

Tallahassee Senior Center

11th ANNUAL REGIONAL



SEPTEMBER 8 – 25, 2020

An eXciting month of

Virtual Classes
eXploring

Arts ~ Culture ~ History ~ Nature ~ Science





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2020 is a partnership of

Tallahassee Senior Center & Foundation



Leon County Senior Outreach



TALLAHASSEE SENIOR SERVICES MISSION

Tallahassee Senior Services is a Division of Parks, Recreation, & Neighborhood Affairs, City of Tallahassee

The mission of Tallahassee Senior Services is to offer programs, activities, and opportunities designed to encourage active living, optimal aging, and social fitness for independent adults age 50 +

TALLAHASSEE SENIOR FOUNDATION PURPOSE

Established in 1980, TSF is an independent, private non-profit organization that exists for the sole purpose of generating funding to support programs, services, and participants of Tallahassee Senior Services.

A SPECIAL THANK YOU!

We would like to extend our deepest gratitude to our sponsors, partners, staff, instructors, and all those who so graciously contributed to making L3X 2020 possible!

Sheila Salyer, Manager, Tallahassee Senior Services

Hella Spellman, Program Director, Tallahassee Senior Services

Maureen Haberfeld, Lifelong Learning Coordinator, Tallahassee Senior Services

IMPORTANT REGISTRATION & CLASS INFORMATION!

Register online at:

www.TallahasseeSeniorFoundation.org/L3X

- ♦ *For convenience and ease, please remember your username and password to avoid having to reset it!*

Username: _____ Password: _____

Important Class Registration & Payment

- ♦ **All registration & payments are on-line** this year due to COVID-19. For assistance, call 850.891.4000, Mon. – Fri., 8:00 am – 4:00 pm
- ♦ **Accepted credit cards:** Visa, MasterCard, & Discover
- ♦ Class and payment confirmations will be emailed to you
- ♦ Full payment is required with your registration – **NO REFUNDS** unless the class is cancelled!

CONTACT INFORMATION

For **URGENT** issues & assistance, please call

850-891-4000

Mon. – Fri., 8:00 a.m. – 4:00 p.m.

and you will be directed to the L3X on-call staff member

For non-urgent matters regarding L3X or other information about other Lifelong Learning Classes:

Maureen Haberfeld, Lifelong Learning Coordinator

850-891-4033

Maureen.Haberfeld@talgov.com

Important Information About Registering for and Taking Your Classes On-Line!

- ◆ **All Classes are virtual using Zoom**
 - No classes are being held at a physical location
 - The few classes with food options will require you to pick up the food during the time and at the location noted in the class description.
- ◆ **Zoom and other technical assistance is available!**
 - To request one-on-one training, call 891-4000 between 8:00 a.m. and 4:00 p.m. to get paired with a technology support volunteer. Arrange for training **prior** to your first session. To ensure someone is available and to provide you time to practice if needed, please do not wait until the last minute!
- ◆ A **Zoom User Guide** is available on the web-page or by calling.
- ◆ **Registration Deadlines:** It is important to register by the deadline noted for each class to ensure you receive the Zoom link to participate in the class. Not registering by the deadline does not automatically exclude you from participating in the class, but there is high probability it will be too late to get you the link and/or address any potential technical difficulties.
- ◆ You will be emailed a Zoom link for each class by the day of the class.
NOTE: This will likely be the evening before or day of the class.
- ◆ If you **do not find your Zoom link** in your email, please **check your spam or junk folder** prior to calling!

CONTACT INFORMATION

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850-891-4000
Mon. – Fri., 8:00 a.m. – 4:00 p.m.
and you will be directed to the L3X on-call staff member

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Maureen Haberfeld, Lifelong Learning Coordinator

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CLASS SCHEDULE AT A GLANCE

TUESDAY, SEPTEMBER 8

- 001 10:00 – 11:30 a.m. The Apalachee: Tallahassee's Indigenous People
- 002 1:30 – 3:00 p.m. The Orphan of Pitigliano

WEDNESDAY, SEPTEMBER 9

- 003 10:00 – 11:30 a.m. Gulf Specimen Marine Lab
- 004 1:30 – 3:00 p.m. Ask an Archaeologist

THURSDAY, SEPTEMBER 10

- 005 10:00 – 11:30 a.m. The Desperate and the Greedy: The Continuing Saga of Corporate Fraud
- 006 12:30 – 2:00 p.m. KitchenAble Salad Class
- 007 6:30 – 8:00 p.m. America's Alligator

FRIDAY, SEPTEMBER 11

- 008 10:00 – 11:30 a.m. Tallahassee and the Civil Rights Movement
- 009 1:30 – 3:00 p.m. Holocaust Resistance

MONDAY, SEPTEMBER 14

- 010 10:00 – 11:30 a.m. Explore France
- 011 1:30 – 3:00 p.m. Mark Twain: The First Cruiser
- 012 7:00 – 8:30 p.m. Wild Edible Mushrooms of North Florida

TUESDAY, SEPTEMBER 15

- 013 10:00 – 11:30 a.m. Florida's Geology
- 014 1:30 – 3:00 p.m. Will Our Brain Change with the New Normal

WEDNESDAY, SEPTEMBER 16

- 015 10:00 – 11:30 a.m. Canadian Maritimes
- 016 12:30 – 2:00 p.m. KitchenAble Soup Class
- 017 7:00 – 8:30 p.m. Meet Dr. Frank Chapman: The Man Who Taught America to Love Birds

THURSDAY, SEPTEMBER 17

- 018 10:00 – 11:30 a.m. Iceland's Geology
- 019 1:30 – 3:00 p.m. The History of Yellow Fever in Florida
- 020 7:00 – 8:30 p.m. Behind and Beyond the Badge

FRIDAY, SEPTEMBER 18

- 021 10:00 – 11:30 a.m. Experience the Historic Capitol at Home
- 022 12:00 – 1:30 p.m. The Tallahassee Chan Center and Buddhism

MONDAY, SEPTEMBER 21

- 023 10:00 – 11:30 a.m. Sketching Your Travels
- 024 1:30 – 3:00 p.m. Plastic in Our Oceans

TUESDAY, SEPTEMBER 22

- 025 10:00 – 11:30 a.m. Medical Marijuana: Stigma vs. Science
- 026 1:30 – 2:30 p.m. Mary McLeod Bethune

WEDNESDAY, SEPTEMBER 23

- 027 10:30 – 11:45 a.m. Create Peace
- 028 1:30 – 3:00 p.m. Voting Safely in a Pandemic

THURSDAY, SEPTEMBER 24

- 029 10:00 – 11:30 a.m. Backyard Birding in Tallahassee
- 030 1:30 – 3:00 p.m. Patagonia

FRIDAY, SEPTEMBER 25

- 031 12:00 – 1:30 p.m. Closing Lunch: Einstein's Theory of Relativity

NOTE: If you order the Closing Lunch box lunch, pick-up is **from 10:00 – 11:00 a.m.** in the Tallahassee Senior Center 7th Avenue parking lot.

001 The Apalachee: Tallahassee's Indigenous People**Fee: \$5.00****Instructor:** Matt Smith (Mission San Luis)**Class Time:** 10:00 – 11:30 am**Registration Deadline:** Monday, September 7, 12:00 noon

Historian Matt Smith, from Mission San Luis, delves into the history of the Apalachee, the Native Americans who lived in the area around modern-day Tallahassee. Learn about the Apalachee's rich culture, traditional diet, and their complex relationships with other Indigenous peoples and European nations.

**002 The Orphan of Pitigliano (Novel)****Fee: \$5.00****Instructor:** Marina Brown**Class Time:** 1:30 – 3:00 pm**Registration Deadline:** Monday, September 7, 12:00 noon

This is a multi-layered tale of Jewish survival in Italy in the dark days of WW II, of the hidden treasure in Etruscan tombs, and of the Italian magic known as *il malocchio*— the evil eye. The story stretches from Italy to Boston over 40 years as young cousins who come to adulthood each believing themselves to be orphans struggle toward the life and loves they were meant to have. We will discuss the historical context of Jewish life in Italy in the late 1930s, specifically in Pitigliano and in the rolling hills of Tuscany. It is here that the land is dotted with 2000-year-old Etruscan tombs filled with coveted artifacts and mystery. We will talk about a superstition held even today by many Italians—the evil eye, thought to be brought on by jealousy, and sometimes cast involuntarily by those carrying *il malocchio*. Also, we will talk about my own experiences researching this book spending many summers living in and around Pitigliano, coming to know some of the survivors of WW II. It would be helpful to have read the book beforehand, though not necessary. It is available at Midtown Reader, My Favorite Books, and on Amazon at: https://www.amazon.com/s?k=The+Orphan+of+Pitigliano&ref=nb_sb_noss

Marina Brown is the author of two Gold-Medal-winning novels and a Silver-Medal-winning volume of poetry, as well as other books. Currently, she writes for the Tallahassee Democrat and two national magazines.

003 Gulf Specimen Marine Lab Sea Animals of North Florida Fee: \$5.00**Instructor:** Alyson Chin**Class Time:** 10:00 – 11:30 am**Registration Deadline:** Tuesday, September 8, 12:00 noon

North Florida is blessed with a treasure trove of sea life that can be found right here in the Apalachee Bay. From glowing sea pansies, spotted crabs, brightly colored sponges to carnivorous sea snails, come join us as we explore the hidden, underwater world beneath the waves. Find out what that mysterious blob on the beach is or how our common bay scallops swim. Join us virtually at the aquarium. We will “sea” you there! "

**004 Ask an Archaeologist Fee: \$5.00****Instructors:** Barbara Clark & Tristan Harrenstein**Class Time:** 1:30 – 3:00 pm**Registration Deadline:** Tuesday, September 8, 12:00 noon

Join Barbara Clark and Tristan Harrenstein from the Florida Public Archaeology Network (FPAN) for a chance to get a look into the world of archaeology with real, sometimes humorous, stories about what it is like to be an archaeologist and what archaeologists actually do in their careers. They will be happy to answer your burning questions about archaeology.



005	The Desperate and the Greedy: The Continuing Saga of Corporate Fraud	Fee: \$5.00
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Instructor: Dr. Dorothy McMullen CPA, CFE

Class Time: 10:00 – 11:30 am

Registration Deadline: Wednesday, September 9, 12:00 noon

Fraud is estimated to be costing businesses and individuals \$5 trillion dollars each year globally. Studies have shown that fraud is increasing in both amount and frequency. Bernie Madoff, a famous Wall Street fraudster, caused thousands of investors to lose all their money and he did it over the course of 17 years. What is White Collar Crime? What motivates a corporate fraudster? Is there a fraudster profile? How do ethics and corporate environment factor into committing fraud? What can we do to reduce the risk of fraud and prevent these crimes from happening again? How has Covid-19 impacted corporate fraud? Real life cases from recent times will be used to illustrate these issues.

The Instructor is Dr. Dorothy McMullen, CPA, CFE, Associate Professor Rider University, New Jersey – Director of Fraud and Forensics Concentration.

006 KitchenAble Fall Salad Class Fee: \$23.00

Instructor: Jessica Bright McMullen

Class Time: 12:30 – 2:00 pm

Registration Deadline: Tuesday, September 8, 12:00 noon

Virtually join KitchenAble Cooking School's Chef Jessica Bright McMullen as she teaches you how to prepare three delectable fall salads. Menu will be: Brussels Sprouts and Bacon Salad, Haricots Blancs (White Bean) Salad, and Cranberry and Butternut Squash Salad (with chèvre). Participants will learn about Brussels sprouts and how to prepare them, how to prepare and roast butternut squash, and other helpful techniques to create these three delicious salads. Class includes a tasting box that contains a sample portion of all three salads and a cookie. Tasting box pre-order pickup will be on Wednesday, September 9, 3pm-5pm at KitchenAble (by Lake Ella, 1635 N. Monroe St. - **please go to the back door**)

007 America's Alligator **Fee: \$5.00**

Instructor: Doug Alderson

Class Time: 6:30 – 8:00 pm

Registration Deadline: Wednesday, September 9, 12:00 noon

Join local author, Doug Alderson, as he discusses his latest book, *America's Alligator: A Popular History of our Most Celebrated Reptile*. The book examines the colorful and sometimes conflicted relationship our species has had with the American alligator, from Native American mythology to alligator wrestling to modern alligator attractions. Alligator-related songs, movies, literature and even tales of alligators in the White House are all included.

008 Tallahassee and the Civil Rights Movement**Fee: \$5.00****Instructor:** John Grandage**Class Time:** 10:00 – 11:30 am**Registration Deadline:** Thursday, September 10, 12:00 noon

Join staff of The Grove Museum on Zoom for a virtual tour of the museum focusing on the history of civil rights in Tallahassee, Florida. We will discuss the career of Governor LeRoy Collins and his involvement in civil rights as well as activism that happened throughout the community in the 1950s and 1960s. The tour will focus on the history and impact of the Tallahassee Bus Boycott and the sit-in movement. The tour will be live, and attendees are encouraged to ask questions using the chat function on Zoom to join in the conversation.

009 Holocaust Resistance**Fee: \$5.00****Instructor:** Lauren Ray**Class Time:** 1:30 – 3:00 pm**Registration Deadline:** Thursday, September 10, 12:00 noon

Resistance during the Holocaust took many forms, including defiance, armed resistance, and rescue. Resistance to the Nazis and their collaborators include Jews who continued to secretly practice their religion and culture, German youth who rebelled against Nazi-imposed doctrine, partisan fighting groups, armed uprisings in ghettos and death camps, and diplomats who defied orders of their governments and saved lives. Hear the stories behind the faces of these ordinary, yet brave people who resisted the Nazis and their collaborators during the Holocaust. Instructor is Lauren Ray, a volunteer Docent Educator at the Dallas Holocaust and Human Rights Museum.



010 Explore France

Fee: \$5.00

Instructor: Colette Clarke

Class Time: 10:00 – 11:30 am

Registration Deadline: Friday, September 11, 12:00 noon

France encompasses medieval cities, beautiful cathedrals, alpine villages, spectacular beaches, as well as a wonderful variety of art museums, fashion houses, and monuments. Join experienced traveler and tour guide, Colette Clarke, as she virtually leads you through the various regions of France, highlighting some of the fascinating sights and the delicious cuisine of each. This is a great way to plan a future trip or relive memories of a visit to one of the most beautiful countries in Europe.

011 Mark Twain: The First Cruiser

Fee: \$5.00

Instructor: Benjamin Lawson

Class Time: 1:30 – 3:00 pm

Registration Deadline: Friday, September 11, 12:00 noon

Mark Twain sailed the seas as well as traveled the Mississippi on a steamboat. In fact, in 1867 he joined the first pleasure cruise to Europe and the Near East. This class treats Twain's unexpected, often outrageous adventures and observations recounted in such books as *The Innocents Abroad*.

012 Wild Edible Mushrooms of North Florida

Fee: \$5.00

Instructor: Greg Haberfeld

Class Time: 7:00 – 8:30 pm

Registration Deadline: Friday, September 11, 12:00 noon

The fruiting body of fungi are called mushrooms. Local Forager, Greg Haberfeld, introduces participants to some of the delicious, edible mushroom species that can be found in the Tallahassee area. The class will cover some foraging tips and techniques, the best time of year to forage for mushrooms in Tallahassee, and some recipes for preparing some of our delicious local mushrooms such as chanterelles. Learn about resources and experts to help with identification. **Be sure you do not eat anything you cannot 100% identify and consult with local experts before consuming anything.**



013 Florida's Geology

Fee: \$5.00

Instructor: Joseph Haberfeld, P.G.

Class Time: 10:00 – 11:30 am

Registration Deadline: Monday, September 14, 12:00 noon

With no mountains, volcanoes, major earthquakes, or deep canyons, Florida's geology may initially strike you as dull. But a closer look reveals geology which is anything but dull. Residents and visitors appreciate the 1,350 miles of oceanfront shoreline, 600 springs ranging from trickles to major contributors to the state's surface water flow, and the great variety of fossils which can be found representing the youngest 50 million years of Florida history. The karst landscape in much of the state, particularly sinkholes, keep things interesting. This class will explore these features in addition to Florida's geological development from an area submerged beneath shallow seas to a peninsula, the state's natural resources (water, rocks and minerals, petroleum), and environmental considerations in a state whose number of residents and visitors has grown at a very rapid rate.



014 Will Our Brain Change with the New Normal?

Fee: \$5.00

Instructor: Dr. Karen Glendenning

Class Time: 1:30 – 3:00 pm

Registration Deadline: Monday, September 14, 12:00 noon

Dr. Karen Glendenning has taught about the brain for 50 years. She will discuss certain brain regions with thoughts about what the far future might bring. Our brain evolves. But technology evolves far faster than we do. The question is how the brain might respond over time to the changes in our culture due to technology and societal changes. As we adapt to a "new normal" -- as there may be more than one, our brain will also adapt. Some of those changes could be almost immediate and others taking a lot longer-- starting an evolutionary trend in which certain regions of the brain begin to process information in a different way.

015 The Canadian Maritimes

Fee: \$5.00

Instructor: Tom Friedman

Class Time: 10:00 – 11:30 am

Registration Deadline: Tuesday, September 15, 12:00 noon

We begin our virtual trek in New Brunswick at the Bay of Fundy, famous for having the world's most extreme tides. See peat bogs and coastal salt marshes at Kouchibouguac National Park and amazing red sandstone structures on Prince Edward Island. Learn about the history of the restored Louisbourg Fortress, on Cape Breton Island, Nova Scotia. View Newfoundland's Gros Morne National Park which has spectacular waterfalls, fjords and sheer mountain cliffs. The Cape St. Mary's Ecological Reserve is considered the most accessible seabird colony in North America and we'll see thousands along the cliffs and at sea. Encounter penguins and puffins at Cape Spear. We'll end our virtual tour at an art museum in St. John's.

016 KitchenAble Soup Class

Fee: \$23.00

Instructor: Jessica Bright McMullen

Class Time: 12:30 – 2:00 pm

Registration Deadline: Monday, September 14, 12:00 noon

Virtually join KitchenAble Cooking School's Chef Jessica Bright McMullen as she teaches you how to prepare three tasty fall soups. Learn to make your own vegetable stock and three delicious and satisfying vegetable soups: Lentil and Kale Stew, Hearty Tomato Soup, and Butternut Squash Bisque. Tasting box will include a cup of each of the three soups and a muffin. **Tasting box pre-order pickup will be on Tuesday, September 15, 3pm-5pm at KitchenAble (by Lake Ella, 1635 N. Monroe St. Please go to the BACK DOOR!.**

017 Dr. Frank Chapman: The Man Who Taught America to Love Birds

Fee: \$5.00

Instructor: Jim Huffstodt & Doug Alderson

Class Time: 7:00 – 8:30 pm

Registration Deadline: Tuesday, September 15, 12:00 noon

Watch and listen as Dr. Frank M. Chapman (1864 -1945) comes to life on stage to recount his many adventures and exploits in ornithology, exploration, and museum display. This pioneer in biogeography also laid the foundation for South American bird study and began the Christmas bird count tradition. Chapman is portrayed by biographer Jim Huffstodt, a published author who spent 25 years working for state wildlife conservation agencies in Florida and Illinois. He will be interviewed by local author and naturalist, Doug Alderson.

018 Iceland's Geology

Fee: \$5.00

Instructor: Maureen Haberfeld

Class Time: 10:00 – 11:30 am

Registration Deadline: Wednesday, September 16, 12 noon

Iceland is an extraordinary place. It sits on the boundary of two of Earth's major tectonic plates. The island has incredibly unique geologic sites and extensive volcanic and geothermal activity. The country is a pioneer in the use of geothermal energy. Eleven percent of the land area is covered by glaciers. Many of the glaciers are located on top of active volcanoes. Geologist, Maureen Haberfeld, will give an overview of the Island's incredible geologic features and the processes that formed this land of fire and ice.

019 The Dreaded Yellow Jack: The History of Yellow Fever in 19th Century Florida

Fee: \$5.00

Instructor: Dr. Josh Goodman

Class Time: 1:30 – 3:00 pm

Registration Deadline: Wednesday, September 16, 12 noon

For most of the 1800s, yellow fever was one of Florida's most daunting public health challenges. Outbreaks plagued major cities and towns throughout the century, killing thousands and prompting all sorts of efforts to prevent the spread of the disease. In fact, it was yellow fever that led state legislators to establish Florida's first statewide health authority. Dr. Josh Goodman of the State Archives of Florida will use the extensive collections of the State Archives of Florida to trace the history of the "yellow jack" from the 1820s until the turn of the 20th century when scientific investigation finally revealed the true source of the dreaded illness.

020 Behind and Beyond the Badge

Fee: \$5.00

Instructor: Donna Brown

Class Time: 7:00 – 8:30 pm

Registration Deadline: Wednesday, September 16, 12 noon

When encountering a first responder, most people see only a badge, behind and beyond the badge is what they need to know, the person; a person no different than you. Author Donna Brown, a 26-year retired Tallahassee Police Department sergeant, will talk about why she wrote the *Behind and Beyond the Badge* series, first responders, and what it's really like to do these jobs. Her thoughts are open, honest and heartfelt and she's encouraging an interactive experience.

021 Experience the Historic Capitol at Home**Fee:** \$5.00**Instructors:** Tiffany Baker & Rachel Porter**Class Time:** 10:00 – 11:30 am**Registration Deadline:** Thursday, September 17, 12:00 noon

Join the staff of the Historic Capitol for a sampler of Lifelong Learning favorites: a virtual introduction to the museum and the building's history, an inside-the-box look at preservation artifacts related to the Capitol Dome; and a fun round of Tallahassee trivia with prizes.

**022 Buddhism and the Tallahassee Chan Center****Fee:** \$5.00**Instructor:** Dr. Jimmy Yu**Class Time:** 12:00 – 1:30 pm**Registration Deadline:** Thursday, September 17, 12:00 noon

The Tallahassee Chan Center is a sanctuary for the cultivation of wisdom and compassion. In 2009 Guo Gu (Dr. Jimmy Yu) started a meditation group to repay his gratitude to his teacher, Master Sheng Yen (1930-2009). In 2017, he established this new center to further honor and fulfill his teacher's original vow of spreading Chan Buddhism in the West. Guo Gu's Chan teaching continues the centuries-old style of Chan Buddhism, and creatively develops Chan to meet the needs of modern life. In this presentation, Guo Gu (Dr. Yu) will give a virtual tour of the Chan Center and an introduction to Buddhism.

023 Sketching Your Travels

Fee: \$5.00

Instructor: Mary Sterner Lawson

Class Time: 10:00 – 11:30 am

Registration Deadline: Friday, September 18, 12:00 noon

Artist Mary Sterner Lawson gives participants the opportunity to learn ways to put on paper their artistic response to scenes they know and love. Prior experience isn't necessary: be ready to experiment freely on paper with pen, pencil, or colored pencils. The focus will be on ways of rendering images, whether they are landscapes, specific sites, or people. This course provides an additional and enjoyable way to get the most out of travel experiences.

024 Plastic in Our Oceans

Fee: \$5.00

Instructor: Maureen Haberfeld

Class Time: 1:30 – 3:00 pm

Registration Deadline: Friday, September 18, 12:00 noon

Approximately eight million tons of plastic enter the ocean every year. That's the weight of nearly 90 aircraft carriers. Unlike some types of waste, plastic doesn't decompose. That means that plastic can stick around indefinitely, wreaking havoc on marine ecosystems. Some plastics float once they enter the ocean, though not all do. As the plastic is tossed around, much of it breaks into tiny pieces, called microplastics. Instructor, Maureen Haberfeld, will discuss the ocean currents that help accumulate the "garbage patches", where the plastic originates, the impact on marine organisms, ideas to clean up the plastic, and what we can do to keep plastic out of the ocean.

025 Medical Marijuana: Stigma vs Science

Fee: \$5.00

Instructor: Turner Davis

Class Time: 10:00 – 11:30 am

Registration Deadline: Monday, September 21, 12:00 noon

Medical cannabis is helping many Floridians with chronic medical conditions find relief. In fact, Florida's medical cannabis program has over 500,000 registered patients! In this presentation, we will discuss the benefits and risks of medical cannabis and address some long-held misconceptions. We will also discuss the details of Florida's medical cannabis program.

026 Mary McLeod Bethune In Her Own Voice

Fee: \$5.00

Instructor: Katrina Harkness

Class Time: 1:30 – 2:30 pm

Registration Deadline: Monday, September 21, 12:00 noon

The daughter of former slaves, Mary McLeod Bethune became a pioneering educator, college founder, stateswoman, civic leader, and civil rights activist. Her legacy as one of Florida's and the nation's most influential leaders spans 50 years. In this presentation, State Archives education officer Katrina Harkness shares excerpts from letters, interviews and telegrams to tell her story in her own voice.



027 Create Peace

Fee: \$5.00

Instructor: Linda Schuyler Ford

Class Time: 10:30 – 11:45 am

Registration Deadline: Tuesday, September 23, 12:00 noon

Professional storyteller Linda Schuyler Ford will present **Create Peace: Stories and Reflections**, a *fun*, yet thought-provoking storytelling concert for adults. Ford, an award-winning storyteller, has put together an engaging spoken word concert that explores themes of peace....in the world, and in our own heads. You'll be whisked away by the wit of folktales, and the wry humor of personal stories. The program also includes two of Ford's most requested stories, "Crossing Bok Chitto", and "A Certain Slant of Light". Each story will be followed by a brief reflection.... ideas that you may carry forward, ideas that can open conversations with family and friends. Linda toured this program through New England last fall where it received high praise. Now you can enjoy it in the comfort of your own home!

Learn more about Linda Schuyler Ford here www.SchuylerFord.com

028 Voting Safely During the Pandemic

No Fee

Instructors: Margaret Boeth & Barbara Licht

Class Time: 1:30 – 3:00 pm

Registration Deadline: Tuesday, September 23, 12:00 noon

Margaret Boeth and Barbara Licht from the League of Women Voters of Tallahassee will discuss how to protect your vote, while also protecting your health. Topics include:

- ◆ Three methods for voting and the pros and cons of each
- ◆ Methods for registering to vote and updating your voter information
- ◆ Why everyone should request a vote-by-mail ballot NOW even if you plan to vote in person
- ◆ Where to find nonpartisan information on candidates and ballot measures
- ◆ The Importance of voting.

029 Backyard Birding in Tallahassee

Fee: \$5.00

Instructor: Rob Williams

Class Time: 10:00 – 11:30 am

Registration Deadline: Wednesday, September 23, 12:00 noon

Watching and listening to the many different species of beautiful backyard birds is one of life's great pleasures. It is a rewarding way to get in touch with nature, especially during these challenging times of staying home. In this virtual class, local birder Rob Williams, will provide advice and guidance on how to get the most out of this rewarding activity. Learn about the common and uncommon birds that appear in our Tallahassee yards, which types of bird feeders and food attract which species and get advice on how to attract uncommon species. He will discuss the best guides to use to identify your feathered visitors by sight and sound and learn about their behaviors and characteristics.

030 Patagonia

Fee: \$5.00

Instructor: Tom Friedman

Class Time: 1:30 – 3:00 pm

Registration Deadline: Wednesday, September 23, 12:00 noon

World traveler, Tom Friedman, will take us on a virtual adventure that begins in Buenos Aires, Argentina, gateway to Patagonia. Next, fly to Ushuaia, Capital of Tierra del Fuego (Land of Fire), the world's southernmost city, and visit the Tierra del Fuego National Park. Cross the border into Chile and encounter the Patagonian version of the Grand Canyon. Next up is a Cape Horn, the southernmost point in the Americas. Observe beavers and large glaciers at Wulaia Bay. Virtually travel by zodiac to the edge of Pia, Aguila and Condor Glaciers. On Magdalena Island we'll meet thousands of Magellanic Penguins. The Torres del Paine National Park (Blue Towers) is magnificent with views of glacier, rugged hiking and strange landscapes unique to Patagonia. We'll complete our virtual trip by returning to Argentina to view the magnificent Perito Morena Glacier which rises 240 feet over the water and unlike most glaciers, is not retreating.



Friday

SEPTEMBER 25

CLOSING LUNCHEON

Virtually via Zoom

EINSTEIN'S THEORY OF RELATIVITY

Featuring

Dr. Jeremiah Murphy

12:00 – 1:30 p.m.

Via Zoom

REGISTRATION DEADLINE, THURSDAY, SEPTEMBER 24, 12:00 NOON



In 1915, Albert Einstein completed his theory of General Relativity, one of the most enduring and transformational theories of all of physics. His theory is based upon a few simple observations and statements. First, motions are relative; second, the speed of light is constant; third, the acceleration you feel in a rocket is equivalent to gravity's acceleration on Earth. While simple, these statements profoundly changed our understanding of the Universe. Space and time are not constants of reality; rather they are relative and intimately connected. Gravity is not a force but the warping of spacetime, which in turn leads to the

prediction of black holes and gravitational waves. In this presentation, we will explore how these simple, yet profound statements lead to these predictions. We will also learn how Einstein's theory of General Relativity has endured more than a century of experiments, making it one of the most successful theories of human history. Professor Jeremiah Murphy is an astrophysicist in the Physics Department at Florida State University. His expertise is in stellar explosions, neutron stars, and black holes.

\$5.00 no lunch

or

\$18.00

Includes "Take-Away-Picnic-Box-Lunch" Catered by KitchenAble

Herbes de Provence chicken salad on a petit croissant, fruit and cheese pick, pasta salad and a sweet treat *or* a vegetarian alternative no chicken with larger portions of other salads

Pick up Lunch on Friday, September 25 between 10:00 and 11:00 a.m. in the Tallahassee Senior Center 7th Ave. parking lot