



Gulf/Franklin Education Encore

No Tests! No Grades! No Stress!

JUST FUN!



Spring 2024

Gulf Franklin Campus Spring Education Encore January 24 - February 28 Fee: \$95

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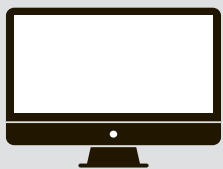
What is Education Encore?

“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/GFEncore

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 Wednesdays.

How do I register online?

Follow instructions on page 7.

What is the cost?

The fee for participants is \$95 for the six-week program, which includes three classes each Wednesday. Whether you attend one class or all four, the fee for participants is \$95 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 in their registration email.

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/GFEncore.

What about special needs?

Gulf Coast State College is committed to equal access/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.

Contact us!

If you would like more information, give us a call at 850-769-1551 ext. 5501. You can also visit gulfcoast.edu/GFEncore.

Refunds

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



PERIOD ONE

9:00 AM – 10:00 AM (EST)

Bird Watching

Florida is a mecca for birdwatchers! This is a quick crash course (for beginners and seasoned birders) designed to answer some of the most frequently asked questions about birding in our area. You'll learn: How many - and what type - of birds are in Florida; all about the latest free apps for identification and participating in citizen-science birding projects; where the local "hot spots" are for birdwatching, how to bring more birds into your backyard; what the Fall migration means to the Panhandle and how to forecast arrivals; all about the popular Florida Audubon Eagle Watch program; and how you can plug-in to the rapidly growing Gulf County birding community.

Instructor: Nelson Mongiovi

Location: M101

Painting 1

Whether new to painting, looking for a refresher of the basics or continuing to hone your skills, this class is for you. Come join us and create art you will be proud to hang on your wall. Class yield: 4 paintings on canvas. Skill Level: Beginner / Intermediate. **Supply List located at gulfcoast.edu/GFEncore**

Instructor: Mari Harrison

Location: M104



Will You Know Where You Are When You Get Where You're Going?

This course will delve into some interesting people, places, events, situations, and outcomes from the past that have influenced and shaped the thought process, lifestyles, and makeup of America today. We will cover the everyday items—music, dress, food, and tail fins on the 1959 Cadillac Eldorado.... And we will look at the more crucial precursors—the Frontier Thesis, racial conflict, wars, bad presidents, geographical influences, television, the political party that your granddaddy belonged to.... Nothing is off-limits in this class. Come, and find out where you fit in!

Instructor: Kesley Colbert

Location: M103

PERIOD TWO

10:15 AM – 11:15 AM (EST)

Attracting Bees, Birds, and Butterflies to the Garden

High points – Who and what can benefit from inviting the Birds, Bees, and Butterflies/BBB? Know your yard. Requirements needed by BBB. Choices, choices, choices! B or B or B, or all three? Exploring the plants and flower choices is endless! More options and methods are available to draw them home. Let's go shopping! We will discuss diversity, smart picks, and what to avoid.

Instructor: Barbara Hendrix

Location: M101

The Life and Times of Will Rodgers

It will not "be" a life history of Will Rodgers as much as it will be about the times, events, places and amazing people in the history of America between 1879 and 1935. It would cover the end of the Western frontier, the Gilded Age, the Spanish-American war, the unsafe and unhealthy slaughter houses in Chicago around 1900, World War I, America's worst president....and it's best, the roaring Twenties, the Great Depression and how my great Uncle Harvey almost got hung as a suspected horse thief by some upset homesteaders in Giles County, Tennessee.... We will make it come alive!

Instructor: Kesley Colbert

Location: M103



One Man & a Toolbox

Home ownership is a wonderful part of “The American Dream,” home repairs are not. This course will take the headache out of home repairs by teaching participants basic carpentry skills, solutions to plumbing & electrical issues and how to increase energy efficiency of their home. This course will save you time, money & stress.

Instructor: Landy Luther

Location: M103



Ukulele: Strumming, Picking, & More

Ukulele, “the gift that came here.” Learn the essential techniques including chords, strumming patterns, fingerpicking and much, much more! Participants will begin playing songs right away. It is not necessary to own an Ukulele, but it is useful for practice outside the class.

Instructor: Brooks Jones

Location: TBA

Yoga for Healthy Aging

A yoga class designed to teach yoga poses with modifications for safe practice. We will be focusing on strength, flexibility, balance, and breath. Please bring a yoga mat, 2 yoga blocks, and a yoga blanket. (I use a Mexican blanket).

All levels are welcome!

Instructor: Candy Beck

Location: M105

Tai Chi: Mindfulness in Motion

In this course, the focus will be on perfecting the techniques for 24 posture sequences, proper breathing, and flow of movement. Tai Chi has gained recognition as a low-impact exercise, which promotes improved circulation, flexibility, strength, and balance. A recent study found that individual who practiced Tai Chi 1-3 times a week reduced their rate of falls by 43%!

Instructor: Brooks Jones

Location: M105

PERIOD THREE

11:30 AM – 12:30 PM (EST)

Gardening

Native Landscaping in North Florida – What are native plants and how can it benefit you and your home? Native plants and their requirements are not complicated. Let’s identify the Good, the Bad, and the Ugly. Let’s look at the best for our individual yards! Placement ideas and what works for you. Let’s go shopping nearby and why?

Instructor: Kesley Colbert

Location: M101



Gulf/Franklin Campus Spring 2024 Education Encore At-A-Glance Rooms



Period One: 9:00 A.M. – 10:00 A.M. Room

Bird Watching <i>Instructor: Nelson Mongiovi</i>	M101
Painting 1 - TWO Periods <i>Instructor: Mari Harrison</i>	M104
Will You Know Where You Are When You Get Where You Are Going? <i>Instructor: Kesley Colbert</i>	M103

Period Two: 10:15 A.M. - 11:15 A.M.

Painting 1 (Continued)	M104
Attracting Bees, Birds and Butterflies to the Garden <i>Instructor: Barbara Hendrix</i>	M101
The Life and Times of Will Rodgers <i>Instructor: Kesley Colbert</i>	M103
Ukulele: Strumming, Picking & More! <i>Instructor: Brooks Jones</i>	TBD
Yoga for Healthy Aging <i>Instructor: Candy Beck</i>	M105

Period Three: 11:30 A.M. - 12:30 P.M.

Gardening <i>Instructor: Barbara Hendrix</i>	M101
One Man & a Toolbox <i>Instructor: Landy Luther</i>	M103
Tai Chi: Mindfulness in Motion <i>Instructor: Brooks Jones</i>	M105

What is Education Encore?
Education Encore provides non-credit enrichment education classes for active and senior adults. The learning environment is fun and stress-free while offering diversity, insight and wisdom.

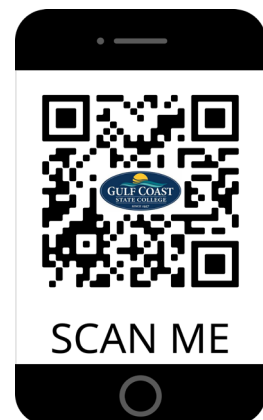
Our motto is **No Stress! No Tests! No Grades! Just Fun!**

What is the schedule?
Classes meet six consecutive **Wednesdays** starting **January 24 - February 28**

What is the cost?
The fee is \$95 for the six-week program and you can pick up to three classes.

Want to know more?
Visit gulfcoast.edu/GFEncore or contact the Gulf/Franklin Registration Desk 850.227.9670

Follow us on Facebook!
[@gulffranklincampus](https://www.facebook.com/gulffranklincampus)



ONLINE REGISTRATION

Use the following step-by-step instructions to register online.

OPEN web browser.

TYPE in gulfoast.edu/encore and HIT enter.

CLICK the yellow “Register” button.

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

A yellow rectangular button with a teal shopping cart icon on the left and the word "REGISTER" in teal capital letters on the right.

CLICK the teal “Add to cart” button.

A teal rectangular button with a white shopping cart icon on the left and the words "ADD TO CART" in white capital letters on the right.

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.

A yellow rectangular button with the word "CONTINUE" in teal capital letters.

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.

A yellow rectangular button with the word "NEXT" in teal capital letters.

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.

A yellow rectangular button with the word "CONTINUE" in teal capital letters.

COMPLETE the registration form.

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

WRITE or **TYPE** your signature.

CLICK the yellow “Continue to Cart” button.

A yellow rectangular button with the words "CONTINUE TO CART" in teal capital letters.

REVIEW order details to confirm they are correct.

ENTER payment information.

CONFIRM your billing information is correct.

CLICK the blue “Confirm” button.

A blue rectangular button with the word "CONFIRM" in white capital letters.

CREATE a password.

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

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.

A yellow rectangular button with the word "COMPLETE" in teal capital letters.

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 2023 Education Encore. Please print or save the email for your reference.



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