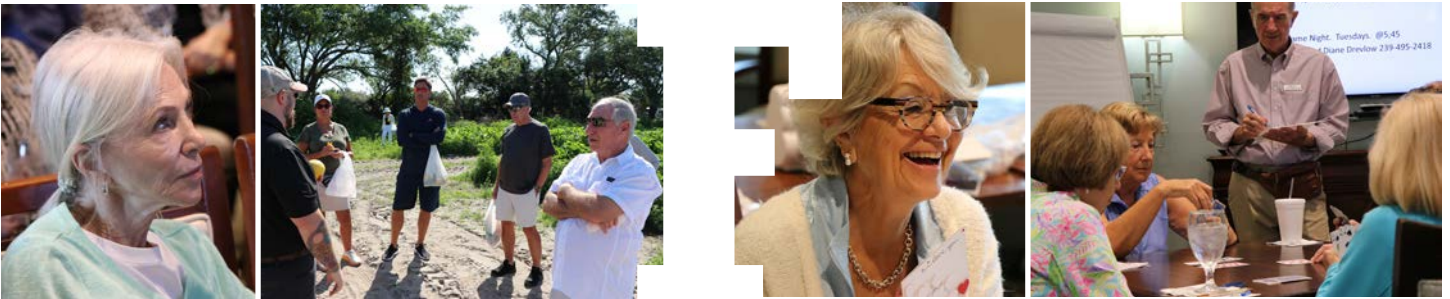


2 0 2 4 - 2 0 2 5



A C T I V I T I E S

by members, for members



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 art or culinary classes and that is clearly stated in the activity description).

Since 2011, iLife has continued to grow and evolve. An outstanding 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, all ten neighborhood associations, and various club committees 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.

With another lineup of outstanding activities, iLife is poised for another exceptional season. We hope you're able to join us! As always, please note that the schedule is subject to change so keep an eye on your club emails for any new announcements.

INVITATION TO PARTICIPATE

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

Phone: 239-444-2127 | Email: activities@springrun.com

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

REGISTRATION NOTES

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

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

Fall registration opens Tuesday, October 1, 2024

Winter registration opens Monday, December 16, 2024

Spring registration opens Monday, February 17, 2025

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 registration 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. Please note that a pop-up window will come onto your screen – you must scroll down on this window to see who has signed up. 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.

Activity dates & times are subject to change, sometimes with very short notice. Email announcements and reminders are sent regularly so keep an eye out for updates.

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.



ARTISAN SERIES 7

- A1: Acrylic Tile Mosaic Art Project
- A2: Blooms and Beyond: The Artistry of Floral Arrangements
- A3: Card Shop
- A4: Chihuly: Mastering the Dance of Light and Form
- A5: Cricut Crafting
- A6: Decorative Art
- A7: Furniture Painting
- A8: Intro to Jewelry Making
- A9: Paint Like Vermeer
- A10: Photography Basics
- A11: The Renaissance Man
- A12: Sing Along with Bob and Kathy

CULINARY SERIES 9

- C1: Calzone Party
- C2: Charcuterie for Beginners
- C3: Flavors of Florida
- C4: Flavors of Italy
- C5: Global Tapas & Rum Cocktails
- C6: Liquor Lab
- C7: Mastering Poultry: Fabrication and Roasting
- C8: A Taste of Greece
- C9: Taste of the Everglades

FIDUCIARY SERIES 10

- F1: Financial and Investment Basics
- F2: Frauds & Scams
- F3: Is Tom Selleck right? Is it a Reverse Mortgage or an RELOC?
- F4: Market Trends to Know
- F5: Risk Management & Retirement Planning
- F6: The SECURE Act – A New Death Tax?
- F7: What is Cryptocurrency?
- F8: Why Banks Fail: From the Depression to Silicon Valley
- F9: Women & Wealth

AROUND THE GLOBE 12

- G1: Armchair Travel Series
- G2: Catherine the Great
- G3: Doc – A Combat Medic’s Story
- G4: FDR’s Four Freedoms
- G5: Great Decisions I
- G6: Great Decisions II
- G7: If Ukraine Loses...
- G8: Israel v Hamas – The Horror of October 7
- G9: Navigating Turbulence: Understanding Boeing’s Challenges in the Commercial and Space & Defense Sectors
- G10: Taiwan: China’s Looming Invasion
- G11: The Vanderbilt Dynasty

Table of Contents

HEALTHY & BEAUTY 14

- H1: 10 Steps to better fitness
- H2: Anatomy of the Golf Swing
- H3: Anti-Aging Posture Workshop
- H4: The Art, Science and Strategy of Putting
- H5: Artificial Intelligence and Healthcare
- H6: Beginner's Line Dancing
- H7: Biking 10 miles – 5 local trails
- H8: Bocce: Intermediate
- H9: Bocce: Orientation
- H10: Bocce: Spring Run Rules
- H11: The Building Blocks of Balance
- H12: Color Me Beautiful
- H13: Don't Bug Me
- H14: Drivers & Woods
- H15: Family & Friends CPR
- H16: "Feel Better" with Essential Oils
- H17: "Get Clean" with Essential Oils
- H18: Giving Hope Back to People in Pain – A Guide to Getting Back to the Sports You Love
- H19: Golf Swing Dos and Don'ts
- H20: Golfing with Essential Oils
- H21: How to Improve your Pace of Play
- H22: Introduction to Essential Oils – Everything you wanted to know & then some...
- H23: Nutrition for Arthritis and Inflammation
- H24: "Pain Relief" with Essential Oils
- H25: Personal Safety
- H26: Pickleball: Orientation
- H27: Read 'Em and Weep – the Greens of Spring Run
- H28: "Restful Night" with Essential Oils
- H29: Tennis: Beginner and Intermediate Clinic
- H30: Understanding Medicare: Basics and Private Options
- H31: Wine & Line Dancing | Patty Fitzgerald, Kim Corso

COGNITIVE FITNESS 20

- M1: Canasta: Beginners Clinic
- M2: Euchre 101 – How to Play
- M3: Gentlemen's Book Club
- M4: Intro to Mah Jongg
- M5: Intro to Poker
- M6: Ladies Book Club
- M7: Mah Jongg Strategies
- M8: More than Memory: Mind Matters and Mental Health

SPECIAL TOPICS 21

- S1: The 50s – A Retrospective
- S2: Ancestry.com Demo
- S3: Calusa Waterkeeper

SPECIAL TOPICS cont.21

- S4: Coffee & Conversations
- S5: Common Genealogy Research Mistakes
- S6: Electric Vehicles: A Beginner's Guide
- S7: Exploring Alternative Fuels
- S8: Frank Capra: Film Viewing and Discussion Series
- S9: From Pets to Predators: Python Population Explodes out of the Everglades
- S10: Intro to Genealogy
- S11: Introduction to South Florida's Ancient History
- S12: Lee County Recycling Center
- S13: Lee County Waste-to-Energy Plant Tour
- S14: Local Leisure – What to do When Family Visits
- S15: Meet the Judges
- S16: PGM & Hospitality Tour at Florida Gulf Coast University
- S17: Preparing for Storm Season
- S18: Special Screening Double Header
- S19: Spring Run: A Closer Look
- S20: Spring Run: The Superintendent's Tour
- S21: Talking the Talk – 40 Years Behind the Radio Microphone
- S22: Troubled Waters: A Turtle's Tale Docu-discussion
- S23: UNBRIDLED: The Story Behind the Story of Writing a Novel
- S24: WGCU Station Tour at Florida Gulf Coast University

TECHNOLOGY SERIES26

- T1: The Challenge of Understanding and Learning to Use Artificial Intelligence Including How to Avoid Some of the Potential Scams
- T2: Chelsea & Golf Genius
- T3: Crafting Memories: Creating Stunning Photo Collages
- T4: Document Scanning and Sharing Made Simple – Both Apple and Android Users
- T5: iPhone: Camera & Photos
- T6: iPhone: Potpourri
- T7: Libby – Library eBooks
- T8: Spring Run: Mobile App Review
- T9: Spring Run: Website Review
- T10: TiVo Workshop

SCHEDULE27





ARTISAN SERIES

A1: Acrylic Tile Mosaic Art Project

February 18, 2025 · 9:00–12:00 pm | February 21, 2025 · 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. Over a two-part session, participants will be guided as they 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 everything in one sitting, but over the course of two separate sessions everything will be complete. All supplies and materials provided for \$25 per participant. Registrations are limited to 12 participants. A waitlist will be available if necessary. Purpose: Create a mosaic piece of art using modern materials and techniques over two sessions. Facilitators: Beverly Wojcie, Lois Samuelson

A2: Blooms and Beyond: The Artistry of Floral Arrangements

March 12, 2025 · 10:00–12:00 pm

Designing a bouquet may seem simple enough until you try your hand at it and discover it's not as simple as it seems! There is something to the artistry, techniques, and inspirations behind creating floral compositions that captivate the senses and elevate any space. How do florists blend color, texture, and form to craft harmonious arrangements? With some practical tips and techniques, you'll be creating your own breathtaking floral masterpieces in no time!

Purpose: Learn how to make beautiful floral arrangements. Facilitator: Leigh Moss

A3: Card Shop

November 9, 2024 · 9:00–12:00 pm | January 11, 2025 · 9:00–12:00 pm | February 8, 2025 · 9:00–12:00 pm | March 8, 2025 · 9:00–12:00 pm | April 9, 2025 · 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 \$25 per participant per clinic. Registrations are limited to 12 participants.

Purpose: Create your own cards in a single session. Facilitators: Terri Socol, Patrice Sabo, Penni Kline, Lynn Guarasci

A4: Chihuly: Mastering the Dance of Light and Form

March 7, 2025 · 10:00–12:00 pm

In Chihuly's world, imagination transcends the ordinary and the medium of glass becomes a canvas for dreams. One of the most innovative and celebrated artists of our time, Dale Chihuly's visionary creations blur the boundaries between art, nature, and light. Explore how his bold use of color and shape creates a symphony of movement frozen in glass, evoking emotions ranging from awe to introspection. Whether you're a seasoned art enthusiast or a curious newcomer, join us as we celebrate the boundless imagination and enduring legacy of Dale Chihuly, a true master of the dance of light and form.

Purpose: Learn about the work of Dale Chihuly through his life story and pictures of some of his installations. Facilitator: Nancy Taylor

A5: Cricut Crafting

November 2, 2024 · 9:00–12:00 pm

The Cricut cutting machine is like a household printer, but instead of printing your design onto a sheet of paper, a Cricut machine uses a small, movable blade to cut the design out of a sheet of paper (or other material). This powerful tool can cut many different materials for you to use in a plethora of craft projects. The possibilities are endless! Participants will be guided through constructing a creative art project in a single session. All supplies and materials provided for \$25 per participant. Registrations are limited to 12 participants.

Purpose: Create your own craft project in a single session. Facilitator: Terri Socol

A6: Decorative Art Project

October 26, 2024 · 9:00–12:00 pm | November 16, 2024 · 9:00–12:00 pm | January 18, 2025 · 9:00–12:00 pm | February 1, 2025 · 9:00–12:00 pm | February 15, 2025 · 9:00–12:00 pm | March 1, 2025 · 9:00–12:00 pm | March 15, 2025 · 9:00–12:00 pm | April 5, 2025 · 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 \$25 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)

A7: Furniture Painting for Beginners

January 22, 2025 · 10:00–12:00 pm

Chalk paint can be used to paint almost anything – walls, kitchen cabinets, metal, wood, glass, brick, and more – but the most common use is to give new life to old furniture or to make newer pieces look old. The great thing about chalk paint is that there isn't a huge learning curve or a lot of prep work. You can just dive right in. Experience can be a great teacher and before you know it, you'll be able to paint pieces in your sleep!

Purpose: Learn how to chalk paint furniture and kitchen cabinets

Facilitator: Jack Lengerich

A8: Intro to Jewelry Making

February 12, 2025 · 9:00–12:00 pm

Jewelry is art that can be worn – not just set on a shelf or hung on a wall somewhere. It's something you can actually wear as a personal artistic expression. Making your own jewelry is not only a fun and addictive hobby, but you also get to wear (or gift) what you create. Once you start creating your own one-of-a-kind pieces, it will open up a world of possibilities. Soon you'll be building romantic stories within each design blending precious crystals, stones, and metals with vintage collectibles while exhibiting contemporary flair. There's no time like the present to get started! Participants are welcome to bring a pendant or other centerpiece to use for their necklace (optional). All other supplies and materials will be provided for \$25 per participant. Headcount limit of 12 participants.

Purpose: Learn how to get started making jewelry and create your very own piece

Facilitator: Ellen Marra

A9: Paint Like Vermeer

February 11, 2025 · 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 Deutch 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

A10: Photography Basics

January 15, 2025 · 10:00–12:00 pm

Photography isn't the only way to capture the world, but it certainly is one of the most effective. Look no further than

the nearest social media feed, news station, magazine article, or book cover to see it – photographs have power. It can be very beneficial to harness that power and learn how to take the best possible photos. Of course, photography is an art you'll never really be 'done' learning. The best way to keep improving is to practice often, make mistakes and be open to learning from others.

Purpose: Learn the fundamentals of photography and start taking better pictures

Facilitator: Carol Heffernan

A11: The Renaissance Man

March 24, 2025 · 1:00–3:00 pm

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

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

Facilitator: Dean Oestreich

A12: Sing Along with Bob and Kathy

November 6, 2024 · 3:30–4:30 pm | January 15, 2025 · 3:30–4:30 pm | February 19, 2025 · 3:30–4:30 pm | March 19, 2025 · 3:30–4:30 pm | April 16, 2025 · 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 Ciccarelli, Kilby Hume, Bonnie Mittendorf





CULINARY SERIES

C1: Calzone Party

November 1, 2024 · 4:00–6:00 pm

The word “calzone” derives from the Italian word for “trouser legs,” or “stocking.” Some believe that’s because they are filled much like a stocking at Christmas while others think it’s because you would eat them on the move or while standing. Essentially a handheld pizza, the history of the calzone goes back as far as the 18th century. Early incarnations were filled with similar toppings to pizzas but before long there were examples of dough being filled with all sorts of unconventional ingredients. How would you fill your own calzone? Headcount is limited. \$25 per participant – cash only.

Purpose: Make your own calzone and enjoy a full meal

Facilitator: Jon England

C2: Charcuterie for Beginners

February 17, 2025 · 4:00–6:00 pm

The word charcuterie refers to cold cooked, cured, or smoked meats; so technically, a traditional charcuterie board is just a meat platter. But as these communal boards have gotten more popular for entertaining at home, the definition has expanded to include abundant displays of meats, cheeses, dried and fresh fruits and vegetables, toasted nuts and briny olives, plus honeys, jams, jellies, chutneys, mustards and more! A beautiful charcuterie board is a statement piece and a time-saver. It typically requires little to no cooking and only takes a few minutes to assemble. The best part is you don’t need to be an expert food stylist to make it look good. Headcount is limited. \$25 per participant – cash only.

Purpose: Learn how to make charcuterie boards and bring home your own sample box

Facilitator: Terri Socol

C3: Flavors of Florida

January 20, 2025 · 4:00–6:00 pm

It’s no secret that Florida is a large state. From Pensacola in the panhandle to Key West in the Keys is over 800 miles. This distance traverses the forests and springs in North Florida and the beaches and swamps of South Florida. While the distance from end to end of the Sunshine State is significant, the differences in food and culture from one end of the state to the other is just as significant. The list of most popular foods in Florida is a long one. To say the least, Florida’s iconic food scene is broad. There may not be any other state in this great country that has such a diverse menu from one region to another. Headcount is limited. \$25 per participant – cash only.

Purpose: Explore some quintessentially “Floridian” recipes and enjoy a full meal

Facilitator: Jon England

C4: Flavors of Italy

March 3, 2025 · 4:00–6:00 pm

Ask anyone to name a popular type of cuisine, and they’ll probably say Italian. But why? It’s no secret that Italian food is universally popular, but what makes it so special? As with all great cuisines of the world, Italian cuisine is defined by a set of foundational flavors. It’s so much more than just pizza and pasta! Italian cuisine offers a wide range of diverse recipes that are simple yet delicious and enjoy broad appeal. From its authenticity to its adaptability and versatility, there’s no denying that this beloved cuisine will continue to delight diners all around the world for many years to come. Headcount is limited. \$25 per participant – cash only.

Purpose: Try out some Italian recipes and enjoy a full meal

Facilitator: Jon England

C5: Global Tapas & Rum Cocktails

March 24, 2025 · 4:00–6:00 pm

By now, chances are you’ve encountered the terms “tapas,” or “small plates,” on more than one occasion. Don’t dismiss this as another buzzword in a fleeting category of food trends. Tapas enjoy a unique and rich history. Their rise in popularity across the American restaurant scene is something we can continue to expect for years to come. The versatility of this concept has now been adapted around the world inspiring new and unique blends of culinary delights. To pair with such a wide variety of flavors, the versatility of rum happens to be the perfect complement to tapas from across the globe. Headcount is limited. \$25 per participant – cash only.

Purpose: Explore some global tapas paired with rum cocktails

Facilitator: Kris Jubinville

C6: Liquor Lab

October 25, 2024 · 4:00–6:00 pm | November 22, 2024 · 4:00–6:00 pm | January 10, 2025 · 4:00–6:00 pm | February 7, 2025 · 4:00–6:00 pm | March 7, 2025 · 4:00–6:00 pm | April 18, 2025 · 4:00–6:00 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. Headcount is limited. \$25 per participant – cash only.

Purpose: Learn and taste select cocktails

Facilitator: Jose Del Campo

C7: Mastering Poultry: Fabrication and Roasting

February 3, 2025 · 4:00–6:00 pm

Poultry fabrication techniques are similar across the different classes from chicken to turkey, and duck. Chicken being one of the least expensive birds on the market is a great way to practice cutting, boning, and portioning skills because of its similarity to turkey, ducks and pheasant. Although the muscle and carcass structure is similar from one class of birds to another, there are some differences

to note. However, it's thanks to the similarities across the classes of poultry that certain principles ring true across the board for roasting. From never roasting a damp bird to trussing and not taking a bird directly from the fridge to the fire, some things are universal. Headcount is limited. \$25 per participant – cash only.

Purpose: Learn how to fabricate a chicken or roast one whole and enjoy a full meal

Facilitator: Kris Jubinville

C8: A Taste of Greece

February 26, 2025 · 11:00–1:00 pm | March 26, 2025 · 11:00–1:00 pm

There are a plethora of reasons to travel to Greece from its azure waters and white sand beaches to its ancient monuments, but the best, and perhaps most important, is to try the nation's incredible food. Greek cuisine, like many other cuisines of the Mediterranean, is founded on the triad of wheat, olive oil and wine. It continues traditions from Ancient Greek and Byzantine cuisine, while incorporating Asian, Turkish, Balkan and Italian influences. With their strong use of vegetables, herbs and wholesome fats from olives and fish, Mediterranean and Greek foods are said to be some of the healthiest in the world, and they are also some of the most delicious! Headcount limit of 10 for either session. \$25 per participant to be charged to your member account.

Purpose: Learn about and taste some select Greek recipes

Facilitator: Aikaterina Galeos (Guest Presenter – Lee Health)

C9: Taste of the Everglades

April 7, 2025 | 4:00–6:00 pm

When you think of the Everglades, cuisine probably isn't one of the first things that comes to mind. However, beyond the awe-inspiring landscapes and diverse wildlife, the Everglades boasts a unique culinary scene deeply rooted in the region's rich cultural heritage. The cuisine reflects its wild landscaping, blending Native American, African American, Caribbean, and Southern influences with the bounty of the land and water. It's not just alligator and frog legs! This unique cuisine blends fresh ingredients from the land and water with cultural traditions from the many peoples who have called this region home. Headcount is limited. \$25 per participant – cash only.

Purpose: Check out some recipes from the Everglades and enjoy a full meal

Facilitator: Jon England

FIDUCIARY SERIES



F1: Financial and Investment Basics

February 4, 2025 · 10:00–12:00 pm

The investment landscape can be very dynamic and ever-evolving, but those who take the time to understand the basic principles as well as the different asset classes stand to gain significantly over the long haul. Stocks tend to have higher yields than bonds, but also greater risks. How does one determine risk tolerance? With an enormous variety of possible assets to add to a portfolio, investing can be a daunting prospect for beginners. Investment specialists recommend diversifying one's portfolio, but what does that actually mean? Investment education is essential – as is avoiding investments that you don't fully understand.

Purpose: Learn about financial and investment basics

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

F2: Frauds & Scams

April 2, 2025 · 1:00–3:00 pm

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

Purpose: Learn about different ways you can fall victim to frauds & scams as well as how to prevent or minimize threats

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

F3: Is Tom Selleck right? Is it a Reverse Mortgage or an RELOC?

February 6, 2025 · 1:00–3:00 pm

If you've ever seen any of his commercials, you may have found yourself wondering how a reverse mortgage actually works and if it's something worth considering for you, your family or any of your friends. How does it differ from a traditional (forward) mortgage? Is it all that different from a Retirement Equity Line of Credit (RELOC)? There are a lot of common misconceptions to wade through in order to fully understand these financial products. However, at

the end of the day, it is still a (highly regulated) financial product and there is no financial product that is right for everyone.

Purpose: Learn about reverse mortgages and retirement equity lines of credit

Facilitator: Mike Crossett

F4: Market Trends to Know

March 5, 2025 · 10:00–12:00 pm

“A trend is your friend,” is one of the handy sayings that have come out of the study of technical analysis. Some people try to identify trends by looking at averages. Given the understanding that the psychology of the markets actually moves the markets, we can acknowledge that psychology develops and ends the trends. Most investors, once invested in an uptrend, will stay there looking for any weakness in the ride up, which is the indicator needed to jump off and take the profit. The bottom line is that markets are made up of several different kinds of trends, and it is the recognition of these trends that will largely determine the success or failure of your long and short-term investing.

Purpose: Learn about market trends and how to identify them

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



F5: Risk Management & Retirement Planning

February 19, 2025 · 10:00–12:00 pm

All investments carry some degree of risk. Stocks, bonds, mutual funds and exchange-traded funds can lose value – even their entire value – if market

conditions sour. Even conservative, insured investments, such as certificates of deposit (CDs) issued by a bank or credit union, come with inflation risk. The level of risk associated with a particular investment or asset class typically correlates with the level of return the investment might achieve. The rationale behind this relationship is that investors willing to take on risky investments and potentially lose money should be rewarded for their risk. Creating a retirement plan begins with determining your long-term financial goals and tolerance for risk.

Purpose: Learn about risk management and retirement planning

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

F6: The SECURE Act – a new death tax?

March 4, 2025 · 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

F7: What is Cryptocurrency?

February 13, 2025 · 1:00–3:00 pm

Simply stated, a cryptocurrency is a form of digital money. Not to be confused with when you transfer your traditional, non-cryptocurrency money like the U.S. dollar digitally, cryptocurrencies are a different thing altogether. However, just like your traditional money, if cryptocurrencies become mainstream, you may be able to use them to pay for things electronically. What sets cryptocurrencies apart is the blockchain technology behind them. But before getting into the nitty-gritty of cryptocurrencies, you need to understand the definition of money itself. Of course, in the old days, when you traded your chicken for shoes, the values of the exchanged materials were inherent to their nature. But when coins, cash, and credit cards came into play, the definition of money, and more importantly, the trust model of money changed. Despite recent events, many financial analysts expect cryptocurrency to recover and endure. But just like anything else in life, cryptocurrencies come with their own baggage of risk. Whether you trade cryptos, invest in them, or simply hold on to them for the future, you must assess and understand the risks beforehand.

Purpose: Learn about and better understand cryptocurrency

Facilitator: Gary Orten

F8: Why Banks Fail: From the Depression to Silicon Valley

April 1, 2025 · 10:00–12:00 pm

Bank failures have been a recurring issue throughout history, caused by various factors ranging from economic downturns to poor management practices. The Stock Market Crash of 1929 led to a massive loss of wealth and confidence in the financial system. Many people rushed to withdraw their deposits, leading to over 5,000 bank failures. The deregulation of the savings and loan industry in the 80s & 90s led to riskier investments. Silicon Valley Bank and similar institutions grew rapidly and were heavily concentrated in specific sectors, such as technology and startups, making them vulnerable to sector-specific downturns. Across all these periods, common themes include economic downturns, poor regulation, risky investment & lending practices, rapid changes in Interest Rates, and external shocks.

Purpose: Learn about why banks have failed and how the FDIC and regulators have managed these failures.

Facilitator: Fred Eisenreich

F9: Women & Wealth

March 21, 2025 · 10:00–12:00 pm

While female financial confidence in money management is higher than ever, women still face unique challenges as they seek to achieve their financial goals. American women are leading the way as business owners and entrepreneurs. They oversee household purchasing decisions and control the majority of wealth. However, only about half of women feel confident about managing investments compared to more than two-thirds of men. The good news is that women are reevaluating their relationship with money at an accelerating rate; from a renewed focus on climbing the ladder and increasing income, to saving smartly for retirement, to starting a business, and prioritizing flexibility without forsaking financial safety.

Purpose: Learn about the unique relationship of women and wealth management

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



AROUND THE GLOBE

G1: Armchair Travel Series

October 31, 2024 · 10:00–12:00 pm | January 20, 2025 · 1:00–3:00 pm | March 27, 2025 · 10:00–12:00 pm

The term “armchair” has a negative connotation – as in “armchair quarterback.” It means a person is not directly involved in an activity, but has an opinion and advice to offer. However, that term gets a much more positive spin here. Armchair travel is delving into this fantastic, vast world and learning as much as our hearts desire – vicariously. Does armchair travel preclude going into the world as a “real” traveler? Of course not! And at it’s best, armchair travel inspires the buying of tickets and booking of excursions. Worth the time for the sheer joy of exploring a place, a culture, or a period of history, armchair travel doesn’t have to have a practical purpose or product to justify the time spent. Getting lost in faraway, exotic places, even if just for a little while, is pure delight.

Purpose: Listen to stories of recent travels and gain valuable insight into the journey with this 3-part series

Facilitators: Joe & Sue Evans, George & Nancy Taylor, Margaret Welker & Terri Socol

G2: Catherine the Great

March 14, 2025 · 10:00–12:00 pm

Born Sophie Friederike Auguste von Anhalt-Zerbst, Catherine the Great was Empress of Russia from 1762 until her death in 1796. Her reign is often considered a golden age for Russia, marked by significant expansion, modernization, and cultural flourishing. She reformed the Russian government, enhancing the power of the central administration and dividing Russia into provinces and

districts to improve governance. She secured territories in the Crimea, the Black Sea region, and parts of Poland extending Russia’s borders and influence. Her patronage of the arts and education helped to create a vibrant cultural scene in Russia, contributing to its reputation as a major European power. Despite her many achievements, however, Catherine’s reign also had significant shortcomings, particularly in terms of social inequality and the harsh treatment of serfs.

Purpose: Learn about the life of Catherine the Great and the impact her reign had on Russia

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

G3: Doc – A Combat Medic’s Story

January 28, 2025 · 1:00–3:00 pm

Jim Kline grew up in a small town in the northwest corner of Illinois. By the time he graduated high school in 1965, the United States was rapidly increasing its military forces in South Vietnam. Once drafted into military service, Jim became an Army combat medic. Known simply as “Doc” to his platoon, Jim’s odyssey from a small town midwestern boy entering college to the jungles of Vietnam culminates with a combat unit where he subsequently joined the men whose service would later be honored in Washington, DC. This unit was made up of the real men who Oliver Stone would use as inspiration for his movie, “Platoon.” Jim served with them, doctored them, and eventually would be honored with them; considering these men kindred souls for life.

Purpose: Hear the story of an Army combat medic as he navigated the Vietnam War and his journey back home

Facilitator: Jim Kline

G4: FDR’s Four Freedoms

March 28, 2025 · 10:00–12:00 pm

Articulated in his 1941 State of the Union address, FDR’s Four Freedoms encapsulated a vision for a world founded on fundamental human rights and liberties. FDR’s genius lay in the simplicity and universality of these ideas where individuals could express themselves without fear, worship according to their conscience, live free from poverty and hunger, and exist without the specter of oppression or tyranny. By championing these freedoms as universal principles, FDR sought to inspire the rise of liberal democracy and the rule of law not just within America, but globally. As the world grappled with the spread of fascism and authoritarianism, FDR’s Four Freedoms provided a beacon of hope and a roadmap for a better future. Four generations of Americans, as well as countless others around the world, have enjoyed the benefits of living in a world that was architected using FDR’s vision as its overarching design principle. However, today we find ourselves facing new challenges and competing visions. The rise of populism, nationalism, and authoritarianism in various parts of the world threatens to undermine the principles of liberal democracy and rule of law that FDR championed.

Purpose: Learn about FDR’s Four Freedoms

Facilitator: Steve Vesce (Guest Presenter – Georgia)

G5: Great Decisions I

January 21, 2025 · 3:00–5:00 pm | January 28, 2025 · 3:00–5:00 pm | February 4, 2025 · 3:00–5:00 pm | February 11, 2025 · 3:00–5:00 pm | February 18, 2025 · 3:00–5:00 pm | March 4, 2025 · 3:00–5:00 pm | March 11, 2025 · 3:00–5:00 pm | March 18, 2025 · 3:00–5:00 pm

This group offers a special platform for individuals passionate about global affairs to come together and engage in stimulating discussions. With a focus on critical international issues shaping our world today, participants explore topics ranging from geopolitics and economics to environmental sustainability and human rights. These discussions provide a unique opportunity for participants to broaden their understanding of complex global issues, exchange diverse perspectives, and examine potential solutions to pressing challenges. Through respectful discourse, informed analysis and collaborative exploration, participants gain valuable insights into the interconnected nature of global issues and the implications for individuals, communities, and nations worldwide. These sessions contribute to fostering a deeper appreciation for the complexities of international relations and the importance of informed decision-making in a rapidly changing world. Participants are required to purchase the current Great Decisions Briefing Book through the Club.

Purpose: Participate in a discussion group about some of the most critical global issues

Facilitator: Bill Krein

G6: Great Decisions II

January 23, 2025 · 10:00–12:00 pm | January 30, 2025 · 10:00–12:00 pm | February 6, 2025 · 10:00–12:00 pm | February 13, 2025 · 10:00–12:00 pm | February 20, 2025 · 10:00–12:00 pm | February 27, 2025 · 10:00–12:00 pm | March 6, 2025 · 10:00–12:00 pm | March 13, 2025 · 10:00–12:00 pm

This group offers a special platform for individuals passionate about global affairs to come together and engage in stimulating discussions. With a focus on critical international issues shaping our world today, participants explore topics ranging from geopolitics and economics to environmental sustainability and human rights. These discussions provide a unique opportunity for participants to broaden their understanding of complex global issues, exchange diverse perspectives, and examine potential solutions to pressing challenges. Through respectful discourse, informed analysis and collaborative exploration, participants gain valuable insights into the interconnected nature of global issues and the implications for individuals, communities, and nations worldwide. These sessions contribute to fostering a deeper appreciation for the complexities of international relations and the importance of informed decision-making in a rapidly changing world. Participants are required to purchase the current Great Decisions Briefing Book through the Club.

Purpose: Participate in a discussion group about some of the most critical global issues

Facilitator: Craig Korkoian

G7: If Ukraine Loses...

January 17, 2025 · 10:00–12:00 pm

“If Russia wins this war, European security will be in ruins” – President Emmanuel Macron. What does that mean? Possible French boots on the ground would seem to mean U.S.



boots on the ground as well. How many of us recall or have seen historical documentaries showing Russian soldiers walking the streets of Berlin? Could it happen again? There is more. The bloody conflict between Israel and Hamas, coupled with the saber-rattling by General Secretary Xi Jinping about China’s intention to invade and subjugate Taiwan brings us closer to a global conflict the likes of which we have not seen since 1945. With the help of the U.S. and NATO countries, Ukraine has stopped Russia in its tracks. The battle lines have been about the same since March 2022, but will they hold? Will Ukraine be strong enough to defeat Russia and take back occupied areas, including Donbas and Crimea? What strategies might help Ukraine achieve its goal? They cannot do it alone nor will it be easy, but can the Putin juggernaut be stopped?

Purpose: Learn about what can be done to help Ukraine win the war and the consequences if Russia were to win instead

Facilitator: Mike Quinlan

G8: Israel v Hamas – The Horror of October 7

November 8, 2024 · 10:00–12:00 pm

Why did the esteemed Israeli international security agency, Mossad, and Israel’s internal security agency, Shin Bet, ignore 3:00 am evidence that Hamas, a ruthless terrorist organization, was preparing to cross from Gaza into Israel? Where were the Israel Defense Forces (IDF) and why did it take several hours to come to the assistance? Why weren’t the exposed and vulnerable people of the kibbutzim protected? Did it ever occur to Prime Minister Netanyahu or anyone else serving in his regime that the ruthless brutality against Israeli victims was intended to elicit the very same vengeful and bloody response by the IDF? Open and blatant antisemitism has spread throughout the U.S. as never before with elite university campuses becoming scenes of violent protests causing the cancelation of numerous graduation ceremonies. What lessons should Israel have learned from the war in 1973, otherwise known as the Yom Kippur War? What changes must be made and enforced by Mossad and Shin Bet? What other lessons could be learned from this war?

Purpose: Examine exactly what happened or did not happen after October 7

Facilitator: Mike Quinlan

G9: Navigating Turbulence: Understanding Boeing’s Challenges in the Commercial and Space & Defense Sectors

March 7, 2025 · 1:00–3:00 pm

The Boeing 737 Max 8 crashes sent shockwaves

through the aviation industry, resulting in tragic loss of lives and profound repercussions for Boeing's reputation and market standing. What systemic flaws in the design and certification process contributed to these accidents – regulatory oversights, inadequate pilot training, flawed software implementation? The lesser-known yet significant issue of the 737 Max 9 Door Plug highlights how seemingly minor oversights can escalate into major operational concerns, leading to delays, financial losses and erosion of customer trust. In the Space & Defense domain, Boeing's challenges with the KC-46 Tanker program have been marred by persistent technical issues, delivery delays and cost overruns. Supply chain bottlenecks, integration complexities, and contractual obligations reveal the multifaceted nature of these setbacks. Even Boeing's Air Force One program has to contend with the intricate dynamics between government contracts, stringent security requirements, and evolving technological demands. By contrasting the Commercial and Space & Defense sectors, we discern the nuanced differences in regulatory frameworks, market dynamics and risk management approaches.

Purpose: Learn about Boeing's challenges in the commercial and space & defense sectors

Facilitator: Craig Korkoian

G10: Taiwan: China's Looming Invasion

April 4, 2025 · 10:00–12:00 pm

What if China invades Taiwan? How would the U.S. respond? President Xi Jinping has made a commitment that Taiwan will be re-united with the People's Republic of China – one way or the other. Has Taiwan invested enough in its own survival? Will Taiwan fight like Ukrainians or like the Afghans? Can Taiwan endure like Ukrainians? What is at stake for the United States? Will Japan, South Korea, or Australia be willing to count on us if the U.S. opts not to help Taiwan?

Purpose: Explore China's many plans of attack, how to defend against each, and how this war could be prevented in the first place

Facilitator: Mike Quinlan

G11: The Vanderbilt Dynasty

November 1, 2024 · 10:00–12:00 pm

The Vanderbilts, once one of America's wealthiest and most influential families, epitomized the excesses and eventual decline of the Gilded Age elite. The Vanderbilt family's wealth began with Cornelius Vanderbilt (1794–1877), known as "The Commodore," who built his fortune through the shipping and railroad industries. Cornelius's descendants also expanded the family's wealth and influence during the Gilded Age, a period marked by rapid economic growth and ostentatious displays of affluence. However, the early 20th century saw significant changes in the American economy and society with the rise of new industries, such as oil and steel, creating new centers of wealth and power. The democratization of wealth and the rise of new social and economic classes diminished the exclusivity and power of old-money families like the Vanderbilts. From the heights of luxury and influence during the Gilded Age to the gradual decline in the face of changing economic and social landscapes, the Vanderbilts' story is a testament to the transient nature of

wealth and the enduring impact of cultural legacy.

Purpose: Learn about the rise and fall of high society in the US through a study of the Vanderbilt dynasty

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

HEALTH & BEAUTY



H1: 10 Steps to better fitness

January 21, 2025 · 2:00–3:00 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: Anatomy of the Golf Swing

February 3, 2025 · 1:00–3:00 pm

Golf, often perceived as a leisurely game, is in reality a complex sport that demands a symphony of muscle coordination, strength, flexibility and technique. The golf swing, in particular, is a movement that requires the engagement of numerous bones, muscles, joints, etc. working in harmony, to produce a powerful and accurate shot. A golf swing can be broken down into several stages, each with its own set of muscle engagements and biomechanical considerations. A golfer with good mobility can achieve a fuller backswing, generate more power in the downswing, and ensure a smoother follow-through. However, understanding the muscles involved in a golf swing is one thing, but actively working to engage and improve your mobility is another.

Purpose: Learn about the biology behind your golf swing as well as how to avoid injury and consistent bad play
Facilitator: Tanner Nipper

H3: Anti-Aging Posture Workshop

October 29, 2024 · 2:00–3:00 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)

H4: The Art, Science and Strategy of Putting

March 25, 2025 · 2:00–4:00 pm

So many golfers walk up to a green with no real idea of what they are doing and try to get the ball close to the hole. Stop doing this. There is so much more to putting than this. For new players and novices, learning how to putt better is one of the fastest ways to lower your handicap. Turning three-putts into single strokes will improve your score and give you confidence in your short game. Unlocking your true potential on the greens is not only going to involve perfecting your stroke mechanics, but also your ability to read the greens and develop a personalized putting strategy.

Purpose: Elevate your putting game and lower your scores
Facilitator: Ed Thaner

H5: Artificial Intelligence and Healthcare

February 18, 2025 · 1:00–2:00 pm

The complexity and rise of data in healthcare means that artificial intelligence (AI) will increasingly be applied within the field. Several types of AI are already being employed by payers and providers of care, and life sciences companies. The key categories of applications involve diagnosis and treatment recommendations, patient engagement and adherence, and administrative activities. Although there are many instances in which AI can perform healthcare tasks as well or better than humans, implementation factors will prevent large-scale automation of healthcare professional jobs for a considerable period. Ethical issues in the application of AI to healthcare must also be taken into consideration.

Purpose: Learn about AI's current and potential impact on the field of healthcare

Facilitator Jonathan Witenko (Guest Presenter - Lee Health)

H6: Beginner's Line Dancing

January 26, 2025 · 4:00–6:00 pm

Learning how to line dance is a fun endeavor for you and a friend or group of friends. The health benefits of dancing include stress reduction, increased cognitive acuity and the ability to ward off the onset of Alzheimer's disease and dementia. Along with lifting moods, easing anxiety and improving balance and flexibility, it's just plain fun! You don't even need a partner. From stepping left to turning right, to staying in your own row, learning how to line dance can appear to be an intimidating concept to master. The good news is learning some basic steps is all you need to get you on the right foot! Participants are encouraged to wear shoes that slide instead of gym shoes. Headcount limited to 20 participants.

Purpose: Learn some basic line dancing routines

Facilitators: Patty Fitzgerald, Kim Corso

H7: Biking 10 miles - 5 local trails

January 20, 2025 · 9:00 am | January 27, 2025 · 9:00 am | February 3, 2025 · 9:00 am | February 10, 2025 · 9:00 am | February 17, 2025 · 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

H8: Bocce: Intermediate Clinic

February 19, 2025 · 7:00–8:30 pm | March 5, 2025 · 7:00–8:30 pm

Have you taken the beginner's bocce ball clinic? Once you start playing, all the basics quickly become second

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



Purpose: Sharpen bocce skills to become more competitive

Facilitator: Gary Orten

H9: Bocce: Orientation

January 22, 2025 · 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 24 participants and will be on a first come, first served basis. There will be a waitlist started when necessary.

Purpose: Learn how to play Bocce Ball

Facilitator: Gary Orten

H10: Bocce: Spring Run Rules

February 5, 2025 · 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

H11: The Building Blocks of Balance

February 19, 2025 · 1:00–2:00 pm

Balance is an easy thing to take for granted. The complex processes by which you stay upright and move gracefully through space are barely noticeable when functioning properly. Good balance requires the coordination of several parts of the body: the central nervous system, inner ear, eyes, muscles, bones, and joints. Problems with any one of these can affect balance. Certain medical conditions can affect balance as well. So what is considered “normal” in relation to changes in balance and aging? What are signs of declining balance skills? Poor balance can certainly lead to some pretty serious consequences. Have you had your balance tested? What can you do to improve your balance?

Purpose: Learn about the basics of balance

Facilitator: Nathalie Grondin (Guest Presenter – Lee Health)

H12: Color Me Beautiful

March 19, 2025 · 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. In this session, one participant will get the chance to be color-analyzed in front of the group.

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

Facilitator: JoAnne Richmond



H13: “Don’t Bug Me” with Essential Oils

October 30, 2024 · 1:00–3:00 pm

Along with providing a pleasing sensory experience, essential oils possess several practical applications. Many of these essential oils have been found to have various degrees of antimicrobial activity and are believed to have antiviral, nematocidal, antifungal, insecticidal, anti-inflammatory, and anti-itch properties. Among their many benefits, several can also offer you some natural pest protection! Several essential oils can also be effective if you do get a bug bite. Which essential oils have natural insect repellent properties and how do you apply them? Participants will learn how to make a bug spray using essential oils, how to make a roll on to help if one is bitten, and how to use a diffuser to keep the bugs away. Prior to this class, it is recommended (not required) to attend the “Introduction to Essential Oils” class if not previously attended. \$25 per participant – cash only.

Purpose: Make and take home at least one product, essential oil information cards, recipes presented in class and instructions on how to make them

Facilitator: Tonya Shupe

H14: Drivers & Woods

February 24, 2025 · 10:00–11:00 am

Your drivers 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 drivers 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 on your next round!

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

Facilitator: Kelsey Fallisch

H15: Family & Friends CPR

January 30, 2025 · 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)

H16: "Feel Better" with Essential Oils

March 29, 2025 · 1:00-3:00 pm

If you're one of the 50 million Americans suffering from allergies, there's no doubt you absolutely dread certain times of the year. Seasonal allergies, left untreated, can make you feel fed-up and miserable. A runny nose, blocked sinuses, water eyes, sneezing, a scratchy throat, and coughing fits are amongst the many symptoms. The good news is that many essential oils are natural antihistamines & anti-inflammatories that can be safely used at home to treat a variety of seasonal allergies. Some essential oils can boost energy while others can calm. It's no wonder many are turning to essential oils as their natural home remedy of choice for quick and (almost) immediate relief. Participants will learn how to use a "steam tent" and make an essential oil inhaler. Prior to this class, it is recommended (not required) to attend the "Introduction to Essential Oils" class if not previously attended. \$25 per participant – cash only.

Purpose: Make and take home at least one product, essential oil information cards, and recipes presented in class as well as instructions on how to make them

Facilitator: Tonya Shupe

H17: "Get Clean" with Essential Oils

April 9, 2025 · 1:30-3:30 pm

Essential oils are key to soap making. Not only do essential oils add a beautiful scent to your homemade bar soaps, but they also bring the wonderful properties that come with each oil such as calming, energizing or anti-ageing. But how do you use essential oils in soap making and how much is needed? What properties do lavender, frankincense and orange have? How do you avoid the skin irritation that can be caused by pure essential oil? It can be tricky trying to work out how much essential oil you need for your soap recipes and the information online is limited at best and confusing at worst. Participants will learn how to & make a bar soap with essential oils in class. Prior to this class, it is recommended (not required) to attend the "Introduction to Essential Oils" class if not previously attended. \$25 per participant – cash only.

Purpose: Make and take home at least one product, essential oil information cards, and recipes presented in class as well as instructions on how to make them

Facilitator: Tonya Shupe

H18: Giving Hope Back to People in Pain – A Guide to Getting Back to the Sports You Love

February 4, 2025 · 1:00-3:00 pm

Professional athletes cannot take too much time to recover from injuries. Their sport isn't just their passion; it is also their livelihood. From back pain, hip pain and other joint issues to tears, strains and sprains, athletes must recover quickly and get back in the game. Fortunately, you don't have to be a professional athlete to take advantage of the innovative techniques they use to overcome physical impediments. Don't let injury or pain keep you from playing the sports you love.

Purpose: Learn about state-of-the-art treatments used by professional athletes in recovery and pain management

Facilitator: Ryan Vesce (Guest Presenter – Matterhorn Fit)

H19: Golf Swing Dos and Don'ts

January 6, 2025 · 1:00-3:00 pm

When pros think about establishing a teaching philosophy, they first take into account that every student and every golf lesson is unique. Although



there are certain philosophies any pro has about the golf swing and its overall movements and how Tour players have evolved the swing over time, what they choose to do on the lesson tee all depends on the student and what they bring to the game. Making rapid improvement and achieving your golfing goals can mean different things to different people. Getting the ball airborne or beating your buddies might be a big moment for you; for others, the goal can be to win the club championship. If you are open-minded, persistent and willing to accept that swing changes are uncomfortable but necessary, you will go far.

Purpose: Learn how to help yourself improve your golf swing

Facilitator: Tanner Nipper

H20: Golfing with Essential Oils

January 8, 2025 · 1:00-3:00 pm

Add golf to the never-ending list of things that can be improved with essential oils. Don't underestimate the power of essential oils to improve any part of your game where stress, anxiety, fear, general lack of confidence causes you to underperform. There are other reasons to use essential oils on the golf course too. Essential oils can affect energy levels. If you're feeling sluggish, oils can "pick you up." If you are having nervous energy, oils can have a calming effect. With all its various properties, there are also essential oils that might help improve focus and concentration during the game. Participants will learn which oils will assist with which aspect of the game as

well as how to make an inhaler using essential oils. Prior to this class, it is recommended (not required) to attend the "Introduction to Essential Oils" class if not previously attended. \$25 per participant – cash only.

Purpose: Make and take home at least one product, essential oil information cards, and recipes presented in class as well as instructions on how to make them

Facilitator: Tonya Shupe

H21: How to Improve your Pace of Play

January 24, 2025 · 3:00–4:00 pm

Playing at a better pace is not about hurrying up or rushing around the course. It is simply about being more efficient with your valuable time, as well as everyone else's. Adopting this mindset – and not being afraid to share it with your fellow players – will ultimately add enjoyment to your golf experience. If one player squanders just 30 seconds per hole, which isn't hard to do, that's nine minutes per round. The reality is the difference between playing in 4:30 and 5 hours isn't as great as some might believe. One person can back up an entire golf course. Don't be that person!

Purpose: Learn how to improve your pace of play on the course

Facilitator: Jeff Carter



H22: Introduction to Essential Oils - Everything you wanted to know & then some...

October 26, 2024 · 1:00–3:00 pm | February 8, 2025 · 1:00–3:00 pm

Essential oils are compounds extracted from plants through distillation

(via steam) or mechanical methods (such as cold-pressed) that capture the plant's scent or "essence." These aromatic compounds can be used for self-care as well as around the house. Products include inhalers, lotions, massage oils, room sprays, foaming hand soaps, bar soaps, bath salts and roll-ons. Essential oils can be used therapeutically to uplift, calm, encourage rest, clear congestion, and much, much more. How do they work? Why is it so important to know their common and Latin names? From the language of aroma and plant parts to proper storage, shelf-life and safety, it's important to get reliable information for safe usage. This course is recommended (not required) prior attending other essential oil classes.

Purpose: Learn the basics of essential oils

Facilitator: Tonya Shupe

H23: Nutrition for Arthritis and Inflammation

April 1, 2025 · 1:00–2:00 pm

Arthritis is the swelling and tenderness of one or more joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age, but arthritis is a common condition that affects many people of all ages. In fact, it's believed that approximately 350 million people worldwide have some form of arthritis with 21% of U.S. adults, or over 53 million Americans, suffering from arthritis symptoms. While there is no miracle diet for arthritis, many

foods can help fight inflammation and improve joint pain and other symptoms. If you have arthritis, making the right dietary choices can not only help manage your symptoms but also reduce the risk of complications, help boost your overall well-being, and improve your quality of life.

Purpose: Learn dietary approaches that can help decrease inflammation in your body and decrease symptoms of arthritis

Facilitator: Carrie Bloemers (Guest Presenter – Lee Health)

H24: "Pain Relief" with Essential Oils

February 12, 2025 · 1:00–3:00 pm

Essential oils are not just lovely scents; they are powerful plant extracts with numerous therapeutic properties. They can help with general physical pain or headaches from injuries or inflammation, as well as emotional pain from fatigue, stress, and anxiety. It's all about active compounds, medicinal and therapeutic properties, and how they interact with your body systems. By using different essential oils or blending them, you can create personalized pain relief solutions tailored specifically to your needs. Participants will learn how to make inhalers, roll-ons or maybe a lotion. Prior to this class, it is recommended (not required) to attend the "Introduction to Essential Oils" class if not previously attended. \$25 per participant – cash only.

Purpose: Make and take home at least one product, essential oil information cards, and recipes presented in class as well as instructions on how to make them

Facilitator: Tonya Shupe

H25: Personal Safety

February 27, 2025 · 10:00–12:00 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)

H26: Pickleball: Orientation

January 23, 2025 · 9:00–10:30 am | February 6, 2025 · 9:00–10:30 am | February 20, 2025 · 9:00–10:30 am | March 6, 2025 · 9:00–10:30 am | March 20, 2025 · 9:00–10:30 am | April 3, 2025 · 9:00–10:30 am

More than likely, you've heard about Pickleball. It's 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. A waitlist will be started when necessary.

Purpose: Learn how to play pickleball

Facilitators: David Brinkruff, Bob Bustard, Leslie Bruce, Tim Hall

H27: Read 'Em and Weep – the Greens of Spring Run

January 31, 2025 · 3:00–4:00 pm | February 28, 2025 · 3:00–4:00 pm | March 28, 2025 · 3:00–4:00 pm

If you can't read greens, good luck ever breaking 90, 80 or even par. While so many players focus on the long game, the short game is what moves the needle. Green reading is half the battle of becoming a great putter. Some golfers are very visual and can walk on the green and instantly see the read. While other golfers aren't as visual and go off of feel and learning green reading techniques. Even if you're not a natural, you can learn how to read greens like the best of them and hole more putts. Just remember, it will be easier for you to see the reads on some courses better than others. Don't make it overly complicated. Have a simple putting routine so you can stand over each putt with confidence.

Purpose: Learn how to read the greens of Spring Run

Facilitator: Jeff Carter

H28: "Restful Night" with Essential Oils

March 12, 2025 · 1:00–3:00 pm

As anyone who has ever suffered from insomnia will tell you, there is no substitute for a good night's sleep. With all the pressures of modern-day life, sleep can be hard to come by. When things aren't right – whether your blood pressure is up, there are problems at the Club or even at home – the body responds to those strains and struggles to relax. The good news is that often natural methods can help improve sleep. Certain essential oils, utilized in the right manner and proportions, can land you comfortably in dreamland! Participants will learn how to make inhalers, sprays, lotions or bath salts as well as how to use a diffuser. Prior to this class, it is recommended (not required) to attend the "Introduction to Essential Oils" class if not previously attended. \$25 per participant – cash only.

Purpose: Make and take home at least one product, essential oil information cards, and recipes presented in class as well as instructions on how to make them

Facilitator: Tonya Shupe

H29: Tennis: Beginner and Intermediate Clinic

January 10, 2025 · 9:00–10:30 am | January 17, 2025 · 9:00–10:30 am | January 24, 2025 · 9:00–10:30 am | January 31, 2025 · 9:00–10:30 am | February 7, 2025 · 9:00–10:30 am | February 14, 2025 · 9:00–10:30 am | February 21, 2025 · 9:00–10:30 am | February 28, 2025 · 9:00–10:30 am | March 7, 2025 · 9:00–10:30 am | March 14, 2025 · 9:00–10:30 am | March 21, 2025 · 9:00–10:30 am | March 28, 2025 · 9:00–10:30 am | April 4, 2025 · 9:00–10:30 am

Tennis, invented by the British army officer Major Walter Clopton Winfield in 1873 and originally called lawn tennis, has become a worldwide sport and a great way to exercise and stay in shape. Tennis transcends all age groups and is enjoyed by young kids as well as seniors. Come learn,

practice or re-learn how to play the wonderful sport of tennis from outstanding volunteer professional coaches. Beginners and those who've spent significant time away from the sport are strongly encouraged to attend the Friday clinics at 9:00 am January through April. Meet other members while learning basic tennis shots, court positions and strategies designed to keep the ball in play. Players of all levels are invited to attend. From beginners and returning players to intermediate and advanced players, join in on the exciting action!

Purpose: Play tennis with others at similar skill levels

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

H30: Understanding Medicare: Basics and Private Options

October 30, 2024 · 10:00–12:00 pm | January 21, 2025 · 10:00–12:00 pm

Medicare can present complexities that may seem daunting to navigate. However, before enrolling, it's crucial to explore all the options that are available to you before making that decision. What does Medicare cover and what does it not? How do you apply and avoid possible penalties? How do private insurance plans work with Medicare? How can you make changes to your plan? What do you need to know when selecting a plan that is best for you? Whether you're approaching eligibility, helping a loved one, or just want to understand your options better, it's important to equip yourself with the knowledge to make informed decisions about healthcare. Purpose: Learn about Medicare as well as how & when to sign up or make changes to your plan

Facilitator: Andrea Munao (Guest Presenter – Informed Choice)

H31: Wine & Line Dancing

February 23, 2025 · 4:00–6:00 pm | March 30, 2025 · 4:00–6:00 pm

Have you attended previous sessions of these line dancing classes? If so, it's time to take off the training wheels and learn some new routines!

Line dancing is not hard when you can count the entire choreography as you do it. Each single step, hip movement, or wobble has to be timed to the music. It's easy enough to distinguish between a "step" and a "touch" but the magic is in between the steps. While the steps and the counts are set, the way you dance in between is what counts. Before you know it, you will be able to put your own style into the steps. You can do many different things with your hips, upper torso and arms to stand out. Also, a little wine never hurts! Happy Hour-priced drinks will be available. Participants are encouraged to wear shoes that slide instead of gym shoes. We will begin with a brief review of older dances and then work on some new ones. Headcount limited to 20 participants per class.

Purpose: Learn new line dancing routines over drinks (drinks optional)

Facilitators: Patty Fitzgerald, Kim Corso





COGNITIVE SERIES

M1: Canasta: Beginners Clinic

January 24, 2025 · 9:30–11:30 am | January 31, 2025 · 9:30–11:30 am | February 7, 2025 · 9:30–11:30 am | February 14, 2025 · 9:30–11:30 am | February 21, 2025 · 9:30–11:30 am | February 28, 2025 · 9:30–11:30 am | March 7, 2025 · 9:30–11:30 am | March 14, 2025 · 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

M2: Euchre 101 – How to Play

January 14, 2025 · 1:00–3:00 pm | February 18, 2025 · 1:00–3:00 pm

Euchre (and its variations) is the reason why modern card decks were first packaged with jokers, a card originally designed to act as the right and left “bowers” (high trumps). Although later eclipsed by Bridge (as with so many other games of this type), Euchre is still well-known in America and is an excellent social game. However, it can be extremely confusing at first and may seem daunting to learn – especially to someone entirely unfamiliar with the game. This clinic is designed to introduce key facets of the game that will be beneficial to someone who has no background in Euchre. Useful tips and strategies can help new players catch on quickly!

Purpose: Learn how to play the game of Euchre

Facilitator: Rose Lengerich

M3: Gentlemen's Book Club

November 12, 2024 · 1:00–3:00 pm | December 10, 2024 · 1:00–3:00 pm | January 14, 2025 · 1:00–3:00 pm | February 11, 2025 · 1:00–3:00 pm | March 11, 2025 · 1:00–3:00 pm | April 8, 2025 · 1:00–3:00 pm

Join other Spring Run men as we delve into a rich tapestry of literature that spans the spectrum of human experience. Our group is a dynamic gathering of individuals who share

a passion for fresh, engaging, and intellectually stimulating reads. In our discussions, we relish the opportunity to dissect the themes, characters and narratives presented in each book, drawing connections to contemporary issues and reflecting on their broader implications. Our conversations are characterized by depth, insight and a diversity of perspectives, as we encourage participants to voice their thoughts, questions, and interpretations. Whether we're unraveling the intricacies of a gripping novel or analyzing the implications of a groundbreaking work of nonfiction, our book club serves as a forum for intellectual growth, empathy, and connection. 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: Participate in a book club discussion group

Facilitator: Bill Krein

M4: Intro to Mah Jongg

January 27, 2025 · 1:00–3:00 pm | February 3, 2025 · 1:00–3:00 pm | February 10, 2025 · 1:00–3:00 pm | February 17, 2025 · 1:00–3:00 pm | February 24, 2025 · 1:00–3:00 pm | March 3, 2025 · 1:00–3:00 pm

Mah Jongg is a popular Chinese game played with a set of tiles. Like many popular games, Mah Jongg has several regional variations, from the Chinese prevailing wind system to American Mah Jongg with special bingo-like scoring cards. Over 6 weeks, participants will get a crash course on American (or Western) Mah Jongg – the version played at the club. The rules and strategies needed to play the game can be intimidating at first, but once they become second nature, the real fun can begin! Luckily, there are lots of online resources at your disposal, from Facebook pages where other beginners ask basic questions to entire websites dedicated to learning the game. The goal is to learn well enough that you are comfortable playing at the clubhouse or at your neighborhood pool. Participants will be provided a National Mah Jongg League card for instructional purposes. The last two weeks will feature friendly play alongside experienced players who can help answer questions in real time.

Purpose: Learn the game of Mah Jongg as played at Spring Run

Facilitators: Susan Crandall, Peggy Schick, Linda Dukauskas, Mary Anne Bennett

M5: Intro to Poker

March 6, 2025 · 1:00–3:00 pm

Poker is a popular and versatile card game that blends elements of chance, strategy, and psychology. There are a number of variations of poker these days, some more popular than others, but each with their own set of rules. However, the basics are always the same. All you have to do is master the rules – then you can start developing your own winning strategy. Whether played in a casual home game, a competitive tournament, or online, poker offers endless opportunities for enjoyment and intellectual challenge.

Purpose: Learn the basics of poker

Facilitators: Gary DiDomenico, Larry Reed, Tom Santora

M6: Ladies' Book Club

October 18, 2024 · 1:00–3:00 pm | November 15, 2024 · 1:00–3:00 pm | January 17, 2025 · 1:00–3:00 pm | February 21, 2025 · 1:00–3:00 pm | March 21, 2025 · 1:00–3:00 pm | April 18, 2025 · 1:00–3:00 pm

This vibrant book club is dedicated to reading fresh, engaging and intelligent fiction and nonfiction works. Selections explore challenges, tragedies, love, family, identity and major reality issues. Each meeting promises stimulating discussions that spark smiles, laughter and deep reflection. Join us for an enriching experience that not only broadens your literary horizons but also fosters a supportive and thoughtful community. To learn which books will be discussed, contact Paula Blake at pblake410@gmail.com or 508-596-2776.

Purpose: Book club discussion group

Facilitator: Paula Blake

M7: Mah Jongg Strategies

March 10, 2025 · 1:00–3:00 pm

There are many valid strategies that can be used to play Mah Jongg. Some apply only to particular styles of Mah Jongg while others can be applied across the board. Most importantly, there is usually no single “best” or “right” strategy for a particular situation. Strategies must be adjusted depending on the situation (considering the probabilities, the other players, the length of the wall, the amount at stake, etc.). The skilled player always uses a flexible, strategic approach. You can't win if you throw the winning tile to someone else! Defensive play is important to becoming a good player and is part of the game's learning curve. Typically, beginner players aren't aware of deeper strategy due to a greater focus devoted to general hand development. This clinic is designed for intermediate players who already have a firm grasp of the basics.

Purpose: Sharpen your Mah Jongg skills to become more competitive

Facilitators: Gloria Rosen, Alicia Hopkins

M8: More than Memory: Mind Matters and Mental Health

April 8, 2025 · 10:00–12:00 pm

Yikes! I walked into the room and forgot the reason why. Does that sound familiar? Is it normal aging or is it something else? Some mild changes in cognition are considered a normal part of the aging process. However, dementia, including Alzheimer's disease, is not normal aging! Normal, age-related declines are subtle and mostly affect the speed of thinking and attentional control. Still, there can be other changes that you need to be aware of so that you know the difference and can take action.

Purpose: Learn the difference between normal, age-related decline vs something more

Facilitator: Amy Schenk (Guest Presenter – Neuropsychiatric Research Center of Southwest Florida)

SPECIAL TOPICS



S1: The 50s - A Retrospective

March 14, 2025 · 1:00–3:00 pm

The 1950s is a decade that can be viewed with nostalgia or contempt. Nostalgia for those carefree days of Rock n Roll and bobby sox. Contempt for the conformity the decade engendered. Historians use the word “boom” to describe a lot of things about the 1950s: the booming economy, the booming suburbs and most of all the so-called “baby boom.” What were the cultural and historical forces that shaped the 50s? Take a trip down memory lane and look back at this time's popular entertainment, politics, science, and technology.

Purpose: Take a look back at the booming 50s

Facilitator: Mary Martin

S2: Ancestry.com Demo

April 3, 2025 · 1:00–3:00 pm

Ancestry.com is a well-known online platform that provides services related to genealogy and family history research. It offers a variety of tools and resources for individuals interested in discovering more about their ancestry, tracing their family trees and learning about their heritage. But with all these tools at your fingertips, it can be intimidating to effectively navigate the site, utilize its features and maximize your genealogical research. While Ancestry.com is a comprehensive resource for exploring and documenting family history, it's only useful if you know how to use it!

Purpose: Learn how to use Ancestry.com

Facilitator: Bryan Muclahy (Guest Presenter – Fort Myers Regional Library)

S3: Calusa Waterkeeper

March 25, 2025 · 10:00–12:00 pm

Calusa Waterkeeper is a non-profit organization fighting for swimmable, fishable, drinkable water in Southwest Florida. Calusa Waterkeeper's impact programs include water and air quality monitoring in local spots where people fish, swim, paddle, boat and play, public outreach environmental education classes and documentaries, volunteer Ranger's restoration projects (oyster reef restoration, tarpon habitat mapping, beach sweeps), advocacy on local issues, and more. What are this month's bacteria levels in the waterways you enjoy? What are the underlying causes of algae blooms, bacteria, and other local issues? What can we do to improve water quality in our community and Southwest Florida?

Purpose: Learn about the Calusa Waterkeeper and what they do for our watershed on behalf of our community

Facilitator: Cody Pierce (Guest Presenter – Calusa Waterkeeper)

S4: Coffee & Conversations

January 15, 2025 · 9:00–10:00 am | February 5, 2025 · 9:00–10:00 am | March 5, 2025 · 9:00–10:00 am

How much do you know about the operations of Spring Run? Like a well-oiled machine, all the different parts work together in unison to create that special Spring Run experience we've all come to know and love. From keeping the website running and members informed, to taking on new management responsibilities and looking after the general maintenance of our facilities, Spring Run's management team is at your service! Join us for this casual conversation with the different departments of Spring Run. The first session will be with our Director of Marketing & Communications, Human Resources, and Office Manager, Iva Sokolikj. The second session will be with our new Food & Beverage Manager, Roman Carrillo. The final session will be with our Facilities Manager, Shayne Hanley. Each session will feature a one-on-one interview along with opportunities for audience questions. Purpose: Learn more about our staff and their operations. Facilitators: Terri Socol, Iva Sokolikj, Roman Carrillo, Shayne Hanley

S5: Common Genealogy Research Mistakes

February 18, 2025 · 10:00–12:00 pm

Like any other type of project, there is a learning curve. Newcomers to genealogy often make mistakes. Even experienced genealogists sometimes jump to conclusions or follow research trails that turn out to be wrong. While mistakes can be frustrating, the key is to learn from those mistakes. As long as a mistake becomes a learning experience, your long-term success will benefit from that mistake. With some direction, you'll be able to recognize and avoid the most common pitfalls as you embark on your journey to unlock the secrets of your ancestry.

Purpose: Learn about common mistakes newcomers to genealogy make as well as how to avoid them

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

S6: Electric Vehicles: A Beginner's Guide

February 24, 2025 · 1:00–3:00 pm

EVs were produced in the USA since the 1880s and were strong contenders with steam engine vehicles and early models of internal combustion engines into the early 20th century. Specialized versions remained in the marketplace up until the early 21st century when due to technical advances in battery technologies, a number of the world's largest automobile manufacturers began developing full production models. Recent market trends show that an EV was the 17th best-selling car on the planet in model year 2021, 4th in model year 2022, and 1st in model year 2023. Current trends show that same model EV is heading again towards 1st place in Q1 of 2024. Prices for these expensive vehicles is projected to drop significantly in 2024/25 due to even newer technologies of batteries entering the marketplace and efficiencies from the high number of vehicles being produced. What types of EVs are available in the US marketplace today? How different are the basic operations and what factors affect range? Is infrastructure supporting the growth of EVs? What is it like adapting to driving a computer on wheels? The class

will discuss Battery EVs, Plug-in Hybrid EVs, and Hybrid EVs.

Purpose: Get an overview of the three drivetrain types of EVs including concerns about range anxiety and charging.

Facilitator: Sam Baird

S7: Exploring Alternative Fuels

January 28, 2025 · 10:00–12:00 pm

Alternative fuels are energy sources other than traditional fossil fuels – petroleum, coal and natural gas. While renewable resources may seem like an obvious solution to our energy needs, alternative fuels present a mix of benefits and challenges. Their adoption depends on technological advancements, infrastructure development, and policy support to address environmental, economic and logistical considerations. How do alternative fuels stack up against traditional fuels in terms of emissions, energy density, infrastructure and cost? Which fuels are most suitable for different applications from personal vehicles to commercial and industrial uses? Can we truly advance from our reliance on fossil fuels?

Purpose: Learn about the advantages and disadvantages of alternative fuels

Facilitator: Owen Hopkins

S8: Frank Capra: Film Viewing and Discussion Series

October 31 & November 1, 2024 · 1:00–3:00 pm | January 23 & 24, 2025 · 1:00–3:00 pm | February 27 & 28, 2025 · 1:00–3:00 pm | March 27 & 28, 2025 · 1:00–3:00 pm

An Italian-born American film director, producer, and screenwriter, Frank Capra was the creative force behind several major award-winning films of the 1930s and 1940s. Born in Italy and raised in Los Angeles from the age of five, Capra's rags-to-riches story has led film historians to consider him the American Dream personified. His most-beloved films, many of which were made during the Great Depression, were a celebration of the strength of the American character. The mixture of patriotism, idealism, and sentimentality found in his best-known films was frequently called "Capra-corn", an epithet he begrudgingly accepted. However, a closer viewing of Capra's most famous films over time reveals a vision that despite the representatives of good seeming to prevail, the powerful forces of cynicism and greed remain alive and well. Each screening of this series will be done over the course of two sessions with plenty of opportunities for thoughtful discussion.

Purpose: Learn about Frank Capra, view some of his signature films and participate in group discussions

Facilitator: Mike Bannigan

S9: From Pets to Predators: Python Population Explodes out of the Everglades

March 11, 2025 · 10:00–12:00 pm

The Burmese python, a nonvenomous constrictor native to Southeast Asia, has long been popular in the pet trade.



Between 1996 and 2006, roughly 100,000 pythons were imported into the United States as pets. Owners found that their new pet – a 20 inch “hatchling” – could grow into an 8-foot predator within one year. Many were released in South Florida. More importantly, the destruction of a large breeding facility during Hurricane Andrew released an extensive breeding population into the Everglades. Today, the population is expanding dramatically. As they multiply, they expand their territory decimating the mammal population as they go. Experts have extensively explored methods to capture and remove pythons, but so far, there are no easy solutions. Today, the principal means of combatting this invasive species is by hunting individual snakes, often at night, through the dense Everglades swampland. The python’s only key predators are humans. Each year, Florida hosts the “Florida Python Challenge,” a 10-day competition designed to remove as many pythons from the area as possible. Between contractors, novice hunters and the state-sponsored competition, more than 17,000 pythons have been removed or euthanized in the Everglades over the years – a small percentage relative to the total population.

Purpose: Learn about this rapidly expanding invasive species and its impact on the Florida ecosystem

Facilitator: Bruce Cropf

S10: Intro to Genealogy

November 14, 2024 · 1:00–3:00 pm

Genealogy is a curiosity for most, a hobby for many and an obsession for some. It’s human nature to want to know where we come from, and more specifically, who we come from. While some have very specific reasons for tracing their family tree, others jump into family history research without giving it much thought. Regardless, it can be very beneficial to get some guidance on the process of building your family tree as well as building a strong foundation of research techniques and best practices. There is an array of useful tools at your disposal that will make your research much easier and more effective.

Purpose: Learn how to conduct research, utilize a range of tools and build your family tree

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

S11: Introduction to South Florida’s Ancient History

March 31, 2025 · 1:00–2:00 pm

Our state’s history began long before the area was called Florida. When the last Ice Age ended about 12,000 years ago, the first humans began to move down the peninsula. They were hunter-gatherers who moved from place to place, searching for food and fresh water. At that time, Florida had little rainfall, so fresh water was difficult to find. In a world bereft of written records, their stories reside within the fragments they left behind — artifacts, villages, and campsites. By decoding these remnants, archaeologists can study Florida’s ancient peoples and their ways of life.

Purpose: Learn about the ancient history of humans in Southwest Florida

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

S12: Lee County Recycling Center

April 1, 2025 · 2:00–3:00 pm

Maybe you already know some standard recycling trivia, but how much do you actually know about Lee County’s specific recycling program?



Lee County residents enjoy single-stream recycling – meaning everything can be thrown into one container without separating materials. After the materials are collected, they are brought to the Material Recovery Facility for sorting and bailing before being sent to secondary markets. The facility processes more than 350 tons of recyclable material per day! Lee County has been one of the Top 10 recycling counties for Florida every year since 2002 – often in the top five. The state-of-the-art processing facility is equipped with electronically controlled conveyor belts, optical sorters, various screens, and magnets that sort the recyclable material by product. What has contributed to the success of recycling in Lee County? What is in the future for Lee County’s recycling program?

Purpose: Learn all about Lee County’s Recycling Center and recycling program

Facilitator: Kylar Johnson (Guest Presenter – Lee County Solid Waste)

S13: Lee County Waste-to-Energy Plant Tour

March 26, 2025 · 10:00–11:00 am

Referring to this facility as an incinerator shows a complete lack of understanding for what the Resource Recovery Plant or Waste-to-Energy Facility does. Yes, it literally burns trash, but the Resource Recovery Plant is equipped with extensive air pollution control systems. It was the first operational plant in the United States to be built with a permanent activated carbon injection system for controlling mercury emissions. The environmental control systems were designed with the new, more stringent, Clean Air Act in mind, and emissions have met the proposed standards without any modification. Facility emissions are continuously monitored and strictly regulated by state and federal agencies. In fact, all aspects of the plant are monitored from the central control room 24 hours a day, seven days a week, 365 days a year. The Lee County Resource Recovery Facility is a sound, long-term, environmental and economic solution to solid waste disposal. It has won prestigious awards recognizing excellence in design, construction and operation of power generation systems throughout the world. So what all does this facility do? What kind of benefits has it been bringing to Lee County residents?

Purpose: Learn all about Lee County’s Waste-to-Energy facility

Facilitator: Tom Mueller (Guest Presenter – Lee County Solid Waste)

S14: Local Leisure - What to do When Family Visits

January 15, 2025 · 10:00–12:00 pm

Do you find yourself hosting lots of friends and family

through the winter months? You're not the only one trying to escape the cold weather, right? So what is there to do when you're entertaining guests? You can only take them to the beach so many times before they've collected enough seashells and shark's teeth to start their own beach gift shop. However, being a tourist destination has its advantages. There is no shortage of things to do in the area when friends and family visit. Join us for this special discussion on local destinations that can keep you and your guests entertained for seasons to come.

Purpose: Find out about fun things to do in the area when entertaining guests

Facilitator: Chris Gunderson, Barbara Reed



S15: Meet the Judges

March 4, 2025 · 1:00-3:00 pm

In the U.S. judicial system, judges are elected or appointed officials tasked with presiding over trials and maintaining order. They also review legality issues per the evidence

submitted, provide instructions to juries prior to their deliberations, and in the case of bench trials, judges must decide the facts of the case and make a ruling. Additionally, judges are also responsible for sentencing convicted criminal defendants. Notoriously shrouded in mystery, the Judicial Branch of the government is the least understood by members of the general public and is the only one where deliberations are carried out in secret and never made available to the public. While Federal courts make decisions relating to national issues such as immigration and citizenship and matters between citizens of different states, each state has its own judiciary resolving issues arising between and among its residents.

Purpose: Hear stories from the bench and learn more about the judicial system

Facilitator: Mike Fisher, Terrence O'Donnell, Frank Lucchino

S16: PGM & Hospitality at FGCU

March 20, 2025 · 11:00-12:00 pm

Southwest Florida is world renowned for its exceptional resort facilities, upscale hotels, restaurants, private golf clubs, year-round recreational offerings, and fun-in-the-sun lifestyle. There are 40 top-rated resorts and 160 private clubs in this region thus making it an ideal location for a degree program that focuses on the needs of golf and hospitality management. Florida Gulf Coast University provides students with exceptional learning opportunities to succeed in these fields. There are only 17 schools nationally accredited by the PGA and FGCU is the only one in the state of Florida. Many of Spring Run's valued staff comes from FGCU's Golf Management (PGM) and Resort & Hospitality programs. Join us for this special tour of the Resort & Hospitality building at the FGCU campus. Participants are responsible for providing their own transportation to and from FGCU. Registration limited to 20 participants.

Purpose: Learn about and tour the PGM and Resort & Hospitality building at FGCU

Facilitators: Terrence Quinlan, Jake Waldrop

S17: Preparing for Storm Season

March 18, 2025 · 10:00-12:00 pm

The Atlantic hurricane season officially runs June 1 through November 30. However, the best time to prepare is well before the official start of the season. Avoid having to rush through potentially life-saving preparations by waiting until it's too late. Get your disaster supplies while the shelves are stocked, and get that insurance checkup early, as flood insurance requires a 30-day waiting period. Do you have an evacuation plan? How do you improve your home's ability to withstand hurricane impacts? We all want to remain safe and secure, but no one is ever completely safe from disasters like hurricanes and floods. However, you need to know what to do in the event of a disaster and what steps to take before disaster ever strikes to assure that loss will be minimized. There are some very easy, but important things you can do to be prepared.

Purpose: Learn how to prepare for storm season

Facilitator: Zach Souser (Guest Presenter – NextEra Energy)

S18: Special Screening Double Header

April 4, 2025 · 2:00-4:00 pm

Premiering on PBS in January 1971, the Masterpiece series is recognized for presenting adaptations of novels and biographies as well as original television dramas. Known for hits such as All Creatures Great and Small, Sherlock, Downton Abbey, and Victoria, Masterpiece has been essential Sunday night viewing for millions of fans for more than 50 years. For this special Masterpiece double header, participants will screen the first episode of The Marlow Murder Club based on the best-selling novel by Robert Thorogood. Launched in the spring of 2024 and drawing record ratings, this series has already been renewed for a second season. Participants will also screen the first episode of Hotel Portofino – a heady, period drama about a British family who run a hotel for upper class travelers on the magical Italian Riviera during the glamorous 'Roaring 20s' but also under the dark cloud of Fascist Italy.

Purpose: Watch the first episode of The Marlow Murder Club and Hotel Portofino, and participate in a brief discussion about the shows

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

S19: Spring Run: A Closer Look

April 11, 2025 · 10:00-12:00 pm

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 a CIRAs (Common Interest Realty Associations), 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 represent their interests in the association. However, beyond this basic understanding of bundled communities and their structure of governance, the association's financials can be a little hazier. What factors are taken into consideration when raising the Club's annual assessment? Can that be off-set by raising rates for services? How is the operating budget divided among the departments within Spring Run? Have our financials bounced back since the renovation?

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

Facilitators: Mike Zigler

S20: Spring Run: The Superintendent's Tour

March 3, 2025 · 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

S21: Talking the Talk - 40 Years behind the Radio Microphone

February 7, 2025 · 1:00-3:00 pm

Working full-time on-air as a radio newscaster while he was earning an economics degree in college, Ed Walsh interrupted his broadcasting career to serve in combat as a naval officer in Vietnam. Working in New York City, Boston and Phoenix, Walsh focused on newscasting, reporting and hosting talk radio. He's reported major news events across America and from Moscow, Rome and London and was on-air at New York's WOR when the hijacked jets slammed into the World Trade twin 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 reported, how media bias can threaten news trustworthiness and its impact on the presidential election.

Purpose: Learn about the continued popularity of commercial broadcasting and hear stories from more than 40 of those years on the airwaves

Facilitator: Ed Walsh

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

January 22, 2025 · 1:00-3:00 pm

This presentation is given in partnership with the Spring Run Eco Club. It can be said that human history is written in blood and saltwater. From survival and sustenance to

adventure and conquest, man has always looked toward the sea to provide. Perhaps no other creature symbolizes our relationship with the ocean more than the sea turtle. While born on land, these archangels of the underwater world have navigated our waterways since the age of the dinosaur filling a vital role in balance of every ecosystem they cross. But now sea turtles are the ones in need of human protection. From the time their eggs are laid on hot sands to the time they swim out into polluted waters, sea turtles are under constant threat. Their plight tells a tale of how our march toward progress has left a trail of unintended consequences that threatens their very survival, and ours. Conservationists believe the health of the sea turtle tells us the health of the ocean and the health of the ocean reflects the health of the planet. So what are these creatures trying to tell us now? Could they be sending us an urgent warning and will we listen in time?

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

Facilitator: Terri Socol

S23: UNBRIDLED: The Story Behind the Story of Writing a Novel

November 8, 2024 · 3:00-4:00 pm

Michael Springer is known in Spring Run as a member of the Men's 9 Hole and Autumn Lake board of directors. This fall he added to his list of credits with the publication of his new book, *UNBRIDLED: A Novel of Murder and Revenge*. Loosely based on a true story, this is the first book in a planned trilogy about the deadly Equestrian Mafia of Chicago. Following a series of careers as a screenwriter, editor and publisher, Michael has now begun a new chapter as a novelist. What is the story behind his story of writing and publishing a book?

Purpose: Learn about the novel *UNBRIDLED: A Novel of Murder and Revenge* as well as what goes into writing a novel and publishing a book

Facilitator: Michael Springer

S24: WGCU Station Tour at Florida Gulf Coast University

February 28, 2025 · 10:00-12:00 pm

Broadcasting from the FGCU campus, WGCU Public Media serves all or part of 12 counties in south and Southwest Florida. This tremendous little station provides five distinct digital TV channels, three radio services, multiple digital media platforms, and is your source for PBS and NPR. A trusted storyteller, teacher, theater, library and traveling companion, WGCU delivers national and international programming, as well as develops and produces award-winning, relevant, informative, and educational local content. As a member-supported service of Florida Gulf Coast University, it is WGCU's mission to provide educational programming that inspires, informs and engages our community. Take a peek behind the curtain with this special tour of the WGCU broadcasting station at the FGCU campus. Registration limit of 40 participants.

Purpose: Take a tour of the WGCU broadcasting station
Facilitator: Anne Stavely (Guest Presenter – WGCU Public Media)



TECHNOLOGY SERIES

T1: The Challenge of Understanding and Learning to Use Artificial Intelligence Including How to Avoid Some of the Potential Scams

January 31, 2025 · 1:00–3:00 pm

What is the nature of Artificial Intelligence (AI) on the internet, in businesses, on perceptions (such as seeing, hearing, and touching), and at work in the world around us? There are different kinds of “generative AI” available to explore along with their potential usefulness for us. It is important, however, to identify cautionary notes about the use of AI generated services and products we may encounter. How do our exclusive brain functions demonstrate the limitations of existing and near future AI creations? What is the practical use of ChatGPT and how can we use it and other recognized AI programs?

Purpose: Learn about Artificial Intelligence and its impact on the world around us

Facilitator: Bill Furtwengler

T2: Chelsea & Golf Genius

November 11, 2024 · 1:00–3:00 pm | March 6, 2025 · 1:00–3:00 pm

Chelsea and Golf Genius are the online tee time systems utilized by Spring Run for both regular play and organizing special events and tournaments. You simply can't get on the Spring Run course without one of these two programs! You can even use the mobile versions of these systems to take care of tee times on the go instead of waiting to get home to your computer. Along with adding, editing, deleting, or tracking a request, you can also make recurring requests, review your points history, view upcoming tee sheets, and so much more. You don't want to be one of those members that has to call the Pro Shop for every single tee time! Take advantage of the convenience and freedom of Chelsea and Golf Genius.

Purpose: Learn how to use both Chelsea and Golf Genius
Facilitator: Tanner Nipper

T3: Crafting Memories: Creating Stunning Photo Collages

April 2, 2025 · 10:00–12:00 pm

Your iPhone is a powerful tool in many regards and one way is in crafting beautiful photo collages. This session will provide you with the skills and techniques to turn your photos into captivating visual stories. From selecting the perfect images to arranging them creatively, you'll learn how to unleash your imagination and showcase your memories in a unique and personalized way. Whether you're looking to create a collage to commemorate a special event, document a memorable trip, or simply showcase your favorite photos, this presentation will

equip you with the knowledge and skills to bring your vision to life.

Purpose: Learn how to make photo collages on your iPhone

Facilitator: Nancy Taylor

T4: Document Scanning and Sharing Made Simple - Both Apple and Android Users

November 15, 2024 · 10:00–12:00 pm

From time to time, we are all faced with a need to scan a physical item such as a paper receipt, a form, an agreement and so forth in order to create an electronic version that can be saved to your computer or mobile device. Typically, we do this because we have a need to send it off to someone electronically which usually means sending it as an attachment to an email or text. Unfortunately, we do this so seldomly now that we never really get any good at it nor even remember how to do it when that important time comes! And even worse if the item you need to scan consists of multiple pages! Now you can finally say goodbye to that complicated process that involves your computer, your printer and often foreboding-looking software. Did you know there is an application that makes this process so much simpler – and with professional results – by using your mobile device, whether that be an iPhone, iPad, Android phone or Android tablet? Both Apple and non-Apple (ie, Android) mobile devices will be covered in this session.

Purpose: Learn how to scan items into PDF files using any of your mobile devices so that it can be easily shared along with the fundamentals of installing apps and sharing files electronically

Facilitator: Brian Freedman

T5: iPhone: Camera & Photos

February 7, 2025 · 10:00–12:00 pm

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 editing features. The content of this clinic will be designed by you. We will cover the basics, but the remainder of the content will be about specific subjects requested by the participants.

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

Facilitator: Nancy Taylor

T6: iPhone: Potpourri

February 13, 2025 · 10:00–12:00 pm

A powerful computer, reliable telephone, sophisticated camera, and so much more, your iPhone is a diverse tool in the palm of your hand. However, its many uses are only so useful if you actually know how to use it! How do you set up the Health App, Emergency Contacts, Find My iPhone, Notifications, Passwords? 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: Learn more about your iPhone and its many uses
Facilitators: George Taylor, Jack & Sherry Hammerstrom

T7: Libby - Library eBooks

February 11, 2025 · 1:00-3:00 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

T8: Spring Run: Mobile App Review

January 14, 2025 · 10:00-12:00 pm

Spring Run's mobile app is essentially a condensed version of the Spring Run website. Offering a very user-friendly interface, the Spring Run app provides the convenience of booking tee times, securing dining reservations, registering for iLife activities, and seamlessly checking your account statement all in one place!

Purpose: Explore the essential features of the Spring Run app

Facilitator: Terrence Quinlan

T9: Spring Run: Website Review

April 11, 2025 · 1:00-3:00 pm

The Spring Run website has had a couple of facelifts through the years, but this time around, it has been completely revitalized. From the sleek, new look to the streamlined functionality, the new website is an invaluable resource for Spring Run members.

Purpose: Learn the essential features of the new Spring Run website

Facilitators: Iva Sokolikj-Trifunovic, Terrence Quinlan

T10: TiVo Workshop

October 29, 2024 · 10:00-12:00 pm | January 13, 2025 · 1:00-3:00 pm

When seasonal residents return to Spring Run, it's beneficial to get a quick refresher on how their Blue Stream Fiber TV service works. Most become accustomed to their service up north and need to switch gears when coming back to Spring Run. Perhaps you are a year-round resident who could still use a little assistance. Participants will get tips and tricks on how to use the many features the TiVo platform offers as well as how to record single episodes and use OnePass. There will be time for a question-and-answer period at the end.

Purpose: Learn tips and tricks on using Blue Stream Fiber TV service in Spring Run

Facilitator: Rachid Rafaoui (Guest Presenter – Blue Stream Fiber)

FALL SEMESTER

Week 1 October 13-19

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M6-1	Ladies Book Club	10/18/2024	1:00-3:00 pm	F	Greens Room	Paula Blake

Week 2 October 20-26

C6-1	Liquor Lab	10/25/2024	4:00-6:00 pm	F	Lakeview Room	Jose Del Campo
A6-1	Decorative Art	10/26/2024	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka
H22-1	Introduction to Essential Oils – Everything you wanted to know & then some...	10/26/2024	1:00-3:00 pm	S	Greens Room	Tonya Shupe

Week 3 October 27-November 2

H3	Anti-Aging Posture Workshop	10/29/2024	2:00-3:00 pm	T	Greens Room	Vivian Ebert
T10-1	TiVo Workshop	10/29/2024	10:00-12:00 pm	T	Lakeview Room	Rachid Rafaoui
H13	Don't Bug Me	10/30/2024	1:00-3:00 pm	W	Lakeview Room	Tonya Shupe
H30-1	Understanding Medicare: Basics and Private Options	10/30/2024	10:00-12:00 pm	W	Lakeview Room	Andrea Munao

Week 3 October 27-November 2 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
G1-1	Armchair Travel Series	10/31/2024	10:00-12:00 pm	TR	Lakeview Room	George & Nancy Taylor
S8-1a	Frank Capra: Film Viewing and Discussion Series	10/31/2024	1:00-3:00 pm	TR	Lakeview Room	Mike Bannigan
G11	The Vanderbilt Dynasty	11/1/2024	10:00-12:00 pm	F	Lakeview Room	NT, MT, MW, JJ, RM
S8-1b	Frank Capra: Film Viewing and Discussion Series	11/1/2024	1:00-3:00 pm	F	Lakeview Room	Mike Bannigan
C1	Calzone Party	11/1/2024	4:00-6:00 pm	F	Lakeview Room	Jon England
A5	Cricut Crafting	11/2/2024	9:00-12:00 pm	S	Lakeview Room	Terri Socol

Week 4 November 3-9

A12-1	Sing Along with Bob and Kathy	11/6/2024	3:30-4:30 pm	W	Lakeview Room	KB, BC, BM, KH
G8	Israel v Hamas - The Horror of October 7	11/8/2024	10:00-12:00 pm	F	Lakeview Room	Mike Quinlan
S23	UNBRIDLED: The Story Behind the Story of Writing a Novel	11/8/2024	3:00-4:00 pm	F	Lakeview Room	Michael Springer
A3-1	Card Shop	11/9/2024	9:00 - 12:00 pm	S	Lakeview Room	Terri Socol, Patrice Sabo, Penni Kline, Lynn Guarasci

Week 5 November 10-16

T2-1	Chelsea & Golf Genius	11/11/2024	1:00-3:00 pm	M	Lakeview Room	Tanner Nipper
M3-1	Gentlemen's Book Club	11/12/2024	1:00-3:00 pm	T	Greens Room	Bill Krein
S10	Intro to Genealogy	11/14/2024	1:00-3:00 pm	TR	Lakeview Room	Bryan Mulcahy
M6-2	Ladies Book Club	11/15/2024	1:00-3:00 pm	F	Greens Room	Paula Blake
T4	Document Scanning and Sharing Made Simple - Both Apple and Android Users	11/15/2024	10:00-12:00 pm	F	Lakeview Room	Brian Freedman
A6-2	Decorative Art	11/16/2024	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka

Week 6 November 17-23

C6-2	Liquor Lab	11/22/2024	4:00-6:00 pm	F	Lakeview Room	Jose Del Campo
------	------------	------------	--------------	---	---------------	----------------

Week 7 December 8-14

M3-2	Gentlemen's Book Club	12/10/2024	1:00-3:00 pm	T	Greens Room	Bill Krein
------	-----------------------	------------	--------------	---	-------------	------------

WINTER SEMESTER

Week 8 January 5-11

H19	Golf Swing Dos and Don'ts	1/6/2025	1:00-3:00 pm	M	Lakeview Room	Tanner Nipper
H20	Golfing with Essential Oils	1/8/2025	1:00-3:00 pm	W	Lakeview Room	Tonya Shupe
C6-3	Liquor Lab	1/10/2025	4:00-6:00 pm	F	Lakeview Room	Jose Del Campo

Week 8 January 5-11 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H29-1	Tennis: Beginner and Intermediate Clinic	1/10/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
A3-2	Card Shop	1/11/2025	9:00 - 12:00 pm	S	Lakeview Room	Terri Socol, Patrice Sabo, Penni Kline, Lynn Guarasci

Week 9 January 12-18

T10-2	TiVo Workshop	1/13/2025	1:00-3:00 pm	M	Lakeview Room	Rachid Razaoui
M2-1	Euchre 101 - How to Play	1/14/2025	1:00-3:00 pm	T	Multipurpose Room	Rose Lengerich
M3-3	Gentlemen's Book Club	1/14/2025	1:00-3:00 pm	T	Greens Room	Bill Krein
T8	Spring Run: Mobile App	1/14/2025	10:00-12:00 pm	T	Lakeview Room	Terrence Quinlan
S4-1	Coffee & Conversations	1/15/2025	9:00-10:00 am	W	Mangroves	Terri Socol, Iva Sokolikj
A10	Photography Basics	1/15/2025	10:00-12:00 pm	W	Greens Room	Carol Heffernan
A12-2	Sing Along with Bob and Kathy	1/15/2025	3:30-4:30 pm	W	Lakeview Room	KB, BC, BM, KH
S14	Local Leisure - What to do When Family Visits	1/15/2025	10:00-12:00 pm	W	Lakeview Room	Chris Gunderson, Barbara Reed
G7	If Ukraine Loses...	1/17/2025	10:00-12:00 pm	F	Lakeview Room	Mike Quinlan
H29-2	Tennis: Beginner and Intermediate Clinic	1/17/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M6-3	Ladies Book Club	1/17/2025	1:00-3:00 pm	F	Greens Room	Paula Blake
A6-3	Decorative Art	1/18/2025	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka

Week 10 January 19-25

C3	Flavors of Florida	1/20/2025	4:00-6:00 pm	M	Lakeview Room	Jon England
G1-2	Armchair Travel Series	1/20/2025	1:00-3:00 pm	M	Lakeview Room	Joe & Sue Evans
H7-1	Biking 10 miles - 5 local trails	1/20/2025	9:00 am	M	Tennis Parking Lot	Terri Socol
G5-1	Great Decisions I	1/21/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
H1	10 Steps to better fitness	1/21/2025	2:00-3:00 pm	T	Multipurpose Room	Vivian Ebert
H30-2	Understanding Medicare: Basics and Private Options	1/21/2025	10:00-12:00 pm	T	Lakeview Room	Andrea Munao
A7	Furniture Painting for Beginners	1/22/2025	10:00-12:00 pm	W	Lakeview Room	Jack Lengerich
H9	Bocce: Orientation	1/22/2025	7:00-8:30 pm	W	Bocce Courts	Gary Orten
S22	Troubled Waters: A Turtle's Tale Docu-discussion	1/22/2025	1:00-3:00 pm	W	Lakeview Room	Terri Socol
G6-1	Great Decisions II	1/23/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
H26-1	Pickleball: Orientation	1/23/2025	9:00-10:30 am	TR	Commons Club	David Brinkruff, Bob Bustard, Leslie Bruce, Tim Haller
S8-2a	Frank Capra: Film Viewing and Discussion Series	1/23/2025	1:00-3:00 pm	TR	Greens Room	Mike Bannigan
H21	How to Improve your Pace of Play	1/24/2025	3:00-4:00 pm	F	Multipurpose Room	Jeff Carter

Week 10 January 19-25 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H29-3	Tennis: Beginner and Intermediate Clinic	1/24/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-1	Canasta: Beginners Clinic	1/24/2025	9:30-11:30 am	F	Lakeview Room	Bobbie Allen
S8-2b	Frank Capra: Film Viewing and Discussion Series	1/24/2025	1:00-3:00 pm	F	Greens Room	Mike Bannigan

Week 11 January 26-February 1

H6	Beginner's Line Dancing	1/26/2025	4:00-6:00 pm	SN	Springs Dance Floor	Patty Fitzgerald, Kim Corso
H7-2	Biking 10 miles - 5 local trails	1/27/2025	9:00 am	M	Tennis Parking Lot	Terri Socol
M4-1	Intro to Mah Jongg	1/27/2025	1:00-3:00 pm	M	Greens Room	SC, PS, MAB, LD
G3	Doc - A Combat Medic's Story	1/28/2025	1:00-3:00 pm	T	Lakeview Room	Jim Kline
G5-2	Great Decisions I	1/28/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
S7	Exploring Alternative Fuels	1/28/2025	10:00-12:00 pm	T	Lakeview Room	Owen Hopkins
G6-2	Great Decisions II	1/30/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
H15-1	Family & Friends CPR	1/30/2025	1:00-2:00 pm	TR	Greens Room	Jamie Hoover
H15-2	Family & Friends CPR	1/30/2025	2:30-3:30 pm	TR	Greens Room	Jamie Hoover
H27-1	Read 'Em and Weep - the Greens of Spring Run	1/31/2025	3:00-4:00 pm	F	Putting Greens	Jeff Carter
H29-4	Tennis: Beginner and Intermediate Clinic	1/31/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-2	Canasta: Beginners Clinic	1/31/2025	9:30-11:30 am	F	Lakeview Room	Bobbie Allen
T1	The Challenge of Understanding and Learning to Use Artificial Intelligence Including How to Avoid Some of the Potential Scams	1/31/2025	1:00-3:00 pm	F	Lakeview Room	Bill Furtwengler
A6-4	Decorative Art	2/1/2025	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka

Week 12 February 2-8

H7-3	Biking 10 miles - 5 local trails	2/3/2025	9:00 am	M	Tennis Parking Lot	Terri Socol
H2	Anatomy of the Golf Swing	2/3/2025	1:00-3:00 pm	M	Lakeview Room	Tanner Nipper
M4-2	Intro to Mah Jongg	2/3/2025	1:00-3:00 pm	M	Greens Room	SC, PS, MAB, LD
C7	Mastering Poultry: Fabrication and Roasting	2/3/2025	4:00-6:00 pm	M	Lakeview Room	Kris Jubinville
F1	Financial and Investment Basics	2/4/2025	10:00-12:00 pm	T	Greens Room	Stefan Contorno
G5-3	Great Decisions I	2/4/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
H18	Giving Hope Back to People in Pain - A Guide to Getting Back to the Sports You Love	2/4/2025	1:00-3:00 pm	T	Lakeview Room	Ryan Vesce
S4-2	Coffee & Conversations	2/5/2025	9:00-10:00 am	W	Mangroves	Terri Socol, Roman Carrillo
H10	Bocce: Spring Run Rules	2/5/2025	7:00-8:30 pm	W	Bocce Courts	Craig Korkoian

Week 12 February 2-8 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
F3	Is Tom Selleck right? Is it a Reverse Mortgage or an RELOC?	2/6/2025	1:00-3:00 pm	TR	Greens Room	Mike Crossett
G6-3	Great Decisions II	2/6/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
H26-2	Pickleball: Orientation	2/6/2025	9:00-10:30 am	TR	Commons Club	David Brinkruff, Bob Bustard, Leslie Bruce, Tim Haller
C6-4	Liquor Lab	2/7/2025	4:00-6:00 pm	F	Lakeview Room	Jose Del Campo
H29-5	Tennis: Beginner and Intermediate Clinic	2/7/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-3	Canasta: Beginners Clinic	2/7/2025	9:30-11:30 am	F	Lakeview Room	Bobbie Allen
S21	Talking the Talk - 40 Years Behind the Radio Microphone	2/7/2025	1:00-3:00 pm	F	Lakeview Room	Ed Walsh
T5	iPhone: Camera & Photos	2/7/2025	10:00-12:00 pm	F	Greens Room	Nancy Taylor
A3-3	Card Shop	2/8/2025	9:00 - 12:00 pm	S	Lakeview Room	Terri Socol, Patrice Sabo, Penni Kline, Lynn Guarasci
H22-2	Introduction to Essential Oils - Everything you wanted to know & then some...	2/8/2025	1:00-3:00 pm	S	Greens Room	Tonya Shupe

Week 13 February 9-15

H7-4	Biking 10 miles - 5 local trails	2/10/2025	9:00 am	M	Tennis Parking Lot	Terri Socol
M4-3	Intro to Mah Jongg	2/10/2025	1:00-3:00 pm	M	Greens Room	SC, PS, MAB, LD
A9	Paint Like Vermeer	2/11/2025	10:00-12:00 pm	T	Lakeview Room	Dean Oestreich
G5-4	Great Decisions I	2/11/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
M3-4	Gentlemen's Book Club	2/11/2025	1:00-3:00 pm	T	Greens Room	Bill Krein
T7	Libby - Library eBooks	2/11/2025	1:00-3:00 pm	T	Multipurpose Room	Mary Lou Smith
A8	Intro to Jewelry Making	2/12/2025	9:00-12:00 pm	W	Lakeview Room	Ellen Marra
H24	"Pain Relief" with Essential Oils	2/12/2025	1:00-3:00 pm	W	Lakeview Room	Tonya Shupe
F7	What is Cryptocurrency?	2/13/2025	1:00-3:00pm	TR	Lakeview Room	Gary Orten
G6-4	Great Decisions II	2/13/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
T6	iPhone: Potpourri	2/13/2025	10:00-12:00 pm	TR	Lakeview Room	George Taylor, Jack & Sherry Hammerstrom
H29-6	Tennis: Beginner and Intermediate Clinic	2/14/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-4	Canasta: Beginners Clinic	2/14/2025	9:30-11:30 am	F	Lakeview Room	Bobbie Allen
A6-5	Decorative Art	2/15/2025	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka

Week 14 February 16-22

C2	Charcuterie for Beginners	2/17/2025	4:00-6:00 pm	M	Lakeview Room	Terri Socol
H7-5	Biking 10 miles - 5 local trails	2/17/2025	9:00 am	M	Tennis Parking Lot	Terri Socol

Week 14 February 16-22 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M4-4	Intro to Mah Jongg	2/17/2025	1:00-3:00 pm	M	Greens Room	SC, PS, MAB, LD
A1-1	Acrylic Tile Mosaic Art Project	2/18/2025	9:00-12:00 pm	T	Greens Room	Beverly Wojie, Lois Samuelson
G5-5	Great Decisions I	2/18/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
H5	Artificial Intelligence and Healthcare	2/18/2025	1:00-2:00 pm	T	Lakeview Room	Jonathan Witenko
M2-2	Euchre 101 - How to Play	2/18/2025	1:00-3:00 pm	T	Multipurpose Room	Rose Lengerich
S5	Common Genealogy Research Mistakes	2/18/2025	10:00-12:00 pm	T	Lakeview Room	Bryan Mulcahy
A12-3	Sing Along with Bob and Kathy	2/19/2025	3:30-4:30 pm	W	Lakeview Room	KB, BC, BM, KH
F5	Risk Management & Retirement Planning	2/19/2025	10:00-12:00 pm	W	Greens Room	Kenny Wise
H8-1	Bocce: Intermediate	2/19/2025	7:00-8:30 pm	W	Bocce Courts	Gary Orten
H11	The Building Blocks of Balance	2/19/2025	1:00-2:00 pm	W	Multipurpose Room	Nathalie Grondin
G6-5	Great Decisions II	2/20/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
H26-3	Pickleball: Orientation	2/20/2025	9:00-10:30 am	TR	Commons Club	David Brinkruff, Bob Bustard, Leslie Bruce, Tim Haller
A1-2	Acrylic Tile Mosaic Art Project	2/21/2025	9:00-12:00 pm	F	Greens Room	Beverly Wojie, Lois Samuelson
H29-7	Tennis: Beginner and Intermediate Clinic	2/21/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-5	Canasta: Beginners Clinic	2/21/2025	9:30-11:30 am	F	Lakeview Room	Bobbie Allen
M6-4	Ladies Book Club	2/21/2025	1:00-3:00 pm	F	Greens Room	Paula Blake

Week 15 February 23-March 1

H31-1	Wine & Line Dancing	2/23/2025	4:00-6:00 pm	SN	Springs Dance Floor	Patty Fitzgerald, Kim Corso
H14	Drivers & Woods	2/24/2025	10:00-11:00 am	M	Driving Range	Kelsey Fallisch
M4-5	Intro to Mah Jongg	2/24/2025	1:00-3:00 pm	M	Greens Room	SC, PS, MAB, LD
S6	Electric Vehicles: A Beginner's Guide	2/24/2025	1:00-3:00 pm	M	Lakeview Room	Sam Baird
C8-1	A Taste of Greece	2/26/2025	11:00-1:00 pm	W	Healthy Life Center	Aikaterina Galeos
G6-6	Great Decisions II	2/27/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
H25	Personal Safety	2/27/2025	10:00-12:00 pm	TR	Lakeview Room	Heather Turco
S8-3a	Frank Capra: Film Viewing and Discussion Series	2/27/2025	1:00-3:00 pm	TR	Greens Room	Mike Bannigan
H27-2	Read 'Em and Weep - the Greens of Spring Run	2/28/2025	3:00-4:00 pm	F	Putting Greens	Jeff Carter
H29-8	Tennis: Beginner and Intermediate Clinic	2/28/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-6	Canasta: Beginners Clinic	2/28/2025	9:30-11:30 am	F	Lakeview Room	Bobbie Allen
S8-3b	Frank Capra: Film Viewing and Discussion Series	2/28/2025	1:00-3:00 pm	F	Greens Room	Mike Bannigan

Week 15 February 23-March 1 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
S24	WGCU Station Tour at Florida Gulf Coast University	2/28/2025	10:00-12:00 pm	F	FGCU	Anne Stavely
A6-6	Decorative Art	3/1/2025	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka

SPRING SEMESTER

Week 16 March 2-8

C4	Flavors of Italy	3/3/2025	4:00-6:00 pm	M	Lakeview Room	Jon England
M4-6	Intro to Mah Jongg	3/3/2025	1:00-3:00 pm	M	Greens Room	SC, PS, MAB, LD
S20	Spring Run: The Superintendent's Tour	3/3/2025	7:00-8:30 am	M	Golf Course	Joey Smallwood
F6	The SECURE Act - A New Death Tax?	3/4/2025	10:00-12:00 pm	T	Lakeview Room	Fred Eisenreich
G5-6	Great Decisions I	3/4/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
S15	Meet the Judges	3/4/2025	1:00-3:00 pm	T	Lakeview Room	Mike Fisher, Frank Lucchino, Terrence O'Donnell
S4-3	Coffee & Conversations	3/5/2025	9:00-10:00 am	W	Mangroves	Terri Socol, Shayne Hanley
F4	Market Trends to Know	3/5/2025	10:00-12:00 pm	W	Greens Room	Ken Wise
H8-2	Bocce: Intermediate	3/5/2025	7:00-8:30 pm	W	Bocce Courts	Gary Orten
G6-7	Great Decisions II	3/6/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
H26-4	Pickleball: Orientation	3/6/2025	9:00-10:30 am	TR	Commons Club	David Brinkruff, Bob Bustard, Leslie Bruce, Tim Haller
M5	Intro to Poker	3/6/2025	1:00-3:00 pm	TR	Lakeview Room	Larry Reed, Gary DiDomenico, Tom Santora
T2-2	Chelsea & Golf Genius	3/6/2025	1:00-3:00 pm	TR	Lakeview Room	Tanner Nipper
A4	Chihuly: Mastering the Dance of Light and Form	3/7/2025	10:00-12:00 pm	F	Lakeview Room	Nancy Taylor
C6-5	Liquor Lab	3/7/2025	4:00-6:00 pm	F	Lakeview Room	Jose Del Campo
G9	Navigating Turbulence: Understanding Boeing's Challenges in the Commercial and Space & Defense Sectors	3/7/2025	1:00-3:00 pm	F	Lakeview Room	Craig Korkoian
H29-9	Tennis: Beginner and Intermediate Clinic	3/7/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-7	Canasta: Beginners Clinic	3/7/2025	9:30-11:30 am	F	Greens Room	Bobbie Allen
A3-4	Card Shop	3/8/2025	9:00 - 12:00 pm	S	Lakeview Room	Terri Socol, Patrice Sabo, Penni Kline, Lynn Guarasci

Week 17 March 16-22

M7	Mah Jong Strategies	3/10/2025	1:00-3:00 pm	M	Greens Room	Gloria Rosen, Alicia Hopkins
G5-7	Great Decisions I	3/11/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
M3-5	Gentlemen's Book Club	3/11/2025	1:00-3:00 pm	T	Greens Room	Bill Krein
S9	From Pets to Predators: Python Population Explodes out of the Everglades	3/11/2025	10:00-12:00 pm	T	Lakeview Room	Bruce Cropf
A2	Blooms and Beyond: The Artistry of Floral Arrangements	3/12/2025	10:00-12:00 pm	W	Lakeview Room	Leigh Moss

Week 17 March 16-22 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H28	"Restful Night" with Essential Oils	3/12/2025	1:00-3:00 pm	W	Lakeview Room	Tonya Shupe
G6-8	Great Decisions II	3/13/2025	10:00-12:00 pm	TR	Greens Room	Craig Korkoian
G2	Catherine the Great	3/14/2025	10:00-12:00 pm	F	Lakeview Room	NT, MT, MW, JJ, RM
H29-10	Tennis: Beginner and Intermediate Clinic	3/14/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M1-8	Canasta: Beginners Clinic	3/14/2025	9:30-11:30 am	F	Greens Room	Bobbie Allen
S1	The 50s - A Retrospective	3/14/2025	1:00-3:00 pm	F	Lakeview Room	Mary Martin
A6-7	Decorative Art	3/15/2025	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka
G5-8	Great Decisions I	3/18/2025	3:00-5:00 pm	T	Greens Room	Bill Krein
S17	Preparing for Storm Season	3/18/2025	10:00-12:00 pm	T	Lakeview Room	Zach Souser
A12-4	Sing Along with Bob and Kathy	3/19/2025	3:30-4:30 pm	W	Lakeview Room	Kathy Bartl, Bob Ciccarelli, Bonnie Mittendorf, Kilby Hume
H12	Color Me Beautiful	3/19/2025	1:00-3:00 pm	W	Multipurpose Room	JoAnne Richmond
H26-5	Pickleball: Orientation	3/20/2025	9:00-10:30 am	TR	Commons Club	David Brinkruff, Bob Bustard, Leslie Bruce, Tim Haller
S16	PGM & Hospitality Tour at Florida Gulf Coast University	3/20/2025	11:00-12:00 pm	TR	FGCU	Terrence Quinlan, Jake Waldrop
F9	Women & Wealth	3/21/2025	10:00-12:00 pm	F	Greens Room	Mitch Wise
H29-11	Tennis: Beginner and Intermediate Clinic	3/21/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
M6-5	Ladies Book Club	3/21/2025	1:00-3:00 pm	F	Greens Room	Paula Blake

Week 18 March 23-29

A11	The Renaissance Man	3/24/2025	1:00-3:00 pm	M	Lakeview Room	Dean Oestreich
C5	Global Tapas & Rum Cocktails	3/24/2025	4:00-6:00 pm	M	Lakeview Room	Kris Jubinville
H4	The Art, Science and Strategy of Putting	3/25/2025	2:00-4:00 pm	T	Lakeview Room	Ed Thaner
S3	Calusa Waterkeeper	3/25/2025	10:00-12:00 pm	T	Lakeview Room	Cody Pierce
C8-2	A Taste of Greece	3/26/2025	11:00-1:00 pm	W	Healthy Life Center	Aikaterina Galeos
S13	Lee County Waste-to-Energy Plant Tour	3/26/2025	10:00-11:00 am	W	Buckingham	Tom Mueller
G1-3	Armchair Travel Series	3/27/2025	10:00-12:00 pm	TR	Lakeview Room	Margaret Welker, Terri Socol
S8-4a	Frank Capra: Film Viewing and Discussion Series	3/27/2025	1:00-3:00 pm	TR	Greens Room	Mike Bannigan
G4	FDR's Four Freedoms	3/28/2025	10:00-12:00 pm	F	Lakeview Room	Steve Vesce
H27-3	Read 'Em and Weep - the Greens of Spring Run	3/28/2025	3:00-4:00 pm	F	Putting Greens	Jeff Carter
H29-12	Tennis: Beginner and Intermediate Clinic	3/28/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
S8-4b	Frank Capra: Film Viewing and Discussion Series	3/28/2025	1:00-3:00 pm	F	Greens Room	Mike Bannigan

Week 18 March 23-29 cont.

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H16	"Feel Better" with Essential Oils	3/29/2025	1:00-3:00 pm	S	Lakeview Room	Tonya Shupe

Week 19 March 30-April 5

H31-2	Wine & Line Dancing	3/30/2025	4:00-6:00 pm	SN	Springs Dance Floor	Patty Fitzgerald, Kim Corso
S11	Introduction to South Florida's Ancient History	3/31/2025	1:00-2:00 pm	M	Lakeview Room	Natalie De La Torre Salas
F8	Why Banks Fail: From the Depression to Silicon Valley	4/1/2025	10:00-12:00 pm	T	Lakeview Room	Fred Eisenreich
H23	Nutrition for Arthritis and Inflammation	4/1/2025	1:00-2:00 pm	T	Lakeview Room	Carrie Bloemers
S12	Lee County Recycling Center	4/1/2025	2:00-3:00 pm	T	Greens Room	Kylar Johnson
F2	Frauds & Scams	4/2/2025	1:00-3:00 pm	W	Lakeview Room	Heather Turco
T3	Crafting Memories: Creating Stunning Photo Collages	4/2/2025	10:00-12:00 pm	W	Lakeview Room	Nancy Taylor
H26-6	Pickleball: Orientation	4/3/2025	9:00-10:30 am	TR	Commons Club	David Brinkruff, Bob Bustard, Leslie Bruce, Tim Haller
S2	Ancestry.com Demo	4/3/2025	1:00-3:00 pm	TR	Lakeview Room	Bryan Mulcahy
G10	Taiwan: China's Looming Invasion	4/4/2025	10:00-12:00 pm	F	Lakeview Room	Mike Quinlan
H29-13	Tennis: Beginner and Intermediate Clinic	4/4/2025	9:00-10:30 am	F	Tennis Courts	John Foley, Jan Esper, Mike Bannigan, Glenn Mattson
S18	Special Screening Double Header	4/4/2025	2:00-4:00 pm	F	Greens Room	Anne Stavely
A6-8	Decorative Art	4/5/2025	9:00-12:00 pm	S	Lakeview Room	Stonie Frame, Suzanne Mikulka

Week 20 April 6-12

C9	Taste of the Everglades	4/7/2025	4:00-6:00 pm	M	Lakeview Room	Jon England
M3-6	Gentlemen's Book Club	4/8/2025	1:00-3:00 pm	T	Greens Room	Bill Krein
M8	More than Memory: Mind Matters and Mental Health	4/8/2025	10:00-12:00 pm	T	Lakeview Room	Amy Schenk
A3-5	Card Shop	4/9/2025	9:00 - 12:00 pm	W	Lakeview Room	Terri Socol, Patrice Sabo, Penni Kline, Lynn Guarasci
H17	"Get Clean" with Essential Oils	4/9/2025	1:00-3:00 pm	W	Lakeview Room	Tonya Shupe
S19	Spring Run: A Closer Look	4/11/2025	10:00-12:00 pm	F	Lakeview Room	Mike Zigler
T9	Spring Run: Website Review	4/11/2025	1:00-3:00 pm	F	Lakeview Room	Iva Sokolikj, Terrence Quinlan

Week 21 April 13-19

A12-5	Sing Along with Bob and Kathy	4/16/2025	3:30-4:30 pm	W	Lakeview Room	Kathy Bartl, Bob Ciccarelli, Bonnie Mittendorf, Kilby Hume
C6-6	Liquor Lab	4/18/2025	4:00-6:00 pm	F	Lakeview Room	Jose Del Campo
M6-6	Ladies Book Club	4/18/2025	1:00-3:00 pm	F	Greens Room	Paula Blake



Thank You

Dear iLife Volunteers,

What an exciting season we have ahead of us! After our first full season back in the clubhouse, we've begun to establish a new normal at Spring Run. Thanks to your dedication and diligence, iLife continues to be a crown jewel of Spring Run.

I would like to take a moment to thank Mark Oroyan for all his 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

2024-2025 ILIFE VOLUNTEERS

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

ADVOCATES
 Roberta Aiani
 Jeanne Alexander
 Joanne Balboni
 Jo Ann Bryan
 George Bryan
 Anita Cammarata
 Bette Lennox
 Dennis Smith
 Karen Smith
 Carol Wheeler
 James Williamson
 Kathryn Williamson

FACILITATORS
 Bobbie Allen
 Sam Baird
 Mike Bannigan
 Kathy Bartl
 Mary Anne Bennett
 Paula Blake
 David Brinkruff
 Leslie Bruce
 Bob Bustard
 Roman Carrillo
 Jeff Carter
 Bob Ciccarelli
 Kim Corso
 Susan Crandall
 Bruce Cropf
 Mike Crossett
 Jose Del Campo
 Linda Dukauskas
 Fred Eisenreich
 Jon England
 Jan Esper
 Joe Evans
 Sue Evans
 Kelsey Fallisch
 Mike Fisher
 Patty Fitzgerald
 John Foley

Stonie Frame
 Brian Freedman
 Bill Furtwengler
 Lynn Guarasci
 Chris Gunderson
 Tim Haller
 Jack Hammerstrom
 Sherry Hammerstrom
 Shayne Hanley
 Carol Heffernan
 Alicia Hopkins
 Owen Hopkins
 Kilby Hume
 Kristopher Jubinville
 Jim Kline
 Penni Kline
 Craig Korkoian
 Bill Krein
 Jack Lengerich
 Rose Lengerich
 Frank Lucchino
 Ellen Marra
 Joe Martin
 Mary Martin
 Glenn Mattson
 Bonnie Mittendorf
 Leigh Moss
 Tanner Nipper

Terrence O'Donnell
 Dean Oestreich
 Gary Orten
 Mike Quinlan
 Terrence Quinlan
 Barbara Reed
 JoAnne Richmond
 Gloria Rosen
 Patrice Sabo
 Lois Samuelson
 Peggy Schick
 Tonya Shupe
 Joey Smallwood
 Mary Lou Smith
 Terri Socol
 Iva Sokolikj-Trifunovic
 Michael Springer
 George Taylor
 Nancy Taylor
 Ed Thaner
 Mary Tousignant
 Jake Waldrop
 Ed Walsh
 Margaret Welker
 Mo Winograd
 Beverly Wojje
 Mike Zigler

GUEST PRESENTERS
 Carrie Bloemers
 Stefan Contorno
 Natalie De La Torre Sales
 Vivian Ebert
 Aikaterina Galeos
 Nathalie Grondin
 Jamie Hoover
 Jan Johnson
 Kylar Johnson
 Suzanne Mikulka
 Ruthmarie Mitsch
 Tom Mueller
 Bryan Mulcahy
 Andrea Munao
 Codty Pierce
 Rachid Razaoui
 Amy Schenk
 Anne Stavely
 Zach Souser
 Heather Turco
 Ryan Vesce
 Steve Vesce
 Ken Wise
 Kenny Wise
 Mitch Wise
 Jonathan Witenko