

1) CREATIVE WRITING WORKSHOP

8 weeks MONDAYS (3/1-4/26; NO class 3/29) • Tuition: \$66

Open to all levels, this workshop provides a supportive environment for writers to discover their unique voices. We write in notebooks on prompts that lend themselves to fiction, creative non-fiction, poetry, and memoir while examining the elements of plot, characterization, dialogue, and description.

Instructor: Louise S. Bierig graduated from the University of Iowa’s Undergraduate Writers’ Workshop. She has published her short stories and personal essays in The Schuykill Valley Review, Peregrine Journal, Philadelphia Stories, The Philadelphia Inquirer, and The Swarthmorean. Currently, she leads the Lansdowne Writers’ Workshop and is writing a novella.
ONLINE • 7:00-9:00pm • Limit 12

2) WHAT IS YOUR SOCIAL SECURITY STRATEGY?

1 week MONDAY (4/19) • Tuition: \$12

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 49 years. His partner, Dan Batty, has been in the field for 29 years.
ONLINE • 7:00-9:00pm • Limit 25

3) BEGINNING ITALIAN

8 weeks MONDAYS (3/1-4/19) • Tuition: \$45

This is a course for beginners as well as those who wish to review. While focusing on what is useful for travel, we will learn the basics of grammar and work on listening, understanding and pronunciation. Textbook is “Italian Conversation: Practice Makes Perfect” by Marcel Danesi (McGraw-Hill).

Instructor: Tony D’Addono spoke Italian at home while growing up. He studied Italian at Neumann University 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.
ONLINE • 7:00-8:00pm • Limit 10

4) ITALIAN II

8 weeks TUESDAYS (3/2-4/20) • Tuition: \$45

If you have well-established Italian skills — roughly equivalent to two years or more of study — join our conversation! Discuss current events and practice your slang and idiomatic expressions. Improve your speaking, grammar, vocabulary and pronunciation. Textbook is “Italian Conversation: Practice Makes Perfect” by Marcel Danesi (McGraw-Hill).

Instructor: See #3.
ONLINE • 2:00-3:00pm • Limit 10

5) WATERCOLOR FOR EVERYONE

6 weeks TUESDAYS (3/2-4/6) • Tuition: \$49 (materials EXTRA)

The Zoom format will be an excellent way to support your artistic process by providing individual attention as you explore your unique style while learning techniques of watercolor painting. Supply list provided.

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*.
ONLINE • 7:00-9:00pm • Limit 15

6) COLOR, TEXTURE & FORM: GARDEN BEAUTY ALL YEAR LONG!

4 weeks WEDNESDAYS (3/3-3/24) • Tuition: \$31

Enrich your home landscape with texture, color, structure and fragrance that will enhance your garden all year long! Explore the beautiful and adaptive native plants that offer attractive flowers, interesting fruit, exceptional leaf color and winter appeal, while providing food and shelter for resident or migrating birds and other wildlife. We’ll examine the many outstanding attributes of these uniquely American plants with an emphasis on multiple seasons of interest for your garden.

Instructor: Marcia Tate is a garden designer, writer and teacher specializing in native plants and eco-friendly gardening. She speaks at garden clubs, arboreta and is a workshop leader for Audubon PA.
ONLINE • 7:00-8:30pm • Limit 20

7) BUTTERFLIES, BIRDS & BEES: CREATING A HEALTHY HABITAT GARDEN

4 weeks WEDNESDAYS (4/7-4/28) • Tuition: \$31

Interested in attracting butterflies, birds and beneficial insects to your garden? Using low maintenance native plants for sun or shade, you will learn how to make simple changes, to improve your landscape and create a beautiful, healthy haven for you and wildlife, that you’ll enjoy all year. We will discuss how to certify your garden as a Monarch Waystation, an Audubon at Home Bird Habitat or a National Wildlife Federation Certified Wildlife Habitat. You can make a difference in your own backyard!
Instructor: See #6.
ONLINE • 7:00-8:30pm • Limit 20

8) BEGINNING BIRD ID – this class is IN-PERSON

This is the only in-person class, held outdoors and will adhere to mask-wearing and social distancing guidelines. The instructor will notify students where to meet.

4 weeks THURSDAYS (4/8-4/29) • Tuition: \$31

Whether you are already birding or just starting to be interested in your backyard birds, here is an opportunity to learn and practice identifying birds by sight and song, as well as exploring local birding hotspots.

Instructor: Laura Matika has been birding since age 7. She has a BS in Biology from Purdue University and has worked in two nature centers, including as director of the Summer Nature Program at Pocono Lake Preserve.
MEETING LOCATION TBD • 7:30am-9:00am • Limit 10

9) WRITING YOUR FAMILY HISTORY

4 weeks WEDNESDAYS (3/3-3/24) • Tuition: \$41

Learn how to begin gathering information, how to catalog what you find, how to organize your family’s history, and how to produce a finished product using your computer.

Instructor: Bob Brooke has been writing about genealogy for the past 25 years. He has given lectures, and taught courses in genealogy, and writing family history and memoir.
ONLINE • 7:00-9:00pm • Limit 12

10) WHAT HISTORIC HOUSES TELL US

4 weeks WEDNESDAYS (3/31-4/28; NO class 4/7) • Tuition: \$41

Come discover the lives of those who lived in twelve historic houses in the Mid-Atlantic Region dating from the 16th to the 19th centuries and learn the part that interpretation plays in presenting them to visitors.

Instructor: Bob Brooke has been writing about historical subjects for over thirty years. He has visited many historical houses and has studied about their restorations. He has presented lectures on them and also published articles about them in his online antiques and history magazine, The Antiques Almanac.
ONLINE • 7:00-9:00pm • Limit 12

11) TEA OR TISANE: WHAT’S IN YOUR CUP

4 weeks THURSDAYS (3/4-3/25) • Tuition: \$21

Explore the history, production styles, and preparation of tea. The last class will be on cooking with tea and how to add the goodness of tea to your culinary creations.

Instructor: Karen Donnelly is a Certified Tea Sommelier through the Tea Association of Canada. She has been a speaker, teacher, and writer on tea. Karen owns the Greenhalgh Tea Company and operates the Orchard Tea Room in Thornton, PA.
ONLINE • 6:00-7:00pm • Limit 20

12) CREATING AWESOME PHOTOS WITH ANY DIGITAL CAMERA

6 weeks THURSDAYS (3/18-4/22) • Tuition: \$37

Digital cameras (DSLRs, Mirrorless and Camera Phones) have more in common now than ever. In this new Creative Photo series, you’ll learn how to master your favorite of these to create, capture and share your best photos yet.

Instructor: George Tate, a freelance location photographer with 35 years of professional experience, creates photos for advertising, branding and corporate communications throughout the U.S. and worldwide. www.georgetatephotographer.com.
ONLINE • 7:00-8:30pm • Limit 12

13) REALIZE YOUR WRITING DREAMS

5 weeks THURSDAYS (3/11-4/8) • Tuition: \$31

If you’ve ever said “I could write a book,” this is the class for you. You will learn everything you need to know about the writing process, how to find the right publishing route for your book and how to write a successful marketing plan for your book. Students will need the book, *Realize Your Writing Dreams*, which can be purchased in e-book or paperback, or mailed by the instructor (cost ranges from \$5-20).

Instructor: Doreen McGettigan is the bestselling author of three books, and an award winning blogger. She’s ghostwritten seven books. As a speaker she has travelled the country presenting workshops on the business of writing books at business and writing conferences. As a Past Press Club board member she chaired and facilitated their Professional Development workshop series. As a member of SCORE, Doreen presents seminars on marketing.
ONLINE • 6:30-8:00pm • Limit 12

14) QUILTED TABLE TOPPER

6 weeks FRIDAYS (3/12-4/16) • Tuition: \$37 (Materials EXTRA)

Experienced sewers will piece, sew and quilt a beautiful table topper from a pre-cut kit. ***This class will require students to be proficient in the use and maintenance of their personal sewing machine,** but no fancy stitches are needed. Quilting will use straight stitch, ¼ inch seams.

KITS: Precut quilt kits will be provided for curbside pickup for \$30/kit paid to teacher at time of delivery/pick up.

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.
ONLINE • 10:00-11:30am • Limit 12

WSCC has been educating our community for 56 years!
Join the fun –

* REGISTER TODAY *
www.wscclasses.org

Please note: courses for ADULTS only over 18 years.

NEW CLASS IDEAS?

If you have suggestions for classes you would like to take or that you can teach, please email us at wscclasses@gmail.com.

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.

15) PILATES FOR AGING GRACEFULLY

8 weeks MONDAYS (3/1-4/19) • Tuition: \$45

This class is designed to meet the needs of the older adult who may be at risk of bone loss. Postural and abdominal strengthening, balance activities, proper breathing, pelvic floor education and mindfulness meditation will be incorporated into the session. A chair and a mat are recommended. Props (small hand weights, small ball, and stretchy band) may be utilized to enhance the work.

Instructor: Maureen Fleagle has been a Physical Therapist for almost 40 years and currently specializes in Women’s Health. She has been teaching Pilates with WSCC for 15 years and especially enjoys the experience of assisting individuals in staying strong, energetic and aging with grace.
ONLINE • 9:30-10:30am • Limit 20

16) PILATES MAT: LEVEL I

8 weeks MONDAYS (3/1-4/19) • Tuition: \$45

Discover a way to reduce back pain, improve posture and energize your lifestyle. This beginner class focuses on the fundamentals of Pilates along with basic mat movements. The sequence of movements follows the traditional Pilates method. A cushioned Pilates mat is recommended.

Instructor: See #15.
ONLINE • 5:15-6:15pm • Limit 30

17) PILATES MAT: LEVEL II

8 weeks MONDAYS (3/1-4/19) • Tuition: \$45

Have you already taken the first level Pilates class at WSCC or had a beginner session of mat Pilates elsewhere? If so, come and join this Level II class, which incorporates movement beyond the fundamentals to enhance core strength, increase flexibility and strengthen the student’s practice. Props may be used to enhance the work. Use of a cushioned Pilates mat is highly recommended.
Instructor: See #15.
ONLINE • 6:30-7:30pm • Limit 30

18) TOTAL BODY SCULPT (Monday class)

8 weeks MONDAYS (3/1-4/19) • Tuition: \$45

Discover how to sculpt and tone your entire body. Focus on and completely isolate different parts of the body throughout the course. Enjoy ample time to build and create long, lean muscles. Persons of all ages and fitness levels will find plenty of exercise options in this class. Students will need a mat and hand towel.

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 was an exercise instructor and personal trainer at the Ridley Sports Club.
ONLINE • 6:00-7:00pm • Limit 25

19) SEATED T’AI CHI CHIH: MOVING MEDITATION

8 weeks TUESDAYS (3/2-4/20) • Tuition: \$56

T’ai Chi Chih is often referred to as a moving meditation. Movements promote balance and relaxation. It is a healing art; not a martial art. It is practiced for its many health benefits. The class will be done seated so please have a chair without arms if possible.
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.
ONLINE • 10:00-11:15am • Limit 12

20) GENTLE YOGA

8 weeks TUESDAYS (3/2-4/20) • Tuition: \$45

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. Students will need a yoga mat and towel. Beginners welcome.

Instructor: Lisa Lynn Dombroski came to yoga in 2000, and became a registered instructor in 2010. She believes yoga should be joyful, approachable, free from judgment, and transformative.
ONLINE • 9:00-10:00am • Limit 30

21) IS PILATES RIGHT FOR ME? AN INTRO TO PILATES MAT

8 weeks TUESDAYS (3/2-4/20) • 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. Students should use a Pilates mat.

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.
ONLINE • 1:00-1:55pm • Limit 15

22) HATHA YOGA

8 weeks TUESDAYS (3/2-4/20) • Tuition: \$45

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. Students should use a yoga mat.

Instructor: See #20.
ONLINE • 7:00-8:00pm • Limit 30

23) T’AI CHI CHIH: MOVING MEDITATION

8 weeks THURSDAYS (3/4-4/29; NO class 4/22) • Tuition: \$56

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: See #19.
ONLINE • 9:30-10:45am • Limit 16

24) TOTAL BODY SCULPT (Thursday class)

8 weeks THURSDAYS (3/4-4/22) • 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. Students will need a mat and hand towel.

Instructor: See #18.
ONLINE • 6:00-7:00pm • Limit 25

STUDENT EXPECTATIONS TO ATTEND WSCC ONLINE COURSES

WSCC is looking forward to running **ONLINE** classes for the Spring 2021 semester!

In order to ensure an enjoyable and worthwhile experience for all, we ask that anyone registering for classes meet the following

STUDENT EXPECTATIONS

- Please have the Zoom app downloaded and working on your device. Instructors will send you the class link prior to the class start.
- Please have a good Internet connection in your class space, to ensure that your device will hold the online connection for the duration of the class.
- Please be in a space that is appropriate as class space – one without distractions to your classmates and the instructor. This also includes having adequate space for the course subject, including space to move around during a fitness course, to work during an art course, etc.
- Please follow all guidelines given by the instructor – these will vary depending upon the class.
- Each person attending the course must have a paid registration.

STANDARD POLICIES & PROCEDURES

All other WSCC policies remain in effect, including our refunds policy.

NO REFUNDS WILL BE GIVEN, EXCEPT FOR CANCELLED CLASSES.

Refunds will not be given for any other reason.

We very much look forward to welcoming you again to our classes, so please be sure that you can successfully attend a virtual class before you make the commitment to register.

We want this to be a fun and enjoyable experience for everyone!

CLASS LOCATIONS

ALL CLASSES ARE *ONLINE-ONLY* (except Birding) FOR SPRING 2021!

BOARD of DIRECTORS

Betty Becton	Joan Gallagher
Peg Christensen	Susan Larson
Jill Cortazzo	Diane Scott
Laura Deihl	Jane Standish
Bruno Fanconi	Lynn Meza, Registrar
Carol Fanconi	Tracy DiBonaventura, Administrator

REGISTRATION for Courses

THE SPRING 2021 SEMESTER BEGINS MARCH 1st!

- **ALL SPRING 2021 ONLINE** classes will be taught via the **ZOOM** platform.
- **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 issued at the discretion of the Registrar before the semester begins.
- WSCC offers **ADULT-ONLY** education classes. Registration is restricted to adults 18 years or older.

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ONE COURSE per FORM – MAIL to WSCC, PO Box 141, Wallingford PA 19086.

Course Title _____ Course Number _____

Tuition \$ _____ x Number of People _____ = Total Enclosed \$ _____ Check # _____

Name _____

Email _____ Phone _____

Address _____

Additional Registrants (if paying for multiple people): _____



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

– WSCC to Host Our First Semester of ONLINE Classes! –

Fall 2020 was the first time in our 56-year history that WSCC did not run a semester of classes. While that was disappointing, it was necessary in light of the pandemic – both because of lack of available class space and to help keep our community safe in terms of needed social distancing. We very much missed seeing our enthusiastic students and our dedicated instructors, and so the WSCC Board of Directors was committed to get back to our business of providing quality, low-cost, adult education.

In that spirit, WSCC is launching its first ever series of
ONLINE courses!

In order to prepare for this new endeavor, we have consulted with our instructors and have made the necessary arrangements to run a virtual semester.

ALL CLASSES (except Birding) are offered *ONLINE-ONLY* and will be taught via ZOOM!

Instructors teaching this term are experienced teaching via Zoom and have committed to fulfilling the instructor requirements needed to run a successful online class.

All students registering for classes ***should be prepared to meet the student requirements*** to attend an online course. Please see the section on the back page of the brochure on “Student Expectations to Attend WSCC Online Courses” and then register for the classes that are right for you!

We will “see” you in online class!