

FALL CLASSES 2023

November 6, 2023 - December 21, 2023

Most classes meet once a week.

Note: In-person registrants for Fall programs will be informed as soon as possible with any updated health guidelines.

No classes Thanksgiving week, November 20-24, 2023.

MONDAY

FM1

GENTLE CHAIR YOGA

Emme Shapiro

Chair yoga allows students to remain stabilized while enjoying all the benefits of traditional hatha yoga. It is also ideal for students who have trouble exercising on the floor with ease. These classes emphasize low-impact exercises that focus on improving your strength and flexibility, as well as providing relaxation and breathing techniques to improve overall physical functioning and mental well-being. Everyone is welcome to participate and enjoy these spirit-lifting yoga postures regardless of size, age, or fitness level. Please wear comfortable exercise clothing.

Emme Shapiro acquired 200-hour certification in Kripalu yoga and then completed an additional 500 hours. Emme taught yoga for seven years in the Cincinnati area in her home studio and privately before she made Florida her permanent home. She taught Kripalu yoga at The Longboat Key Education Center for over a decade and has taught chair yoga in the local area for several years.

9:00-10:00 AM

Mondays

Begins: 11/6

Ends: 12/18

Six sessions

Members \$70

Non-Members \$80

Note: Students can join at any time on a pro-rated basis if space permits.

FM2

MIXED BEGINNERS BRIDGE

Larry Auerbach

This course will cover the basic mechanics and fundamentals of the game. It is designed to combine players who have some knowledge of the game and new players.

Larry Auerbach is well known in the Sarasota area as a professional bridge player, teacher, and director. He has been playing bridge for over 42 years, including teaching bridge at The Longboat Key Education Center since 1986, until it dissolved in 2021. He is a Platinum Life Master with 11,400 masterpoints and has won many regional events in bridge tournaments. Larry has a BA from the University of Nevada. **Last season was the first season we were unable to offer Larry's Winter bridge classes due to his illness. We are happy to have him back, in good health, and ready to teach bridge, his lifelong passion!**

1:00-2:30 PM

Mondays

Begins: 11/6

Ends: 12/18

Six sessions

Members \$85

Non-Members \$95

Questions? (941) 383-8222 e-mail: edcenter@longboatkeytemple.org

Note: No classes Thanksgiving Week, November 20-24.

MONDAY (CONT.)

FM3

MONDAY FILM CLUB: ENJOY TWO GREAT HIDDEN GEMS

Gus Mollasis

View two full-length movies followed by stimulating discussions with popular movie critic Gus Mollasis. He has an impressive repertoire of hidden gems; quality films that you probably have never heard of, much less seen! It's always fun to spend time with Gus! Freshly popped popcorn always adds to the movie-watching experience!

Gus Mollasis is a professional movie maven. He is host of "At The Movies," a Sarasota television show dedicated to the discussion of film which ran for over nine years and now airs on various social media platforms. From big stars to first-time filmmakers, Gus loves to talk film with them all. The show supports both major film festivals in town—The Cine-World Film Festival and the Sarasota Film Festival. Gus brings a passion and knowledge of movies that both a film buff and casual movie fan can enjoy. He is co-creator and host of the PBS award-winning series "Diamonds Along the Highway," featuring short films about interesting places and personalities in Florida on WEDU. Gus also writes a monthly movie column for Sarasota Scene.

1:30-4:30 PM

Mondays

Begins: 12/4

Ends: 12/11

Two sessions

Members \$40

Non-Members \$45

Note: Students can join on a pro-rated basis if space permits.

FM4

MIXED INTERMEDIATE BRIDGE

Larry Auerbach

This course is for all intermediate level players who are ready for more complex bridge concepts. Classes will cover opening leads, concentrating on standard American conventions, and touching on more advanced conventions. Advanced Intermediate players can also join this class and work separately with Larry at their own table(s).

See Biographical Sketch on page 3.

3:00-4:30 PM

Mondays

Begins: 11/6

Ends: 12/18

Six sessions

Members \$85

Non-Members \$95

TUESDAY

FT1

QIGONG FOR HEALTH & VITALITY

Dr. Brian Nell

This ancient gentle movement modality, derived from Traditional Chinese Medicine, will help you improve balance, loosen joints, and increase flexibility as you relax and breathe. Qigong also helps boost immune function, enhance sleep and mood, and reduce stress. This class is suitable for beginners as well as longtime practitioners and will include an exploration of several different qigong forms, the history and myths that surround them, and the philosophies that bring these movements to life. All ages and fitness levels are welcome. Wear appropriate exercise clothing.

Dr. Brian Nell is an acupuncture physician and doctor of Oriental medicine (DOM). He has been a certified teacher of tai chi and qigong since 2010, and a martial arts instructor since 2003. Currently Dr. Nell teaches at his clinic, Cypress Pillar Healing Arts in Sarasota, as well as several locations around the Sarasota/Bradenton area.

9:00-10:00 AM

Tuesdays

Begins: 11/7

Ends: 12/19

Six sessions

Members \$70

Non-Members \$80

Note: Students can join on a pro-rated basis if space permits.

NO CLASSES THANKSGIVING WEEK, NOVEMBER 20-24.

TUESDAY (CONT.)

FT2

AT THE MOVIES

Gus Mollasis

Join Gus on a celluloid adventure as he assigns quality films that are playing locally for you to see and then discuss together in class. Film is the greatest art form according to Gus because it encompasses all the arts and touches on all the senses. In class you will decide whether your film assignment was a hit or a miss as you discuss the script, acting, cinematography, directing and scoring. Call the school **(941-383-8222)** or check our website for your first and subsequent movie assignments, www.tbieducationcenter.org.

See *Biographical Sketch* on page 4.

11:00 AM -12:30 PM **Tuesdays** **Begins: 11/7** **Ends: 12/19**
Six sessions **Members \$95** **Non-Members \$105**

Note: Students can join at any time on a pro-rated basis if space permits.

WEDNESDAY

FW1

MIXED LEVELS YOGA — *Flowing With Grace*

★ **NEW**

Harriet Roberts

These alignment-based yoga classes are carefully crafted to offer both challenges and modifications, making them entirely accessible to all ages and levels, from beginners to experienced yoga practitioners. Improve your balance, strength, and flexibility, and reduce physical pain with precise, specific, and nurturing postures. In addition, purposeful breathwork, relaxation, and meditation complete the engagement of your body, heart, and mind. Please bring a mat and wear exercise clothing.

Harriet Roberts is a devoted yogini, practicing since 1991 and teaching yoga since 2012. She was trained by yoga masters Jaye Martin and Betsey Downing in the Anusara style of yoga. Anusara yoga focuses on experiencing bliss and joy in your yoga practice and your daily life. Harriet taught last year at The Education Center for the first time, filling in for a teacher who was ill. Her students were very happy and expressed gratitude for her compassionate and life-affirming approach. We are thrilled to bring her back to teach her own program!

9:00-10:00 AM **Wednesdays** **Begins: 11/8** **Ends: 12/20**
Six sessions **Members \$70** **Non-Members \$80**

Note: Students can join on a pro-rated basis if space permits.

FW2

WATERCOLOR, ACRYLICS, PASTELS, OILS

Renee DiNapoli

Learn to paint like the masters in your medium of choice with simple techniques. Depth and perspective, light and shadow, will be covered with personal instruction and demonstrations. Easy subject materials will be provided. A delightful method of creating abstract, seascapes, landscapes, etc. will also be introduced. Seasoned artists or complete novices will enjoy these classes. Students can bring their own materials (the office also has a supply list), or materials may be purchased in class for an additional \$10 per class, payable to the teacher.

Note: Class size will be limited for greater comfort and safety.

Renee DiNapoli trained with Italian master, Carlo DiNapoli, for many years and is a graduate of the Red Mountain Institute of Art in Mountain Brook, AL. She has taught at Ringling College of Art and Design, Selby Gardens and various universities and art leagues. Her work is represented in numerous galleries and museums.

9:00-11:30 AM **Wednesdays** **Begins: 11/8** **Ends: 12/6**
Four sessions **Members \$165** **Non-Members \$175**

WEDNESDAY (CONT.)

FW3 YOU'VE GOT TO SEE THIS MOVIE!

Kathie Moon

If you love movies and enjoy talking about them, then this course is for you! Each week students will be assigned a quality film to see from a variety of current movies, “arthouse,” foreign language, independent movies and the best of Hollywood. The following week students will discuss the movie—themes, style, techniques, previous work of the director and actors, etc. Call the Education Center for the first movie assignment (941-383-8222). All movie assignments will also be posted on our website www.tbieducationcenter.org. By consensus, if students wish to stream movies at home rather than visit the cinema every week, Kathie will work out special assignments from time to time.

Kathie Moon, movie critic/film guru and award-winning former *Sarasota Pelican Press* film reviewer, now Tweets, Blogs and Tumblrs about film as art. She is involved in film studies through classes, field trips, film programming, film societies and film festivals.

3:00-4:30 PM **Wednesdays** **Begins: 11/8** **Ends: 12/20**
Six sessions **Members \$95** **Non-Members \$105**

Note: Classes can be pro-rated if space permits.

THURSDAY

FR1 THE NATURE OF LONGBOAT KEY

Elliot Prout

Gulf of Mexico barrier islands have unique ecosystems found nowhere else on earth. Learn about the ecosystems of Longboat Key, the plants and animals that call them home, and how we connect with them in the interdependent web of life on earth. Coastal dunes, mangrove forests, seagrass flats and climate change will be discussed as they relate to Longboat Key. The first class will be on Zoom, (registrants will be contacted providing a Zoom link), followed by three nearby field trips. Elliot will leave you with a sense of what makes Florida unique and why we should preserve our natural systems. This course always sells out so register early! Group size is limited. Due to the popularity of this program, for the first time we are offering Nature of Longboat Key in the Fall and Spring Terms in addition to the two programs Elliot gives in February. Check out pages 27, 30, and 51.

Elliot Prout is a certified master naturalist and master gardener. He is a Florida native, born and raised in Bradenton. He leads preserve tours all over Manatee county. He is also an avid birder, native plant expert, and conservationist with a passion for conservation and the environment that he loves to share with others. This will be his second season leading nature lovers on tours for The Education Center at TBI. Elliot made a great impression with students last season who gave him rave reviews.

9:00-10:30 AM **Thursdays** **Begins: 11/9** **Ends: 12/7**
Four sessions **Members \$85** **Non-Members \$95**

NO CLASSES THANKSGIVING WEEK, NOVEMBER 20-24.

THURSDAY (CONT.)

FR2

NORDIC WALKING

★ NEW

E.L. "Sam" DiGiammarino, Jr.

Nordic walking is a way to go for a nice walk and use not only the normal leg muscles but to also use the arms and upper body muscles to "push", through specially designed poles on each step. Nearly 90% of the body's muscles are fully activated on each step, burning more calories, improving cardiovascular function, and reducing strain on hips and knees. Nordic walking helps improve balance, posture, and spine alignment. It is easy and fun and can be done anywhere you can walk, with friends, or alone. In the first class at TBI, you will be given an overview/demonstration of the proper 10-step technique. In subsequent classes (outside) you will be provided with "loaner" poles and detailed instructions. The group (limited to 10) will practice proper Nordic walking in a variety of locations in the local area. Please wear exercise clothes and good walking shoes.

Sam DiGiammarino is a retired businessman and professor of economics from Perdue University. Sam discovered Nordic walking while taking a hiking tour in the Cotswolds in England. He learned that it is a major exercise activity for people of all ages throughout Europe. He became an American Nordic Walking Association (ANWA) Certified Walking instructor, and has been actively teaching Nordic Walking locally since January of 2023 and has created a local walking group called "My SRQ Nordic Walking Friends".

9:00-10:30 AM

Thursdays

Begins: 11/9

Ends: 12/7

Four sessions

Members \$55

Non-Members \$65

FR3

LET'S PLAY CANASTA! — For Beginners

Joyce Doran

Have fun learning how to play this easy and fascinating card game. The variation taught will be American canasta. This hands-on class will guide you through each concept of the game and teach you rules and strategies. **Students cannot miss the first class, or they will not be able to take the course. Punctuality is also important!** Class size is limited so all players can have more one-on-one attention.

Joyce Doran is a retired English teacher from London and has been playing canasta for ten years and teaching the game for eight. She learned Chinese mah jongg while living in Hong Kong and fell in love with the game. After moving to Sarasota, she subsequently learned the American version and has been teaching it for seven years. Joyce teaches canasta and mah jongg again on Thursdays in the Winter Term, see page 27.

11:00 AM-12:30 PM

Thursdays

Begins: 11/9

Ends: 12/21

Six sessions

Members \$95

Non-Members \$105

FR4

LEARN HOW TO PLAY MAH JONGG

Joyce Doran

This time-honored, rummy-like Chinese tile game is simple and at the same time, challenging. It's competitive and requires skill, concentration, and luck! But the main objective is to have fun and enjoy this wonderful, sociable game in a relaxed atmosphere. This course teaches you the basics and will get you playing fairly quickly. There's nothing more exciting than when you call "Mah Jongg!" Students will be taught to play by the rules of the National Mah Jongg League based in New York. Hands-on instruction will be given while you learn to play. Time permitting, Joyce will cover winning strategies. Mah Jongg sets are provided.

Note: Registrants need to order the 2023 Mah Jongg card to be used through the fall and winter terms of 2023-2024, from the National Mah Jongg League. Phone 212-246-3052 or visit www.nationalmahjonggleague.org. The card is active until April 1, 2024. Please confirm your course registration before ordering your card as this program sells out quickly! Students cannot miss the first class, or they will not be able to take the course. Punctuality is also important!

See Biographical Sketch on page above.

1:00-2:30 PM

Thursdays

Begins: 11/9

Ends: 12/21

Six sessions

Members \$95

Non-Members \$105

THURSDAY (CONT.)

FR5

A CAPTIVATING TRILOGY – THREE FILM MASTERPIECES —

When Only More Than One Will Do!

★ **NEW**

Kathie Moon

When one film just won't completely capture a theme, ongoing story, or time, filmmakers make two or three or more films on the same subject. View a masterwork trilogy by contemporary film "auteur" (writer/director) Christian Petzold, whose three distinguished films *Barbara* (2012), *Phoenix* (2014) and *Transit* (2019) explore love in the times of oppressive systems. The themes are compelling, tense, gripping, powerful and suspenseful, conveyed with taut elegance and with casts of wonderful, celebrated actors. Although an acclaimed, award-winning, director and screenwriter, Petzold is sometimes referred to as "The best German filmmaker you've never heard of." Each of these films promises to bring forth intriguing and thoughtful discussions afterwards. You will also learn more about obscure and not so obscure artistic film trilogies worth seeking out on your own. Freshly popped popcorn will be a tasty, fun treat to add to these engrossing afternoons!

See *Biographical Sketch* on page 6.

1:30-4:30 PM

Thursdays

Begins: 11/9

Ends: 11/30

Three sessions

Members \$60

Non-Members \$65

No class on Thanksgiving, Thursday, November 23.

Note: Students can join on a pro-rated basis if space permits.

FRIDAY

**The Education Center at Temple Beth Israel will be closed
FRIDAYS in the Fall Term.**

ANNUAL FALL MOVIE FESTIVAL

BURNS COURT CINE-WORLD FILM FESTIVAL SEMINAR

Gus Mollasis

The Sarasota Film Society's annual Cine-World Film Festival is a "must-do" event for film buffs and Gus has been facilitating his popular seminars for several years. The festival presents a fabulous variety of excellent films from around the world. After carefully selecting six films to see at Burns Court Cinema, Gus will contact each student with the assigned Cine-World movie list. Discussions will be held at The Education Center at Temple Beth Israel. Classroom dates are listed below.

Note: Students will be required to purchase their own film tickets online after they have been notified by Gus of the assigned movies, times, and dates. Consider being a member of the **Sarasota Film Society for better pricing and discounts. Call 941-364-8662 or join online: www.filmsociety.org. *The festival is slated to run from Friday, November 3– Sunday, November 12, 2023. Viewing films in person at Burns Court Cinema will only be available on Fridays, Saturdays, and Sundays, November 3, 4, and 5 and November 10, 11, and 12. Check the website for times and other viewing possibilities for the weekdays. As of this writing, it was undetermined which platforms would be used for online viewing during the week.***

See *Biographical Sketch* on page 4.

10:00 AM-12:00 PM

Dates: Mon., 11/6, Wed., 11/8, Mon., 11/13

Three sessions

Members \$55

Non-Members \$65

SATURDAY FALL WORKSHOP

FWK1

THE BITTERSWEET TRUTH OF SUGAR —

★ **NEW**

Transform Your Metabolism For Optimal Health

Karol Schuyler, RN

ZAFWK1

Zoom Available

Diabesity (adverse health effects due to obesity, metabolic syndrome, and diabetes) is a newer word chosen for the epidemic that has developed in the United States and worldwide. More than one-third of Americans have high blood sugar. An estimated 37 million have diabetes, and 96 million have prediabetes according to the Centers for Disease Control and Prevention. An increase in blood sugar affects so many areas of health.

This workshop will help you understand the largest chronic disease crisis of the 21st century. Now that the holidays are upon us, what better time to learn how sugar and food addiction play into this crisis. You will learn about: • the science of obesity • inflammation and inflammatory partners in the body • the metabolic syndrome and how to activate your metabolism • hidden sugars and how to balance your blood sugar • avoiding holiday overindulgences • how to determine if you are a sugar burner or a fat burner. Take control of your life and change your metabolic age! Karol is a grower of fine herbs and a culinary chef, so she will also share some wonderful healthy recipes. Come prepared to ask questions and discuss your health issues with a medical professional who knows how to listen to the details! Enjoy lasting health and wellness, improve your vitality, and thrive the natural way! Karol gave a workshop last season on digestive health, and it was very well received. Come back for more healthy ways to live and combat the aging process.

Karol Schuyler, RN, CHNP (Certified Natural Health Professional), **CWC** (Certified Wellness Coach) and educator, **CBD consultant**, **MMT** (medical massage therapist), and experienced herbalist, is a life-long, transformational therapist, providing an impressive list of health services for more than 35 years. She stays current with emerging disciplines and natural remedies, which she evaluates with a stringent scientific eye. She is a leader in the growing group of medical practitioners who understand the need to look at failing health (gut health issues, blood sugar imbalances, diabetes, chronic inflammation, autoimmune conditions, chronic fatigue syndrome and Lyme disease, to name a few) from various perspectives and modalities—not just one. Karol's practice is located at Palma Sola Therapies in Bradenton, Florida.

1:00-3:00 PM

Saturday, November 18

One session

Members \$30

Non-Members \$35

HOW TO REGISTER FOR PROGRAMS

MAIL: Mail in one of the registration cards found in the middle of this brochure.

ONLINE: www.tbieducationcenter.org

EMAIL: edcenter@longboatkeytemple.org

PHONE: (941) 383-8222

NOTE: We ask that Zoom registrants register early for administrative purposes.

Become a Friend/Member and enjoy special member prices and benefits!

Check the flap attached to the registration cards in the middle of the brochure for membership details. Call our office, send us an email, or visit our website to submit your membership application.