MONDAY NIGHT • Classes run once weekly on dates indicated.

4) BEGINNING MAH JONGG

4 weeks (10/7-10/28) • Tuition: \$41

Learn the basics of the entertaining, challenging game of Mah Jongg! Play full games with instructor support. 2019 Mah Jongg cards will be provided. Students are encouraged to sign up for the Continuing class (*Course #5*) to become fully comfortable with the game.

Instructor: Bonnie Kaplan has played Mah Jongg for over 20 years. As a former teacher, she is excited to share the joy of this wonderful game. Room 312 • 7:00-9:00pm • Limit 12

5) ADVANCED MAH JONGG

3 weeks (10/28-11/11) • Tuition: \$37

Ready to up your game? Learn and discuss advanced Mah Jongg strategies, including defensive play, hand selection and switching. Play games with instructor support. Must have 2019 National Mah Jongg card and at least two years playing experience.

Instructor:* Amy Graham has been playing Mah Jongg for over 20 years

and has been teaching the game for the past several years.

Room 312 • 7:00-9:00pm • Limit 16

6) ADVENTURES IN PAPERCRAFTING

8 weeks (10/7-11/25) • Tuition: \$89 (materials included)
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.

Instructor: Pam Margulis-Stone has taught workshops and classes to

crafters of all ages and experience levels. She is an avid papercrafter. Room 349 • 7:00-8:30pm • Limit 10

7) CREATING STAINED GLASS

8 weeks (10/7-11/25) • Tuition: \$66 (materials EXTRA)

Come learn an art form that originated 1000 years ago! Beginners will learn to cut glass, use foil, solder and create small pieces. Advanced students will work on their own pieces with advice from the teachers. The cost of supplies (over \$100) will be discussed at the first class. **Instructors:** Roseann Dumont and Janice Geraghty studied the art of stained glass with Betty McConnell at WSCC for many years. Roseann has crafted many pieces and collaborated with Ms. McConnell. Soon after Janice created her first pieces she converted a bedroom into a studio and has been addicted to the art ever since. She has gifted and sold pieces. Both enjoy helping others continue this ancient art. SHHS Shop • 7:00-9:00pm • Limit 14

8) FUNDAMENTALS OF DIGITAL PHOTOGRAPHY

6 weeks (10/7-11/18; no class 10/28) • Tuition: \$56 (materials included)
Digital has revolutionized the way people see and record the world
around them. This course will help you understand the technology
behind digital photography and teach you the ten most commonly used
features of your camera to compose striking images. You'll learn how to
edit images using editing programs through on-screen demonstrations.

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

9) NEW! THE NATURAL CYCLE OF PROGRESS AND GROWTH

1 week (11/4) • Tuition: \$9

We live in an outcome-focused society that makes it seem the only thing between your present and ideal life is hard work and willpower. This myth-busting course teaches how to honor and leverage the power of the natural seasonal cycles in us all in order to grow and enjoy life more. *Instructor:* Gwenn Prinbeck is a Personal and Professional Life Coach trained through Accomplishment Coaching, an International Coach Federation certified program. She is also a certified Sacred Depths Coach and certified in Foundations of Positive Psychology through U. of Penn. Room 306 • 7:00-8:30pm • Limit 20

10) BEGINNING ITALIAN

8 weeks (10/7-11/25) • Tuition: \$49

focusing on what is useful for travel, we will also learn the basics of grammar and work on listening, understanding and pronunciation.

Textbook is "Italian Now (Level I)" by Marcel Danesi (Barrons).

Instructor: Tony D'Addono spoke Italian at home while growing up. He studied Italian at Neumann Univ. and with Sal Faro at WSCC. He has studied all aspects of Italian grammar for fifteen years. He is passionate about the language and culture and has traveled to Italy seven times.

This is a course for beginners as well as those who wish to review. While

11) NEW! MAKE YOUR MONEY AND TIME WORK FOR YOU

1 week (10/14) • Tuition: \$9

Room 313 • 7:00-8:30pm • Limit 15

Too busy? Not enough money? If these are familiar reasons you keep putting off what you know would enhance your life, then join us to grow your awareness about your existing relationship to money and time. Begin to shift your ability to have these resources work for you, even when in limited supply.

Instructor: See #9

Room 306 • 7:00-8:30pm • Limit 30

12) HOW TO CREATE A HOME THAT SPARKS JOY

1 week (10/7) • Tuition: \$12

Learn the fundamentals of the KonMari Method, the process of home organizing created by Marie Kondo, author of "The Life-Changing Magic of Tidying Up." We will discuss how to identify what "sparks joy" in your home and how to practically move through the five KonMari categories. **Instructor:** Amanda Jefferson is an organization and productivity consultant and owner of Indigo Organizing (indigoorganizing.com). As one of the world's first certified KonMari consultants, she helps create homes and businesses that are peaceful and efficient.

13) NEW! GREAT NATIVE PLANTS FOR TOUGH SPACES

4 weeks (11/4-11/25) • Tuition: \$36 (materials included)

Too sunny, shady, wet or dry – some of the challenging conditions commonly encountered by gardeners. The "right plant, right place" approach transforms "problem" sites into opportunities to grow interesting species. Learn about plants indigenous to the Mid-Atlantic states that are naturally adapted to thrive in tough sites, with the bonus of providing excellent habitat resources for native birds and wildlife.

**Instructor*: See #2*

Room 315 • 7:00-8:30pm • Limit 20

Room 306 • 6:30-8:30pm • Limit 30

14) SOCIAL MEDIA BASICS AND BEYOND

6 weeks (10/7-11/11) • Tuition: \$37

Whether you are a beginner or already familiar with social media, this class will help you gain proficiency in using the ever-evolving platforms that have transformed communications. Enjoy the benefits for personal or business use.

Instructor: See #3.

Room 330 • 6:30-7:45pm • Limit 20

15) ACTING UP – AN EXPLORATION OF STAGECRAFT

8 weeks (10/7-11/25) • Tuition: \$81 (materials included)

Try your hand at acting! Using improv, theater games and plenty of laughs, students will learn how to take the author's words off of the page to create 3-dimensional characters. Students of all levels will free up their imaginations and discover their talents.

Instructor: Ellen Wilson Dilks is an actor, director, theater reviewer and arts writer. She has directed at Players Club of Swarthmore, Allens Lane and Widener Univ. She has assisted at Hedgerow and at People's Light. Room 304 • 7:00-9:00pm • Limit 14

THURSDAY NIGHT • Classes run once weekly on dates indicated.

TUESDAY NIGHT WINE TASTING

16) FRENCH WINE ICONS

10/22 • Tuition: \$45

Understanding French wines is simply about geography and Terroir (all of the natural factors associated with a vineyard such as soil, topography and climate). French winemakers believe in Terroir. We will look at the finest examples of these wines and how they inspired other regions around the world to emulate their quality and character.

17) EXPENSIVE VERSUS INEXPENSIVE WINES 11/12 • Tuition: \$45

We will give consideration to the elements that go into winemaking and what makes one wine more expensive than another. Wines will be tasted "blind" side by side, with only the Varietal name disclosed. You will be the final arbiter of the quality style you prefer. Sharpen your tasting skills!

Instructors: Richard Unti and Robert Peters have taught at the Main Line School, Temple Univ.—Ambler Campus 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 36

21) GUITAR

8 weeks (10/3-11/21) • Tuition: \$45

Learn the basics of guitar playing, including 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 live for 40 years. He has written 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) WATERCOLOR FOR EVERYONE

5 weeks (10/24-11/21) • Tuition: \$41 (materials EXTRA)
All levels welcome. Learn varied watercolor techniques and styles.
Individualized instruction and step-by-step demonstrations are offered.

Students will pay \$15 to the instructor for supplies.

Instructor: Joanne Dozor has studied with local greats such as Dominic DiStefano, Phil Blank, Jane Miluski and Josephine Tsai. Her passion for watercolor has resulted in many sales in her Surf City, NJ gallery, Firefly.

Art Room • 7:00-9:00pm • Limit 16

23) THE EDUCATED COLLECTOR

3 weeks (10/3-10/17) • Tuition: \$40 (materials included)

To be successful in collecting, you need to know where to buy and sell

the items you need. Or perhaps you have inherited antiques or collectibles and are looking to sell them. Learn how to determine value and what has value, and find markets to buy and sell. *Instructor:* Bob Brooke has been a collector for 37 years and specializes in writing about antiques. His articles have appeared in publications

including Antique Week and American Antiquities. He has published two books on antiques. He writes an antiques E-zine and a weekly blog.

Room 310 • 7:00-9:00pm • Limit 20

24) NEW! RESILIENT GOALS FOR YOUR FLOURISHING LIFE

1 week (11/14) • Tuition: \$9

Learn how to design goals in a way that specifically supports your achievement of outcomes that may currently feel overwhelming, too hard, or too far in the future. Drawing from the fields of positive psychology and ontological coaching, you will learn concrete strategies and mindset tips to support your best life.

Instructor: See #9.

Room 312 • 7:00-8:30pm • Limit 20

6 weeks (10/17-11/21) • Tuition: \$37

Introduction to the houseplant hobby including tips on plant husbandry and care for tropical and temperate-tropical plants commonly found in collections in our area. Improve your understanding of what plants need to thrive indoors and boost your confidence as a collector. *Instructor:* James Verdi is the founder and managing member of Houseplant Hospital LLC in Swarthmore. He has served on groundskeeping departments at two major area colleges and is a member of the Swarthmore Horticultural Society.

25) HOUSEPLANT HOSPITAL FOR HAPPIER HUMAN HABITATS

Room 309 • 6:30-8:00pm • Limit 20

26) WHAT IS YOUR SOCIAL SECURITY STRATEGY?

1 week (10/10) • Tuition: \$9

Social Security is simple if you worked long enough and were never married. When you add two-incomes and/or divorce into the mix decisions become complicated. Making wrong decisions can result in less income for the rest of your life. This course addresses common but complex situations including: how to give your check a government-guaranteed boost; how marital status affects benefits; how a spouse's filing status affects benefits. Learn strategies to maximize benefits. *Instructors:* Michael Wahl has worked in the field for 48 years. His partner, Dan Batty, has been in the field for 28 years. Room 312 • 7:00-8:30pm • Limit 25

27) CREATIVE PHOTOGRAPHY II

8 weeks (10/3-11/21) • Tuition: \$66

Are you ready to take your photography skills to a new level? This spirited class offers a professional's guidance to help you create powerful travel, people, food and lifestyle photos. Develop and direct your creativity to capture and share the great moments in life. Please bring a photo you wish you had taken to the first session, and bring your camera to all classes. Having completed *WSCC Creative Photo I* will ensure you get the most from this course.

Instructor: George Tate, a freelance location photographer, creates photos for advertising, branding and corporate communications throughout the U.S. and worldwide. www.georgetatephotographer.com. Room 306 • 7:00-9:00pm • Limit 18

28) CREATIVE WRITING WORKSHOP

7 weeks (10/3-11/21; no class 10/24) • Tuition: \$58

Open to all levels, this workshop will provide a supportive environment for writers to discover their unique voices. In the first hour we write in notebooks on prompts that lend themselves to fiction, creative nonfiction, poetry and memoir while examining plot, characterization, dialogue and description. In the second hour participants have the opportunity to have a piece of writing reviewed by the workshop. *Instructor:* Louise Bierig is a graduate of the University of Iowa's undergraduate Writer's Workshop. She has written short stories, personal essays, poems, novels and a novella. She taught at The William Way Center in Philadelphia and at Soul Source in Swarthmore and Aston. She leads the Lansdowne Writer's Workshop.

Room 313 • 7:00-9:00pm • Limit 12

29) BEGNINING LATIN

8 weeks (10/3-11/21) • Tuition: \$45

This course is designed for beginners and anyone wishing to refresh their Latin. We'll explore the beauty and history of Latin and deepen our appreciation of Ancient Rome. Our study of basic Latin grammar will be focused and fun!

Instructor: Jeremy Lefkowitz, Associate Professor of Classics, and his students study Latin and Greek at Swarthmore College. They have successfully organized Latin outreach programs at Swarthmore-Rutledge School and Strath Haven Middle School.

Room 308 • 7:00-8:00pm • Limit 20

MONDAY NIGHT BODY & MIND FITNESS • Classes run once weekly on dates indicated.

30) PILATES MAT: LEVEL I

8 weeks (10/7-11/25) • Tuition: \$45

Discover a way to reduce back pain, improve posture and energize your lifestyle. This beginner class focuses on the fundamentals of Pilates: controlling and concentrating for mind-body connection; working from the center (core); aligning the body properly with precision movement; sequencing to avoid overuse of any one muscle group; and breathing properly, pulling it all together. A cushioned Pilates mat is recommended. *Instructor:* Maureen Fleagle has been a physical therapist for over 30 years and is a certified Pilates instructor. She works in the Main Line Health System, specializing in women's health and lymphedema management. 4th Floor Hallway • 6:05-7:05pm • Limit 30

31) PILATES MAT: LEVEL II

8 weeks (10/7-11/25) • 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 so, come and 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: See #30.

4th Floor Hallway • 7:15-8:15pm • Limit 30

32) ZUMBA FITNESS

8 weeks (10/7-11/25) • 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 – fun exercise and great for stress relief! *Instructor:* Rachel Gionta is a licensed Zumba teacher. She teaches Zumba at Temple U. for Campus Recreation and at Fireworks Dance Center in Norwood, PA. She enjoys finding new music and creating new songs to bring to her classes -- every class feels like a dance party! Cafeteria • 6:15-7:15pm • Limit 20

33) CARDIO KICKBOXING

8 weeks (10/7-12/2; no class 10/14) • 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 an exercise instructor and personal trainer at Ridley Sports Club.
2nd Floor Hallway • 6:40-7:40pm • Limit 25

34) LIVING MEDITATION

8 weeks (10/7-11/25) • Tuition: \$45

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 40 years. Authorized to teach in the Shambhala tradition, he has led group programs and counsels individual students. Room 355 • 7:15-8:15pm • Limit 15

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THURSDAY NIGHT BODY & MIND FITNESS • Classes run once weekly on dates indicated.

35) TOTAL BODY SCULPT

8 weeks (10/3-12/5; no class 10/31) • 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: See #33.

Cafeteria • 6:40-7:40pm • Limit 25

36) HATHA YOGA

8 weeks (10/3-11/21) • Tuition: \$47 (materials included)
Unwind with this gentle but challenging ancient form of exercise. Learn
basic yoga asanas (postures) to improve strength, balance and flexibility
while focusing on the thread of the breath that "yokes" the mind and body
together. Bring a yoga mat.

Instructor: Ann MacMullan Jeans is a certified yoga instructor (RYT-200) and teaches in the Philadelphia area with her company, Team Sun Wellness. She believes in the healing power of yoga and meditation for everyone, no matter what age, level of fitness or life circumstances. 6:00-7:00pm • Limit 35

Location: Wallingford Pres Church, 110 E. Brookhaven Rd, Wallingford

37) COUNTRY LINE DANCING

8 weeks (10/3-11/21) • 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 24 years experience teaching country line and couples dancing. She teaches weekly at the Wilmington Elks Lodge. 2nd Floor Hallway • 7:00-8:00pm • Limit 25

38) NEW! MOVING IN THE RIGHT DIRECTION

4 weeks (10/10-11/7; no class 10/31) • Tuition: \$21

Join this course to learn various techniques and tips for how to move your body properly and maintain a healthy life. Topics include Posture 101 to understand what good, better and best posture looks like; Roll It Out to learn the concepts of myofascial release and why rolling can prevent injuries; Functional Movement Screening to correct asymmetries and weaknesses including balance and how to lift properly; and Wellness Life Hacking to explore tips and strategies for a healthier life.

Instructor: Dr. Caitlin Redding is a local sports chiropractor. She treats the whole person by building rapport and working within the boundaries of evidence to help patients be their own health advocates. Her mission is to educate on how preventative and conservative wellness care can help individuals lead a healthier lifestyle. She lectures on injury prevention and management and is part of a corporate wellness company that brings functional movement to employees in the greater Philadelphia region.

4th Floor Hallway • 7:30-8:30pm • Limit 15

39) NEW! WARM IT UP

1 week (11/14) • Tuition: \$9

Overwhelming evidence shows that implementing a proper warm-up enhances an athlete's performance and prevents injuries. But athletes and their parents often report that warm-ups are not always implemented. This course is for coaches, parents and athletes to understand what a dynamic warm-up is, how to do it safely and effectively, and how to teach athletes to be mindful of their own bodies.

Instructor: See #38.

4th Floor Hallway • 7:30-8:30pm • Limit 15

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

40) EXPLORING MEDITATION

8 weeks (10/7-11/25) • Tuition: \$51 (materials included) Meditation is making friends with ourselves, taming our restless minds with relaxed attention, and cultivating natural awareness. We will also explore listening practice, working with difficult emotions, training in compassion, and meditative contemplation.

Instructor: Lelia Calder has trained with teachers in the Christian, Zen and Tibetan Buddhist traditions. She teaches classes, leads retreats, and gives individual practice instruction, and teaches the Alexander Technique. Mondays 10:30am-12:00pm • SBH Council Room • Limit 16

41) NEW! THE FINAL GREAT EIGHT

8 weeks (10/7-12/2; no class 10/14) • Tuition: \$50 (materials included) Explore the lives of Bruckner, Dvorak, Mendelssohn, Sibelius, Schubert, Grieg, Schumann and Shostakovich – and what it is that makes them great. *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 • SBH Council Room • Limit 40

42) CROCHET 101

4 weeks (10/11-11/15; no class 10/25, 11/8) • Tuition: \$31 Learn to crochet with a simple hooded scarf. Students will learn chain stitch, double crochet, granny squares and finishing techniques. *Instructor:* Lisa Jacobs is a published knitting designer and fiber artist. She learned to sew and embroider when she was four, and has had a needle in her hands ever since.

Fridays 1:30-3:00pm • SBH Council Room • Limit 15

43) GENTLE YOGA

8 weeks (10/1-11/19) • Tuition: \$47 (materials included) Create balance between mind, body and spirit by connecting breath with movement during gentle reclining, seated and standing postures. Calm the mind and focus inward with breathing and meditation techniques. Great for increasing strength and flexibility, improving balance and reducing stress. Bring a yoga mat and towel. Beginners welcome. Instructor: See #36.

Tuesdays 9:00-10:00am • Limit 35

Location: Wallingford Pres Church, 110 E. Brookhaven Rd, Wallingford

44) BALANCE 101

8 weeks (10/3-11/21) • Tuition: \$50 (materials included) Learn the basics of balance – how our vision, inner ear and strength of muscles and joints all work together to help us balance. We will focus on techniques and exercises aimed at improving balance for all ages, and create balance habits that can be incorporated into everyday situations. Instructor: See #36.

Thursdays 1:00-2:00pm • Limit 20

Location: Swarthmore Methodist Church, 129 Park Ave, Swarthmore

45) T'AI CHI CHIH: MOVING MEDITATION

7 weeks (10/2-11/27; no class 10/9, 11/6) • Tuition: \$41

T'ai Chi Chih is often referred to as a moving meditation. Movements 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 seated or for physical limitations.

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. See www.seek-peace.com. Wednesdays 9:15-10:30am • SBH Community Room • Limit 20

46) NEW! QUILTED TOTE BAG

5 weeks (10/4,10/11,10/25,11/1,11/22) • Tuition: \$41 (materials EXTRA) Students will create a fully lined quilted tote bag. Learn strip piercing, quilting, and tote bag construction using your sewing machine. This class is for confident as well as advanced sewers/quilters. Students must bring their own sewing machine and be proficient on it. Cost of the Tote Bag kit, \$32.50, will be payable to the instructor at the first class. *Instructor:* Alicia Ruley-Nock is an award-winning, self-taught fiber artist. Her influence comes from nature's elements, colors and textures. Her work has appeared in shows and exhibits nationwide. Fridays 10:00-12:00pm • SBH Community Room • Limit 12

47) iPAD BASICS

2 weeks (10/29-11/5) • Tuition: \$19

In this hands-on exploration of your Apple iPad learn the basics of the controls and how to find, download, and use apps. We will then explore beyond the basics to find uses for the device you may never have imagined. Bring your iPad but leave your pencil and paper at home! *Instructor:* Linton Stables is a self-taught iPad user and an early adopter of most things Apple, starting with a Mac in the 1980's. He wants you to be as happy with your iPad as he is with his.

48) WHAT BIRD IS THAT?

3 weeks (10/10-10/24) • Tuition: \$28

Whether new to birding or experienced, learn and sharpen identification skills to recognize birds by sight and ear. In the field we'll explore various habitats at local birding hot-spots. Bring binoculars if you have them! **Instructor:** Laura Matika has been birding since age 7. She has a BS in Biology from Purdue Univ. and has worked in two nature centers, including as director of the Summer Nature Program at Pocono Lake Preserve. Thursdays 7:30-9:00am • SBH Community Room • Limit 20

49) EMBROIDERY 101

4 weeks (10/7-11/4; no class 10/21) • Tuition: \$46

Tuesdays 1:30-3:00pm • SBH Council Room • Limit 15

Learn to embroider a Jacobean sampler. This fantastical flower could be framed or made into a pillow. Learn traditional embroidery stitches including long and short, back, stem and trellis stitch.

Instructor: See #42.

Fridays 1:00-2:30pm • SBH Community Room • Limit 15

50) NEW! IS PILATES RIGHT FOR ME? AN INTRO TO PILATES MAT

8 weeks (10/4-11/22) • Tuition: \$45

Pilates challenges core muscles such as abdominals, hips and back, while helping improve posture, balance and overall physical awareness. Instruction will include modifications to safely execute each exercise. Instructor: Jeanna Vanni is a certified strength and conditioning specialist and master Pilates instructor who has taught for over 15 years. She owns

and operates Pilates Connexion in Swarthmore. Fridays 11:00am-12:00pm • Limit 20

Location: Pilates Connextion, 15 S. Chester Rd, Swarthmore

51) TRIP TO HAWK MOUNTAIN

1 week (10/3; Rain Date 10/7) • Tuition: \$32

Join an enthusiastic group of birders at Hawk Mountain in Kempton, PA, identifying hawks as they migrate in great numbers south through the mountain gaps. Participants will pay the trail fee of \$7 each and provide their own transportation, with carpooling available. BYO binoculars. Instructor: See #48.

Thursday 8:15am-4:00pm • Limit 20

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: wscclasses@gmail.com or 610-566-5786.

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

52) JOINT REPLACEMENT SURGERY: PREVENTION. SURGICAL TECHNIQUES AND RECOVERY

2 weeks (10/23-10/30) • Tuition: \$12

This course will discuss joint replacement from a multi-disciplinary perspective. Participants will learn about the pathologies that lead to joint replacement, prevention and non-surgical management, and the typical course of care and outcomes associated with the procedures. *Instructor:* Jamie Rosenberg holds a doctorate in Physical Therapy from Arcadia University. He continues to lecture for their Doctor of Physical Therapy program and is a physical therapist at Optimum Physical Therapy in Swarthmore.

Wednesdays 2:00-3:00pm • SBH Council Room • Limit 30

53) TEA 101

5 weeks (10/8-11/12; no class 11/5) • Tuition: \$29 (materials included) Students will learn about the Camillia sinensis plant, its production styles, growing regions, history and how it differs from botanicals (herbal teas). From white to Pu-erh, with tastings of each tea. Tea and cheese pairing in last class. Each student will receive a tasting cup. **Instructor:** Karen Donnelly is a Tea Association of Canada certified Tea Sommelier. She has been a speaker and teacher on tea, its history and customs for over 20 years.

Tuesdays 2:00-3:00pm • Limit 20

Location: Plush Mills Senior Living, 501 Plush Mill Rd, Wallingford

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: wscclasses@gmail.com or 610-566-5786

REGISTRATION

THE FALL 2019 SEMESTER BEGINS OCTOBER 3rd!

- REGISTER ONLINE at www.wscclasses.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.wscclasses.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 issued at the discretion of the Registrar before the semester begins.
- WSCC offers ADULT EDUCATION classes. Children under the age of 18 are not permitted to attend any classes.
- In inclement weather, WSCC follows closure decisions of the WSSD. Check our website and voicemail for notifications.

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REGISTER ONLINE NOW TO SECURE YOUR SPOT IN CLASS: www.wscclasses.org. FALL semester begins October 3rd. See back page to register by mail.

- NEW CLASSES -

1) EXPLORING ANCIENT EGYPT

4 weeks (11/4-11/25) • Tuition: \$31

Ancient Egypt was a highly civilized society, but daily life depended on a person's class, as demonstrated through family life, clothing and social interactions. Topics will include Kings and Queens; Daily Life; Deity and Religion: Mummification. Some artifacts will be presented. *Instructor:* Sheri Motawea is Egyptian and studied Egyptology. She has a Masters of Arts in Museum Heritage Studies from UC London, and was Head of the Egyptian Museums Dept. at the Supreme Council of Antiquities. She conducts museum educational programs. **MONDAYS** • Room 308 • 7:30-9:00pm • Limit 20

2) GARDENING 101: FROM THE GROUND UP

4 weeks (10/7-10/28) • Tuition: \$36 (materials included) This course introduces a novice gardener to the basics. Learn the difference between annual, herbaceous perennial and woody plants; what a plant label tells you to improve planting success; and how to assess your site to choose the best plants for your soil and growing conditions. We'll cover a sound, environmentally responsible approach to gardening, with a focus on native plants, and consider resources for further exploration.

Instructor: Marcia Tate is a garden coach, designer and teacher specializing in native plants and eco-friendly gardening. She is a workshop leader for Audubon PA at conferences and garden clubs. **MONDAYS** • Room 315 • 7:00-8:30pm • Limit 20

3) SO YOU WANT TO WRITE A BOOK?

6 weeks (10/7-11/11) • Tuition: \$37

Your life experiences, entrepreneur story or unique expertise might provide the source material for a book! Perhaps you have an idea for a work of fiction, romance novel or children's story? Learn everything you need to know about writing, publishing and marketing a book. *Instructor:* Doreen McGettigan, president and CEO of Intrepid Marketing, Inc., is a best-selling author, award-winning blogger, and a consultant on social media and other communication strategies. **MONDAYS** • Room 330 • 7:45-9:00pm • Limit 20

18) ONE PAN COOKING

3 weeks (10/10-10/24) • Tuition: \$55 (materials included) Whether preparing dinner for two or feeding a large crowd, one-pan cooking is an easy way to put together flavorful dishes with less work. This course will focus on preparing easy dishes without sacrificing flavor, while also concentrating on developing good kitchen skills. *Instructor:* Marty Spiegel is a self-taught but enthusiastic cook. He has taught a number of popular cooking courses for WSCC over the past years and, as of February 2019, is the Mayor of Swarthmore – but he promises to keep politics out of the kitchen. **THURSDAYS** • Room 349 • 7:00-9:00pm • Limit 12

19) BASIC HOUSE WIRING

7 weeks (10/3-11/14) • Tuition: \$43 (materials EXTRA) Want to take the mystery out of electricity? Even do work in your house? In this hands-on course you will learn fundamentals of wiring and circuitry using hand tools, devices and components employed in the trade. Cost of supplies, approximately \$50, will be payable to the instructor. Tools provided, but bring your own if you have them. **Instructor:** Nick Carullo has a Masters in Education and has taught home repair at the high school level for the past 34 years. He has also owned and operated his own construction company for 30 years. **THURSDAYS** • Room 311 • 7:00-8:30pm • Limit 12

20) CHRONICLERS OF AMERICA

3 weeks (10/31-11/14) • Tuition: \$40 (materials included) For over 100 years, three artists – Winslow Homer, Frederic Remington and Norman Rockwell – not only created great art, but chronicled life in America. Each brought to his art a knowledge of life in a particular region or genre. Learn how each influenced the next. **Instructor:** Bob Brooke holds a Masters in Fine Arts in painting. These are three of his favorite artists. Before turning to a 35-year career in writing, he taught art for 14 years. Visit http:// www.bobbrooke.com to learn more about him. **THURSDAYS** • Room 310 • 7:00-9:00pm • Limit 20

~~~ MORE **NEW** classes can be found throughout the brochure ~~~~