Education Encore
Fall 2020

No Tests! No Grades! No Stress!
JUST FUN!

GULF COAST STATE COLLEGE
SINCE 1957
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"
Fall Education Encore
Getting Started

Name tags will be located in your first period classroom.

Classroom location will be emailed to students prior to the first day.

You are welcome to bring your own coffee or tea as we will not be providing coffee courtesy of Gulf Coast State College Foundation due to health concerns.
The College is committed to the safety of all students. Faculty and staff continue to follow guidelines provided by the CDC and health officials. If social distancing guidelines cannot be met, students and employees will be required to wear face coverings while inside the classrooms and when in close proximity to other colleagues, students and visitors. Students are encouraged to bring their own reusable face coverings. Reusable masks will be available for purchase in the GCSC Bookstore. Additionally, safety protocols are in place if an employee or student is exposed to or contracts COVID-19.

The College has also taken additional precautionary safety measures including: installing Plexiglas shields in high traffic areas; distributing reusable masks to full-time employees; fogging classrooms, labs and public spaces with disinfectant; equipping classrooms with disinfectant wipes; and nightly facilities crews for extra cleaning.

Staying Healthy Practices

- Face masks are required while in any college facility.
- Clean and disinfect surfaces frequently.
- Wash your hands often with soap and water for 20 seconds.
- Stay home when you are sick.

For more COVID-19 information, visit: gulfcoast.edu/covid-19-coronavirus.html

Resources

Centers for Disease Control and Prevention

[cdc.gov](http://cdc.gov)

Bay County Health Department

[bay.floridahealth.gov](http://bay.floridahealth.gov)
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 11.

What is the cost?
The fee for participants is $99 for the six-week program, which includes four classes each Friday. Whether you attend one class or all four, the fee for participants is $99 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 at the welcome station, if needed.

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 @GCSC".

Will Lunch Tickets be available for purchase?
Lunch tickets will not be available for purchase during the Fall Education Encore. Please bring a packed lunch. Limited items are for sale in the Commodore Market located in Student Union East.

Will Lunch & Learns be offered in the main conference room?
In order to reduce the opportunity for large social gatherings, Lunch & Learns will be live streamed into classrooms and on the Education Encore Facebook Page.

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 850-873-3583. You can also visit gulfcoast.edu/Encore.

Refunds
A full refund is available for participants requesting 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 majority of campus facilities are open for limited services. In order to protect the health and safety of all, some facilities are currently closed. Please refer to our website for status updates.

The Wellness Building
Bookstore
Library
Amelia G. Tapper Center
For The Arts

Limited space for on-campus classes. Register today to guarantee your spot!
NEW Online options! Select classes are available to be live streamed from the comfort of your own home! Links will be provided after you have registered for classes.

PERIOD ONE
9:00 A.M. – 10:15 A.M.

The Art of Writing
Find your creative inspiration and write the story only you can write. Learn the building blocks and develop the details to take your fiction, memoir, family story, or essay to the next level.
*Instructor*: Tony Simmons
*Student Union West (SUW) 348 OR Online*

Chair Yoga
Chair Yoga has all the health benefits of yoga while emphasizing safety. Postures are modified using a chair, either seated or for support in standing poses. The course is designed for those finding it difficult to sit or get up from the floor. The course activities help anyone interested in improving his or her physical and mental well-being.
*Instructor*: Mary Gene Smith
*Wellness (WELL) 145*

Explore Enameling and Jewelry – FOUR Periods
This class is currently full.
*Instructor*: Mary Kay McGraw
*Student Union East (SUE) 243*
There is a $45 kit and supply fee

Gardening with Native Plants
Our native plants have evolved alongside our local wildlife and are adapted to the soils and environmental conditions of our area. They have important roles in sustaining our pollinators, birds, and other wildlife. These roles will be discussed as well as native plants that thrive in our area. Techniques to incorporate them into a home landscape will also be a topic.
*Instructor*: Jody Wood-Putnam
*Online Only*

Legal Briefs
Get the “inside story” from a prominent Board Certified Civil Trial Attorney on what is happening locally, nationally and worldwide. Hear about which laws apply and how they impact citizens. The class will look at both sides of the story, probe the humor, consider the facts, and the hearsay. Be prepared to be challenged to find the truth!
*Instructor*: Zachary Taylor, Esq.
*Student Union East (SUE) 231 Gibson Lecture*

Lost & Found: Genealogy for Beginners
Explore the past! This hands-on course will help participants research and build their family tree. The course will cover various models for compiling research into a family story format, both online and hard copy.
*Instructor*: Catherine Mackay
*Student Union West (SUW) 349 OR Online*
Modern Masters - An Intimate Look at Today’s Greatest Living Artists
Join Artist Tim Gagnon as he showcases today’s top Living Artists with biographies, slide shows of their work, and live interviews.
Instructor: Tim Gagnon
Student Union West (SUW) 347

Understanding Climate Change - NEW
This course will examine and review, within an apolitical framework, the science of climate change and the impact climate change has on our environment.
Instructor: James (Jim) Burho
Student Union West (SUW) 302 OR Online

PERIOD TWO
10:30 A.M. – 11:45 A.M.
Explore Enameling and Jewelry (Cont.)

All Booked Up!
This course, devoted to bookworms and bibliophiles, celebrates and shares a life-time of reading and the love of books. Suggested reading materials include “1,000 Books to Read Before You Die, A Life-Changing List,” by James Mustich (2018).
Instructor: Laura Roesch
Online Only

Archaeology and the Bible - NEW
After examining archaeological methods of excavation used in the Near East to assess multi-occupation mounds called tells, the course will survey the archaeological evidence associated with the biblical account of ancient Israel’s origins (Gen 12 – 1 Sam 10).
Instructor: Dr. Larry D. Bruce
Student Union West (SUW) 349 OR Online

Bill of Rights in the 21st Century - NEW
Learn how important the Bill of Rights are in determining many of the important 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: Judge Don Sirmons & Mike Stone, Esq.
Online Only

Chop Til You Drop
Learn to make food prep enjoyable by using the right knives and gadgets. Techniques demonstrated will give participants the skills to whip up any recipe with ease. This interactive class will include taste-testing and hands-on practice.
Instructor: Jill Hansen
Online Only

Introduction to Pastels
Learn Pastel Painting techniques using hard and soft pastels. This is a “how to” class with demonstrations and lots of individual instruction. If you already know “how to”, you’ll learn “what now”—taking your pastel painting to its next level. Working from still life subjects, photo references and even a live model, you will learn the amazing capabilities of this vibrant artistic medium. Supply List located at gulfcoast.edu/Encore.
Instructor: Tim Gagnon
Student Union West (SUW) 347 OR Online

Light & Lively
Leave your cares at the door! Activating those natural endorphins, this class will put a spring in your step and leave you feeling less stressed! With low-impact aerobics and cardiovascular activity; including balance, strength, coordination (light dancing), and fun social interaction with your peers, leave class with a lighter mood for your day.
Instructor: Vera Booker
Wellness (WELL) 133
Obscure and Little-Known Facts about African American History - NEW
So, you think you know the real story about African American history. Come and find out about obscure and little-known facts about African American history that will amaze you, from the ancestral home (Africa) to the present time.
Instructor: Matthew W. Shack Sr.
Student Union West (SUW) 348 OR Online

What’s Your Story? - NEW
EVERYONE has a tale to tell – and usually more than one. Stories help make sense of the world, and as has been often said, “You can’t hate someone whose story you know.” Finding, crafting, and sharing your story, whether for writing or telling, is the essence of this workshop. We’ll venture into age-old myths, folklore, personal experiences, and more, delighting in the memories and ideas that stir our imaginations.
Instructor: Pat Nease
Student Union East (SUE) 10

Yoga
Students learn Hatha Yoga poses and asanas using controlled breathing and meditation to achieve muscular strength, endurance, and relaxation. Yoga is beneficial regardless of your physical condition, age, or abilities. Wear stretchable or loose-fitting clothing and bring a yoga mat.
Instructor: Mary Gene Smith
Wellness (WELL) 145

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 US foreign policy is or should be and its relevancy to you. The course is led by a retired career intelligence officer with global experience.
Instructor: Rich Filippi
Student Union East (SUE) 231 - Gibson Lecture Hall
Introduction to Mono-Printing - NEW
An exploration of the highly satisfying medium of mono-printing. Training will be provided in ink preparation, suitable platen substrates, and stylus technique. **Supplies included.**
*Instructor: Kenny Redd*
*Student Union West (SUW) 302*

Open Studio: Painting in Oils and Acrylics – Two Periods
Paint whatever you want in either oils or acrylics in an open studio environment with a professional painter as your guide. Beginners to experts are welcome!
*Instructor: Tim Gagnon*
*Student Union West (SUW) 347*

Physics is Everything
This course explains Physics at a fundamental level using in-class demonstrations, internet videos, and animations. It is fun, informative, and eye-opening how Physics plays such an important role in our everyday life. Topics vary and are easy to comprehend. Each Encore semester will involve new and different materials.
*Instructor: Jerry Blimbaum*
*Student Union West (SUW) 349 OR Online*

Playful Watercolor for Beginners – TWO Periods
Watercolor can be such a fun and expressive medium. Learn basic techniques along with experimental methods and bring them all together to create beautiful and fun paintings!
*Supply List located at gulfcoast.edu/Encore.*
*Instructor: Heather Clements*
*Online Only*

**PERIOD FOUR**
**2:30 P.M. – 3:45 P.M.**

Exploring Enameling and Jewelry (Cont.)
Open Studio: Painting in Oils & Acrylics (Cont.)

Aquatic Exercise
This class helps participants learn the basics of aquatic exercise. Classes take place in the indoor heated pool located 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: Anne Lehmeyer*
*Wellness Pool*

Gentle Yoga
Learn the basics of Yoga in this introductory class that focuses on improving flexibility, balance and promoting relaxation. Gentle, step by step guidance helps you stay safe as you become familiar with the basic Yoga poses and breathing techniques.
*Instructor: Jennifer Mercuri*
*Online Only*

“Like” us on Facebook
“Education Encore at GCSC”
Retirement Today - NEW
Review of retirement income planning, estate planning and risk management in today’s economy. Michael Grant has over 15 years of experience helping individuals and small businesses define, develop and achieve their financial goals. He holds federal securities licenses, is a Chartered Financial Consultant® and he has lived and worked in this area since 2008.
_Instructor: Michael Grant_
_Student Union West (SUW) 348 OR Online_

Tech Talk – NEW
In this course, students will learn basic computer skills and tips on how to simplify their smartphones. The class will cover how to use Android and Apple Phones. Participants will learn everything from taking pictures and making calls to downloading apps and customizing their home page.
_Instructor: Tanner McDonald & Lara Herter_
_Student Union West (SUW) 349 OR Online_

Ukulele for Beginners - NEW
Warning! Exposure to Ukulele…may cause sudden outbursts of Joy, Happiness, Energy, Creativity, Awareness, and Spontaneous Healing! Learn to play this 4-string wonder and go home the first day with a song under your belt. Or wherever you keep your music. Current circumstances require participants to bring their ukes.
_Instructor: Pat Nease_
_Student Union East (SUE) 10 – Private Dining Room_

This Is Your Brain: Neuroscience for Beginners - NEW
The goal of this class is to provide students with an understanding of the structure and general functional systems of the human brain and spinal cord. In addition to learning the basics of sensation, movement, emotion, and cognition, attention will be given to understanding which parts of the brain are commonly affected in Central Nervous System (CNS) diseases such as stroke, dementia, Parkinson’s, etc. Students will also learn the significance of procedures to assess whether someone has suffered a stroke and how to perform simple tests that form the core of a neurological examination.
_Instructor: Norman Capra, MS, Ph.D._
_Online Only_

Looking for more classes? Check out our Website! 
_GulfCoast.edu/ContinuingEducation_
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 “Online Registration” button.

You will be redirected to a new site called Active for the registration process.
CLICK the teal “Add to cart” button.

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

NOTE: If registering for Explore Liquid Enamel in Jewelry Making, check the box for the supply fee.
CLICK the yellow “Continue” button.
COMPLETE the registration form.
NOTE: Questions with a red asterisk (*) are required.
WRITE or TYPE your signature.
CLICK the yellow “Continue” button.
REVIEW order details to confirm they are correct.
ENTER payment information.
CONFIRM your billing information is correct.
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.
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 2020 Education Encore. Please print or save the email for your reference. Additionally, please be sure to check your email as well as the Education Encore website (gulfcoast.edu/Encore) for updated COVID-19 information.

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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.
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

gulfcoast.edu/Encore
gulfcoast.edu/campus-locations