



iLIFE ACTIVITIES

BY MEMBERS, FOR MEMBERS

2023-2024


Spring Run
GOLF CLUB



SPRING RUN'S ILIFE PROGRAM

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

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

With such a large footprint at the club, a lot of consideration goes into scheduling iLife activities. Golf, tennis, bocce, 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.

Now that the renovation work is complete, iLife can once again spread its wings in 2023-2024. We have our biggest lineup yet with around half of the presentations and activities being brand new offerings as well as returning favorites. As always, please note that the schedule is subject to change so keep an eye on your club emails for any new developments.

INVITATION TO PARTICIPATE

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

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

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

REGISTRATION NOTES

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

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

Fall registration opens Monday, September 18th 2023

Winter registration opens Monday, December 18th 2023

Spring registration opens Monday, February 19th 2024

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

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

You may view who is registered for iLife activities by clicking on the View Current Registrations button at the bottom of the registration page. Please note that a pop-up window will appear on your screen – you must scroll down on this window to see who else is 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.



AROUND THE GLOBE

- G1:** American Eugenics and the Global Rise of Fascism that led to World War II
- G2:** The Crusades: Battle for the Holy Land
- G3:** Curious About Canada
- G4:** Doc – A Combat Medic’s Story
- G5:** Exposing the Invisible China
- G6:** Great Decisions
- G7:** LBJ and Lady Bird – an American Dream

ARTISAN SERIES

- A1:** Acrylic Tile Mosaic Art Project
- A2:** Beginners Card Shop
- A3:** Card Shop
- A4:** Decorative Art
- A5:** Interior Design: Space Planning 101
- A6:** The Magic of Cricut
- A7:** Norman Rockwell – The Artist & His Art
- A8:** Pastel Drawing
- A9:** Sing Along with Bob and Kathy

CULINARY SERIES

- C1:** Around the World in Four Courses
- C2:** Farmer Mike’s You Pick Tour
- C3:** Grill & Chill
- C4:** Italian Cuisine
- C5:** Liquor Lab
- C6:** Modern French Cuisine
- C7:** Modern South American Cuisine
- C8:** New Orleans Creole Cuisine
- C9:** Pizza Party

FIDUCIARY SERIES

- F1:** Banking Crisis of 2023
- F2:** Considering Florida Residency
- F3:** Current Market & Economic Update
- F4:** Financial Planning at Any Age
- F5:** How Historical Events Affect the Markets
- F6:** I’m a Trustee, now what?
- F7:** Investing Not Speculating
- F8:** Retirement Reinvented I: Financial Basics & Risk Management
- F9:** Retirement Reinvented II: Retirement Income & Investing

HEALTHY & BEAUTY

- H1:** 10 Steps to better fitness
- H2:** Anti-Aging Posture Workshop
- H3:** Athletic Motion and the Golf Swing
- H4:** Bicycle Safety and Maintenance
- H5:** Biking 10 miles – 5 local trails
- H6:** Bocce: Intermediate
- H7:** Bocce: Orientation
- H8:** Bocce: Spring Run Rules
- H9:** Color Me Beautiful

G8: Putin the Dictator

- G9:** Susan Stamberg, Linda Wertheimer, Nina Totenberg & Cokie Roberts: The Founding Mothers of NPR
- G10:** Taiwan – The Threat of a Major War Now and the Future
- G11:** Ukraine – When the Guns Go Silent, and They Will!
- G12:** The US Air Force Tanker Program – A Failed Air Force Acquisition Process

COGNITIVE FITNESS

- M1:** ACBL Series – Bridge 1: For those who have never played
- M2:** ACBL Series – Bridge 2: Suit Bidding
- M3:** ACBL Series – Bridge 3: No Trump Bidding
- M4:** ACBL Series – Bridge 4: Play of the Hand
- M5:** ACBL Series – Bridge 5: Defense
- M6:** ACBL Series – Bridge Final: Duplicate Game with Master Points
- M7:** Alzheimer’s and Other Dementias
- M8:** Brain Enrichment for Healthy Longevity
- M9:** Canasta: Beginners Clinic
- M10:** Everyday Useful Spanish
- M11:** Gentlemen’s Book Club
- M12:** Intro to Mah Jongg
- M13:** Ladies Book Club
- M14:** There’s no Crying in Cribbage
- M15:** Getting Published

- F10:** Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan
- F11:** Retirement Security with the Retirement Equity Line of Credit (RELOC)
- F12:** The SECURE Act – A New Death Tax?
- F13:** What is Cryptocurrency?
- F14:** Why Banks are Different & the Consolidation of the Industry from 1980–2010

- H10:** Drivers & Woods
- H11:** Family & Friends CPR
- H12:** Giving Hope Back to People in Pain – A Guide to Getting Back to the Sports You Love
- H13:** Golf Swing Dos and Don’ts
- H14:** How to Improve your Pace of Play
- H15:** Medicare 101
- H16:** Nutrition for Cognitive Function
- H17:** Par for the Course
- H18:** Pickleball: Orientation

HEALTHY & BEAUTY (cont.)

H19: Read 'Em and Weep – the Greens of Spring Run

H20: READY – Women's Basic Self-Defense

SPECIAL TOPICS

S1: 4 Phases of Retirement

S2: Active Violence/Shooter

S3: Archaeology of the Calusa

S4: Birds of SR

S5: Bonita Springs Utilities (BSU), Inc.

S6: Calusa Waterkeeper

S7: Coffee & Conversations

S8: From Pets to Predators: Python Population Explodes out of the Everglades

S9: Genealogy: Evidence Evaluation

S10: Identity Theft & Cyber Issues

S11: Lee County Recycling Center

S12: Lee County Sheriff's Office: Behind-the-Scenes Tour

S13: Lee County Waste-to-Energy Plant

S14: Local Leisure – What to do When Family Visits

S15: Meet the Judges

TECHNOLOGY SERIES

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

T2: Document Scanning and Sharing Made Simple – Both Apple and Android Users

T3: Chelsea & Golf Genius

T4: iPhone: Apps

T5: iPhone: Basics

T6: iPhone: Camera & Photos

T7: Libby – Library eBooks

T8: Tribute Videos – Capturing and Storing Life Moments

T9: Tribute Videos – Creating your Keepsake

H21: Tennis: Beginner and Intermediate Clinic

H22: Too Fit to Fracture

H23: Wine & Line Dancing

S16: Motorcycle Safety Awareness

S17: PBS & NPR at FGCU

S18: PGM & Hospitality at FGCU

S19: Sanborn Fire Insurance Maps and Genealogy Research

S20: The Scopes/Monkey Trial

S21: Special Screening: World on Fire

S22: Spring Run: A Closer Look

S23: Spring Run: The Superintendent's Tour

S24: Talking the Talk – 40 Years Behind the Radio Microphone

S25: Troubled Waters: A Turtle's Tale Docu-discussion

S26: Waterborne Docu-discussion

S27: Wildfire Prep and Prevention

S28: The World of Human Trafficking





AROUND THE GLOBE

G1: American Eugenics and the Global Rise of Fascism that led to World War II

March 18th 2024 · 2:00–4:00 pm

Coined by Francis Galton, cousin of the renowned Charles Darwin, the term “eugenics” means “well-born” and theorizes that humanity could be improved by encouraging the fittest members of society to have more children. In the United States, the eugenics movement hit its stride in the early 1900s, when increased interest in the genetics of animal breeding coincided with the rediscovery of Mendel’s 1865 work demonstrating the inheritance patterns of certain characteristics in pea plants. Made popular in the early twentieth century by American biologist, Charles Davenport, America’s eugenics movement helped Benito Mussolini and Adolf Hitler in their rise to power, popular acceptance of Autocracy and Fascism as constructive political movements, and the undoing of many of the world’s democracies in the 1920s and 1930s. Widely accepted as valid science by many, including famous people such as Theodore Roosevelt, Hellen Keller, HG Wells, and Winston Churchill among others, eventually eugenics was largely dismissed as a scientific field of study after World War II. Remarkably, however, there are still U.S. states with eugenics laws on their books today.

Purpose: Learn how the “science” of American eugenics was at the root of the greatest conflict the world has ever known

Facilitator: Steve Vesce (Guest Presenter – Georgia)

G2: The Crusades: Battle for the Holy Land

March 11th 2024 · 1:00–3:00 pm

The Crusades were a series of religious and political wars between Christian, Orthodox Greeks and Muslim entities. The first Crusade started primarily to secure control of Jerusalem, a sacred site to the Christians. In all, eight major Crusade expeditions – varying in size, strength and degree of success – occurred between 1096 and 1291. The costly, violent and often ruthless conflicts enhanced the status of western European Christians, making them major players in the fight for land in the Middle East. While the Crusades ultimately resulted in a Muslim victory, many argue that the Crusades successfully extended the reach of Christianity and Western civilization. Trade and transportation improved throughout Europe. After the Crusades, there was a heightened interest in travel and learning throughout Europe, which some historians believe may have paved the way for the Renaissance. Among some followers of Islam, however, the Crusades were regarded as being more about land expansion and trade

than religion. Even today, some Muslims derisively refer to the West’s involvement in the Middle East as a “crusade.” There is no question that the years of warfare and conflict brought by the Crusades had an impact on Middle East and Western European nations for many years, and they still influence political and cultural views held today.

Purpose: Get a broad overview of the Crusades, who fought in the Crusades, their reasons and what relevance the Crusades have today

Facilitator: Tom Lemon

G3: Curious About Canada

February 13th 2024 · 10:00–12:00 pm

How much do you actually know about life in the Great White North? The place is beautiful and the people are famous for their niceness. But beyond that, how familiar are you with Canada’s system of government and multicultural society? Though we share a lot of similarities, Canada is not just an extension of the US! The second largest country in the world, Canada has plenty to be proud of: gorgeous natural parks, a rich and diverse culture and heritage, a coastline spanning three oceans, Old World charm and New World ideas, hockey. Canada welcomes visitors with wide open arms and vast open spaces. From loonies, toonies and double-doubles to its constitutional monarchy and universal healthcare, there is a lot to learn about our friendly neighbor to the north.

Purpose: Learn about some uniquely Canadian curiosities

Facilitator: Paula Lockhart

G4: Doc - A Combat Medic's Story

April 4th 2024 · 10:00–12:00 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

G5: Exposing the Invisible China

January 30th 2024 · 10:00–12:00 pm

In forty short years, the People’s Republic of China has emerged from the depths of despair, comparable to the most backward, poverty-stricken country in Africa. Now, China is recognized as a global military and economic powerhouse, primed to knock the United States off of its perch. However, China is convinced that the West exploited China when it was at its weakest. Most notably those years of the 19th and early 20th centuries, known to the Chinese as the Century of Humiliation, where China lost both its territory and its prestige to the imperial powers of the day. These experiences have left China deeply suspicious and

resentful of the countries it considers the West, including Australia and even Japan. In what ways are the West countries responsible for the Century of Humiliation and what mistakes did China make to precipitate it? In the immediate aftermath, Mao's 27-year tenure as Chairman include his ghastly and misguided programs (Great Leap Forward and the Cultural Revolution) which resulted in at least 40 million deaths of his own people by famine, torture, execution, and genocide. The rapid economic and military ascent of China has been one of the major geopolitical developments over the past four decades. Are the GDP and debt figures being reported accurate? China's Belt and Road Initiative (BRI), sometimes referred to as the New Silk Road, is one of the most ambitious infrastructure projects ever conceived to link East Asia and Europe through physical infrastructure. However, skeptics worry that China is laying a debt trap for vulnerable, third-world governments. Many of these projects become white elephants and fail to live up to expectations. How will the BRI play out and will any or all of the debt obligation from partner countries be paid off? What were China's greatest mistakes in handling the Covid pandemic and the Fentanyl crises?

Purpose: Learn why China's 11 self-inflicted wounds – not the West – will block China's bid for global dominance

Facilitator: Mike Quinlan

G6: Great Decisions

January 23rd 2024 · 3:00-5:00 pm
 | January 30th 2024 · 3:00-5:00 pm
 | February 6th 2024 · 3:00-5:00 pm
 | February 13th 2024 · 3:00-5:00 pm
 | February 27th 2024 · 3:00-5:00 pm
 | March 5th 2024 · 3:00-5:00 pm | March 12th 2024 · 3:00-5:00 pm | March 26th 2024 · 3:00-5:00 pm

The first "Great Decisions" group was launched in Portland, Oregon in 1954 by the Foreign Policy Association's (FPA) Vice President Roger Mastrude. Based on face-to-face, active and informal conversation, participants would read a fact sheet on each of the eight topics before meetings, where they aired their respective views and opinions. FPA would tally up opinion ballots and report the results to the Department of State. The program gained media attention, was picked up by local schools, and soon gained national attention. Today, Great Decisions is America's largest discussion program on world affairs with tens of thousands of participants taking part in discussions nationwide annually. The program model now involves reading the Great Decisions Briefing Book, reviewing optional additional resources and meeting in a discussion group to discuss the most critical global issues facing America today. Each year, the eight featured topics are chosen by a panel of experts. To join in the discussion participants are required to purchase the current Great Decisions Briefing Book through the club and familiarize themselves with the topics set for discussion. Over the course of 8 sessions, the discussion leader will provide a brief summary of the topic before engaging group discussion. Please remember to be respectful and to keep discussion civil. Signing up for the first session gets you into all eight sessions – limit of 25 participants.



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

Facilitator: Bill Krein

G7: LBJ and Lady Bird - an American Dream

November 10th 2023 · 2:30-4:00 pm

Now there is a sense that he will more and more emerge as a major if tragic historical figure, more important than John Kennedy. All the ingredients are there: he was large in himself, his life spanned vast and volatile political and social change, and he ruled at a time of shattering events. He was not just a man of frontier origin who brought us to the edge of the moon, but a man whose outlook was fashioned at a time when America was a weak, isolationist nation (an irony since the war he finally fought seemed to symbolize a nation almost too powerful and expansive for its own good). How was the 36th president of the United States able to simultaneously tackle the ambitions of the "Great Society" while navigating Vietnam? Lucky for him, he was always able to turn to his most reliable, trusted political strategist: his wife, Lady Bird Johnson. Perhaps the most underestimated First Lady of the twentieth century, Lady Bird Johnson navigated the power, politics and polarization of her era to become one of the most influential members of the Johnson administration and often her husband's secret weapon.

Purpose: Discussion panel on LBJ's early years, time in Congress and years in the White House along with a look at Lady Bird's time as First Lady

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

G8: Putin the Dictator

February 21st 2024 · 10:00-12:00 pm

When Russian President Boris Yeltsin suddenly resigned on December 31st 1999, he handpicked a former KGB official just a few years into politics as his successor. At first it was not obvious that Vladimir Putin would last very long in the job, but over twenty years later, he still grips the reins of power. Putin consolidated control over Russia by transforming the courts, media and other governance institutions to serve his interests. He has spent lavishly on the military, banned or jailed opposition politicians and journalists, and cracked down on dissent by restricting free speech on the internet. His rule has often been marked by cooperation with the West, but more often by antagonism and confrontation. Having emerged as one of the most aggressive challengers to the western liberal order, Putin is the pioneer of a new model of authoritarian leadership on the global stage. How did this former KGB official with no clearly articulated worldview rise to be Russia's newest czar? As the world struggles to confront a hostile Russia, the importance of understanding the formidable and ambitious Putin has never been greater. Purpose: Learn about the enigma that is the Russian dictator

Facilitators: Carol & Bill Furtwengler

G9: Susan Stamberg, Linda Wertheimer, Nina Totenberg & Cokie Roberts: The Founding Mothers of NPR

February 29th 2024 · 1:00-3:00 pm

In the years after the Civil Rights Act of 1964, women in the workplace still found themselves relegated to secretarial positions or locked out of jobs entirely. This was especially true in the news business, a backwater of male chauvinism where a woman might be lucky to get a foothold on the “women’s pages.” But when a pioneering nonprofit called National Public Radio came along in the 1970s, and the door to serious journalism opened a crack, four remarkable women came along and blew it off the hinges. Though their early paths differed, they joined forces at NPR, overqualified and underpaid due to the widespread gender discrimination of the day. The quartet banded together (their area of the newsroom was nicknamed the “Fallopian Jungle”) to push for change for women and minorities. Not only did these female journalists break glass ceilings, they made a lasting mark on NPR during the network’s formative years.

Purpose: Discussion panel on the Founding Mothers of NPR and how they changed the face of journalism
Facilitators: Nancy Taylor, Mo Winograd, Jan Johnson (Guest Presenter – Shadow Wood), Ruthmarie Mitsch (Guest Presenter – Lighthouse Bay)

G10: Taiwan - The Threat of a Major War Now and the Future

March 29th 2024 · 10:00-12:00 pm

Superficially at least, Ukraine and Taiwan appear to have much in common. Both are democracies whose territories have historically been claimed by much larger and better-armed neighbors. Beijing has long pledged to “reunify” with Taiwan, peacefully or by force, long before 2049. What strategic and economic reasons does China have for invading Taiwan? What lessons should Xi Jinping be learning from Putin’s misguided adventure in Ukraine? Is Taiwan ready? Will Taiwan fight? Has it invested enough in its own defense? What are the treaty obligations of the United States? Will Japan or any other Indo-Pacific nation support any effort by Taiwan to defend itself? If not, should the United States assume that responsibility? What type of weapons will be most effective in preventing China’s armed forces from crossing the Taiwan Strait and landing on Taiwan? If China indeed has more warships than the US, does the US still hold the edge in quality? What would be the implications in the Indo-Pacific area if China succeeds in taking Taiwan? How would that impact the Chinese economy and by extension, the US economy?

Purpose: Learn about 7 different scenarios of a military conflict involving Taiwan, China and the United States
Facilitator: Mike Quinlan

G11: Ukraine - When the Guns Go Silent, and They Will!

November 3rd 2023 · 10:00-12:00 pm

More than a year and a half of brutal combat shows us that the relative positions of Russian and Ukraine troops have hardly changed. The inescapable truth is that

neither Russia nor Ukraine will achieve their goals as of February 2022. This is a war unlike no other. Due to the help of the West and their generous support with the most sophisticated weapons ever seen, Ukraine arguably is now stronger than any other NATO nation. Ask Putin! Nevertheless, one must ask, how long will the US and other Western countries continue to support Ukraine? If the war lasts two or more years, will they remain united in their support? Under what circumstances could Russia and Ukraine live in peace and share the very same border? How will peace be achieved? Why are there no meaningful diplomacy efforts being made? How can yet another “forever war” be avoided? Why is the United Nations, with its \$3.5 billion budget (1/3 paid by the United States) sitting on its hands? If not with this most tragic war, when will the United Nations prove its worth? Putin wants to reestablish a Russian empire and at the same time prevent a democratic encirclement around Russia. Will Ukraine – and, perhaps, Georgia – become NATO members? Hundreds of foreign investors abruptly left Russia when the war started. Will they return once peace is restored? How long will it take the Russian economy to recover and by extension, the Ukrainian economy? Will Russia rebuild the Ukraine which it destroyed?

Purpose: Learn five likely ways that the Ukraine War ends

Facilitator: Mike Quinlan



G12: The US Air Force Tanker Program - A Failed Acquisition Process

March 26th 2024 · 1:00-3:00 pm

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

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

Facilitator: Craig Korkoian



ARTISAN SERIES

A1: Acrylic Tile Mosaic Art Project

March 6th 2024 · 9:00-12:00 pm | March 9th 2024 · 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 two sessions, 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 sessions everything will be complete. All supplies and materials provided for \$20 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: Beginners Card Shop

January 17th 2024 · 9:00-12:00 pm

The world of card making is continuously evolving. Every year, there is always something new, something innovative, and something trendy. Along with new card making supplies, card makers are also coming up with unique, creative, and out-of-this-world card making ideas and techniques. From simple stamping to layered stamping, from coloring with alcohol markers to alcohol ink pouring – the evolution of ideas and techniques is truly incredible. It could get overwhelming, especially if you're just starting out and have no idea which card design ideas you should try. If you're a beginner who wants to learn to make your own cards, you need to practice some basic techniques first. This will help you better understand what kind of cards to create and how to create them. This session is designed for beginners who have not yet taken a Card Shop class through iLife. All supplies and materials are provided for \$20 per participant.

Purpose: Learn how to create your own cards in a single session
Facilitators: Terri Socol, Lynn Guarasci, Patrice Sabo, Patti Kraska, Penni Kline

A3: Card Shop

November 8th 2023 · 9:00-12:00 pm | February 14th 2024 · 9:00-12:00 pm | March 13th 2024 · 9:00-12:00 pm | April 10th 2024 · 9:00-12:00 pm

Card making is such a rewarding hobby. There's just something deeply satisfying about creating something with your hands, and the fruits of your labor happen to be the perfect expression of sentiment for birthdays, holidays and any other special occasion. With nearly limitless possibilities, though, it can be overwhelming to figure everything out on your own. In these guided sessions, participants will learn the skills necessary to make cards that your family and friends will love and your neighbors will envy! All supplies and materials are provided for \$20 per participant per clinic. Registrations are limited to 12 participants.

Purpose: Create your own cards in a single session

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

A4: Decorative Art Project

October 21st 2023 · 9:00-12:00 pm | November 18th 2023 · 9:00-12:00 pm | January 20th 2024 · 9:00-12:00 pm | February 3rd 2024 · 9:00-12:00 pm | February 24th 2024 · 9:00-12:00 pm | March 23rd 2024 · 9:00-12:00 pm | April 6th 2024 · 9:00-12:00 pm

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

Purpose: Create a painting art project in one session
Facilitators: Stonie Frame, Suzanne Mikulka (Guest Presenter – Stoneybrook)

A5: Interior Design: Space Planning 101

April 3rd 2024 · 10:00-12:00 pm

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

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

Facilitator: Deb Evans

A6: The Magic of Cricut

January 24th 2024 · 9:00-12:00 pm

You can think of a Cricut cutting machine like a household printer. Except 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. Participants will be guided through constructing a creative art project in a single session. All supplies and materials provided for \$20 per participant. Registrations are limited to 12 participants. Purpose: Create your own craft project in a single session
Facilitators: Barb Rigo, Marianne McGlennon

A7: Norman Rockwell - The Artist & His Art

March 14th 2024 · 1:00-3:00 pm

Born in New York City in 1894, Norman Rockwell always wanted to be an artist. Through two World Wars, the Great Depression, civil rights struggles, and the wars in Korea and Vietnam, his paintings presented Americans with a window into a more idyllic world. In his own words, "Without thinking too much about it in specific terms, I was showing the America I knew and observed to others who might not have noticed." Though Rockwell is often regarded for paintings that addressed serious issues occurring at the moment of their creation, a great deal of Rockwell's oeuvre is reflective of his sense of humor and natural playfulness. Humor and wit were central aspects of his character. Providing 343 covers for the extremely popular Saturday Evening Post, Rockwell captured the heartwarming spirit of America with his creative depictions of real people, real places and the joy, innocence and reality common to all.

Purpose: Learn about Norman Rockwell and view some of his most famous works

Facilitators: Carolyn Smith, Jo Lemon

A8: Pastel Drawing

January 27th 2024 · 9:00-12:00 pm

When drawing, we are trying to create the illusion of reality. If successful, the drawing on a two dimensional surface (paper) will appear three dimensional....in addition to height and width, depth will be perceived. When illuminated properly, form divides into two major masses of value...light and dark. Participants will be shown how a pastel pencil and toned paper can be used to depict accurate values and shadow shapes, lights and darks to depict focal points and depth. Once you've learned some simple pastel drawing techniques, you're bound to fall in love with this fantastic drawing medium. Participants will be provided with a pastel pencil and sketch paper

Purpose: Learn how to record the flow of light with Pastels
Facilitator: Dean Oestreich

A9: Sing Along with Bob and Kathy

November 8th 2023 · 3:30-4:30 pm | January 10th 2024 · 3:30-4:30 pm | February 7th 2024 · 3:30-4:30 pm | March 6th 2024 · 3:30-4:30 pm | April 10th 2024 · 3:30-4:30 pm

There's no doubt that listening to your favorite music can instantly put you in a good mood. But scientists are now discovering that music can do more for you than just lift your spirits. Research is showing that music can come with many health benefits such as reducing pain and anxiety, relieving stress, and even helping with cognitive issues like memory loss, recovering from brain injury, and treating seizures. So come gather around the piano and sing some old favorites! Don't miss the fun (and beneficial) opportunities to enjoy the resounding sounds of members singing your favorite songs. Contribute to our collective

voice or just listen to the refrain of moving music from the good old days. This group meets once a month before Happy Hour at the clubhouse (Happy Hour priced drinks are available to participants).

Purpose: Enjoy singing or listening to live music

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

COGNITIVE FITNESS



M1: ACBL Series 1 - Intro to Bridge: For those who have never played

February 17th 2024 · 10:00-12:00 pm

This course will prepare new Bridge Players for the remaining Bridge classes in this series. Bridge is enjoyed by tens of millions of people throughout the world – more so than any other card game – Bridge can be played at many levels from purely social to very competitive Duplicate Bridge for Master Points. Participants will learn the basics in bidding and play of the hand, surprisingly easier than one expects. In fact, participants will be given the opportunity for open card play during the last hour of this session.

Purpose: Background for participation in the remaining Bridge series

Facilitator: Dean Oestreich

M2: ACBL Series 2 - Bridge: Suit Bidding

February 24th 2024 · 10:00-12:00 pm

There are two goals in suit bidding: the first is to communicate to your partner your suit preference, and the second is to signal the strength of your hand. Bidding is the language of Bridge, and in using only 13 words, signals how many tricks you believe your partnership can take and in which suit. Bidding relays information about the strengths and weaknesses of your hand to your partner. Bids will help you determine the easiest contract to make based on your respective hands. It is therefore important to know the meaning of each bid. Participants will be given the opportunity for open card play during the last hour of this session.

Purpose: Learn the basics of Suit bidding in Bridge

Facilitator: Dean Oestreich

M3: ACBL Series 3 - Bridge: No Trump Bidding

March 9th 2024 · 10:00-12:00 pm

If you're familiar with card games that feature wild cards, then you already know that using one will either win the

hand for you or greatly increase your chances of winning. In Bridge, you have wild cards, too, called trump cards. However, in Bridge, the trump cards are really wild because they change from hand to hand, depending on the bidding. If the final bid names a trump suit, that suit is the wild suit for the hand. When the final bid ends in a No Trump contract, the highest card played in the suit that has been led wins the trick. More contracts are played in No Trump than in any of the four suits. Discussed will be the specific requirements (point count, distribution, stoppers) for the opener and responder in notrump contracts. Participants will be given the opportunity for open card play during the last hour of this session.

Purpose: Gain a deeper understanding of No Trump bidding
Facilitator: Dean Oestreich

M4: ACBL Series 4 - Bridge: Play of the Hand

March 16th 2024 · 10:00-12:00 pm

After the bidding the play of the hand begins. The person playing the hand (Declarer) should pause after the opening lead lands on the table. Declarer should consider how many tricks are needed to make the contract, then count sure winners and develop a strategy before playing the first card. Strategies for winning additional tricks include: finessing, running long suits, ruffing losers in dummy and good memory. Please note, that the play of the hand in a suit contract is different than in a No Trump contract. The last hour of the session will allow for open play.

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



M5: ACBL Series 5 - Bridge: Defense

March 23rd 2024 · 10:00-12:00 pm

Approximately 50% of your time playing Bridge you will be on defense. A minor improvement in defense should have a major improvement in your overall Bridge results. The primary focus on defense will be on the “opening lead,” the most important card played by defenders. The opening lead is often the difference between setting the opponents or allowing the opponents to take extra tricks. Note that defenders can’t see their partner’s cards, but declarer can see their partner’s cards. Defenders can legally signal to describe their hand through discards and positional play. This is a partnership game and your partner should understand your leads, discards and positional play. Participants will be given the opportunity for open card play during the last hour of this session.

Purpose: Learn how to make informative leads and positional play.
Facilitator: Dean Oestreich

M6: ACBL Series Final - Sanctioned Duplicate Game with Master Points

March 30th 2024 · 10:00-12:00 pm

iLife is proud to partner up with the American Contract Bridge League (ACBL) to host an official Guest Membership Pupil game at Spring Run for students who complete the ACBL Series through iLife. This is a

no cost way for players and students to try the benefits of ACBL membership. With a Guest Membership, a player can play in any club or tournament game, earn up to 20 masterpoints, read online editions of the Bridge Bulletin, and receive ACBL Live and Live for Clubs results emails. Guest Memberships last for 120 days and are only available to brand-new members (no previous or current members). Master Points will be filed as unrecorded and become permanent upon joining with a full membership.

Purpose: Participate in an ACBL sanctioned game
Facilitator: Dean Oestreich

M7: Alzheimer’s and other dementias

January 26th 2024 · 1:00-2:00 pm

Dementia is not a single disease; it’s an overall term – like heart disease – that covers a wide range of specific medical conditions, including Alzheimer’s disease. Dementia affects millions of people and is more common as people grow older, but it is not a normal part of aging. Many people live into their 90s and beyond without any signs of dementia. While Alzheimer’s is a specific disease, it is the most common cause of dementia, accounting for 60-80% of dementia cases. Doctors can determine that a person has dementia with a high level of certainty. But it’s harder to determine the exact type of dementia because the symptoms and brain changes of different dementias can overlap. Treatment of dementia depends on its cause, but in the case of most progressive dementias, including Alzheimer’s disease, there is no cure and very few treatments. Ultimately, the path to effective new treatments for dementia is through increased research funding and increased participation in clinical studies.

Purpose: Learn about Alzheimer’s and other dementias
Facilitator: Jon Brillman (Guest Presenter – Lee Health)

M8: Brain Enrichment for Healthy Longevity

February 2nd 2024 · 1:00-3:00 pm

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

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

M9: Canasta: Beginners Clinic

January 19th 2024 · 9:30-11:30 am | January 26th 2024 · 9:30-11:30 am | February 2nd 2024 · 9:30-11:30 am | February 9th 2024 · 9:30-11:30 am | February 16th 2024

· 9:30–11:30 am | February 23rd 2024 · 9:30–11:30 am
| March 1st 2024 · 9:30–11:30 am | March 8th 2024 ·
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

M10: Everyday Useful Spanish

February 1st 2024 · 3:00–4:30 pm | February 15th 2024 ·
3:00–4:30 pm | February 29th 2024 · 3:00–4:30 pm |
March 7th 2024 · 3:00–4:30 pm | March 14th 2024
· 3:00–4:30 pm | March 21st 2024 · 3:00–4:30
pm

Living in southwest Florida, it can be very beneficial to know some vocabulary and simple expressions in Spanish. For example, you may want to ask your gardener for a tree or bush to be pruned (or NOT pruned), a new plant to be planted, etc. But you don't really need to be completely fluent in Spanish in order to communicate. If you've taken a Spanish class before, you may be getting flashbacks of boring grammar lessons and tedious verb conjugations or rules. However, learning common expressions, including for travel, – greetings, directions, understanding and ordering from a menu, buying something, etc. – will go a long way! During this 6-week course participants will get the opportunity to learn and practice the basics. Headcount limit of 12 participants.

Purpose: Learn and practice basic vocabulary and simple expressions in Spanish

Facilitator: Helaine Olivares

M11: Gentlemen's Book Club

November 14th 2023 · 1:00–3:00 pm | December 12th
2023 · 1:00–3:00 pm | January 9th 2024 · 1:00–3:00 pm
| February 13th 2024 · 1:00–3:00 pm | March 12th 2024 ·
1:00–3:00 pm | April 9th 2024 · 1:00–3:00 pm

Join other Spring Run men in reading fresh, engaging and intelligent fiction and nonfiction books. The works are about challenges, tragedies, world affairs, government, identity, major issues, and historical events. Rich discussions of the texts provide enjoyment and varying perspectives on today's issues. This group meets on the second Tuesday of every month at 1:00 p.m. In season, we meet in the Club House and at other times we meet via Zoom (during the Covid-19 lockdown we found we

were very effective meeting via Zoom). To learn which books will be discussed or to be included in the monthly mailing, contact Bill Krein at wakrein@wpi.edu or call 239-405-7248.

Purpose: Book club discussion group

Facilitator: Bill Krein

M12: Intro to Mah Jongg

January 29th 2024 · 1:00–3:00 pm | February 5th 2024
· 1:00–3:00 pm | February 12th 2024 · 1:00–3:00 pm |
February 19th 2024 · 1:00–3:00 pm | February 26th 2024
· 1:00–3:00 pm | March 4th 2024 · 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

M13: Ladies Book Club

October 20th 2023 · 1:00–3:00 pm | November
17th 2023 · 1:00–3:00 pm | January 19th 2024 ·
1:00–3:00 pm | February 16th 2024 · 1:00–3:00 pm
| March 15th 2024 · 1:00–3:00 pm | April 19th 2024 ·
1:00–3:00 pm

Join others in reading fresh, engaging and intelligent fiction and nonfiction books. The texts are about challenges, tragedies, love, family, identity, and major reality issues. Stimulating discussions of the works provides smiles, laughter and much to think about. The group will meet and discuss in October, November, January, February, March and April. To find out which books will be discussed, contact Tish Breschi at bobandtish@verizon.net.

Purpose: Book club discussion group

Facilitator: Tish Breschi

M14: There's no Crying in Cribbage

February 16th 2024 · 10:00–12:00 pm

Cribbage evolved from an earlier English game called "noddy," and the man credited with inventing it is Sir John Suckling, a wealthy English poet. Cribbage affords players both the anticipation of the luck of the deal as well as ample opportunity to exercise their skills in discarding and play. One of the novel features of Cribbage is that a Cribbage board is used for scoring rather than the usual pencil and paper. The rectangular wooden board is



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

Purpose: Learn how to play the game of Cribbage

Facilitators: George & Nancy Taylor

M15: Getting Published

March 13th 2024 · 1:00-3:00 pm

When most people think about "getting published," their thoughts immediately go to writing a novel. However, there are a plethora of print vehicles for your writing from articles, letters to the editor and op-ed pieces for newspapers and magazines to short stories and even Facebook posts. Getting your writing published can be a great source of pride. Regardless of which vehicle you choose to write, remember to enjoy the experience! Your thoughts are of more interest to family and friends, than those of Hemmingway or Faulkner.

Purpose: Learn how to get your writing published

Facilitator: Joe Martin



C1: Around the World in Four Courses

April 18th 2024 · 5:00-7:00 pm

Looking to bring a little global flair to your kitchen? Do you need some new, flavorful, go-to dishes for any night of the week? This interactive experience will take you on a culinary journey filled with recipes that are sure to impress family and friends, and be on the table in minutes. From Mexico to France and beyond, prepare to roll up your sleeves and join the fun in this hands-on, instructor-led cooking class. No passports required for this trip – it's the ultimate staycation! Participants will meet at FineMark Bank – registration limit of 33.

Purpose: Team up with neighbors and friends to cook recipes from around the world

Facilitator: Lauren Simon (Guest Presenter – FineMark Bank)

C2: Farmer Mike's U Pick

October 23rd 2023 · 9:00 am

Farmer Mike's U Pick began as a small roadside stand in Bonita Springs, but it was soon clear that SW Florida was

hungry for more fresh, homegrown fruits and vegetables! As local patronage grew so did their farms. Now they grow and sell over a hundred different types of produce, fruit and flowers on their farm. Farmer Mike and his son, Mike Jr, are operating the farm together as 3rd and 4th generation farmers. Farmer Mike has been growing fruits and vegetables for over 35 years in the southwest Florida area. Considered a "hidden gem," most customers are by word-of-mouth or Facebook. There are people who live here year-round and don't know about it, but not for long! Participants are responsible for their own transportation to Farmer Mike's U Pick. Headcount is limited to 30 participants. \$10 per participant for a light lunch on site. Please note, this is a self-drive event.

Purpose: Take a tour of Farmer Mike's U Pick and pick your own produce

Facilitator: Kris Jubinville

C3: Grill & Chill

March 4th 2024 · 5:00-7:00 pm

If you're cooking a large cut of meat – like a whole chicken, or a prime rib, maybe – you're probably going to head straight to the oven and start roasting. However, if you're feeling adventurous, go outside and grill those bigger cuts. Large cuts of meat are delicious when grilled up correctly – like, the best-meat-I've-ever-tasted delicious. When it comes to grilling large cuts, you can think of your grill as an oven that won't heat up the house, with the added benefit of being able to add some smoky or charred flavor. You may have shied away from cooking large cuts on the grill for fear of burning them, but done properly, a whole chicken or pork butt will grill up beautifully. All you need is a little advice and before you know it, you'll be cooking with gas (or charcoal if you prefer). Headcount is limited. \$20 per participant – cash only.

Purpose: Learn how to grill large cuts of meat and sample some recipes

Facilitator: Jon England

C4: Italian Cuisine

March 22nd 2024 · 11:00-1:00 pm

Up until about 150 years ago, Italy was divided into twenty-seven separate regions. Each region developed its own traditions, dialect and dishes. When we talk about Italian cuisine, we are actually talking about twenty-seven separate cuisines! For example, there are Sicilian dishes, which were popular during the Roman Empire and the culinary traditions of the Bay of Naples, where seafarers brought new ingredients and the use of tomatoes and pizza was pioneered. In Lombardy, people ate hardly any pasta, but rather polenta, while in rolling Tuscany they became masters of making delicious bread. Ask an Italian where he comes from, and he does not say: Italy, but the name of his native region, or even the exact village. Italians are proud of their origins. No wonder every Italian knows exactly why his past is tastier than that of the next village. What seems like a small difference to us is the product of a long history. This demo will be held at the Healthy Life Center. \$20 per person to be charged to your member account.

Purpose: Learn about and taste Italian cuisine

Facilitator: Aikaterina Galeos (Guest Presenter – Lee Health)

C5: Liquor Lab

October 16th 2023 · 5:00–7:00 pm | November 20th 2023 · 5:00–7:00 pm | January 18th 2024 · 5:30–7:30 pm | February 19th 2024 · 5:00–7:00 pm | March 21st 2024 · 5:30–7:30 pm | April 22nd 2024 · 5:00–7:00 pm
Whether you're ordering at the bar or taking orders behind the bar, it's important to have a good working knowledge of cocktails. The right concoction can literally make the party. If you don't know your martinis from your cosmopolitans, and have no idea what a rocks glass is, don't worry. You will. Yes, there are hundreds of classic cocktails, but few have true staying power. In the end everyone will have their preferences, but no matter whether your go-to is gin, tequila, or rye whiskey, there is a cocktail for you. \$20 per participant – cash only.

Purpose: Learn and taste select cocktails

Facilitator: Jose Del Campo

C6: Modern French Cuisine

February 22nd 2024 · 5:00–7:00 pm

For centuries, French cuisine was highly regimented, strictly codified, and easy to define. Known for a parade of courses from appetizer through main, cheese, and dessert; for precise techniques and phenomenal attention paid to sauces; for excellent ingredients and no small amount of theatrics, French cooking has long been hailed as perhaps the finest in the world. But recently, contemporary French chefs have been deviating from the script and trying out some new and exciting culinary ideas. Modern French cuisine is known for its rejection of excessive complication in cooking. Cooking times for most fish, seafood, game birds, veal, green vegetables and pâtés have been greatly reduced in an attempt to preserve the natural flavors. Now there is a heightened focus on sourcing the freshest ingredients and seasoning dishes with fresh herbs, butter, lemon juice, and vinegar rather than heavy sauces. Headcount is limited. \$20 per participant – cash only.

Purpose: Learn about and taste modern French cuisine

Facilitator: Michel Urbano

C7: Modern South American Cuisine

March 28th 2024 · 5:00–7:00 pm

Delve into a world of searing heat, sumptuous flavor, and fiery passion with modern South American cuisine, and discover some of the many culinary surprises this colorful continent has to offer. From the Andes to the Amazon, incredible food can be found throughout South America, no matter which of its twelve countries you find yourself gracing and exploring. Though this may be the tip of the iceberg, these dishes are a great place to start to acquaint yourself with modern South American cuisine, before your senses plead with you to venture forth and discover much more. Headcount is limited. \$20 per participant – cash only.

Purpose: Learn about and taste modern South American cuisine

Facilitator: Michel Urbano

C8: New Orleans Creole Cuisine

February 29th 2024 · 5:00–7:00 pm

New Orleans is arguably the only American city with its own singularly distinctive cuisine. Sure, there are iconic dishes in every food town, from Chicago deep dish pizza to

Memphis barbecue, but New Orleans has its own special gastronomy that draws hungry diners from all points of the globe. Not to be confused with rustic Cajun cuisine eaten by French Acadians living among swamps, bayous and prairies, Creole fare was favored by city dwellers in New Orleans. A European-centric history of the cuisine gives outsized credit to French and Spanish immigrants, but the culinary traditions of enslaved Africans and Choctaw Indians were central to the evolution of Creole cooking, and the prevalence of ingredients. For those familiar with the flavors, this is a cuisine worth revisiting. For those who have yet to experience a true Creole dish, this is one culinary adventure you don't want to miss out on. Headcount is limited. \$20 per participant – cash only. Purpose: Learn about and taste Creole cuisine
Facilitator: Kris Jubinville

C9: Pizza Party

January 15th 2024 · 5:00–7:00 pm

Homemade pizza isn't as simple as it may seem so that's why you see the majority of folks ordering out when they're craving a good pie. Starting with making the perfect dough, many are already intimidated by the proofing process let alone kneading, stretching or even docking the dough. But honestly, this is the most "involved" part of making a pizza that you can even bypass with a good quality, store-bought dough. Then it is as simple as prepping your other toppings from seasoning your tomato sauce, to chopping fresh vegetables and grating the cheese you'll put on top. Bake for 15 minutes, garnish with basil (or, let's be real, more cheese), and enjoy showing off your way-better-than-takeout creation! Participants will work in stations to create their own dough to take home. Then we will put toppings on prepared dough, bake and enjoy! Headcount is limited. \$20 per participant – cash only.

Purpose: Learn how to make pizzas and create your own pizza in a group setting

Facilitator: Jon England

FIDUCIARY SERIES



F1: Banking Crisis of 2023

March 25th 2024 · 1:00–3:00 pm

2023 may go down in the history books as the year America lost faith in its banks. Over the course of a few weeks in the spring of 2023, multiple high-profile regional banks suddenly collapsed: Silicon Valley Bank (SVB), Signature Bank, and the First Republic Bank. These banks weren't limited to one geographic area, and there wasn't one single reason behind their failures. The news roiled the financial markets, pummeled the banking industry,

and unsettled the public. Fears mounted that financial contagion was underway, which happens when a problem in one sector spreads to other areas of an economy, country or region – with disastrous consequences. But what exactly happened to these banks? Why did they fail this year and not during the COVID-19 pandemic, when so many other businesses shuttered? And perhaps the most important question of all is: Has the banking crisis of 2023 ended?

Purpose: Learn why the banking crisis happened, what it means for the rest of us and where do we go from here

Facilitators: Mo Winograd, Peter Borré (Guest Presenter – Bonita Bay), Edie Hunt (Guest Presenter – Bonita Bay), Howard Cohen (Guest Presenter – The Colony)

F2: Considering Florida Residency

January 16th 2024 · 1:00-3:00 pm

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

Purpose: Learn about the benefits of Florida Residency

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

F3: Current Market & Economic Update

March 26th 2024 · 10:00-12:00 pm

Are you curious about the current market environment? What are some of the short- and long-term concerns in the economy and markets? Is inflation finally cooling down? What about the Federal Reserve's interest rate hikes? Is supply and demand leveling out or are supply chain issues still affecting the economy? How can all of this be impacting your portfolio?

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

Facilitators: Dennis Landfried, Joe Cleveland, David Frye, Philip Fincher, Dallas Revord (Guest Presenters – FineMark Bank)

F4: Financial Planning at Any Age

February 6th 2024 · 10:00-12:00 pm

No matter your age, it's a good time to check in with the important parts of your financial life. Financial planning should include determining time horizons, estimating expenses, calculating required after-tax returns, assessing risk tolerance, and doing estate planning. This critical exercise will reaffirm your confidence level in your finances and the plan you have set up for your heirs. We'll review six key planning areas as well as provide some scenarios for real-life applicability.

Purpose: Learn about financial planning for your future and that of your heirs

Facilitators: Dennis Landfried, Joe Cleveland, David Frye, Philip Fincher, Dallas Revord (Guest Presenters – FineMark Bank)

F5: How Historical Events Affect the Markets

February 2nd 2024 · 10:00-12:00 pm

Historical events may form our perspective on markets, investing and our wealth. Our current electronic media makes it all feel faster, less constrained and more responsive to our behavior. What we need is a little dash of perspective. Do any of these events, with more media front and center, help us to be better investors or does it simply entertain at the expense of financial well-being? Going a step further, we often have difficulty handling the time scales of investing around these events: from intraday trading to quarterly reports to multigenerational wealth. Throughout time, what has been the prudent investors' response to these perceived pivotal moments in history?

Purpose: Learn about the impact of historical events on the markets and appropriate ways to respond

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

F6: I'm a Trustee, now what?

February 27th 2024 · 10:00-12:00 pm

Have you been named trustee? Have you selected a trustee or are you in the process of choosing one now? It's important to understand what that role entails. Trustees must deal with both money and people. You might be more worried about the financial aspects, but the people may prove to be the greater challenge. What common mistakes do trustees often make and how can they be avoided? Important considerations include selecting a trustee, planning for the distribution of wealth, funding your trust, consolidating your assets and how to prepare if you become incapacitated. Through real-life scenarios, learn how trustees can become more aware of their responsibilities and active participants in the decisions impacting their families.

Purpose: Learn what it takes to be a trustee and why selecting the proper trustee is so important, and hear real-life examples of what can go wrong if you don't choose wisely

Facilitators: Dennis Landfried, Joe Cleveland, David Frye, Philip Fincher, Dallas Revord (Guest Presenters – FineMark Bank)

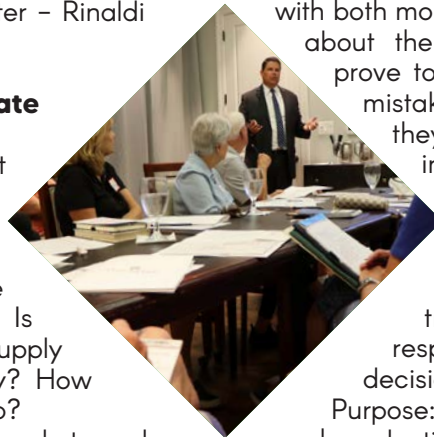
F7: Investing Not Speculating

March 12th 2024 · 10:00-12:00 pm

Most Americans have a casual relationship with the basics of investing and how to build a sustainable portfolio to meet their needs and objectives. Current and potential investors often find investing difficult to understand. The financial industry's alphabet soup of solutions is a top reason why individuals don't invest more, or sometimes even at all. For beginners, learning some key investment terms will go a long way in building a successful portfolio to navigate their investment horizon. Whether you want to make the most of your money or make sure you preserve your assets, remember that sound investing is all about setting goals, taking informed actions and balancing risks. You'll also want to avoid pitfalls that can result in unnecessary losses or missed opportunity.

Purpose: Learn the basics of investing

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



F8: Retirement Reinvented I: Financial Basics & Risk Management

February 15th 2024 · 10:00–11:00 am

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

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

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

F9: Retirement Reinvented II: Retirement Income & Investing

February 22nd 2024 · 10:00–11:00 am

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

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

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

F10: Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan

February 29th 2024 · 10:00–11:00 am

Estate planning is the process of indicating how you want

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

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

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

F11: Retirement Security with the Retirement Equity Line of Credit (RELOC)

February 9th 2024 · 10:00–12:00 pm

Most people are familiar with the Home Equity Line of Credit (HELOC). However, not many are aware of the Retirement Equity Line of Credit (RELOC) which has significant benefits over a standard HELOC. The RELOC is specifically designed to involve home equity as part of your overall financial plan. Most financial plans focus on income, assets under management, tax advantages, and insurance. Yet few mention and discuss your home equity. The RELOC can provide peace of mind if you are concerned today, or in the future, about needing additional income or assets. The RELOC can help

offset high inflation, fund insurance or long-term care, provide additional income during retirement, offset the loss of income or assets with the illness or passing of a loved one, or provide a pool of tax-free funds for future needs.

Purpose: Learn about the RELOC and how it can help with high inflation and market volatility in order to enhance your overall financial plan and peace of mind in retirement

Facilitator: Mike Crossett

F12: The SECURE Act - a new death tax?

February 16th 2024 · 1:00–3:00 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



F13: What is Cryptocurrency?

February 15th 2024 · 2:00-3:00 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

F14: Why Banks are Different & the Consolidation of the Industry from 1980-2010

March 8th 2024 · 10:00-12:00 pm

Money and banking are vital components of any economy, serving as the lifeblood of financial transactions. In the United States, the banking industry plays a crucial role in the economy, while the Federal Reserve acts as the central bank responsible for managing monetary policy. Banking is a highly regulated industry. How do banks operate in this regulatory environment? In addition, consolidation – the combining of banking institutions via mergers and acquisitions – became widespread in the 1980s and continued into the 1990s and 2000s as regulatory changes permitted banks to operate in multiple states and technology enabled banking institutions to provide services at lower costs. This changed the face of banking in the US. While the benefits of consolidating are clear for an institution, the benefits (and costs) for the consumer are less clear, especially as media headlines often associate consolidation with the closing of bank branches. How does this bode for small community and regional banks? What are the implications of the current environment given the recent bank scares with Silicon Valley Bank (SVB) and First Republic Bank?

Purpose: Learn about banking and consolidation along with its impact on the current environment
Facilitator: Fred Eisenreich

HEALTH & BEAUTY



H1: 10 Steps to better fitness

January 23rd 2024 · 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: Anti-Aging Posture Workshop

November 14th 2023 · 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)

H3: Athletic Motion and the Golf Swing

February 3rd 2024 · 1:00-2:00 pm

The golf swing is an athletic motion similar to the basic

action of throwing a ball, hitting a tennis ball, kicking a soccer ball, or rolling a bocce ball. These fundamentals are simple, logical, and easy to understand and put into action. As you let your natural chain of motion take over, you will see great progress in your game. It doesn't have to be hard to discover the PAR golfer in you!! Headcount limit of 15.

Purpose: How to incorporate athletic principles into your golf swing

Facilitator: Patty Driapsa

H4: Bicycle Safety and Maintenance

February 10th 2024 · 9:00–11:00 am

Just like a motor vehicle, a bicycle needs maintenance and care to perform at its best. Brakes, tires, gears and other components should be regularly checked and maintained, so you can enjoy a safe, comfortable ride, whenever and wherever you decide to go. With a simple checklist, you can determine what to check before every ride and the types of maintenance that need to be performed monthly vs annually. Participants are encouraged to bring their bicycle to this clinic for an evaluation and adjustments. There will be hands-on demonstrations and an optional Fix a Flat clinic following the bike maintenance clinic.

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

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

Facilitator: Craig Korkoian

H5: Biking 10 miles - 5 local trails

January 29th 2024 · 9:00 am | February 5th 2024 · 9:00 am | February 12th 2024 · 9:00 am | February 19th 2024 · 9:00 am | February 26th 2024 · 9:00 am

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

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

Facilitator: Terri Socol

H6: Bocce: Intermediate Clinic

February 21st 2024 · 7:00–8:30 pm | March 20th 2024 · 7:00–8:30 pm

Have you taken the beginner's bocce ball clinic? Once

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

Purpose: Sharpen bocce skills to become more competitive

Facilitator: Gary Orten

H7 Bocce: Orientation

January 24th 2024 · 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



H8: Bocce: Spring Run Rules

January 31st 2024 · 7:00–8:30 pm

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

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

Facilitator: Craig Korkoian

H9: Color Me Beautiful

January 24th 2024 · 1:00–3:00 pm

Learn how to reinvent yourself by following the "4 Season Color Theory." Do you know what "season" you are? Do you know how you can appear 10 years younger by wearing the correct color clothing, lipstick, eyeglasses and earrings? Utilizing your seasonal type to coordinate

color options is a simple yet powerful tool.
Purpose: Learn about the 4 Season Color Theory and how to apply it
Facilitator: JoAnne Richmond

H10: Drivers & Woods

February 19th 2024 · 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

H11: Family & Friends CPR

February 22nd 2024 · 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)

H12: Giving Hope Back to People in Pain - A Guide to Getting Back to the Sports You Love

February 27th 2024 · 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)

H13: Golf Swing Dos and Don'ts

January 15th 2024 · 2:00–4:00 pm
In the age of social media and technology, golf instruction has become more available to a larger network of people. Every social media outlet and golf website is filled with vast amounts of instructors with varying opinions on the golf swing. The days of endless instruction spending loads of money with your club pro in the hot sun are dwindling. It is very possible to get high quality golf instruction, for free, sitting on your couch at the tip of your fingertips. However, that can come with a cost. With so much content out there, it is more important than ever to know what is right and wrong for you. How does one go about this?
Purpose: Learn similarities and differences in the golf swing
Facilitator: Tanner Nipper

H14: How to Improve your Pace of Play

January 19th 2024 · 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

H15: Medicare 101: Understanding the Basics and Private Options

October 31st 2023 · 10:00–12:00 pm | January 23rd 2024 · 10:00–12:00 pm
There are many important facts you need to understand about Medicare prior to enrolling to make sure you get the most out of the available plans and benefits. During this educational seminar you will learn what Medicare covers and what it doesn't along with how to apply and how to avoid possible penalties. We will go into detail how private insurance plans work with Medicare. We will also explain how you can make changes to your plan, and what to know when selecting a plan that is best for you.
Purpose: Learn about Medicare along with how and when to sign up or make changes to your plan
Facilitator: Andrea Munao (Guest Presenter – Informed Choice)

H16: Nutrition for Cognitive Function

March 7th 2024 · 1:00–2:00 pm
Your brain is kind of a big deal. As the control center of your body, it's in charge of keeping your heart beating and lungs breathing and allowing you to move, feel, and



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

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

Facilitator: Carrie Bloemers (Guest Presenter – Lee Health)

H17: Par for the Course

February 5th 2024 · 7:00-8:30 am

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

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

Facilitator: Tanner Nipper

H18: Pickleball: Orientation

January 18th 2024 · 9:00-10:30 am | February 1st 2024 · 9:00-10:30 am | February 15th 2024 · 9:00-10:30 am | February 29th 2024 · 9:00-10:30 am | March 14th 2024 · 9:00-10:30 am | March 28th 2024 · 9:00-10:30 am

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

Purpose: Learn how to play pickleball

Facilitators: Joe McCreery, David Brinkruff

H19: Read 'Em and Weep - the Greens of Spring Run

February 9th 2024 · 4:00-5:00 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

H20: READY - Women's Basic Self-Defense

January 25th 2024 · 10:00-12:00 pm

The term self-defense can be misleading. Most people assume a scenario where you are already being assaulted, and you have a special technique to neutralize your attacker. However, self-defense shouldn't only help you focus on tactical evasion techniques but also become more in touch with your survival instincts. Respond with Empowerment and Awareness to Defend Yourself (R.E.A.D.Y.) is a special program just for the ladies – all ages, teenagers and up are invited. Participants are asked to dress comfortably. There are special forms to complete due to the specific nature of this program. Part of the class is spent going over personal safety and situational awareness.

Participants will also learn a series of moves they can perform if they ever feel threatened or are faced with a potential assault. Registration is limited to 20 participants.

Purpose: Learn basic self-defense and situational awareness

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

H21: Tennis: Beginner and Intermediate Clinic

January 12th 2024 · 9:00-10:30 am | January 19th 2024 · 9:00-10:30 am | January 26th 2024 · 9:00-10:30 am | February 2nd 2024 · 9:00-10:30 am | February 9th 2024 · 9:00-10:30 am | February 16th 2024 · 9:00-10:30 am | February 23rd 2024 · 9:00-10:30 am | March 1st 2024 · 9:00-10:30 am | March 8th 2024 · 9:00-10:30 am | March 15th 2024 · 9:00-10:30 am | March 22nd 2024 · 9:00-10:30 am | March 29th 2024 · 9:00-10:30 am | April 5th 2024 · 9:00-10:30 am | April 12th 2024 · 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

H22: Too Fit to Fracture

March 18th 2024 · 1:00–2:00 pm

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

Purpose: Learn about skeletal fitness and how to improve it safely

Facilitator: Karen Beale (Guest Presenter – Lee Health)

H23: Wine & Line Dancing

February 18th 2024 · 4:00–6:00 pm | March 10th 2024 · 4:00–6:00 pm

Line dancing is exactly what its name implies: people dancing in lines to music. Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows, most often without the dancers making contact with one another. Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands. The movements of a line dance are marked as “counts” where one count generally equals one musical beat, with a particular movement or step taking place at each beat. But don’t be intimidated at the sound of counting out choreographed steps! It all comes much more naturally than you would think. Also, a little wine never hurts! Happy hour priced drinks will be available. Participants are encouraged to wear shoes that slide instead of gym shoes. Join in on the fun as we learn the choreography for some of the most popular line dances. You and other participants won’t be able to resist showing off these routines at the next neighborhood gathering or party at the clubhouse.

Purpose: Learn some basic line dances over drinks (drinks optional)

Facilitators: Patty Fitzgerald, Kim Corso

SPECIAL TOPICS



S1: The 4 Phases of Retirement

January 26th 2024 · 10:00–12:00 pm

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

Purpose: Learn about the four phases of retirement

Facilitator: Riley Moynes

S2: Active Violence/Shooter - How would you respond?

February 6th 2024 · 1:00–3:00 pm

Active violence/shooter situations are unpredictable and evolve quickly. Typically, the immediate deployment of law enforcement is required to stop the violence/shooting and mitigate harm to victims. Because these situations are often over within minutes, before law enforcement arrives on the scene, individuals must be prepared both mentally and physically to deal with an active violence/shooter situation. You’re at the mall, the movies, your clubhouse and you hear gunshots. How would you react? What would you do? These cases are rare, but they do happen. How can we take what we’ve learned from these tragedies and use that information to possibly save lives?

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

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

S3: Archaeology of the Calusa

February 12th 2024 · 1:00–3:00 pm

The Calusa was a powerful, complex society who lived on the sandy shores of the southwest Florida coast. Being on the coast, they relied heavily on fishing and hunting for principal sources of food with their main waterway being the Caloosahatchee River or “River of the Calusa.” The vestiges of their long-ago presence span from Sarasota to the Keys with many Calusa shell and human burial mounds dotting our area’s islands and shoreline. They were also able to hold off Spanish invasion for over 200 years! Despite having a population of thousands of people, the Calusa set themselves apart from other farming tribes in Florida. This begs the question: What factors made

them so unique and contributed to their achievements?
Purpose: Learn about the engineering, trade and cosmivision that made the ancient Calusa a unique and fascinating society in southwest Florida
Facilitator: Natalie De La Torre Salas (Guest Presenter – Florida Public Archaeology Network)

S4: Birds of Spring Run

January 30th 2024 · 1:00–3:00 pm

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

Purpose: Birding in Spring Run

Facilitators: Ted Hoffman, George Taylor

S5: Bonita Springs Utilities, Inc.

February 15th 2024 · 12:00–2:00 pm

Bonita Springs Utilities (BSU), Inc. provides water and wastewater service to more than 50,000 people living in a 60-square-mile service area that covers the City of Bonita Springs, the southern portion of the Village of Estero and unincorporated Lee County. Today BSU, Inc. has a water treatment capacity of up to 12 million gallons per day to allow for continued population growth and serves more than 40,000 wastewater connections. Founded in 1969, this member-owned, nonprofit utility employs 130 people and has won numerous honors recognizing it for outstanding water distribution performance, best-tasting drinking water and plant of the year. How does BSU, Inc. live up to its mission statement to provide safe, reliable potable water and wastewater service, emphasizing responsible protection of our resources at the most effective cost to all members? How have the facilities grown over time and how will they continue to adapt to support more growth?

Purpose: Learn about Bonita Springs Utilities, Inc. and planning efforts to address water supply demands within our growing area

Facilitator: John Jenkins (Guest Presenter – Bonita Springs Utilities, Inc.)

S6: Calusa Waterkeeper

March 4th 2024 · 1:00–3:00 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 in 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)

S7: Coffee & Conversations

January 9th 2024 · 9:00–11:00 am | February 23rd 2024 · 9:00–11:00 am | March 28th 2024 · 9:00–11:00 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 ensuring the course is in the best condition at all times, to organizing member play, to running the clubhouse, 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 Golf Course Superintendent, Joey Smallwood. The second session will be with our Head Golf Professional, Jeff Carter. The final session will be with our Clubhouse Manager, Josh Petrosky. 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, Joey Smallwood, Jeff Carter, Josh Petrosky

S8: From Pets to Predators: Python Population Explodes out of the Everglades

March 5th 2024 · 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

S9: Genealogy: Evidence Evaluation

February 9th 2024 · 1:00-3:00 pm

As you proceed through the genealogical research process, discoveries are made from a wide variety of sources and talking to family members, friends, neighbors and others who claim to have knowledge about an ancestor, family, or event related to your research. Eventually, you must begin the process of evaluating this information for accuracy. Contradictions are a fact of life in genealogical research. Our ancestors lived in a world where record keeping was not considered as important as it is today. We live under legal guidelines that were non-existent prior to the late 20th century. When you begin the process of testing the accuracy of each piece of information, you must proceed using some of the same analytical techniques for evaluating evidence as used by detectives. "Evidence" is defined as information used to reach conclusions about the accuracy of relationships or events.

Purpose: Touch on the primary techniques used to evaluate your genealogical findings

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

S10: Identity Theft & Cyber Issues

March 14th 2024 · 10:00-12:00 pm

Identity theft and identity fraud refer to all types of crime in which someone wrongfully obtains and uses another person's personal information involving deception, typically for economic gain. The number and complexity of scams is growing by the day, so it is more important than ever to know what to watch out for, how to prevent becoming a victim and what to do if you think you're a victim of fraud. Topics include: credit and debit card fraud, incapacity fraud, investment fraud, and computer and security fraud.

Purpose: Learn about the identity theft epidemic and how you can better protect yourself from falling victim

Facilitators: Dennis Landfried, Joe Cleveland, David Frye, Philip Fincher, Dallas Revord (Guest Presenters – FineMark Bank)

S11: Lee County Recycling Center

March 8th 2024 · 1:00-2:00 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)

S12: Lee County Sheriff's Office - Behind-the-Scenes Tour

March 27th 2024 · 10:15-12:00 pm

The Lee County Sheriff's Office is a multi-faceted law enforcement agency primarily responsible for law enforcement services in unincorporated Lee County, plus the City of Bonita Springs, the Village of Estero, and the Town of Fort Myers Beach. Deputies have countywide jurisdiction and also provide secondary law enforcement services within the city limits of Fort Myers, Cape Coral, and Sanibel. Other responsibilities include operation of Lee County's correctional facilities and protection of its courtrooms. Do you know how your tax dollars are put to work at the Lee County Sheriff's Office? From forensics, evidence, and 911 to aviation, K9 and special operations units, the LCSO will amaze you with what your agency does to keep you and your family safe in Lee County. Participants are responsible for their own transportation to and from the Sheriff's Office. Registration limited to 15 participants.

Purpose: Learn about the Lee County Sheriff's Office and take a behind-the-scenes tour

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

S13: Lee County Waste-to-Energy Facility

February 28th 2024 · 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? Participants are responsible for providing their own transportation to and from the Waste-to-Energy plant. Registration limited to 35 participants.



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

March 28th 2024 · 1:00–3:00 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. 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: Terri Socol, Barbara Reed, Patti Columbe

S15: Meet the Judges

March 5th 2024 · 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: Motorcycle Safety Awareness

April 1st 2024 · 1:00–3:00 pm

Over 750,000 motorcyclists have made the State of Florida their home. Favorable weather and special events bring thousands of visiting riders to the state each year. It is imperative that automobile drivers and riders understand the proper and safest way to share the road, prevent crashes and help save lives. Gain valuable insight into why motorcycle riders do what they do while on the road and information on making the roads safer for all travelers.

Purpose: Learn about motorcycle safety awareness

Facilitators: Shayne Hanley, Victor Piorkowski (Guest Presenter – ABATE of Florida)

S17: PBS & NPR at FGCU

March 1st 2024 · 10:00–12:00 pm

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

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

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

S18: PGM & Hospitality at FGCU

February 20th 2024 · 11:00–12:00 pm

Southwest Florida is world renown 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.

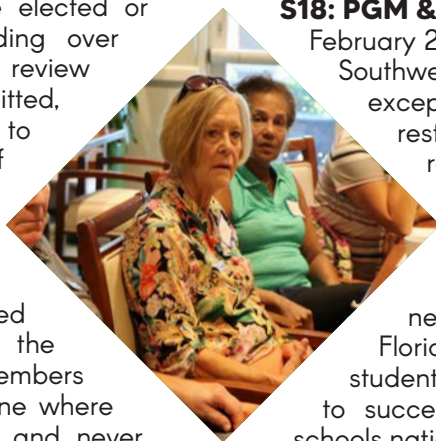
Purpose: Learn about and tour the PGM and Resort & Hospitality building at FGCU

Facilitators: Terrence Quinlan, T.J. Jobes

S19: Sanborn Fire Insurance Maps and Genealogy Research

March 15th 2024 · 1:00–3:00 pm

Maps play an important role in most historical and genealogical research projects. Genealogists with rural ancestors frequently use plat maps (also referred to as "plat books") to view property lines in a civil jurisdiction and locate tracts of land where their ancestors resided or owned property. Urban researchers have a similar tool in the form of fire insurance maps. These maps differ in that they do not list the names of property owners, but display buildings by their street addresses. One may find a house on the Sanborn map and discover something



about the structure itself, including its relative position to other houses on the same street or block. When combined with a city directory, which usually includes a “reverse” directory (a list of residences in numerical order based upon street addresses), an interesting diagram of the neighborhood is produced for research.

Purpose: Get an overview of the information provided by Sanborn Fire Insurance Maps

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

S20: The Scopes/Monkey Trial Unpeeled

January 22nd 2024 · 1:00–3:00 pm

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

Purpose: Learn more about the Scopes/Monkey trial

Facilitator: Tom Lemon

S21: Special Screening: World on Fire

March 29th 2024 · 1:00–3:00 pm

Hopscotching across England, Germany, Poland, and France, *World on Fire* is an adrenalized, emotionally gripping drama that follows the intertwining fates of ordinary people pushed into the extraordinary circumstances of a war they could never hope to stop. Dabbling in secret marriages, shamed pregnancies and forbidden love affairs in between the occasional battle sequence, *World on Fire* offers a more intimate exploration of wartime life than is typically portrayed in World War II dramas. Simultaneously fast-paced and complex thanks to its sprawling cast and subplots, this series keeps the focus firmly on the other cost of war: the end of regular life, normal worries, and everyday cares, possibly forever. After a three-year hiatus, the second season of *World on Fire* is now available for streaming. Catch up on the first season and join us for this special screening of the first episode of the second season.

Purpose: Watch the second season opening episode of *World on Fire* and discuss the show

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

S22: Spring Run: A Closer Look

April 5th 2024 · 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 represents their interests in the association. However, beyond this basic understanding of bundled communities, the association’s financials and structure of governance can be a little hazier. While past sessions have focused on the dynamics of the club’s finances and governance, this session will center around the finances for our most recent outdoor dining club construction project, as well as the origins of these projects, and how they were carried out.

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

Facilitators: Jim Vohs, Mike Zigler

S23: Spring Run: The Superintendent’s Tour

March 4th 2024 · 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

S24: Talking the Talk - 40 Years behind the Radio Microphone

March 15th 2024 · 10:00–12:00 pm

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



Walsh will explain how stories are chosen and presented, and how media bias can threaten news trustworthiness.
Purpose: Learn about the now 100-year-old world of commercial broadcasting and hear stories from more than 40 of those years on the airwaves
Facilitator: Ed Walsh

S25: Troubled Waters: A Turtle's Tale Docu-discussion

February 10th 2024 · 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 about the film

Facilitator: Terri Socol

S26: Waterborne Docu-discussion

March 16th 2024 · 1:00–3:00 pm

This presentation is given in partnership with the Spring Run Eco Club. One drop, or 1 ml of seawater, can contain as many as 10 million viruses and 1 million bacteria. Many of these are benign. Some create serious human health risk. It just so happens that Florida has more than its share of bad actors. Harmful algae blooms such as red tide and cyanobacteria (or blue-green algae) are becoming more frequent and severe in Florida and many parts of the world. Other waterborne contaminants of concern in Florida include fecal bacteria, vibrio, naegleria, legionella, and other pathogens as well as things like heavy metals. What is most disturbing, from a public health standpoint, is that in addition to direct water exposure, many of these contaminants can become aerosolized or airborne whether from the motion of waves, boat wakes, storm events or simply from evaporation. So what are the public health risks? Are we exposing ourselves, our families, maybe even our children to human health risk? What legislative remedies or changes to current public policy are necessary to mitigate harm?

Purpose: Screen the film *Waterborne* and participate in a group discussion about the film

Facilitator: Terri Socol

S27: Wildfire Prep and Prevention

February 26th 2024 · 1:00–3:00 pm

Nearly half of Florida is covered in forests, land that is both fire-dependent and fire-prone. As the population of our state continues to increase, most communities are part of the wildland urban interface, meaning they are near forests and wooded areas and are at risk for wildfire. Florida might be known as the Sunshine State, but it is also the lightning capital of the United States. Underlying dry conditions along with high temperatures and thunderstorms have the potential to spark wildfires. However, lightning is not the only cause of wildfires in the state. Humans are the leading cause of wildfires in Florida. There are many tools that can help reduce the chances of a catastrophic wildfire, including creating defensible space around your home, safely burning yard waste, utilizing prescribed burning, and reporting a potential wildfire or suspicious arson activity.

Purpose: Learn how to protect your life, home and community from wildfires

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

S28: The World of Human Trafficking

February 19th 2024 · 1:00–3:00 pm

Human trafficking ties as the world's second largest global enterprise. Florida ranks third in the nation for reported cases with a large percentage emanating from Southwest Florida. Approximately fifty percent of victims are children. Human trafficking respects no boundaries, borders or jurisdictions. It exists right here in Collier & Lee County; in areas you would never suspect as we carry out our daily routines and errands. Even online, it has never been easier for child sex offenders to contact their potential victims, share imagery and encourage others to commit offences. In the digital world, any person from any location can be reached. The issue of human trafficking is sinister and ongoing so what can be done to prevent this heinous crime? By opening our eyes and asking the right questions, not only can we become better aware of how to combat this terrible human tragedy, we might even help save or redeem some lives.

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

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





TECHNOLOGY SERIES

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

January 12th 2024 · 10:00-12:00 pm

The Apple Watch is a smart watch with fitness tracking and message exchanging capabilities connected directly with your iPhone. Despite its small size, the Apple Watch is a complicated piece of hardware with many functions. It's the world's most advanced wearable operating system designed to keep users healthy, active, and connected. But it's only as smart as the person wearing it! What do all the buttons do? What are the basic gestures that the watch will respond to? What are some of the most useful features new users should be aware of? While you may not immediately memorize every function right away, this is a great place to start. Headcount limit of 20.

Purpose: Learn the basics of the Apple Watch
Facilitators: Terry & Susan Crandall

T2: Chelsea & Golf Genius

November 9th 2023 · 10:00-12:00 pm

February 1st 2024 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: Document Scanning and Sharing Made Simple - Both Apple and Android Users

November 17th 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

T4: iPhone: Apps

April 2nd 2024 · 10:00-12:00 pm

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

Purpose: Learn how to download, manage and use apps
Facilitators: George Taylor, Gary Ward

T5: iPhone: Basics

January 16th 2024 · 10:00-12:00 pm

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

Purpose: Learn the fundamentals and main features of your iPhone

Facilitators: George Taylor, Gary Ward

T6: iPhone: Camera & Photos

January 19th 2024 · 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 and video editing features. The content of this clinic will be designed by you. We will cover the basics, but the remainder of the content will be about specific subjects requested by the participants.

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

Facilitator: Nancy Taylor

T7: Libby - Library eBooks

February 5th 2024 · 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: Tribute Videos - Capturing and Storing Life Moments

February 21st 2024 · 1:00-3:00 pm

Tribute videos are an excellent way to memorialize a loved one or celebrate significant milestones. Whether for a birthday, graduation, wedding or funeral, these commemorative videos make for a one-of-a-kind keepsake that will last forever. Because tribute videos are so special, it does take some effort to put one together.

You will need to digitize photos that you may only have a hard copy of. You may even need to figure out how to change the file format of voice recordings in order to work with them. You will also need to properly store and organize all these life moments. Once you get the prep work done, the real work begins.

Purpose: Learn how to scan, store and transfer pictures and other life moments in preparation for making a tribute video

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

T9: Tribute Videos - Creating your Keepsake

February 23rd 2024 · 1:00-3:00 pm

After you have prepared all the pictures, personal quotes, voice recordings, videos and songs, it's time to put it all together to create your one-of-a-kind keepsake. Using Apple's iMovie app, you can create all sorts of movies including a moving tribute video. Through the app, you will be able to upload all your content and time it to specifically chosen music to create the perfect effect. You can add text and special transitions between different sections. You can even include a title screen and credits, if desired. iMovie's video editing software gives you the tools of a major production studio at home or on the go.

Purpose: Learn how to create and edit a tribute video using Apple's iMovie

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

FALL SEMESTER

Week 1 October 15-21

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
C5-1	Liquor Lab	10/16/2023	5:00-7:00 pm	M	Lakeview	Jose Del Campo
M13-1	Ladies Book Club	10/20/2023	1:00-3:00 pm	F	Greens	Tish Breschi
A4-1	Decorative Art	10/21/2023	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame

Week 2 October 22-28

C2	Farmer Mike's You Pick Tour	10/23/2023	9:00 am	M	Farmer Mike's	Kris Jubinville
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Week 3 October 29-November 4

H15-1	Medicare 101: Understanding the Basics and Private Options	10/31/2023	10:00-12:00 pm	T	Lakeview	Andrea Munao
G11	Ukraine: When the Guns Go Silent, and They Will!	11/3/2023	10:00-12:00 pm	F	Lakeview	Mike Quinlan

Week 4 November 5-11

A3-1	Card Shop	11/8/2023	9:00-12:00 pm	W	Lakeview	TS, PK, PK, PS, LC
A9-1	Sing Along with Bob and Kathy	11/8/2023	3:30-4:30 pm	W	Lakeview	KB, BC, BM, KH
T2-1	Chelsea & Golf Genius	11/9/2023	10:00-12:00 pm	TR	Multipurpose	Tanner Nipper
G7	LBJ and Lady Bird - an American Dream	11/10/2023	2:30-4:00 pm	F	Lakeview	MW, NT, RC, RM, JJ

Week 5 November 12-18

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M11-1	Gentlemen's Book Club	11/14/2023	1:00-3:00 pm	T	Greens	Bill Krein
H2	Anti-Aging Posture Workshop	11/14/2023	2:00-3:00 pm	T	Multipurpose	Vivian Ebert
T3	Document Scanning and Sharing Made Simple – Both Apple and Android Users	11/17/2023	10:00-12:00 pm	F	Lakeview	Brian Freedman
M13-2	Ladies Book Club	11/17/2023	1:00-3:00 pm	F	Greens	Tish Breschi
A4-2	Decorative Art	11/18/2023	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame

Week 6 November 19-25

C5-2	Liquor Lab	11/20/2023	5:00-7:00 pm	M	Lakeview	Jose Del Campo
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Week 9 December 10-16

M11-2	Gentlemen's Book Club	12/12/2023	1:00-3:00 pm	T	Greens	Bill Krein
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WINTER SEMESTER**Week 13 January 7-13**

S7-1	Coffee & Conversations	1/9/2024	9:00-11:00 am	T	Lakeview	Terri Socol, Joey Smallwood
M11-3	Gentlemen's Book Club	1/9/2024	1:00-3:00 pm	T	Greens	Bill Krein
A9-2	Sing Along with Bob and Kathy	1/10/2024	3:30-4:30 pm	W	Lakeview	KB, BC, BM, KH
H21-1	Tennis: Beginner and Intermediate Clinic	1/12/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
T1	Apple Watch - more than a fancy life-alert bracelet	1/12/2024	10:00-12:00 pm	F	Greens	Terry & Susan Crandall

Week 14 January 14-20

H13	Golf Swing Dos and Don'ts	1/15/2024	2:00-4:00 pm	M	Lakeview	Tanner Nipper
C9	Pizza Party	1/15/2024	5:00-7:00 pm	M	Springs	Jon England
T5	iPhone: Basics	1/16/2024	10:00-12:00 pm	T	Lakeview	GT, RM, GW
F2	Considering Florida Residency	1/16/2024	1:00-2:00 pm	T	Lakeview	Dustin Rinaldi
A2	Beginners Card Shop	1/17/2024	9:00-12:00 pm	W	Lakeview	TS, PK, PK, PS, LC
H18-1	Pickleball: Orientation	1/18/2024	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
C5-3	Liquor Lab	1/18/2024	5:30-7:30 pm	TR	Lakeview	Jose Del Campo
H21-2	Tennis: Beginner and Intermediate Clinic	1/19/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
M9-1	Canasta: Beginners Clinic	1/19/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
T6	iPhone: Camera & Photos	1/19/2024	10:00-12:00 pm	F	Greens	Nancy Taylor
M13-3	Ladies Book Club	1/19/2024	1:00-3:00 pm	F	Greens	Tish Breschi
H14	How to Improve your Pace of Play	1/19/2024	3:00-4:00 pm	F	Multipurpose	Jeff Carter
A4-3	Decorative Art	1/20/2024	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame

Week 15 January 21-27

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
S20	The Scopes/Monkey Trial	1/22/2024	1:00-3:00 pm	M	Lakeview	Tom Lemon
H15-2	Medicare 101: Understanding the Basics and Private Options	1/23/2024	10:00-12:00 pm	T	Lakeview	Andrea Munao
H1	10 Steps to better fitness	1/23/2024	2:00-3:00 pm	T	Multipurpose	Vivian Ebert
G6-1	Great Decisions	1/23/2024	3:00-5:00 pm	T	Greens	Bill Krein
A6	The Magic of Cricut	1/24/2024	9:00-12:00 pm	W	Lakeview	BR, TS, MM
H9	Color Me Beautiful	1/24/2024	1:00-3:00 pm	W	Multipurpose	JoAnne Richmond
H7	Bocce: Orientation	1/24/2024	7:00-8:30 pm	W	Bocce Courts	Gary Orten
H20	READY – Women’s Basic Self-Defense	1/25/2024	10:00-12:00 pm	TR	Lakeview	Heather Turco
H21-3	Tennis: Beginner and Intermediate Clinic	1/26/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
M9-2	Canasta: Beginners Clinic	1/26/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
S1	4 Phases of Retirement	1/26/2024	10:00-12:00 pm	F	Greens	Riley Moynes
M7	Alzheimer’s and Other Dementias	1/26/2024	1:00-2:00 pm	F	Greens	Jon Brillman
A8	Pastel Drawing	1/27/2024	9:00-12:00 pm	S	Lakeview	Dean Oestreich

Week 16 January 28-February 3

H5-1	Biking 10 miles – 5 local trails	1/29/2024	9:00 am	M	Tennis Parking Lot	Terri Socol
M12-1	Intro to Mah Jongg	1/29/2024	1:00-3:00 pm	M	Greens	Susan Crandall, Peggy Schick
G5	Exposing the Invisible China	1/30/2024	10:00-12:00 pm	T	Lakeview	Mike Quinlan
S4	Birds of SR	1/30/2024	1:00-3:00 pm	T	Lakeview	Ted Hoffman, George Taylor
G6-2	Great Decisions	1/30/2024	3:00-5:00 pm	T	Greens	Bill Krein
H8	Bocce: Spring Run Rules	1/31/2024	7:00-8:30 pm	W	Bocce Courts	Craig Korkoian
H18-2	Pickleball: Orientation	2/1/2024	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
T2-2	Chelsea & Golf Genius	2/1/2024	1:00-3:00 pm	TR	Greens	Tanner Nipper
M10-1	Everyday Useful Spanish	2/1/2024	3:00-4:30 pm	TR	Greens	Helaine Olivares
H21-4	Tennis: Beginner and Intermediate Clinic	2/2/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
M9-3	Canasta: Beginners Clinic	2/2/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
F5	How Historical Events Affect the Markets	2/2/2024	10:00-12:00 pm	F	Greens	Aaron Pierce
M8	Brain Enrichment for Healthy Longevity	2/2/2024	1:00-3:00 pm	F	Lakeview	Bill Furtwengler, Nancy Fazzoni
A4-4	Decorative Art	2/3/2024	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame
H3	Athletic Motion and the Golf Swing	2/3/2024	1:00-2:00 pm	S	Driving Range	Patty Driapsa

Week 17 February 4-10

H17	Par for the Course	2/5/2024	7:00-8:30am	M	Golf Course	Tanner Nipper
H5-2	Biking 10 miles – 5 local trails	2/5/2024	9:00 am	M	Tennis Parking Lot	Terri Socol

Week 17 February 4-10 (cont)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
M12-2	Intro to Mah Jongg	2/5/2024	1:00-3:00 pm	M	Greens	Susan Crandall, Peggy Schick
T7	Libby - Library eBooks	2/5/2024	1:00-3:00 pm	M	Lakeview	Mary Lou Smith
F4	Financial Planning at Any Age	2/6/2024	10:00-12:00 pm	T	Greens	DL, JC, DF, PF, DR
S2	Active Violence/Shooter – How would you respond?	2/6/2024	1:00-3:00 pm	T	Lakeview	Heather Turco
G6-3	Great Decisions	2/6/2024	3:00-5:00 pm	T	Greens	Bill Krein
A9-3	Sing Along with Bob and Kathy	2/7/2024	3:30-4:30 pm	W	Lakeview	KB, BC, BM, KH
H21-5	Tennis: Beginner and Intermediate Clinic	2/9/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
M9-4	Canasta: Beginners Clinic	2/9/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
F11	Retirement Security with the Retirement Equity Line of Credit (RELOC)	2/9/2024	10:00-12:00 pm	F	Greens	Mike Crossett
S9	Genealogy: Evidence Evaluation	2/9/2024	1:00-3:00 pm	F	Greens	Bryan Mulcahy
H19	Read 'Em and Weep – the Greens of Spring Run	2/9/2024	4:00-5:00 pm	F	Golf Course	Jeff Carter
H4	Bicycle Safety and Maintenance	2/10/2024	9:00-11:00 am	S	Silver Creek	Craig Korkoian
S25	Troubled Waters: A Turtle's Tale Docu-discussion	2/10/2024	1:00-3:00 pm	S	Lakeview	Terri Socol

Week 18 February 11-17

H5-3	Biking 10 miles – 5 local trails	2/12/2024	9:00 am	M	Tennis Parking Lot	Terri Socol
S3	Archaeology of the Calusa	2/12/2024	1:00-3:00 pm	M	Greens	Natalie De La Torre Salas
M12-3	Intro to Mah Jongg	2/12/2024	1:00-3:00 pm	M	Lakeview	Susan Crandall, Peggy Schick
G3	Curious About Canada	2/13/2024	10:00-12:00 pm	T	Lakeview	Paula Lockhart
M11-4	Gentlemen's Book Club	2/13/2024	1:00-3:00 pm	T	Greens	Bill Krein
G6-4	Great Decisions	2/13/2024	3:00-5:00 pm	T	Greens	Bill Krein
A3-2	Card Shop	2/14/2024	9:00-12:00 pm	W	Lakeview	TS, PK, PK, PS, LG
H18-3	Pickleball: Orientation	2/15/2024	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
F8	Retirement Reinvented I: Financial Basics & Risk Management	2/15/2024	10:00-11:00 am	TR	Greens	Ken Wise
S5	Bonita Springs Utilities (BSU), Inc.	2/15/2024	12:00-2:00 pm	TR	Greens	John Jenkins
F13	What is Cryptocurrency?	2/15/2024	2:00-3:00 pm	TR	Multipurpose	Gary Orten
M10-2	Everyday Useful Spanish	2/15/2024	3:00-4:30 pm	TR	Greens	Helaine Olivares
H21-6	Tennis: Beginner and Intermediate Clinic	2/16/2024	9:00-10:30 am	F	Tennis Courts	JF, MK, GM, JE
M9-5	Canasta: Beginners Clinic	2/16/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
M14	There's no Crying in Cribbage	2/16/2024	10:00-12:00 pm	F	Greens	George & Nancy Taylor
M13-4	Ladies Book Club	2/16/2024	1:00-3:00 pm	F	Greens	Tish Breschi
F12	The SECURE Act – A New Death Tax?	2/16/2024	1:00-3:00 pm	F	Multipurpose	Fred Eisenreich
M1	ACBL Series – Bridge I: For those who have never played	2/17/2024	10:00-12:00 pm	S	Mangroves	Dean Oestreich

Week 19 February 18-24

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H23-1	Wine & Line Dancing	2/18/2024	4:00-6:00 pm	SN	Springs	Patty Fitzgerald, Kim Corso
H5-4	Biking 10 miles – 5 local trails	2/19/2024	9:00 am	M	Tennis Parking Lot	Terri Socol
H10	Drivers & Woods	2/19/2024	10:00-11:00 am	M	Driving Range	Kelsey Fallisch
M12-4	Intro to Mah Jongg	2/19/2024	1:00-3:00 pm	M	Greens	Susan Crandall, Peggy Schick
S28	The World of Human Trafficking	2/19/2024	1:00-3:00 pm	M	Lakeview	Dennis Solon
C5-4	Liquor Lab	2/19/2024	5:00-7:00 pm	M	Springs	Jose Del Campo
S18	PGM & Hospitality at FGCU	2/20/2024	11:00-12:00 pm	T	FGCU	Terrence Quinlan, TJ Jobes
G8	Putin the Dictator	2/21/2024	10:00-12:00 pm	W	Lakeview	Carol & Bill Furtwengler
T8	Tribute Videos – Capturing and Storing Life Moments	2/21/2024	1:00-3:00 pm	W	Greens	Hugh Gall, Nick Pyrros
H6-1	Bocce: Intermediate	2/21/2024	7:00-8:30 pm	W	Bocce Courts	Gary Orten
F9	Retirement Reinvented II: Retirement Income & Investing	2/22/2024	10:00-11:00 am	TR	Greens	Stefan Contorno
H11-1	Family & Friends CPR	2/22/2024	1:00-2:00 pm	TR	Multipurpose	Jamie Hoover
H11-2	Family & Friends CPR	2/22/2024	2:30-3:30 pm	TR	Multipurpose	Jamie Hoover
C6	Modern French Cuisine	2/22/2024	5:00-7:00 pm	TR	Springs	Michel Urbano
H21-7	Tennis: Beginner and Intermediate Clinic	2/23/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
S7-2	Coffee & Conversations	2/23/2024	9:00-11:00 am	F	Mangroves	Terri Socol, Jeff Carter
M9-6	Canasta: Beginners Clinic	2/23/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
T9	Tribute Videos – Creating your Keepsake	2/23/2024	1:00-3:00 pm	F	Greens	Hugh Gall, Nick Pyrros
A4-5	Decorative Art	2/24/2024	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame
M2	ACBL Series – Bridge 2: Suit Bidding	2/24/2024	10:00-12:00 pm	S	Mangroves	Dean Oestreich

Week 20 February 25-March 2

H5-5	Biking 10 miles – 5 local trails	2/26/2024	9:00 am	M	Tennis Parking Lot	Terri Socol
M12-5	Intro to Mah Jongg	2/26/2024	1:00-3:00 pm	M	Greens	Susan Crandall, Peggy Schick
S27	Wildfire Prep and Prevention	2/26/2024	1:00-3:00 pm	M	Lakeview	Susan Lindenmuth
F6	I'm a Trustee, now what?	2/27/2024	10:00-12:00 pm	T	Greens	DL, JC, DF, PF, DR
H12	Giving Hope Back to People in Pain – A Guide to Getting Back to the Sports You Love	2/27/2024	1:00-3:00 pm	T	Multipurpose	Ryan Vesce
G6-5	Great Decisions	2/27/2024	3:00-5:00 pm	T	Greens	Bill Krein
S13	Lee County Waste-to-Energy Plant	2/28/2024	10:00-11:00 am	W	Buckingham	Tom Mueller
H18-4	Pickleball: Orientation	2/29/2024	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
F10	Retirement Reinvented III: Estate Planning & Your Personal Retirement Plan	2/29/2024	10:00-11:00 am	TR	Greens	Kenny Wise

Week 20 February 25-March 2

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
G9	Susan Stamberg, Linda Wertheimer, Nina Totenberg & Cokie Roberts: The Founding Mothers of NPR	2/29/2024	1:00-3:00 pm	TR	Lakeview	MW, NT, RM, JJ
MIO-3	Everyday Useful Spanish	2/29/2024	3:00-4:30 pm	TR	Greens	Helaine Olivares
C8	New Orleans Creole Cuisine	2/29/2024	5:00-7:00 pm	TR	Springs	Kris Jubinville
H21-8	Tennis: Beginner and Intermediate Clinic	3/1/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM,JE
M9-7	Canasta: Beginners Clinic	3/1/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
S17	PBS & NPR at FGCU	3/1/2024	10:00-12:00 pm	F	FGCU	Anne Stavely

SPRING SEMESTER

Week 21 March 3-9

S23	Spring Run: The Superintendent's Tour	3/4/2024	7:00-8:30 am	M	Golf Course	Joey Smallwood
S6	Calusa Waterkeeper	3/4/2024	1:00-3:00 pm	M	Lakeview	Codty Pierce
MI2-6	Intro to Mah Jongg	3/4/2024	1:00-3:00 pm	M	Greens	Susan Crandall, Peggy Schick
C3	Grill & Chill	3/4/2024	5:00-7:00 pm	M	Springs	Jon England
S8	From Pets to Predators: Python Population Explodes out of the Everglades	3/5/2024	10:00-12:00 pm	T	Lakeview	Bruce Cropf
S15	Meet the Judges	3/5/2024	1:00-3:00 pm	T	Mangroves	FL, TO, MK
G6-6	Great Decisions	3/5/2024	3:00-5:00 pm	T	Greens	Bill Krein
AI-1	Acrylic Tile Mosaic Art Project	3/6/2024	9:00-12:00 pm	W	Mangroves	Beverly Wojie, Lois Samuelson
A9-4	Sing Along with Bob and Kathy	3/6/2024	3:30-4:30 pm	W	Lakeview	KB, BC, BM, KH
H16	Nutrition for Cognitive Function	3/7/2024	1:00-2:00 pm	TR	Greens	Carrie Bloemers
MIO-4	Everyday Useful Spanish	3/7/2024	3:00-4:30 pm	TR	Greens	Helaine Olivares
H21-9	Tennis: Beginner and Intermediate Clinic	3/8/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM,JE
M9-8	Canasta: Beginners Clinic	3/8/2024	9:30-11:30 am	F	Lakeview	Bobbie Allen
F14	Why Banks are Different & the Consolidation of the Industry from 1980-2010	3/8/2024	10:00-12:00 pm	F	Greens	Fred Eisenreich
S11	Lee County Recycling Center	3/8/2024	1:00-2:00 pm	F	Greens	Kylar Johnson
AI-2	Acrylic Tile Mosaic Art Project	3/9/2024	9:00-12:00 pm	S	Lakeview	Beverly Wojie, Lois Samuelson
M3	ACBL Series- Bridge 3: No Trump Bidding	3/9/2024	10:00-12:00pm	S	Mangroves	Dean Oestreich

Week 22 March 10-16

H23-2	Wine & Line Dancing	3/10/2024	4:00-6:00 pm	SN	Springs	Patty Fitzgerald, Kim Corso
G2	The Crusades: Battle for the Holy Land	3/11/2024	1:00-3:00 pm	M	Lakeview	Tom Lemon
F7	Investing Not Speculating	3/12/2024	10:00-12:00 pm	T	Greens	Aaron Pierce
M11-5	Gentlemen's Book Club	3/12/2024	1:00-3:00 pm	T	Greens	Bill Krein
G6-7	Great Decisions	3/12/2024	3:00-5:00 pm	T	Greens	Bill Krein

Week 22 March 10-16

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
A3-3	Card Shop	3/13/2024	9:00-12:00 pm	W	Lakeview	TS, PK, PK, PS, LG
M15	Getting Published	3/13/2024	1:00-3:00 pm	W	Greens	Joe Martin
H18-5	Pickleball: Orientation	3/14/2024	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
S10	Identity Theft & Cyber Issues	3/14/2024	10:00-12:00 pm	TR	Greens	DL ,JC, DF, PF, DR
A7	Norman Rockwell – The Artist & His Art	3/14/2024	1:00-3:00 pm	TR	Lakeview	Carolyn Smith, Jo Lemon
M10-5	Everyday Useful Spanish	3/14/2024	3:00-4:30 pm	TR	Greens	Helaine Olivares
H21-10	Tennis: Beginner and Intermediate Clinic	3/15/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
S24	Talking the Talk – 40 Years Behind the Radio Microphone	3/15/2024	10:00-12:00 pm	F	Lakeview	Ed Walsh
M13-5	Ladies Book Club	3/15/2024	1:00-3:00 pm	F	Greens	Tish Breschi
S19	Sanborn Fire Insurance Maps and Genealogy Research	3/15/2024	1:00-3:00 pm	F	Multipurpose	Bryan Mulcahy
M4	ACBL Series – Bridge 4: Play of the Hand	3/16/2024	10:00-12:00 pm	S	Mangroves	Dean Oestreich
S26	Waterborne Docu-discussion	3/16/2024	1:00-3:00 pm	S	Lakeview	Terri Socol

Week 23 March 17-23

H22	Too Fit to Fracture	3/18/2024	1:00-2:00 pm	M	Greens	Karen Beale
G1	American Eugenics and the Global Rise of Fascism that led to World War II	3/18/2024	2:00-4:00 pm	M	Mangroves	Steve Vesce
H6-2	Bocce: Intermediate	3/20/2024	7:00-8:30 pm	W	Bocce Courts	Gary Orten
M10-6	Everyday Useful Spanish	3/21/2024	3:00-4:30 pm	TR	Greens	Helaine Olivares
C5-5	Liquor Lab	3/21/2024	5:30-7:30 pm	TR	Lakeview	Jose Del Campo
H21-11	Tennis: Beginner and Intermediate Clinic	3/22/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
C4	Italian Cuisine	3/22/2024	11:00-1:00 pm	F	Healthy Life Center	Aikaterina Galeos
A4-6	Decorative Art	3/23/2024	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame
M5	ACBL Series – Bridge 5: Defense	3/23/2024	10:00-12:00 pm	S	Mangroves	Dean Oestreich

Week 24 March 24-30

F1	Banking Crisis of 2023	3/25/2024	1:00-3:00 pm	M	Lakeview	MW, PB, EH, HC
F3	Current Market & Economic Update	3/26/2024	10:00-12:00 pm	T	Greens	DL ,JC, DF, PF, DR
G12	The US Air Force Tanker Program – A Failed Air Force Acquisition Process	3/26/2024	1:00-3:00 pm	T	Lakeview	Craig Korkoian
G6-8	Great Decisions	3/26/2024	3:00-5:00 pm	T	Greens	Bill Krein
S12	Lee County Sheriff's Office – Behind-the-Scenes Tour	3/27/2024	10:15-12:00 pm	W	Sheriff's Office	Heather Turco
H18-6	Pickleball: Orientation	3/28/2024	9:00-10:30 am	TR	Commons Club	Joe McCreery, David Brinkruff
S7-3	Coffee & Conversations	3/28/2024	9:00-11:00 am	TR	Lakeview	Terri Socol, Josh Petrosky
S14	Local Leisure – What to do When Family Visits	3/28/2024	1:00-3:00 pm	TR	Greens	Terri Socol, Barbara Reed, Patti Columbe
C7	Modern South America Cuisine	3/28/2024	5:00-7:00 pm	TR	Springs	Michel Urbano

Week 24 March 24-30 (cont.)

Code	Name of Activity	Date	Time	Day	Location	Facilitator(s)
H21-12	Tennis: Beginner and Intermediate Clinic	3/29/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
G10	Taiwan – The Threat of a Major War Now and the Future	3/29/2024	10:00-12:00 pm	F	Lakeview	Mike Quinlan
S21	Special Screening: World on Fire	3/29/2024	1:00-3:00 pm	F	Greens	Anne Stavely
M6	ACBL Series – Bridge Final: Sacntioned Duplicate Game with Master Points	3/30/2024	10:00-12:00 pm	S	Mangroves	Dean Oestreich

Week 25 March 31-April 6

S16	Motorcycle Safety Awareness	4/1/2024	1:00-3:00 pm	M	Lakeview	Shayne Hanley, Victor Piorkowski
T4	iPhone: Apps	4/2/2024	10:00-12:00 pm	T	Lakeview	GT, RM, GW
A5	Interior Design: Space Planning 101	4/3/2024	10:00-12:00 pm	W	Lakeview	Deb Evans
G4	Doc – A Combat Medic’s Story	4/4/2024	10:00-12:00 pm	TR	Lakeview	Jim Kline
H21-13	Tennis: Beginner and Intermediate Clinic	4/5/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE
S22	Spring Run: A Closer Look	4/5/2024	10:00-12:00 pm	F	Lakeview	Mike Zigler, Jim Vohs
A4-7	Decorative Art	4/6/2024	9:00-12:00 pm	S	Lakeview	Suzanne Mikulka, Stonie Frame

Week 26 April 7-13

M11-6	Gentlemen’s Book Club	4/9/2024	1:00-3:00 pm	T	Greens	Bill Krein
A3-4	Card Shop	4/10/2024	9:00-12:00 pm	W	Lakeview	TS, PL, PL, PS, LG
A9-5	Sing Along with Bob and Kathy	4/10/2024	3:30-4:30 pm	W	Lakeview	KB, BC, BM, KH
H21-14	Tennis: Beginner and Intermediate Clinic	4/12/2024	9:00-10:30 am	F	Tennis Courts	JF, MB, GM, JE

Week 27 April 14-20

C1	Around the World in Four Courses	4/18/2024	5:00-7:00 pm	TR	FineMark Bank	Lauren Simon
M13-6	Ladies Book Club	4/19/2024	1:00-3:00 pm	F	Greens	Tish Breschi

Week 28 April 21-27

C5-6	Liquor Lab	4/22/2024	5:00-7:00 pm	M	Lakeview	Jose Del Campo
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NOTES:



THANK YOU

Dear iLife Volunteers,

It's such a pleasure to welcome everyone back to the new and improved clubhouse for this season of iLife. We've limped through a few seasons with the pandemic and then the renovation, but now we can really take advantage of the renewed functionality of our beautiful clubhouse. One thing that never faltered, however, was the quality of Spring Run's iLife program and that is thanks to the exceptional efforts put forth by our iLife team!

I would like to take a moment to thank Mark Oroyan and Terrence Quinlan for all their meticulous planning and execution. I would also like to give a special thanks to Terri Socol for her passion and guidance as the iLife Champion. Thanks to the iLife Advocates who are out in the community fostering good will, mining new activities, and recruiting new presenters. I would also like to thank the iLife Advisory Committee for their sound council each season. Last but not least, I would like to thank our exceptionally talented presenters for their quality work and generosity with their time.

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

2023-2024 ILIFE VOLUNTEERS

ADVISORY COMMITTEE

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

ADVOCATES

Jeanne Alexander
Jean Beccia
Rita Bernard
Paula Blake
Carmen DeMarrais
Hedy Fagan
Molly Forbush
Jo Lemon
John Martin
Vicki Martin
Kathy Mengacci
Jeri Spader
Libby Thompson

FACILITATORS

Bobbie Allen
Mike Bannigan
Kathy Bartl
Tish Breschi
David Brinkruff
Jeff Carter
Bob Ciccarelli
Patti Columbe
Kim Corso
Susan Crandall
Terry Crandall
Bruce Cropf
Mike Crossett
Jose Del Campo
Patty Driapsa
Fred Eisenreich
Jon England
Jan Esper
Deb Evans
Kelsey Fallisch
Nancy Fazzoni
Mike Fisher
Patty Fitzgerald
John Foley
Stonie Frame
Brian Freedman
Bill Furtwengler
Carol Furtwengler
Hugh Gall

Lynn Guarasci

Shayne Hanley
Ted Hoffman
Kilby Hume
T.J. Jobes
Kristopher Jubinville
Jim Kline
Penni Kline
Craig Korkoian
Patti Kraska
Bill Krein
Jo Lemon
Tom Lemon
Paula Lockhart
Frank Lucchino
Joe Martin
Glenn Mattson
Joe McCreery
Marianne McGlennon
Bonnie Mittendorf
Riley Moynes
Tanner Nipper
Terrence O'Donnell
Dean Oestreich
Helaine Olivares
Gary Orten
Josh Petrosky
Mike Quinlan
Terrence Quinlan
Barbara Reed

JoAnne Richmond

Barb Rigo
Patrice Sabo
Lois Samuelson
Peggy Schick
Joey Smallwood
Carolyn Smith
Mary Lou Smith
Terri Socol
George Taylor
Nancy Taylor
Michel Urbano
Jim Vohs
Ed Walsh
Gary Ward
Mo Winograd
Beverly Wojie
Mike Zigler

GUEST PRESENTERS

Karen Beale
Carrie Bloemers
Jon Brillman
Joe Cleveland
Howard Cohen
Stefan Contorno
Rollin Crawford
Natalie De La Torre Sales
Vivian Ebert
Philip Fincher

David Frye

Aikaterina Galeos
Jamie Hoover
Edith Hunt
John Jenkins
Jan Johnson
Kylar Johnson
Dennis Landfried
Susan Lindenmuth
Suzanne Mikulka
Ruthmarie Mitsch
Tom Mueller
Bryan Mulcahy
Andrea Munao
Aaron Pierce
Codty Pierce
Victor Piorkowski
Nick Pyrros
Dallas Revord
Dustin Rinaldi
Lauren Simon
Dennis Solon
Anne Stavely
Heather Turco
Ryan Vesce
Steve Vesce
Ken Wise
Kenny Wise