Education Encore

Spring 2027











No Tests! No Stress!

JUST FUN!

GULF COAST STATE COLLEGE
SINCE 1957

Panama City Campus Spring Education Encore
January 22 - February 26
Fee: $125

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What is Education Encore?

"No Stress! No Tests! No Grades! Just Fun!"

Education Encore is offered by Gulf Coast State College and provides non-credit enrichment classes on a variety of topics for active and senior adults. The learning environment is fun and stress-free, while offering diversity, insight, and wisdom.

Need More Info?



Visit our website
gulfcoast.edu/encore



"Like" us on Facebook
"Education Encore at GCSC"

Frequently Asked Questions

Who can participate?
Education Encore is for adults. You are not required to have Florida residency.

When is it offered?
Education Encore is available during the fall and spring semesters. Classes in each semester meet for six consecutive Fridays.

How do I register online?
Follow instructions on page 15.

What is the cost?

The fee for participants is $125 for the six-week program, which includes four classes each Friday. Whether you attend one class or all four, the fee for participants is $125 for the six-week program.

Where are the classes held?
Each course description includes the abbreviated classroom location. Classroom locations will be emailed to students prior to the first day. Additional copies will be available in the Student Union East building, if needed.

Will online classes be offered?
We are not offering online classes this term.

Where can I get the course offerings and other information about upcoming Education Encore?
To see course offerings and additional program information, visit us on the web at gulfcoast.edu/Encore, and follow us on our facebook page, "Education Encore at GCSC".

What about special needs?
Gulf Coast State College is committed to equal access and equal opportunity in its programs, activities, and employment. For additional information, visit www.gulfcoast.edu/equity or call the Student Accessibility Resource Office 850-747-3243.

Animals on Campus Policy
The college acknowledges the right of students, staff, and visitors to a safe and healthy environment while on college property or participating in sponsored functions. In the interest of maintaining such an environment, animals are not permitted (including emotional support animals) on college property or at college sponsored functions, unless approved by the appropriate vice president. When approval has been granted, animals must be controlled at all times, either leashed, kenneled, or other appropriate manner, and all sanitation issues must be addressed by the owner. Animals are not to be left in vehicles or tethered to any college property as a means of complying with this policy.All persons are prohibited from feeding and handling any stray/wild animals that appear on college property unless specifically authorized.

Contact us!
If you would like more information, give us a call at 850-873-3583. You can also visit gulfcoast.edu/Encore.

Refunds

A full refund is available for participants if requested by 4:00 p.m. five work days before the first day of class. GCSC reserves the right to cancel courses and/or the program due to insufficient enrollment.

POINTS OF INTEREST

The Wellness Building
The Wellness Center includes a pool, a hydrotherapy pool, and a fully-equipped weight and fitness room. Please check availability for the facilities. Use of facilities is for Encore students enrolled in classes during the current term of use.

Amelia G. Tapper Center For The Arts
See some of Gulf Coast State College's most talented students performing on the Amelia Center Main Stage. The Visual & Performing Arts Division sponsors several theatre performances and concerts each semester. As an Encore participant, you may attend many of these events free of charge or at a discounted rate.

Let's Do Lunch!

Pre-Paid Lunch Tickets are BACK!

$80 for six lunches

January 22
Panera's Ciabatta Cheesesteak
Tender, marinated sliced steak with melty provolone, caramelized onions, zesty sweet peppers, and garlic aioli drizzle on our Ciabatta. Served with an apple and an Oatmeal Raisin w/ Berries cookie.

January 29
Newk's Pepperoni Pizza
Pepperoni, mozzarella and pizza sauce, topped with basil. 6 slices per pizza.

February 5
Cracker Barrel's Meatloaf
Served with with fried okra and mashed potatoes with brown gravy.

All Lunches are served with a bottle of water.

February 12
Chick-Fil-A Sandwich
Served with Waffle chips and a Chocolate Chunk Cookie.

February 19
Outback's Walhalla Pasta
Scratch-made chicken salad made with grapes, pecans and red onions, with lettuce, tomatoes, provolone, and mayo. Served with a brownie.

February 27
Carrabba's Chicken Parmesan Sandwich
Chicken coated with Mama Mandola's breadcrumbs, sautéed and topped with pomodoro sauce, parmesan and mozzarella cheeses served on toasted focaccia bread w/ Homemade chips & oatmeal raisin cookie.



Purchase Online at
gulfcoast.edu/encore

Please note that lunches cannot be transferred to another week. The $80 fee is for 1 lunch per week for 6 weeks. No refunds will be given if a participant misses a week.

EDUCATION ENCORE

GULF COAST STATE COLLEGE

LEARN • CONNECT • EXPLORE

GULF COAST STATE COLLEGE
SINCE 1957

Lunch & Learn

SCHEDULE



COMING SOON!

We are finalizing our Lunch & Learn speakers and topics. The full schedule willbe available soon.

PERIOD ONE
9:00 AM – 10:15 AM

AI Made Simple: Practical Artificial Intelligence for Everyday Life - NEW
Discover how Artificial Intelligence (AI) can make everyday life easier! Designed specifically for beginners, this hands-on course will introduce you to today's most popular AI tools and teach you how to use them with confidence. Learn how to write emails, plan trips, organize projects, create meal plans, explore new hobbies, generate images, and preserve family memories. You'll also learn how to recognize AI-generated scams, protect your privacy, and use AI safely and responsibly. Each session includes live demonstrations and hands-on practice.
Instructor: Professor Cara Pattinato
Student Union West (SUW) 266

Beginning Bridge – TWO Periods
Come see what all the excitement is about! Bridge is a great way to keep your mind sharp, make new friends, and have fun all at the same time. Learn to play this fantastic game in a relaxed, stress-free manner with plenty of time for hands-on practice. Don't miss this class!
Instructor: Sally Cook
Student Union West (SUW) 307



Beginning Mah Jongg – TWO Periods
This is an introduction to the ancient game of the Chinese Mandarins, Mah Jongg. In China, men mainly played; however, women enjoyed the game as well. Mah Jongg was introduced to the U.S. around 1912 and was the parlor game of choice until sometime in the 1930s. At its height, 15 million Americans played Mah Jongg, and we are now seeing a revival of the popularity of this game. You will find Mah Jongg enjoyed by men and women no matter the level of expertise. It is a game of skill and/or chance. **A supply fee of $16.00 for the Wright-Patterson books is required for this course.**
Instructor: Carol Forney
Student Union West (SUW) 302

Beginning Watercolor Painting – TWO Periods
Excited to learn the basics of watercolor? In this class we will learn how to mix paints, apply watercolor, the best supplies to use, and how to use them. We will learn how to start a painting and follow it through to the end. Lots of practice, which is good for beginners and all painters alike. Come ready to paint in the first class. To ensure a comfortable environment for all participants, please refrain from wearing perfume or cologne, as some attendees have fragrance sensitivities. **Supply List is on the website.**
Instructor: Deblyn Ceeley
Student Union East (SUE) 244

Chair Yoga
Chair Yoga is a gentle and accessible form of yoga for individuals who may have mobility challenges or who prefer a seated practice. Most of the poses are performed while sitting. There are also standing poses which are done standing behind the chair while holding on for support as needed. Modifications are encouraged so that each pose works for the individual. There will be a strong focus on exploring range of motion, lengthening while strengthening, balance and stability.
Instructor: Linda Nelson
Wellness (WELL) 145

Climate Change: Science, Impacts, and Our Energy Future
This course explores current developments in the science of climate change, examining the influence of both human activities and natural processes on our planet's climate. Through lectures, class discussions, and questions,

participants will explore the scientific evidence, environmental impacts, and challenges associated with a changing climate. Designed for adults with an open mind and a desire to better understand this important issue of our time, the course will examine our responsibility as stewards of the environment, the challenges of reducing our carbon footprint, and the growing demand for global energy and technological advancement. Whether you are a climate change skeptic, an ardent advocate for addressing potential environmental threats, or simply curious about the science and its implications, this course offers an opportunity to explore the issues, consider different perspectives, and engage in thoughtful, informed discussion.
Instructor: Jim Burho
Student Union West (SUW) 347

Drawing from Life for Fun – TWO Periods - NEW
Students will study a variety of classical drawing materials and how to use them. Instruction in drawing still life, landscapes, and other objects/subjects provided. Students develop a perception of proportions along with black/white media compositional concepts. Students are free to bring any other drawing materials you would like to try or love to work with already. Supply list is located on the website.
Instructor: Tesa Burch
Student Union East (SUE) 246



Evolving Concepts of the Brain/Body Connection
This discussion-based course explores cutting-edge concepts about the intricate cooperation between the brain and body in maintaining optimal health. Through curated video clips, we will delve into how these new concepts are reshaping modern medical decision-making for both physicians and patients. The syllabus is designed to be flexible; student-initiated topics of particular interest are highly encouraged and will be incorporated when possible.
Instructor: Norm Capra, PhD
Student Union West (SUW) 349

Fancy Doodles – TWO Periods – NEW
In this class we will learn a step-by-step process of building intricate and lacy doodles that are as beautiful as they are calming. It is a system of doodling where we combine fine line drawing techniques inspired by tangles, mandalas, and mendi. We will use simple lines, dots, and patterns to doodle your worries away. Supply List is located on the website.
Instructor: Krista Eggleston
Student Union East (SUE) 243

Flower Power!
This is a class ALL about flowers. Flowering trees, shrubs, vines, perennials, and annuals that grow well in the Florida Panhandle will all be discussed. One class will focus on the wide variety of camellias that will bring flowers throughout the Fall and Winter. Another will discuss flowers attracting butterflies, bees, and other pollinators. Flowers to attract hummingbirds will also be discussed. Additionally, there will be a class on some of our most beautiful and interesting native wildflowers.
Instructor: Jody Wood-Putnam
Student Union East (SUE) 231 – Gibson Lecture Hall

Music Appreciation
The broad objective of this class is to develop and/or deepen an appreciation of music including an understanding of musical elements, structure, and style, the relationship of music to other disciplines, its application to human concerns,

and its historical perspective. Students will have the opportunity to discuss and analyze music, demonstrate fundamental knowledge of the works of significant composers, and identify connections between music and other disciplines.
Instructor: Professor Steven DiBlasi
Amelia Center (AC) 133

Secrets of the Gulf: Local Marine Life & Offshore Wonders
Take a visual journey beyond the emerald shoreline and into the waters of Bay County. Led by a veteran marine science educator and avid SCUBA diver, this interactive six-week course uses original underwater video and photography to examine life beneath the surface. From the bustling ecosystems of local artificial reefs to the curious behaviors of regional marine species, topics shift with class interest to encourage inquiry, critical thinking, and a deeper appreciation for our offshore world.
Instructor: Bob Stapleton
Student Union West (SUW) 348

Yoga for Healthy Aging
A yoga class designed to offer yoga pose modifications for safe practice. We will be focusing on strength, flexibility, balance, and agility. Please bring a yoga mat, 2 yoga blocks (the same size), and a yoga blanket.
Instructor: Mary Jo Capra
Wellness (WELL) 137

PERIOD TWO
10:30 AM – 11:45 AM

Beginning Bridge (Continued)
Beginning Mah Jongg (Continued)
Beginning Watercolor Painting (Continued)
Drawing from Life for Fun (Continued)
Fancy Doodles (Continued)

Advance Beginner Ukulele - NEW
Know some basic ukulele chords and ready to bring your playing up a notch? The fun will continue with some more advanced chords, strum patterns, fun techniques, and even some fingerpicking. Current circumstances require participants to bring their own ukes. The Panama City Library has ukuleles available for checkout if you don't have your own.
Instructor: Jody Wood-Putnam
Student Union East (SUE) 231 – Gibson Lecture

Beginner's Mat Yoga - NEW
This class is designed for new students or anyone returning to yoga after a time away. The sequence stays the same for each class, so you can gradually grow into your yoga practice. We will build each posture from the ground up, keeping you safe, while building strength and balance. The poses vary from standing to sitting to lying face up and face down. Instruction includes a gentle warm up, balancing poses, gentle backbends, core work, and stretching. Each class begins and ends with intentional breathing and guided meditation. In addition to a yoga mat, please bring a beach towel or small blanket. (Optional to bring a yoga block and strap.)
Instructor: Linda Nelson
Wellness (WELL) 145



The Bill of Rights in the 21st Century
Learn how important the Bill of Rights is in determining many of the critical issues facing us today. The instructors will examine in a nonpartisan setting the applicability of the Bill of Rights to current issues such as voting rights, immigration, abortion, discrimination, jury nullification, privacy, etc. The goal is to encourage the participants to "think" and "research" an issue on their own before deciding their position and to understand it can be okay to disagree and compromise on some issues to maintain the republic form of

government mandated by our founding fathers.
Instructor: Mike Stone, Esq. & Prof. Horn
Student Union West (SUW) 350

Explore Meditation
Exploring various methods of meditation. It is recommended that students bring a cushion, blocks, and a blanket for sitting on the floor. Blocks are for sitting in chair if feet are not flat on the floor.
Instructor: May Jo Capra
Wellness (WELL) 137

From Your Backyard to the Keys: An Introduction to Florida Birdwatching
This course is sponsored by the Bay County Audubon Society. It will cover topics such as selecting and using binoculars and other equipment, how to use field guides, and available internet resources to document your observations. Techniques for attracting backyard birds and instruction on how, when, and where to find birds anywhere in Florida using the Great Florida Birding Trail will be covered. Optional, on-campus bird walks and/or a field trip at Conservation Park will supplement classroom instruction. The course is a team effort with lectures by expert local birders, coordinated by Norm Capra, Bay County Audubon Conservation Chair.
Instructor: Norm Capra, PhD
Student Union West (SUW) 349

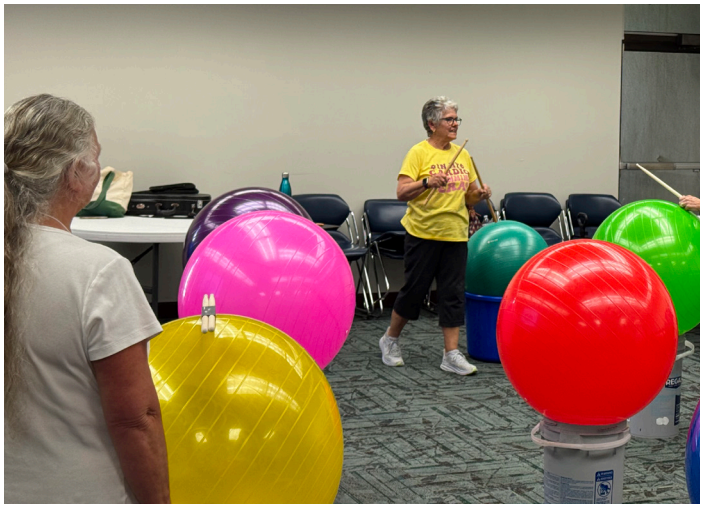
Getting to Know Them: The Legendary Rodgers and Hammerstein - NEW
Their music, their lyrics, and their impact on musical theater. In this class, students will immerse themselves in the music of the iconic team of Richard Rodgers and Oscar Hammerstein; the details of their lives; the context of their musicals and the stories behind them; their influence on musical theater; and the relationship between songwriter and lyricist that led to the production of some of America's greatest musicals. Together, Rodgers and Hammerstein ushered in the golden age of musicals and collectively earned 34 Tony Awards, 15 Academy Awards, two Pulitzer Prizes, two Grammy Awards, and 2 Emmy Awards, beginning with Oklahoma! In 1943, and concluding with The Sound of Music in 1959, just prior to Hammerstein's death.
Instructor: Marylee Cooper
Student Union West (SUW) 347

The History of Pirates Along the FL Gulf Coast and the FL Keys - NEW
Pirates heavily infested Florida's Gulf Coast from the 1650s to the 1820s, utilizing its secluded barrier islands, bays, and, in the case of Pensacola, inlets for hiding, ambushing Spanish treasure ships, and smuggling. Key figures included Jean Lafitte in the Panhandle, while legend surrounds Jose Gasparilla, Charles Gibbs, William Augustus Bowles, Blackbeard, Black Caesar and Calico Jack, in Southwest Florida. The region served as a crucial, dangerous, and often lawless hub for international trade, looting, and, in some cases, privateering during the 18th century. Some favorite Pirates Hideouts areas were the St. Andrews Bay, Boca Grande, Charlotte Harbor, and the Tampa Bay region were favored for their proximity to major shipping lanes.
Instructor: Matthew Shack, Sr.
Student Union West (SUW) 266

I'd Like to Write a Book
Have you ever thought of writing a novel? Do you have a great idea but don't know where to start? This class will help you discover your story; explore theme, characters, plot and setting; and create a tailor-made plan to get you to "the end."
Instructor: Sally Jo Pitts
Student Union West (SUW) 348

Line Dance
Come dance to basic "easy-to-learn" dances…. Prior experience is not necessary, and "seasoned" dancers are encouraged to attend. Line dance is performed in a line with everyone going in the same direction in unison. Enhancing memory, improving balance, and heart health along with building confidence in mobility are benefits with LD. It's amazing how great you will feel learning to dance in a group with" upbeat" music! For safety, closed-toed shoes are recommended. Beginners are welcome.
Instructor: Susan Moss
Wellness (WELL) 133

Rhythm & Moves - Cardio Drumming for Active Seniors- NEW
Get moving, stay energized, and join the fun in this class designed especially for older adults of all mobility levels. Using stability balls, drumsticks and lively music from across the decades, participants will enjoy a low-impact aerobic workout that combines rhythm, movement and social connection in a fun and welcoming environment. The class blends gentle cardio exercise with drumming patterns and seated or standing movement sequences that support balance, flexibility, strength, and cognitive wellness. No musical or physical experience required, just a willingness to move to the rhythm and enjoy the music.
Instructor: Laura Roesch
Student Union East (SUE) 10 – Private Dining Room



PERIOD THREE
1:00 PM – 2:15 PM

10 Ways to Capture Your Life Story
Your life matters and your history is important to future generations! Past students have done amazing work and released memories (and books!) that needed to be told to enrich their legacy. From war stories to women's issues, all were written in a welcoming, unthreatening environment, making recollections come to life! It's easier than you think and so rewarding.
Instructor: Pat Sabiston
Student Union West (SUW) 347

Beginning Microsoft Word and Excel - NEW
This introductory course is designed for anyone who wants to develop beginning/basic skills in Microsoft Word and Excel. The course will be split between word processing applications (Microsoft Word) and data manipulation applications (Microsoft Excel). For the Word section, participants will learn about document creation, formatting, reviewing, change tracking, and printing. In the spreadsheet portion, students will learn how to navigate spreadsheets, enter and organize data, and employ simple formulas to manage everyday tasks. Instruction will be provided at a comfortable pace with plenty of hands-on support. The concepts provided will be specific to Microsoft Word and Excel; however, they will be easily transferable to other office productivity packages.
Instructor: John Link
Student Union West (SUW) 349

Beginning Sewing Class – TWO Periods
An introductory course covering foundational techniques in sewing machine operation, and basic fabric construction. Students will learn straight stitches, zig zag, fabric cutting, ironing for seams, zipper installation and finishing seams. Each week you will be able to complete a finished project to take home. **Supply List located on the website.**
Instructor(s): Cindy Leazer & Linda Perry
Charles Hilton Center (CHC)

Beginning Watercolor – TWO Periods
Beginner Watercolor is taught by local artist, Krista Eggleston. She will teach you how and why's of watercolor. The class will cover basic techniques like "wet on wet" vs "wet on dry", tools and color theory, values and the joy of creating art with water and pigment. **Supply List is located on the website.**
Instructor: Krista Eggleston
Student Union East (SUE) 243

Better Bridge – TWO Periods
You know how to play bridge, and now you'd like to improve. Learn how to be a better partner, how to get to the right contract, how to take more tricks, when not to pull trump, and more with plenty of

time to practice what you learn!
Instructor: Sally Cook
Student Union West (SUW) 307

Collage and Assemblage – TWO Periods – NEW
The word collage comes from the French word coller, which translates as “to glue” in English. As a class, we will use found materials to make original artworks and learn techniques in collage, including transfer methods, adhesion methods, permanent and non-permanent adhesives, use of materials, generation of materials, critical context, and formal concepts. We will look at a different collage artist each week and gather from their processes and applications. By the end of the class, students should be able to employ new methods successfully, perhaps generate finished works, have great starting places to complete works of art independently, and maybe clear a bit of clutter from your house.
Instructor: Tesa Burch
Student Union East (SUE) 246

Current Foreign Policy Topics
This course is an interactive class that discusses current foreign policy issues and their relevance to the country and you. Each week we will cover 3-4 current global topics, including summaries of the person, place, or event; what U.S. foreign policy is or should be, and its relevancy to you. The course is led by a retired career intelligence officer with global experience. Audience interaction will be highly encouraged.
Instructor: Rich Filippi
Student Union East (SUE) 231 – Gibson Lecture Hall

Finding Your Ancestors
Not just who they were, but - where they lived and what they did. Perhaps they left information behind by way of letters, diaries, photographs, and tombstones. Have you reached back to ancestors from their homelands? Taken a DNA test? Used AI or ChatGPT? Join the class and FIND out MORE.
Instructor: Beverly Nield
Student Union West (SUW) 266

Intermediate Mah Jongg – TWO Periods
Build on your introductory Mah Jongg game skills. Reinforce your basic knowledge and learn more about scoring and payoff at the end of the game. If you do not have the blue and green Wright Patterson Mah Jongg books, you will need to purchase them prior to class.
Instructor: Carol Forney
Student Union West (SUW) 302

Intermediate Watercolor Painting – TWO Periods
Ready to take your watercolor to the next level? In this class we will be learning negative paintings, layering to bring depth to your art, landscapes, and all allusive how to paint looser! There will be a demo in every single class to show the students how to do these techniques. I hope to paint a full painting every class with you. Come ready to paint! To ensure a comfortable environment for all participants, please refrain from wearing perfume or cologne, as some attendees have fragrance sensitivities. **Supply List is located on the website.**
Instructor: Deblyn Ceeley
Student Union East (SUE) 244

Post-It Wall Planning: Making Your Next Chapter Happen – NEW
No matter where you are in your stage of life, if you've ever had a goal or dream but weren’t quite sure how to get from where you are today to where you want to be? Post-It Wall Planning is a fun, visual, and practical way to turn that big idea into a workable plan. In this class, we’ll explore a simple approach to breaking down long-(or short!) term plans. Starting with your big goal, you’ll learn how to work backward, identify the milestones along the way, and determine what steps you need to take—and when—to bring your vision to life. I’ll share the real-life story of how my husband and I used this approach to prepare for and successfully sell our family business, demonstrating how a clear goal and a plan of action helped us turn a seemingly distant future into something we could work toward every day.
Whether you’re planning a new adventure, pursuing a personal goal, making a major life change, or simply figuring out what comes next,

you'll leave with a practical framework for turning your ideas into action, tracking your progress, and getting started today.
Instructor: Amy Throndsen
Student Union West (SUW) 265

The Price of Writing a Song: Writing More Dangerous Lyrics
This course will look at the basics of modern songwriting and explore ways to break the rules of composing lyrics that avoid cliches and stand out in unexpected ways, to grab the attention of the listener. Michael R. J. Roth has been called "a cool dark troubadour...not unlike Townes Van Zandt" with songs known for intriguing imagery and "deep, profound truth." He was the 2024 Grand Prize Winner of American Songwriter's lyric contest and was the lyric winner of the USA Songwriting Competition, the NSAI/CMT Song Contest, the Dallas Songwriters Association, the Austin Songwriters Group, the Mid-Atlantic Song Contest, and three-time lyric winner of The Great American Song Contest. His song "Gone Gone Gone" (written with Eric Ramsey) was a Grand Prize Winner (second place) in the 2021 Dallas Songwriters Association Song Contest. Lori McKenna called him "Brilliant."
Instructor: Michael R. J. Roth
Student Union West (SUW) 348

Rhythm & Moves - Cardio Drumming for Active Seniors- NEW
Get moving, stay energized, and join the fun in this class designed especially for older adults of all mobility levels. Using stability balls, drumsticks and lively music from across the decades, participants will enjoy a low-impact aerobic workout that combines rhythm, movement and social connection in a fun and welcoming environment. The class blends gentle cardio exercise with drumming patterns and seated or standing movement sequences that support balance, flexibility, strength, and cognitive wellness. No musical or physical experience required, just a willingness to move to the rhythm and enjoy the music.
Instructor: Laura Roesch
Student Union East (SUE) 10 – Private Dining Room

Slow Stitching: The art of Imperfection – TWO Periods - NEW
Slow stitching is about the process of creatively and sustainably crafting fabric. It's an inexpensive and fun way to spend quality time by yourself, with friends, or with grandchildren. We will upcycle scrap fabric, discarded clothing, thread, and embellishments to create small, beautiful, and useful objects. The class will build a foundation that sewists at all levels can add on to. Don't buy any materials before the first class. Bring sewing scissors/fabric scissors if you have them. There will be enough materials available for everyone to start the first project.
Instructor: Ruth Salter
Student Union West (SUW) 350

Strength Training for Every Body – NEW
Build strength, improve balance, and increase confidence in a supportive, all-levels environment. This class is designed to help you strengthen your body from where it is today—whether you're new to strength training, returning after a break, or looking to maintain and improve your fitness. Through safe, effective exercises, you'll develop functional strength that supports everyday activities, enhances mobility, and promotes long-term health. Modifications and progressions will be offered so participants can work at a pace that is comfortable and appropriate for their individual fitness level.
Instructor: Kelly Davis
Wellness (WELL) 137

Tai Chi for Better Balance – NEW
After 20 years of trying to understand tai chi's subtle depth, Coach Z is offering the basic foundations of tai chi that you can take as far as you like. Drawing inspiration from the 3 major family styles, explore the relationship of stillness/movement, mind/physical, empty/full, open/close through gentle mindful movement.
Instructor: Coach Z
Wellness (WELL) 145

TOOLBOX: Modality Resistance Training
From the use of personal Body Weight to Stability Balls, a variety of fitness tools and exercises will be used to encourage a beneficial fitness

experience. By promoting functional efficiency and injury prevention, common exercises will be modified to meet your fitness needs.
Instructor: Vera Booker
Wellness (WELL) 133

PERIOD FOUR
2:30 PM – 3:45 PM

Beginning Watercolor Painting (Continued)
Beginning Sewing Class (Continued)
Better Bridge (Continued)
Intermediate Mah Jongg (Continued)
Intermediate Watercolor Painting (Continued)
Slow Stitching (Continued)

Adult Humor
No, not that kind of humor. This interactive class explores the unique humor of Seniors. We will cover such relevant topics as the history of Geriatric Comedy; Death & Dying; Humor in Aging; the challenges of health and healthcare; family dynamics; technology; partnerships and relationships; old codgers, life in retirement & hodgepodge. We will use a range of media including cartoons, jokes, short stories, and video clips. Class contributions and interaction are strongly encouraged. The class is recommended for those 65 years old and older (we may card you at the door); otherwise, you just won't get the jokes. There is so much seriousness and sadness in the world today; this class is a welcome break from all of that and a great way to end the week. Above all keep it light & laugh out loud.
Instructor: Rich Filippi, Ringmaster
Student Union East (SUE) 231 - Gibson Lecture

Aquatic Exercise
This class helps participants learn the basics of aquatic exercise. Classes take place in the indoor heated pool in the GCSC Wellness Center. Both the locker rooms and the pool are handicapped accessible. Wear a bathing suit and bring a lock and towel. SWIMMING SKILLS ARE NOT REQUIRED.
Instructor: Mary Millett
Wellness Pool

Art History Meets True Crime – NEW
This course explores various art thefts, forgeries, and murders within the framework of Art History. Program taught by Sarah Burris, the Artist and the Librarian. Artists include Frank Lloyd Wright, Caravaggio, and Eadweard Muybridge.
Instructor: Sarah Burris
Student Union West (SUW) 348

The Art of Living Well: Ancient Wisdom for Modern Life – NEW
In this six-week series, we'll explore the Yamas and Niyamas—ten guiding principles from yoga philosophy that invite us to live with greater awareness, compassion, honesty, and contentment. Through accessible discussion, reflection, and everyday examples, we'll consider how these teachings can shape our relationships with ourselves, others, and the world around us. No yoga experience or flexibility required—just curiosity and a willingness to explore how ancient wisdom can bring a fresh perspective to modern life.
Instructor: Amy Throndsen
Student Union West (SUW) 265

Everything Weather
Weather plays a critical role in daily planning and emergency preparedness. Today, vast amounts of weather data are just a click away—but how is this information produced, and how should it

be interpreted? This course answers those questions by introducing the fundamentals of meteorology and forecasting. We'll explore everything from common summer thunderstorms to major hurricanes, with a focus on hurricane development, forecasting methods, public communication, and the specific climatology of the Florida Panhandle—highlighting Hurricane Michael (2018). We will also discuss other pertinent local weather aspects and threats; such as waterspouts, rip currents, lightning, and marine forecasting. We will examine the broader weather community, including the roles of academia, government, and the private weather industry. Additionally, the course will cover key forecasting models, where to find them and how to interpret them, as well as some of the top weather websites and apps, and how to effectively use them.

Instructor: Don Shepherd, JR
Student Union West (SUW) 347

Gentle Yoga – NEW

Build strength, improve balance, and increase confidence in a supportive, all-levels environment. This class is designed to help you strengthen your body from where it is today—whether you're new to strength training, returning after a break, or looking to maintain and improve your fitness. Through safe, effective exercises, you'll develop functional strength that supports everyday activities, enhances mobility, and promotes long-term health. Modifications and progressions will be offered so participants can work at a pace that is comfortable and appropriate for their individual fitness level.

Instructor: Kelly Davis
Wellness (WELL) 145

History of Project Mercury – NEW

Return to the electrifying and perilous days of mankind's first steps into space. This course will explore the beginnings of space exploration, focusing on NASA's first space development, Project Mercury. We will explore the history and development of rocket technology; establishment of NASA; the politics of the "Space Race"; the selection of the "Original Seven" astronauts; and the success and failure of early manned and unmanned flights culminating in the last Mercury flight (Faith 7, May of 1963).

Instructor: John Link
Student Union West (SUW) 349

Let's Dance!

Learn ballroom and Latin dance! This introductory course will cover the basics of Foxtrot, Swing, and Cha Cha. Sign up with a partner for your best experience! Dancing is joyful and athletic, so put on your dancing shoes and a smile, and come join us.

Instructor: Russell Mace
Wellness (WELL) 133

Tech Talk: Digital Skills for Everyday Life

Learn essential computer and smartphone skills in a relaxed, senior-friendly setting. This course covers Android and Apple devices, including calling, texting, taking photos, downloading apps, and customizing your phone. You'll also explore internet safety and identity protection. New to this session: discover how to use AI tools to simplify everyday tasks and stay connected.

Instructors: Lara Herter & Tanner McDonald
Student Union West (SUW) 266

Spring 2027
Education Encore
Jan. 22 - Feb. 26, 2027
At-A-Glance Rooms

Period One: 9:00 AM - 10:15 AM	Room
AI Made Simple - NEW	SUW 266
Beginning Bridge - TWO Periods	SUW 307
Beginning Mah Jongg - TWO Periods	SUW 302
Beginning Watercolor Painting - TWO Periods	SUE 244
Chair Yoga	WELL 145
Climate Change: Science, Impacts and Our Energy Future	SUW 347
Drawing from Life for Fun - TWO Periods - NEW	SUE 246
Evolving Concepts of the Brain/Body Connection	SUW 349
Fancy Doodles - TWO Periods - NEW	SUE 243
Flower Power!	SUE 231 (Gibson Hall)
Music Appreciation - NEW	AC 133
Secrets of the Gulf: Local Marine Life & Offshore Wonders	SUW 348
Yoga for Healthy Aging	WELL 137

Period Two: 10:30 AM – 11:45 AM	
Beginning Bridge (Continued)	SUW 307
Beginning Mah Jongg (Continued)	SUW 302
Beginning Watercolor Painting (Continued)	SUE 244
Drawing from Life for Fun (Continued)	SUE 246
Fancy Doodles (Continued)	SUE 243
Advance Beginner Ukulele	SUE 231 (Gibson Hall)
Beginner's Mat Yoga - NEW	WELL 145
The Bill of Rights in the 21st Century	SUW 350
Explore Meditation	WELL 137
From Your Backyard to the Keys: An Intro to Florida Birdwatching	SUW 349
Getting to Know Them: The Legendary Rodgers and Hammerstein	SUW 347
The History of Pirates Along the FL Gulf Coast and the FL Keys	SUW 266
I'd Like to Write a Book	SUW 348
Line Dance	WELL 133
Rhythm & Moves - Cardio Drumming for Active Seniors - NEW	SUE 10 (Private Dining)

Period Three: 1:00 PM - 2:15 PM

	Room
10 Ways to Capture Your Life Story to Pass On	SUW 347
Beginning Microsoft Word and Excel - NEW	SUW 349
Beginning Sewing Class - TWO Periods - NEW	CHC 125
Beginning Watercolor Painting - TWO Periods	SUE 243
Better Bridge - TWO Periods	SUW 307
Collage and Assemblage - TWO Periods - NEW	SUE 246
Current Foreign Policy Topics	SUE 231 (Gibson Hall)
Finding Your Ancestors	SUW 266
Intermediate Mah Jongg - TWO Periods	SUW 302
Intermediate Watercolor Painting - TWO Periods	SUE 244
Post-It Wall Planning: Making Your Next Chapter Happen - NEW	SUW 265
The Price of a Song: Writing More Dangerous Lyrics	SUW 348
Rhythm & Moves - Cardio Drumming for Seniors - NEW	SUE 10 (Private Dining)
Slow Stitching: The Art of Imperfection - TWO Periods - NEW	SUW 350
Strength Tarining for Every Body - NEW	WELL 137
Tai Chi for Better Balance - NEW	WELL 145
TOOLBOX: Modality Resistance Training	WELL 133

Period Four: 2:30 PM – 3:45 PM

Beginning Sewing Class (Continued)	CHC 125
Beginning Watercolor Painting (Continued)	SUE 243
Better Bridge (Continued)	SUW 307
Intermediate Mah Jongg (Continued)	SUW 302
Intermediate Watercolor Painting (Continued)	SUE 244
Slow Stitching: The Art of Imperfection (Continued)	SUW 350
Adult Humor	SUE 231 (Gibson Hall)
Aquatic Exercise	Wellness Pool
Art History Meets True Crime - NEW	SUW 348
The Art of Living Well: Ancient Wisdom for Modern Life - NEW	SUW 265
Everything Weather	SUW 347
Gentle Yoga - NEW	WELL 145
The History of Project Mercury - NEW	SUW 349
Let's Dance!	WELL 133
Tech Talk: Digital Skills for Everyday Life	SUW 266

Register at GulfCoast.edu/encore













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