



### March – Early May 2019 Lifelong Learning Classes

Interested in the pursuit of knowledge? Lifelong Learning offers a variety of classes at a variety of locations.

**Limited space is available and classes fill up quickly. For more information or to register, email [Maureen.Haberfeld@talgov.com](mailto:Maureen.Haberfeld@talgov.com) or call 850-891-4033.** You may also stop by the TSC and complete an application. Lifelong Learning programs are sponsored in part by Tallahassee Moose Lodge # 1075, the City of Tallahassee, Leon County, and the Tallahassee Senior Center & Foundation.

#### Public Opinion Polls: How and Why They Work

*Mondays, March 4, 11, 18, 25 10-11:30 a.m., NE Branch Library 5513 Thomasville Rd.*

The results from public opinion polls are used in a number of ways. They have come to influence what Americans eat and drink, the products we purchase, and the television programs we watch. In addition, they now play an important role in politics. Join expert Dr. Suzanne Parker as she examines several ideas expressed about public opinion polls and explains why properly designed polls can give a representative picture of the American public. \$5 donation (50+) / \$7 (others)

#### St. Patrick's Day Celebration

*Tuesday, March 26 7 – 8:30 p.m.*

Slainte! Everyone gets to be Irish in March. Wear your green and join the Tallahassee Irish Step Dancers as they perform and demonstrate different styles of soft shoe and hard shoe. Director David Jones will share his knowledge of the origin and different types of Irish dance. Participants will have a chance to learn some steps themselves. Enjoy a variety of Irish themed appetizers and beverages (including Guinness). **Fee \$17**

#### Gadsden Arts Center Norman Rockwell Exhibit

*Thursday, March 28 11:00 a.m. to 3 p.m. Transportation from TSC*

Travel to the Gadsden Arts Center in Quincy, FL to view the current exhibition: Norman Rockwell in the 1960's. This exhibit of prints and tearsheets has been organized by the Norman Rockwell Museum in Stockbridge, Massachusetts. It focuses on illustrations the artist created during the turbulent decade of the 1960's. Enjoy a tour of the exhibit and lunch catered by Damfino's Café. \$28 fee for class (includes museum admission, lunch, and transportation).

**Limited space available.**

#### Patterns that Shaped the Chinese People

*Mondays, April, 1, 8, 15, 22 10 - 11:30 a.m., NE Branch Library 5513 Thomasville Rd.*

Instructor Tom Friedman will help participants gain a deeper understanding of the Chinese people, their worldviews, culture, and social organization. The first 2 sessions will address early Chinese history with an emphasis on rituals concerning all aspects of life and death, nature of relationships among family members, friends, and rulers. The development of technology and art will be examined. The final 2 classes will cover the great philosophies of Confucius, Tao, and Legalism with an emphasis on how they still shape Chinese life today.

#### Spring Garden Tour: Invitation for Sustainable Living

*Tuesday, April 2*

Take an opportunity to tour a unique, sustainable yard right here in Tallahassee. Highlights include edible landscaping (with perennial edible plants that reseed themselves), healthy soil from composting, water harvesting from rainwater, solar panels and utilization of microclimates. Gardener Regine Maligne will discuss how to get started on your own sustainable garden and share many ideas for creative gardening as well as cuttings from her variety of plants. You will even be able to dig up some turmeric roots. Participants provide their own transportation to the home in Betton Hills (address to be provided upon registration). \$5 donation per class (50+) / \$7 (others). **Limited Space Available**

#### “Don't look at me with that tone of voice!” Nonverbal Communication

*Thursdays April 4, 11, 18, 25 1:30-3:00 p.m. TSC*

It's not the words you use that “speak” the loudest... but your nonverbal cues! Facial expressions, smells, gestures, sounds, use of time, colors, clothing, posture, use of space, tone of voice, and level of eye contact are powerful communication tools that communicate “without words! They can put people at ease, build trust, and draw others towards you, or they can offend, confuse, and undermine what you're trying to convey. Come prepared to have a fun and informative time as we explore and gain a better understanding of this powerful form of communication that can help you connect better with others, and build stronger, more rewarding relationships in personal and professional relationships.

Shauna Smith, Instructor. \$5 donation per class (50+) / \$7 (others)

#### Historic Tour of St. John's Episcopal Cemetery and Church

*Friday, April 5 9 a.m. – 1:30 p.m. meet at TSC*

Tallahassee's St. John's Episcopal Church (est. 1829) is on the National Register of Historic Places. The current church was built in 1880. Take a walking tour of the St. John's cemetery with church historians, Betty and Phil Ashler. The cemetery was established in 1840 and many well-known figures from Tallahassee's early history are buried here. The tour of the church will focus on the history, architecture, stained glass windows, altar, and Fisk organ. Participants will also be able to tour the bell tower and have an opportunity to ring the bells. The tour will conclude with lunch in St. John's Lively Café. **Lunch price is not included in the tour. Space is limited.** \$10 fee for tour. Transportation from TSC.

#### Seacrest Wolf Preserve Tour

*Tuesday, April 16 8:45 a.m. – 4 p.m.*

Travel from the Senior Center to the Seacrest Wolf Preserve in Chipley, FL. Seacrest Wolf Preserve is a place where humans and wolves connect in nature for educational purposes. The rare hands on wolf-human interaction are profound learning opportunities for humans to connect on a deeper level with wolves. Their goals are working to build bridges of greater understanding and respect for wolves in the natural world. Spend 2 hours with the wolves then enjoy a picnic lunch at the preserve. **Space is limited.** Fee \$60 /person (includes lunch and transportation).

#### Bon Appetit! French Wine, Cheese, and Dessert Tasting

*Tuesday, April 23 6 – 8 p.m. TSC Auditorium*

Amanda Morrison, sommelier from *For the Table Hospitality* will lead us in an exploration of French wines and how they are best paired with food. There will be an assortment of cheeses and appetizers to enjoy with the wines. For the grand finale, the chef Brandon Langworthy from Mulligan Park will be making delicious flambés for everyone to enjoy.

Fee \$20 /person.

