

Education Encore

Spring 2026



No Tests! No Stress!

JUST FUN!



Panama City Campus Spring Education Encore

January 23 - February 27

Fee: \$125

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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/encore



“Like” us on Facebook
"Education Encore at GCSC"

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 Fridays.

How do I register online?

Follow instructions on page 15.

What is the cost?

The fee for participants is \$125 for the six-week program, which includes four classes each Friday. Whether you attend one class or all four, the fee for participants is \$125 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 prior to the first day. Additional copies will be available in the Student Union East building, if needed.

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/Encore, and follow us on our facebook page, "Education Encore at GCSC".

What about special needs?

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

Animals on Campus Policy

The college acknowledges the right of students, staff, and visitors to a safe and healthy environment while on college property or participating in

sponsored functions. In the interest of maintaining such an environment, animals are not permitted (including emotional support animals) on college property or at college sponsored functions, unless approved by the appropriate vice president. When approval has been granted, animals must be controlled at all times, either leashed, kenneled, or other appropriate manner, and all sanitation issues must be addressed by the owner. Animals are not to be left in vehicles or tethered to any college property as a means of complying with this policy. All persons are prohibited from feeding and handling any stray/wild animals that appear on college property unless specifically authorized.

Contact us!

If you would like more information, give us a call at 850-873-3583. You can also visit gulfcoast.edu/Encore.

Refunds

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

POINTS OF INTEREST

The Wellness Building

The Wellness Center includes a pool, a hydrotherapy pool, and a fully-equipped weight and fitness room. Please check availability for the facilities. Use of facilities is for Encore students enrolled in classes during the current term of use.

Amelia G. Tapper Center For The Arts

See some of Gulf Coast State College's most talented students performing on the Amelia Center Main Stage. The Visual & Performing Arts Division sponsors several theatre performances and concerts each semester. As an Encore participant, you may attend many of these events free of charge or at a discounted rate.

Let's Do Lunch!

Pre-Paid Lunch Tickets are BACK!

\$80 for six lunches

January 23

Panera's Chicken Pesto Ciabatta Dipper w/ Apple

A delicious sandwich dipping pair featuring grilled chicken, melty provolone and parmesan, and basil pesto spread on our Ciabatta with a Creamy Tomato dipper. Served with an Oatmeal Raisin w/ Berries cookie.

January 30

Fazoli's Baked Ziti-Pasta

Penne with Marinara and Meat Sauce topped with Mozzarella and Provolone Cheeses then baked to golden perfection. Includes 2 Breadsticks and a Chocolate Chip Cookie.

February 6

Shane's Rib Shack

Chopped BBQ Chicken Sandwich served with Chips, and a cookie.

February 13

Chick-Fil-A Sandwich

Served with Waffle chips and a Chocolate Chunk Cookie.

February 20

Newk's Chicken Salad on a Croissant w/ Pasta Salad

Scratch-made chicken salad made with grapes, pecans and red onions, with lettuce, tomatoes, provolone, and mayo. Served with a brownie.

February 27

Panera's Turkey & Cheddar Sandwich / Creamy Tomato Soup

Oven roasted turkey breast, aged white cheddar, crisp mixed greens, vine-ripened tomatoes, red onions, mayo, salt and pepper on our Country Rustic Sourdough. Served w/ a french baguette and a Chocolate Chipper Cookie.

*All Lunches are served
with a bottle of water.*



**Purchase
Online
at**

gulfcoast.edu/encore

Please note that lunches cannot be transferred to another week. The \$80 fee is for 1 lunch per week for 6 weeks. No refunds will be given if a participant misses a week.



Join us for Lunch and Learn

Spring 2026 Education Encore

Fridays, Jan. 23 - Feb. 27, 12 Noon - 12:50 PM
Student Union East (SUE) Conference Center



Spring 2026
Education Encore
Every Friday

- ✓ Bring your lunch
- ✓ Join your classmates
- ✓ Enjoy an informative talk

January 23- **President's Welcome**

Glen McDonald, President of Gulf Coast State College, will be joining us with a special message recognizing the importance of lifelong learning and your valued place in our campus community. He will also provide updates on recent and upcoming developments across the campus. Also, Dr. Jennifer McAtee, Chair of the Visual & Performing Arts department, will join us to share the upcoming art exhibits, musical performances, and theatrical productions that Encore students can attend at a discounted rate!

January 30 - **Behind the Curtain: A History of Kaleidoscope Theatre**

Lois Carter, a member of Kaleidoscope Theatre since 1972, will present a history and overview of this all-volunteer

community theatre. Kaleidoscope is celebrating its 51st Season after recovering from Hurricane Michael. Lois will also present opportunities to volunteer and let you know what entertaining plays are on schedule.

February 6 - **Estate Planning Essentials**

Join Angela Warren, of White & Warren, PA, for a practical session covering key aspects of estate and incapacity planning. Topics include wills, powers of attorney, trusts and trust administration, and the probate process. Learn how to protect your assets, plan for incapacity, and ensure your wishes are honored.

February 13 - **Bayside Bounty - The Culinary Heritage of Bay County**

Join Kenny Redd as he introduces "Bayside Bounty: The Culinary Heritage of Bay County," a Smithsonian-affiliated exhibit coming to the Bay County Historical Museum in January 2026. Get a behind-the-scenes look at how our local museum was selected for this prestigious program and how the exhibit will showcase our region's rich food traditions through historical images, rare artifacts, and a recreated Depression-era kitchen.

February 20 - **Navigating Memory Loss: A Guide to Alzheimer's Awareness and Care**

Join Ms. Jennifer Reeves from the Brain & Spine Specialists for an informative Lunch and Learn focused on Alzheimer's disease, where we will explore early signs, diagnosis, and the most current treatment approaches. Gain valuable insights to support Brain health and a deeper understanding of memory loss for yourself or your loved one.

February 27 - **Grand Finale!**

Classmates in the ENCORE program display the fruits of their efforts in drawing, painting and more!

PERIOD ONE

9:00 AM – 10:15 AM

Beginning Bridge – TWO Periods

Come see what all the excitement is about! Bridge is a great way to keep your mind sharp, make new friends, and have fun all at the same time. Learn to play this fantastic game in a relaxed, stress-free manner with plenty of time for hands-on practice. Don't miss this class!

Instructor: Sally Cook

Student Union West (SUW) 307



Beginning Mah Jongg – TWO Periods

This is an introduction to the ancient game of the Chinese Mandarins, Mah Jongg. In China, men mainly played; however, women enjoyed the game as well. Mah Jongg was introduced to the U.S. around 1912 and was the parlor game of choice until sometime in the 1930s. At its height, 15 million Americans played Mah Jongg, and we are now seeing a revival of the popularity of this game. You will find Mah Jongg enjoyed by men and women no matter the level of expertise. It is a game of skill and/or chance. A supply fee of \$16.00 for the Wright-Patterson books is required for this course.

Instructor: Carol Forney

Student Union West (SUW) 350

Beginning Watercolor Painting – TWO Periods

Excited to learn the basics of watercolor? In this class we will learn how to mix paints, apply the watercolor, the best supplies to use, and how to use them. We will learn how to start a painting, and follow it through to the end. Lots of practice,

which is good for beginners and all painters alike. Come ready to paint in the first class. To ensure a comfortable environment for all participants, please refrain from wearing perfume or cologne, as some attendees have fragrance sensitivities. Supply List is on the website.

Instructor: Deblyn Ceeley

Student Union East (SUE) 244

Chair Yoga - NEW

Chair Yoga has all the health benefits of yoga while emphasizing safety. Postures are modified using a chair, either seated or for support in standing poses. The course is designed for those finding it difficult to sit or get up from the floor. The course activities help anyone interested in improving his or her physical and mental well-being.

Instructor: Linda Nelson

Wellness (WELL) 145

Classical Drawing – TWO Periods

Learn the techniques of classical drawing, using the proven methods taught by the Renaissance Masters and 19th century French Ateliers. Working with graphite and charcoal, students will learn how to draw with correct proportions and refined shading techniques. Students start with beginning exercises, and progress to chiaroscuro shapes and cast drawing eventually leading to drawing a live, clothed model. Supply list available at gulfoast.edu/encore.

Instructor: Tim Gagnon

Student Union East (SUE) 231 – Gibson Lecture Hall

Evolving Concepts of the Brain/Body Connection - NEW

This discussion-based course explores cutting-edge concepts about the intricate cooperation between the brain and body in maintaining optimal health. Through curated video clips, we will delve into how these new concepts are reshaping modern medical decision-making for both physicians and patients. The syllabus is designed to be flexible; student-initiated topics of particular interest are highly encouraged and will be incorporated when possible.

Instructor: Norm Capra, PhD

Student Union West (SUW) 349

Exploring the Underwater World of Bay County

The course will include video adventures and discussion of diving, fishing, and exploring the coastal waters, including rivers, Bay, and the Gulf of Mexico. Subjects to be covered will include the history of local shipwrecks, natural and artificial reefs, and the interplay of the sea life they attract.

Instructor: Bob Stapleton

Student Union West (SUW) 348

Flower Power!

This is a class all about flowers. Flowering trees, shrubs, vines, perennials, and annuals that grow well in the Florida Panhandle will all be discussed. One class will focus on the wide variety of camellias that will bring flowers throughout the Fall and Winter. Another will discuss flowers to attract butterflies, bees, and other pollinators. Flowers to attract hummingbirds will also be discussed. Additionally, there will be a class on some of our most beautiful and interesting native wildflowers.

Instructor: Jody Wood-Putnam

Student Union East (SUE) 10 – Private Dining Room

Food Garnishing – TWO Periods

During the class, students will learn how to use a knife properly and create a veggie flower. In each class, students will make 1 to 2 flowers with vegetables and fruit. Students will learn how to create beautiful centerpieces using their creations. A supply fee of \$10.00 is required for this course.

Instructor: Marguerite Jirau, C.S.C

Student Union East (SUE) 246



Historical Nonfiction: Voices & Events that Shaped America - NEW

This course will explore the nation's past with a focus on the courage, conflict, character and ambition of individuals who helped shape the American Experience. Through engaging discussion and accessible works of renowned historians and biographers such as Ron Chernow, Doris Kearns Goodwin, Erik Larson and David McCullough, this course is for readers who love history, biography and well-crafted nonfiction that reads like literature.

Instructor: Laura Roesch

Student Union West (SUW) 347

I'd Like to Write a Book - NEW

Have you ever thought of writing a novel? Do you have a great idea but don't know where to start? This class will help you discover your story; explore theme, characters, plot and setting; and create a tailor-made plan to get you to "the end."

Instructor: Sally Jo Pitts

Student Union East (SUE) 243

Music Appreciation - NEW

The broad objective of this class is to develop and/or deepen an appreciation of music including an understanding of musical elements, structure, and style, the relationship of music to other disciplines, its application to human concerns, and its historical perspective. Students will have the opportunity to discuss and analyze music, demonstrate fundamental knowledge of the works of significant composers, and identify connections between music and other disciplines.

Instructor: Professor Steven DiBlasi

Amelia Center (AC) 133

Process Art for Stress Relief – TWO Periods - NEW

In the class we will explore different types of drawing and painting where the process of creating is focused on more than the outcome. Examples of this would be making mandalas, tangles and neurographic art.

Instructor: Krista Eggleston

Student Union West (SUW) 302

So What's New With Climate Change

This course will examine and review, within an apolitical framework, the science of climate change and the impact climate change has on our environment.

Instructor: James (Jim) Burho

Student Union West (SUW) 266

Yoga for Healthy Aging

A yoga class designed to offer yoga pose modifications for safe practice. We will be focusing on strength, flexibility, balance, and agility. Please bring a yoga mat, 2 yoga blocks (the same size), and a yoga blanket.

Instructor: Mary Jo Capra

Wellness (WELL) 137

PERIOD TWO

10:30 AM – 11:45 AM

Beginning Bridge (Continued)

Beginning Mah Jongg (Continued)

Beginning Watercolor Painting (Continued)

~~Classical Drawing (Continued)~~

Food Garnishing (Continued)

Process Art for Stress Relief (Continued)

Advance Beginner Ukulele - NEW

Know some basic ukulele chords and ready to bring your playing up a notch? The fun will continue with some more advanced chords, strum patterns, fun techniques and even some finger picking. Current circumstances require participants to bring their own ukes. The Panama City Library has ukuleles available for check out if you don't have your own.

Instructor: Jody Wood-Putnam

Student Union East (SUE) 10 – Private Dining Room



Cookie Decorating for Beginners – NEW

Learn the basics - How to make royal icing; Icing consistency; Coloring the icing; Hands-on cookie decorating. All supplies will be provided for class including the 'naked' cookies, recipes, including a gluten free version, and sources to get you started on this fun hobby that'll make you the star of the dessert table. A supply fee of \$15 is required for this course.

Instructor: Jill Hansen

Student Union East (SUE) 243

Explore Meditation

Exploring various methods of meditation. It is recommended that students bring a cushion, blocks, and a blanket for sitting on the floor. Blocks are for sitting in chair if feet are not flat on the floor.

Instructor: May Jo Capra

Wellness (WELL) 137

Everything Weather – NEW

Weather plays a critical role in daily planning and emergency preparedness. Today, vast amounts of weather data are just a click away—but how is this information produced?

This course answers that question by introducing the fundamentals of meteorology and forecasting. We'll explore everything from common summer thunderstorms to major hurricanes, with a focus on hurricane development, forecasting methods, public communication, and the specific climatology of the Florida Panhandle—highlighting Hurricane Michael (2018). We'll also examine the broader weather community, including the roles of academia, government, and the private weather industry. Additionally, the course will cover marine forecasting, key forecasting models, and how to use top weather websites and apps.

Instructor: Don Shepherd, JR

Student Union West (SUW) 347

Find Your Roots

A family without an understanding of their past is like a tree without roots. New topics for the fall will include 1 or 2 sessions on finding your military ancestors. Marriage & Divorce records, where to find them and what they tell you. The difficulties with Descendant Charts. As well as

topics that most interest individuals in the class.

Instructor: Beverly Nield

Student Union West (SUW) 266

From Your Backyard to the Keys: An Introduction to Florida Birdwatching

This course is sponsored by the Bay County Audubon Society. It will cover topics such as selecting and using binoculars and other equipment, how to use field guides, and available internet resources to document your observations. Techniques for attracting backyard birds and instruction on how, when, and where to find birds anywhere in Florida using the Great Florida Birding Trail will be covered. Optional, on-campus bird walks and/or a field trip at Conservation Park will supplement classroom instruction. The course is a team effort with lectures by expert local birders, coordinated by Norm Capra, Bay County Audubon Conservation Chair.

Instructor: Norm Capra, PhD

Student Union West (SUW) 349

Line Dance

Come dance to basic “easy-to-learn” dances like Electric Slide, Cupid Shuffle, waltz and many more. Prior experience is not necessary. There is no need to have a partner as line dance is performed in a line with everyone going the same direction in unison. Line Dance is an excellent Brain Improvement activity as it involves physical, mental and social interactions! The goal of the class is to have fun with others learning dance steps while enjoying “upbeat” music.

Instructor: Susan Moss

Wellness (WELL) 133

Undefeated – The Three Seminole Wars (1817-1858) – NEW

The Seminole motto “undefeated” or “unconquered” refers to the fact that the Seminole tribe of Florida never formally surrendered to the United States and signed a peace treaty after the conclusion of the three Seminole Wars.

Their resistance was so fierce and effective that the U.S. government eventually ceased its military efforts to remove the remaining Seminoles from Florida. The Seminole Wars were the longest and

costliest conflicts fought by the U.S. government against Native Americans.

Instructor: Matthew Shack, Sr.

Student Union West (SUW) 348

PERIOD THREE

1:00 PM – 2:15 PM

10 Ways to Capture Your Life Story to Pass On

Leave your children, or the world, a legacy! Learn to capture memories from your life and those who went before. Include almost-forgotten family or personal stories of historical significance, and precious tidbits of personal detail, to be cherished for a lifetime. Experiment with your writing skills through fun and unusual exercises in a safe environment. You will be more motivated than ever to leave a priceless heirloom!

Instructor: Pat Sabiston

Student Union West (SUW) 347

Better Bridge – TWO Periods

You know how to play bridge, and now you’d like to improve. Learn how to be a better partner, how to get to the right contract, how to take more tricks, when not to pull trump, and more with plenty of time to practice what you learn!

Instructor: Sally Cook

Student Union West (SUW) 307

~~**Classical Painting in Oils or Acrylics – TWO Periods**~~

~~This course will teach you the fundamentals of painting in Oils and Acrylics, challenging novices and experts alike. We will cover Materials, Techniques, Color Mixing, and various genres of painting in a 6-week course.~~

~~*Instructor: Tim Gagnon*~~

~~*Student Union East (SUE) 243*~~

Craft & Create “A Hands-On Art Series – NEW

Discover your creative side and enjoy a fun, hands-on escape in this relaxing craft series! Each session features a unique project that lets adults explore different artistic styles and materials — no experience needed. Project themes include Mardi Gras Magic, Springtime Blossoms, and Coastal Creations, each designed to spark imagination

and inspire creativity. Supply list available at gulfcoast.edu/encore.

Instructor: Irene Field

Student Union East (SUE) 10 – Private Dining Room

Creating Paper Flowers – TWO Periods – NEW

We will learn how to make flowers and leaves from paper using different techniques like origami and creating templates. We will build roses as big as dinner plates and roll small hyacinths with your favorite colors.

Instructor: Krista Eggleston

Student Union West (SUW) 302

Current Foreign Policy Topics

This course is an interactive class that discusses current foreign policy issues and their relevance to the country and you. Each week we will cover 3-4 current global topics, including summaries of the person, place, or event; what U.S. foreign policy is or should be, and its relevancy to you. The course is led by a retired career intelligence officer with global experience. Audience interaction will be highly encouraged.

Instructor: Rich Filippi

Student Union East (SUE) 231 – Gibson Lecture Hall

Intermediate Mah Jongg – TWO Periods – NEW

Build on your introductory Mah Jongg game skills. Reinforce your basic knowledge and learn more about scoring and payoff at the end of the game. If you do not have the blue and green Wright Patterson Mah Jongg books, you will need to purchase them prior to class.

Instructor: Carol Forney

Student Union West (SUW) 350

Intermediate Watercolor Painting – TWO periods

Ready to take your watercolor to the next level? In this class we will be learning negative paintings, layering to bring a depth to your art, landscapes, and the all allusive how to paint looser! There will be a demo in every single class to show the student how to do these techniques. I hope to paint a full painting every class with you. Come ready to paint! To ensure a comfortable environment for all

participants, please refrain from wearing perfume or cologne, as some attendees have fragrance sensitivities. Supply List is located on the website.

Instructor: Deblyn Ceeley

Student Union East (SUE) 244

Med Instead of Meds – NEW

Interested in eating the Mediterranean way, but not sure where to start? Eating like those who live in the Mediterranean region has been shown to promote health and decrease the risk of many chronic diseases including diabetes and heart disease. The Med Instead of Meds class series will help you Go Med by exploring 7 simple ways to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day. Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more. This class will be taught by Melanie Taylor, Extension Agent, UF/IFAS Extension Bay County. Med Instead of Meds was developed by NC State University. The University of Florida is committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Melanie Taylor, metaylor@ufl.edu, 850-784-6105 at least 2 weeks in advance. Advance notice is necessary to arrange for some accessibility needs. An Equal Opportunity Institution.

Instructor: Melanie Taylor

Student Union East (SUE) 246

The Price of a Song: Writing More Dangerous Lyrics

This course will look at the basics of modern songwriting and explore ways to break the rules of composing lyrics that avoid cliches and stand out in unexpected ways, to grab the attention of the listener. Michael R. J. Roth has been called "a cool dark troubadour...not unlike Townes Van Zandt" with songs known for intriguing imagery and "deep, profound truth." He is the lyric winner of the USA Songwriting Competition, the NSAI/CMT Song Contest, the Dallas Songwriters Association, the Austin Songwriters Group, the Mid-Atlantic Song Contest, and three-time lyric winner of The Great American Song Contest. His song "Gone Gone Gone" written with Eric Ramsey

was a Grand Prize Winner (second place) in the 2021 Dallas Songwriters Association Song Contest. Lori McKenna called him "Brilliant."

Instructor: Michael R. J. Roth

Student Union West (SUW) 266

Tech Talk: Digital Skills for Everyday Life

Learn essential computer and smartphone skills in a relaxed, senior-friendly setting. This course covers Android and Apple devices, including calling, texting, taking photos, downloading apps, and customizing your phone. You'll also explore internet safety and identity protection. New this session: discover how to use AI tools to simplify everyday tasks and stay connected.

Instructors: Lara Herter & Tanner McDonald

Student Union West (SUW) 349

TOOLBOX: Modality Resistance Training – NEW

From the use of personal Body Weight to Stability Balls a variety of fitness tools and exercises will be used to encourage a beneficial fitness experience. By promoting functional efficiency and injury prevention common exercises will be modified to meet your fitness needs. Beginners are welcome!

Instructor: Vera Booker

Wellness (WELL) 133

PERIOD FOUR

2:30 PM – 3:45 PM

Better Bridge (Continued)

~~Classical Painting (Continued)~~

Creating Paper Flowers (Continued)

Intermediate Watercolor Painting (Continued)

Adult Humor

No, not that kind of humor. This interactive class explores the unique humor of Seniors. We will cover such relevant topics as the history of Geriatric Comedy; Death & Dying; Humor in Aging; the challenges of health and healthcare; family dynamics; technology; partnerships and

relationships; old codgers, life in retirement & hodgepodge. We will use a range of media including cartoons, jokes, short stories, and video clips. Class contributions and interaction are strongly encouraged. Audience readings and shared experiences are explored. The class is recommended for those 65 years old and older (we may card you at the door); otherwise, you just won't get the jokes. There is so much seriousness and sadness in the world today; this class is a welcome break from all of that and a great way to end the week. Above all keep it light & laugh out loud.

Instructor: Rich Filippi, Ringmaster

Student Union East (SUE) 231 - Gibson Lecture Hall

Aquatic Exercise

This class helps participants learn the basics of aquatic exercise. Classes take place in the indoor heated pool in the GCSC Wellness Center. Both the locker rooms and the pool are handicapped-accessible. Wear a bathing suit and bring a lock and towel. SWIMMING SKILLS ARE NOT REQUIRED.

Instructor: Mary Millett

Wellness Pool

Art History of the 19th Century - NEW

Learn about the art movements of the 19th century with the artist and the librarian, Sarah Burris. After a brief overview, we will deep dive into five artists who changed the course of European and American art history: Edmonia Lewis, William Morris, Claude Monet, Mary Cassatt, and Vincent Van Gogh. No prior art history knowledge required.

Instructor: Sarah Burris

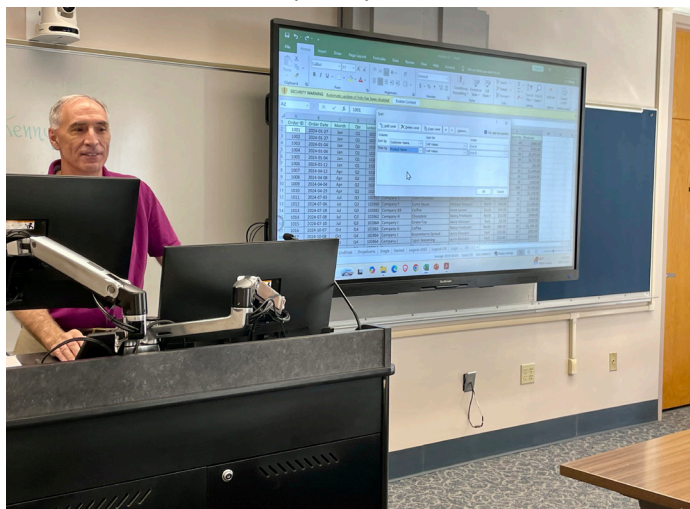
Student Union West (SUW) 348

Beginning Microsoft Excel – NEW

This introductory course is designed for anyone who wants to develop basic skills in Microsoft Excel. Participants will learn how to navigate spreadsheets, enter and organize data, and use simple formulas to manage everyday tasks, all at a comfortable pace with plenty of hands-on support. The concepts provided will be specific to Microsoft Excel; however, they will be easily transferable to other commercially available spreadsheets.

Instructor: John Link

Student Union East (SUE) 246



Let's Dance!

Learn ballroom and Latin dance! This introductory course will cover the basics of Foxtrot, Swing, and Cha Cha. Sign up with a partner for your best experience! Dancing is joyful and athletic, so put on your dancing shoes and a smile, and come join us.

Instructor: Russell Mace

Wellness (WELL) 133

Tai Chi for Wellness and Balance - NEW

Discover the calming benefits of Tai Chi through gentle, flowing movements that enhance balance, flexibility, and overall wellness. Perfect for beginners and active adults—no experience

needed. Just wear comfortable clothing and come ready to move!

Instructor: Michael R. J. Roth

Wellness (WELL) 137

WARGAMING 101: A Brief Introduction to Wargaming - NEW

We'll conduct a brief literature review and waveretop examination of the unique history of wargaming, as well as important wargame types, styles, genres, systems, and milestone games. We'll explore historical, counterfactual, and fictional wargames. We'll discuss what makes wargaming not only fun, but educational, insightful, and valuable for military, government, and even corporate training and planning. We'll explore the differences, similarities, and overlap between professional and commercial wargaming. Most importantly, we'll PLAY a few examples!

Instructor: Christopher DiNote

Student Union West (SUW) 266

Get Your Encore Commodore T-Shirt



gulfcoast.edu/encore

Spring 2026

Education Encore

Jan. 23 - Feb. 27, 2026

At-A-Glance Rooms



Period One: 9:00 AM - 10:15 AM

	Room
Beginning Bridge - TWO Periods	SUW 307
Beginning Mah Jongg - TWO Periods	SUW 350
Beginning Watercolor Painting - TWO Periods	SUE 244
Chair Yoga	WELL 145
Classical Drawing - TWO Periods	SUE 231 (Gibson Hall)
Evolving Concepts of the Brain/Body Connection - NEW	SUW 349
Exploring the Underwater World of Bay County	SUW 348
Flower Power!	SUE 10 (Private Dining)
Food Garnishing - TWO Periods	SUE 246
History Non-Fiction that Shaped a Nation - NEW	SUW 347
I'd Like to Write a Book - NEW	SUE 243
Music Appreciation - NEW	AC 133
Process Art for Stress Relief - TWO Periods - NEW	SUW 302
So What's New with Climate Change	SUW 266
Yoga for Healthy Aging	WELL 137

Period Two: 10:30 AM – 11:45 AM

Beginning Bridge (Continued)	SUW 307
Beginning Mah Jongg (Continued)	SUW 350
Beginning Watercolor Painting (Continued)	SUE 244
Classical Drawing (Continued)	SUE 231 (Gibson Hall)
Food Garnishing (Continued)	SUE 246
Process Art for Stress Relief (Continued)	SUW 302
Advance Beginner Ukulele - NEW	SUE 10 (Private Dining)
Cookie Decorating for Beginners - NEW	SUE 243
Discover Tools to Enrich Your Birding Experience - NEW	SUW 349
Explore Meditation - NEW	WELL 137
Everything Weather - NEW	SUW 347
Find Your Roots	SUW 266
The History of the Seminole Tribes - NEW	SUW 348
Line Dance	WELL 133

Spring 2026 Education Encore At-A-Glance Rooms



Period Three: 1:00 PM - 2:15 PM

10 Ways to Capture Your Life Story to Pass On

Better Bridge - TWO Periods

~~Classical Painting in Oils and Acrylics - TWO Periods~~

Craft and Create - A Hands-On Art Series

Creating Paper Flowers - TWO Periods - NEW

Current Foreign Policy Topics

Intermediate Mah Jongg - TWO Periods - NEW

Intermediate Watercolor Painting - TWO Periods

Med Instead of Meds - NEW

The Price of a Song: Writing More Dangerous Lyrics

Tech Talk: Digital Skills for Everyday Life

TOOLBOX: Modality Resistance Training - NEW

Room

SUW 347

SUW 307

~~SUE 243~~

SUE 10 (Private Dining)

SUW 302

SUE 231 (Gibson Hall)

SUW 350

SUE 244

SUE 246

SUW 266

SUW 349

WELL 133

Period Four: 2:30 PM – 3:45 PM

Better Bridge (Continued)

~~Classical Painting in Oils and Acrylics (Continued)~~

Creating Paper Flowers (Continued)

Intermediate Mah Jongg (Continued)

Intermediate Watercolor Painting (Continued)

SUW 307

~~SUE 243~~

SUW 302

SUW 350

SUE 244

Adult Humor

Aquatic Exercise

Art History of the 19th Century - NEW

Beginning Microsoft Excel - NEW

Let's Dance!

Tai Chi for Wellness and Balance

WARGAMING 101: A Brief Introduction to Wargaming - NEW

SUE 231 (Gibson Hall)

Wellness Pool

SUW 348

SUE 246

WELL 133

WELL 137

SUW 266



Register here!



OR

Visit GulfCoast.edu/encore

ONLINE REGISTRATION

Visit gulfcoast.edu/Encore for a How-To video or check out our Facebook Page!

OPEN web browser.

TYPE in gulfcoast.edu/encore and HIT enter.

CLICK the yellow “Register” button.

A yellow rectangular button with a small calendar icon on the left and the word "REGISTER" in bold, dark blue capital letters.

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

CLICK the teal “Add to cart” button.

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

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 bold, white 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 bold, dark blue 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 bold, white 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 bold, white 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 bold, 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.

A yellow rectangular button with the word "COMPLETE" in bold, white capital letters.

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

CLICK the yellow “Complete” button.

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 2024 Education Encore. Please print or save the email for your reference.

The fun doesn't stop!

As an Education Encore Participant, you are entitled to use the facilities at the Gulf Coast State College Panama City Campus.



Wellness Building



Library



Bookstore



**Amelia G. Tapper Center
For The Arts**

Get more info

online

Get details about perks!

gulfcoast.edu/encore

For location of facilities:

gulfcoast.edu/campus-locations



www.gulfcoast.edu/encore