

FALL CLASSES 2022

November 7, 2022 - December 22, 2022

Most classes meet once a week.

Note: In-person registrants for fall programs will be informed as soon as possible, if necessary, for any updated COVID-19 guidelines.

No classes Thanksgiving week, November 21 - 26, 2022.

MONDAY

FM1 GENTLE CHAIR YOGA

Emme Shapiro

Chair yoga allows students to stay stabilized while enjoying all the benefits of traditional hatha yoga. It is also ideal for students who have trouble exercising on the floor with ease. These classes emphasize low impact exercises that focus on improving your strength and flexibility, as well as providing relaxation and breathing techniques to improve overall physical functioning and mental well-being. Everyone is welcome to participate and enjoy these spirit-lifting yoga postures regardless of size, age, or fitness level. Please wear comfortable exercise clothing.

Emme Shapiro acquired 200-hour certification in Kripalu yoga and then completed an additional 500 hours. Emme taught yoga for seven years in the Cincinnati area in her home studio and privately before she made Florida her permanent home. She taught Kripalu yoga at The Longboat Key Education Center for over a decade and has taught chair yoga in the local area for several years.

9:00-10:00 AM
Six sessions

Mondays
Members \$70

Begins: 11/7
Non-Members \$80

Ends: 12/19

Note: Students can join at any time on a pro-rated basis if space permits.

FM2 MIXED BEGINNERS BRIDGE

Larry Auerbach

This course will cover the basic mechanics and fundamentals of the game. It is designed to combine players who have some knowledge of the game and new players.

Larry Auerbach is well known in the Sarasota area as a professional bridge player, teacher, and director. He has been playing bridge for over 40 years, including teaching bridge at The Longboat Key Education Center since 1986. He is a Platinum Master Life Master with 10,500 masterpoints and has won many regional events in bridge tournaments. Mr. Auerbach has a BA from the University of Nevada.

1:00-2:30 PM
Six sessions

Mondays
Members \$85

Begins: 11/7
Non-Members \$95

Ends: 12/19

Questions? (941) 383-8222 e-mail: edcenter@longboatkeytemple.org

Note: No classes Thanksgiving Week, November 21-26.

MONDAY (CONT.)

FM3

MONDAY FILM CLUB: ENJOY TWO GREAT HIDDEN GEMS

Gus Mollasis

ZAFM3

Zoom Available

View a full-length movie followed by a stimulating discussion with popular movie critic Gus Mollasis. He has an impressive repertoire of hidden gems; quality films that you probably have never heard of, much less seen! It's always fun to spend time with Gus! Freshly popped popcorn always adds to the movie watching experience!

Gus Mollasis is a professional movie maven. He is host of "At The Movies," a Sarasota television show dedicated to the discussion of film which ran for over nine years and now airs on various social media platforms. From big stars to first-time filmmakers, Gus loves to talk film with them all. The show supports both major film festivals in town—The Cine-World Film Festival and the Sarasota Film Festival. Gus brings a passion and knowledge of movies that both a film buff and casual movie fan can enjoy. He is co-creator and host of the PBS award-winning series "Diamonds Along the Highway," featuring short films about interesting places and personalities in Florida on WEDU. Gus also writes a monthly movie column for Sarasota Scene.

1:30-4:30 PM

Mondays

Begins: 12/5

Ends: 12/12

Two sessions

Members \$40

Non-Members \$45

Note: Students can join on a pro-rated basis if space permits. Social distancing will limit class size.

FM4

MIXED INTERMEDIATE BRIDGE

Larry Auerbach

This course is for all intermediate level players who are ready for more complex bridge concepts. Classes will cover opening leads, concentrating on standard American conventions, and touching on more advanced conventions. Advanced Intermediate players can also join this class and work separately with Larry at their own table(s).

See Biographical Sketch on page 3.

3:00-4:30 PM

Mondays

Begins: 11/7

Ends: 12/19

Six sessions

Members \$85

Non-Members \$95

TUESDAY

FT1

QIGONG FOR HEALTH & VITALITY

Dr. Brian Nell

This ancient gentle movement modality, derived from Traditional Chinese Medicine, will help you improve balance, loosen joints, and increase flexibility as you relax and breathe. Qigong also helps boost immune function, enhance sleep and mood, and reduce stress. This class is suitable for beginners as well as longtime practitioners and will include an exploration of several different qigong forms, the history and myths that surround them, and the philosophies that bring these movements to life. All ages and fitness levels are welcome. Wear appropriate exercise clothing.

Dr. Brian Nell is an acupuncture physician and doctor of Oriental medicine (DOM). He has been a certified teacher of tai chi and qigong since 2010, and a martial arts instructor since 2003. Currently Dr. Nell teaches at his clinic, Cypress Pillar Healing Arts in Sarasota, as well as several locations around the Sarasota/Bradenton area.

9:00-10:00 AM

Tuesdays

Begins: 11/8

Ends: 12/20

Six sessions

Members \$70

Non-Members \$80

Note: Students can join on a pro-rated basis if space permits.

NO CLASSES THANKSGIVING WEEK, NOVEMBER 21-26.

TUESDAY (CONT.)

FT2

AT THE MOVIES

Gus Mollasis

ZAFT2

Zoom Available

Join Gus on a celluloid adventure as he assigns quality films that are playing locally for you to see and then discuss together in class. Film is the greatest art form according to Gus because it encompasses all the arts and touches on all the senses. In class you will decide whether your film assignment was a hit or a miss as you discuss the script, acting, cinematography, directing and scoring. Call the school **(941-383-8222)** or check our website for your first and subsequent movie assignments, www.tbieducationcenter.org.

See *Biographical Sketch* on page 4.

11:00 AM-12:30 PM

Tuesdays

Begins: 11/8

Ends: 12/20

Six sessions

Members \$95

Non-Members \$105

Note: Students can join at any time on a pro-rated basis if space permits.

WEDNESDAY

FW1

YOGA POTPOURRI

Bianca Clyburn and Tama Tasley

Learn how to feel your best at any age with this gentle, slow-paced blend of simple yoga postures that will improve your balance, alignment, strength, and flexibility. Breathwork and relaxation will help reconfigure your mind and bring you a peaceful approach to the day. Smell life's roses with your poses in this life enhancing yoga potpourri! Your teachers will alternate teaching giving you even more variety! All ages and fitness levels will enjoy and benefit from these yoga classes. Please bring a mat and wear exercise clothing.

Bianca Clyburn is an RYT 200 (Registered Yoga Teacher) with 200-hour yoga training certification from Pineapple Yoga + Cycle Studio (PSY) in Sarasota. She has been teaching locally since 2020, including privately and at PSY, which was voted the BEST studio in Sarasota by SRQ magazine for the last six years in a row. Bianca inspires her students to approach the mat, at any level and at every moment, with authenticity. See page 6 for Bianca's Slow Flow Yoga course on Thursdays from 9:00-10:00 AM.

Tama Tasley is an RYT 200 (Registered Yoga Teacher) with 200-hour yoga training certification from Garden of the Heart Yoga Center in Sarasota, specializing in alignment-based postures. She continues her yoga studies with education programs and workshops every year. Tama discovered yoga in her early 60s, so she knows it is never too late to embrace, practice, and enjoy the many benefits of yoga for body, mind, and soul. She has been teaching yoga locally for several years and volunteers for underserved communities.

9:00-10:00 AM

Wednesdays

Begins: 11/9

Ends: 12/21

Six sessions

Members \$70

Non-Members \$80

Note: Students can join on a pro-rated basis if space permits.

FW2

WATERCOLOR, ACRYLIC, PASTELS, OILS

Renee DiNapoli

Learn to paint like the masters in your medium of choice with simple techniques. Depth and perspective, light and shadow, will be covered with personal instruction and demonstrations. Easy subject materials will be provided. A delightful method of creating abstract, seascapes, landscapes, etc. will also be introduced. Seasoned artists or complete novices will enjoy these classes. Students can bring their own materials (the office also has a supply list). Or materials can be bought in class for an additional \$10 per class, payable to the teacher.

Note: Class size will be limited for greater comfort and safety.

Renee DiNapoli trained with Italian master, Carlo DiNapoli, for many years and is a graduate of the Red Mountain Institute of Art in Mountain Brook, AL. She has taught at Ringling College of Art and Design, Selby Gardens and various universities and art leagues. Her work is represented in numerous galleries and museums.

9:00-11:30 AM

Wednesdays

Begins: 11/9

Ends: 12/7

Four sessions

Members \$165

Non-Members \$175

WEDNESDAY (CONT.)

FW3

YOU'VE GOT TO SEE THIS MOVIE!

Kathie Moon

ZAFW3

Zoom Available

If you love movies and enjoy talking about them, then this course is for you! Each week students will be assigned a quality film to see from a variety of current movies, "arthouse," foreign language, independent and the best of Hollywood. The following week students will discuss the movie—themes, style, techniques, previous work of the director and actors, etc. Call the Education Center for the first movie assignment (**941-383-8222**). All movie assignments will also be posted on our website www.tbieducationcenter.org. By consensus, if students wish to stream movies at home rather than visit the cinema every week, Kathie will work out special assignments from time to time.

Kathie Moon, movie critic/film guru and award-winning former Sarasota Pelican Press film reviewer, now Tweets, Blogs and Tumblrs about film as art. She is involved in film studies through classes, field trips, film programming, film societies and film festivals.

3:00-4:30 PM
Six sessions

Wednesdays
Members \$95

Begins: 11/9
Non-Members \$105

Ends: 12/21

Note: Classes can be pro-rated if space permits.

THURSDAY

FR1

SLOW FLOW YOGA

Bianca Clyburn

Bianca's greatest pleasure is finding the synchronicities between yoga and life. It is her goal to illuminate these happenings for her students, so they can truly experience the connection between themselves and their yoga practice. Simple routines to motivating music will incorporate a range of several hatha yoga styles in a mood enhancing movement flow that helps improve spinal flexibility and develop greater core strength. Breathwork and relaxation exercises will promote clarity of mind and inner peace. All fitness levels will enjoy this innovative class offering. Please bring a mat and wear exercise clothing.

See Biographical Sketch on page 5.

9:00-10:00 AM
Six sessions

Thursdays
Members \$70

Begins: 11/10
Non-Members \$80

Ends: 12/22

Note: Students can join on a pro-rated basis if space permits.

FR2

LET'S PLAY CANASTA! — For Beginners

Joyce Doran

Have fun learning how to play this easy and fascinating card game. The variation taught will be American canasta. This hands-on class will guide you through each concept of the game and teach you rules and strategies. **Students cannot miss the first class, or they will not be able to take the course. Punctuality is also important!** Class size is limited so all players can have more one-on-one attention.

Joyce Doran is a retired English teacher from London and has been playing canasta for ten years and teaching the game for eight. She learned Chinese mah jongg while living in Hong Kong and fell in love with the game. After moving to Sarasota, she subsequently learned the American version and has been teaching it for seven years. Joyce teaches canasta and mah jongg again on Thursdays in the Winter Term, see pages 27 and 31 respectively.

11:00 AM-12:30 PM
Six sessions

Thursdays
Members \$95

Begins: 11/10
Non-Members \$105

Ends: 12/22

THURSDAY (CONT.)

FR3

LEARN HOW TO PLAY MAH JONGG

Joyce Doran

This time-honored, rummy-like Chinese tile game is simple and at the same time, challenging. It's competitive and requires skill, concentration, and luck! But the main objective is to have fun and enjoy this wonderful, sociable game in a relaxed atmosphere. This course teaches you the basics and will get you playing fairly quickly. There's nothing more exciting than when you call "Mah Jongg!" Students will be taught to play by the rules of the National Mah Jongg League based in New York. Hands-on instruction will be given while you learn to play. Time permitting, Joyce will cover winning strategies. Mah Jongg sets are provided.

Note: Registrants need to order the 2022 Mah Jongg card to be used through the fall and winter terms of 2022-2023, by December 31, 2022, from the National Mah Jongg League. Phone 212-246-3052 or visit www.nationalmahjonggleague.org. The card is active until April 1, 2023. Please confirm your course registration before ordering your card as this program sells out quickly! Students cannot miss the first class, or they will not be able to take the course. Punctuality is also important!

See Biographical Sketch on page 6.

1:00 -2:30 PM
Six sessions

Thursdays
Members \$95

Begins: 11/10 **Ends: 12/22**
Non-Members \$105

NO CLASSES THANKSGIVING WEEK, NOVEMBER 21-26.

FRIDAY

The Education Center at Temple Beth Israel will be closed FRIDAYS in the Fall Term except for one class that meets on Friday, November 18, for the Cine-World Film Festival Seminar (see SPFS below).

ANNUAL FALL MOVIE FESTIVAL

SPFS

BURNS COURT CINE-WORLD FILM FESTIVAL SEMINAR

Gus Mollasis

The Sarasota Film Society's annual Cine-World Film Festival is back!! It was sorely missed last season. The festival presents a fabulous variety of excellent films from around the world. It is a "must-do" for film buffs and great fun! After carefully selecting six films to see at Burns Court Cinema, Gus will contact each student with the assigned Cine-World movie list. Discussions will be held at The Education Center at Temple Beth Israel. Classroom dates are listed below.

Note: Students will be required to purchase their own film tickets online after they have been notified by Gus of the assigned movies, times, and dates. Consider being a member of the **Sarasota Film Society for better pricing and discounts.** Call 941-364-8662 or join online: www.filmsociety.org. *The festival is slated to run from Friday, November 11 - Thursday, November 17, 2022.*

See Biographical Sketch on page 4.

10:00 AM-12:00
Three sessions

Dates: Mon., 11/14, Wed., 11/16, Fri., 11/18
Members \$55

Non-Members \$65

SATURDAY FALL WORKSHOPS

FWK1

DIGEST YOUR HEALTH —

Natural Solutions for Optimal Digestive Health

Karol Schuyler, RN

ZAFWK1

Zoom Available

This workshop will help you understand indigestion, gas, bloating, and other digestive dilemmas and focus on a variety of natural solutions to improve your digestive system and overall health. You will learn how to: • combat inflammation • improve your immunity • avoid holiday overindulgences • modify recipes to eliminate gastrointestinal distress • select and prepare food in a new way. Nutrients for optimal health and top food sources for vitamins and minerals will also be discussed. Karol is a grower of fine herbs and a culinary chef so she will share some wonderful healthy recipes. Come prepared to ask questions and discuss your health issues with a medical professional who knows how to listen to the details! Enjoy lasting health and wellness, improve your vitality, and thrive the natural way!

Karol Schuyler, RN, CHNP (Certified Natural Health Professional), CWC (Certified Wellness Coach) and educator, CBD consultant, MMT (medical massage therapist), and experienced herbalist, is a life-long, transformational therapist, providing an impressive list of health services for more than 35 years. She stays current with emerging disciplines and natural remedies, which she evaluates with a stringent scientific eye. She is a leader in the growing group of medical practitioners who understand the need to look at failing health (gut health issues, blood sugar imbalances, diabetes, chronic inflammation, autoimmune conditions, chronic fatigue syndrome and Lyme disease, to name a few) from various perspectives and modalities—not just one. Karol's practice is located at Palma Sola Therapies in Bradenton, Florida.

1:00-3:00 PM

Saturday, November 12

One session

Members \$30

Non-Members \$35

HOW TO REGISTER FOR PROGRAMS

MAIL: Mail in one of the registration cards found in the middle of this brochure.

ONLINE: www.tbieducationcenter.org

EMAIL: edcenter@longboatkeytemple.org

PHONE: (941) 383-8222

NOTE: We ask that Zoom registrants register early for administrative purposes.

Become a Friend/Member and enjoy special member prices and benefits!

Check the flap attached to the registration cards in the middle of the brochure for membership details. Call our office, send us an email or visit our website to submit your membership application.