

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

**36. EXPLORING MEDITATION**  
8 wks (3/2) • Tuition: \$43 (includes \$1 materials)

Meditation 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. Both experienced and novice students are welcome.

**Instructor:** Lelia Calder’s training as a meditation instructor is in the Tibetan Buddhist tradition where she has also done extensive retreat practice under the guidance of Pema Chodron, who is her main teacher. See also www.leliacalder.com.

Mon. 10:30–11:45 am • Limit 15

**37. NEW! THE BEST OF THE “BIG FIVE”**  
8 wks (starts 3/9) • Tuition: \$50 (includes \$1 materials)

Thinking “Big Five” college basketball? No, we’re talking the Philadelphia Orchestra—one of America’s top five orchestras. Examine our city’s cultural ambassador abroad. Study its 114 year history, listen to the conductors, soloists, and players that propelled it to the top of America’s elite five orchestras.

**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.

Mon. 1–2:30 pm • Limit 40

**38. NEW! WEATHER WIZARDS 101**  
6 wks (3/9–4/20 no class 3/30) • Tuition: \$37

This is a very introductory course for would-be weather wizards designed to present a few critical topics that will help in understanding how the atmosphere works over both short and longer time scales.

**Instructor:** John Ousey taught meteorology at PSU Brandywine for over 30 years. He has a BS from LaSalle U., MA’s from PSU and Drexel U., and a PhD from PSU.

Mon. 3–4:30 pm • Limit 20

**39. GENTLE YOGA**  
8 wks (3/3–4/21) • Tuition: \$45

Gently warm up the body through subtle movements connected to breath, combined with Yin postures (seated), and relaxed asanas. 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.

At Fellowship Hall in Wallingford Presbyterian Church, 110 E. Brookhaven Rd., Wallingford, PA 19086 • Tues. 9:30–10:30 am  
Limit 35

**40. NEW! MAH JONGG: BEGINNERS**  
4 wks (3/3–3/31) • Tuition: \$41

This ancient Chinese tile game involves skill, concentration, and luck. Learn the rules of the game and winning strategies in this class for new players and those needing a refresher course. You can purchase from the instructor the Mah Jongg card needed for play for \$9.

**Instructor:** Leah Feigenbaum has been playing Mah Jongg for over 40 years and has taught over 600 students to play the game. See www.mahjonggmentor.com

Tues. 1–3 pm • Limit 16

**41. NEW! MAH JONGG: STRATEGY/SUPERVISED PLAY**  
4 wks (4/7–4/28) • Tuition: \$41

If you have already taken the Mah Jongg Beginner course or have some prior experience playing the game, this course is for you! It is perfect for those desiring to hone their skills by learning strategy and for those seeking other compatible players. You can purchase from the instructor the 2015 Mah Jongg card for \$9.

**Instructor:** See #40

Tues. 1–3 pm • Limit 16

**42. NEW! GET FIT WHERE YOU SIT! CHAIR YOGA**  
8 wks (3/4–4/22) • Tuition: \$45

Come join a fun, lighthearted class ideal for almost everyone. Learn breathing, stretching, and yoga poses adapted for the chair. Most of the moves can be modified for those with joint restrictions. Breath connected movement is essential for health and wellness, and it stimulates both the body and the mind.

**Instructor:** Donna Shumaker, E-RYT has been practicing yoga for many years and 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.

Wed. 10–11 am • Limit 15

**43. NEW! PHILADELPHIA THEATER**  
5 wks (3/18–4/22 no class 4/1) • Tuition: \$81 (includes \$50 for tix to 3 plays; participants provide own transportation)

Join this class for an introduction to the vibrant theater scene in Philadelphia. Attend matinees of 3 intriguing Philadelphia theatrical productions: (1) a classic musical about early 20th Century America: *Ragtime* at Bristol Riverside Theater on Wed., Mar. 25 at 2 pm; (2) a new play about the futuristic prospects of androids and science by Thomas Gibbons: *Uncanny Valley* on Sun., Apr. 12 at 2 pm; (3) a modern take on *The Scarlet Letter* by Pulitzer Prize winner Suzan-Lori Parks: *In the Blood* on Sun., Apr. 19 at 2 pm at Theater Horizon. Discuss these plays with fellow theater buffs.

**Instructor:** Priscilla F. Clement taught History for over 40 years at Penn State Brandywine. She is an avid theatergoer and served for five years as a Barrymore Nominator (Philadelphia equivalent of Tony award).

Swarthmore Borough Hall, Community Room, Wed., 1–2:30 pm  
Limit 15

**44. INTRODUCTION TO THE IPHONE AND IPAD: JUST THE BASICS, PLEASE**  
2 wks (3/25, 4/1) • Tuition: \$19

Join this class to learn the basics of using your Apple iPhone or iPad as well as some of the amazing things it can do for you beyond making phone calls or allowing you to send and receive emails.

**Instructor:** Dan Snyder is an enthusiastic, self-taught user of iPhones and iPads. He has used computers for work and fun since the 1980s.

Swarthmore Borough Hall, Council Room, Wed. 1–2:30 pm • Limit 15

**DAYTIME CLASSES (CONT.), SWARTHMORE BOROUGH HALL COMMUNITY ROOM, unless noted.  
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**45. INTERMEDIATE IPHONE AND IPAD: WHAT ELSE CAN THESE THINGS DO FOR ME?**  
3 wks (4/8–4/22) • Tuition: \$28

If you are familiar with the basics of using your Apple iPhone or iPad, learn some of the more advanced things it can do for you. See demonstrations of and practice using features like iCloud, photography, video, iTunes, and the ever-mysterious—Siri. Bring your questions and get answers!

**Instructor:** See #45

Swarthmore Borough Hall, Council Room, Wed. 1–2:30 pm • Limit 15

**46. NEW! LAUGHTER YOGA\*\***  
8 wks (3/4–5/6 no class 3/30) • Tuition: \$45

Laughter Yoga is a unique concept, which includes self-induced laughter, relaxation techniques and yogic breathing. Forced laughter soon turns into real and contagious laughter—bringing joy and chasing depression. No previous yoga experience necessary.

**Instructor:** Alexa Drubay has studied Laughter Yoga in India with the movement’s founder, Dr. Madan Kataria

Wed., 3–4 pm \*\*Bring a yoga mat and water

**47. BEGINNING BIRDING\*\***  
4 wks (starts 4/9–4/30) • Tuition: \$31.50 (includes \$.50 materials)

Learn to use binoculars and the field guide to identify different species of birds. Practice and develop your skills by birding in 4 different habitats while learning to identify 20+ birds by sight and by song.

**Instructor:** Laura Matika has been birding since age 7. She has a BS in Biology from Purdue U. and has worked in two nature centers, including as director of the Summer Nature Program at Pocono Lake Preserve.

Thurs., 7:30–9 am • Limit 18

\*\*If you have them, bring binoculars and a field guide to class.

**CLASS LOCATIONS**

Most daytime classes are held at Swarthmore Borough Hall, 121 Park Ave. in the center of town. 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 the 2nd and 4th level classrooms. Providence Road is your best choice for 300 level classrooms. Confirm the location in the brochure. For information, contact: 610-566-5786 or wscclasses@gmail.com.

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**REGISTRATION**

**SPRING 2015 • CLASSES BEGIN MARCH 2 AND MARCH 5, UNLESS OTHERWISE NOTED**

- **REGISTER ONLINE** to immediately secure your spot in class, with a confirmation email sent. Online payments taken through WSCC use PayPal—the registrant DOES NOT need to have a PayPal account.
- To pay with a check, send full payment with the form below. Send separate checks and forms for each class. You are enrolled in the class unless you hear otherwise from us. Checks may not be deposited until a class is full.
- **NO REFUNDS** will be made except for cancelled classes. Credits are issued at the discretion of the registrar before classes begin. No credits will be issued after the semester begins.
- We offer adult education classes. We cannot accommodate children of students or instructors.
- A student may bring a guest to one class. Contact the registrar 610-566-5786 for fee information.
- In case of inclement weather, the TV and radio emergency ID# is **2499**.
- Walk-in registration has been eliminated.

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

Course title \_\_\_\_\_ Course number \_\_\_\_\_

Tuition \$ \_\_\_\_\_ Check # \_\_\_\_\_ Total enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_

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

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Additional Registrant Names (if paying for multiple people): \_\_\_\_\_



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**REGISTER ONLINE NOW TO SECURE YOUR SPOT IN CLASS • www.wscclasses.org • 610-566-5786  
See back page to register by mail. Spring classes begin March 2 and March 5, unless otherwise noted.**

**NEW CLASS MONDAY NIGHT  
Class starts March 9**

**1. NEW! THE COMPLETE HISTORY OF ROCK—ABRIDGED**  
3 wks (3/9–3/23) • Tuition: \$28  
Come join the popular radio host of *Harvey in the Morning* for an enjoyable trip back in time to the roots of rock n’roll. Recall the music of the pre-rock era of the 1930s and 1940s. Feel again the excitement of the time when rock took off in popularity between 1955 and 1964. Remember its legendary stars. Finally, finish up with the 1964–67 era with the British Invasion and the Beatles.

**Instructor:** John Harvey has 35 years experience in TV and radio, 22 years as the radio host of *Harvey in the Morning*. He is the owner/engineer of Barndance Productions.  
Room 308 • 7–8:30 pm • Limit 30

**NEW CLASS THURSDAY NIGHT  
Class starts April 9**

**16. NEW! BUILDING YOUR CONFLICT COMPETENCE**  
3 wks (4/9–4/23) • Tuition: \$28  
Much as we seek peace, conflict is always with us. Learn to deal with conflict in your personal and professional life more competently by examining conflict concepts, conflict styles, listening skills and communication methods. Practice what you learn in class between sessions and build your conflict competence.  
**Instructor:** Ellen Morfei is a mediator, conflict coach, and owner of Progressive Conflict Solutions in Media.  
Room 306 • 7–8:30 pm

**NEW CLASS TUESDAY NIGHT  
Class starts March 12**

**15. NEW! LAW FOR THE LAYMAN**  
6 wks (3/12–4/23 no class 4/2) • Tuition: \$49  
Join this class for an exciting and rare opportunity to learn about different aspects of the law from legal experts in our community. John M. Gallagher, Media lawyer, who will lead the Mar. 12 class on Constitutional Law, oversees the whole course. Subsequent topics include: Criminal and Juvenile Law; Wills, Trusts, Real Estate, Tax Assessment; Personal Injury, Torts, Employment and Insurance Law; Divorce, Separation and Cohabitation; concluding with A Critical View of the Legal System.  
**Instructor:** John M. Gallagher, a graduate of St. Joseph’s College and Temple U. School of Law, has been practicing in Delaware Co. since 1969. He is past president of the Delaware County Bar Assoc.  
Room 351 • 7–9 pm

**NEW FITNESS CLASS MONDAY NIGHT  
Class starts March 2**

**24. NEW! BOOTCAMP\*\*** 8 wks (no class 3/30) • Tuition: \$45  
Ready to get in great physical shape in 2015? Then join this exciting new high intensity interval training bootcamp which is a type of fitness training in which short, very high intensity intervals of activity alternate with longer, slower intervals of recovery. This bootcamp involves a 2:1 ratio—meaning recovery intervals are twice as long as work intervals.  
**Instructor:** Kyla Preto is a Certified Personal Trainer and Group Exercise Instructor with AAAI-ISMA.  
2nd Floor Hallway • 7:45–8:45 pm • Limit 30  
\*\*Bring a yoga mat and a medium or heavy resistance band.

**MORE NEW CLASSES CAN BE FOUND THROUGHOUT THE CATALOG.  
FOR MORE INFORMATION ABOUT WSCC CLASSES, CALL OUR INFORMATION LINE AT 610-566-5786  
OR EMAIL: WSCLASSES@GMAIL.COM.  
DO NOT CALL ANY SCHOOL OFFICE, AS THEY DO NOT HAVE INFORMATION ABOUT WSCC.**

