



# Senior Learners, Inc.

## Course Catalog for the 2017-Fall Term

### Health and Better Living

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>Are Your Ears Ringing?</b>	Rosier	Thu, 11/9/17	1	1:30 PM	3:30 PM	\$2.50
We were once told that if our ears are ringing, then someone is talking about us. We now understand much more regarding the cause of tinnitus or ringing in the ears. This course will be an in depth discussion of the neurophysiological model, as well as the most common causes of tinnitus. Management options and coping strategies will be reviewed.						
<b>Introduction to Your Cardiovascular System</b>	Putzeys	Tue, 9/5/17	4	10:00 AM	12:00 PM	\$10.00
Dr. Roberto Putzeys, a semi-retired radiology oncologist, will be helping you understand your cardiovascular system - how it works, its diseases and how to take good care of it.						
<b>Landscape Design, for Fall and Winter Color</b>	DuMond	Thu, 11/16/17	1	1:30 PM	3:30 PM	\$5.00
Special attention will be given to reestablishing winter color from summer color in the landscape. Annuals and perennials for the southern landscape will be discussed to include; selection, planting, fertilization and spacing.						
<b>Landscape Maintenance, Including Pruning Crepemyrtles</b>	DuMond	Mon, 10/2/17	1	10:00 AM	12:00 PM	\$5.00
This class on landscape maintenance will include pruning and maintenance of landscape plant material including; division of herbaceous plants (daylilies, Blue Lily of the Nile, native grasses), special attention will be given for pruning crapemyrtles, fall fertilizer and pre-emergence applications on turf and landscape bedding materials. There will be open discussion of individual landscape needs.						
<b>Meet Your Magnificent Brain</b>	Kelly	Mon, 10/9/17	4	10:00 AM	12:00 PM	\$20.00
With its 86 billion neurons and trillion of intrinsic connections, your brain is extremely complex. Based upon 4 lectures from The Great Courses Brain Myths - Exploded: Lessons from Neuroscience, we will ponder the depths of that fantastic and versatile computer in your head. Following are the sessions: Do you use only 10% of your brain? Is there really something about the popular idea of right/brain? Why are some people left-handed? Are male and female brains different? Can certain food/brain games make you smarter? These four exciting sessions will be interactive and fun. Don't miss out.						
<b>What You Need to Know About Allergies</b>	Bunker	Fri, 12/1/17	2	1:00 PM	3:00 PM	\$5.00
Dr. Antonio Bunker Soler, a retired allergist, will be helping you understand allergies: screening, diagnosis and treatment options. He will tell you all you need to now to be a well informed and educated patient.						

### History and Geography

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>Africa Through African Eyes: Things Fall Apart, an African Novel and Discussion</b>	Shaw	Mon, 9/18/17	2	10:00 AM	12:00 PM	\$5.00
This classic novel written by Nigerian author Chinua Achebe, depicts traditional Ibo culture of southeastern Nigeria prior to the European arrival. It also describes the impact of British colonial rule on the Ibo. To enhance our enjoyment of the novel, this presentation introduces Senior Learners to background information on Ibo society and culture and a summary of the plot of the novel, characters and setting (no spoilers!). It also features a video interview with its Nigerian author. This engaging, concise and inexpensive novel is available commercially or at the public library. Students should acquire and read this short, provocative novel before the discussion the following week. This discussion provides opportunities to share personal reactions to the novel: e.g., the significance of the title, the nature of Ibo culture, Ibo responses to colonial rule, and how Things Fall Apart might compare to classics of western literature.						
<b>Britain Just Before the Romans Arrived as Revealed by Archeology and Genetics</b>	Holloran	Wed, 9/6/17	2	10:00 AM	12:00 PM	\$8.00
We will first look at the vibrant British Iron Age Culture and its extensive contacts with the Continent and Rome before the Annexation. The Romans Annexation of Britain seems to have been at the request of some tribes looking for						

an ally against one that was becoming dominant throughout England. This course is the fifth in a series of courses about how geology and archeology provide our best understanding of Ancient Britain before the Middle Ages. It is a period during which there is little written history. Furthermore, modern archeology and genetic testing have revealed that much of the early written history of Britain was distorted and basically wrong. This course will be based on episodes from the British documentaries, including an archeology reality show called Time Team.

<b>Florida Scenic Highways</b>	Leibowitz	Tue, 9/5/17	4	1:30 PM	3:30 PM	\$20.00
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This interactive 4-part series takes you throughout some of the most historic scenic highways and byways in Florida. A large map (mostly for getting you in the mood!) is the backdrop; but you will receive handouts and individual maps as we illustrate the treks. You will delight in all the tips and resources to plan your trip. Note: low tech, high energy. Bring your method of note-taking.

<b>How to Read, Understand and Enjoy Poetry</b>	Coleman	Tue, 10/3/17	10	10:00 AM	12:00 PM	\$50.00
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This course will introduce you to a subject about which you already know –or remember.... Many adults however are suspicious of poetry; they think it requires special skill and an almost magical ability to decipher it or to discover its hidden meanings. This course will allay your fears and encourage you to respond to many different kinds of poems; it will inspire you to continue to read and listen to poetry. We will be concerned with how poets go about their business of communicating thought and feeling through a verbal medium that we all have heard since childhood. These are the words of Professor William Spiegelman of Southern Methodist University whose half-hour lectures will be the core of the class. You will receive each week several short poems to read at home; in class we will then have a discussion based on these four questions: What do I notice about this poem? What is odd, quirky, peculiar about it? What new words do I see or what familiar words in new situations? Why is it the way it is, and not some other way? We will then see the Professor Speigelman lecture after which we will compare our discussion with his evaluation of the poetry. The class will be limited to 20. The course will continue with ten sessions in the SPRING. Class will be closed for the SPRING meetings to new members. A fee will be charged for printing.

<b>Refresh Your Grammar, Refuel Your Memoir</b>	Preston	Fri, 10/6/17	6	1:30 PM	3:30 PM	\$30.00
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This is a participation class designed to motivate students to bring the past back to life. Long-term and short-term memory banks will be tapped, long-lost experiences will suddenly resurface; the spark will return! This class begins with two weeks of basic review of grammar and punctuation, which revolves into and will be incorporated into the remaining four weeks of hands-on writing application. Intensive and extensive brainstorming will be promoted through a series of probing questions designed to stimulate the preservation of past events and experiences. From this point, each class will include a short paragraph or essay assignment targeted to answer a specific brainstorming question or questions which will delve deeply into repressed memories students have.

<b>The Asian Transformation and Easternization of the World.</b>	Coffey	Wed, 11/1/17	6	10:00 AM	12:00 PM	\$15.00
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Why Asia? First, to gain a better appreciation of Asia's size and historical significance. Half the world lies in Asia and Asia developed long before Europe and was the most advanced part of the world for more than 2000 years. Second, to gain an understanding of the causes and consequences of Asia's phenomenal rise the past 50 years. Thirdly, to explore Asia's role in the future as the most populous and possibly the most powerful region of the world – in a word Easternization. By 2025 two thirds the world's population will live in Asia compared to 12% in the West. Asia now spends more on armaments and troops than Europe and in a decade or two will surpass the West's global power. While China's rise will be a key topic, other major countries of India, Korea, and Japan, which have territory rivalries with China and are allies of the West will also be covered. We will focus on the major turning points that have transformed this vast region and repositioned it for an expanded role in future world affairs.

<b>The Aztecs Before European Contact</b>	Hautanen	Fri, 9/8/17	4	10:00 AM	12:00 PM	\$20.00
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A broad look at the Aztec and other cultures in Mesoamerica in the time period before the fateful voyages of Columbus initiated what is called The Columbian Exchange. With significant European contact the first peoples of the Western Hemisphere were changed radically, and so was the Old World. The Columbian Exchange was the widespread transfer of plants, animals, culture, human populations, technology, and ideas between the Americas and the Old World in the 15th and 16th centuries.

<b>The Roman Occupation of Britain as Revealed by Archeology</b>	Holloran	Tue, 10/3/17	3	1:00 PM	3:00 PM	\$12.00
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This course will start by focusing on the Roman Occupation through the archeology of the forts, vici and villas. It will then look at what happened when the Romans abandoned Britain in the early fifth century. This course is the sixth in a series of courses about how geology and archeology provide our best understanding of Ancient Britain Before the Middle Ages. It is a period during which there is little written history. Furthermore, modern archeology and genetic testing have revealed that much of the early written history of Britain was distorted and basically wrong.

<b>Travel, Culture and Beyond: Peru - The Latest Hot Destination</b>	Kelly	Wed, 10/18/17	1	1:30 PM	3:30 PM	\$5.00
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Come with me as we explore one of the hottest destinations today - Peru. We will look at the fabulous Spanish heritage

of the great cities of Cuzco and Lima, the capital. Even before the Spanish, there existed great cultures, including the empire of the Incas, which still influences life in Peru today. You will be amazed as we climb Machu Picchu - it will leave you breathless.

<b>Travel, Culture and Beyond: Secrets of the Southern Caribbean</b>	Kelly	Wed, 10/25/17	1	1:30 PM	3:30 PM	\$5.00
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More than swimming, snorkeling, and beautiful white sandy beaches, the Southern Caribbean is chock full of unique history and culture. You will get to discover how and why countries fought over these small islands. I will take you to the ABCs (Aruba, Bonaire, Curacao), Antigua, St. Kitts (my favorite), and end up in beautiful Puerto Rico. Come for a terrific time. You may even meet some pirates.

<b>World War II Part 1: European Front</b>	Harding	Wed, 9/6/17	6	1:30 PM	3:30 PM	\$5.00
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This class will be the first of a two part course on World War II. In this class we will briefly discuss the events leading up to the war, while never forgetting that though the war started for us in America in 1941, it had been going on in Europe for two years when we became involved. In Part I we will cover the causes of the war and its major events leading up to D-Day 1944. Military campaigns, world leaders and the American home front will be the main focus of this course. As usual class participation will be encouraged and this will be especially relevant, since many students actually lived through this period. Due to the nature of this subject, graphic details and language will be used. Note: The War in the Pacific will be covered in a later course at a date to be determined by students.

<b>World War II Part 2: European Front</b>	Harding	Wed, 11/1/17	6	1:30 PM	3:30 PM	\$5.00
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This is a continuation of the course on World War II. It will pick up where we left off in Part 1 and conclude with the beginning of the Cold War. Again, students should remember that this is an adult content class. Note: Participation in Part I is not required to enroll in Part 2.

## Philosophies and History of Religions

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>Comparative Religion</b>	Olsen	Thu, 9/7/17	6	1:30 PM	3:30 PM	\$30.00

We will study several of the world's great religious traditions. Our goal will be to become reasonably conversant with the vocabulary and primary attributes of each of these traditions; how they may be unique, as well as, what they hold in common (such as golden and silver rules); the role of spiritual experience and after-life beliefs; and the tension between exclusivity and interfaith cooperation. Although we will have to limit our scope in this short survey course, we plan to touch on the basic principles of: A. Ancient Indigenous and Mystery traditions B. The Hindu and Buddhist traditions. C. The three Abrahamic traditions: Judaism, Christianity and Islam

<b>Introduction to Buddhism</b>	Hunt	Thu, 9/21/17	1	9:00 AM	11:00 AM	\$5.00
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While most Westerners are familiar to varying degrees in the Abrahamic religions, relatively few are knowledgeable as to the fundamentals of Buddhism and founder, Siddhartha Gautama, the Buddha. Do Buddhists regard the Buddha as Christians regard Jesus? Where was he born and what were the significant events in his life? How did the Buddha become enlightened? What are the fundamentals of Buddhist thought?

<b>Science, Faith and Humanity</b>	Stephens	Wed, 9/20/17	6	10:00 AM	12:00 PM	\$30.00
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This course examines scientific evidence to substantiate claims of the existence of a universal god or GOD. It looks at the historical conflicts between emerging science and claims of the existence of such a god and how attempts have been made to integrate the scientific theories and faith in a god. We will examine unique characteristics of our earth that permit life and presence of humans and the likelihood that there are other locations in this or alternative universes of such goldilocks zones which would permit life as we know it. We will look at brain functions of those who experience spirituality and near death experiences and even death. Finally we will look at the relationships between these elusive concepts and a god and consciousness and attempt to see if there is any consensus that there is sufficient scientific evidence to reasonably conclude that God exists or is merely a matter of faith.

## Science and Technology

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>Biological Oceanography</b>	Pealer	Mon, 11/13/17	4	10:00 AM	12:00 PM	\$10.00

The ocean is a source of wonder, delight, sustenance, economic benefit, and awe in the face of its overwhelming mystery and power. All life started in the ocean and for several billion years was the only place where life existed and evolved. This course deals with the biological aspects of the science of oceanography. A companion course deals with life in the ocean. Both courses are based in part on one of The Great Courses: Oceanography: Exploring Earth's Final Wilderness, by Professor Harold J. Tobin at the University of Wisconsin-Madison.

<b>Biology Updates 6</b>	Pealer	Mon,	1	10:00	12:00	\$2.50
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		9/11/17		AM	PM	
For biology enthusiasts, this monthly class will be whatever videos, articles, websites I have found interesting. It is sort of an in-person blog instead of an online blog!						
<b>Biology Updates 7</b>	Pealer	Mon, 11/6/17	1	10:00 AM	12:00 PM	\$2.50
For biology enthusiasts, this monthly class will be whatever videos, articles, websites I have found interesting. It is sort of an in-person blog instead of an online blog!						
<b>Dark Age Britain as Revealed by Archeology and Genetics</b>	Holloran	Tue, 11/28/17	2	1:00 PM	3:00 PM	\$8.00
After the Romans Legions left Britain there was supposedly a Dark Age of chaos and an invasion of the Angles and the Saxons that displaced the indigent population of Britains. Recent archeological and genetic research has rewritten both aspects of supposed British history, as you will learn in this course. It is the seventh in a series of courses about how geology and archeology provide our best understanding of Ancient Britain Before the Middle Ages. It is a period during which there is little written history. Furthermore, modern archeology and genetic testing have revealed that much of the early written history of Britain was distorted and basically wrong. This course will be based on episodes from the British documentaries, including an archeology reality show called Time Team.						
<b>Physical Oceanography</b>	Holloran	Fri, 10/6/17	8	10:00 AM	12:00 PM	\$32.00
The ocean is a source of wonder, delight, sustenance, economic benefit, and awe in the face of its overwhelming mystery and power. It dominates our climate and geology in ways that scientists are only now beginning to understand. This course deals with the physical aspects of the science of oceanography. A companion course deals with life in the ocean. Both courses are based in part on one of The Great Courses: Oceanography: Exploring Earth's Final Wilderness, by Professor Harold J. Tobin at the University of Wisconsin-Madison.						
<b>Tech Clinic: Help with Your Mac</b>	Davis	Thu, 11/2/17	1	1:30 PM	3:30 PM	\$5.00
Are you a new Mac user? Do you need help with a problem? This class will be an unstructured help session where you can drop in and ask questions. Students will get a chance to discuss problems that they are having so that everyone will have a chance to learn and share information. If you have a laptop, bring it with you to class. Please be prepared to provide some basic information about your computer and operating system. After registering you will receive an email about what to bring with you to class. There is no guarantee that you will get an answer, but you almost certainly will learn something new.						
<b>Tech Clinic: More Help with Your Mac</b>	Davis	Thu, 12/7/17	1	1:30 PM	3:30 PM	\$5.00
Are you a new Mac user? Do you need help with a problem? This class will be an unstructured help session where you can drop in and ask questions. Students will get a chance to discuss problems that they are having so that everyone will have a chance to learn and share information. If you have a laptop, bring it with you to class. Please be prepared to provide some basic information about your computer and operating system. After registering you will receive an email about what to bring with you to class. There is no guarantee that you will get an answer, but you almost certainly will learn something new.						
<b>Tech Clinic: Using Your Android Phone and Tablet Devices</b>	Hautanen	Thu, 9/14/17	1	10:00 AM	12:00 PM	\$5.00
This course will describe and demonstrate the basic physical features of Android phones and tablets, as well as settings and commonly used apps. We will also go over use of the user interface and the different screens. We will also discuss security, use of the app store, and managing your apps in general for good performance without unnecessarily draining your battery or going over your data limit.						
<b>Tech Clinic: Using Your Windows 10 Computer</b>	Hautanen	Thu, 11/30/17	1	1:30 PM	3:30 PM	\$5.00
This course will include a short review of the basic features of a Windows 10 computer, with additional discussion of more topics such as security and virus protection, and new features like virtual desktops. We will also discuss common productivity apps such as word processors and spreadsheets, and pros and cons of using free versions of those versus using Microsoft Office.						
<b>The Nature of Life</b>	Coleman	Thu, 9/28/17	10	10:00 AM	12:00 PM	\$50.00
How did life begin? How is it changing? How are human beings related to other forms of life? This collection of readings will introduce you to some of the questions that scientists have posed about the nature of life, and to provisional answers. While the questions they pose and the answers they give often vary greatly, each selection included here exemplifies the disciplined curiosity that informs the scientific process. The authors included are: Aristotle, Lucretius, Bacon, Darwin (4 readings), Mendel, Claude Bernard, Colinvaux (his essay is, Why Big Fierce Animals are Rare), Eiseley, Rachel Carson, Lorenz, Watson, Dawkins, Gould, E.O.Wilson, Lynn Margulis. You will read the selection at home and we will discuss each in class. In addition we will be listening to half-hour tapes on The						

Darwinian Revolution with Professor Frederick Gregory of the University of Florida. The book (The Nature of Life) may be purchased for \$25 plus tax at the Great Books Foundation (1-800-222-5870). Class will be limited to 25 members.

## Special Event

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>Senior Learners Holiday Party: Bells of the Season</b>	Kelly	Tue, 12/12/17	1	1:30 PM	3:30 PM	\$5.00

Join us as we celebrate the end of a successful year for Senior Learners. There will be plenty of goodies to eat and drink, along with some fellowship and holiday fun with other senior learners.

## the Arts

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>A History of Science Fiction: What Makes Great Science Fiction Work</b>	Smith	Mon, 10/16/17	5	1:00 PM	4:00 PM	\$25.00

Join us in continuing to explore the history of Science Fiction from the Golden Age of Science Fiction through the current day and ending with a look into the future of the genre. You do not have to have taken the first course to take and enjoy this course. We will view and discuss one of the recent classics of Science Fiction Movies during our fifth session.

<b>American Music: A Nation's History Through Sound</b>	Satterfield	Fri, 9/8/17	4	1:30 PM	3:30 PM	\$20.00
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This course will explore the history of American music. Topics will include Music of the Native Americans, African American Music, Religious Music in Colonial America, Music Education in Early America, Secular Music in Early America, Concert Music and Composers of the 18th Century, Women in American Music, Band Music of the 19th Century, American Opera, Film Music, Country, Europeans in America, Mainstream 20th-Century American Composers, 20th-Century Nationalists, and Experimental Concert Music. Participants will have the opportunity to listen to many recordings of music, as well as watch videos and live demonstrations.

<b>For Love of Film: The Art of Winning</b>	Smith	Mon, 9/11/17	5	1:00 PM	4:00 PM	\$25.00
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We love going to the movies when we know we will be seeing a story where the good guy wins. Join us in viewing the following movies: Chariots of Fire, Private Benjamin starring Goldie Hawn, Secretariat, Pretty Woman starring Julia Roberts and Richard Gere and The Shawshank Redemption starring Morgan Freeman and Tim Robbins. Popcorn and brownies are available to enhance your movie experience.

<b>For Love of Film: Alfred Hitchcock Film Festival</b>	Smith	Mon, 11/27/17	3	1:00 PM	4:00 PM	\$15.00
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Alfred Hitchcock is one of the most respected directors of the 20th Century. His films are brilliantly conceived and executed. Join us in viewing three of his best and most interesting films: North by Northwest starring Eva Marie Saint and Cary Grant, Shadow of a Doubt starring Teresa Wright and Joseph Cotton and Vertigo starring Kim Novak and James Stewart. Popcorn and brownies are available to enhance your movie experience.

<b>The Craft of Drawing: Basics Plus</b>	Thomas	Tue, 10/24/17	4	1:00 PM	3:00 PM	\$20.00
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This course is for students new to drawing and students who have already taken earlier drawing courses. Step-by-step instructions will introduce basic shapes, shading, tone, perspective and composition. Also, some discussion of use of color. You will need only limited, readily available materials.

## Topical Issues

Title	Instructor	First	Weeks	Starts	Ends	Fee
<b>The Condition of Today's News</b>	Carr	Thu, 9/7/17	1	10:00 AM	12:00 PM	\$2.50

Today news is coming from many different sources, including newspapers, radio and television, magazines and their various web sites, along with social media, blogs and even late night comedy. What is the difference between news and opinion in these sources? How to decide who to believe? These are the topics that we will be discussing as a class.

**IMPORTANT** Please do not contact CF personnel about any Senior Learners, Inc., courses. Senior Learners, Inc., is independent of CF. We have the use of a classroom and support the CF Foundation with donations. If you have any questions about our courses or operations please contact us:

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**NOTE:** The views of our instructors and students are their own and do not necessarily represent the views of Senior Learners, Inc. This position is also true for videos, handouts, and other instructional materials used in our courses, and for events that we may sponsor in conjunction with other non-profit organizations.

All classes are in Central Florida Community College's University Center (Building 20) Room 112. Parking passes are required. Obtain them from your instructors.

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