



Center for Lifelong Learning

50 Classes Offered Fall Semester!!

Class Term 18 Sep – 10 Nov 2023

NEW THIS FALL – EXPERT-GUIDED TOURS!!

Pre-Registration Student Social: Tues, 29 Aug, 3-4pm, UWF Rm 126

Online Registration Opens: Wed, 30 Aug, 9am at CLL-FWB.org

Fees: \$20 basic membership fee plus \$15/class; expert-guided tours \$10 each



Visit us at: www.CLL-FWB.org Call us at: (850) 863-6548 Email questions to CLL@uwf.edu

Monday			Wednesday (Cont.)		
15-Minute Yoga with Friends	8:30	Online	Kindness Rocks - Rock Painting with Trish	10:15	ADSO
Golf 101	8:30	Shalimar Pointe	LIVING: Surviving the Loss of Your Spouse	10:15	UWF
Easy Line Dance	10:00	Preservation Hall	Introduction to the Zentangle (R) Method	1:00	UWF and Online
The Poetry We Didn't Appreciate in School	10:15	UWF	Curve Stitching: From Mathematics to Art	1:00	UWF
Live Your Best Life - Foundation	10:15	UWF	French Conversation and Review	1:00	UWF
Zumba Gold Seated Dance Fitness	11:00	FWB Rec Center	Thursday		
Improver Line Dance	11:00	Preservation Hall	Pickleball for Early Risers	8:00	FWB Rec Center
Live Your Best Life - Relationships	1:00	UWF	Yoga Gentle Flow	9:30	VFW
Encautics Plus	1:00	HH Arts	Pickleball for Late Risers	10:00	FWB Rec Center
Backyard Astronomy	1:00	UWF	Yoga Soup Restorative	10:00	Dragonfly Yoga
Basic Pottery - Sep 18 - Oct 9	1:00	ADSO	French Revolution and Napoleon	10:15	UWF
Basic Pottery - Oct 16 - Nov 6	1:00	ADSO	Guide to Estate Planning for FL Residents	10:15	UWF
Tuesday			Comparative Religions	10:15	UWF
Art Therapy	10:15	ADSO	iLearn, iUnderstand, iPad	1:00	UWF
Introduction to Tai Chi with Amy	10:15	Preservation Hall	U.S. Political Parties: History and Role	1:00	UWF
Foundations and Principles of the U.S. Constitution	10:15	UWF	Crime, Property Crime: What is it? How much is there?	1:00	UWF
Dissecting Disasters	10:15	UWF	Let's Paint	1:00	ADSO
Games Galore	10:15	Covenant Comm Church	Fundamentals of Investing	2:45	UWF
Mind and Body Self-Care Skills	10:15	Online	Friday		
Yoga with Jacky	10:45	Dragonfly Yoga	15-Minute Yoga with Friends	8:30	Online
Card Sharks - Deal with It!	1:00	Covenant Comm Church	Drones for Beginners	8:30	UWF
Tai Chi at Mathis Martial Arts	1:00	Mathis Martial Arts	Chair Yoga Gentle Flow	9:00	Online
Creative Fused Glass	1:00	Paradise Glassworks	Organize and Display Your Photos	10:15	UWF
Current Issues in Environmental Science for the Layperson	1:30	Niceville Senior Center	Genealogy--Online Resources & More	10:15	UWF
Senior Self-Defense at Mathis Martial Arts	1:45	Mathis Martial Arts	Exercise for Flexibility and Balance	10:30	Preservation Hall
Cribbage Game	2:45	VFW	Expert-Guided Tours		
Wednesday			Tour of the EC Science Center	10:00	Wed, 27-Sep
15-Minute Yoga with Friends	8:30	Online	Tour of Turkey Creek	10:00	Fri, 29-Sep
Ballet for Balance	9:00	Preservation Hall	Tour of Magnolia Grill	9:30	Fri, 6-Oct
Tap Dancing for Fun	10:10	Preservation Hall	Tour of Veterans Park	10:00	Fri, 13-Oct
Weather and Geology 101	10:15	UWF	...Stay Tuned for More to Come		