

The Life Enrichment Center

Of Tampa

9704 North Boulevard, Tampa, FL 33612

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Please Mark Your Calendars



July 22 and 29, 1-4 pm – Two Sessions for Beginning Watercolors with Kathy Edwards. All materials included in the price of the class.

July 27 from 1-4 pm Mah Jong Open Play

Every Friday from 1-3 pm Bridge with John Chaplick

August 5 @ 10:30 am – Photo Club field trip to the Showman's Museum (6938 Riverview Dr., Riverview, Fl.)

August 12 from 10 am to noon - Paper Clay Open Studio. Come explore building armatures and sculpting with paper clay.



Welcome Back!

Hukyu Bonsai Society – every 4th Tuesday from 10 am – noon

Tampa Bay Stamp Collectors Club – every 2nd Monday from 5:30 to 9 pm. Auction every 4th Monday of the month.

For a complete listing of classes and events, click [here](#)



Tampa Bay Time Bank

Connecting untapped resources with unmet needs

individuals with a way to trade services instead of purchasing with cash. Come find out more:

August 14 – Art Swap from 10 am to 3 pm. Swap your art, art supplies or sell your art.

Third Tuesday of every month from 7-9 pm – Time Bank Member-and-Guest meeting. For more info: www.tampabaytime.org



Creative Fire: Ashes and Embers

Creative Fire, Embers and Ashes, a literary magazine published by the LEC. We are now accepting original works of ART from LEC members. Your artwork can be in any medium but we want a picture of it. Save your pic as a JPEG file. Please write “Anthology” on the subject line of your email.

If you want us to photograph your work, bring it to the LEC.





Spotlight on Sarah Hanson

Sarah is a distinguished artist that has exhibited her artwork in galleries and museums throughout the United States. She specializes in colorful, abstract landscape paintings. Sarah's artwork evokes emotional response through abstract landscapes that are both familiar and alien to the viewer. Color and form collect and dissolve in the minds-eye of the observer.

She is continuously creating new artwork for exhibitions and public display, and teaches two courses for the LEC: abstract art and meditative doodling.



In addition to painting and teaching, Sarah and her husband operate a mobile art store. Their mission is to contribute to the vibrancy of the arts community and expressive growth of creative people everywhere.

Want to help paint a mural? Sarah needs volunteers!

August 14 from 9 am to 1 pm, you can help paint a mural at the Veteran's Memorial Park in Hudson (14333 Hicks Rd, Hudson, FL).

The Photo Club was busy at Cypress Point Park!



Ray Fones' Photo



Pat Bebee's photo

A Winning Recipe Memory from our Throw-Downs
 Jeff Colkmire's "World's Best" Macaroni & Cheese

Ingredients	Directions
Cheese Sauce <ul style="list-style-type: none"> ✓ 1/4 cup unsalted butter ✓ 1/3 cup all-purpose flour ✓ 3 cups 1% low-fat milk (or whole milk) ✓ 14 oz white medium cheddar, grated ✓ 2 ounces mozzarella cheese, grated ✓ 1 oz asiago cheese, grated ✓ 1/2 t salt ✓ 1/4 t garlic powder ✓ 1/4-1/2 t dried chipotle or cayenne Pasta <ul style="list-style-type: none"> ✓ 12 oz of macaroni or penne ✓ salt for pasta water 	<p>Preheat oven 350°F</p> <ol style="list-style-type: none"> 1. Boil a large pot of water with a generous amount of salt. Add macaroni or penne to the water and cook the pasta almost, but not quite, al dente. (2 minutes before the package directions indicate). Drain the pasta and rinse with cold water. Return the pasta to the pot. 2. While pasta is cooking, begin the sauce by making a roux: In a medium saucepan melt the butter over medium heat. Whisk in the flour. Continue to stir this roux over medium heat for 2 to 3 minutes. The roux should be cooked and free of the flour flavor but still light in color. Gradually add milk, whisking briskly to maintain a smooth sauce. Cook the sauce for about 10 minutes, stirring occasionally to avoid scorching. 3. When sauce thickens, add cheeses, salt, and spices to the sauce. Stir until all the cheese has melted. 4. Pour sauce over pasta and stir until completely incorporated. The combination should be fairly saucy, almost soupy. Dish the mixture into a buttered 9x13 pan and sprinkle with extra grated cheeses and cayenne. 5. Bake uncovered for 30 minutes; edges should be browned. <p>Let the dish sit for 5 to 10 minutes before serving.</p>

Looking for an easy way to give to the LEC?

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. When you shop with AmazonSmile, it will donate 0.5% of your eligible purchases to the charitable organization of your choice. (Easy Peasy – <https://smile.amazon.com/ch/59-2108128>)

While you're on Amazon, check out last year's [Creative Fire](#) anthology. Royalties from all our books go to the LEC.



The Life Enrichment Center (LEC) is a private, non-profit organization whose mission is to fulfill our students' lifelong creative potential through the ageless engagement of the arts.

www.lectampa.org

To donate: <https://lectampa.org/support-the-lec/giving-programs/>