



Education Encore

Sept. 18 - Oct. 30

**No class on October 9*



No Tests! No Stress!

JUST FUN!

gulfcoast.edu/encore

Panama City Campus Fall Education Encore

September 18 - October 30 (NO Class on Oct. 9)

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

September 18

Panera's Chicken Roma Asiago Bagel Stack

Grilled chicken, melty fresh mozzarella, vine-ripened tomatoes, chopped basil, fresh arugula, Green Goddess dressing, salt and pepper with a garlic aioli drizzle served with an apple and a Chocolate Chipper Cookie.

September 25

Newk's Chicken Salad on Croissant

Scratch-made chicken salad made with grapes, pecans and red onions, topped with lettuce, tomatoes, provolone, and mayo. Served with Baked Lays and a brownie.

October 2

Potbelly's Italian Sandwich

Salami, old-world capicola, pepperoni, mortadella, provolone served with chips and a cookie.

October 16

Chick-Fil-A Sandwich

Served with Waffle chips and a Chocolate Chunk Cookie.

October 23

Mission BBQ

Pulled Pork Sandwich served with Green Beans and a Cookie.

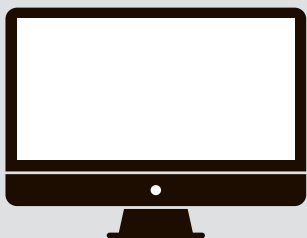
October 30

Zaxby's Asian Zensation Zalad

Mixed greens with carrots and red cabbage, wonton strips, Asian Slaw, and a drizzle of Teriyaki Sauce with grilled chicken and Citrus Vinaigrette. Served with Veggie Egg Roll w/ Chocolate Chip Cookie.

*All Lunches are served
with a bottle of water.*

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.



**Purchase
Online
at**

gulfcoast.edu/encore



Join us for Lunch and Learn

Fall 2026 Education Encore

Fridays, Sept. 18 - Oct. 30, 12 Noon - 12:50 PM
Student Union East (SUE) Conference Center



Fall 2026
Education Encore
Every Friday

- ✓ Bring your lunch
- ✓ Join your classmates
- ✓ Enjoy an informative talk

September 18- **President's Welcome**

Glen McDonald, President of Gulf Coast State College, will be joining us with a special message recognizing the importance of lifelong learning and your valued place in our campus community. He will also provide updates on recent and upcoming developments across the campus. Also, Dr. Jennifer McAtee, Chair of the Visual & Performing Arts department, will join us to share the upcoming art exhibits, musical performances, and theatrical productions that Encore students can attend at a discounted rate!

September 25 - **The Heritage Monitoring Scouts (HMS) Florida Program**

Florida's history is all around us—but how do we protect it? Join Kate Schreiber from the Florida Public Archaeology

Network (FPAN) to learn about the Heritage Monitoring Scouts (HMS) program and the important role volunteers play in documenting and monitoring archaeological sites, historic buildings, cemeteries, and other cultural treasures across the state. Discover how everyday citizens are helping preserve Florida's past by providing valuable information that supports conservation and informed stewardship.

October 2 - **Judges Town Forum**

Join Chief Judge Patterson, Circuit Judge Stephenson, Circuit Judge Roberts and Bay County Judge Smith to learn about our judicial system. Participants will learn about the judge's role, the process of the case, the challenges the courts face, and what the court of the future looks like.

October 16 - **Healthy Living: A Traditional & Functional Medicine Approach**

Join Dr. Myra Reed for an informative presentation on achieving better health through a unique blend of traditional and functional medicine. With more than 40 years of experience practicing internal medicine in Panama City, Dr. Reed will share practical insights and evidence-based strategies to help you make informed choices for healthier living.

October 23 - **Why Our Bays Matter: Exploring Our Local Estuaries**

What makes St. Andrew and St. Joseph Bays so special? Join Dr. Jessica Graham as she explores the remarkable ecosystems that make these estuaries among our region's greatest natural assets. Learn how scientists, community partners, and local residents are working together to protect water quality, restore habitats, and ensure these beautiful bays remain healthy for generations to come. Whether you're a nature enthusiast, boater, angler, or simply love living on the Gulf Coast, this presentation offers a fascinating look at the science and stewardship behind our coastal environment.

October 30 - **Grand Finale!**

Classmates in the ENCORE program display the fruits of their efforts in drawing, painting and more!

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 East (SUE) 246

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 – 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) 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

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 located on the website.

Instructor: Tesa Burch

Student Union East (SUE) 243

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

The Literary Landscape: Exploring Books, History, and the Human Experience - NEW

A memorable book invites conversation. In this six-week course, we'll explore some of today's most engaging fiction and nonfiction while discovering how authors revisit history, reinterpret the classics, and illuminate the enduring questions of identity, memory, courage and hope. Along the way, we'll examine why these books resonate with modern readers and what they reveal about the literary landscape of our time.

Instructor: Laura Roesch

Student Union West (SUW) 347

Music Appreciation - NEW

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

WARGAMING 101 2.0: A Brief Introduction to Wargaming - NEW

We'll conduct a brief literature review and wabetop examination of the unique history of wargaming, as well as important wargame types, styles,

genres, systems, and milestone games. We'll explore historical, counterfactual, and fictional wargames. We'll discuss what makes wargaming not only fun, but educational, insightful, and valuable for military, government, and even corporate training and planning. We'll explore the differences, similarities, and overlap between professional and commercial wargaming. Most importantly, we'll PLAY a few examples!

Instructor: Christopher DiNote

Student Union West (SUW) 349

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)

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 East (SUE) 246

Beginner's Mat Yoga

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

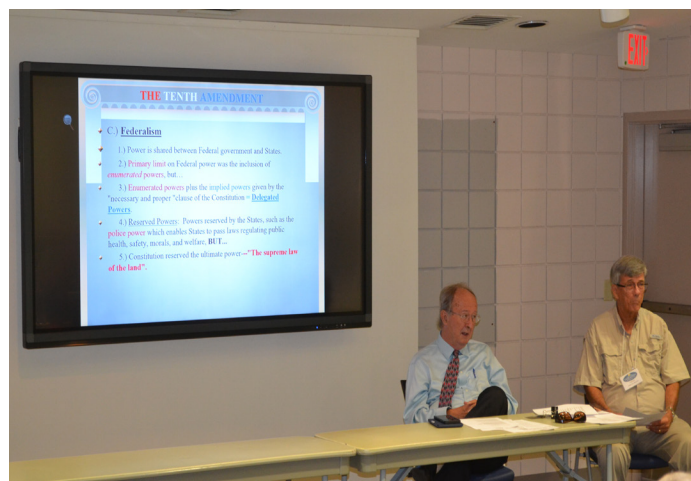
Wellness (WELL) 145

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) 349



Getting to Know Them: The Legendary Rodgers and Hammerstein - NEW

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) 348

Line Dance 101 - NEW

Line Dance 101 is designed as an introductory class that welcomes individuals interested in learning the basics of line dancing. This course focuses on beginner level dances as you learn the names of the steps and how to perform them correctly to music. If you are a more seasoned line dancer, you are welcome to join the beginners as well. Line dancing offers a social outlet that enhances memory, improves balance, builds confidence in mobility, and contributes to heart health. To ensure safety and comfort, attendees are required to wear closed-toed shoes and choose clothing that allows for easy movement. Line dancing is so much fun, you'll leave wanting more!

Instructor: Teresa Hinckley

Wellness (WELL) 133

Med Instead of Meds – NEW

Interested in eating the Mediterranean way, but not sure where to start?

Eating like those who live in the Mediterranean region has been shown to promote health and decrease the risk of many chronic diseases including diabetes and heart disease. The Med Instead of Meds class series will help you Go Med by exploring 7 simple ways to eat the Med Way. Learn about Med tips, life hacks, and recipes that will help you eat the Med Way every day. Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more. This class will be taught by Melanie Taylor, Extension Agent, UF/IFAS Extension Bay County. Med Instead of Meds was developed by NC State University. The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Melanie Taylor, metaylor@ufl.edu, 850-784-6105 at least 2 weeks in advance. Advance notice is necessary to arrange for some accessibility needs. An Equal Opportunity Institution.

Instructors: Kendra Hughson & Melanie Taylor
Student Union East (SUE) 231 – Gibson Lecture

Ukulele 101

Warning! Exposure to Ukulele... may cause sudden outbursts of Joy, Energy, Creativity, and Spontaneous Healing! Learn to play this 4-string wonder. You will go home on the first day being able to play several songs. Participants will need to bring their own ukes. If you don't own a ukulele there are some available for checkout at the Panama City Library.

Instructor: Pat Nease
Student Union East (SUE) 10 – Private Dining



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

Acrylic Painting – TWO Periods – NEW

Students will study paint, color, tools to use, and how to use them. The student is instructed to paint using still life, landscapes, possibly figures, and other objects/subjects. Some materials supplied. Primarily an introductory painting course for art majors. **Supply fee of \$75 is required for the course OR you may use the Supply List located on the website.**

Instructor: Tesa Burch
Student Union East (SUE) 243

Beginning Sewing Class – TWO Periods – NEW

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.**

Instructors: Cindy Hawke & Linda Perry
Student Union West (SUW) 350

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

Craft & Create: A Hands-On Series

Unleash your creativity and enjoy a relaxing, hands-on crafting experience in this fun series designed for adults. Each session features a unique project that introduces participants to a variety of artistic techniques, materials, and creative styles—no prior experience is necessary. Projects include a festive Christmas with Oysters featuring hand-painted Snowman and Santa Claus oyster shells, an Oktoberfest/Fall Decoupage Wine Bottle, and a beautiful Handkerchief Wreath. Every class is designed to inspire creativity, encourage self-expression, and provide a welcoming environment where participants can create a one-of-a-kind piece to take home. **Supply List located on the website.**

Instructor: Irene Field

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

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 – TWO Periods

Intermediate Watercolor is taught by local artist, Krista Eggleston. Join her as she leads you in exploration of more advanced techniques of watercolor painting such as lifting, creating an underpainting and “wet on damp” painting. Loosen up while learning to finish your painting

with confidence and joy. **Supply List located on the website.**

Instructor: Krista Eggleston

Student Union East (SUE) 244



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 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. **Equipment provided.**

Instructor: Laura Roesch

Student Union East (SUE) 10 – Private Dining

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) 133

PERIOD FOUR

2:30 PM – 3:45 PM

Acrylic Painting (Continued)

Beginning Sewing (Continued)

Better Bridge (Continued)

Intermediate Mah Jongg (Continued)

Intermediate Watercolor Painting (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. Audience readings and shared experiences are explored. 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



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) 137

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) 349

Get Your Encore Commodore T-Shirt



gulfcoast.edu/encore

Fall 2026

Education Encore

At-A-Glance Rooms



Period One: 9:00 AM - 10:15 AM

Room

AI Made Simple: Practical AI for Everyday Life - NEW	SUE 246
Beginning Bridge - TWO Periods	SUW 307
Beginning Mah Jongg - TWO Periods	SUW 302
Beginning Watercolor Painting - TWO Periods	SUE 244
Chair Yoga	WELL 145
Drawing from Life for Fun - TWO Periods - NEW	SUE 243
I'd Like to Write a Book	SUW 348
The Literary Landscape: Exploring Books, History, & More! - NEW	SUW 347
Music Appreciation - NEW	AC 133
Wargaming 101 2.0: A Brief Intro to Wargaming- NEW	SUW 349

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 243
Beginning Microsoft Word and Excel - NEW	SUE 246
Beginner's Mat Yoga	WELL 145
The Bill of Rights in the 21st Century	SUW 349
Getting to Know Them: Legendary Rodgers & Hammerstein - NEW	SUW 347
The History of Pirates Along the FL Gulf Coast & FL Keys - NEW	SUW 348
Line Dance 101: Introduction to Line Dancing	WELL 133
Med Instead of Meds	SUE 231 (Gibson Hall)
Ukulele 101	SUE 10 (Private Dining)

Sept. 18 - Oct. 30, 2026

***NO Class on Oct. 9**

Register at gulfcoast.edu/encore

Fall 2026

Education Encore

At-A-Glance Rooms



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

10 Ways to Capture Your Life Story to Pass On - NEW

Acrylic Painting - TWO Periods - NEW

Beginning Sewing Class - TWO Periods - NEW

Better Bridge - TWO Periods

Craft & Create: A Hands-On Series

Current Foreign Policy Topics

Intermediate Mah Jongg - TWO Periods

Intermediate Watercolor Painting - TWO Periods

The Price of a Song: Writing More Dangerous Lyrics

Rhythm & Moves: Cardio Drumming for Seniors - NEW

Strength Training for Every Body - NEW

Tai Chi for Better Balance - NEW

Room

SUW 347

SUE 243

SUW 350

SUW 307

SUE 246

SUE 231 (Gibson Hall)

SUW 302

SUE 244

SUW 348

SUE 10 (Private Dining)

WELL 137

WELL 133

Period Four: 2:30 PM – 3:45 PM

Acrylic Painting (Continued)

Beginning Sewing Class (Continued)

Better Bridge (Continued)

Intermediate Mah Jongg (Continued)

Intermediate Watercolor Painting (Continued)

SUE 243

SUW 350

SUW 307

SUW 302

SUE 244

Adult Humor

Aquatic Exercise

Everything Weather - NEW

Gentle Yoga - NEW

Let's Dance!

Tech Talk: Digital Skills for Everyday Life

SUE 231 (Gibson Hall)

Wellness Pool

SUW 347

WELL 137

WELL 133

SUW 349

Register at GulfCoast.edu/encore

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ONLINE REGISTRATION

Visit gulfcoast.edu/Encore for a How-To video or check out our Facebook Page!

OPEN web browser.

TYPE in gulfcoast.edu/encore and HIT enter.

CLICK the yellow "Register" button.



REGISTER

You will be redirected to a new site called Active for the registration process.

CLICK the teal "Add to cart" button.



ADD TO CART

NOTE: If registering more than one participant, you can change the quantity on the right side of the page in the Shopping Cart.

CLICK the yellow "Continue" button.



CONTINUE

ENTER your email address.

This will be used for registration confirmation, updated information, and your payment receipt.

CLICK the yellow "Next" button.

CHECK the two boxes to the left of the pop-up window to accept the Terms of Use.

CLICK the yellow "Next" button.



NEXT

ENTER the following information in the boxes provided:

- First name
- Last name
- Date of birth
- Gender

Identify whether you are registering for yourself or another participant.

CLICK the yellow "Continue" button.



CONTINUE

COMPLETE the registration form.

NOTE: Questions with a red asterisk () are required.*

WRITE or **TYPE** your signature.

CLICK the  button.

REVIEW order details to confirm they are correct.

ENTER payment information.

CONFIRM your billing information is correct.



CONFIRM

CLICK the blue "Confirm" button.

CREATE a password.

NOTE: Passwords must be 8 or more characters, and contain three of these: lowercase, uppercase, numeric, and special characters.



COMPLETE

CONFIRM password.

NOTE: Your password will be used for all future registrations for Education Encore or any Continuing Education courses.

CLICK the yellow "Complete" button.

Within a few minutes, you will receive a confirmation email of your registration and payment to your specified email address. You will also receive additional information in regards to the Fall 2024 Education Encore. Please print or

The fun doesn't stop!

As an Education Encore Participant, you are entitled to use the facilities at the Gulf Coast State College Panama City Campus.



Wellness Building



Library



Bookstore



**Amelia G. Tapper Center
For The Arts**

Get more info

online

Get details about perks!

gulfcoast.edu/encore

For location of facilities:

gulfcoast.edu/campus-locations

