

**SPRING
2012**

**OUR 47th YEAR
OF SERVICE
TO THE
COMMUNITY**

WSCC

**WALLINGFORD SWARTHMORE
COMMUNITY CLASSES**
P.O. Box 141 Wallingford, PA 19086
www.wscclclasses.org 610-566-5786
wscclclasses@gmail.com

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**REGISTER BY MAIL NOW FOR FALL 2012--REGISTRATION FORM BELOW
CLASSES BEGIN FEBRUARY 27 AND MARCH 1 UNLESS NOTED**

1. Use the form below to register. A check for the full cost listed must accompany registration, which will be processed in the order it's received. Unless noted, tuition includes materials. We will charge you a \$20 fee if your check is returned by the bank.
2. Your cancelled check is your receipt. You're enrolled unless you hear otherwise. If the class is already filled, we'll return your check.
3. No refunds will be made except for cancelled courses. If you withdraw before a course begins, you'll receive credit toward another WSCC course, to be used within the next calendar year. No credit will be issued for withdrawal after a course begins.
4. Class schedules occasionally change to accommodate the priority needs of the school district. You will be notified.
5. We offer adult education classes. High school students are welcome, but must submit parent permission slips. We can not accommodate children of instructors or class members—our insurance will not cover them.
6. If you wish to bring a guest to a single class, check first with the instructor. If the instructor agrees, your guest must obtain a pass & pay a fee before visiting any class. Please see the on-site Administrator to make arrangements.
7. Our emergency I.D. number--used by TV & radio for cancellation of classes due to inclement weather--is 2499.

**WALK-IN REGISTRATION IS TUESDAY, FEBRUARY 21ST, 7:30 to 8:30p,
at STRATH HAVEN HIGH SCHOOL, BROOKHAVEN ROAD ENTRANCE**

Classes fill quickly, so mail-in registration is the best way to get the course you want. Use 1 form/course; photocopy for more than 1. Mail form & check payable to WSCC to: WSCC, P.O. Box 141, Wallingford PA 19086. Call 610.566.5786 with any questions.



Course Title _____ Course Number _____

Second Choice Title & Number (if first is cancelled or filled) _____

Tuition \$ _____ Additional Fees (if any) \$ _____ Total Enclosed \$ _____

Your Name _____

E-mail _____ Phone _____

(the easiest way for us to contact you)

Address _____

STREET

TOWN & ZIP

PLEASE PRINT ALL INFORMATION

MONDAY NIGHT CLASSES STARTING FEBRUARY 27 (unless otherwise indicated); NO CLASSES APRIL 2,9

NEW! 1. CONTEMPORARY QUILTING

5 wks Tuition \$32

Learn (or re-learn) how to quilt without the fuss & stress of exact measurements, precision piecing & detailed patterns. Start with basic quilt construction techniques that save time & can be used in a variety of projects. Begin with blocks from the quilting tradition, loosen them up, & reinterpret them in today's fabrics and colors.

INSTRUCTOR: Stacy Koehler is an avid and experienced quilter & member of Undercover Quilters, where she has served on the Board in many capacities. In her business, Quilt Endeavors, she provides custom professional long arm quilting services. She has been a NQA certified judge since 2005.

Room 351 7-8:30p Limit 16

2. CREATING STAINED GLASS

8 wks Tuition \$50; materials 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, & make several small pieces. More advanced students will work on their own pieces with advice from the teacher. The cost of tools, supplies & glass (which may be \$100 or more) will be discussed the first night of class.

INSTRUCTOR: Betty T. McConnell is the owner of Creations in Stained Glass in Prospect Park.

SHHS Shop 7-9p Limit 16

NEW! 3. KUMIHIMO JEWELRY

7 wks (starts 3/5) Tuition \$40

Make your own jewelry & learn the art of Japanese braiding. Begin with braiding basics on a foam disc using colored cords & fashion a bracelet or a necklace. Next, create a beaded Kumihimo bracelet. Supplies are available courtesy of Blue Santa Beads for \$30 -\$50 depending on selections.

INSTRUCTOR: Crystina Bianco, a local artist with a BA from U. of Arts, has been an avid crafter of crochet & jewelry for 30+ years. She is currently an art director in the publishing industry.

Room 308 7-8:30p Limit 15

4. BASIC DRAWING

8 wks Tuition \$50

Learn how to use line, shading, positive and negative shapes to translate what you see to paper. Fine tune your visual skills and become a better observer so you can more accurately record what you see in your drawing.

INSTRUCTOR: Mimi Gallen Frasciello is a graduate of Moore College of Art with a BFA in illustration. She has taught privately, and has worked full-time in Graphic Design for over 35 years..

Room 328 7-9p Limit 12

5. ALL ABOUT ANTIQUES

3 wks Tuition \$32

Are you confused about what makes an antique a collectible? Learn what you should collect and what's just junk. A survey of antiques from 1830 to 1910 will show you what to look for in furniture, glassware, silver, & ceramics & how to determine its value.

INSTRUCTOR: Bob Brooke is a collector & writer about antiques. He has published in top antiques publications, & has extensive knowledge of the antique business. Website at:

www.theantiquesalmanac.com.

Room 310 7-9p

6. ITALIAN FOR BEGINNERS

8 wks Tuition \$44

Learn everyday vocabulary for your next trip to Italy from a native speaker. Practice conversation with a good accent & learn basic grammar. Bring *Italian Now, Level I* by Marcel Danesi (Barron's) to the first class.

INSTRUCTOR: Salvatore Faro earned an MA from the University of Turin in Italy. He has taught Italian to high school students for 25 years.

Room 306 6:30-8p Limit 14

7. ITALIAN CONVERSATION—ADVANCED

8 wks Tuition \$44

If you have well-established Italian skills—roughly equivalent to 2 years or more of study—join our conversation! Discuss current events; practice your slang & idiomatic expressions. Improve your speaking, grammar, vocabulary & pronunciation. The first night of class, bring *Italian Now, Level I* by Marcel Danesi (Barron's).

INSTRUCTOR: See #5

Room 306 8-9:30p Limit 14

8. SPRING AND SUMMER CUPCAKES

2 wks (starts 3/5) Tuition \$30

Learn new cupcake decorating styles for Easter & for special occasions including birthdays and showers. Practice making your own fondant. BRING 6-8 UNFROSTED CUPCAKES TO EACH CLASS.

INSTRUCTOR: Lynda Cascarino has taken many cake and candy courses & taught cupcake-making to WSCC students before. She enjoys baking for family and friends.

Room 349 7-9p Limit 15-20

NEW! 9. SOUPS AND STEWS

1 wk (2/27) Tuition \$23

Learn how to stretch your meal dollars by turning scraps and leftovers into hearty meals. Soups and stews are delicious winter meals.

INSTRUCTOR: Jessica Shiroff holds a BS from Drexel U. in Nutrition & Food Science and has 25 years experience in almost every aspect of food & cooking. She is a member of Phila Women's Culinary Guild.

Room 349 7-9p Limit 10

NEW! 10. PIE BAKING

1 wk (3/26) Tuition \$23

Want to learn how to make the perfect crust and fill it with a scrumptious filling? This is the class for you. Pie is always a delicious addition to any celebration.

INSTRUCTOR: See #8

Room 349 7-9p Limit 10

NEW! 11. GLUTEN FREE BAKING

1 wk (4/30) Tuition \$23

Learn to make a few basic doughs (bread & pizza) for anyone with a gluten sensitivity/allergy or Celiac disease. Discuss what to look for in any ingredient list as well.

INSTRUCTOR: See #8

Room 349 7-9p Limit 10

WSCC is a nonprofit corporation dedicated to providing low-cost education classes for adult residents of the area. Classes are *NOT* sponsored by the School District, but are organized & administered by a Board of Directors made up of volunteers. If you have suggestions for classes you'd like us to offer, please talk to the on-site administrator or call us at 610.566.5786.

BOARD OF DIRECTORS

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TUESDAY NIGHT CLASSES TUESDAY NIGHT CLASSES TUESDAY NIGHT CLASSES TUESDAY NIGHT CLASSES

NEW! 12. CRAFT BEER TASTING 1 wk (3/13) Limit 25 Tuition \$30
 Learn about the history of brewing from its early beginnings to the craft beer renaissance we are now experiencing in America. Examine the brewing process & a range of classic beer styles. Taste samples of the beers discussed.
 INSTRUCTOR: Daniel Shaw has worked in different craft breweries including 2 years as manager of Pinocchio's Beer Garden To Go, 2011 Best of Philly Best Beer Shop. He is one of three certified Cicerones in PA. A Cicerone is similar to a sommelier for beer.
 Class held at PINOCCHIOS BEER GARDEN TO GO, 131 East Baltimore Pike, Media, PA

TUESDAY EVENING WINE TASTING 7:30-9p TUESDAY EVENING WINE TASTING TUESDAY EVENING
Both classes meet from 7:30-9p at Hobbs Coffee House, 1 Park Avenue, Swarthmore; dates below; limit 30

13. PINOT NOIRS FROM AROUND THE WORLD 1 wk (3/6) Tuition \$30
 Pinot Noir, today's sexy darling, was not always as popular in the public eye. Those of us in the wine trade tried to keep it a secret. This silky, velvety, smooth beauty was not to be denied. The "Sideways" phenomenon brought it to center stage. We will enjoy Pinot Noirs from around the world & see how they stack up against each other. Talk about your Pinot envy.

14. VARIETALS 1 wk (4/24) Tuition \$30
 Join us to examine under-appreciated and misunderstood Varietals. Check out these most Rodney Dangerfieldesque of wines that "Don't get no respect," such as Chenin Blanc, Riesling, Gewurtztraminer, Cabernet Franc & others. Hopefully you'll come away with an appreciation of some grapes you may have overlooked in the past.

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

THURSDAY NIGHT CLASSES START 3/1 UNLESS NOTED; NO CLASSES 4/5 THURSDAY NIGHT CLASSES

15. CROCHET CLINIC 8 wks Tuition \$44
 The crochet doctor on call! Want to learn how to read crochet patterns? Have a project you want to start & need guidance? Have you put something aside because you're not sure where you went wrong? Join us for this weekly workshop. Bring any beginner to intermediate level crochet project & we'll get you on your way.
 INSTRUCTOR: See #3
 Room 351 7-8:30 Limit 12

18. INTRO TO GUITAR 8 wks Tuition \$38
 Learn basics of guitar play including note reading, single note playing, chords, & right-hand techniques. All you need is a guitar.
 INSTRUCTOR: Tony D'Addono has taught jazz, blues, rock, & classical music & has performed solo & with a group for 40 years. He has written many compositions & arrangements for solo guitar.
 Room 304 7:30-8:30p Limit 10

16. COLD PROCESS SOAP MAKING 1 wk (3/8) Tuition \$23
 Appreciate the benefits of handmade soap, while learning safety precautions & equipment needs. Discover the ingredients used to make soap. Each student will take home a finished bar.
 INSTRUCTOR; Theresa People started Essence Salon and Spa 8 years ago with a focus on bath and body products that are not harmful to the skin.
 Room 311 7-9p Limit 20

NEW! 19. MASTER GARDENING TECHNIQUES 4 wks (starts 3/12) Tuition \$28
 1) Preparing Your Garden for Spring (3/12): Learn proper garden maintenance for perennial beds, shrubs, trees, & veggie gardens to have them ready as soon as possible.
 2) Pruning Techniques & Tool Sharpening (3/19) Find out when & how to prune your shrubs, trees, & perennials & the correct maintenance of your pruning tools.
 3) Lawn Care (3/29) Learn techniques for an environmentally friendly lawn & a schedule for when are the right times for lawn maintenance.
 4) Herbs: Beyond Pesto & Salsa (3/28): Explore herb lore, household & culinary uses, & the correct cultivation of herbs inside & out. Find out how easy herbs are to grow.
 INSTRUCTORS: 1) Joe Daniels 2) Ray Murphy 3) Janae Alberts, Joe Daniels 4) Holly Thorpe. These instructors have all qualified as Master Gardeners through the Penn State Extension.
 Room 313 7-8:30p Limit 20

17. WOODCARVING 8 wks Tuition \$44
 Come carve with us! We'll be carving a variety of caricatures including Santa Clauses & cowboys. Feel free to bring works in progress & hand tools.
 INSTRUCTOR: Richard McCall has been carving for 25 years with Delaware Valley Carvers, the National Woodcarvers Association & William Rush Wood Carvers.
 The Shop 7:30-9p Limit 8

THURSDAY NIGHT CLASSES START 3/1 UNLESS NOTED; NO CLASSES 4/5 THURSDAY NIGHT CLASSES

20. BACKYARD CHICKEN 2 wks Tuition \$20

Come learn the wonderful benefits of keeping a small-scale backyard chicken coop for your natural fresh egg supply. Workshop will include slide show, coop designs, breed selections, and chicken-care basics.

INSTRUCTOR: Amy Johnson has more than 15 years experience in organic agriculture. Amy's passion for farming began in college when she took a food crops course. She started Red Hill Farm and has since moved on to Director of Outreach for Greener Partners.

Room 308 4/19—7:30-9p Strath Haven High School
4/22—1-2:30p 121 Edgemont St., Media, PA

21. WRITING FAMILY HISTORY

3 wks (4/12) Tuition \$32

Learn how to begin gathering family information, how to catalogue what you find, how to organize it, & how to produce a finished family history using your computer. Start this project now. Don't wait till it gets too complicated.

INSTRUCTOR: Bob Brooke is the author of 14 books & numerous articles. He writes a monthly online column: "Everyday Genealogy."

Room 310 7-9p

NEW! 22. UNCOMMON APPROACHES TO AMERICAN HISTORY 2 wks (starts 3/19) Tuition \$20

Are you a history buff? Are you ready to take a new look at the American Revolution? First examine when this revolution really began. Was it in 1776 or much earlier? What kind of a revolution was it: political, social, or economic? Next explore the idea that the American Colonies did not win the war; the British lost it. This will not be the typical battle-by-battle review of the revolutionary war but rather a high-level, strategic assessment of the British & why they lost.

INSTRUCTOR: Donald Applestein is a retired lawyer & a docent at the National Constitution Center in Philadelphia.

Room 306 7-8:30p

NEW! 23. HOW STOCK/BOND MARKETS REALLY WORK 2 wks (starts 4/19) Tuition \$20

Many investors believe the most important influences on stock market performance are factors *outside* the market such as interest rates, inflation, & the economy. Here, you will learn that the biggest influences on the market come from *within* the market. You'll also learn why you shouldn't be troubled by market volatility.

INSTRUCTOR: Mike Malone has been an investment specialist since 1976 & now owns his own investment company.

Room 206 7-8:30p

24. COOKING FOR FUN: FROM FIN TO FEATHER

4 wks (starts 3/8) Tuition \$50 (food included in tuition fee)

Expand your cooking knowledge & skills while having fun in this hands-on class. Discover knife skills & gadgets you can't live without in the first class. Then prepare first courses & soups, fowl (chicken & duck), & seafood. Bring a cutting board, apron, your favorite knife & always your sense of humor.

INSTRUCTOR: Jack Cavanaugh loves to cook. He is the former GM (now retired) of the Swarthmore Co-op where he focused on fresh, local foods. Marty Spiegel, Swarthmore Town Center Coordinator & accomplished amateur cook, will assist Jack.

Room 349 7-9p Limit 15

NEW! 25. TOUR OF ASIAN, ITALIAN MARKETS

1 wk (3/31) Tuition \$26 (includes lunch)

With a chef as your leader, take a tour of Philadelphia's famed Asian & Italian markets. Start by meeting for a bowl of Pho, the great soup of Vietnam, at Pho75 at 12th and Washington Streets. Learn the best places to shop, what to buy, how to cook it! Provide your own transportation. Information on where and when to meet will be emailed.

INSTRUCTOR: SEE #24 Noon-4p Limit 15

NEW! 26. CHOCOLATE DIPPING

1 wk (4/19) Tuition \$20

Learn an easy way to melt chocolate for dipping. Enjoy a demonstration using peanut butter filling & pretzels. Yum! Then have fun making your own candy to take home with you.

INSTRUCTOR: Susan Batchelor is a Family & Consumer Sciences' teacher in her 11th year at Garnet Valley Middle School

Room 349 7-8:30p Limit 12

27. GETTING THE MOST FROM YOUR BREAD MACHINE

1 wk (4/26) Tuition \$22

Learn how a bread machine works. See all the "basics" demonstrated. Try out the machine to make loaves, rolls & pizza with a variety of grains and veggies. If you don't have a bread machine, come anyway. You will want one after this course.

INSTRUCTOR: See #26

Room 349 7-9p Limit 12

NEW! 28. INTRO TO SUSHI-MAKING

1 wk (3/1) Tuition \$34 (includes materials)

Enjoy a hands-on experience as you learn the process of making sushi rice. Learn some of the misconceptions about sushi. Roll some nori-maki (sushi rolls) yourselves.

INSTRUCTOR: Kristine Mulhorn is part of a family with strong Japanese roots, so she has been studying & observing Japanese cooking for more than 20 years. She has taught sushi-making & Japanese cooking in the Detroit area since 2002.

Room 349 7-9p Limit 12

CLASS LOCATIONS

Most daytime classes are held at Swarthmore Boro Hall, 121 Park Ave. in the center of the ville). 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 as well as 2nd and 4th Level hallways; Providence Road is your choice for 300 level classrooms.

Confirm location in brochure.

For information : 610-566-5786 or wscclases@gmail.com.

MONDAY NIGHT SPORTS FUN FITNESS CLASSES start 10/3 unless noted; MONDAY NIGHT SPORTS FUN

29. QI GONG ('chee-GONG') 8 wks Tuition \$42
Come learn Qi Gong, the practice of simple exercises for health & relaxation. Anyone can do these slow, easy Chinese exercises. Benefits include stress relief, added flexibility, increased strength & stamina, a stronger immune system, & deep relaxation.
INSTRUCTOR: Kit Raven has studied Qi Gong with Yang Jwing-Ming & Hou Faxiang & has taught it for 7 years. She previously practiced & taught Aikido, specializing in sword & staff.
Library 7-8p Limit 15

30. PILATES MAT: LEVEL I** 8 wks Tuition \$42
Discover a way to reduce back pain, improve your posture & energize your lifestyle. Join this beginner mat class to focus on the fundamental principles of Pilates.
INSTRUCTOR: Maureen Fleagle is a physical therapist & has been practicing for over 20 years. She is Pilates certified & shares her experience in both rehabilitation & wellness settings.
4th Floor Hallway 6:30-7:30p Limit 25

31. PILATES MAT: LEVEL II** 8 wks Tuition \$42
Have you already taken the first level Pilates class at WSCC or elsewhere? If this describes you, join this Level II class, which will incorporate movement beyond the fundamentals to enhance core strength, increase flexibility, & strengthen the student's practice.
INSTRUCTOR: See #31
4th Floor Hallway 7:40-8:40p Limit 20

32. CARDIO KICKBOXING ** 8 wks Tuition \$42
Bored with cardiovascular activities in the weight room? Try Cardio Kickboxing & improve your strength, cardio fitness & flexibility using martial arts & boxing techniques.
INSTRUCTOR: Sharon Frederico has been teaching aerobic exercises since 1983 & has certificates in both kickboxing & personal training.
2nd Floor Hallway 7-8p Limit 25

** Wear comfortable clothing and bring a cushioned Pilates mat

33. ZUMBA 8 wks Tuition \$42
Come join this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness party featuring exotic rhythms set to high energy & international beats. Come have a blast!
INSTRUCTOR: Bridie Coan is a licensed Zumba instructor and RN.
2nd Floor Hallway 8:10-9:10p Limit 25

DANCE, DANCE, DANCE! 8 wks Tuition \$42 per person for either class; sign up for both & save \$11 (both classes for \$73 per person)
Bring your partner & begin ballroom dancing with us. No experience necessary! Learn it all, from Swing, Waltz & Fox Trot through Salsa & Merengue. Do the steps, learn the patterns & lead/follow techniques.

34. WALTZ, FOX TROT, SWING 7-8p

35. TANGO, SALSA, MERENGUE 8:10-9:10p

INSTRUCTOR: Joseph Rossano has been teaching for the Tish Sweeney School of Dance for more than 10 years, & the Newtown School of Dance. He has been teaching for WSCC since 2001.
Cafeteria for all classes

36. CO-ED RECREATIONAL VOLLEYBALL 8 wks Tuition \$44
Get into shape this spring by playing volleyball! Learn the fundamentals of serving, digging & spiking in a great atmosphere. All ability levels are welcome.
INSTRUCTOR: Kevin Haney is an English instructor in the WSSD & has been a head volleyball coach for many years.
Gym 7:30-9p Limit 30

NEW! 37. INTRO TO SELF DEFENSE 8 wks Tuition \$44
Learn basic principles, techniques, & tactics for self-defense. Gain an understanding of how attackers select victims & learn strategies to combat the most common scenarios.
INSTRUCTOR: Michael Celona has trained in martial arts for 21 years & has a 4th Degree Black Belt.
Weight Room 7:30-8:30 p Limit 18

THURSDAY NIGHT SPORTS FUN FITNESS CLASSES start MONDAY; NO CLASSES APRIL 5

NEW! 38. CARDIO-KICKBOXING** 8 wks Tuition \$42
For description of class & instructor, see #33.
Cafeteria 7-8p Limit 30
**Wear comfortable clothing and bring a cushioned mat

39. ZUMBA FITNESS 8 wks Tuition \$42
For description of class & instructor, see #34
Cafeteria 8:10-9:10 p Limit 30

40. LINE DANCING 8 wks Tuition \$42
If you are a beginner or have tried line dancing, come & learn the basic dance steps in Country Line Dancing. We'll have lots of fun.
INSTRUCTOR: Pepper Walling has been teaching country line dancing since 1994. For the past 13 years she has taught weekly at the Wilmington Elks Lodge.
2nd Floor Hallway 7:30-8:30 p Limit 25

41. HATHA YOGA * 6 wks (starts 3/15) Tuition \$37
Unwind with this gentle but challenging ancient form of exercise. Gain strength & flexibility while learning to relax & surrender your body & mind in these therapeutic poses. This class will not only guide you through physical poses, but through deep breathing & meditation exercises as well. No previous yoga experience necessary.
INSTRUCTOR: Allison Sevillano is a certified Yoga fitness instructor & practicing physical therapist with over 7 yrs experience. She earned her MS from Thomas Jefferson U & PhD from Temple U. & is a full time pediatric physical therapist with Delco IU.
4th Floor hallway 7:30-8:30p Limit 20
*Bring a sticky mat

42. EXPLORING MEDITATION 8 wks Tuition \$42
Explore the basic mindfulness meditation that brings you into your body & into the present moment. We will also examine the spiritual practices of different traditions.
INSTRUCTOR: Lelia Calder has studied & practiced many different kinds of meditation. Her training as a meditation instructor is in the Tibetan Buddhist tradition & she has done extensive retreat practice under the direction of Pema Chodron.
Room 7:00-8:30p Limit 15

43. EXPLORING MEDITATION

8 wks (starts 2/27; no classes 4/2, 4/9) Tuition \$45
 FOR CLASS DESCRIPTION AND INSTRUCTOR, SEE #43
Monday 10–11:30a Limit 15

44. THE FASTEST GROWING CLASSICAL MUSIC IN THE WORLD

8 wks (starts 3/5; no class 4/9) Tuition \$44
 That is chamber music! You always thought of chamber music as dull, boring, esoteric. Think again; it can be exciting, beautiful, & approachable. From Beethoven & Brahms to Faure, Copland, & more. Discover why chamber music is sweeping the classical musical world. INSTRUCTOR: Bruce Bogdanoff was a piano soloist with the Philadelphia Orchestra. He is a writer and editor of program notes for their student concerts & a founding member of the Rose Valley Chamber Ensemble.
Monday 1–2:30p Limit 30

NEW! 45. MAH JONGG 8 wks (starts 2/28) Tuition \$50

Come and learn one of the oldest, most entertaining, & challenging games. Begin with the basics—identifying tiles, learning rules & strategies—and then go quickly on to playing full games with instructor support. This class will be both fun & stimulating!
 INSTRUCTOR: Phyllis Feldman has played Mah Jongg for more than forty years, &, during that time, has taught both individuals & groups how to play.
Tuesday 10a–12p Limit 15

46. SLOW FLOW YOGA 8 wks (starts 2/28) Tuition \$42

Enjoy a perfect combination of Yin and Yang by slowly working the muscles with the Sun Salute & then lengthening the connective tissues with the Yin Yoga postures. End with relaxation. This is really a YinYin Yoga class—time to flow and build strength & then hold & let go. Bring a sticky yoga mat, extra large towel, & two yoga blocks.
 INSTRUCTOR: Shiron Womack has been a certified yoga instructor since 2008.
Tuesday 9–10a Limit 30

At Fellowship Hall in Wallingford Presbyterian Church,
 110 E. Brookhaven Rd., Wallingford, PA 19086

47. GENTLE YOGA 8 wks (starts 2/28) Tuition \$42

Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated, 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, & promoting spinal health. Bring a sticky yoga mat, extra large towel, & two yoga blocks.
 INSTRUCTOR: See #47

Tuesday 10:10–11:10a Limit 30
At Fellowship Hall in Wallingford Presbyterian Church,
 110 E. Brookhaven Rd., Wallingford, PA 19086

NEW! 48. WRITING: WRITE, CREATE, DELIGHT

4 wks (starts 4/3) Tuition \$28
 Discover the delight of putting into writing what lies within you. Select a form that fits your style & intention: a letter, poem, diary entry, travel narrative, memoir, story, or essay. Learn how to get started, benefit from support, feedback & editorial help. Bring a medium-size spiral notebook & pen or pencil.
 INSTRUCTOR: Patricia Thomas majored in English, taught writing to high school students, & developed & taught a memoir writing class at a Chautauqua summer session. Her writing has appeared in local publications.

Tuesday 2–3:30p Limit 12

49. QI GONG 8 wks (starts 2/29) Tuition \$42

Course description and Instructor: See #30
Wednesday 10–11a Limit 12

50. HEALTH CARE, AGING, AND YOU

5 wks (starts 2/29) Tuition \$32
 For those over fifty, learn whether part or full-time retirement is for you. We'll discuss Social Security, Medicare, long-term care, care giving, & hospice, as well as clear up the myths & mysteries of current & pending healthcare legislation.
 INSTRUCTOR: Judith Neale has worked in the field of health care & aging for 35 years. She is Executive Director of Senior Care Cooperative in Swarthmore, a NORC, or Naturally Occurring Retirement Community.
Wednesday 1–2:30p

51. AMERICAN HISTORY THROUGH FILM

8 wks (starts 3/7; no class 4/25) Tuition \$57
 View & discuss films about different eras & events in our nation's history. The films include "Truman," "October Sky," "Raging Bull," "Tailgunner Joe," "Amelia," "Matewan," "The Great White Hope," "Milk." Films subject to change.
 INSTRUCTOR: Richard Monastra has taught American History in senior high schools & community colleges in PA & NJ for 40+ years. He received a BA in history from LaSalle U., MA in American history from Temple U., MA in Economics from Drexel U. He is a member of the Organization of American Historians & of numerous professional educators' associations.
Wednesday 1–3:30p Limit 30

NEW! 52. ELECTION 2012: PROCESS, POLITICS AND PERSONALITIES 4 wks (starts 3/8) Tuition \$28

Wanted: reliable tenant for fully staffed, fully furnished DC mansion. 4 yr. lease with possible renewal. Limo service incl. Tenant must be on-call 24/7 & have expertise in crisis management. People skills a must. Tenant screening begins Spring 2012 with final selection Nov. 6, 2012. If interested, call 1-800 Vote 4 Me. Refs., job history, statement of suitability, affiliations, & philosophy req. prior to lease signing.
 INSTRUCTOR: See #52
Thursday 1–2:30p

54. BIRD WATCHING FOR BEGINNERS

4 wks (starts 3/23, no class 4/6) Tuition \$28
 Enhance your connection with the natural environment by getting acquainted with our colorful, feathered neighbors. Learn to identify birds by sight and song. Most class time will be in the field, spotting & identifying our local birds using binoculars & a field guide. First class at Swarthmore Boro Hall, rain or shine.
 INSTRUCTOR: Laura Matika has been birding since age 7, has extensive experience, & will be sharing her knowledge of & passion for this rewarding hobby.
Friday 7:30–9a