



Penn-Trafford Adult Education Volunteers Serving the Community* Fall 2017 Class Schedule

www.ptae.org

Monday

MONDAY YOGA 7:00-8:00 p.m. – 8 weeks

**** Class begins on Monday, September 18 ****

Join Kristie Killen of Yoga on Third, Irwin, to calm the mind and strengthen the body. Yoga is intended to help you explore and use tools and techniques to serve you physically and mentally in daily life. All are welcome to discover how each shape and technique will work best for you and your body. Class is suitable for all levels.

Please bring a yoga mat, block, a strap, water and a heavy towel or blanket. LIMIT: 25

INSTRUCTOR: Kristie Killen CLASS FEE: \$24.00
CLASS REP: Andrea McDonough Sunrise Elementary

ZUMBA EXERCISE DANCE 6:30-7:30 p.m. – 8 weeks

**** Class begins Monday, September 18 ****

Zumba is a fusion of Latin and International music. The routines feature aerobic /fitness and interval training with a combination of fast and slow rhythms that tone and sculpt your body. A certified instructor will help you follow the easy steps like the meringue, salsa, cumbia, mambo, samba and flamenco. No matter your age, catch the Zumba fever! LIMIT: 25

INSTRUCTOR: Charlotte Hartman CLASS FEE: \$24.00
CLASS REP: Devra Cherrone Penn Middle School

QUICKBOOK DESKTOP

ESSENTIALS 6:30-9:30 p.m. – 1 week

**** Class held on Monday, September 25 ****

QuickBooks is the #1 Business Software. It is a business management tool that can help you manage your business better and make decisions based on accurate financial data. This class will teach you all the basic functions of QuickBooks Desktop (Pro and Premier Versions). A 189-page workbook will be available for you at the cost of \$18.00. **Please include a separate check made payable to the instructor.**

LIMIT: 8
INSTRUCTOR: Kristina A. Rugh CLASS FEE: \$9.00
CLASS REP: Judy Nedley Penn-Trafford HS

LINE DANCE 7:00-9:00 p.m. – 8 weeks

**** Class begins Monday, September 18 ****

Fun and Easy! Line Dances are formatted for beginners with a couple more challenging dances for intermediate dancers. No partner needed. LIMIT: 30

INSTRUCTOR: Deb Snyder CLASS FEE: \$48.00
CLASS REP: Bern Skoczylas Harrison Park All Purpose

Tuesday

iREST: HEALTH, HEALING

AND INNER PEACE 7:00-8:30 p.m. – 6 weeks

**** Class begins Tuesday, October 10 ****

Integrative restoration, or iRest, is a modern adaptation of the meditative aspect of yoga, known as Yoga Nidra. With regular practice of this technique, individuals may be able to experience deep relaxation throughout the body and mind, a reduction of stress, neutralization of anxiety, and improvement in many other areas of life.

The benefits have been assessed and confirmed by modern neuroscientific research. Students will need a yoga mat, a pillow for head and a smaller pillow for under your knees. LIMIT: 12

INSTRUCTOR: Karen Stewart CLASS FEE: \$27.00
CLASS REP: Judy Nedley Penn-Trafford HS

MAXIMIZE

COLLEGE FUNDING: 7:00-9:00 p.m. – 1 week

**** Class held Tuesday, October 17 ****

Learn the secrets of picking colleges that give you the best financial aid package with more free money and fewer loans. See how to legally arrange your income and assets to maximize financial aid.

INSTRUCTOR: Greg Phillips CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

DEVELOP YOUR INTUITION 7:00-9:00 p.m. – 1 week

**** Class held Tuesday, October 10 ****

That mysterious gut feeling that we tend to ignore is our sixth sense-our inner voice. Get to know how intuition functions while learning tips, tools and techniques to develop this intuitive ability of perception. LIMIT: NONE

INSTRUCTOR: Betty J. Rapin CLASS FEE: \$6.00
CLASS REP: Judy Pekich Penn-Trafford HS

WATER AEROBICS

STRENGTH TRAINING 6:30-7:30 p.m. – 10 weeks

**** Class begins Tuesday, September 19 ****

Learn shallow and deep-water exercises for a good cardiovascular workout and muscle toning. LIMIT: 25

INSTRUCTOR: Michelle Kozubal CLASS FEE: \$30.00
CLASS REP: Karen Smith Penn-Trafford HS Pool

BASIC SEWING

6:30-8:30 p.m. – 4 weeks

**** Class begins Tuesday, September 19 ****

Learn the basic sewing techniques of hemming pants, shirts, skirts, and inserting zippers. Bring scissors and items to work on each week. LIMIT: 10

INSTRUCTOR: Marie Maruco CLASS FEE: \$24.00
CLASS REP: Vicki Nejak Penn-Trafford HS

COMPUTER BASICS 6:30-8:00 p.m. – 3 weeks
**** Class begins Tuesday, October 3 ****

The class is a beginner's guide to computer basics and will cover security on the internet, maintenance, and internet application basics in everyday tasks. LIMIT: 10
INSTRUCTOR: Brandon Lacina CLASS FEE: \$14.00
CLASS REP: Bern Skoczylas 430 Brinton Ave., Trafford

ALL ABOUT YOUR IPAD 6:30-8:00 p.m. – 1 week
**** Class held Tuesday, October 24 ****

Maximize how to use your iPad to get the most out of apps and programs. LIMIT: 10
INSTRUCTOR: Brandon Lacina CLASS FEE: \$5.00
CLASS REP: Bern Skoczylas 430 Brinton Ave., Trafford

Wednesday

**GLIDE, TONE, STRETCH
ALL-IN-ONE** 6:30-7:30 p.m. – 8 weeks
**** Class begins Wednesday, September 20 ****

These exercises help you firm, tone, and build long, lean muscles. There will be ½ hour of gliding with cardio and ½ hour of sculpting with weights. Your outer thighs will burn and you will see results within weeks if you stay focused on your workout. Gliding discs, which will be provided, simply add a different kind of intensity. You choose the weight you feel comfortable with. Bring a mat, weights and a water bottle. LIMIT: 25
INSTRUCTOR: Cathy Sudo CLASS FEE: \$24.00
CLASS REP: Anne Boro McCullough Elem. School

WEDNESDAY YOGA 6:45-7:45 p.m. – 8 weeks
**** Class begins Wednesday, September 20 ****

This class builds strength and flexibility by focusing on good posture in each pose. Class is suitable for all levels, especially for beginners, seniors, and men. Bringing a yoga mat, blocks, a strap, and a heavy blanket or towel is highly recommended. LIMIT: 25
INSTRUCTOR: Rudy Abt CLASS FEE: \$24.00
CLASS REP: Gini Newell Sunrise Elementary

MEDICARE 101 6:00-8:00 p.m. – 1 week
**** Class held on Monday, September 20 ****

Enhance your understanding of Medicare through an overview of the parts involved, including A, B, and C. In addition, you will learn about the Medicare options you have including Medicap, Advantage and Original Medicare. All students will come away with an understanding of special Enrollment Periods, Medicaid, PACE, and the Extra Help Program. LIMIT: NONE
INSTRUCTOR: Linda Skodak CLASS FEE: \$6.00
CLASS REP: Judy Nedley Penn-Trafford HS

**THE HISTORY OF
BUSHY RUN** 6:00-8:00 p.m. – 1 week
**** Class held Tuesday, September 27 ****

The Battle of Bushy Run was one of the most significant Native American conflicts in American history. Come and discover the role this local historical landmark played in the history of our country. LIMIT: 20
INSTRUCTOR: Colleen Madore CLASS FEE: \$6.00
CLASS REP: Sybil Kunkelmann Bushy Run Park

IMPORTANCE OF BEES 6:30-8:00 p.m. – 1 week
**** Class held Wednesday, September 27 ****

Learn about the hive structure, types of bees inside the hive and their roles, the tools beekeepers use to manage the bees, the role of the beekeepers, the products of the hive, the importance of pollination, and how to protect and provide for honeybees in the future
LIMIT: 12
INSTRUCTOR: Alyssa Fine CLASS FEE: \$5.00
CLASS REP: Karen Smith Penn-Trafford HS

Thursday

BALANCE WORKSOP 7:00-8:00 p.m. -8 weeks
**** Class begins Thursday, September 21 ****

It has been proven that seniors who exercise and practice balance activities can avert the devastating effects of a fall. Our workshop will focus on balance, coordination, flexibility and posture. Dr. Matthew J. Bauman of Bauman Family Chiropractic Clinic created the program and will be the workshop instructor. LIMIT: 12
INSTRUCTOR: Matt Bauman CLASS FEE: \$24.00
CLASS REP: Bibi Peduzzi Penn-Trafford HS

BEGINNING CROCHET 7:00-9:00 p.m. – 4weeks
**** Class begins Thursday, October 19 ****

Learn the basic stitches (single crochet and double crochet). Bring an "H" crochet hook and medium weight yarn (knitted worsted 8 ounces or more) in a light color. LIMIT: 12
INSTRUCTOR: Judy Ference CLASS FEE: \$24.00
CLASS REP: Bibi Peduzzi Penn-Trafford HS

TAI CHI 7:00-8:00 p.m. – 6 weeks
**** Class begins on Thursday, September 21 ****

Learn Tai Chi moves, and all the benefits from a Master with many years of experience. LIMIT: 12
INSTRUCTOR: Mitzie Marricco CLASS FEE: \$18.00
CLASS REP: Bibi Peduzzi Penn Middle School

REGISTRATION INFORMATION

PLEASE READ CAREFULLY

Registration Dates

Registration ends one week before the class begins unless otherwise noted. Classes begin as noted in the class description.

How do I Register?

Complete a separate registration form (found in this brochure) for each class for which you want to register and for each person being registered. If you need additional forms, please make copies.

Register for each class by enclosing a check or money order for the "class fee" which is noted in the description. Make checks payable to Penn-Trafford Adult Education or PTAE. Please do not combine amounts for different classes into one check.

If the class has a materials fee noted in the description, include a separate check or money order with your registration made payable to the instructor. Materials fees are non-refundable.

For each class, mail the registration form and check(s) to the class representative shown in the class description so that it is received no later than the registration deadline noted above. Addresses for the class representatives are listed in this brochure.

DO NOT call or send your registration form to the administration building of the Penn-Trafford School District. Registration forms MUST be sent to the appropriate class representative to ensure enrollment in class.

Registrations are filled in the order received. Some class sizes are limited. No discounts are honored.

Who Can Take the Classes?

Classes are for adults who are residents or non-residents of the Penn-Trafford School District.

Students in grades 9-12 may enroll with written permission of their parents. Children are not permitted to accompany parents or teachers to classes.

Am I in the Class?

The class will be held, and you are in the class, unless you are notified by the class representative to the contrary. Simply report to the class, at the location listed in the class description on the first night.

Classes may be canceled if they do not meet minimum enrollment. You will be contacted if the class is canceled. Checks for canceled classes will be destroyed. **No refunds will be made after the registration deadline.**

There are NO REFUNDS for missed classes.

School Rules

Except where noted, all classes are held in Penn-Trafford School buildings. Smoking is NOT permitted in the school buildings.

Adult education classes will **NOT MEET** when school is not in session. Class hours will be adjusted by mutual agreement between the instructor and students.

The Penn-Trafford School District does not carry insurance to cover the medical costs of participants in the adult education program. All participants enter the programs at their own risk.

Class Representatives

Devra Cherrone, Chairperson/Publicity
314 Country View Drive, Irwin, PA 15642
724-744-2303

Gini Newell, Vice Chairperson / Co-Brochure Coord.
401 Brandywine Drive, Irwin, PA 15642
412-372-7542

Andrea McDonough
223 Timber Drive, Trafford, PA 15085
412-373-1808

Anne Boro
101 Yeagers Lane, Irwin, PA 15642
724-744-3283

Judy Ryaby, Corresponding Secretary
216 Connor Drive, Jeannette, PA 15644
724-523-8131

Bernadette Skoczylas
7 Highview Circle, Harrison City, PA. 15636
724-744-4525

Judy Pekich
79 Berlin Rd., Jeannette, PA 15644
724-527-2995

Sybil Kunkelmann
308 Brandywine Drive, Irwin, PA 15642
724-515-5499

Judy Nedley, Facility Coordinator
523 Manor-Harrison City Rd. Harrison City, PA 15636
724-863-5278

Bibi Peduzzi
314 Rowe Rd., Harrison City, PA 15636
412-373-0721

Vicki Nejak
505 Cherry Drive, Level Green, PA 15085
412-372-9012

Karen Smith
129 Buck Dr., Harrison City, PA 15636
412-849-6940

****Penn-Trafford Adult Education (PTAE) is an all-volunteer organization where class fees pay our instructors salaries, operational expenses, and award Penn Trafford College Scholarships to students with Active Community Service***

******REGISTRATION FORM******

Please complete one registration form and enclose one set of checks (class fee and materials fee, if applicable) for each separate class.

Make check for the "class fee" payable to **Penn-Trafford Adult Education** or **PTAE**, unless otherwise noted in the class description. Make the check for the "materials fee" out as indicated in the class description.

I hereby waive the Adult Education Program and the Penn-Trafford School District from any responsibility if I should sustain injury during my class.

Name: _____

Address: _____

Phone: _____

E-Mail: _____

HS Student _____

Class: _____

Class Begins: Date _____ Time: _____

Class Fee: _____ Materials Fee: _____

Location: _____

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