

MONDAY NIGHT • Classes run once weekly on dates indicated.

### 1) CREATIVE WRITING WORKSHOP

5 weeks (3/27-5/1; no class 4/10) • Tuition: \$41

This course will present the fundamentals of story design including plot, structure, voice and character. It is designed for writers of both fiction and non-fiction. Students will study short works of prose and complete writing exercises for discussion. *Students must bring a notebook or journal.*

**Instructor:** Erin Entrada Kelly has published more than 30 short stories and essays in publications worldwide. She is a two-time Pushcart Prize nominee. Her debut novel, *Blackbird Fly*, was released by Harper Collins in March 2015. She studied at the Vermont College of Fine Arts Writers' Workshop and worked as a journalist and magazine editor. Room 315 • 6:00-8:00pm • Limit 12

### 2) THE MAGIC OF GREEN SMOOTHIES

1 week (3/27) • Tuition: \$14 (includes materials fee)

Learn how this one simple habit change can improve mental clarity, promote weight loss, strengthen the immune system, increase energy and provide the foundation for long-term health and well-being. Class includes a demo and instructions for how to make smoothies, what ingredients can be used, recipes for home, and samples of the smoothies made in class.

**Instructor:** Janna Hasbrouck CHC, AADP – Private Coach for those who want to live a life with meaning, purpose and vibrant health. Owner of [www.livingwithoutlimits.today](http://www.livingwithoutlimits.today). Room 349 • 7:00-8:30pm • Limit 30

### 4) NATURALLY DYED EGGS

1 week (3/20) • Tuition: \$14 (includes materials fee)

This hands-on workshop will introduce how common food items such as red cabbage, beets, onion skins and coffee can be transformed into beautiful and colorful egg dyes. We will also experiment by making patterns with leaves and flowers to create a cynotype effect. Participants will each go home with six dyed eggs.

**Instructor:** Amy Johnson is a writer, photographer, gardener, teacher, mother and wife living on the corner of Second and Edgemont in Media. She creates space for beauty and simplicity in all that she does. Visit her at [www.secondandedgemont.com](http://www.secondandedgemont.com). Room 349 • 7:30-9:00pm • Limit 10

### 5) CREATING STAINED GLASS

8 weeks (2/27-4/24; no class 4/10) • Tuition: \$66 (materials fee EXTRA)

Join an exciting class for lovers of stained glass—an art form that originated 1000 years ago. Those new to the art will learn to cut glass, use foil, solder, and create several small pieces. More advanced students will work on their own pieces with advice from the teacher. The cost of tools, supplies and glass (which may be over \$100) will be discussed at the first class.

**Instructor:** Betty T. McConnell is the owner of Creations in Stained Glass in Prospect Park. Room – SHHS Shop • 7:00-9:00pm • Limit 14

### 6) FUNDAMENTALS OF DIGITAL PHOTOGRAPHY

6 weeks (3/6-4/17; no class 4/10) • Tuition: \$49 (includes materials fee)

Digital has revolutionized the way people see and record the world around them. This comprehensive course will help you to understand the technology behind digital photography and teach you the ten most commonly used features of your camera to help you compose striking images. You'll learn how to easily edit images using simple photo editing programs through live on-screen demonstrations.

**Instructor:** Bob Brooke's photos have appeared in many travel and antiques magazines. For the last decade he has explored digital photography with many cameras. He's anchor for Temple's digital photo program in Fort Washington. Room 310 • 7:00-9:00pm • Limit 12

### 8) HANDMADE STATIONARY WITH WATERCOLOR DESIGN

3 weeks (3/13-3/27) • Tuition: \$30 (includes materials fee)

Students will use basic watercolor techniques to create a beautiful greeting card and their own envelopes using up-cycled design paper. **Instructor:** Colleen Hancher has taught art workshops on watercolor techniques, use of templates and recycled art materials.

Art Room • 6:00-7:15pm • Limit 15

### 9) AMERICAN SIGN LANGUAGE

8 weeks (2/27-4/24; no class 4/10) • Tuition: \$49 (includes materials)

In this hands-on and highly interactive introductory class students will have the opportunity to learn basic vocabulary and grammar. **Instructor:** Bridget Carroll has 20+ years of signing, including working with Deaf and mentally disabled adults, teaching at the Pennsylvania School for the Deaf, and teaching ASL to hearing adults. Room 313 • 7:00-8:30pm • Limit 15

### 10) SPRING SOUPS

1 week (4/24) • Tuition: \$14 (includes materials fee)

If you think of soup as only a meal for a cold winter day, think again! A good soup is a great meal anytime of the year. Learn how fast and easy it can be to get a healthy meal on the table without a recipe! We will focus on making and tasting soups using fresh spring greens and herbs.

**Instructor:** Amy Johnson has almost 15 years' experience in organic agriculture. She started Red Hill Farm, a 120-member CSA, and is director of outreach for Hillside Farm. Amy lives in a small twin with a tiny backyard. She embraces the challenge of fitting in veggies, fruits, herbs, flowers, a living roof, chickens and a rabbit. Visit her at [www.secondandedgemont.com](http://www.secondandedgemont.com). Room 349 • 7:30-9:00pm • Limit 15

### 12) UKELELE 101

7 weeks (2/27-4/17; no class 4/10) • Tuition: \$39

Students will learn the basics of playing the ukulele by understanding the instrument and by tuning, chord formation, strumming and song selection. Experienced students may move beyond the basics. We'll include student-selected songs. Each student must have a ukulele. **Instructor:** Steven Bollinger is an architect who is self-taught on the uke and guitar. He has played with the SwUkestra, a local group of uke players. Steve can give advice to students selecting an instrument. Room 304 • 7:30-8:30pm • Limit 20

## TUESDAY NIGHT WINE TASTING

### 13) WINES OF SOUTHERN FRANCE

3/28 • Tuition: \$45

Explore an area that doesn't get as much attention as its northern counterparts, Bordeaux and Burgundy. The warmer weather offers longer ripening times, producing bold and earthy affordable reds, fruity whites and some of the world's best rosés. The vast region produces character-full wines while pushing the envelope of experimentation.

### 14) EMERGING REGIONS: PORTUGAL & GREECE

4/25 • Tuition: \$45

Portugal and Greece are finally getting the attention they deserve after being overshadowed by other Mediterranean countries. Innovation and modernization have taken center stage. They use international wine techniques but forgo the use of current popular wine varietals to concentrate on making well-made wines from local and forgotten varietals, respecting tradition while making fresh, fairly priced wines.

**Instructors:** Richard Unti and Robert Peters have taught at the Main Line School, Ambler Campus of Temple U., and the Restaurant School at Walnut Hill. They are members of the Society of Wine Educators.

*Hobbs Coffee House, 1 Park Ave, Swarthmore • 7:30-9:30pm • Limit 34*

THURSDAY NIGHT • Classes run once weekly on dates indicated.

### 15) INTRODUCTION TO ZENTANGLE

5 weeks (3/2-3/30) • Tuition: \$51

Zentangle is an easy-to-learn method of creating beautiful works of art by drawing structural patterns. Anyone can be successful regardless of age or skill level. Students are introduced to the principles and patterns of Zentangle in an easy step-by-step fashion.

**Instructor:** Nancy Robbins is a CZT Certified Zentangle teacher. She has taught college art classes interpreting art of all kinds. Room 351 • 6:30-8:30pm • Limit 12

### 17) INTRODUCTION TO FAMILY GENEALOGY

4 weeks (3/2-3/23) • Tuition: \$39 (includes materials fee)

Learn the basics of genealogy – the process of searching out your ancestors. Learn how to search records, create oral histories, and keep track of documentation. Discover that finding an ancestor is one thing, and proving that ancestor existed is another. Students will be eligible to join the WSCC Genealogy Email Group for updates on information.

**Instructor:** Bob Brooke has been writing about genealogy for the past 20 years. He has given lectures and taught courses in genealogy and writing family history and memoir. His long-standing column, "Everyday Genealogy," soon to be a book, has appeared in Antique Week and online at [GenealogyToday.com](http://GenealogyToday.com). Room • 310 • 7:00-9:00pm • Limit 12

### 18) BLUEGRASS JAM

8 weeks (3/2-4/27; no class 4/13) • Tuition: \$45

Designed for beginner bluegrassers wanting to learn how to play in a bluegrass jam circle. Guitar, mandolin, fiddle (violin), bass, dobro, and banjo players must have basic skills on their instrument and be able to play some basic chords or to find notes on their instrument. Students will bring their instrument to class, learn simple bluegrass melodies and learn to take turns as a solo. All tunes will be played at a slow, easy pace, learning how to play along.

**Instructor:** Michael Duffy graduated from Indiana University of Pennsylvania with a degree in guitar and voice performance. He has taught in the classroom and given private lessons for more than 40 years. His personal study of the guitar has led him through classical, jazz, blues, folk, rock and bluegrass style with a focus on the work of David Grier, Charlie Christian, Doc Watson, B.B. King, Django Reinhardt, Bryan Sutton, and many more. He currently plays with the bluegrass band Southwoods and performs with jazz ensembles in the area. Room 313 • 6:30-7:30pm • Limit 12

### 19) MODERN BRIDGE CONVENTIONS: INTERMEDIATE

8 weeks (3/2-4/27; no class 4/13) • Tuition: \$49

Each lesson covers specific topics such as NT bids and Pre-emptive openers. For a full list of topics see the website course listing. Please note, this is NOT a beginner course.

**Instructor:** Bern Rehberg is a Sapphire Life Master, certified director, and avid duplicate player. He taught WSCC bridge courses from 2009-2013. Room 308 • 7:00-8:30pm • Limit 20

### 20) GUITAR

8 weeks (3/9-5/4; no class 4/13) • Tuition: \$45

Learn the basics of guitar playing. Note reading, single note playing and chords. All you need is a guitar and the Hal Leonard Guitar Methods (Book One). This course is great for both beginners and those with some experience playing guitar.

**Instructor:** Tony D'Addono has taught jazz, blues, rock, and classical music and has performed solo and with a group for 40 years. He has written many compositions and arrangements for solo guitar. His arrangements of "Rhapsody in Blue" and "The Nutcracker Suite" are published by Hal Leonard. Room 304 • 7:30-8:30pm • Limit 15

### 22) JAZZ IMPROVISATION I

8 weeks (3/2-4/27; no class 4/13) • Tuition: \$45

This is a beginning, hands-on class; students will be required to bring and play their instruments. The class will explore various standard tunes, blues and model chord progressions. A very basic ability to play through major/minor scales on your instrument is all that is needed to have fun and move forward in this class. You will learn various scales and how to use those scales to improvise solos. Learning how to be creative and have fun on your instrument are the focus of this class.

**Instructor:** Michael Duffy graduated from Indiana University of Pennsylvania with a degree in guitar and voice performance. He has taught in the classroom and given private lessons for more than 40 years. His personal study of the guitar has led him through classical, jazz, blues, folk, rock and bluegrass style with a focus on the work of David Grier, Charlie Christian, Doc Watson, B.B. King, Django Reinhardt, Bryan Sutton, and many more. He currently plays with the bluegrass band Southwoods and performs with jazz ensembles in the area. Room 313 • 7:45-8:45pm • Limit 12

### 23) EXPLORING WATERCOLOR

6 weeks (3/16-4/27; no class 4/13) • Tuition: \$49 (materials fee EXTRA)

An introduction to the many styles of watercolor: bold and free with big brushes, to the fine and controlled lines of Chinese brush stroke. **Instructor:** Joanne Dozor has owned Firefly Gallery in Surf City, NJ for 13 years. She has sold many original watercolors through her own and other galleries in the Delaware Valley. Her teachers include Phil Blank, Domenic DiStefano, Nancy Barch, Jane Miluski, Josephine Tsa, Nanette Noone and Lisa Budd. Art Room • 7:00-9:00pm • Limit 20

### 24) NEW! CREATIVE PHOTOGRAPHY: PHOTOGRAPHING PEOPLE

5 weeks (3/2-3/30) • Tuition: \$41

Do you enjoy photographing the people you know and love? Would you like to celebrate the interesting individuals that surround you at home and on your travels? If you want better, more predictable results, this workshop is for you. This spirited class offers a professional's guidance and "how-to" secrets in an encouraging environment. Learn to organize and direct your creative enthusiasm to get the people shots you really want. Please bring your camera to the first session along with a photo of a person you wish you had taken.

**Instructor:** George Tate, a freelance location photographer, takes photos of people for advertising, branding and corporate communications assignments throughout the U.S. and the world for Fortune 100 clients. Room 306 • 7:00-9:00pm • Limit 14

### 25) NEW! FACING THE INEVITABLE: DEATH AND TAXES

3 weeks (3/23-4/6) • Tuition: \$28

If what Benjamin Franklin said is true – "... nothing can be said to be certain, except death and taxes." – then everyone needs this course! Learn about Wills, Power of Attorney, Deeding Real Estate, and Trusts.

**Instructor:** Daniel Lippard, Esq. has been in private practice in Media for 42 years, focusing on Estate and Real Estate matters. Room 315 • 7:00-8:30pm • Limit 20

## BOARD of DIRECTORS

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MONDAY NIGHT SPORTS FUN FITNESS • Classes run once weekly on dates indicated.

### 26) PILATES MAT: LEVEL I

8 weeks (2/27-5/1; no class 3/20 and 4/10) • Tuition: \$45

Discover a way to reduce back pain, improve your posture, and energize your lifestyle. Join this beginner mat class to focus on the fundamental principles of Pilates: controlling and concentrating for mind-body connection; working from the center (core); aligning the body properly with precision of movement; sequencing the body to avoid overuse of any one muscle group; and breathing properly which pulls it all together. A cushioned Pilates mat is highly recommended.

**Instructor:** Maureen Fleagle has been a practicing physical therapist for over 30 years. She is presently employed by Main Line Health System and specializes in women's health and lymphedema management. She attained her Pilates certification in 2005.

4<sup>th</sup> Floor Hallway • 6:05-7:05pm • Limit 30

### 27) PILATES MAT: LEVEL II

8 weeks (2/27-5/1; no class 3/20 and 4/10) • Tuition: \$45

Have you already taken the first level Pilates class at WSCC or have you had a beginner session of mat Pilates elsewhere? If this describes you, join this Level II class, which will incorporate movement beyond the fundamentals to enhance core strength, increase flexibility, and strengthen the student's practice. A cushioned Pilates mat is highly recommended. **Instructor:** Maureen Fleagle has been a practicing physical therapist for over 30 years. She is presently employed by Main Line Health System and specializes in women's health and lymphedema management. She attained her Pilates certification in 2005.

4<sup>th</sup> Floor Hallway • 7:15-8:15pm • Limit 30

\* WSSD Spring Break \*  
NO EVENING Classes at SHHS  
on 4/10 and 4/13

THURSDAY NIGHT SPORTS FUN FITNESS • Classes run once weekly on dates indicated.

### 31) TOTAL BODY SCULPT

8 weeks (3/2-4/27; no class 4/13) • Tuition: \$45

Discover how to sculpt and tone your entire body. Focus on and completely isolate parts of the body in different segments of the course. Enjoy ample time to build and create long and lean muscles. Persons of all ages and fitness levels will find plenty of exercise options in this class. Please bring a mat and hand towel to class.

**Instructor:** Bridget Pothier is a graduate of Strong, Stretched and Centered of Maui, HI. She is certified in personal training, group exercise and yoga. She is currently group exercise instructor, personal trainer and belly dance instructor at Ridley Sports Club. Cafeteria • 6:40-7:40pm • Limit 25

### 32) COUNTRY LINE DANCING

8 weeks (3/2-4/27; no class 4/13) • Tuition: \$45

If you are a beginner or have tried line dancing, come and learn the basic dance steps in Country Line Dancing. We'll have lots of fun.

**Instructor:** Pepper Walling has 22 years experience teaching country line and couples dancing. For the past 20 years she has taught weekly at the Wilmington Elks Lodge. 2nd Floor Hallway • 7:00-8:00pm • Limit 25

WSCC is a nonprofit corporation dedicated to providing low-cost education classes for adult residents of the area.

Classes are NOT sponsored by the Wallingford-Swarthmore School District.

Please do not contact school offices or Borough Hall with any questions, as they do not have information about classes.

FOR INFORMATION ABOUT WSCC COURSES: [wscclclasses@gmail.com](mailto:wscclclasses@gmail.com) or 610-566-5786.

### 28) CARDIO KICKBOXING

8 weeks (2/27-4/24; no class 4/10) • Tuition: \$45

Bored with cardiovascular activities in the weight room? Try Cardio Kickboxing and improve your strength, cardio fitness and flexibility using martial arts and boxing techniques. Learn easy-to-follow combinations for a total body workout. Wear comfortable clothing and bring a mat.

**Instructor:** Bridget Pothier is a graduate of Strong, Stretched and Centered of Maui, HI. She is certified in personal training, group exercise and yoga. She is currently group exercise instructor, personal trainer and belly dance instructor at Ridley Sports Club. 2<sup>nd</sup> Floor Hallway • 6:40-7:40pm • Limit 25

### 29) ZUMBA FITNESS

8 weeks (2/27-4/24; no class 4/10) • Tuition: \$45

Come join this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness party. Zumba features exotic rhythms set to high energy Latin and international beats. Zumba is fun, wonderful exercise, and great for stress relief!

**Instructor:** Ewa Kuzniak is a teacher in the Philadelphia School District and has taught Zumba since 2014. Cafeteria • 6:15-7:15pm • Limit 25

### 30) EXPLORING MEDITATION

8 weeks (2/27-4/24; no class 4/10) • Tuition: \$51

Meditation frees our hearts and tames our minds, opening us to a vivid, fearless experience of our lives. Explore sitting and walking meditation; listening; working with emotions; stillness and silence; contemplating and inquiry. New as well as experienced meditators are welcome.

**Instructor:** Barry Buchy has studied and practiced Tibetan Buddhist meditations for over forty years. Authorized to teach in the Shambhala tradition, he has led group programs and counsels individual students. Room 355 • 7:15-8:30pm • Limit 20

### 33) HATHA YOGA

6 weeks (3/2-4/6) • Tuition: \$34

Unwind with this gentle but challenging ancient form of exercise. Gain strength and flexibility while learning to relax and surrender your body and mind in therapeutic poses. This class will not only guide you through physical poses, but through deep breathing and meditation exercises as well. No previous yoga experience necessary. Bring a sticky mat.

**Instructor:** Heather Dyas-Fried is a certified Kripalu Yoga teacher. She has completed teacher trainings in Prenatal Yoga and Mom/Baby Yoga. 4<sup>th</sup> Floor Hallway • 6:45-7:45pm • Limit 25

**NEW CLASS IDEAS?**  
*If you have suggestions for classes you would like us to offer or that you can teach, please email us at [wscclclasses@gmail.com](mailto:wscclclasses@gmail.com).*

**DAYTIME CLASSES, SWARTHMORE BOROUGH HALL, unless noted -- DAYS and DATES SHOWN**

**34) EXPLORING MEDITATION**  
8 weeks (2/27-4/24) • Tuition: \$51 (includes materials fee)  
Meditation tames our habitual distraction and takes us on a journey from basic mindfulness practice, being present in the moment, to an open, unconditional awareness in daily life. Explore sitting and walking meditations, listening, sensory awareness, working with emotions, opening the heart, contemplation, and inquiry. This course is for anyone interested in regular practice. Old and new students welcome.  
**Instructor:** Lelia Calder has studied and practiced many different kinds of meditation. Her training as a meditation instructor is in the Tibetan Buddhist tradition where she has done extensive retreat practice under the guidance of Pema Chodron, who is her main teacher. See also [www.leliacalder.com](http://www.leliacalder.com).  
Mondays 10:30-11:45am • Council Room • Limit 18

**35) NEW! THE “S”CIENCE OF CLASSICAL MUSIC**  
8 weeks (2/27-4/24) • Tuition: \$49 (includes materials fee)  
Schubert, Schumann, Sibelius, Stravinsky and many more! If the composer’s last name begins with an “s” you will learn about him/her in this course. We will explore their lives and works while listening to their music. Join us for a “s”timulating “s”eries.  
**Instructor:** Bruce Bogdanoff was a piano soloist with the Philadelphia Orchestra. He is a writer and editor of program notes for their student concerts and a founding member of the Rose Valley Chamber Ensemble.  
Mondays 1:00-2:30pm • Council Room • Limit 40

**36) MAH JONGG**  
7 weeks (3/6-4/24; no class 4/10) • Tuition: \$58  
Come play the entertaining and challenging game of Mah Jongg! Open to beginners and those who want to fine-tune their skills. Learn the basics and game strategy. Play full games with instructor support. Bring a 2016 Mah Jongg card (available at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org)). *You cannot play without a card.* If you have a Mah Jongg set please bring it.  
**Instructor:** Amy Graham has been playing Mah Jongg for over 15 years and has been teaching the game for the past several years.  
Mondays 10:00am-12:00pm • Community Room • Limit 16

**37) GENTLE YOGA**  
8 weeks (2/28-4/18) • Tuition: \$45  
Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated) and relaxed asanas with longer holds. Move deeper into areas of the body, while guided through breathing and meditative techniques to quiet the mind. Perfect for stress reduction, increasing flexibility, and promoting spinal health. *Bring a sticky yoga mat and extra large towel.*  
**Instructor:** Shiron Womack has been a certified yoga instructor since 2008. She teaches at the Healthplex.  
Tuesdays 9:00-10:00am • Limit 35  
Location: Fellowship Hall in Wallingford Presbyterian Church, 110 East Brookhaven Road, Wallingford

**38) NEW! PHILADELPHIA SPORTS/TEAMS: AN HISTORICAL OVERVIEW**  
4 weeks (3/8-3/29) • Tuition: \$31 (includes materials fee)  
Who or what are: Ben Shibe? Eddie Gottlieb? The Arrows? The Tapers? The Blue Jays? The Yellow Jackets? Come discover their identity and link to Philadelphia sports history in this overview course spotlighting each of Philadelphia’s major sports/teams.  
**Instructor:** Rich Monastra holds BA and MA degrees in American History and a MS in Economics. He taught in high schools and community colleges for over 40 years. He is a member of the National History Society, the National Council for Social Sciences, and the American Historical Associations.  
Wednesday 1:00-2:30pm • Community Room • Limit 25

**39) GET FIT WHERE YOU SIT: CHAIR YOGA**  
6 weeks (3/9-4/13) • Tuition: \$34  
Join a fun, lighthearted class ideal for most everyone. Learn breathing, stretching, and yoga poses adapted for the chair. Most moves can be modified for those with joint restrictions. Breath connected movement is essential for health and wellness, and it stimulates both body and mind.  
**Instructor:** Donna Shumaker, E-RYT has been practicing yoga for many years and has taught in Delaware County for 16 years. She owns Breathe Om Yoga at Wellness on Park in Swarthmore. She is Kripalu certified in Chair Yoga and is also certified in Hatha, Yin, and Childlight Yoga.  
Thursdays 10:00-11:00am • Community Room • Limit 15

**40) T’AI CHI CHIH**  
8 weeks (2/28-4/25; no class 4/4) • Tuition: \$49  
T’ai Chi Chih is often referred to as a moving meditation. It is comprised of nineteen moves and one pose. Movements are repeated on the left and right sides to promote balance and relaxation. It is not a martial art, is non-violent, and is practiced for its many health benefits. It does not require physical fitness or coordination. Movements can be adapted while seated or for physical limitations. For more information see [www.taichichih.org](http://www.taichichih.org).  
**Instructor:** April Leffler has a master’s degree in clinical psychology, is a Reiki Master, an accredited T’ai Chi Chih instructor and a member of The Foundation for Shamanic Studies. She teaches T’ai Chi Chih classes and offers private Reiki and shamanic services. She facilitates workshops on mindfulness and Mind-Body-Spirit connection. See [www.seek-peace.com](http://www.seek-peace.com).  
Tuesdays 9:30-10:45am • Community Room • Limit 20

**41) NEW! THE MIDDLE EAST OF THE 20<sup>TH</sup> CENTURY**  
3 weeks (3/16-3/30) • Tuition \$19  
This course will explore the conditions and changes in the Middle East over the last century, focusing on confessional, ethnic, geographical and linguistic factors, in addition to political events.  
**Instructor:** Dr. Peter Koelle, an alumnus of Swarthmore College, earned his J.D. from Temple University and his M.A. and PhD from the University of Pennsylvania’s current Department of Near Eastern Languages and Civilizations. He has taught 30 years in France and the U.S. He was a Fulbright Fellow in Istanbul and he has published on the Middle East in English and Spanish.  
Thursdays 1:00-2:00pm • Community Room • Limit 20

**42) INTRODUCTION TO IPHONE & IPAD: JUST THE BASICS, PLEASE**  
2 weeks (3/29-4/5) • Tuition: \$19  
Join this class for a hands-on exploration of the basics of using your Apple iPhone or iPad. If you just got it or have had it for awhile but only use it for one or two things, this is the class for you. We will cover the basics of using the device’s controls and of using apps (downloading, opening, closing and deleting them). You will be given exercises to practice at home.  
**Instructor:** Dan Snyder is an enthusiastic, self-taught user of iPhones and iPads. He remembers how enjoyable it is to get comfortable using these gadgets. He has used computers for work and fun since the 1980’s.  
Wednesdays 1:00-2:30pm • Council Room • Limit 15

**43) INTERMEDIATE IPHONE & IPAD: WHAT ELSE CAN THESE THINGS DO FOR ME?**  
3 weeks (4/12-4/26) • Tuition: \$28  
If you are familiar with the basics your Apple iPhone or iPad’s controls and some apps, and want to learn the more interesting things it can do, this is the class for you. You will get hands-on practice learning many features, including your device’s cameras, what iCloud can do, Apple Music, GPS/route finding and the ever-mysterious Siri. Bring your questions and get answers! You will be given exercise to practice at home.  
**Instructor:** Dan Snyder is an enthusiastic, self-taught user of iPads and iPhones. He recalls how enjoyable it is to get comfortable using the gadgets. He has used computers for work and fun since the 1980’s.  
Wednesday 1:00-2:30pm • Council Room • Limit 15

**DAYTIME CLASSES, SWARTHMORE BOROUGH HALL, unless noted -- DAYS and DATES SHOWN**

**44) NEW! EVERYDAY MINDFULNESS**  
8 weeks (2/28-4/25; no class 4/11) • Tuition \$49  
Mindfulness is the practice of being fully present to life experience in each moment. This powerful tool for settling mind and body creates space for calm, non-judgmental awareness. In this class we will use simple breathing techniques, guided meditations, and mindful living activities to help focus attention, improve equanimity and reduce stress.  
**Instructor:** Suzanne Hayward meditates daily. She has studied traditional Buddhist meditation and secular stress management practices. She completed graduate work in mindfulness in education and is doing advanced studies at ClearLight Meditation in Wayne.  
Tuesdays 11:00-12:30pm • Community Room • Limit 15

**45) NAME THAT BIRD!**  
4 weeks (4/6-5/4; no class 4/13) • Tuition: \$31  
Whether you’re already a serious nature lover, want to know your backyard birds or just need an excuse to be outside more often, this is for you! Learn to identify new birds by sight and by ear while visiting several fairly local natural areas.  
**Instructor:** Laura Matika has been birding since age 7. She has a BS in Biology from Purdue University and has worked in two nature centers including as director of the Summer Nature Program at Pocono Lake Preserve.  
Community Room • Thursday 7:30-9:00am • Limit 20

**CLASS LOCATIONS**  
*Most daytime classes are held at Swarthmore Borough Hall, 121 Park Avenue, Swarthmore. Most evening classes are held at Strath Haven High School, 205 S. Providence Road. There are two entrances. Brookhaven Road gives access to the cafeteria and the 2nd and 4th level classrooms. Providence Road enters at the 300 level classrooms. Confirm locations in the brochure. Questions: 610-566-5786 or [www.wscclasses@gmail.com](mailto:www.wscclasses@gmail.com).*

**REGISTRATION**  
**SPRING 2017**  
**CLASSES BEGIN FEBRUARY 27th AND MARCH 2nd, UNLESS OTHERWISE NOTED**

- REGISTER ONLINE to immediately secure your spot in class, with a confirmation email sent.
- Online payments on the WSCC website are through PayPal — the registrant *DOES NOT need to have a PayPal account.*
- Please REGISTER EARLY! Classes with low enrollment may be cancelled.
- Before mailing in a registration, check the list of CLOSED CLASSES on the website to ensure that the class has openings.
- To pay by check, **SEND SEPARATE CHECKS AND FORMS FOR EACH CLASS.** You are enrolled unless you hear otherwise.
- NO REFUNDS except for cancelled classes. Credits are issued at the discretion of the registrar, only before classes begin.
- WSCC offers ADULT EDUCATION classes. Children under the age of 18 are not permitted to attend classes.
- In inclement weather, WSCC follows closure decisions of the WSSD. TV and radio Emergency ID# is 2499.

**PLEASE PRINT CLEARLY and Mail with full payment to: WSCC, PO Box 141, Wallingford, PA 19086**

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Course Title \_\_\_\_\_ Course Number \_\_\_\_\_

Tuition \$ \_\_\_\_\_ x Number of People \_\_\_\_\_ = Total Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_

Name \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Additional Registrants (if paying for multiple people): \_\_\_\_\_

\_\_\_\_\_



PO Box 141  
Wallingford, PA 19086



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**TIME VALUE**

**REGISTER ONLINE NOW TO SECURE YOUR SPOT IN CLASS: [www.wscclasses.org](http://www.wscclasses.org) or 610-566-5786.**  
**See back page to register by mail. Spring classes begin February 27th and March 2nd unless otherwise noted.**

**NEW CLASSES -- MONDAY NIGHT**

**3) EATING FOR BEAUTY & CONFIDENCE**  
1 week (4/3) • Tuition: \$9  
Feeling young and radiant with vibrant energy and glowing skin is an extraordinary confidence booster. In this class we will explore what it means to feel beautiful as well. We will look at fast and easy tips for how to use food to feel and look your best. You will be amazed at the changes a few small shifts can make.  
**Instructor:** Janna Hasbrouck CHC, AADP – Private Coach for those who want to live a life with meaning, purpose and vibrant health. Owner of [www.livingwithoutlimits.today](http://www.livingwithoutlimits.today).  
Room 349 • 7:00-8:30pm • Limit 20

**11) PET LOSS SUPPORT & GRIEF RECOVERY METHOD**  
6 weeks (3/6-4/17; no class 4/10) • Tuition: \$49  
The Grief Recovery Method is an action-oriented program that will help you deal with the grief caused by the ending of your physical relationship with your pet, whether it happened recently or a long time ago – due to death, disappearance, or re-homing. Classes will include small group work and weekly assignments. Attendance at all sessions is essential. Book can be purchased first night of class for an additional \$10.00.  
**Instructor:** Ellen Monsees is a Certified Grief Specialist and Transformational Life Coach. As an animal lover and practitioner of The Grief Recovery Method she has experienced both deep personal loss and recovery, finding new purpose and joy in life as a result.  
Room 306 • 6:00-8:00pm • Limit 15

**7) PAINTING WATERCOLOR IN MINIATURE**  
3 weeks (3/13-3/27) • Tuition: \$33 (includes materials fee)  
We will have fun focusing on a small and detailed “mini masterpiece.” Learn basic watercolor techniques, applied on a smaller scale.  
**Instructor:** See #8.  
Art Room • 7:30-9:00pm • Limit 20

**NEW CLASSES -- THURSDAY NIGHT**

**16) EVERYDAY LIFE IN THE 19<sup>TH</sup> CENTURY**  
4 weeks (3/30-4/27; no class 4/13) • Tuition \$38 (includes materials)  
Everyday life in the 19<sup>th</sup> century wasn’t as rosy as many stories and films lead us to believe. This course will take you back to the times of the pioneers, when everyone had to literally pull their weight. As the century progresses, you’ll learn what it was like to be a Confederate prisoner of war. After the war, the mad rush of progress changed the way people lived their daily lives. Finally, the railroads and trolleys brought the speed of modern times to the rural lives of many people.  
**Instructor:** Bob Brooke has been writing about historical subjects for over 30 years. Besides publishing many articles, he has also published a book about the history of shipwrecks off the North Carolina coast entitled “Shipwrecks and Buried Treasure: The Outer Banks.”  
Room 310 • 7:00-9:00pm • Limit 20

**21) SECRETS TO CIVIL AND PRODUCTIVE DIALOGUE**  
3 weeks (3/9-3/23) • Tuition: \$37  
It’s a tough time for productive and civil dialogue. The recent elections have been divisive and often uncivil. But how do you engage in civil dialogue with someone with whom you are not in agreement? You can learn how! This workshop will build your dialogue skills using a combination of lecture, exercises, experiential activities, and take-away practices. The workshop is part of the Building Conflict Competence Series.  
**Instructor:** Ellen Morfei is a mediator, conflict coach, and owner of Progressive Conflict Solutions in Media.  
Room 308 • 7:00-9:00pm • Limit 20

~~~~~ MORE NEW CLASSES CAN BE FOUND THROUGHOUT THE BROCHURE ~~~~~