



# Gulf/Franklin Education Encore

No Tests! No Grades! No Stress!

# JUST FUN!



*Spring 2025*

# Gulf Franklin Campus Spring Education Encore January 22 - February 26 Fee: \$95

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### What is Education Encore?

***“No Stress! No Tests! No Grades! Just Fun!”***

Education Encore is offered by Gulf Coast State College and provides non-credit enrichment classes on a variety of topics for active and senior adults.

The learning environment is fun and stress-free while offering diversity, insight, and wisdom.

## Need More Info?



Visit our website

**[gulfcoast.edu/GFEncore](http://gulfcoast.edu/GFEncore)**

# Frequently Asked Questions

## Who can participate?

Education Encore is for adults. You are not required to have Florida residency.

## When is it offered?

Education Encore is available during the fall and spring semesters. Classes in each semester meet for six consecutive Wednesdays.

## How do I register online?

Follow instructions on page 7.

## What is the cost?

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

## Where are the classes held?

Each course description includes the abbreviated classroom location. Classroom locations will be emailed to students in their registration email.

## Will online classes be offered?

We are not offering online classes this term.

## Where can I get the course offerings and other information about upcoming Education Encore?

To see course offerings and additional program information, visit us on the web at [gulfcoast.edu/GFEncore](http://gulfcoast.edu/GFEncore).

## What about special needs?

Gulf Coast State College is committed to equal access/equal opportunity in its programs, activities, and employment. For additional information, visit [www.gulfcoast.edu/equity](http://www.gulfcoast.edu/equity) or call the Student Accessibility Resource Office 850-747-3243.

## Contact us!

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

## Refunds

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



## PERIOD ONE

9:00 AM – 10:00 AM (EST)

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### Beginning Birdwatching

The Forgotten Coast is a fantastic area for birdwatching, and here's an "info-taining" crash-course (for beginners and a refresher for seasoned birders) designed to answer some of the most frequently asked questions about birding in Florida.

You'll learn: What species of birds are in our area and their populations; all about the latest free apps for bird identification and participating in citizen-science projects; where the local "hot spots" are for birdwatching; how to bring more birds into your backyard; what the upcoming Spring migration means to the Panhandle and how to forecast arrivals; all about the popular Florida Audubon EagleWatch program; bird identification skills; and how you can plug-in to the rapidly growing Gulf County birding community.

*Instructor: Nelson Mongiovi*

*Location: M103*



### History of Gulf County

This course will delve into some interesting people, places, events, situations, and outcomes from the past that have influenced and shaped the thought process, lifestyles, and makeup of America today. We will cover This course will delve into some interesting people, places, events, situations and outcomes from the past that have influenced and shaped the thought process, lifestyles and makeup of Gulf County today. We will cover the everyday items—music, dress, food, tail fins on

the 1959 Cadillac Eldorado.... And we will look at the more crucial precursors—the Frontier Thesis, racial conflict, wars, bad presidents, geographical influences, television, the political party that your granddaddy belonged to.... Nothing is off limits in this class. Come, and find out where you fit in!

*Instructor: Kesley Colbert*

*Location: M102*

### Yoga

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

All levels are welcome! In this course, students will learn yoga poses and asanas using breath and meditation to achieve muscular strength, endurance, and relaxation. Yoga is beneficial regardless what your physical condition, age, or abilities are. Wear stretchable or loose -fitting clothing and bring a yoga mat.

*Instructor: Candace Beck*

*Location: M105*

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## PERIOD TWO

10:15 AM – 11:15 AM (EST)

### Herbs, Herbs, Herbs

Seeds to salads – growing harvesting eating receipts and plants including in the course Enjoy a new adventure in growing. Discover the joys and convenience of growing your own herbs garden.

Lots of Q/A about plants. This is a hands-on and discussion-based learning course.

*Instructor: Jeanne Schlichting*

*Location: M102*

### Hula

Learning about and practicing Hawaiian Dance is a gift you give yourself. When you dance Hula, you are telling a story with your gestures and movements. Men and Women of all ages practice together, just for the joy of it. In this class you will learn the basic steps of hula, and what the different hand gestures mean, and when they are used in the mele (song). This dance form will challenge balance, endurance, control, and

memory. The choreography we practice in class will be low impact, and the music we use can be found on many music streaming platforms. Keep practicing and enjoying the music and movement at home! Like all forms of dance, it is a weight-bearing exercise, however, Hula can also be done seated!

*Instructor: Denise Hatch*

*Location: M105*

### **Painting 1 - TWO Periods**

Skill Level: Beginner / Intermediate

Whether new to painting, looking for a refresher of the basics or continuing to hone your skills, this class is for you. Come join us and create art you will be proud to hang on your wall.

Class yield: 4 paintings on canvas.

Medium: Acrylics. **Supply list located [gulfcoast.edu/GFEncore](http://gulfcoast.edu/GFEncore)**

*Instructor: Mari Harrison*

*Location: M104*

### **Ukulele: Strumming, Picking, & More**

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

*Instructor: Brooks Jones*

*Location: M103*



## **PERIOD THREE**

**11:30 AM – 12:30 PM (EST)**

### **Painting 1 (Continued)**

### **Container Gardening**

Discover the joys and convenience of growing in containers! This course will explore growing Fall plants, edible and otherwise, in containers. Other topics will include overwintering outdoor plants and looking forward to spring! This is a hands-on and discussion-based learning course.

*Instructor: Jeanne Schlichting*

*Location: M102*



### **Intermediate Birdwatching**

You asked for more, and here it is!

Here’s an opportunity to sharpen your skills with more in depth and entertaining birdwatching classes. Topics during the second period intermediate classes will focus on feather identification; some basic bird anatomy and behavior; how to attract birds to your backyard throughout the year and set up the perfect bird garden; a deeper dive into birding optics (binoculars, scopes and cameras); and we’ll even have a lab day to dissect owl pellets for those who’ve participated in the beginners owl class!

*Instructor: Nelson Monigiovì*

*Location: M103*

### **Tai Chi: Mindfulness in Motion**

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

*Instructor: Brooks Jones*

*Location: M105*

# Gulf/Franklin Campus Spring 2025 Education Encore At-A-Glance Rooms



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

Beginning Birdwatching <i>Instructor: Nelson Mongiovi</i>	M103
History of Gulf County <i>Instructor: Kesley Colbert</i>	M102
Yoga <i>Instructor: Candace Beck</i>	M105

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

Herbs, Herbs, Herbs <i>Instructor: Jeanne Schlichting</i>	M102
Hula <i>Instructor: Denise Hatch</i>	M105
Painting 1 - TWO Periods <i>Instructor: Mari Harrison</i>	M104
Ukulele: Strumming, Picking & More! <i>Instructor: Brooks Jones</i>	M103

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

Painting 1 (Continued)	M104
Container Gardening <i>Instructor: Jeanne Schlichting</i>	M102
Intermediate Birdwatching <i>Instructor: Nelson Mongiovi</i>	M103
Tai Chi: Mindfulness in Motion <i>Instructor: Brooks Jones</i>	M105

### What is Education Encore?

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

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

### What is the schedule?

Classes meet six consecutive **Wednesdays** starting **January 22 - February 26**

### What is the cost?

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

### Want to know more?

Visit [gulfcoast.edu/GFEncore](http://gulfcoast.edu/GFEncore) or contact the Gulf/Franklin Registration Desk 850.227.9670

Follow us on Facebook!

[@gulffranklincampus](https://www.facebook.com/gulffranklincampus)



# ONLINE REGISTRATION

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

**OPEN** web browser.

**TYPE** in [gulfoast.edu/encore](http://gulfoast.edu/encore) and HIT enter.

**CLICK** the yellow “Register” button.

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

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

**CLICK** the teal “Add to cart” button.

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

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

**CLICK** the yellow “Continue” button.

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

**ENTER** your email address. This will be used for registration confirmation, updated information, and your payment receipt.

**CLICK** the yellow “Next” button.

**CHECK** the two boxes to the left of the pop-up window to accept the Terms of Use.

**CLICK** the yellow “Next” button.

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

**ENTER** the following information in the boxes provided:

- First name
- Last name
- Date of birth
- Gender

Identify whether you are registering for yourself or another participant.

**CLICK** the yellow “Continue” button.

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

**COMPLETE** the registration form.

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

**WRITE** or **TYPE** your signature.

**CLICK** the yellow “Continue to Cart” button.

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

**REVIEW** order details to confirm they are correct.

**ENTER** payment information.

**CONFIRM** your billing information is correct.

**CLICK** the blue “Confirm” button.

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

**CREATE** a password.

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

**CONFIRM** password.

*NOTE: Your password will be used for all future registrations for Education Encore or any Continuing Education courses.*

**CLICK** the yellow “Complete” button.

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

Within a few minutes, you will receive a confirmation email of your registration and payment to your specified email address. You will also receive additional information in regards to the Fall 2023 Education Encore. Please print or save the email for your reference.



3800 Garrison Avenue | Port St. Joe, FL 32456