# **CLUB TIMES**



# A Message from the Boardroom

What shall I do today? Well, if you're a member of the UCWP, that's an easy question to answer!

There are so many choices! If you're planning a trip abroad, you can learn a foreign language. Wouldn't it be fun to actually speak Spanish, French, Italian, or even German? Think about it, you have the resource at your fingertips to do so!

Want to exercise? That is available, too! Your body and your mind get exercised at the Club!

So many people are lonely and bored, but there's no need to be with the friendly people and atmosphere that our Club provides! Friendship is just a handshake away!

Want to learn more about your family history? Genealogy is a popular activity at the Club. So many interesting things to find out!

What about history? At 10:00 on select Mondays, there's always something to learn about that will broaden your knowledge.

Wanna play games? There's Mahjong, Backgammon, Contract Bridge, Canasta, Scrabble, and Chess!

So many discussions to attend and participate in; Philosophical, Economics, Investment, Humanities, Foreign Affairs, and Current Events! Think about what you could learn!

Crafty Creations is a fun group! Make a new pair of earrings or sew a quilt, it's up to you!

So many book clubs, and a library!

I've only scratched the surface of what is waiting for you at *your* Club! Come and see for yourself!

Sandy Rizzo,

VP Development



The University Club of Winter Park 841 North Park Avenue, Winter Park, FL 32789 Phone: 407-644-6149 • www.uclubwp.org • info@uclubwp.org

# The University Club of Winter Park

October 2024

Volume LIII, No. 6

**Reminders**:

### Mark Your Calendars:

October 4 Lunch

October 18 Dinner

November 1 New-Member Orientation

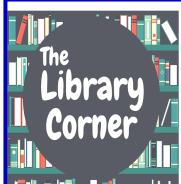
### More inside this issue:

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Upcoming Events	Back Cover	

Managing Editor Rebecca Van Horn Associate Editors Elizabeth Hock Barbara Yarbrough Copy Editors Charles Kulmann Pat Curenton

November 2024 Newsletter Deadline: October 1





The Library committee will meet on October 11 and 18, at 11 a.m. Feel free to drop by if you have any questions or concerns, and keep on reading!

- UCWP Líbrary Commíttee

# To Check Out Books

- 1. Select Book 1 Month Limit
- 2. Remove Card From Back of Book
- 3. Print Your Name and Date
- 4. File in Index File by Author's Name

# To Return Books

- 1. Remove Card From Index File
- 2. Check Off Your Name and
- Insert Card to Back of the Book
- 3. Place Book in Return Box

### **UCWP on YouTube**

Remember to check out the Club's *YouTube* channel to view previously recorded lectures and programs.

Please visit www.youtube.com/ @universityclubofwinterpark935 and subscribe to our channel.

### Check-In Greeters Needed



We need a few more check-in greeters to help check in attendees at our Friday dinner

and luncheon program events. No collections, just check in members and guests on the provided list and advise them of their seating assignments.

If interested, please contact Diana Secor at *secor.diana@gmail.com*.



**Intellectual Activities** 

The highlights of the past month include an event that came from our Den Ardinger and his ChessMates group. Den and his chess competition coordinator hosted the inaugural Orlando Chess Open at our Club on August 10. It was a huge success with a turnout of eighty-

eight chess participants, forty-six in the scholastic section, and forty-two in the open section. Kudos to Den Ardinger!

All book reading group leaders should be aware that with the changes to our website, book lists are not readily available at the present. Please communicate with your group members via email and announcements as to what is going to be read in the following month(s). Thank you.

We are looking for opera enthusiast Club members



to lead our Opera Appreciation group. The format may well be changed so that meetings take place in the afternoon during daylight hours and the length be made shorter. Please contact me if interested. Also, thank you, Maria Versch, who will be leading the Contract Bridge group. And thanks to all group leaders who make our Intellectual Activities such a success!

Ed Korry, VP Intellectual Activities

### CLUB CALENDAR: Week of October 1, 2024

CHOP CARE	INDAR: week of October 1, 2024				
<b>Tue. Oct. 1</b> 10:00 a.m.	<b>PHILOSOPHICAL DISCUSSION</b> - Open discussion of various topics. Respect for all views. Bring topics and friends. All are welcome to attend. Chair: Don Cain				
10:30 a.m.	HISTORICAL FICTION - Suite Francaise by Irene Nemiresvsky. Chair: Gayle Austin				
1:00 p.m.	CRAFTY CREATIONS - Join the crafters for a gathering of ideas, fun, and creativity. Leader: Pat Curenton				
1:00 p.m.	CONTRACT BRIDGE - Meets weekly. This is a casual, friendly group. Chair: Maria Versch				
2:00 p.m.	MATINEE MOVIE - Top Gun: Maverick starring Tom Cruise. Co-Chairs: Don Cain and Valerie McDougall				
Wed. Oct. 2	CURRENT EVENTS - (Club and Zoom) Chair: Judy Beck				
10:00 a.m. 1:00 p.m.	<b>CANASTA</b> - A casual game, with both men and women enjoying the play and the company. It is essential that par- ticipants inform in advance that they will be playing: <i>gayleaus0@gmail.com</i> or text 407-620-5663. Co-Chairs: Gayle Austin and Kwang Kim				
1:00 p.m.	<b>SOCIAL/CONTRACT BRIDGE</b> - Meets first and fourth Wednesdays. If you can attend, please email Alice Dexter the Friday before the first and fourth Wednesday at <i>alicedexter10@gmail.com</i> or call 407-252-5439.				
7:00 p.m.	<b>TRIVIA4U</b> - We'll provide the challenging trivia questions. Feel free to come by yourself or bring friends and form your own team. Wine and snacks are always appreciated. Chair: Todd Weaver				
<b>Thu. Oct. 3</b> 11:30 a.m.	<b>TAI CHI -</b> Class meets each Thursday at 11:30 a.m. Cost is \$12 per class, with volume discounts available. Leader: Jim Moltzan				
1:30 p.m.	<b>FOREIGN AFFAIRS</b> - ( <b>Club</b> and <b>Zoom</b> ) <b>High Seas Treaty.</b> Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities, such as shipping, overfishing, pollution, and deep-sea mining. The recently negotiated High Seas Treaty, also known as the Biodiversity Beyond National Jurisdiction treaty, will attempt to address these issues. A video will be shown. Co-Chairs: Judy Beck and Steve Bertha				
2:00 p.m.	<b>CHORUS REHEARSAL</b> - Rehearsal for our December concert. No experience necessary. All are welcome. Chair: Don Cain; Director: Sarah Moore				
<b>Fri. Oct. 4</b> 9:30 a.m.	<b>SPANISH—ADVANCED CONVERSATION</b> - To maintain your Spanish-language skills, sit in with an eclectic group that has had the experience of living, working, and traveling abroad in Spanish-speaking countries. Topics include civic events, historical episodes, and general interest. Chair: Ovid Vitas				
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### 11:30 a.m. Social Hour

### LUNCHEON MEETING Friday, October 4

12:00 p.m. Buffet

# Dick Batchelor

Dick Batchelor is a prominent figure in Orlando, known for his extensive political and community engagement. Batchelor has a rich history in Florida politics, having served as one of the youngest members of the Florida House of Representatives from 1974 to 1982. He is also a well-regarded public speaker and political analyst, frequently appearing on Central Florida News 13 and other media outlets. In addition to his political career, Batchelor is deeply committed to community service, particularly in areas such as child advocacy and healthcare.



Program Leader: Lori Pearson-Wise

**Reservations open Monday, September 23** and close at noon on Tuesday, October 1, or when full. Prepayment Required! Nonrefundable after the reservation deadline.

RESERVE AND PREPAY ONLINE: Go to www.members.uclubwp.org. RESERVE AT THE CLUB: Blue forms located in the lobby; or email reservations@uclubwp.org.

Members \$33.50; Guests \$38.50 Dress Code: Business Casual

### **CLUB CALENDAR: Week of October 7, 2024**

- Mon. Oct. 7STRETCH AND BALANCE CLASS Improve your flexibility, range of motion, balance, and coordination. All9:00 a.m.levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman
- 10:00 a.m. **HISTORY LBJ: Master of the Senate** presented by Jim Hauser. This lecture will explore Lyndon B. Johnson's extraordinary political and legislative acumen that allowed him to manage the Senate with unparalleled effectiveness. We will delve into how he skillfully accumulated power by convincing Senators to relinquish their own authority and how he orchestrated the passage of the 1957 Civil Rights Act, the first significant civil rights legislation since 1870. Jim is a graduate of Boston University School of Law and the Wharton School of Finance at the University of Pennsylvania, where he served as editor of the Wharton Account. He has held positions as a Court Judge for Orange County and a Circuit Court Judge for the 9th Judicial Circuit from 1990 to 2007. An avid reader with a strong interest in history and politics, Jim has previously spoken to the History Group on topics related to President Lyndon Johnson. Co-Chairs: Sherry Levy and Ovid Vitas
- 1:00 p.m. MAHJONG Co-Chairs: Collette Davis and Bev Gabriel
- 2:00 p.m. **FRENCH** (Club and Zoom) This activity group uses short stories, French literature, and conversation to improve and enhance one's knowledge of the French language and culture. The current text is *French Short Stories* and *Audio The Perfect French* by Dylane Moreau. Advanced Beginner/Intermediate level. Chair: Maria Delose
- 7:00 p.m. **POETRY APPRECIATION -** Join together to read, discuss, analyze, and promote the best poetry. And, perhaps, from time to time, the muse may bid us to create our own poetry. Chair: Charles Corbin
- **Tue. Oct. 8** ECONOMICS FOR THE LAYPERSON (Club and Zoom) Chair: Matt Giles 10:00 a.m.
- 1:00 p.m. CRAFTY CREATIONS Join the crafters for a gathering of ideas, fun, and creativity. Leader: Pat Curenton
- 1:00 p.m. **CONTRACT BRIDGE** Meets weekly. This is a casual, friendly group. Chair: Maria Versch
- 2:00 p.m. **MATINEE MOVIE -** *Go Back to China*. A spoiled rich girl has to go back to work. Co-Chairs: Don Cain and Valerie McDougall
- Wed. Oct. 9 BEGINNERS ITALIAN Book is *Italian Made Simple* by Cristina Mazzano. Chair: Maria Versch 9:00 a.m.
- 10:00 a.m. **CURRENT EVENTS (Club** and **Zoom)** Chair: Judy Beck
- 11:15 a.m. **ITALIAN CONVERSATION** Join this activity group for intermediate/advanced Italian. Meets every Wednesday in the Boardroom. Leader: Marisa Rini
- 1:00 p.m. **GERMAN CONVERSATION** A congenial way to brush up on the German language by discussing current and comparative issues related to Europe and the United States. Chairs: Gisela Davis and Dietmar Georg
- 1:00 p.m. **CANASTA** A casual game, with both men and women enjoying the play and the company. It is essential that participants inform in advance that they will be playing: *gayleaus0@gmail.com* or text 407-620-5663. Co-Chairs: Gayle Austin and Kwang Kim
- 2:30 p.m. **ARMCHAIR TRAVEL** Club member Barbara Buchele will present an overview on her travels to **Turkey**. The format of the meeting will be a thirty-minute presentation followed by a question and answer period. Afterward, attendees will be encouraged to introduce themselves and give a brief account of their travel experience. If interested in giving a trip presentation, please contact Nancy Ponting at *njponting@aol.com*. Chair: Nancy Ponting
- Thur. Oct. 10 CLASSICS BOOK CLUB (Club and Zoom) The Painted Veil by Somerset Maugham.

10:00 a.m. Chair: Ed Korry

- 11:30 a.m. **TAI CHI -** Class meets each Thursday at 11:30 a.m. Cost is \$12 per class, with volume discounts available. Leader: Jim Moltzan
- 2:00 p.m. SCIENCE, HEALTH, AND WELLNESS A Real Halloween Scare: Falling on Brittle Bones. As our Tai Chi instructor Jim Moltzan continues our exploration of Holistic medicine, what could be more appropriate in the Halloween month than a look at the bones in our skeleton?! Last month's attention to balance and fall prevention will be balanced this month with advice on exercises and nutrition to strengthen our bones, another way to mitigate the damage if we do lose our balance and fall. Join us to learn more about how you may be able to improve your bone strength and prevent bone loss. Chairs: Jeannie Schiff and Preston Allen
- 2:00 p.m. **CHORUS REHEARSAL** Rehearsal for our December concert. No experience necessary. All are welcome. Chair: Don Cain; Director: Sarah Moore

#### **CLUB CALENDAR: Week of October 7, 2024, continued**

- **Fri. Oct. 11** SPANISH—ADVANCED CONVERSATION To maintain your Spanish-language skills, sit in with an eclectic group that has had the experience of living, working, and traveling abroad in Spanish-speaking countries. Topics include civic events, historical episodes, and general interest. Chair: Ovid Vitas
- 10:00 a.m. **STRETCH AND BALANCE CLASS** Improve your flexibility, range of motion, balance, and coordination. All levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman
- 10:45 a.m. SPANISH—INTERMEDIATE/HISPANIC LITERATURE Ideal for those with some prior study of Spanish, even if years ago. Especially targeted for those wanting to improve their grammatical skills in a relaxed academic setting. No tests or grades! Taught by Jay Caballero.
- 11:00 a.m. **CLUB LIBRARY** Join our enthusiastic band of professional and amateur librarians who work together to maintain this important Club facility.
- 12:30 p.m. **CHESSMATES -** Beginners of all ages are welcome! This is chess for FUN, and for all levels of play. Chess sets are available or bring your own. Contact the Chair to get on our email list. Chair: Den Ardinger

#### WEEK OF OCTOBER 14, 2024

- Mon. Oct. 14STRETCH AND BALANCE CLASS Improve your flexibility, range of motion, balance, and coordination. All9:00 a.m.levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman
- 1:00 p.m. MAHJONG Co-Chairs: Collette Davis and Bev Gabriel
- 1:00 p.m. **PLAY READING** No experience necessary. All are welcome to attend. Chair: Lori Pearson-Wise
- 2:30 p.m. **BACKGAMMON -** Tracing its origins back nearly 5,000 years to regions of Mesopotamia and Persia, backgammon is a board game that combines skill, luck, and strategy. We welcome people of all skill levels and ages. Boards provided. Chair: Charles Corbin
- 6:00 p.m. **ARTIFICIAL INTELLIGENCE:** *It Won't Kill You (probably)* Learn about the latest developments in generative AI with short lectures and demonstrations followed by group discussion. Co-Chairs: Ralph Losey and Joe Davis
- Tue. Oct. 15INVESTMENT DISCUSSION An informal discussion of ideas and strategies for investing. We welcome novices10:00 a.m.and experts, and encourage people to share experiences or to just listen. Chair: Terry Hyman
- 1:00 p.m. **CRAFTY CREATIONS** Want to learn a new craft or show us something creative you can do? Either way, join the happy crafters for a gathering of ideas, fun, and creativity. Leader: Pat Curenton
- 1:00 p.m. **CONTRACT BRIDGE** Meets weekly. This is a casual, friendly group. Chair: Maria Versch
- 1:00 p.m. **PHILOSOPHY 101** Open discussion of various topics. Respect for all views. Bring topics and friends. All are welcome to attend. Chair: Don Cain
- 2:00 p.m. **MATINEE MOVIE -** *Slumdog Millionaire.* An Indian peasant strikes it rich. Co-Chairs: Don Cain and Valerie McDougall
- 6:00 p.m. **TECHNOLOGY TODAY** A discussion on tips and tricks, emerging trends, and anything else that is tech-related. No experience necessary. During each meeting, topic suggestions will be taken and then discussed. Bring your questions and comments and join the discussion! Leader: Joe Davis
- Wed. Oct. 16 BEGINNERS ITALIAN Book is Italian Made Simple by Cristina Mazzano. Chair: Maria Versch
- 9:00 a.m. 10:00 a.m. **CURRENT EVENTS - (Club** and **Zoom)** Chair: Judy Beck
- 11:15 a.m. **ITALIAN CONVERSATION** Join this activity group for intermediate/advanced Italian. Meets every Wednesday in the Boardroom. Leader: Marisa Rini
- 1:00 p.m. **CANASTA** A casual game, with both men and women enjoying the play and the company. Feel free to come and observe or to participate. However, it is essential that participants inform me in advance that they will be playing: *gayleaus0@gmail.com* or text 407-620-5663. Co-Chairs: Gayle Austin and Kwang Kim

### Wednesday Concert October 16, 2024 1:00 p.m. Concert

# Ettinchek

Dr. Eric Ettinger is Adjunct Professor of Applied Piano and Music Appreciation at Seminole State College of Florida. He is currently working with Simone Ballard, the Ballard family,

and The Fleisher Collection at the Free Library of Philadelphia to make the composers' music available to ensembles and musicians all over the world.

The cello career of Mr. Jules Polachek spans forty-plus years. Now in Orlando for twenty-five years, Jules has performed "on stage" with all orchestras across Central Florida, and with many hundreds of Disney events and concerts. His newest projects include Trio Con Brio and, with Erik, The Ettinchek, a premiere piano/cello duo. Jules also teaches in his cello studio and mentors string students in Central Florida school orchestras.



### Leader: Ture Larson

7:00 p.m.	<b>JEOPARDY -</b> Using software to replicate the fabled TV show, Club member Paul Breines will act as MC and host of our <i>Jeopardy</i> game. Meets on the third Wednesday of each month at 7:00 p.m. and lasts for two hours. Chair: Paul Breines
<b>Thur. Oct. 17</b> 10:00 a.m.	<b>ART AND EXPLORATION - The Art of the Portrait</b> . Join us for our Artist Talk with Christopher Casler, fine art photographer. Chair: Barbara Buchele
1:30 p.m.	FICTION BOOK DISCUSSION - (Club) Meets on the third Thursday each month. October's book selection is <i>Covenant of Water</i> by Abraham Vergese. Chair: Diana Secor
2:00 p.m.	<b>CHORUS REHEARSAL</b> - Rehearsal for our December concert. No experience necessary. All are welcome. Chair: Don Cain; Director: Sarah Moore
<b>Fri. Oct. 18</b> 9:30 a.m.	<b>SPANISH—ADVANCED CONVERSATION</b> - To maintain your Spanish-language skills, sit in with an eclectic group that has had the experience of living, working, and traveling abroad in Spanish-speaking countries. Topics include civic events, historical episodes, and general interest. Chair: Ovid Vitas
10:00 a.m.	<b>STRETCH AND BALANCE CLASS</b> - Improve your flexibility, range of motion, balance, and coordination. All levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman
10:45 a.m.	<b>SPANISH—INTERMEDIATE/HISPANIC LITERATURE</b> - Ideal for those with some prior study of Spanish, even if years ago. Especially targeted for those wanting to improve their grammatical skills in a relaxed academic setting No tests or grades! Taught by Jay Caballero.
11:00 a.m.	CLUB LIBRARY - Join our enthusiastic band of professional and amateur librarians who work together to maintain

- this important Club facility. CHESSMATES - Beginners of all ages are welcome! This is chess for EUN and for all levels of play. Chess sets
- 12:30 p.m. **CHESSMATES** Beginners of all ages are welcome! This is chess for FUN, and for all levels of play. Chess sets are available or bring your own. Contact the Chair to get on our email list. Chair: Den Ardinger

6:00 p.m. Social Time

DINNER and AFTER HOURS Friday, October 18

6:30 p.m. Dinner





For more than 25 years Michelle Mailhot has been one of the most sought-after singers around. She has shared the stage with such jazz greats as Mel Torme, Max Roach, Sheila Jordan, Billy Stritch, Sandy Patti, Liza Minnelli, Dr. Billy Taylor, and more, and has sung with the Orlando Philharmonic Orchestra, the Dr. Phillips Jazz Orchestra. She is the regular featured singer with the Blue Bamboo Big Band.

Program Leader: Sherry Levy

**Reservations open Monday, October 7** and close at noon on Tuesday, October 15, or when full. Prepayment Required! Nonrefundable after the reservation deadline.

RESERVE AND PREPAY ONLINE: Go to www.members.uclubwp.org. RESERVE AT THE CLUB: Blue forms located in the lobby; or email reservations@uclubwp.org.

#### Members \$45; Guests \$50 Attire: Dressy

#### WEEK OF OCTOBER 21, 2024

Mon. Oct. 21STRETCH AND BALANCE CLASS - Improve your flexibility, range of motion, balance, and coordination. All9:00 a.m.levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman

- 10:00 a.m. **HISTORY The Entrepreneur Who Created a Business Camelot: Philip B. Crosby** presented by Ken Merbler. This presentation is about a legend in the discipline of quality management. Considered one of the most iconic entrepreneurs of our time, Philip B. Crosby created a business concept that continues to be embraced globally by industry leaders and management thinkers. Philip Crosby Associates (headquartered in Winter Park) was a self-financed company that in less than ten years, was achieving nearly \$100 million in annual sales, with branch offices in Europe, Asia, and Africa. Ken Merbler is the author of *The Entrepreneur Who Created a Business Camelot: Philip B. Crosby*. Ken wanted to share his experiences with people and give real-life examples of ways to achieve entrepreneurial and business success along with quality improvement. Ken has been in the seminar, consulting, and speaking business for more than forty years and has worked for four consulting companies: Philip Crosby Associates, Proudfoot Consulting, Deloitte Consulting, and Ken Merbler's Consulting Group, where he is the founding partner. Co-Chairs: Sherry Levy and Ovid Vitas
- 1:00 p.m. MAHJONG Co-Chairs: Collette Davis and Bev Gabriel
- 1:00 p.m. **GENEALOGY** Guest speaker Cheri Hudson presents Where in the World? How to Tackle a New Research Location. Beginners and experienced genealogists are welcome. Chair: Maggie Winter
- 1:00 p.m. **PLAY READING** No experience necessary. All are welcome to attend. Chair: Lori Pearson-Wise
- 2:00 p.m. **FRENCH** (Club and Zoom) This activity group uses short stories, French literature, and conversation to improve and enhance one's knowledge of the French language and culture. The current text is *French Short Stories* and *Audio The Perfect French* by Dylane Moreau. Advanced Beginner/Intermediate level. Chair: Maria Delose
- **Tue. Oct. 22** 10:00 a.m. HUMANITIES - Our Bill of Rights. Our Humanities Group follows our September meeting on the framing of the Constitution with the addition of our Bill of Rights, an addendum intended to expressly describe and secure the American ideas of individual freedom. Our Great Courses lecturer surveys this document in the light of the contributions to the history of freedom this course has examined. He thoughtfully compares those ideals to the intent of the American founders, the subsequent amendments and the evolution of ideas in American society. Join us to learn and discuss! Chairs: Jeannie Schiff and Preston Allen

### **CLUB CALENDAR: Week of October 21, 2024, continued**

- Tue. Oct. 22 CRAFTY CREATIONS Join the crafters for a gathering of ideas, fun, and creativity.
- 1:00 p.m. Leader: Pat Curenton
- 1:00 p.m. CONTRACT BRIDGE Meets weekly. This is a casual, friendly group. Chair: Maria Versch
- 2:00 p.m. **MATINEE MOVIE** *Leave No Trace.* A girl and her father live in the woods to hide from authorities. Co-Chairs: Don Cain and Valerie McDougall

Wed. Oct. 23 BEGINNERS ITALIAN - Book is *Italian Made Simple* by Cristina Mazzano. Chair: Maria Versch 9:00 a.m.

10:00 a.m. **CURRENT EVENTS - (Club** and **Zoom)** Chair: Judy Beck

- 11:15 a.m. **ITALIAN CONVERSATION** Join this activity group for intermediate/advanced Italian. Meets every Wednesday in the Boardroom. Leader: Marisa Rini
- 1:00 p.m. **GERMAN CONVERSATION** A congenial way to brush up on the German language by discussing current and comparative issues related to Europe and the United States. Chairs: Gisela Davis and Dietmar Georg
- 1:00 p.m. **CANASTA** A casual game, with both men and women enjoying the play and the company. It is essential that participants inform in advance that they will be playing: *gayleaus0@gmail.com* or text 407-620-5663. Co-Chairs: Gayle Austin and Kwang Kim
- 1:00 p.m. **SOCIAL/CONTRACT BRIDGE** Meets first and fourth Wednesdays. If you can attend, please email Alice Dexter the Friday before the first and fourth Wednesday at *alicedexter10@gmail.com* or call 407-252-5439.

# SPECIAL PROGRAM Wednesday, October 23 1:30 p.m.



# STAYING ON YOUR FEET: FALL-PREVENTION STRATEGIES

Nicole Dawson, PT, PhD

The University Club of Winter Park and AAW-Orlando-Winter Park are presenting a joint program on Wednesday, October 23 at 1:30. It is open to the public at no charge.

Our speaker: Nicole Dawson , PT, PhD – noted as a dynamic speaker - will present a comprehensive overview of factors that increase the risk of falls (of which there are many!) A Professor at UCF College of Health Professions and Sciences, she has received many awards in her field and is a sought-after lecturer presenting at numerous international and national conferences on successful aging. She has published in a number of journals in the field.

#### **CLUB CALENDAR: Week of October 21, 2024, continued**

- **Thu. Oct. 24 SCRABBLE** Join us to challenge your mind, improve your word power, and enjoy the fascinating linguistics of our native language. Chair: Christine Porter
- 2:00 p.m. **CHORUS REHEARSAL** Rehearsal for our December concert. No experience necessary. All are welcome. Chair: Don Cain; Director: Sarah Moore
- 7:00 p.m. FILM DISCUSSION *Seven Days in May* (1964). U.S. military leaders plot to overthrow the President because he supports a nuclear disarmament treaty and they fear a Soviet sneak attack. Co-Chairs: Steve Bertha and Brad Baskin
- Fri. Oct. 25SPANISH—ADVANCED CONVERSATION To maintain your Spanish-language skills, sit in with an eclectic9:30 a.m.group that has had the experience of living, working, and traveling abroad in Spanish-speaking countries. Topicsinclude civic events, historical episodes, and general interest. Chair: Ovid Vitas
- 10:00 a.m. STRETCH AND BALANCE CLASS Improve your flexibility, range of motion, balance, and coordination. All levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman
- 10:45 a.m. **SPANISH—INTERMEDIATE/HISPANIC LITERATURE** Ideal for those with some prior study of Spanish, even if years ago. Especially targeted for those wanting to improve their grammatical skills in a relaxed academic setting. No tests or grades! Taught by Jay Caballero.
- 12:30 p.m. **CHESSMATES -** Beginners of all ages are welcome! This is chess for FUN, and for all levels of play. Chess sets are available or bring your own. Contact the Chair to get on our email list. Chair: Den Ardinger

#### **WEEK OF OCTOBER 28, 2024**

- Mon. Oct. 28STRETCH AND BALANCE CLASS Improve your flexibility, range of motion, balance, and coordination. All9:00 a.m.levels are welcome. No equipment necessary. Instructor: Terri Callanan; Chair: Melody Roadman
- 10:00 a.m. **DOCUMENTARY CINEMA** *First Invasion: War of 1812* (2004). Elaborate reenactments are juxtaposed with comments by historians in this glossy review of America's "Second War of Independence" against Britain (1812-15). Included: the causes of the conflict; American designs on Canada; the burning of Washington D.C.; the Battle of New Orleans Co-Chairs: Steve Bertha and Brad Baskin
- 1:00 p.m. MAHJONG Co-Chairs: Collette Davis and Bev Gabriel
- 1:30 p.m. NONFICTION BOOK DISCUSSION *The Demon of Unrest: A Saga of Hubris, Heartbreak, and Herosim at the Dawn of the Civil War* by Erik Larson, 592 pages (2024). Larson, one of the premier authors of contemporary nonfiction, chronicles in this book the period between the 1860 Presidential election and the firing on Fort Sumter, which began the Civil War. Leader: John Perry
- Tue. Oct. 29 CRAFTY CREATIONS Join the crafters for a gathering of ideas, fun, and creativity. Leader: Pat Curenton
- 1:00 p.m.1:00 p.m.CONTRACT BRIDGE Meets weekly. This is a casual, friendly group. Chair: Maria Versch
- Wed. Oct. 30 BEGINNERS ITALIAN Book is Italian Made Simple by Cristina Mazzano. Chair: Maria Versch
- 9:00 a.m. 10:00 a.m. **CURRENT EVENTS - (Club** and **Zoom)** Chair: Judy Beck
- 11:15 a.m. **ITALIAN CONVERSATION** Join this activity group for intermediate/advanced Italian. Meets every Wednesday in the Boardroom. Leader: Marisa Rini
- 1:00 p.m. **CANASTA** A casual game, with both men and women enjoying the play and the company. It is essential that participants inform in advance that they will be playing: *gayleaus0@gmail.com* or text 407-620-5663. Co-Chairs: Gayle Austin and Kwang Kim

Thur. Oct. 31TAI CHI - Class meets each Thursday at 11:30 a.m. Cost is \$12 per class, with volume discounts available.11:30 a.m.Leader: Jim Moltzan

2:00 p.m. **CHORUS REHEARSAL** - Rehearsal for our December concert. No experience necessary. All are welcome. Chair: Don Cain; Director: Sarah Moore



## THE UNIVERSITY CLUB OF WINTER PARK OCTOBER 2024 CALENDAR OF EVENTS 407-644-6149 www.uclubwp.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
	1 10 a.m. Philosophical Discussion 10:30 a.m. Historical Fiction 1 p.m. Crafty Creations 1 p.m. Contract Bridge 2 p.m. Matinee Movie	2 10 a.m. Current Events (Club and <i>Zoom</i> ) 1 p.m. Canasta 1 p.m. Social/Contract Bridge	3 11:30 a.m. Tai Chi 1:30 p.m. Foreign Affairs (Club and <i>Zoom</i> ) 2 p.m. Chorus Rehearsal	4 9:30 a.m. Spanish, Advanced 10:45 a.m. Spanish, Intermediate <u>Afternoon</u> 11:30 a.m. Luncheon	5
		<u>Evening:</u> 7 p.m. Trivia			
7 9 a.m. Stretch and Balance Class 10 a.m. History 1 p.m. Mahjong 2 p.m. French (Club and <i>Zoom</i> ) Evening: 7 p.m. Poetry Appreciation	8 10 a.m. Economics (Club and <i>Zoom</i> ) 1 p.m. Crafty Creations 1 p.m. Contract Bridge 2 p.m. Matinee Movie	9 9 a.m. Italian, Beg. 10 a.m. Current Events (Club and <i>Zoom</i> ) 11:15 a.m. Italian 1 p.m. German 1 p.m. Canasta 2:30 p.m. Armchair Travel	10 10 a.m. Classics Book Club (Club and Zoom) 11:30 a.m. Tai Chi 2 p.m. Science, Health, and Wellness 2 p.m. Chorus Rehearsal	11 9:30 a.m. Spanish, Advanced 10 a.m. Stretch and Balance Class 10:45 a.m. Spanish, Intermediate 11 a.m. Library 12:30 p.m. Chess	12 13 Art Reception 2-4 p.m.
14 9 a.m. Stretch and Balance Class 9:30 a.m. Board Meeting 1 p.m. Mahjong 1 p.m. Play Reading 2:30 p.m. Backgammon Evening: 6 p.m. Artificial	15 10 a.m. Investment Discussion 1 p.m. Crafty Creations 1 p.m. Contract Bridge 1 p.m. Philosophy 101 2 p.m. Matinee Movie <u>Evening:</u> 6 p.m. Technology	16 9 a.m. Italian, Beg. 10 a.m. Current Events (Club and <i>Zoom</i> ) 11:15 a.m. Italian 1 p.m. Canasta 1 p.m. Wednesday Concert <b>Evening:</b> <b>7 p.m. Jeopardy</b>	17 10 a.m. Art and Exploration 1:30 p.m. Fiction Book Discussion 2 p.m. Chorus Rehearsal	18 9:30 a.m. Spanish, Advanced 10 a.m. Stretch and Balance Class 10:45 a.m. Spanish, Intermediate 11 a.m. Library 12:30 p.m. Chess <b>Evening:</b> <b>6 p.m. Dinner and</b>	19 20
Intelligence 21 9 a.m. Stretch and Balance Class 10 a.m. History 1 p.m. Mahjong 1 p.m. Genealogy ( <i>Zoom</i> ) 1 p.m. Play Reading 2 p.m. French (Club and <i>Zoom</i> )	Today 22 10 a.m. Humanities 1 p.m. Crafty Creations 1 p.m. Contract Bridge 2 p.m. Matinee Movie	23 9 a.m. Italian, Beg. 10 a.m. Current Events (Club and <i>Zoom</i> ) 11:15 a.m. Italian 1 p.m. German 1 p.m. Canasta 1 p.m. Social/Contract Bridge <b>Special Program:</b> 1:30 p.m. Fall Prevention Seminar	24 1:30 p.m. Scrabble 2 p.m. Chorus Rehearsal <u>Evening:</u> <b>7 p.m. Film</b> <b>Discussion</b>	After Hours 25 9:30 a.m. Spanish, Advanced 10 a.m. Stretch and Balance Class 10:45 a.m. Spanish, Intermediate 12:30 p.m. Chess	26
28 9 a.m. Stretch and Balance Class 10 a.m. Documentary Cinema 1 p.m. Mahjong 1:30 p.m. Nonfiction Book Discussion	29 1 p.m. Crafty Creations 1 p.m. Contract Bridge	30 9 a.m. Italian, Beg. 10 a.m. Current Events (Club and <i>Zoom</i> ) 11:15 a.m. Italian 1 p.m. Canasta	31 11:30 a.m. Tai Chi 2 p.m. Chorus Rehearsal		

### The University Club

841 N. Park Avenue Winter Park, Florida 32789



Fellowship in Knowledge and Understanding

**Return Service Requested** 

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Upcoming Events

### November 2024

- November 1 New-Member Orientation
- November 8 Dinner Greg Parnell
- November 22 Lunch Mayor DeCiccio

### December 2024

- December 6 Lunch Mentalist
- December 13 Club Chorus Concert
- December 20 Dinner Natalie Cordone

