

**SPRING  
2013**

**OUR 48<sup>th</sup> YEAR  
OF SERVICE  
TO THE  
COMMUNITY**

**WSCC**

WALLINGFORD SWARTHMORE  
COMMUNITY CLASSES

P.O. Box 141 Wallingford, PA 19086

[www.wscclclasses.org](http://www.wscclclasses.org)

610-566-5786

[wscclclasses@gmail.com](mailto:wscclclasses@gmail.com)

**Online registration now available!!**

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**REGISTER BY MAIL NOW FOR SPRING 2013-REGISTRATION FORM BELOW  
CLASSES BEGIN MARCH 4 AND MARCH 7 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. Checks may not be deposited until the class is full.
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 cannot 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 MONDAY, FEBRUARY 25<sup>th</sup>, 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 start 3/4 unless noted; MONDAY NIGHT CLASSES MONDAY NIGHT**

**1. NEW! CHANGING FACES OF THE NEWS**

4 wks (starting 4/1) Tuition \$28

Ever wonder who determines what 'news' we will see & hear, & are these people to be trusted? Join an engaged group of "newsies" to discuss journalists & bloggers, "mainstream" & "fair and balanced" news media, talk radio hosts, & cable news pundits. Evaluate how social media, such as Twitter, Facebook, & Google, has influenced how we see the world.

**INSTRUCTOR:** Joe Biscontinini started out as a reporter and editor & then became a public relations executive in higher education. Since retiring, he has been a freelance writer & instructor in communications at Penn State Brandywine. He has a BA in Journalism from Penn State & an MA in Communications from Syracuse.

Room 313 7-8:30p

**2. NEW! BEGINNING BRIDGE**

8 wks (no class 3/25) Tuition \$50

If Bridge is a game you have always been meaning to learn, but somehow never did, this is the class for you! Have fun navigating the ins & outs of this most social yet competitive game. Learn how to assess your hand, how to bid, how to understand what your partner bids, how to play a hand, & how to make your bid.

**INSTRUCTOR:** Bern Rehberg is a Gold Life Master, Certified Director, & avid club & tournament player.

Room 312 7:30-9:30p

**3. NEW! FLORAL DESIGN: CREATE A SPRING CENTERPIECE**

1 wk (4/15) Tuition \$40 (includes flowers)

Welcome spring by creating a spectacular centerpiece for your home. Bring clippers & your favorite glass, ceramic or plastic container (no metal containers) that is no higher than 5 inches & has an opening of 4-5 inches. Learn sustainable methods of floral design (no Oasis) & then, with the assistance of the instructor, create your own spring centerpiece. Course fee includes all materials for the centerpiece except the container.

**INSTRUCTOR:** George Franz taught Amer History for 39 years before retiring from PSU and enrolling in Longwood's Floral Design Certificate Program completed in 2009. Also taken are courses in Sogetsu School of Ikebana under Midori Tanimune.

Room 349 7-9p Limit 19

**4. NEW! HORS D'OEUVRES REIMAGINED**

2 wks (4/8, 4/22) Tuition \$33

Polish your culinary abilities by learning to make delicious & beautiful hors d'oeuvres. This hands-on course will prepare you to substitute wonderful appetizers for a casual dinner when friends drop by. Also learn how to make more formal presentations for a crowd.

**INSTRUCTOR:** Nancy Curran has a life-long interest in cooking and entertaining. She has catered & prepared customized meals through her business, Red Tomato.

Room 349 7:30-9p Limit 10

**5. SHARPEN YOUR KNIFE SKILLS** 1 wk (3/4) Tuition \$23

Improve your knife skills with this hands-on knife course. Improve your slicing, dicing, cutting & mincing skills & have fun at the same time! Receive one-on-one instruction so that you will be a chopping champ by the end of the evening. Also bring your kitchen knives for sharpening.

**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.

Room 349 7-9p Limit 6

**6. CREATING STAINED GLASS** 8 wks (no class 3/25)

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) will be discussed the first night of class.

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

Room--The Shop 7-9p Limit 14

**7. DIGITAL PHOTOGRAPHY FOR BEGINNERS**

4 wks (starts 4/8) Tuition \$34

Is there a new digital camera in your house? Learn how to use it & how to compose well-exposed images. Edit your photos using simple programs demonstrated live on screen.

**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 Ft. Washington.

Room 310 7-9p Limit 12

**8. ITALIAN FOR BEGINNERS** 8 wks (no class 3/25) 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 6:30-7:55p Limit 14

**9. ITALIAN CONVERSATION—ADVANCED**

8 wks (no class 3/25) Tuition \$40

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.

**INSTRUCTOR:** See #8  
Room 306 8-9:00p Limit 14

**Board of Directors**

- |                   |                              |
|-------------------|------------------------------|
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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.

**MONDAY NIGHT CLASSES start 3/4 unless noted; MONDAY NIGHT CLASSES MONDAY NIGHT**

**10. BACKYARD CHICKENS** 2 wks Tuition \$20

Come learn the wonderful benefits of keeping a small-scale backyard chicken coop for your natural fresh egg supply. This two-part workshop begins with a slide show, coop designs, breed selections, & chicken-care basics & concludes at Amy's home for a tour of her backyard chicken operation.

INSTRUCTOR: Amy Johnson has almost 15 years experience in organic agriculture. She started Red Hill Farm, a 120 member CSA, & has since become director of outreach for Hillside Farm. She lives on a small property & embraces the challenge of fitting in veggies, fruits, herbs, flowers, a living roof, chickens & a rabbit.

Visit her at [www.secondandedgemont.com](http://www.secondandedgemont.com)

Room 308 3/11—7:30-9p Strath Haven High School  
3/17—1-2:30p 121 Edgemont St., Media, PA

**11. NEW! SMALLSCALE GARDENING** 2 wks Tuition \$20

Do you have a limited amount of growing space? Come learn creative ways to grow a variety of plants in a small space. Learn to inter-plant vegetables, fruits, & herbs with perennial flowers, incorporate them into pots & planters, grow on top of a roof & even on the strip between the street & the sidewalk. This is a two-part class with the second part a garden tour at the instructor's house.

INSTRUCTOR: See #10

Room 308 4/22—7:30-9p Strath Haven High School  
4/28—1-2:30p 121 Edgemont St., Media, PA

**TUESDAY EVENING BEER TASTING**

**12. CRAFT BEER TASTING**

1 wk (3/26)

Tuition \$34

Come explore the principles of pairing craft beer with fine cheeses & other foods. We'll try complex Belgian ales with creamy triple-crème cheese & big, bold imperial stouts with rich artisanal blue cheeses.

INSTRUCTOR: Daniel Shaw has worked in different craft breweries including 3 years as manager of Pinocchio's Beer Garden To Go, 2011 Best of Philly Best Beer Shop. He is one of several certified Cicerones in PA. A Cicerone is similar to a sommelier for beer.

Class held at PINOCCHIO'S BEER GARDEN TO GO, 131 East Baltimore Pike, Media, PA.

7:30-9p

Limit 30

**TUESDAY EVENING WINE TASTING 7:30-9p**

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

**13. RHONE WINES**

1 wk (3/19)

Tuition \$30

Join us to taste wines from the Rhone Region in France. This area represents the historic beginnings of the French Wine industry dating back to 600 BC. Sample both rare, prestigious wines from the North with aromatics & great structure as well as hearty everyday (with one exception) wines from the South. Find out why this area is known for both high quality & great value.

**14. ITALIAN WINE STARS**

1 wk (4/23)

Tuition \$30

Want to know the best wines of Italy? Italian vineyards produce some of the world's most popular wines that cannot be duplicated anywhere else. Taste wines from the three main regions of Italy--Tuscany, Piedmont & the Veneto--as well as wines from some less well-known wine-producing regions. Sample old standards, as well as newer styles being produced today.

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.

Both wine classes meet from 7:30-9p at Hobbs Coffee House at 1 Park Ave., Swarthmore. Limit 30 per class.

**15. NEW! THE ART OF ZENTANGLE**

6 wks (starts 3/14; no class 3/28) Tuition \$52 (includes materials)

Come join us to learn this new, relaxing method of creating abstract art. Forget multi-tasking & leave electronic devices behind while you create art pieces using a simple step-by-step process. Zentangle is easy to learn, meditative & highly addictive.

INSTRUCTOR: Leslie Coren is a professional calligrapher. She is the current president of the Philadelphia Calligraphers' Society & a certified Zentangle teacher.

Room 315 7-9p Limit 12

**16. NEW! BEGINNING HARMONICA** 8 wks (no class 3/28)

Tuition \$50

Are you ready to really play that harmonica you've stashed away in a drawer or closet? Join us to learn tongue blocking, grooves, octaves, & bends all played over a simple I, IV, V blues progression. Play to the guitar accompaniment of your instructor & receive free instrumental CDs to help build your skills & confidence. Everything leads up to a final open mic night finale!

INSTRUCTOR: James Day is a bandleader & sideman for several area bands. He has played blues festivals in the US, Canada, & Europe. He prides himself on being humorous, entertaining, & fun.

Room 312 7-9p Limit 20

**FOR INFORMATION ABOUT WSCC CLASSES, CALL OUR  
INFORMATION LINE AT 610-566-5786 OR  
[WSCCLASSES@GMAIL.COM](mailto:WSCCLASSES@GMAIL.COM).  
DO NOT CALL ANY SCHOOL OFFICE AS THEY WILL NOT  
HAVE THE INFORMATION ABOUT WSCC.**

## **THURSDAY NIGHT CLASSES start 2/28 unless noted; NO CLASSES 3/28**

**17. GUITAR** starts 7/14 6 wks (no class 3/28) Tuition \$38  
Learn the basics of guitar play including note reading, single note playing, chords, & right-hand techniques. All you need is a guitar and Hal Leonard's *Guitar Methods (Book 1)*. This course is great for both beginners & more experienced guitar-players.  
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 7:30-9:00p Limit 12

**18. NEW! UNIQUE PURSES FROM SCRAPS**  
4 wks (4/4-4/25) Tuition \$41 (includes some materials)  
Exercise your creativity. Join us to craft a unique purse from fabric, old ties, or upholstery scraps you've got around the house. Several patterns will be available. Course tuition includes a kit containing lining, stiffening, & strap cord. If possible, bring scissors, pins, needles, & thread.  
INSTRUCTOR: Susan Heaver is a jewelry artist, wearable arts creator, & potter. She has conducted workshops in jewelry making, floral arrangement & decorative arts. Her jewelry & purses are sold in boutiques in Malvern, Paoli, and Wayne.  
Room 351 7-9p Limit 10

**19. NEW! PILLOWS--QUILTED OR NOT**  
4 wks Tuition \$28  
Make unique & original pillows that suit your living space. Because of their size, pillows give you a great place to try a new technique, like quilting. In this class, learn a variety of easy pillow constructions that allow you to use your own pieced and quilted fabrics. No quilting experience necessary.  
INSTRUCTOR: Stacy Koehler is an experienced & avid quilter. She is a member of Undercover Quilters & owns the business: Quilt Endeavors. She has been a National Quilting Association certified judge since 2005.  
Room 351 7-8:30p

**20. NEW! BEEKEEPING FOR BEGINNERS**  
6 wks (no class 3/28) Tuition \$36  
Interested in backyard beekeeping? Join this course for beginners & acquire the basics. Learn how to select a hive style, choose your honeybee breed, register colonies with the state, work with your bees, & keep neighbors calm about your earth stewardship activities.  
INSTRUCTOR: Anais Salles is an urban farmer, keeping bees in Philadelphia. She is the Executive Director of Green Sanctuary Earth Institute of Pennsylvania & the author of "The Day the Honey Bees Disappeared" (a children's eBook), facilitator of a week-long summer "Bee" camp, & creator of Visualize World Bees, an educational board game about honey bees. She blogs/curates at Bee Green Philly: Best of Urban Beekeeping.  
(<http://beegreenphilly.com>)  
Room 306 7:30-9p

**21. NEW! MASTER GARDENING TECHNIQUES**  
3 wks (3/7, 3/14, 3/21) Tuition \$24  
1) **Pollinators**: Learn how to attract butterflies, hummingbirds & other pollinators that will enhance your garden and bring you viewing pleasure. Choose correct plant varieties & learn how to place them.  
2) **Rain Gardens**: Acquire rain garden fundamentals & select the correct plant materials for this beneficial addition to your garden.  
3) **Cacti and Succulents**: If you are a low maintenance person, then cacti & succulents are for you. Find out how easy they are to maintain & investigate the huge variety of these plants you can grow.  
INSTRUCTORS: Dr. Kathy Hornberger & Ray Murphy have qualified as Master Gardeners through Penn State Extension. Lee Armillee (Rain Gardens) works for Green Weaver Landscaping.  
Room 313 7:00-8:30p

**22. GERMAN FOR BEGINNERS, PART 2**  
8 wks (no class 3/28) Tuition \$44  
Do you have a basic knowledge of German? Are you planning a trip to a German-speaking country? Come join the conversation—in German—and learn vocabulary, grammar, & much about German culture. Bring the textbook *Fokus Deutsch, Beginning German* (new \$86; used on Amazon \$19).  
INSTRUCTOR: Jeff Durst has a BA in German Studies & History. He lived in Germany for two years & traveled widely in German-speaking countries.  
Room 308 7-8:30p

**23. DIGITAL PHOTOGRAPHY FOR BEGINNERS**  
4 wks (starts 4/4) Tuition \$34  
FOR CLASS DESCRIPTION AND INSTRUCTOR, SEE #7  
Room 310 7-9p Limit 12

**24. WOODCARVING** 8 wks (no class 3/28) 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 10

**25. SEASONAL COOKING WITH JACK & MARTY**  
4 wks Tuition \$50  
Expand your cooking knowledge and skills while having fun in this hands-on class. Discover useful knife skills & handy kitchen gadgets. In each class, we'll use seasonal ingredients to prepare great first courses, soups, & poultry or seafood dishes & conclude with an easy & delicious dessert. Bring a cutting board, an apron, & your favorite knife.  
INSTRUCTORS: 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

**26. TOUR OF VIETNAMESE & ITALIAN MARKETS**  
1 wk (Fri. 3/22) Tuition \$40  
With a couple of "foodies" as your leaders, take a tour of Philadelphia's famed Vietnamese & Italian Markets. Learn the best places to shop, what to buy, & how to cook it. Sample a bowl of Pho, the great national soup of Vietnam, along with a taste of a banh mi sandwich, &, of course, a decadent cannoli. Provide your own transportation. Information on where & when to meet will be emailed.  
INSTRUCTORS: See #25 12 noon-4p Limit 15

### **CLASS LOCATIONS**

Most daytime classes are held at Swarthmore Boro Hall,  
121 Park Ave. in the center of the Boro.  
Most evening classes are held at Strath Haven High School,  
205 S. Providence Rd.  
There are two entrances,  
Brookhaven Road gives access to the cafeteria  
as well as 2<sup>nd</sup> and 4<sup>th</sup> Level hallways;  
Providence Road is your best choice for 300 level classrooms.  
Confirm location in brochure.  
For information 610-566-5786 or [wsclasses@gmail.com](mailto:wsclasses@gmail.com)

**MONDAY NIGHT SPORTS FUN FITNESS CLASSES start 3/4 (Unless noted) NO CLASS 3/25**

**27. EXPLORING MEDITATION** 8 wks (no class 3/28) Tuition \$44  
Meditation changes the way we live by teaching us to think differently. Begin with practices that tame the discursive mind & bring your awareness into the present moment with sitting & walking. Explore sensory awareness, listening, working with emotions, heart practices, & meditative contemplation. Both old and new students are welcome.  
INSTRUCTOR: Lelia Calder has studied & practiced many different kinds of meditation. Her training as a meditation instructor is in the Tibetan Buddhist tradition.  
Room 355 7:15-8:30p Limit 15

**28. 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, & each semester students learn new ones. 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 and staff.  
Hallway outside of Library 7-8p Limit 15

**29. 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: controlling & 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; & breathing properly which pulls it all together.  
INSTRUCTOR: Maureen Fleagle is a physical therapist & has been practicing for over twenty years. She is currently employed in the Crozer-Keystone system, specializing in lymphedema & women's health. She is Pilates certified & shares her expertise in both rehabilitation & wellness settings.  
4<sup>th</sup> Floor Hallway 6:30-7:30p Limit 25

**30. PILATES MAT: LEVEL II\*\*** 8 wks Tuition \$42  
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, & strengthen the student's practice.  
INSTRUCTOR: See #29  
4<sup>th</sup> Floor Hallway 7:40-8:40p Limit 20  
\*\*A cushioned Pilates mat is highly recommended for both courses.

**31. 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. Learn easy-to-follow combinations for a total body workout.  
INSTRUCTOR: Bridget Pothier is a graduate of Strong, Stretched & Centered of Maui, HI. She is certified in personal training, group exercise & yoga.  
2<sup>nd</sup> Floor Hallway 6:45-7:45p Limit 25  
\*\* Wear comfortable clothing and bring a mat

**32. ZUMBA ® FITNESS** 8 wks Tuition \$42  
Come join this exhilarating, easy-to-follow, Latin-inspired, calorie burning dance fitness party. Zumba ® features exotic rhythms set to high energy Latin & international beats. You'll have a blast while working up a sweat.  
INSTRUCTOR: Bridie Coan is a licensed Zumba ® instructor. She is also a registered nurse working in Patient Safety at a pharmaceutical company.  
Cafeteria 8-9p Limit 25

**33. BELLY DANCING** 8 wks Tuition \$42  
Come burn off calories & work up a sweat as you learn the exotic style & art of belly dancing. Fun, easy, & effective. No dance experience required.  
INSTRUCTOR: See #31  
2<sup>nd</sup> Floor Hallway 7:55-8:55p Limit 25

**34. DANCE, DANCE, DANCE! SWING** 8 wks Tuition \$42  
Come learn the most upbeat of all ballroom dances. No experience necessary! Have a wedding in your future or some other special occasion? Join this class & prepare to dazzle all those who see you dance.  
INSTRUCTOR: Joseph Rossano has been teaching for the Tish Sweeney School of Dance for more than 10 years. He also taught at the Newtown School of Dance & Dance Partners. He has been teaching for WSCC since 2001.  
Cafeteria 6:45-7:45p

**35. 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 welcome.  
INSTRUCTOR: Kevin Haney is an English Instructor in the WSSD & has been a head volleyball coach for many years. He received his BA in English & Secondary Education from Widener & his MA from the U. of the Arts.  
Gym 7:30-9p Limit 30

**THURSDAY NIGHT SPORTS, FUN FITNESS Starts 2/28, NO CLASSES 3/28**

**36. CARDIO-KICKBOXING\*\*** 8 wks Tuition \$42  
For description of class & instructor, see #31  
Cafeteria 6:45-7:45p Limit 30  
\*\* Wear comfortable clothing and bring a mat

**38. HATHA YOGA\*\*** 6 wks (3/7-4/18) Tuition \$32  
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: Heather Dyas-Fried is a certified Kripalu Yoga teacher. She has a BA in Theatre Arts & has been working as an actor/activist since 1990. She is a founding member of Equalogy, Inc., a theatre for social change based out of NYC that tours colleges in 14 states.  
4<sup>th</sup> Floor Hallway 7-8p Limit 20  
\*\*Bring a sticky mat

**37. ZUMBA ® FITNESS** 8 wks Tuition: \$42  
For description of class & instructor, see #32  
Cafeteria 8-9p Limit 30

**39. 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 & couples dancing since 1994. For the past 13 years she has taught weekly at the Wilmington Elks Lodge.  
2nd Floor Hallway 7:30-8:30p Limit 25

**DAYTIME CLASSES, SWARTHMORE BOROUGH HALL COMMUNITY ROOM, unless noted. DAYS AND DATES SHOWN**

**40. EXPLORING MEDITATION** 8 wks (starts 3/4) Tuition \$45  
FOR CLASS DESCRIPTION AND INSTRUCTOR, SEE #27  
Mon. 10:30-11:45a Limit 15

**41. NEW! "THERE IS NOTHING LIKE A DAME":  
THE ROLE OF WOMEN IN CLASSICAL MUSIC**  
8 wks (starts 3/4) Tuition \$44  
Who says there have been no female classical composers, conductors, or, until recently, performers? Join us to appreciate that this is a myth. Come revel in the surprisingly rich legacy of women in great music.  
INSTRUCTOR: Bruce Bogdanoff was a piano soloist with the Philadelphia Orchestra. He is a writer & editor of program notes for their student concerts & a founding member of the Rose Valley Chamber Ensemble.  
Mon. 1-2:30p Limit 30

**42. NEW! NEW CRIMES AND HOW TO PROTECT  
YOURSELF FROM THEM** 1 wk (3/11) Tuition \$13  
Learn from an expert about new crimes involving telemarketing, investment or identity theft that frequently use the Internet. The elderly are often the targets of these crimes, but any unsuspecting person could be a victim. Don't be such a victim. Join this class & find out how to protect yourself & your loved ones.  
INSTRUCTOR: Trooper Rosemary McGuire of the PA State Police has given this informative & important information to several area groups.  
Mon. 3-4pm

**43. GENTLE YOGA** 8 wks (starts 3/5) 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 & meditative techniques to quiet the mind. Perfect for stress reduction, increasing flexibility, & promoting spinal health. Bring a sticky yoga mat & extra large towel.  
INSTRUCTOR: Shiron Womack has been a certified yoga instructor since 2008. She teaches at the Healthplex.  
Tues. 9:30-10:30a Limit 30  
At Fellowship Hall in Wallingford Presbyterian Church, 110 E. Brookhaven Rd., Wallingford, PA 19086

**44. AMERICAN HISTORY THROUGH FILM**  
6 wks (starts 3/5) Tuition \$36  
View & discuss films inspired by an event, epoch, or person in American History. Explore both the topics of the films & film techniques. Films will include "The Molly Maguires," "Coming Home," among other cinematic greats.  
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 University, MA in American History from Temple University, MA in Economics from Drexel University. He is a member of the Organization of American Historians & of numerous professional educators' associations.  
Tues. 1-3:30p Limit 30

**45. BRIDGE REFRESHER** 8 wks (starts 3/6) Tuition \$45  
Have you played bridge at one time or another & would like to brush up on the basics & learn some of the modern techniques? You'll enjoy this class, which is about half instruction & half playing. There will be a modest amount of homework in *Bridge for Dummies* by Eddie Kantar (any edition). Buy on e-bay or Amazon.  
INSTRUCTOR: Bern Rehberg is a Gold Life Master, Certified Director, & avid club and tournament player.  
Wed. 9:30-11a Limit 12

**46. QI GONG ("chee-GONG")** 8 wks (starts 3/6) Tuition \$42  
FOR CLASS DESCRIPTION AND INSTRUCTOR, SEE #28  
Wed. 10-11a Limit 15

**47. NEW! PHILADELPHIA THEATER**  
5 wks (starts 3/13) Tuition \$62 (includes tix to 2 plays)  
Join this class for an exciting introduction to the vibrant theater scene in Philadelphia. Attend matinees of the classic "A Raisin in the Sun" & of a more contemporary play entitled "Seminar." Reflect on and discuss these plays with fellow theater buffs.  
INSTRUCTOR: Priscilla F. Clement taught History for over 40 years at Penn State Brandywine. She published several books & articles & won three teaching awards. She is an avid theatergoer & served for five years as a Barrymore Nominator (Philadelphia equivalent of Tony award).  
Wed., 1-2:30pm Limit 15

**48. BEGINNING BIRDING\*\*** 4 wks (starts 4/11) Tuition \$29  
Expand your enjoyment of the natural world by meeting our feathered neighbors. By the end of this class you will be able to identify 20+ birds & have the basic skills to identify more using binoculars & a field guide.  
INSTRUCTOR: Laura Matika has been birding since age 7 & has extensive experience in several different habitats.  
Thurs., 7:30-9a Limit 20  
\*\*If you have them, bring binoculars & a field guide to class.

**49. MAH JONGG** 6 wks (starts 2/28) Tuition \$42  
If you are a beginner or someone who has played Mah Jongg before, join us to perfect your skills playing one of the oldest, most entertaining, & challenging games. Learn new strategies as you play full games with instructor support. Bring your 2012 Mah Jongg card obtained from the National Mah Jongg League at <http://www.nationalmahjonggleague.org/>.  
INSTRUCTOR: Phyllis Feldman has played Mah Jongg for more than forty years, & during that time, has taught both individuals & groups how to play.  
Thurs., 10am-Noon Limit 15

**50. NEW! EMANCIPATION PROCLAMATION**  
2 wks (starts 3/7) Tuition \$20  
Mark the 150<sup>th</sup> anniversary of the Emancipation Proclamation by learning how it changed the character of the Civil War. Follow Lincoln's changing attitude about the need to end slavery. Learn how African-Americans pushed for emancipation, as well as how soldiers & civilians reacted to the document.  
INSTRUCTOR: Theodore Zeman received his PhD from Temple University in American Military History & specialized in the American Civil War.  
Thurs., 1-2:30p

**51. NEW! WORLD WAR II IN EUROPE**  
5 wks (starts 3/21) Tuition \$32  
Learn about the planning of the Allied invasion of France in 1944 & the subsequent invasion of Normandy. Follow the troops through the tough campaigns in Northern Europe and be with them at the surrender of Germany in May 1945.  
INSTRUCTOR: SEE #50  
Thurs., 1-2:30p