

Quick look at January 2023 Classes

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
Before 10 a.m.	<ul style="list-style-type: none"> • 15-Minute Yoga with Friends • Gentle Yoga Flow • Golf 101 • Intermediate Tap Dancing 	<ul style="list-style-type: none"> • America - The Great Melting Pot • Chair Yoga • Everyday Yoga for Everyone: Awaken • Zumba Gold with Sundy 	<ul style="list-style-type: none"> • Ballet for Balance • Jimmy Carter - U.S. President, Writer, Humanitarian • Watercolor for the Absolute Beginner 	<ul style="list-style-type: none"> • Acrylic Painting with Pat - Landscapes/Seascapes • International Studies • Pickleball - Early Risers • Pickleball - Late Riser • Yoga Gentle Flow 	<ul style="list-style-type: none"> • Chair Yoga Gentle Flow • Chair Yoga with Missy • Drones for Beginners
Between 10 and noon	<ul style="list-style-type: none"> • Easy Line Dance • Improver Line Dance • Live Your Best Life - Intro and Renewal • So, THIS is watercolor painting! • Zumba Gold Seated Dance Fitness 	<ul style="list-style-type: none"> • Dog Handling for large dogs (30 pounds or more) • Dog Handling for small dogs (less than 30 pounds) • Food Ingredients – Who, What, Where and How? • Foundations and Principles of the U.S. Constitution • Games Galore • Grand Tour of the Universe • Humanitarian Projects around the Globe - Anyone can make a DIFFERENCE • Okaloosa County Museum Trail • When Machines Fail • Yoga With Jacky 	<ul style="list-style-type: none"> • Dinner, Dining and Décor -- Entertainment for the Fun of It • Financial Empowerment • Kindness Rocks - Rock Painting with Trish • Tap Dancing for Fun 	<ul style="list-style-type: none"> • American Civil War • Comparative Religions • Guide to Estate Planning for FL Residents • Navigating Equity and Fixed Income Markets in Today's Inflationary Environment • Travel Tips and Tricks 	<ul style="list-style-type: none"> • Exercise for Flexibility and Balance • Find and Share Your Family History • Neurographic Art - The Art of Positive Change • Organize and Display Your Photos • Renaissance and Reformation

<p style="text-align: center;">Between 1 and 2:30</p>	<ul style="list-style-type: none"> • Backyard Astronomy • Basic Pottery – February 13 to March 6 • Basic Pottery - January 16 to February 6 • Encaustics Plus • Living Your Best Life In RELATIONSHIPS • Second-Level Quilting: Spring Table Runner and Star Wall Hanging 	<ul style="list-style-type: none"> • Brave New World and Other Socialist Utopias • Card Sharks - Deal with It! • Creative Fused Glass • Quilting 101 • Senior Self-Defense at Mathis Martial Arts • Tai Chi at Mathis Martial Arts 	<ul style="list-style-type: none"> • Curve Stitching: From Mathematics to Art • French • Microsoft Excel 101 • Shedding What's Weighing You Down 	<ul style="list-style-type: none"> • Crime, Media and Pop Culture • iLearn, iUnderstand, iPad • Supreme Court: Its History and Role 	<ul style="list-style-type: none"> • Canadians and Culture in Our Contemporary Non-Canadian Lives • Great Decisions • Paper Artz • Rhythm and Blues
<p style="text-align: center;">After 2:30</p>	<ul style="list-style-type: none"> <li style="width: 33%;">• Cribbage Game <li style="width: 33%;">• Knitting <li style="width: 33%;">• Architecture from Europe to the American East Coast <li style="width: 33%;">• Fundamentals of Investing 				