | April 5th 2023 · 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
Facilitators: Kathy Bartl, Bob Ciccarella, Kilby Hume, Bonnie Mittendorf

A9: The Wonderful World of Woodturning

March 28th 2023 · 10:00-12:00 pm

Woodturning is the craft of using a lathe with hand tools to cut a shape that is symmetrical around the axis that a piece of wood is rotating on. While not the most popular niche of woodworking, woodturning is an incredible workshop art form that dates back to ancient times. In modern times woodturning can be a very enjoyable hobby, and if one focuses on learning good fundamental woodturning basics, it can be a safe hobby too. The same woodturning techniques needed to turn spindles such as table legs, bed posts, stair rail spindles or finials can be applied to turning bowls, attractive pens, goblets and more. As with any skill, though, it will take a lot of practice to become a good woodturner.

Purpose: Learn about woodturning along with the skills and tools used

Facilitator: Conrad Barrows



COGNITIVE FITNESS



M1: Brain Enrichment for Healthy Longevity

March 17th 2023 · 1:00-3:00 pm

Why should I care about my brain's health? - Because our longevity, in part, depends on the healthiness of our brains. Participants will learn how the brain's mechanisms work, what brain functions we can control, and how we can help create and maintain healthy brains. Study results show that we control the extent to which our brains are mindfully, rather than mindlessly, engaged in the world. And, individuals who are socially engaged and mindful much of the time are happier and live longer than those who choose limited social engagements and are less mindful in their thinking. This interactive presentation is designed to help participants learn more about our amazing brains.

Purpose: Learn how brain mechanisms work and can be controlled, and how brain enrichment practices may improve our memory systems and extend our lives

Facilitators: Bill Furtwengler, Nancy Fazzoni

M2: Canasta: Beginners Clinic

January 20th 2023 · 9:30-11:30 am | January 27th 2023 · 9:30-11:30 am | February 3rd 2023 · 9:30-11:30 am | February 10th 2023 · 9:30-11:30 am | February 17th 2023 · 9:30-11:30 am | February 24th 2023 · 9:30-11:30 am | March 3rd 2023 · 9:30-11:30 am | March 10th 2023 · 9:30-11:30 am

The Canasta game you played with your grandparents as a kid has drastically changed. If you're not familiar with the modern game, then you will need to get up to speed before trying to play with any of the groups at the Clubhouse. If you've never played before, Canasta is a very versatile and fun card game, but may seem intimidating to learn. The first five sessions of this eight-week progressive clinic will focus on the rules and cover strategies needed to play the game. These sessions are vital so participants are expected to attend all of the first five sessions. The last three sessions of this clinic will be guided play so participants can practice what they've learned. Both men and women are 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

M3: Intermediate Bridge: Defense

January 21st 2023 · 10:00-12:00 pm

There is no question that Defense is the most difficult aspect of playing bridge. Many players become adequate bidders by simply memorizing the point count for various

bids; but become rather passive on Defense. Defense is a matter of logic and thus separates the Beginners from the Intermediates. At least half of your opponents' contracts can be defeated with a good defense, but the sad truth is that about eighty percent of contracts are fulfilled. Why? Because most players have overlooked the fundamentals in a Suit versus a No Trump defense. The two most important cards played on Defense are the Opening Lead and the first Discard Signal, further you should understand basic positional defense, your Partner's leads and Signals, and be able to decide what the Declarer is trying to do based on their manner of play.

Purpose: Learn bridge Defense Strategies

Facilitator: Dean Oestreich

M4: Intermediate Bridge: No Trump

March 18th 2023 · 10:00-12:00 pm

No trump contracts are Limit Bids and provide the nuts and bolts of bridge card play. Without a trump suit lurking in the background, where small cards can pop up unexpectedly and ruff your winners, the play is simplified and becomes all about the correct handling of the suits. This does not imply that no trump play is easy – far from it. For beginners and intermediate players, it is important to develop a disciplined approach to all no trump bids and Responses, including Transfers, Stayman, Gerber, Distribution and bids with point counts from 15 to 26.

Purpose: Learn No Trump bids, conventions and strategies

Facilitator: Dean Oestreich

M5: Intro to Mah Jongg

January 23rd 2023 · 1:00-3:00 pm | January 30th 2023 · 1:00-3:00 pm | February 6th 2023 · 1:00-3:00 pm | February 13th 2023 · 1:00-3:00 pm

The exciting game of Mah Jongg has existed in one form or another for ages. It is interesting, fun, and stimulates the cognitive processes of the brain. Throughout the years, Mah Jongg has stood the test of time, and its longevity has made it popular again today. During this 6 week clinic participants will learn the rules and strategies needed to play Mah Jongg starting with the Chinese version before moving onto the American (or Western) version played at the club. Participants will be provided a National Mah Jongg League card for instructional purposes. The last two weeks, participants are required to attend either the Wednesday or Friday Mah Jongg group at the club for real world experience. But don't worry, your facilitators will be there for assistance should you need it!

Purpose: Learn the game of Mah Jongg

Facilitators: Peggy Schick, Susan Crandall



M6: Gentlemen's Book Club

November 8th 2022 · 1:00-3:00 pm | January 10th 2023 · 1:00-3:00 pm | February 14th 2023 · 1:00-3:00 pm | March 14th 2023 · 1:00-3:00 pm | April 11th 2023 · 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 lockdown 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

M7: Ladies Book Club

October 21st 2022 · 1:00-3:00 pm | November 18th 2022 · 1:00-3:00 pm | January 20th 2023 · 1:00-3:00 pm | February 17th 2023 · 1:00-3:00 pm | March 17th 2023 · 1:00-3:00 pm | April 14th 2023 · 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 Tish Breschi at bobandtish@verizon.net.

Purpose: Book club discussion group

Facilitator: Tish Breschi

M8: There's no Crying in Cribbage

March 24th 2023 · 10:00-12:00 pm

Cribbage evolved from an earlier English game called "noddy," 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 noddy 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: Appetizers for the Menu

January 16th 2023 · 11:00-1:00 pm

Maybe you call them antipasti where you're from. Maybe its hors d'oeuvres or amuse-bouche. Or maybe it's tapas, mezze, aperitif, maybe even plain old snacks? But really, no matter what you want to call them, can we all take a moment to just pause and appreciate whoever the genius was who invented eating something before you eat something? Nevertheless, this passion seems to be something we all share. Everyone loves to eat, and therefore, everyone loves eating before we eat. Spring Run members are no different. All the items featured on our menus are carefully crafted and selected by our expert culinary team, but we are always looking for ways to get members involved. Why not help us choose a new appetizer for the menu? Participants will sample appetizers and vote for their favorite. \$20 per participant - cash only.

Purpose: Sample select appetizers and vote for one to be featured on the Spring Run dinner menu

Facilitator: Jon England

C2: Cigars & Bourbon

January 31st 2023 · 5:00-7:00 pm

Cigars and bourbon have been at the heart of American audacity for generations. From gunslingers in the early days of the Wild West to executives who clang their crystal rocks glasses in a boardroom toast, a billowing cigar and a stiff whiskey are meant for one another. Whether you're trotting through the desert on horseback with a flask, chomping on a cigarillo like Clint Eastwood, or you're puffing away in the back of a stretch limo with a mobile wet bar, you want a cigar and a bourbon that display complimentary flavors. Although they already taste amazing on their own, bourbon possesses a natural sweetness that melds well with the smoky and spicy taste of a good cigar. \$20 per participant - cash only

Purpose: Learn about and taste different cigar and bourbon pairings

Facilitator: Kristopher Jubinville

C3: Comida Peruana

March 1st 2023 · 5:00-7:00 pm

When most of us think of Peru, we think of the ancient ruins and high mountain vistas. Those thoughts may be accompanied by a distant pan flute whistling over the Andes, and if we've been primed on the food, the conversation usually starts with the country's mind boggling variety of potatoes. But culinarily speaking, Peru

is the Hope Diamond of Latin America, home to dishes and flavors you won't find anywhere else. While this is hardly a secret - there are more Peruvian restaurants outside of Peru than ever before - it's one we don't give enough credit. Few places on earth offer such a variety of indigenous ingredients, let alone a jumble of flavors and techniques from Europe, Africa, and East Asia. Rather than remain culturally segregated, these foreign additions have blended seamlessly with ancient Peruvian cuisine into something utterly unique. \$20 per participant - cash only.

Purpose: Learn about and sample Peruvian recipes

Facilitator: Michel Urbano

C4: Dinner Parties Done Right

April 3rd 2023 · 5:00-7:00 pm

Are you ready to take your dinner parties to the next level? If you already rule the neighborhood potluck and can pull off family-style spreads for a crowd, you're probably ready for a new entertaining challenge. There's no better way to show off your cooking - and hosting - skills than to design and execute a multi-course dinner menu. Not that it will be easy, but with forethought, practice, and a few tips, you'll be able to organize your courses so that food stays warm, diners feel satisfied, and the meal goes off without a hitch. Get ready for a fun and interactive culinary experience! Registration limit of 24 participants.

Purpose: Learn a simple but elegant 4 course meal

Facilitator: Lauren Simon (Guest Presenter - FineMark Bank)

C5: Indian Cuisine

February 3rd 2023 · 11:00-1:00 pm

Indian cuisine dates back over 5000 years. Each region has its own traditions, religions and culture that influence food. Hindus tend to be vegetarian and Muslims tend to have meat dishes, although pork is forbidden. Indian food has been influenced by Mongolian, Persian and Chinese cuisine, among others. The common thread throughout the centuries remains the distinct mixing of spices that invariably give Indian cuisine its flavor and aroma. With all its exotic ingredients, unfamiliar dishes, and tongue-tingling flavors, Indian cuisine can be both exciting and intimidating. This demo will be held at the Healthy Life Center. \$20 per person to be charged to your member account.

Purpose: Learn about and taste Indian cuisine

Facilitator: Aikaterina Galeos (Guest Presenter - Lee Health)

C6: It's all Greek to me

March 13th 2023 · 11:00-1:00 pm

While Greece is widely known for its fascinating history, enchanting islands, and magnificent weather, it is also known to have some of the tastiest food in the world! With age-old recipes, Greek cuisine has been influenced by Middle Eastern, Italian, and Ottoman cultures. Fresh vegetables, fish, olive oil, wine, meat, and grains play a significant role in these dishes, as well as cheese, bread, olives, herbs, and yogurt. Be prepared to open your

mind and palate to a staggering array of Mediterranean flavors, aromas, and textures. \$20 per participant – cash only.

Purpose: Learn and taste Greek recipes

Facilitator: Kristopher Jubinville

C7: Liquor Lab

October 25th 2022 · 5:00–7:00 pm | January 10th 2023 · 5:00–7:00 pm | February 28th 2023 · 5:00–7:00 pm | March 14th 2023 · 5:00–7:00 pm

Whether you're ordering at the bar or taking orders behind the bar, it's important to have a good working knowledge of cocktails. The right concoction can literally make the party. If you don't know your martinis from your cosmopolitans, and have no idea what a rocks glass is, don't worry. You will. Yes, there are hundreds of classic cocktails, but few have true staying power. In the end everyone will have their preferences, but no matter whether your go-to is gin, tequila, or rye whiskey, there is a cocktail for you. \$20 per participant – cash only.

Purpose: Learn and taste select cocktails

Facilitator: Roman Carillo

C8: Molecular Gastronomy – The Food Science

March 20th 2023 · 5:00–7:00 pm

The way of preparing food has not changed much through history. Kitchens are equipped with basically the same tools that cooks used centuries ago. But thanks to molecular gastronomy, the instruments and experimental techniques of the laboratory are now making their way into the kitchen. Molecular gastronomy is a branch of food science that focuses on the physical and chemical processes that arise when cooking. These processes and interactions are explored and manipulated to yield flavorful, functional, and artistic results. Every recipe has underlying physical, biological, and chemical mechanisms that make the dish turn out as intended. Molecular gastronomy provides a platform for chefs, scientists and home cooks to experiment with food and, in many cases, to create a shared social experience of culinary innovation and delight. \$20 per participant – cash only

Purpose: Learn about and sample recipes featuring techniques of molecular gastronomy

Facilitator: Michel Urbano

C9: Perfect Pizza with Pizzazz

April 7th 2023 · 11:00–1:00 pm

A good pizza is one of the most rewarding things you can cook at home. There's the way dough feels alive and responsive in your hands, the crackling sound a knife makes while crunching neatly through a properly baked pie, and the fragrant steam that arises when you bite into a pillowy, chewy, tangy crust. Experienced chefs and home cooks know that the key to a good pizza is a good dough. It's the foundation from which all of your other flavors build. Making homemade pizza dough can sound like a lot of work, but it's very much worth the bragging

rights. The dough itself requires few ingredients and just a little bit of rising and rest time. While you wait for the dough to be ready, you can get to work prepping your tomato sauce, chopping fresh vegetables, or grating the cheese you'll put on top. Bake for 15 minutes, garnish with basil (or, let's be real, more cheese), and enjoy showing off your way-better-than-takeout creation! \$20 per participant – cash only.

Purpose: Learn how to make pizzas at home and sample a tried and true recipe

Facilitator: Jon England

C10: Wine Tasting

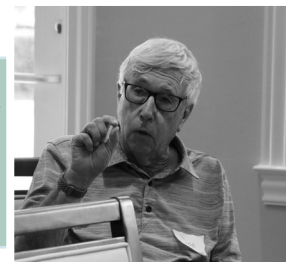
November 8th 2022 · 5:00–7:00 pm | January 24th 2023 · 5:00–7:00 pm | March 7th 2023 · 5:00–7:00 pm | April 18th 2023 · 5:00–7:00 pm

Wine tasting is the sensory examination and evaluation of wine. While the practice of wine tasting is as ancient as its production, modern, professional wine tasters (such as sommeliers or buyers for retailers) use a constantly evolving, specialized terminology that is used to describe the range of perceived flavors, aromas and general characteristics of a wine. Knowing the history of the wine, the grape, the appellation the wine came from, as well as the chemistry behind things is not going to make you a better taster. For that, there is no substitute for actual experience. \$20 per participant – cash only.

Purpose: Sample a selection of wines at each session and select candidates for the Member's Choice Wine of the Month

Facilitator: Breanna Deriso

FIDUCIARY SERIES



F1: Beneficiary War Stories – Epic Tales

March 13th 2023 · 1:00–3:00 pm

When you've been chosen to act as the trustee of a trust, you must handle both money and people. You might be more worried about the financial part, but the people may prove to be the greater challenge. Your job as trustee will be infinitely easier (and you'll be far more effective) if, right from the start, you have cordial dealings with the trust beneficiaries. What common mistakes do trustees often make and how can you avoid them? Important considerations include selecting a trustee, planning for the distribution of wealth, funding your trust, consolidating your assets and how to prepare if you become incapacitated.

Purpose: Hear real beneficiary "war" stories

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

F2: Considering Florida Residency

January 26th 2023 · 10:00-12:00 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)

F3: Current Market & Economic Update

January 12th 2023 · 10:00-12:00 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 possibly be impacting your portfolio? Should we be worried about inflation?

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

Facilitators: Andy Sheppard, Eric Cosentino, Dallas Revord (Guest Presenters - FineMark Bank)

F4: Forensic Investing: (CSI) Client Sensitive Investments

February 16th 2023 · 10:00-12:00 pm

Do you want to improve your investment decision making? The term “forensic investing” may conjure up images of detective-like professionals scouring files, conducting interviews, and running background checks. Even though reality may not be as exciting as your favorite crime scene investigation show, forensic investing principles can help you become a stronger and wiser investor and dig deeper into the investment vehicles you might be using and the potential risks you’re adding to your portfolio.

Purpose: Learn about forensic investing

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

F5: Long-term Care

March 20th 2023 · 1:00-3:00 pm

Long-term care and the ancillary needs around long-term care is something that is often overlooked and an area of growing concern in the United States. Statistically, 52 percent 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 4-5% 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

Facilitators: Aaron Pierce (Guest Presenter - Mutual

Trust Advisory Group), Joseph Bidwell (Guest Presenter - Home Instead Home Health Care)

F6: Making the Most of Social Security – Retirement Income-Enhancing Strategies

October 31st 2022 · 1:00-3:00 pm

Eighty-seven years after President Franklin Roosevelt signed the Social Security Act on August 14, 1935, Social Security remains one of the nation’s most successful, effective, and popular programs. Social Security provides you with a source of income when you retire or if you can’t work due to a disability. It can also support your legal dependents (spouse, children, or parents) with benefits in the event of your death. How much Social Security income you’ll receive depends on your earnings over your lifetime, the age at which you begin receiving benefits, and whether you’re eligible to receive a spouse’s benefits instead of your own. While there are a number of ways to maximize your retirement assets, what are some of the more popular methods? How can you ensure that you get to lead your desired lifestyle after your working years?

Purpose: Learn retirement income-enhancing strategies Facilitators: Aaron Pierce, Scott Schatzle (Guest Presenters - Mutual Trust Advisory Group)

F7: Retirement Reinvented I: Financial Basics & Risk Management

February 20th 2023 · 1:00-3:00 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)

F8: Retirement Reinvented II: Retirement Income & Investing

February 27th 2023 · 1:00–3:00 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 the 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)

F9: Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan – Kenny Wise

March 6th 2023 · 1:00–3:00 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)

F10: The SECURE Act – a new death tax?

March 7th 2023 · 10:00–12:00 pm

The Setting Every Community Up for Retirement Enhancement (SECURE) Act was passed in December 2019 and became law as of January 1st 2020. This far-reaching bill includes significant provisions aimed at increasing access to tax-advantaged accounts and preventing older Americans from outliving their assets. But there is one potential downside: if you inherit an

IRA or 401(k) from someone other than your spouse, the SECURE Act could impact your retirement savings plan or strategies to transfer wealth to future generations. Although this bill is far from a cure-all for the nation's retirement challenges, several of the provisions represent a step in the right direction. How familiar are you with this legislation that has financial impacts for Americans at every age?

Purpose: Learn about the provisions of the SECURE Act, with a focus on the complexity the change in the inherited IRA may have on your IRA, and strategies to reduce the final tax bill

Facilitator: Fred Eisenreich

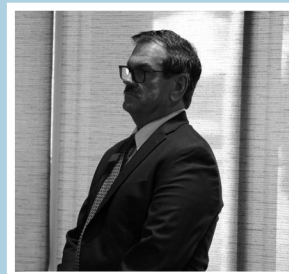
F11: Women and Wealth

February 15th 2023 · 1:00–3:00 pm

Today women control a third of total US household financial assets. But over the next decade, large sums of money are expected to change hands. The biggest driver of this shift is demographics. It is currently estimated that 70 percent of US affluent-household investable assets are controlled by the baby boomer generation. Furthermore, two-thirds of baby-boomer assets are currently held by joint households (where a female is present but not actively involved in financial decisions). As men pass, many will cede control of these assets to their female spouses, who are typically younger and longer lived. Women outlive men by an average of five years in the United States. By 2030, American baby-boomer women are expected to control much of the \$30 trillion in financial assets their generation possess (a wealth transfer approaching the magnitude of the annual GDP in the United States). After decades of sitting in the background, the financial responsibility, stewardship and control for women is poised to take center stage.

Purpose: Learn about wealth management for women

Facilitator: Aaron Pierce (Guest Presenter – Mutual Trust Advisory Group)





HEALTH & BEAUTY

H1: 10 Steps to better fitness

January 17th 2023 · 1:00–3:00 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 tips for improving your fitness routine

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

H2: Anti-Aging Posture Workshop

October 25th 2022 · 1:00–3:00 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: Vivian Ebert (Guest Presenter – Living Well Chiropractic)

H3: Athletic Motion and the Golf Swing

February 4th 2023 · 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!! Headcount limit of 15.

Purpose: How to incorporate athletic principles into your golf swing

Facilitator: Patty Driapsa

H4: Bicycle Safety and Maintenance

February 25th 2023 · 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: Learn how to care for and maintain your bicycle along with bicycle safety and etiquette

Facilitator: Craig Korkoian

H5: Biking 10 miles – 5 local trails

January 16th 2023 · 9:00 am | January 23rd 2023 · 9:00 am | January 30th 2023 · 9:00 am | February 6th 2023 · 9:00 am | February 13th 2023 · 9:00 am

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems associated with a sedentary lifestyle. Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. An estimated one billion people ride bicycles every day – for transport, recreation and sport. Over this 5-week period, participants will work up to a 10 mile bike ride along 5 local trails. Learn the rules of the road, how to inflate tires to maximize ride, necessary vs optional equipment to enhance your ride, and how to navigate alone, as well as with other riders. Participants will meet in the tennis court parking lot each week.

Purpose: Strengthen your endurance and get familiar with local bike trails

Facilitator: Terri Socol

H6: Bocce: Intermediate Clinic

February 8th 2023 · 7:00–8:30 pm | March 8th 2023 · 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

H7: Bocce: Orientation

January 25th 2023 · 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

H8: Bocce: Spring Run Rules

February 1st 2023 · 7:00–8:30 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

H9: Bunker Busters

January 13th 2023 · 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

H10: Chelsea Tee Time System

November 10th 2022 · 1:00–3:00 pm | January 18th 2023 · 1:00–3:00 pm

The internet-based Chelsea Tee Time System is designed to setup course tee times in a fair and consistent manner. Not to be mistaken with Golf Genius (how members sign up for events like Couple's Golf, Member Guest days and League Tournaments), the Chelsea system is how members request regular tee times at Spring Run. How far in advance can I request a tee time and how far out will I know my exact time? How do I add, edit, delete, or track a request? How do I make a recurring request? In this clinic, you will learn the answers to these questions along with how to review your points history, view upcoming tee sheets, and so much more.

Purpose: Learn all about the Chelsea Tee Time System

Facilitator: Scott Kash

H11: A Chip off the Old Block

March 10th 2023 · 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

H12: Color Me Beautiful

March 1st 2023 · 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

H13: Drivers & Woods

February 20th 2023 · 10:00–11:00 am

Your driver and your woods are a bit different than your irons and your hybrids. Many golfers find themselves missing the ball, topping the ball, or hitting shots fat with their driver and woods. Sometimes basic fundamentals like grip, posture, stance and impact position need adjusting. Maybe it's the differences in the swing for these clubs that is causing some golfers issues. So what is an ideal set-up and ball position for these clubs? How do in-swing mechanics factor into distance and direction? With a little guidance you can feel confident pulling out a driver or a wood for your next round!

Purpose: Learn how to make better and more consistent contact with your driver or woods

Facilitator: Kelsey Fallisch

H14: Family & Friends CPR

March 9th 2023 · 1:00–2:00 pm | 2:30–3:30 pm

Accidents can happen anytime and anywhere. Right when you least expect it and probably at the worst possible time. Without someone with proper knowledge in giving immediate medical attention or CPR, lives could be lost. Between four and six minutes after the heart stops beating, brain death occurs. CPR helps keep oxygenated blood flowing to the brain and other crucial organs until normal heart rhythm is restored. This is the core reason why investing your time in CPR training is extremely beneficial. Cardiopulmonary resuscitation, better known as CPR, should be everyone's base emergency training. This course will teach lifesaving skills of adult hands-only CPR. Participants are taught in a dynamic group environment using the American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. The instructor will take time to answer all questions and inquiries with consideration of the time available.

Purpose: Learn the lifesaving skill of CPR

Facilitator: Jamie Hoover
(Guest Presenter – Lee Health)



H15: Flatstick Fix

February 10th 2023 · 3:00–4:00 pm

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: Line Dancing

January 29th 2023 · 4:00–6:00 pm | March 12th 2023 · 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. 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 some basic line dances

Facilitators: Patty Fitzgerald, Kim Corso

H17: Medicare 101: Understanding the Basics and Private Options

November 4th 2022 · 10:00–12:00 pm

February 7th 2023 · 1:00–3:00 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 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)

H18: Nutrition for Cognitive Function

March 16th 2023 · 1:00-2:00 pm

Your brain is kind of a big deal. As the control center of your body, it's in charge of keeping your heart beating and lungs breathing and allowing you to move, feel, and think. That's why it's a good idea to keep your brain in peak working condition. The foods you eat play a role in keeping your brain healthy and can improve specific mental tasks, such as memory and concentration. Just as there is no magic pill to prevent cognitive decline, no single almighty brain food can ensure a sharp brain as you age. An energy-intensive organ, the brain uses around 20 percent of the body's calories, so it needs plenty of good fuel and certain nutrients for optimal performance.

Purpose: Learn about the foods that will feed your mind as well as your body

Facilitator: Carrie Bloemers (Guest Presenter - Lee Health)

H19: Par for the Course

February 13th 2023 · 7:00-8:30 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

H20: Personal Safety

January 26th 2023 · 1:00-3:00 pm

Do you ever get worried when you hear about an assault on the news? Do you ever think,

what would I have done? How would I react if I were in a similar situation? Not all proactive measures apply to every person, at every location, or even in every situation, but in some cases, putting them into practice may save you or a loved one from serious danger. Trusting your intuition is a crucial aspect of situational awareness. How can you deter criminals? What action can you take if you feel threatened anytime, anywhere?

Purpose: Learn valuable personal safety information

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

H21: Pickleball Orientation

January 19th 2023 · 9:00-10:30 am | February 2nd 2023 · 9:00-10:30 am | February 16th 2023 · 9:00-10:30 am | March 2nd 2023 · 9:00-10:30 am | March 16th 2023 · 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

Facilitators: Joe McCreery, David Brinkruff

H22: Spinal Health: What You Need to Know

January 31st 2023 · 1:00-2:00 pm

Your spine supports everything you do - from work and play to treasured time spent with those you love. Gently curved in an S-shape, the spine balances the neck, chest, lower back, and pelvis to keep the head, trunk, and legs in alignment. A healthy spine is strong and flexible, moving with you through everyday activities and helping you keep up with the people and experiences that matter most to you. In fact, every movement we make engages the spine. Poor spinal health leads to pain and discomfort you may notice, such as neck and back pain or headaches, and issues you may not realize are connected to spinal health. Knowledge is power, and the more you know about your spine the better you can care for it.

Purpose: Learn all about spinal health

Facilitator: Thomas Pitney (Guest Presenter - Lee Health)

H23: To Swing or Not To Swing: Guide on when to Play and when to Sit out

March 3rd 2023 · 1:00-3:00 pm

From sprains and bruises to muscle soreness, when



athletes get injured, it's common to see them "walk it off" and continue playing. But when should an injury mean an end to time on the golf course? Some injuries may appear to be mild, but continual activity could cause further damage. While repetitive movement and stress on bones, muscles and joints can cause soreness, pain is another thing altogether. Pain is the most common symptom associated with injury, and there's a clear distinction between pain and soreness. Pressure to perform well, worries about letting teammates down or wanting to finish a round of golf may make you hesitant to take injuries seriously, but prevention is better than cure.

Purpose: Learn where most pain during golf comes from
Facilitator: David Lee (Guest Presenter - Bridging the Gap Physical Therapy)

H24: Tennis: Beginner and Intermediate Clinic

March 3rd, 2023 · 9:00-10:30am | March 10th, 2023 · 9:00-10:30am | March 17th, 2023 · 9:00-10:30am | March 24th, 2023 · 9:00-10:30am | March 31st, 2023 · 9:00-10:30am | April 7th, 2023 · 9:00-10:30am | April 14th, 2023 · 9:00-10:30am

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

H25: Too Fit to Fracture

March 27th 2023 · 1:00-2:00 pm

Do you consider yourself to be fit? When assessing fitness, most of us think about our cardiovascular or muscular fitness. Although this is important, as we age, we should broaden our concept to include skeletal or bone fitness. After age 30, our bones have an increased tendency towards loss of density. In some individuals this leads to osteoporosis, which increases fracture risk. The good news is there are several steps you can take to increase your "bone fitness." Exercise is important for everyone, but especially those diagnosed with osteoporosis.

Purpose: Learn about skeletal fitness and how to improve it safely
Facilitator: Karen Beale (Guest Presenter - Lee Health)

H26: Town Hall with the Pro

February 28th 2023 · 10:00-12:00 pm

Let's talk golf! Do you have any questions about the software we use at Spring Run? Maybe you've been wondering about some equipment. Do you have any questions about the PGA or LPGA tour? Honestly, anything about golf is open for discussion. Get answers to all your burning questions. Join us for this special interactive discussion on all things golf.

Purpose: Golf discussion group

Facilitator: Scott Kash



S1: The 4 Phases of Retirement

January 31st 2023 · 10:00-12:00 pm

Do you want to retire happy? One trap in retirement planning is to think of retirement as one thing, a singular phase of life. It's not. Things evolve and change. Are you prepared to enjoy this part of life? As many people know, retirement is not typically a one-time spontaneous event. You can think of it more like a journey that is made up of at least four different phases. The journey begins when you start winding down from work and gearing up for retirement. Then after the big day, it's about the transition to retired life and dealing with the psychological changes and challenges that almost always accompany it.

Purpose: Learn about the four phases of retirement

Facilitator: Riley Moynes

S2: Birds of Spring Run

March 31st 2023 · 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

Facilitators: Ted Hoffman, George Taylor

S3: Beginners Research: Census Records

February 28th 2023 · 1:00-3:00 pm

U.S. census records can offer you a window into your ancestors' stories and clues about new relatives to add to your family tree. When searching for information about ancestors who lived in the United States, federal census records should be one of the very first sources you consult. Census records can help you reconstruct entire family groups and identify previously unknown relatives. Sometimes you can even discover interesting details and stories that help you better understand their lives. Every major English-language genealogy website should have U.S. census records from 1790-1950. The entire collection for these censuses are free to search online so there's no reason not to explore them!

Purpose: Learn how to use census records for genealogy research

Facilitator: Bryan Mulcahy (Guest Presenter - Fort Myers Regional Library)

S4: Courthouse Records and Research

March 14th 2023 · 1:00-3:00 pm

Courthouses hold treasures for the genealogist, but visiting one can be intimidating if you've never researched court records in person. It's important to learn all you can about what the courthouse holds, the procedure for obtaining records, and costs involved. So what records can you find at a courthouse? Well, the short answer is, "it depends." Why? Every courthouse is different and the records they hold depend on the location, type of courthouse, and what they retain onsite. It probably won't surprise you to learn that some records can be found online, either through a third-party website or from the courthouse itself. Regardless of how you conduct your research, the records that can be found in courthouses can be essential to your genealogy research.

Purpose: Learn how to use courthouse records for genealogy research

Facilitator: Bryan Mulcahy (Guest Presenter - Fort Myers Regional Library)

S5: En-Roads Climate Model

February 27th 2023 · 10:00-12:00 pm

Climate models are computer programs that simulate weather patterns over time. By running these simulations, climate models can estimate the Earth's average weather patterns - the climate - under different conditions. The En-Roads model, a collaborative effort started by the MIT Sloan School, allows users to explore the impact

of roughly 30 policies (such as electrifying transport, pricing carbon, and improving agricultural practices) on hundreds of factors like energy prices, temperature, air quality, and sea



level rise. Users can quickly see the long-term effects of climate policies, both state and federal, and how different inputs over time will show different results. What does the En-Roads model have to say about the Biden administration's climate legislation along with various state climate initiatives, including Florida? What can we do as individuals to contribute to the battle against climate change?

Purpose: Learn about the En-Roads climate model and how climate legislation measures up

Facilitator: Bob Place (Guest Presenter - Vasari)

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

March 18th 2023 · 1:00-3:00 pm

This presentation is given in partnership with the Spring Run Eco Club. 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 Sound 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 - Pelican Landing)

S7: Everglades Restoration - Where are we?

February 2nd 2023 · 1:00-3:00 pm

The Everglades is larger than the renown national park bearing its name. At 18,000 square miles, the Everglades is twice the size of New Jersey and home to rivers, lakes, wooded uplands, cypress swamps, brackish estuaries,

coral reefs, and the sawgrass prairies known as the River of Grass. It is also home to dense urban centers, vast suburbs, Tribal lands, and working farms. With that scale in mind, it isn't hard to believe that the Everglades provides drinking water to more than 9 million people. Historically, water flowed slowly from the Kissimmee River to Florida Bay across the ecosystem's extremely flat landscape forming what became known as the "River of Grass." This natural functioning system began to be altered over a century ago in the late 1800s to "reclaim" the Everglades for agricultural, residential, and commercial development. Wetlands were drained or filled, and canals, roads, and buildings began to displace native habitats and disrupt historical water flows. Restoring the Everglades and protecting South Florida's natural resources is a monumental undertaking that cannot be achieved by any single organization but depends upon a strategically coordinated set of federal, state, local and tribal initiatives, funding, and partnerships. These restoration programs and projects require a long-term process for addressing key technical, management, and policy issues. So what progress has been made towards restoring the Everglades?

Purpose: Learn about the progress of the Everglades restoration project

Facilitator: Tom Bayles (Guest Presenter - WVCU Public Media)

S8: Handgun Safety & Basics

February 6th 2023 · 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

S9: Here for you when you lose a loved one

February 14th 2023 · 10:00-12:00 pm

What would you do if you or a loved one experienced a medical incident or worse? What happens after you call 911? How do you prepare for the unthinkable? Traumatic events often cause feelings of helplessness, anxiety, and aggression. Despite what you may have read about the stages of grief, there is no correct way to feel at any certain time. How can leading an active, healthy, and social lifestyle help you cope with tragedy?

Purpose: Learn how to prepare for tragedy and cope with loss

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

S10: Hurricane Preparedness: How to prepare like a Florida Native

April 7th 2023 · 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)

S11: Making Tribute Videos

February 17th 2023 · 1:00-3:00 pm

Whether for a birthday, graduation, wedding or funeral, how do you create something meaningful for everyone to take away? One simple but powerful idea is the tribute video. Favorite pictures, personal quotes, voice recordings and videos timed to specially chosen music create the perfect, lasting keepsake. These commemorative videos are an excellent way to memorialize a loved one or celebrate significant milestones with a one-of-a-kind tribute that will last forever.

Purpose: Learn all about creating a tribute video

Facilitators: Hugh Gall, Nick Pyrros (Guest Presenter - My Life Video)

S12: Packing Smart for the Best Start

January 13th 2023 · 10:00-12:00 pm

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

S13: PBS & NPR at FGCU

March 10th 2023 · 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)

S14: The Scopes/Monkey Trial Unpeeled

January 24th 2023 · 1:00–3:00 pm

The Scopes trial, originally called “the Trial of the Century,” took place in a small eastern Tennessee town called Dayton. Located in Rhea County, Dayton had a population of just 1800 people. This unlikely location was the setting for the May 25th 1925 trial of John T. Scopes for violating what was generally known as the anti-evolution statute of that state. The original characters in the trial included Clarence Darrow, William Jennings Bryan and members from the press from around the country. The most known movie version of the trial, *Inherit the Wind*, was released in 1960 starring Spencer Tracy, Fredrick March, Gene Kelly and Dick York. Participants are encouraged to screen this film before the presentation but are warned that the movie is mostly fictional.

Purpose: Discuss the Scopes/Monkey trial

Facilitator: Tom Lemon

S15: Special Screening: Miss Scarlet and the Duke

January 13th 2023 · 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 third season of *Miss Scarlet and the Duke* set to air early 2023, now is the perfect time to catch up with the first & second seasons. Join us for this special screening of the first episode of the third season of *Miss Scarlet and the Duke*.

Purpose: Watch the third season opening episode of *Miss Scarlet and the Duke* and discuss the show

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

S16: Spring Run: A Closer Look

April 3rd 2023 · 1:00–3:00 pm

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 all had a hand in their conception? Purpose: Learn about Spring Run’s finances and structure of governance

Facilitators: Jim Rock, Mike Zigler

S17: Spring Run: The Superintendent’s Tour

March 7th 2023 · 7:00–8:30 am

Nestled amidst 200 lush acres, Spring Run Golf Club has been a Certified Audubon Cooperative Sanctuary since 2009. Put simply, this program offers information and guidance to implement an environmental management plan that improves efficiency, conserves resources, and promotes conservation efforts. With close to 80 beautiful acres of golf course, Spring Run’s superintendent is charged with maintaining first rate amenities while minimizing any negative impact on the local ecology. So





what does the recent switch from Bermuda grass to Bimini mean for operations and maintenance? How does the superintendent manage uncooperative weather or address invasive species? It's not as simple as

watching the grass grow! Participants will take a brief golf cart tour of Spring Run's Audubon certified golf course. Registration is limited to 20 participants.

Purpose: Learn about how the golf course is managed
Facilitator: Joey Smallwood

S18: Spring Run Eco Club

January 11th 2023 · 10:00-12:00 pm

This presentation is given in partnership with the Spring Run Eco Club. What exactly is an Eco Club? It's an all-inclusive club whose main focus is to raise awareness, and to take action regarding, what is happening to our environment. More specifically, Spring Run's Eco Club focuses on stimulating interest among members and staff who yearn to be more sustainable while still enjoying their daily activities. Through educational presentations and special projects, the Spring Run Eco Club hopes to help members gain an understanding of local, state and national environmental issues, and to suggest and implement sustainable best practices for our community. Environmental stewardship is our duty to future generations.

Purpose: Learn about Spring Run's Eco Club and how to get involved

Facilitators: Terri Socol, Chris & Ed Shinouskis

S19: Talking the Talk - 40 Years behind the Radio Microphone

March 31st 2023 · 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

S20: Toxic Puzzle - Hunt for the Hidden Killer Docu-discussion

January 14th 2023 · 1:00-3:00 pm

This presentation is given in partnership with the Spring Run Eco Club. 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

S21: Troubled Waters: A Turtle's Tale Docu-discussion

February 25th 2023 · 1:00-3:00 pm

This presentation is given in partnership with the Spring Run Eco Club. 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

S22: The US Air Force Tanker Program – A Failed Air Force Acquisition Process

March 28th 2023 · 1:00–3:00 pm

When considering Air Force acquisition disasters, most people immediately picture flashy aircraft like the F-35. That's only natural since a total program price tag of \$1.5 trillion will be enough to garner headlines, and since these capital ships of the sky also serve at the pointy tip of the spear they instantly catch the eye of aviation enthusiasts. The more mundane aircraft like transports and tankers suffer from insufficient oversight and attention by comparison. What scrutiny shows, however, is that even the more utilitarian programs aren't immune to the systemic acquisition problems common in the premier programs, such as needlessly complex designs, the costly practice of overlapping development and production, and flawed business models.

Purpose: Learn about the issues plaguing the US Air Force's acquisition of new tankers for its fleet

Facilitator: Craig Korkoian

S23: Weeds and Seeds: A History of Dining in SWFL

January 20th 2023 · 1:00–3:00 pm

Cattle, citrus, and many other food 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: Natalie De La Torre Salas (Guest Presenter – Florida Public Archaeology Network)

S24: What you need to know about 911

April 5th 2023 · 1:00–3:00 pm

Have you ever called 911 to report an emergency? Who's going to walk in the door and how long will it take for them to get there? Is there anything you need to do before help arrives? What exactly constitutes an emergency and what should you expect when you make that call? From call taker training to investigations, find out how real-life cases have changed the way we respond, along with the number one thing you need to know when you make that potentially lifesaving call.

Purpose: Gain valuable insight on 911 emergency services

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

S25: Who Made the Everglades?

February 10th 2023 · 1:00–3:00 pm

Only a century ago the southern third of Florida was an unwelcoming wet wilderness. Lake Okeechobee was nearly twice the size it is today and water crept slowly southward from this grand lake down the peninsula through seemingly endless swamp and sawgrass. Native Americans inhabited south Florida even before wetter climatic conditions set into motion the beginning of the Everglades 5,000 or so years ago. Scattered throughout this wetland ecosystem are thousands of tree islands. The term "tree island" is most often used to depict the island-like appearance of a patch of forest in an Everglades marsh. These tree islands are vital in providing shelter for birds, mammals, and reptiles alike. For many years, scientists thought these tree islands rose from protrusions from the rocky layer of the mineral carbonate that lies beneath the marsh. Now researchers suggest these islands might actually have developed from ancient garbage mounds left behind from human settlements. Did humans have a hand in the evolution of the Everglades?

Purpose: Learn about the formation of the Everglades

Facilitator: Natalie De La Torre Salas (Guest Presenter – Florida Public Archaeology Network)

S26: The World of Human Trafficking

January 24th 2023 · 10:00–12:00 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 & Lee County; in areas you would never suspect as we carry out our daily routines and errands. Even online, it has never been easier for child sex offenders to contact their potential victims, share imagery and encourage others to commit offences. In the digital world, any person from any location can be reached. The issue of human trafficking is sinister and ongoing so 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 Pages

February 13th 2023 · 10:00–12:00 pm

You're probably familiar with Apple Pages' more prominent alternative, Microsoft Word, but in many respects word processing apps are all the same at the core. For example, they make it possible to compose documents using fonts and page sizes of your choosing. Most also do an impressive job of enabling you to insert various objects such as images, shapes, charts, and others. But move beyond the surface and Apple Pages' unique features become apparent. Since first being introduced over 15 years ago, Apple Pages has always been known for its beautifully designed templates arranged into multiple categories such as letters, stationery, and resumes, among many others. The app is also packed with ways to make the text your own by filling it with color gradients or images. You can use Apple Pages to compose newsletters, create custom photo albums or even to share family recipes with loved ones. Your imagination truly is the limit! Participants are asked to come to class with their iPad or Macbook updated to the current iOS software version, and to have Pages downloaded (free to download, but you must have your current password for your Apple ID). Please do both of these prior to attending. This class is designed for intermediate to advanced Apple users.

Purpose: Use Pages to create documents such as newsletters and personalized albums

Facilitators: Susan Crandall, Nickel Lepchitz

T2: Apple Watch – more than a fancy life-alert bracelet

March 14th 2023 · 10:00–12:00 pm

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, George Taylor

T3: Email De-Mystified

November 11th 2022 · 10:00–12:00 pm | April 14th 2023 · 10:00–12:00 pm

All of us have been using email to correspond with others for many years now. But are we really using it effectively and doing so across all of our many devices? Regardless of your email provider, there are a great number of features and functions that are pretty universal to all. Why does your email look different on your iPad than it does on your computer? What keeps everything in sync, how do you attach photos and other files to your outgoing email, how and when do you use features such as the blind copy (bcc), how do you create and manage a distribution list, and how do you extract and organize photos you receive via email?

Purpose: Enhance your knowledge of how email works and how to use it more efficiently and effectively in your everyday life

Facilitator: Brian Freedman

T4: iMovie – Creating Memories with Friends and Family

March 30th 2023 · 10:00–12:00 pm

Creating a personalized video has never been easier. Whether for a family gathering, a "how-to" for your favorite hobby or even chronicling your time at Spring Run, video editing software gives you the tools of a major production studio at home or on the go. iMovie is a video editing program developed by Apple that allows you to edit your photos and videos on your Apple devices in many different ways. From adding text, music or transitions to stabilizing shaky videos and reducing background noise, iMovie can help you create a myriad of effects. Participants are asked to come to class with their iPad or Macbook updated to the current iOS software version, and to have iMovie downloaded (free to download, but you must have your current password for your Apple ID). Please do both of these prior to attending. This class is designed for intermediate to advanced Apple users.

Purpose: Use iMovie to create movies for your family and friends

Facilitators: Terry & Susan Crandall, George Taylor, Gary Ward

T5: The Impact of Digitization and AI on the Future of Humanity – Regulation of Technology

February 2nd 2023 · 10:00–12:00 pm

Policymakers today face a different environment for information and communications technology than the one for which they designed policies. Information and communication technologies are far more pervasive than they were previously: More people today have access to a mobile phone than to electricity, powering exponential growth in global data generation. With information and communication technologies

approaching ubiquity, policymakers' next challenge is to ensure that individuals, businesses, and governments are making the best possible use of networks and applications. What effect does the mass adoption of connected digital technologies and applications have on the economy, society, and the functioning of the public sector? What about the movement of artificial intelligence from invention to explosive application? What are its current and future capabilities? How do we develop rules that will regulate a positive human/AI relationship moving forward?

Purpose: Learn about the impact of digitization and AI along with regulation of technology

Facilitator: John Rittenhouse (Guest Presenter - Shadow Wood)

T6: iPhone: Apps

January 30th 2023 · 10:00-12:00 pm

More than a million apps are now available in the App Store for iPhones. These apps range from fun ways to pass the time, to work productivity, and everything in between. But despite knowing how useful some of these apps can be, many of us don't think to use them to improve our daily lives. Apps for checking the weather, avoiding traffic congestion, getting directions, translating foreign languages, tracking fitness and nutrition, and so much more are available to make our lives easier. By sequencing the use of different apps, you can effectively plan for complex scenarios and solve daily problems.

Purpose: Learn how to download, manage and use apps

Facilitators: George Taylor, Kathy Horvath, Gary Ward

T7: iPhone: Basics

January 16th 2023 · 1:00-3:00 pm

The evolution of the telephone from the earliest super-bulky models to the sleek smartphones of today only took around 150 years. Our smartphones are even more powerful than the earliest room-sized computer models. Smartphones have quickly gone from a strange new technology to an essential part of daily life. However, adopting new technology can be challenging. You have to get used to new terms and learn how to meaningfully interact with your device. Whether you're a brand new iPhone user or a beginner looking to better understand your device, this is a great place for you to start your journey into the electronic generation.

Purpose: Learn the fundamentals and main features of your iPhone

Facilitators: George Taylor, Kathy Horvath, Gary Ward

T8: iPhone: Camera & Photos

March 16th 2023 · 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

Facilitators: Nancy Taylor, Kathy Horvath, Gary Ward

T9: Libby - Library eBooks

February 7th 2023 · 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.

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

Facilitator: Mary Lou Smith



FALL SEMESTER

Week 1 October 16-22

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M7-1	Ladies Book Club	10/21/2022	1:00-3:00 pm	F	Multipurpose	Tish Breschi

Week 2 October 23-29

H2	Anti-Aging Posture Workshop	10/25/2022	1:00-3:00 pm	T	Multipurpose	Vivian Ebert
C7-1	Liquor Lab	10/25/2022	5:00-7:00 pm	T	Lakeview	Roman Carillo
A2-1	Card Shop	10/26/2022	9:00-12:00 pm	W	Lakeview	TS, PS, PK
G11	Ukraine - Global Impact - Why we should care	10/28/2022	10:00-12:00 pm	F	Lakeview	Mike Quinlan
A4-1	Decorative Art Project	10/29/2022	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

Week 3 October 30-November 5

F6	Making the Most of Social Security - Retirement Income-Enhancing Strategies	10/31/2022	1:00-3:00 pm	M	Multipurpose	Aaron Pierce, Scott Schatzle
H17-1	Medicare 101: Understanding the Basics and Private Options	11/4/2022	10:00-12:00 pm	F	Lakeview	Andrea Munao
A4-2	Decorative Art Project	11/5/2022	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

Week 4 November 6-12

M6-1	Gentlemen's Book Club	11/8/2022	1:00-3:00 pm	T	Multipurpose	Bill Krein
C10-1	Wine Tasting	11/8/2022	5:00-7:00 pm	T	Lakeview	Breanna Deriso
A8-1	Sing Along with Bob and Kathy	11/9/2022	3:30-4:30 pm	W	Lakeview	KB, BC, KH, BM
H10-1	Chelsea Tee Time System	11/10/2022	1:00-3:00 pm	TR	Lakeview	Scott Kash
T3-1	Email De-Mystified	11/11/2022	10:00-12:00 pm	F	Lakeview	Brian Freedman

Week 5 November 13-19

G3	The Daughters of Yalta	11/14/2022	1:00-3:00 pm	M	Lakeview	JA, MT, MW, JJ, RM
M7-2	Ladies Book Club	11/18/2022	1:00-3:00 pm	F	Multipurpose	Tish Breschi

WINTER SEMESTER

Week 13 January 8-14

M6-2	Gentlemen's Book Club	1/10/2023	1:00-3:00 pm	T	Multipurpose	Bill Krein
C7-2	Liquor Lab	1/10/2023	5:00-7:00 pm	T	Lakeview	Roman Carillo
S18	Spring Run Eco Club	1/11/2023	10:00-12:00 pm	W	Lakeview	Terri Socol, Chris & Ed Shinouskis

Week 13 January 8-14 (cont.)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
F3	Current Market & Economic Update	1/12/2023	10:00-12:00 pm	TR	Multipurpose	Andy Sheppard, Eric Cosentino, Dallas Revord
G10	Ukraine Update - A Panel Discussion	1/12/2023	2:00-4:00 pm	TR	FineMark	AVE, GZ, JR, SV, PB
S12	Packing Smart for the Best Start	1/13/2023	10:00-12:00 pm	F	Lakeview	Nancy Taylor
S15	Special Screening: Miss Scarlet and the Duke	1/13/2023	1:00-3:00 pm	F	Lakeview	Anne Stavelly
H9	Bunker Busters	1/13/2023	3:00-4:00 pm	F	Golf Practice Area	Jeff Carter
S20	Toxic Puzzle - Hunt for the Hidden Killer Docu-discussion	1/14/2023	1:00-3:00 pm	S	Lakeview	Terri Socol

Week 14 January 15-21

H5-1	Biking 10 miles - 5 local trails	1/16/2023	9:00 am	M	Tennis Parking Lot	Terri Socol
C1	Appetizers for the Menu	1/16/2023	11:00-1:00 pm	M	Lakeview	Jon England
T7	iPhone: Basics	1/16/2023	1:00-3:00 pm	M	Multipurpose	George Taylor, Kathy Horvath, Gary Ward
H1	10 Steps to better fitness	1/17/2023	1:00-3:00 pm	T	Multipurpose	Vivian Ebert
A2-2	Card Shop	1/18/2023	9:00-12:00 pm	W	Lakeview	TS, PS, PK, PK
H10-2	Chelsea Tee Time System	1/18/2023	1:00-3:00 pm	W	Multipurpose	Scott Kash
A8-2	Sing Along with Bob and Kathy	1/18/2023	3:30-4:30 pm	W	Lakeview	KB, BC, KH, BM
H21-1	Pickleball Orientation	1/19/2023	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
M2-1	Canasta: Beginners Clinic	1/20/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
S23	Weeds and Seeds: A History of Dining in SWFL	1/20/2023	1:00-3:00 pm	F	Lakeview	Natalie De La Torre Salas
M7-3	Ladies Book Club	1/20/2023	1:00-3:00 pm	F	Multipurpose	Tish Breschi
M3	Intermediate Bridge: Defense	1/21/2023	10:00-12:00 pm	S	Lakeview	Dean Oestreich

Week 15 January 22-28

H5-2	Biking 10 miles - 5 local trails	1/23/2023	9:00 am	M	Tennis Parking Lot	Terri Socol
M5-1	Intro to Mah Jongg	1/23/2023	1:00-3:00 pm	M	Multipurpose	Peggy Schick, Susan Crandall
S26	The World of Human Trafficking	1/24/2023	10:00-12:00 pm	T	Lakeview	Dennis Solon
S14	The Scopes/Monkey Trial Unpeeled	1/24/2023	1:00-3:00 pm	T	Lakeview	Tom Lemon
G4-1	Great Decisions	1/24/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
C10-2	Wine Tasting	1/24/2023	5:00-7:00 pm	T	Lakeview	Breanna Deriso
H7	Bocce: Orientation	1/25/2023	7:00-8:30 pm	W	Bocce Courts	Gary Orten

Week 15 January 22-28 (cont)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
F2	Considering Florida Residency	1/26/2023	10:00-12:00 pm	TR	Lakeview	Dustin Rinaldi
H20	Personal Safety	1/26/2023	1:00-3:00 pm	TR	Multipurpose	Heather Turco
M2-2	Canasta: Beginners Clinic	1/27/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
G8	Taiwan - The Ragged Edge	1/27/2023	1:00-3:00 pm	F	Lakeview	Mike Quinlan
A4-3	Decorative Art Project	1/28/2023	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

Week 16 January 29-February 4

H16-1	Line Dancing	1/29/2023	4:00-6:00 pm	SN	Copperleaf	Patty Fitzgerald, Kim Corso
H5-3	Biking 10 miles - 5 local trails	1/30/2023	9:00 am	M	Tennis Parking Lot	Terri Socol
T6	iPhone: Apps	1/30/2023	10:00-12:00 pm	M	Lakeview	George Taylor, Kathy Horvath, Gary Ward
M5-2	Intro to Mah Jongg	1/30/2023	1:00-3:00 pm	M	Multipurpose	Peggy Schick, Susan Crandall
C2	Cigars & Bourbon	1/30/2023	5:00-7:00 pm	M	Lakeview	Kris Jubinville
S1	The 4 Phases of Retirement	1/31/2023	10:00-12:00 pm	T	Lakeview	Riley Moynes
H22	Spinal Health: What You Need to Know	1/31/2023	1:00-2:00 pm	T	Lakeview	Thomas Pitney
G4-2	Great Decisions	1/31/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
A7	Paint Like Vermeer	2/1/2023	10:00-12:00 pm	W	Lakeview	Dean Oestreich
A3	Cricut 101	2/1/2023	1:00-3:00 pm	W	Multipurpose	Barb Rigo, Marianne McGlennon
H8	Bocce: Spring Run Rules	2/1/2023	7:00-8:30 pm	W	Bocce Courts	Craig Korkoian
H21-2	Pickleball Orientation	2/2/2023	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
T5	The Impact of Digitization and AI on the Future of Humanity - Regulation of Technology	2/2/2023	10:00-12:00 pm	TR	Lakeview	John Rittenhouse
S7	Everglades Restoration - Where are we?	2/2/2023	1:00-3:00 pm	TR	Lakeview	Tom Bayles
M2-3	Canasta: Beginners Clinic	2/3/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
C5	Indian Cuisine	2/3/2023	11:00-1:00 pm	F	Healthy Life Center	Aikaterina Galeos
G1	1942: America's Pivotal Year - From Defeat to Victory to World Leadership	2/3/2023	1:00-3:00 pm	F	Lakeview	Steve Vesce
A4-4	Decorative Art Project	2/4/2023	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka
H3	Athletic Motion and the Golf Swing	2/4/2023	1:00-2:00 pm	S	Driving Range	Patty Driapsa

Week 17 February 5-11

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H5-4	Biking 10 miles - 5 local trails	2/6/2023	9:00 am	M	Tennis Parking Lot	Terri Socol
S8	Handgun Safety & Basics	2/6/2023	10:00-12:00 pm	M	Lakeview	Rick Fox
M5-3	Intro to Mah Jongg	2/6/2023	1:00-3:00 pm	M	Multipurpose	Peggy Schick, Susan Crandall
T9	Libby - Library eBooks	2/7/2023	10:00-12:00 pm	T	Lakeview	Mary Lou Smith
H17-2	Medicare 101: Understanding the Basics and Private Options	2/7/2023	1:00-3:00 pm	T	Lakeview	Andrea Munao
G4-3	Great Decisions	2/7/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
H6-1	Bocce: Intermediate Clinic	2/8/2023	7:00-8:30 pm	W	Bocce Courts	Gary Orten
M2-4	Canasta: Beginners Clinic	2/10/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
S25	Who Made the Everglades?	2/10/2023	1:00-3:00 pm	F	Lakeview	Natalie De La Torre Salas
H15	Flatstick Fix	2/10/2023	3:00-4:00 pm	F	Golf Practice Area	Jeff Carter

Week 18 February 12-18

H19	Par for the Course	2/13/2023	7:00-8:30 am	M	Golf Course	Scott Kash
H5-5	Biking 10 miles - 5 local trails	2/13/2023	9:00 am	M	Tennis Parking Lot	Terri Socol
T1	Apple Pages	2/13/2023	10:00-12:00 pm	M	Lakeview	Susan Crandall, Nickel Lepchitz
M5-4	Intro to Mah Jongg	2/13/2023	1:00-3:00 pm	M	Multipurpose	Peggy Schick, Susan Crandall
S9	Here for you when you lose a loved one	2/14/2023	10:00-12:00 pm	T	Multipurpose	Heather Turco
M6-3	Gentlemen's Book Club	2/14/2023	1:00-3:00 pm	T	Multipurpose	Bill Krein
G4-4	Great Decisions	2/14/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
A2-3	Card Shop	2/15/2023	9:00-12:00 pm	W	Lakeview	TS, PS, PK, PK
F11	Women and Wealth	2/15/2023	1:00-3:00 pm	W	Multipurpose	Aaron Pierce
A8-3	Sing Along with Bob and Kathy	2/15/2023	3:30-4:30 pm	W	Lakeview	KB, BC, KH, BM
H21-3	Pickleball Orientation	2/16/2023	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
F4	Forensic Investing: (CSI) Client Sensitive Investments	2/16/2023	10:00-12:00 pm	TR	Multipurpose	Dennis Landfried, Billie Porter
M2-5	Canasta: Beginners Clinic	2/17/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
S11	Making Tribute Videos	2/17/2023	1:00-3:00 pm	F	Lakeview	Hugh Gall, Nick Pyrros
M7-4	Ladies Book Club	2/17/2023	1:00-3:00 pm	F	Multipurpose	Tish Breschi

Week 19 February 19-25

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H13	Drivers & Woods	2/20/2023	10:00-11:00 am	M	Driving Range	Kelsey Fallisch
F7	Retirement Reinvented I: Financial Basics & Risk Management	2/20/2023	1:00-3:00 pm	M	Multipurpose	Ken Wise
M2-6	Canasta: Beginners Clinic	2/24/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
G7	Putin the Dictator	2/24/2023	1:00-3:00 pm	F	Lakeview	Carol & Bill Furtwengler
A4-5	Decorative Art Project	2/25/2023	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka
H4	Bicycle Safety and Maintenance	2/25/2023	9:00-11:00 am	S	Silver Creek	Craig Korkoian
S21	Troubled Waters: A Turtle's Tale Docu-discussion	2/25/2023	1:00-3:00 pm	S	Lakeview	Terri Socol

Week 20 February 26-March 4

S5	En-Roads Climate Model	2/27/2023	10:00-12:00 pm	M	Lakeview	Bob Place
F8	Retirement Reinvented II: Retirement Income & Investing	2/27/2023	1:00-3:00 pm	M	Multipurpose	Stefan Contorno
H26	Town Hall with the Pro	2/28/2023	10:00-12:00 pm	T	Multipurpose	Scott Kash
S3	Beginners Research: Census Records	2/28/2023	1:00-3:00 pm	T	Lakeview	Bryan Mulcahy
G4-5	Great Decisions	2/28/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
C7-3	Liquor Lab	2/28/2023	5:00-7:00 pm	T	Lakeview	Roman Carillo
A1	Acrylic Tile Mosaic Art Project	3/1/2023	9:00-12:00 pm	W	Lakeview	Beverly Wojie, Lois Samuelson
H12	Color Me Beautiful	3/1/2023	1:00-3:00 pm	W	Multipurpose	JoAnne Richmond
C3	Comida Peruana	3/1/2023	5:00-7:00 pm	W	Lakeview	Mich Urbano
H21-4	Pickleball Orientation	3/2/2023	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
H24-1	Tennis: Beginner and Intermediate Clinic	3/3/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
M2-7	Canasta: Beginners Clinic	3/3/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
H23	To Swing or Not To Swing: Guide on when to Play and when to Sit out	3/3/2023	1:00-3:00 pm	F	Lakeview	David Lee
A4-6	Decorative Art Project	3/4/2023	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

SPRING SEMESTER

Week 21 March 5-11

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
F9	Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan	3/6/2023	1:00-3:00 pm	M	Multipurpose	Kenny Wise
S17	Spring Run: The Superintendent's Tour	3/7/2023	7:00-8:30 am	T	Golf Course	Joey Smallwood
F10	The SECURE Act - a new death tax?	3/7/2023	10:00-12:00 pm	T	Lakeview	Fred Eisenreich
G4-6	Great Decisions	3/7/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
C10-3	Wine Tasting	3/7/2023	5:00-7:00 pm	T	Lakeview	Breanna Deriso
H6-2	Bocce: Intermediate Clinic	3/8/2023	7:00-8:30 pm	W	Bocce Courts	Gary Orten
G5	The Great Canadian Road Trip	3/9/2023	10:00-12:00 pm	TR	Lakeview	Paula Lockhart
H14-1	Family & Friends CPR	3/9/2023	1:00-2:00 pm	TR	Multipurpose	Jamie Hoover
H14-2	Family & Friends CPR	3/9/2023	2:30-3:30 pm	TR	Multipurpose	Jamie Hoover
H24-2	Tennis: Beginner and Intermediate Clinic	3/10/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
M2-8	Canasta: Beginners Clinic	3/10/2023	9:30-11:30 am	F	Lakeview	Bobbie Allen
S13	PBS & NPR at FGCU	3/10/2023	10:00-12:00 pm	F	FGCU	Anne Stavely
G6	The Life & Legacy of Nancy Reagan	3/10/2023	1:00-3:00 pm	F	Lakeview	JA, MT, MW, JJ, RM
H11	A Chip off the Old Block	3/10/2023	3:00-4:00 pm	F	Golf Practice Area	Jeff Carter

Week 22 March 12-18

H16-2	Line Dancing	3/12/2023	4:00-6:00 pm	SN	Copperleaf	Patty Fitzgerald, Kim Corso
C6	It's all Greek to me	3/13/2023	11:00-1:00 pm	M	Lakeview	Kris Jubinville
F1	Beneficiary War Stories - Epic Tales	3/13/2023	1:00-3:00 pm	M	Multipurpose	Dennis Landfried, Billie Porter
T2	Apple Watch - more than a fancy life-alert bracelet	3/14/2023	10:00-12:00 pm	T	Lakeview	Terry & Susan Crandall, George Taylor
S4	Courthouse Records and Research	3/14/2023	1:00-3:00 pm	T	Lakeview	Bryan Mulcahy
M6-4	Gentlemen's Book Club	3/14/2023	1:00-3:00 pm	T	Multipurpose	Bill Krein
G4-7	Great Decisions	3/14/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
C7-4	Liquor Lab	3/14/2023	5:00-7:00 pm	T	Lakeview	Roman Carillo
A2-4	Card Shop	3/15/2023	9:00-12:00 pm	W	Lakeview	TS, PS, PK, PK
A6	Intro to Stone Carving	3/15/2023	1:00-3:00 pm	W	Multipurpose	Jack Marino
A8-4	Sing Along with Bob and Kathy	3/15/2023	3:30-4:30 pm	W	Lakeview	KB, BC, KH, BM
H21-5	Pickleball Orientation	3/16/2023	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff

Week 22 March 12-18 (cont)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
T8	iPhone: Camera & Photos	3/16/2023	10:00-12:00 pm	TR	Lakeview	Nancy Taylor, Kathy Horvath, Gary Ward
H18	Nutrition for Cognitive Function	3/16/2023	1:00-2:00 pm	TR	Multipurpose	Carrie Bloemers
H24-3	Tennis: Beginner and Intermediate Clinic	3/17/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
G2	China's Dramatic Growth - At what cost to US (U.S.)?	3/17/2023	10:00-12:00 pm	F	Lakeview	Mike Quinlan
M1	Brain Enrichment for Healthy Longevity	3/17/2023	1:00-3:00 pm	F	Lakeview	Bill Furtwengler, Nancy Fazzoni
M7-5	Ladies Book Club	3/17/2023	1:00-3:00 pm	F	Multipurpose	Tish Breschi
M4	Intermediate Bridge: No Trump	3/18/2023	10:00-12:00 pm	S	Lakeview	Dean Oestreich
S6	Eternal Vigilance - Fighting to Restore Estero Bay Tributaries Docu-discussion	3/18/2023	1:00-3:00 pm	S	Lakeview	Terri Socol, Chris & Ed Shinouskis

Week 23 March 19-25

F5	Long-term Care	3/20/2023	1:00-3:00 pm	M	Multipurpose	Aaron Pierce, Joseph Bidwell
C8	Molecular Gastronomy - The Food Science	3/27/2023	5:00-7:00 pm	M	Lakeview	Mich Urbano
G4-8	Great Decisions	3/21/2023	3:00-5:00 pm	T	Multipurpose	Bill Krein
H24-4	Tennis: Beginner and Intermediate Clinic	3/24/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
M8	There's no Crying in Cribbage	3/24/2023	10:00-12:00 pm	F	Lakeview	George & Nancy Taylor
A4-7	Decorative Art Project	3/25/2023	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

Week 24 March 26-April 1

H25	Too Fit to Fracture	3/27/2023	1:00-2:00 pm	M	Multipurpose	Karen Beale
A9	The Wonderful World of Woodturning	3/28/2023	10:00-12:00 pm	T	Multipurpose	Conrad Barrows
S22	The US Air Force Tanker Program - A Failed Air Force Acquisition Process	3/28/2023	1:00-3:00 pm	T	Lakeview	Craig Korkoian
T4	iMovie - Creating Memories with Friends and Family	3/30/2023	10:00-12:00 pm	TR	Lakeview	TC, SC, GT, GW
G9	Ukraine "special military operation" - Lessons Learned	3/30/2023	1:00-3:00 pm	TR	Lakeview	Peter Borré
H24-5	Tennis: Beginner and Intermediate Clinic	3/31/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
S19	Talking the Talk - 40 Years behind the Radio Microphone	3/31/2023	10:00-12:00 pm	F	Lakeview	Ed Walsh
S2	Birds of Spring Run	3/31/2023	1:00-3:00 pm	F	Lakeview	Ted Hoffman, George Taylor

Week 25 April 2-8

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
S16	Spring Run: A Closer Look	4/3/2023	1:00-3:00 pm	M	Lakeview	Mike Zigler, Jim Rock
C4	Dinner Parties Done Right	4/3/2023	5:00-7:00 pm	M	FineMark	Lauren Simon
A2-5	Card Shop	4/5/2023	9:00-12:00 pm	W	Lakeview	TS, PS, PK, PK
S24	What you need to know about 911	4/5/2023	1:00-3:00 pm	W	Multipurpose	Heather Turco
A8-5	Sing Along with Bob and Kathy	4/5/2023	3:30-4:30 pm	W	Lakeview	KB, BC, KH, BM
H24-6	Tennis: Beginner and Intermediate Clinic	4/7/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
C9	Perfect Pizza with Pizzazz	4/7/2023	11:00-1:00 pm	F	Lakeview	Jon England
S10	Hurricane Preparedness: How to prepare like a Florida Native	4/7/2023	1:00-3:00 pm	F	Multipurpose	Susan Lindenmuth

Week 26 April 9-15

M6-5	Gentlemen's Book Club	4/11/2023	1:00-3:00 pm	T	Zoom	Bill Krein
H24-7	Tennis: Beginner and Intermediate Clinic	4/14/2023	9:00-10:30 am	F	Tennis Courts	JF, JE, MB, GM
T3-2	Email De-Mystified	4/14/2023	10:00-12:00 pm	F	Lakeview	Brian Freedman
M7-6	Ladies Book Club	4/14/2023	1:00-3:00 pm	F	Multipurpose	Tish Breschi
A4-8	Decorative Art Project	4/15/2023	9:00-12:00 pm	S	Lakeview	Stonie Frame, Suzanne Mikulka

Week 27 April 16-22

C10-4	Wine Tasting	4/18/2023	5:00-7:00 pm	T	Lakeview	Breanna Deriso
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Week 28 April 23-29

A5	Interior Design: Space Planning 101	4/28/2023	10:00-12:00 pm	F	Lakeview	Deb Evans
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NOTES:

THANK YOU



Dear iLife Volunteers,

We have had some interesting seasons recently to say the least and this year is shaping up to be on par. With renovations going from being in full swing to fully complete, we will witness some big changes at the club this season. But one thing has stayed the same and that is the outstanding efforts put forth by our iLife team! The quality of the iLife program never disappoints and this season is no different.

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 council each season. Last but not least, I would like to thank our exceptionally talented presenters for their quality work and generosity with their time.

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

Mike Zigler
General Manager

2022-2023 iLIFE VOLUNTEERS

**ADVISORY
COMMITTEE**
Susan Crandall
Bill Furtwengler
Carol Heffernan
Lynne Holbus
Craig Korkoian
Jean MacLean
Mike Quinlan
Patrice Sabo
Terri Socol
Mo Winograd

ADVOCATES
Paula Blake
Susan Falci
Mary Ciaquinto
Debbie Jones
Mariette Lawrence
Bette Lennox
Miland Meek
Pamela Perri
Jeanne Quinlan
Diane Spangenberg
Gary Spangenberg

FACILITATORS
Bobbie Allen
Jane Alter
Mike Bannigan
Conrad Barrows
Kathy Bartl
Tish Breschi
David Brinkruff
Roman Carillo
Jeff Carter
Bob Ciccarelli
Kim Corso
Susan Crandall
Terry Crandall
Breanna Deriso
Patty Driapsa
Fred Eisenreich
Jon England
Jan Esper
Deb Evans
Kelsey Fallisch
Nancy Fazzoni
Patty Fitzgerald
John Foley
Rick Fox
Stonie Frame
Brian Freedman
Bill Furtwengler

Carol Furtwengler
Hugh Gall
Ted Hoffman
Kathy Horvath
Kilby Hume
Scott Kash
Craig Korkoian
Patti Kraska
Bill Krein
Nickel Lepchitz
Kristopher Jubinville
Tom Lemon
Paula Lockhart
Jack Marino
Glenn Mattson
Joe McCreery
Marianne McGlennon
Bonnie Mittendorf
Riley Moynes
Dean Oestreich
Gary Orten
Mike Quinlan
JoAnne Richmond
Barb Rigo
Jim Rock
Patrice Sabo
Lois Samuelson
Peggy Schick

Joey Smallwood
Mary Lou Smith
Terri Socol
George Taylor
Nancy Taylor
Mary Touseignant
Michel Urbano
Ed Walsh
Gary Ward
Mo Winograd
Beverly Wojje
Mike Zigler

**GUEST
PRESENTERS**
Tom Bayles
Karen Beale
Joseph Bidwell
Carrie Bloemers
Peter Borré
Stefan Contorno
Eric Cosentino
Natalie De La Torre
Sales
Vivian Ebert
Aikaterina Galeos
Jamie Hoover
Jan Johnson

Dennis Landfried
David Lee
Susan Lindenmuth
Suzanne Mikulka
Ruthmarie Mitsch
Bryan Mulcahy
Andrea Munao
Aaron Pierce
Thomas Pitney
Bob Place
Billie Porter
Nick Pyrros
Dallas Revord
Dustin Rinaldi
John Rittenhouse
Scott Schatzle
Andy Sheppard
Chris Shinouskis
Ed Shinouskis
Lauren Simon
Dennis Solon
Anne Stavely
Heather Turco
Alan Van Egmond
Steve Vesce
Ken Wise
Kenny Wise
Gregor Zore