

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

36) FURTHER EXPLORATIONS IN MEDITATION
8 weeks (3/5-4/23) • Tuition: \$69 (includes materials)
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 discoveries of modern research in meditation, contemplation, prayer and
8 weeks (3/5-4/23) • Tuition: \$69 (includes materials)
 We will focus on classical music that brings joy and pleasure to our lives.
 . See www.learicalder.com

8 weeks (3/5-4/23) • Tuition: \$50 (includes materials)
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8 weeks (3/5-4/23) • Tuition: \$50 (includes materials)
 We will focus on classical music that brings joy and pleasure to our lives.
 Works by prominent masters will be featured, along with compositions by

38) NEW! BAKING SOURDOUGH BREAD AT HOME
8 weeks (3/5-4/23) • Tuition: \$69
 We will listen to beautiful music that is certain to enhance our quest for happiness.
 You will prepare a loaf for the oven and bake it to take home. You will also
Instructor: Bruce Bogdanoff

Instructor: Robert Smythe started baking bread at home eight years ago. He eventually baked and sold over 40 pounds of bread around town weekly. He has taught fun, laughter-filled, delicious bread baking classes in his kitchen for the past three years.
 Location: Fellowship Hall in Wallingford Presbyterian Church, 110 East Brookhaven Road, Wallingford

39) NEW! HAND EMBROIDERY 101
8 weeks (3/5-4/23) • Tuition: \$69 (includes materials)
 Embroider a market bag for the spring. Transfer your pattern, then fill in

38) NEW! BAKING SOURDOUGH BREAD AT HOME
Instructor: Lisa Jacobs is a published knitting designer and fiber artist. She learned to knit from her mother when she was four, and has had a needle in her hands ever since.
 Come learn to make the perfect sourdough loaf! No kneading necessary!

You will prepare a loaf for the oven and bake it to take home. You will also refresh a batch of starter dough to take home, mix a batch to use at home, and shape dough into various freeform loaves.
Instructor: Robert Camp will teach breathing and meditation technique. Great for increasing strength and flexibility, improving balance and reducing stress.
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41) NEW! "IT CAN'T HAPPEN HERE!! COULD IT?!"
3 weeks (3/20-4/3) • Tuition: \$37
 This class will view and discuss three films (The Manchurian Candidate, Seven Days in May, The Parallax View) that pose the possibility that the electoral process could be manipulated or undermined to install an autocratic, even militaristic, regime in the U.S. Possible or just paranoia?
Instructor: Rich Monastra holds degrees in American History and taught for over 40 years. He is a member of the National History Society, National Council for Social Sciences, and the American Historical Association.
 Tuesdays 1:00-3:00pm • Council Room • Limit 20

Saturday 9:00am-1:00pm • Limit 6 • Class will be held at the
6 weeks (3/8-4/12) • Tuition: \$56
INSTRUCTOR'S HOME – Address will be provided to registered students
 muscles and joints all work together to help us balance. We will focus on

39) NEW! HAND EMBROIDERY 101
 Embroider a market bag for the spring. Transfer your pattern, then fill in

your design with three classic embroidery stitches: back stitch, stem stitch, and lazy daisy. The instructor will provide a supplies kit for \$15 extra.
Instructor: Rich Monastra holds degrees in American History and taught for over 40 years. He is a member of the National History Society, National Council for Social Sciences, and the American Historical Association.
 Mondays 1:00-2:30pm • Community Room • Limit 15

40) GENTLE YOGA
5 weeks (3/16-4/20; no class 3/23) • Tuition \$41 (materials EXTRA)
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Fridays 10:00am-12:00pm • Community Room • Limit 10
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 Tuesdays 1:00-3:00pm • Council Room • Limit 20

42) NEW! BALANCE 101
8 weeks (3/1-4/26; no class 3/8) • Tuition: \$56
 iPad the controls and how to find, download, and use apps. These basics lead to the joys of balanced, healthy living and to the joys of more muscles and joints all work together to help us balance. We will focus on
43) TAI CHI CHIH MOVING MEDITATION
8 weeks (3/1-4/26; no class 3/8) • Tuition: \$56
 T'ai Chi Chih is often referred to as a moving meditation. Movements

46) NAME THAT BIRD
 promote balance and relaxation. It is not a martial art, is non-violent, and is practiced for its many health benefits. Movements can be adapted while backyard birds or just need an excuse to be outside more often, this is for seated or for physical limitations.
Instructor: April Reiki Master, an acupuncturist, and a Master's degree in clinical psychology, is a Biology from Purdue Univ. and has worked in two nature centers, including

Chi Chih instructor and a member of The Foundation for Shamanic Studies. See www.seek-peace.com

47) EVERYDAY MINDFULNESS
 calm, non-judgmental awareness. In this class we will use simple breathing
 Thursdays 9:30-10:45am • Community Room • Limit 20

44) NEW! LANDSCAPE QUILTING
3 weeks (3/16-4/20; no class 3/23) • Tuition \$41 (materials EXTRA)
 Learn how to create landscape quilts from a favorite outdoor scene using a

CLASS LOCATIONS
Most DAYTIME classes are held at Swarthmore Borough Hall, 121 Park Avenue, Swarthmore 19081.
Most EVENING classes are held at Strath Haven High School, 205 S. Providence Road, Wallingford 19086.
There are two entrances: Brookhaven Road enters at the cafeteria level; Providence Road enters at the 300 level classrooms.
 Confirm locations in the brochure – **there are some exceptions.** Questions: wscclases@gmail.com or 610-566-5786.

BOARD of DIRECTORS

Allen Becton	Susan Larson
Betty Becton	Vicky Nees
Jill Cortazzo	Lynn Meza, Registrar
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REGISTRATION

THE SPRING 2018 SEMESTER BEGINS MARCH 1st!

- REGISTER ONLINE at www.wscclases.org 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 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.** Additional forms can be printed from the website at <http://www.wscclases.org/how-to-register/> – under the “Mail-in Registration” section.
- When registering by MAIL you are enrolled in the class 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

ONE COURSE per FORM

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



RESIDENTIAL CUSTOMER

REGISTER ONLINE NOW TO SECURE YOUR SPOT IN CLASS: www.wscclases.org.
 Spring semester begins March 1st. See back page to register by mail.

NEW CLASSES -- MONDAYS

3) STILL LIFE DRAWING
4 weeks (4/9-4/30) • Tuition: \$41 (materials EXTRA)
 Students will learn about form, tone, light and shadow while drawing from still life scenes that will increase in complexity as the class progresses – drawing in media such as pencil, graphite and charcoal. List of needed supplies will be sent to registered students.
Instructor: Marc Damicis has a BFA from West Chester University and has worked as a gallery curator, independent press illustrator, in online art sales, and in custom framing and art supply retail.
 Art Room • 7:00-9:00pm • Limit 12

10) GOING GREEN: TEN STEPS TO A HEALTHY GARDEN
5 weeks (3/12-4/16; no class 3/26) • Tuition: \$46 (materials included)
 Learn how to grow a beautiful garden where people, plants and wildlife thrive together in a healthy setting. Topics include organic gardening, composting, choosing plants and creating diversity in your garden. Discover simple steps that will save you money and help you find more time to enjoy your garden.
Instructor: Marcia Tate is a garden coach, designer, photographer, writer and teacher specializing in native plants and eco-friendly gardening. She is a popular speaker and workshop leader for Audubon PA, at regional gardens, conferences and garden clubs.
 Room 315 • 7:00-8:30pm • Limit 20

11) PLAYWRITING 101
7 weeks (3/12-4/30; no class 3/26) • Tuition: \$63 (materials included)
 Learn the basic elements of writing for the stage: structure, dialogue and character. By studying the format of the ten-minute play, students will put those elements into practice by writing their own ten-minute plays. We will employ writing exercises and prompts to generate ideas. In this writers’ workshop we will read each other’s work aloud weekly. Writing experience welcome but not required.
Instructor: Jennifer Camp received her MFA in Dramatic Writing from NYU’s Tisch School of the Arts. Her plays have been produced in New York, Dallas, Cleveland, South Dakota and here in Philadelphia at the Walnut Street Theater. She has been published by Samuel French.
 Room 306 • 6:30-8:30pm • Limit 12

13) PAPER CRAFTING 101
8 weeks (3/5-4/30; no class 3/26) • Tuition: \$79 (includes materials)
 Prepare to be amazed by how easy it is to create gorgeous cards and projects using a variety of techniques and templates. This course will introduce you to the basic tools and supplies of cardmakers and scrapbookers, while completing a new project each week.
8) STILL LIFE DRAWING
4 weeks (4/9-4/30) • Tuition: \$41 (materials EXTRA)
 Students will learn about form, tone, light and shadow while drawing from still life scenes that will increase in complexity as the class progresses – drawing in media such as pencil, graphite and charcoal. List of needed supplies will be sent to registered students.

NEW CLASSES – THURSDAYS

MASTER CLASSES with MARGARET KUO – at Margaret Kuo Restaurant, 6 West State Street, Media
Margaret and husband, Warren, own restaurants in Media, Wayne and Malvern bearing her name, and a market in Rosemont. In it’s 25th year, Margaret Kuo’s Media received Philadelphia Magazine’s “Best of Philly” designation and a “3 Bells” rating from Inquirer critic Craig LaBan. Margaret is the recipient of numerous awards and was named a feature chef by the James Beard Foundation. The Kuos reside in the Media area.

26) LEARN TO ROLL SUSHI
1 week (4/5) • 3:00-5:00pm
Tuition: \$37 (materials included) • Limit 12
 Watch, learn and taste! In this hands-on class, chef and restaurateur Margaret Kuo will teach you how to successfully combine and roll sticky rice, seafood, and other authentic ingredients to create your own sushi. Japan’s renowned contribution to the culinary arts. With green tea ice cream for dessert!

27) A CHINESE SAMPLER
1 week (4/19) • 3:00-5:00pm
Tuition: \$37 (materials included) • Limit 12
 In this primarily demonstration seminar, you will be introduced to the techniques that elevate Margaret Kuo’s Asian cuisine beyond the ordinary. The class will focus on well-known specialties such as won tons, dumplings, fried rice and her “Best of Philly” spring rolls. Enjoy lychee sorbet to complete your tasting!

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