

# WALLENPAUPACK AREA SCHOOL DISTRICT

## COMMUNITY EDUCATION PROGRAMS



## FALL 2015

The Wallenpaupack Area School District will provide accommodations for any person who is in need of additional services while participating in the Community Education Program.

# WALLENPAUPACK AREA SCHOOL DISTRICT COMMUNITY EDUCATION PROGRAM

## FALL 2015

The Wallenpaupack Area School District announces its Community Education Program of activities and classes. The following programs will be included:

### Recreation, Special Events and Personal Enrichment Programs

COME AND JOIN US THIS SPRING FOR LEARNING, RECREATION AND  
ENJOYMENT FOR EVERYONE!

Registration will be done by mail only. You may begin mailing in your registration forms and checks on September 1, 2015. Registration will end on September 18, 2015. Additional registration forms may be obtained by visiting our website at [www.wallenpaupack.org](http://www.wallenpaupack.org).

The registration fee is payable at time of registration and varies with the type and duration of the class offered. Consult listings for schedule and details. Enrollments are limited in certain courses because of the nature of instruction. Classes with insufficient enrollment will not operate and registration fees will be returned.

You will be notified **ONLY IF A CLASS IS CANCELLED**. If you are not notified from the Community Education Office, come to the class(es) for which you have registered.

# TABLE OF CONTENTS



## PERSONAL ENRICHMENT Section 100 - 118

|  |     |
|--|-----|
| ACRYLIC PAINTING.....                                  | 100 |
| BEGINNING BASKETRY – HALLOWEEN BOWL .....              | 101 |
| BEGINNING BASKETRY – MARKET BASKET .....               | 102 |
| CONFLICT COMMUNICATION .....                           | 103 |
| COSMIC SYMBOLS: NUMBERS .....                          | 104 |
| CREATIVE INSIGHTS TO WRITING .....                     | 105 |
| CROCHET (BEGINNER) .....                               | 106 |
| DRUM LESSONS .....                                     | 107 |
| EASY ITALIAN COOKING .....                             | 108 |
| EMPOWERMENT OF WOMEN: RESTORING THE BALANCE .....      | 109 |
| INTRO TO ART AND DESIGN .....                          | 110 |
| KNITTING (BEGINNER) .....                              | 111 |
| LIVING IN GRACE .....                                  | 112 |
| LIVING WITH NATURE: HOW ANIMALS AFFECT OUR LIVES ..... | 113 |
| PA STATE INSPECTION MECHANIC'S LICENSING .....         | 114 |
| THE POWER OF WORDS .....                               | 115 |
| UNIVERSAL INSIGHTS: OUR ASTROLOGICAL POTENTIAL .....   | 116 |
| WATERCOLOR AND OIL PAINTING .....                      | 117 |
| WORLD WAR II VETERANS .....                            | 118 |



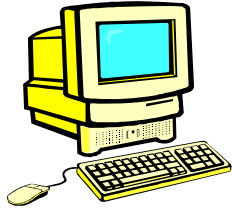
## WELLNESS Section 200– 219

|  |     |
|--|-----|
| BALLROOM DANCING .....                 | 200 |
| BEGINNING TAI CHI – YANG STYLE .....   | 201 |
| BELLY, BOLLY, BOOMBA.....              | 202 |
| CIRCUIT AND MORE .....                 | 203 |
| COUNTRY LINE DANCING .....             | 204 |
| DDP YOGA (Session 1) .....             | 205 |
| DDP YOGA (Session 2) .....             | 206 |
| EXERCISE BALL CLASS IS BACK! .....     | 207 |
| FITNESS WITH FRIENDS .....             | 208 |
| HAPPY VIBE GENTLE YOGA .....           | 209 |
| HAPPY VIBE MEDITATION FOR HEALTH ..... | 210 |
| HAPPY VIBE YOGA MEDITATION BLEND ..... | 211 |
| HAPPY VIBE YOGA TO THE RESCUE .....    | 212 |
| IN-SCHOOL WALKING PROGRAM – WMH .....  | 213 |
| LOWER BODY BLAST .....                 | 214 |
| MEN'S RECREATION .....                 | 215 |
| NATURAL HEALTH ALTERNATIVES .....      | 216 |
| ZUMBA .....                            | 217 |
| ZUMBA GOLD .....                       | 218 |
| ZUMBA TONING .....                     | 219 |



## FINANCE/INVESTMENT/RETIREMENT Section 300 -306

|   |     |
|---|-----|
| GET MORE MONEY FOR YOUR CHILDREN'S COLLEGE! ..... | 300 |
| MAXIMIZE YOUR SOCIAL SECURITY BENEFITS .....      | 301 |
| THE PARENTS' ROLE IN COLLEGE PLANNING .....       | 302 |
| RETIREMENT STRATEGIES .....                       | 303 |
| SAFETY FIRST & HIGH INCOME .....                  | 304 |
| SOCIAL SECURITY ANSWERS .....                     | 305 |
| TAX-FREE INVESTING .....                          | 306 |



## COMPUTERS Section 400

|                                 |     |
|---------------------------------|-----|
| HOW TO E-BAY IN REAL LIFE ..... | 400 |
|---------------------------------|-----|



## Safety Section 600 - 603

|  |     |
|--|-----|
| AMERICAN RED CROSS – ADULT FIRST AID/CPR/AED .....             | 600 |
| AMERICAN RED CROSS – ADULT FIRST AID/CPR/AED .....             | 601 |
| AMERICAN RED CROSS - ADULT & PEDIATRIC FIRST AID/CPR/AED ..... | 602 |
| AMERICAN RED CROSS - ADULT & PEDIATRIC FIRST AID/CPR/AED ..... | 603 |



## SPECIAL EVENTS Section 700

|  |     |
|--|-----|
| WAHS WINTER BAND CONCERT PREVIEW ..... | 700 |
|--|-----|

*The Wallenpaupack Area School District will provide accommodations for any person who is in need of additional services while participating in the Community Education Program.*

## **Important Note:**

**Please register early to avoid class cancellation due to lack of enrollment.**

### **WALLENPAUPACK AREA SCHOOL DISTRICT PURPLE AND WHITE CARD**

Wallenpaupack Area School District proposes to offer **residents** of the school district, **62 years of age or older**, a Purple and White Card. Cardholders would be entitled to free general admission to any Wallenpaupack Area School District athletic event and most fine arts or other school district-sponsored activities, at the discretion of the event sponsor. The card only would be valid at events sponsored on school properties or facilities and cannot be used at play-off games.

To apply, residents need to contact Mrs. Pauline Savage at the Administrative Office of Wallenpaupack Area School District in writing, by e-mail at [savagepa@wallenpaupack.org](mailto:savagepa@wallenpaupack.org), or by calling **570-226-4557 Ex. 3000**. A purple and white plastic card with the applicants name and date of issue will be created by an administrative assistant and then mailed by central administration. A record of resident's name and address will be kept in the District's database for future reference.



## **BE A TEACHER ~ SUGGEST A COURSE**

**We welcome suggestions for new courses and are always searching for individuals qualified to teach a non-credited course. If you have a skill, talent or special knowledge you would like to share, we would appreciate hearing from you!**

***Instructors are compensated!***

**Call Pauline Savage at (570) 226-4557 or via E-Mail at:  
[savagepa@wallenpaupack.org](mailto:savagepa@wallenpaupack.org)**



## ***PERSONAL ENRICHMENT***

100 - 118

### **100 - Acrylic Painting**

This is a painting course that covers basic painting techniques with an emphasis on classic and contemporary applications of acrylic media. Topics include the use of composition, color, texture, form and value through still life, landscape, portrait, figure and old masters reproduction.

**Minimum 8 – Maximum 15**

**Mondays: September 21<sup>st</sup> thru October 19<sup>th</sup> 6 - 8pm**

**Location: North Primary Art Room 101**

**Age Requirement: Ages 16 and Over**

**Cost: \$30.00**

**Instructor: S. Rishko**

### **101 - Beginning Basketry – Halloween Bowl**

Come out and learn how to weave and create a very decorative black and orange bowl for Halloween candy measuring 10" in diameter. We will be learning the 3 rod whale, French rounding and other basic weaving skills. Students are asking to bring a pencil, tape measure, awl, scissors, hand towel, lg. bowl for water, and a dozen clothes pins.

**Minimum 6 – Maximum 10**

**Monday: October 5<sup>th</sup> 6:30 – 9:30pm**

**Location: Middle School Art Room 101**

**Age Requirement: Adult**

**Cost: \$15.00 PLUS an additional \$30.00 for supplies is due to the Instructor at 1<sup>st</sup> class.**

**Instructor: L. Hopkins**

### **102 - Beginning Basketry – Market Basket**

Come out and learn how to weave and create a market basket with a Josephine Knot measuring 7"H x 10"W x 16"L (14"H with handle). Assorted colors will be available as we will learn how to stain, weave, and care for our baskets. Students are asking to bring a pencil, tape measure, awl, scissors, hand towel, lg. bowl for water, and a dozen clothes pins.

**Minimum 5 – Maximum 10**

**Mondays: November 2 thru November 9<sup>th</sup> 6:30 – 9:30pm**

**Location: Middle School Art Room 101**

**Age Requirement: Adult**

**Cost: \$29.00 PLUS an additional \$40.00 for supplies is due to the Instructor at 1<sup>st</sup> class.**

**Instructor: L. Hopkins**

### **103 - Conflict Communication**

Come and learn how to deal with difficult people vs. them dealing with you! If you are on the front lines with the public – then this course is a must! Come learn the five universal truths, the cycle of conflict. Students will learn verbal techniques of disarming those with razor sharp tongues and angry attitudes. We will learn how to keep our cool when our blood starts to boil in the midst of verbal conflicts and how to turn it into a positive experience. This certified instructor gives students a fun filled experience while learning tips and tricks about conflict management. This course is for customer service, law enforcement, hospitality, and dozens of other occupations that require a strong communication set.

**Minimum 8 – Maximum 14**

**Tuesdays: November 10<sup>th</sup> thru November 17<sup>th</sup> 5:30 – 8:30pm**

**Location: North Primary Computer Lab 111**

**Age Requirement: Adult**

**Cost: \$20.00**

**Instructor: J. Richner**

### **104 - Cosmic Symbols: Numbers**

Did you know that you can convert the letters of your name into numbers? Or, what can your birthdate tell you about yourself? Numbers are one of many symbols which can be used to help us understand ourselves on a conscious level. Each opens a door to higher truth and knowledge, and forms a bridge allowing us to communicate with our subconscious mind. Please bring a calculator if you wish.

**Minimum 7**

**Wednesdays: October 7<sup>th</sup> thru November 18<sup>th</sup> 6:45 – 7:45pm**

**Location: Middle School Library**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: J. Cataudella, B.S.**

### **105 - Creative Insights to Writing**

This is a writing workshop exploring different genres. Have you ever wanted to express your thoughts about food, politics, diversity, mysticism, pain, or simply the joy of living, but didn't know where to begin? This workshop encourages any beginner or the more experienced writer to tap into their strengths, find their voice, and learn new techniques to express themselves through spoken words and any creative form of writing.

**Minimum 6 – Maximum 20**

**Thursdays: October 8<sup>th</sup> thru November 19<sup>th</sup> 6 - 8pm**

**Location: High School Room 305**

**Age Requirement: Adult**

**Cost: \$50.00**

**Instructor: Z. Kohloa**

### **106 - Crochet (Beginner)**

This crochet class is for the beginner ONLY! Come and enjoy a relaxing and fun night out! We will learn the basics and crochet an easy project that the Instructor has chosen. Please bring a crochet hook (Size G) and a ball of yarn (4 ply).

**Minimum 6 – Maximum 12**

**Thursdays: October 8<sup>th</sup> thru November 19<sup>th</sup> 7 - 8pm**

**Location: High School Room 309**

**Age Requirement: Adult**

**Cost: \$28.00**

**Instructor: S. Guie**



### **107 - Drum Lesson**

Interested in a crash course on the drums and drum set playing? Come out for an evening of banging on the drums! This local drum instructor is experienced and has been playing and touring with bands for over 30 years. Come on out, relieve some tension, and learn a new hobby. Let's Rock!

**Minimum 3**

**Wednesday: October 7<sup>th</sup> 6 - 7pm**

**Location: High School Band Room 203**

**Age Requirement: Adult**

**Cost: \$10.00**

**Instructor: M. Gray**

### **108 - Easy Italian Cooking**

Would you like to learn how to make quick Italian dinners to please any guest? If you answered yes – then this is the cooking class for you! Come join a local chef in our kitchen to watch, learn how to make, and then taste some Italian favorites and much more! Students can suggest the menu choice for the following week.

**Minimum 6**

**Mondays: October 5<sup>th</sup> thru November 9<sup>th</sup> 6 – 7:30pm**

**Location: High School Room 211**

**Age Requirement: Adult**

**Cost: \$35.00**

**PLUS an additional \$15.00 for supplies due to the Instructor at 1<sup>st</sup> class.**

**Instructor: S. Gillman**

### **109 - Empowerment of Women: Restoring the Balance**

70% of women will experience abuse in their lives. How can we help change the ways society and men contribute to these behaviors? This is not a "Women's Issue" but rather a "Man's Issue" because it is perpetrated primarily by men. However, we ALL must come together as ONE to help resolve it.

**Minimum 7**

**Mondays: October 5<sup>th</sup> thru November 16<sup>th</sup> 5:30 – 6:30pm**

**Location: Middle School Library**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: J. Cataudella, B.S.**

### **110 - Intro to Art and Design**

This course is designed to encourage and enable the beginner and the more experienced artist to find his/her strengths through the use of line, color, form and space. Emphasis will be on "Movement" and the communication of mood within the work of art through the exploration of various media, including pencil, pen and ink, charcoal and acrylic paints. The goal is for each individual to be comfortable with his/her unique approach to their own work. Please bring a drawing or newsprint pad (larger will be best), and a 6B pencil or charcoal.

**Minimum 8 – Maximum 12**

**Tuesdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 5:15 – 7:15pm**

**Location: High School Art Room 262**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: P. Byron**

**111 - Knitting (Beginner)**

This knitting class is for the beginner only! Come out and meet new people while learning the basics needed to knit an easy project that the Instructor has chosen. This class is sure to be fun, exciting, and relaxing. Please bring a pair of short size #10 knitting needles and a ball of yarn (4 ply).

**Minimum 6 – Maximum 10**

**Thursdays: October 8<sup>th</sup> thru November 19<sup>th</sup> 6 - 7pm**

**Location: High School Room 311**

**Age Requirement: Adult**

**Cost: \$28.00**

**Instructor: S. Guie**

**112 - Living in Grace**

Did you know that we are all interconnected at the core of our being? That we are blessed beyond measure and loved so deeply it would bring tears to your eyes? Every obstacle holds within it the opportunity for growth. Living in grace is the ability to restore that which has been shattered – taking us on a journey back to our true selves through trust.

**Minimum 7**

**Mondays: October 5<sup>th</sup> thru November 16<sup>th</sup> 7:50 – 8:50pm**

**Location: Middle School Library**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: J. Cataudella, B.S.**

**113 - Living with Nature: How Animals Affect Our Lives**

Every animal has certain traits and characteristics. Indigenous people call this their “medicine”. All this means is that each animal affects us in very specific ways by the traits that represent it. For example, a dog represents loyalty, and a cat - independence. Learn to understand how these energies can be worked with to best benefit YOUR life.

**Minimum 7**

**Mondays: October 5<sup>th</sup> thru November 16<sup>th</sup> 6:45 – 7:45pm**

**Location: Middle School Library**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: J. Cataudella, B.S.**

**114 - PA State Inspection Mechanic's Licensing**

Upon successful completion of course requirements, the applicant will be certified as a licensed inspector. Applicant must be at least 18 years of age at registration and have a current PA Photo Driver's License throughout the course. Those looking for additional certification categories are also welcome. Call for more information. Register early as class fills quickly.

**Maximum 15**

**Monday, Tuesday, and Monday: November 9, 10 and 16<sup>th</sup> 6 – 10pm**

**Location: High School Power Mechanics – Room 291**

**Age Requirement: Adult**

**Cost: \$150.00 (\$50.00 each additional class)**

**Instructor: M. Watson**

### **115 - The Power of Words**

Do words have power or is it just the energy behind the words that have power? One might say that words have no power at all, it is just a word! If that is true then why do people use words to manipulate, hurt, tear down, empower, express love, or praise? This Power of Words class is a course designed to create an introspection of self, using words to find ways to learn to respond in situations rather than to react.

**Minimum 6 – Maximum 30**

**Tuesdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 6 – 8pm**

**Location: High School Room 305**

**Age Requirement: Adult**

**Cost: \$50.00**

**Instructor: Z. Kohloa**

### **116 - Universal Insights: Our Astrological Potential**

Astrology provides for us a blueprint of both our personalities as well as our “true” selves. It teaches us how to unfold the mystery of who we are so that we may come to better understand ourselves, what we have come here to do, what our challenges are, and what gifts we have come here to share with others.

**Minimum 7**

**Wednesdays: October 7<sup>th</sup> thru November 18<sup>th</sup> 7:50 – 8:50pm**

**Location: Middle School Library**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: J. Cataudella, B.S.**

### **117 - Watercolor and Oil Painting**

Learn the basics of watercolor or oil painting. Learn a new medium! Advance to a new level. The teacher will share her supplies with any new students for the first night. A supply list will be given on the first day of class.

**Minimum 6 – Maximum 10**

**Tuesdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 6 - 9pm**

**Location: South Elementary Art Room 201**

**Age Requirement: Adult**

**Cost: \$75.00**

**Instructor: L. Nakielny**

### **118 - World War II Veterans**



The Wallenpaupack Area School District Board of Directors has established a program to honor World War II veterans who were forced to leave high school to serve their country. This program provides for the awarding of a Wallenpaupack High School Diploma to honorably discharged World War II veterans who did not graduate from a local high school. A diploma may be awarded posthumously to an eligible veteran through this program. Those eligible include honorably discharged veterans of United States military service in World War II between September 16, 1940 and December 31, 1946, and who attended any school that now comprise the current Wallenpaupack Area School District boundaries. Please contact Dr. Joann Hudak, Wallenpaupack Area School District Assistant Superintendent at 570-226-4557 ext. 3000 for further information and an application for a diploma under this program.



## **WELLNESS**

200 - 219

### **200 - Ballroom Dancing**

Come out and learn the basics of ballroom dancing. Dances such as the fox trot, waltz, cha-cha, rhumba, mambo, swing and tango will be covered. Turns, breaks, and embellishments will be broken down in detail so that you are comfortable on the dance floor.

**Minimum 4 – Maximum 10**

**Mondays: October 5<sup>th</sup> thru November 16<sup>th</sup> 7:30 – 8:30pm**

**Location: High School Cafeteria**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: J. Vilardo**

### **201 - Beginning Tai Chi - Yang Style**

Learn the beginning portion of the Yang Style Slow Set and an introductory Chi Kung Set.

**Minimum 6**

**Thursdays: October 8<sup>th</sup> thru November 19<sup>th</sup> 6:30 - 8pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: J. Reinhardt**

### **202 - Belly, Bolly, Boomba**

Get in shape and get aerobic with shimmies, body undulations, and fun moves from Belly dance and Bollywood dance techniques. Hip scarves and veils will be provided.

**Minimum 4 – Maximum 10**

**Mondays: October 5<sup>th</sup> thru November 16<sup>th</sup> 6:30 – 7:30pm**

**Location: High School Cafeteria**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: J. Vilardo**

### **203 - Circuit and More**

One minute on and 30 minutes off is an example of the tempo of this class. Kettle bells, weighted ball, thera-bands, and bosuball are just some of the exercise aides that will be used to develop your fitness goals. Students will never know when to expect the Instructor to suddenly ask the class for 20 push-ups or etc.! Please bring dumbbells and an exercise mat. All fitness levels welcomed!

**Minimum 6 – Maximum 15**

**Wednesdays: October 7<sup>th</sup> thru November 18<sup>th</sup> 6 - 7pm**

**No Class October 21<sup>st</sup>**

**Location: South Elementary Cafeteria**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: D. Tereschak**

#### **204 - Country Line Dancing**

Come out and learn the basic line dance steps. Beginner dances and intermediate dance steps will be taught.

**Minimum 6 – Maximum 12**

**Thursdays: October 8<sup>th</sup> thru November 12<sup>th</sup> 7 - 8pm**

**Location: High School Cafeteria**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: J. Kristofits**

#### **205 - DDP Yoga – (Session 1)**

DDP Yoga combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create one of the most effective fitness plans in existence today. It allows anyone to better their cardio, flexibility and strengthen their core. Come and accomplish this with minimal joint impact! DDP Yoga is CardiYoga and **NOT** the traditional yoga! Participants must supply their own yoga mat, drinking water, towel, and wear comfortable clothes.

**Minimum 4 – Maximum 6**

**Tuesdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 5 – 6pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: B. Lipani**

#### **206 - DDP Yoga – (Session 2)**

DDP Yoga combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create one of the most effective fitness plans in existence today. It allows anyone to better their cardio, flexibility and strengthen their core. Come and accomplish this with minimal joint impact! DDP Yoga is CardiYoga and **NOT** the traditional yoga! Participants must supply their own yoga mat, drinking water, towel, and wear comfortable clothes.

**Minimum 4 – Maximum 6**

**Tuesdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 6:15 – 7:15pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: B. Lipani**

#### **207 - Exercise Ball Class is Back**

One of your favorite classes just got better! Different formats of fitness will be utilized for this stability ball class: 15 minutes of strength training with the ball, 15 minutes of cardio respiratory training using the ball, and then 15 minutes flexibility with the ball. We will start the weekend off on a healthy note with a Friday workout session! Please bring a stability ball, dumbbells, and an exercise mat to class. (Balls will NOT be provided.)

**Minimum 6 – Maximum 12**

**Fridays: October 9<sup>th</sup> thru November 20<sup>th</sup> 5 - 6pm**

**Location: South Elementary School Gym or Cafeteria**

**Age Requirement: Adult**

**Cost: \$28.00**

**Instructor: D. Tereschak**

**208 - Fitness with Friends (Partner Exercise Class)**

An innovative and fun class working out with a partner! If you are already working out with a friend this is a great class to learn more exercises to keep you and your partner motivated. Don't worry about not having a friend to join with, the Instructor will partner-up participants accordingly. Please bring an exercise mat and dumbbells. All fitness levels are welcomed. Start the weekend off on a healthy note with a fabulous Friday workout!

**Minimum 6 – Maximum 12**

**Fridays: October 9<sup>th</sup> thru November 20<sup>th</sup> 6 - 7pm**

**Location: South Elementary School Gym or Cafeteria**

**Age Requirement: Adult**

**Cost: \$28.00**

**Instructor: D. Tereschak**

**209 - Happy Vibe Gentle Yoga**

Gentle yoga is a mindful, accessible practice that serves the needs of individuals who are looking for a gentler form of yoga to support their current physical needs. Slow movement and use of seated postures reduce stress to spine and promote joint stability. Gentle Yoga students enjoy mindful breathing practices, beneficial twists and folds, meditation time, and deep reclined relaxation. Bring a mat, water bottle, and a blanket. Chairs will be available.

**Minimum 6 – Maximum 12**

**Wednesdays: October 14<sup>th</sup> thru November 18<sup>th</sup> 6:30 – 7:30pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: T. Bradburn**

**210 - Happy Vibe Meditation for Health**

This class combines mindfulness based stress reduction practice, guided imagery, self-reflection, breath work and deep relaxation. Students will learn self-help tools to develop a regular practice of health for mind, body and spirit. Mindfulness practice allows the individual to focus on the present moment, which quiets the mind. We will explore standing, seated and reclined meditation practices while enjoying a combination of instruction, practice and discussion. Please bring a yoga mat and a cushion or pillow to support seated meditation. Chairs will be available.

**Minimum 6 – Maximum 12**

**Tuesdays: October 13<sup>th</sup> thru November 17<sup>th</sup> 6:30 – 7:30pm**

**Location: North Intermediate School Room 111**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: S. Rinpoche, RYT500**

**211 - Happy Vibe Yoga Meditation Blend**

Enjoy a beginner paced yoga class designed to build core strength, flexibility, and a calmer nervous system. We will learn to emphasize breathing and healthy alignment of the body and mind. Our class includes meditation and deep relaxation. Please bring a mat, water bottle, and a towel.

**Minimum 6 – Maximum 12**

**Tuesdays: October 13<sup>th</sup> thru November 17<sup>th</sup> 6:30 – 7:30pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: T. Bradburn**

**212 - Happy Vibe Yoga to the Rescue**

Moving away stress and into freedom – feel good from head to toe: Come, breathe and move towards healing and prevention in peaceful yoga and meditation class with Santokh Rinpoche. This mixed level class designed for participants looking to add meditation and flowing yoga to their fitness routine.

Aspects of Ayurveda, mindfulness, breathing practice s are blended with yoga asana and meditation to create the ultimate buffet of wellness. Please bring a yoga mat, blanket, and a water bottle.

**Minimum 6 – Maximum 12**

**Wednesdays: October 14<sup>th</sup> thru November 18<sup>th</sup> 6:00 - 7:30pm**

**Location: Middle School Cafeteria**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: S. Rinpoche, RYT500**

**213 - In-School Walking Program – WMH**

Participants must register with Wayne Memorial Hospital and receive an ID Badge. Those previously registered will need to re-register to up-date WMH records but will not have to pay the \$5 if they have their badge from previous years, but, they must place the “10” sticker WMH sends them on their badge. The walkers will be required to wear badges when walking and to log in and out in a notebook provided by Wayne Memorial Hospital.

**Monday – Thursdays: September 8<sup>th</sup> thru May 26<sup>th</sup> 6 – 8pm**

**Location: South Elementary and High School**

**Age Requirement: Adult**

**Cost \$5.00**

**Call WMH COMMUNITY HEALTH DEPARTMENT AT 253-8422 TO REGISTER**

**214 - Lower Body Blast**

Legs, hips, glutes, and calves are the focus of this class. A mixture of cardio respiratory exercises (jump rope, quick-feet, running, jogging and etc.) and strength exercises (lunges, squats, bridges, Romanian dead lifts, and single leg exercises) will be incorporated into this class to get your lower body toned and stronger. Please bring an exercise mat and dumbbells to class. All fitness levels welcomed.

**Minimum 6 – Maximum 12**

**Wednesdays: October 7<sup>th</sup> thru November 18<sup>th</sup> 5 - 6pm**

**NO class on October 21<sup>st</sup>**

**Location: South Elementary Gym or Cafeteria**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: D. Tereschak**

**215 - Men's Recreation**

Pickup games of basketball post high school.

**Mondays: September 14<sup>th</sup> thru end of school 6 – 9pm**

**(No games when school is cancelled or not in session)**

**Location: Middle School/North Intermediate Gym**

**Age Requirement: Adult**

**Cost: \$4.00 per night**

**Instructor: A. Holtzer**

### **216 - Natural Health Alternatives**

Antioxidants! Enzymes! Vitamins! Super foods! We are bombarded with messages promoting these supplements; but how can you know what is true? This course begins by examining the late 1800s healing protocols of Sebastian Kneipp (google the name!), he was a Priest who became known for curing disease by using only cold water! The course will then move forward to show a direct connection between his "cures"; modern supplements and how both can improve your ability to gain; then maintain a high level of health. You will also learn why and how to choose supplements for your specific needs. Your Instructor is a Registered Pharmacist and Naturopathic Doctor.

**Minimum 10**

**Tuesday: October 6<sup>th</sup> thru November 3<sup>rd</sup> 7 - 9pm**

**Location: High School Room 309**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: R. Howell, RPh ND**

### **217 - Zumba**

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself getting into shape at the original dance-fitness party. Zumba class features exotic rhythms set to high energy Latin and international beats. Wear clothes you can move in, sneakers, bring a towel, a bottle of water, and LET'S DANCE!

**Minimum 6 – Maximum 25**

**Thursdays: October 8<sup>th</sup> thru November 19<sup>th</sup> 3:30 – 4:30pm**

**Location: High School Cafeteria**

**Age Requirement: 16 - Adult**

**Cost: \$25.00**

**Instructor: M. Monte**

### **218 - Zumba Gold**

Low impact cardio dance. Move to the beats of Latin, International, and other popular rhythms. Modifications will be shown. We will focus on cardio, muscular conditioning, flexibility, and balance.

**Minimum 5 – Maximum 25**

**Thursdays: October 8<sup>th</sup> thru November 19<sup>th</sup> 6 – 7pm**

**Location: South Elementary School Cafeteria**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: B. Mitchell**

### **219 - Zumba Toning**

The use of lightweight maraca, such as toning sticks, enhances the sense of rhythm, balance, and coordination while toning target zones, including arms, core, and the lower body. Emphasis will be on toning. No more than 3 pound weights recommended. Lightweight toning sticks will be provided or students may bring their own. Please wear comfortable clothing, sneakers, and a water bottle for hydration.

**Minimum 5 – Maximum 25**

**Tuesdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 6 – 7pm**

**Location: South Elementary School Cafeteria**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: B. Mitchell**





## ***FINANCE /INVESTMENT/ RETIREMENT***

***300 - 306***

### **300 – Get More Money for YOUR Children’s College!**

Come and learn the secret and proven strategies to drastically reduce your out-of-pocket tuition costs for your child’s college education! You will also learn how it is possible to reduce your FAFSA score and get MORE financial aid! You will receive a FREE \$1,000 Tuition Rewards College Scholarship for your children, just for attending! Come out and learn more about this FREE guaranteed college scholarship program which can help you save up to \$50,000 off the cost of college for your child!

**Minimum 5 – Maximum 30**

**Thursday: October 29<sup>th</sup> 6:30 – 7:30pm**

**Location: High School Room 241**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: M. Dillon**

### **301 – Maximize YOUR Social Security Benefits!**

Come out and learn the most up-to-date rules and strategies to get the most out of YOUR Social Security benefits including: How to get 67% more in Social Security income, minimizing the 85% of your benefits that can be taxed, optional spousal benefit strategies, divorced benefits, survivor benefits, and starting and stopping Social Security. We will also learn how you can receive a retroactive lump-sum Social Security payout! Most importantly, you will learn how to co-ordinate your Social Security benefits with your other retirement income and minimize your taxes! Complimentary “Social Security Maximization” Software Analysis Included for Attendees.

**Minimum 5 – Maximum 30**

**Thursday: October 22<sup>nd</sup> 6:30 – 7:30pm**

**Location: High School Room 241**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: M. Dillon**

### **302 – The Parents’ Role in College Planning**

Future college students want parent input when the time comes to start their college admissions process. For the most part, they will need support and assistance along with love, understanding, and patience. This course will show how to balance all of those attributes, while offering assistance whenever needed.

**Minimum 5 – Maximum 25**

**Monday: October 19<sup>th</sup> and 26<sup>th</sup> 6:30 – 7:30pm**

**Location: High School Room 243**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: J. Severini-Kresock**



### **303 - Retirement Strategies**

Retirement has changed: What is your next move? Defining retirement goals and creating a strategy to get there is on all of our minds. This free seminar will include scenarios showing you how changing a variable such as saving a little more, choosing the right investments, and how waiting to retire can impact your savings.

**Minimum 4 – Maximum 7**

**Wednesday: October 7<sup>th</sup> 7 - 8pm**

**Location: High School Room 304**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: S. Bauer**

### **304 - Safety First & High Income**

Are you tired of low interest-rates and sacrificing growth for safety? Come out and join us while enjoying a complimentary gourmet dinner! You will learn about a "Safety First" strategy with higher rates that will change your whole view about how to be successful in protecting and growing your own hard-earned money! Investing and planning for retirement today is entirely different than it was 10 or 15 years ago. In the past 15 years, we have experienced two major recessions, and the slow returns to normalcy ....and once again, we are at all-time highs in the market ..... sound a little too familiar? Is this a trend you want to keep repeating? Come out to our free dinner workshop and learn what you can do about it!

**Minimum 5 – Maximum 40**

**Thursday: October 15<sup>th</sup> 6 – 7:30pm**

**Location: Middle School Cafeteria**

**Age Requirement: Adults**

**Cost: FREE (Complimentary Buffet Dinner)**

**Instructor: M. Dillon**

### **305 - Social Security Answers**

This seminar is dedicated to getting your questions answered about Social Security. We will be discussing ways to maximize your Social Security benefit amounts for not only the individual but the spouse also - based on age, life expectancy, employment and need.

**Minimum 4 – Maximum 7**

**Wednesday: October 21<sup>st</sup> 7 - 8pm**

**Location: High School Room 304**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: S. Bauer**

### **306 - Tax-Free Investing**

It's not what you make, it's what you keep! We will discuss and have an overview of tax and advantaged investments such as muni bonds (muni/UIT/mutual funds), IRS's (traditional/Roth/ 401K/403b plans), and life insurance.

**Minimum 4 – Maximum 7**

**Wednesday: November 18<sup>th</sup> 7 - 8pm**

**Location: High School Room 305**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: S. Bauer**



## **COMPUTERS**

400

### **400 – How to E-Bay in Real Life**

Come and learn the fundamentals of listing on eBay from a top rated power seller and learn how to eBay in real life. Come and learn the basics of listing an item to sell, writing an effective ad, how to liquidate your unwanted junk, and much more in this hands-on 3 evening jammed packed course.

**Minimum 6 – Maximum 20**

**Wednesdays: October 7<sup>th</sup> thru October 21<sup>st</sup> 5:30 – 8:30pm**

**Location: High School Computer Room 241**

**Age Requirement: Adult**

**Cost: \$35.00**

**Instructor: J. Richner**



## **Safety**

**Section 600 - 603**

### **600 – American Red Cross – Adult CPR/AED/First Aid (HSSSFA514)**

Provides the learner with skills necessary to provide care when a cardiac or respiratory emergency occurs & attention to basic first aid until more advanced care arrives. This course is intended for the Lay Responder (community individual). Learners must be physically able to provide adequate breaths and sufficient compressions to a manikin while that manikin is on a firm, flat surface. This is a blended format with pre-requisites completed via computer based training.

**Minimum 4 – Maximum 8**

**Tuesday: October 6<sup>th</sup> 6 – 7pm**

**Location: North Primary School Cafeteria**

**Age Requirement: Adult**

**Cost: \$90.00**

**Register at: [www.redcross.org](http://www.redcross.org) or by calling 1-800-733-2767.**

### **601 – American Red Cross – Adult CPR/AED/First Aid (HSSSFA514)**

Provides the learner with skills necessary to provide care when a cardiac or respiratory emergency occurs & attention to basic first aid until more advanced care arrives. This course is intended for the Lay Responder (community individual). Learners must be physically able to provide adequate breaths and sufficient compressions to a manikin while that manikin is on a firm, flat surface. This is a blended format with pre-requisites completed via computer based training.

**Minimum 4 – Maximum 8**

**Wednesday: November 4<sup>th</sup> 6 – 7pm**

**Location: North Primary School Cafeteria**

**Age Requirement: Adult**

**Cost: \$90.00**

**Register at: [www.redcross.org](http://www.redcross.org) or by calling 1-800-733-2767.**

**602 – American Red Cross – Adult & Pediatric First Aid/CPR/AED (HSSSFA516)**

Provides the learner with skills necessary to provide care when a cardiac or respiratory emergency occurs & attention to basic first aid until more advanced care arrives. This course is intended for the Lay Responder (community individual). Learners must be physically able to provide adequate breaths and sufficient compressions to a manikin (Adult-Child-Infant) while that manikin is on a firm, flat surface. This is a blended format with pre-requisites completed via computer based training.

**Minimum 4 – Maximum 6**

**Tuesday: October 6<sup>th</sup> 6 – 7:30pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$110.00**

**Register at: [www.redcross.org](http://www.redcross.org) or by calling 1-800-733-2767.**

**603 – American Red Cross – Adult & Pediatric First Aid/CPR/AED (HSSSFA516)**

Provides the learner with skills necessary to provide care when a cardiac or respiratory emergency occurs & attention to basic first aid until more advanced care arrives. This course is intended for the Lay Responder (community individual). Learners must be physically able to provide adequate breaths and sufficient compressions to a manikin (Adult-Child-Infant) while that manikin is on a firm, flat surface. This is a blended format with pre-requisites completed via computer based training.

**Minimum 4 – Maximum 6**

**Wednesday and Friday: November 4<sup>th</sup> – November 6<sup>th</sup> 6 – 7:30pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$110.00**

**Register at: [www.redcross.org](http://www.redcross.org) or by calling 1-800-733-2767.**

***SPECIAL EVENTS***

700

**700 - WAHS Winter Band Concert Preview**

Wednesday: December 2<sup>nd</sup> 11:45 – 1:15pm

Location: High School Auditorium

Cost: FREE

Instructor: E. Warner

**ATTENTION!**

**Please register early to avoid class cancellation due to lack of enrollment.**

**The Deadline for Registration Is September 18<sup>th</sup>, 2015.  
Any Registration Post Marked After That Date Will Be Returned.**

Registration will be done by mail only. Additional registration forms may be obtained by going on line to [www.wallenpaupack.org](http://www.wallenpaupack.org) and clicking on *Community Education*. **Mail your registration form and a separate check for each class as soon as possible.** Classes that do not have a registration fee still require individuals to register for the class.

Complete a section for each course and mail to: **WASD - COMMUNITY EDUCATION, 2552 Route 6 Hawley, PA 18428-7045.** Enclose your check or checks **payable to: Wallenpaupack Area School District** unless otherwise indicated.

**You will be notified only if a class is cancelled.**

**WRITE A SEPARATE CHECK AND REGISTRATION FORM FOR EACH COURSE**

|                      |                |
|----------------------|----------------|
| Name: _____          |                |
| Address: _____       |                |
| Daytime Phone: _____ | Course # _____ |
| Course Title: _____  | Cost: \$ _____ |

|                      |                |
|----------------------|----------------|
| Name: _____          |                |
| Address: _____       |                |
| Daytime Phone: _____ | Course # _____ |
| Course Title: _____  | Cost: \$ _____ |

|                      |                |
|----------------------|----------------|
| Name: _____          |                |
| Address: _____       |                |
| Daytime Phone: _____ | Course # _____ |
| Course Title: _____  | Cost: \$ _____ |

|                      |                |
|----------------------|----------------|
| Name: _____          |                |
| Address: _____       |                |
| Daytime Phone: _____ | Course # _____ |
| Course Title: _____  | Cost: \$ _____ |