



Penn-Trafford Adult Education

Volunteers Serving the Community*

Spring 2020 Class Schedule

www.ptae.org

Monday

MONDAY YOGA 7:00-8:00 p.m. – 8 weeks

**** Class begins on Monday, March 9 ****

Yoga is intended to help you calm the mind and build strength and flexibility. Class is led by a certified 200-hour registered yoga instructor. Class is suitable for all levels.

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

INSTRUCTOR: Kristie Killen CLASS FEE: \$24.00
CLASS REP: Vicki Nejak Sunrise Elementary

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

**** Class begins Monday, March 16 ****

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, mambo, etc. No matter your age - catch the Zumba fever!

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

LINE DANCE 7:00-9:00 p.m. – 8 weeks

**** Class begins Monday, March 9 ****

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

COMPUTER BASICS 6:00-8:00 p.m. – 2 weeks

**** Class Begins March 24 ****

This 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: NONE

INSTRUCTOR: Brandon Lucina CLASS FEE: \$12.00
CLASS REP: Carol Jacobelli 328 Cavitt Ave., Trafford

WATER AEROBICS STRENGTH TRAINING 6:30-7:30 p.m. – 8 weeks

**** Class begins Tuesday, March 10 ****

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

INSTRUCTOR: Michelle Kozubal CLASS FEE: \$24.00
CLASS REP: Sheree Pangallo Penn-Trafford HS Pool

MEDICARE BASICS 6:00-9:00 p.m. – 1 week

****Class held on March 31 ****

In this class you will learn about Medicare & Medicare Advantage programs, supplement plans & how to choose the correct plan for your needs. Topics include the four parts of Medicare (Parts A-D); enrollment periods & how to enroll; most recent updates; eligibility requirements for Medicare Extra Help Program; and community resources available to those eligible for Medicare. Material fee of \$5.00 collected at class. LIMIT: None

INSTRUCTOR: Chris Grieco CLASS FEE: \$9.00

CLASS REP: Judy Pekich

Penn-Trafford HS

THE BODY'S GATEWAY TO BALANCE: DISCOVER THE CHAKRA SYSTEM 6:30-8:30 p.m. – 1 week

**** Class held on Tuesday, March 31 ****

Like the organs within our body, our energy centers or chakras all have a physical role to play in promoting harmony between the body, mind and spirit by controlling various unseen elements of our existence. Learn how these vital currents of energy take in, exchange, process, interact and affect all that you are. Techniques will be shared to bring the energy centers into alignment to help improve your energetic health and look at your life and world with new perspective with new perspective. LIMIT: None

INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00

CLASS REP: Judy Ryaby

Penn-Trafford HS

Wednesday

GLIDE, TONE, STRETCH

ALL-IN-ONE 6:30-7:30 p.m. – 8 weeks

**** Class begins Wednesday, March 18 ****

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. 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 that is comfortable for you.

Bring a mat, weights and a water bottle. LIMIT: 20

INSTRUCTOR: Cathy Sudo CLASS FEE: \$24.00
CLASS REP: Devra Cherrone McCullough Elem. School

FROM VISION TO REALITY 6:30-8:30 p.m. – 1 week
**** Class held on Wednesday, April 1 ****

We all have visions, dreams and goals of what we would like to happen in our lives. Discover how to believe in yourself and do what successful people have done to make their desires materialize. Learn the proven method for your successful result – big or small – acquire that what you seek.

LIMIT: None
INSTRUCTOR: Betty J. Rapin CLASS FEE: \$6.00
CLASS REP: Judy Pekich Penn-Trafford HS

WEDNESDAY YOGA 6:45-7:45 p.m. – 8 weeks
**** Class begins on Wednesday, March 11 ****

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. Bring a yoga mat, blocks, a strap and a heavy blanket/ towel. NO class on 3/25 or 4/1

LIMIT: 25
INSTRUCTOR: Rudy Abt CLASS FEE: \$24.00
CLASS REP: Gini Newell Sunrise Elementary

INTRODUCTION TO REIKI 7:00-9:00 p.m. – 1 week
****Class held on Wednesday, March 11****

Life energy is what we are: and of which everything else is made. It is what enlivens us. When our life energy is depleted, out of harmony or altered by illness, stress or emotional imbalance; it can lead to increasingly more problems. Reiki makes it possible to influence the balance of the life force energy and bring a person back to a more harmonious state. In turn, this state encourages the natural ability of the body, mind and spirit to heal, to be at peace and to connect more fully to the joy in our lives. See how this very relaxing natural healing method can bring peace and joy to your life.

LIMIT: None
INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

SOCIAL SECURITY: WHAT CHOICES TO MAKE 7:00-9:00p.m. – 1 week
****Class held on Wednesday, March 18****

This course will be helpful if you are considering your options for retirement. How will social security fit into you plan?

When should you take social security? What are your options and how does it work? **A \$5.00 material fee for the instructor will be collected at class.**

LIMIT: None
INSTRUCTOR: Chris Grieco CLASS FEE: \$6.00
CLASS REP: Judy Pekich Penn-Trafford HS

Thursday

PASTA MAKING CLASS 6:00-8:30 p.m. – 1 week
**** Class held Thursday, March 26 ****

BACK BY POPULAR DEMAND Learn to make homemade ricotta gnocchi. Everyone will taste and take-home pasta. Bring your apron. **Please enclose a separate check for \$30 payable to the instructor.**

LIMIT: 12
INSTRUCTOR: Debbie DiTommaso-Huey CLASS FEE: \$8.00
CLASS REP: Vicki Nejak Angelo's
2061 Brown Ave., Grapeville

COLLEGE FUNDING: MAXIMIZING IT 7:00-9:00 p.m. – 1 week
**** Class held Thursday, March 19 ****

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.

LIMIT: None
INSTRUCTOR: Greg Phillips CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

THE ART OF MAKING ARTISIAN BREAD 6:30-9:00 p.m. – 1 week
**** Class held Thursday, March 12 ****

Create, prepare, bake and eat apple cinnamon and pineapple upside-down breads. Everyone mixes a batch of dough (makes 3 loaves) to take home and bake. A 6-quart food grade bucket is provided to transport your dough. Choose your flavors: plain, jalapeno cheddar, deli rye or cranberry golden raisin. There will be 4 different breads for sampling along with wine and cheese. **Please enclose a separate check for \$35.00 made payable to the instructor.**

LIMIT: 40
INSTRUCTOR: Richard Adams CLASS FEE: \$8.00
CLASS REP: Vicki Nejak Level Green Community Bldg.

INTRODUCTORY GOLF 6:30-8:00 p.m. – 4 weeks
**** Class begins on Thursday, May 7 ****

Instruction will be given to develop a quality swing. Included are the techniques of grip, stance, take-away, backswing, downswing and follow-through. Chipping and putting techniques will also be taught. There will be practice drills at each session. **Each student must purchase a bucket of golf balls at each class.**

LIMIT: 8
INSTRUCTOR: Jim Desch CLASS FEE: \$18.00
CLASS REP: Barb Tray McDain's Driving Range

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

Make the 'material fee' check payable as indicated in the class description. 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 previously. 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

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

Bernadette Skoczylas
7 Highview Circle, Harrison City, PA. 15636
412-953-7012

Judy Pekich
79 Berlin Road, Jeannette, PA 1544
724-527-2995

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

Carol Jacobelli
3885 Brookside Lane, Unit 409 Murrysville, PA
15668
412-523-1402

Sheree Pangallo
1119 Walton Rd., Jeannette, PA 15644
724-744-4106

Barb Trayl
193 Bedford Rd., N. Huntingdon, P a 15642
412-841-7800

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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Want to become a member of the committee or teach a class for us? (Instructors are paid). Contact any class representative for information or visit our web site – www.ptae.org