



Penn-Trafford Adult Education Volunteers Serving the Community* Fall 2018 Class Schedule

www.ptae.org

Monday

MONDAY YOGA 7:00-8:00 p.m. – 8 weeks
** Class begins on Monday, September 17 **

Yoga is intended to help you calm the mind and build strength and flexibility. Class is led by a certified 200-hour registered yoga teacher. 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: Vicki Nejak Sunrise Elementary

ZUMBA EXERCISE DANCE 6:30-7:30 p.m. – 8 weeks
** Class begins Monday, September 17 **

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: 20
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, September 17 **

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

MAXIMIZING COLLEGE FUNDING: 7:00-9:00 p.m. – 1 week
** Class held Tuesday, October 16 **

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: 25
INSTRUCTOR: Greg Phillips CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

WATER AEROBICS STRENGTH TRAINING 6:30-7:30 p.m. – 8 weeks
** Class begins Tuesday, September 18 **

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: Karen Smith Penn-Trafford HS Pool

COMPUTER BASICS 6:30-8:00 p.m. – 3 weeks
** Class begins Tuesday, September 18 **

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: 10
INSTRUCTOR: Brandon Lacina CLASS FEE: \$14.00
CLASS REP: Vicki Nejak 430 Brinton Ave., Trafford

ALL ABOUT YOUR IPAD 6:30-8:00 p.m. – 1 week
** Class held Tuesday, October 9 **

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: Vicki Nejak 430 Brinton Ave., Trafford

iREST: HEALTH, HEALING AND INNER PEACE 7:00-8:30 p.m. – 6 weeks
** Class begins Tuesday, September 18 **

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

MEDICARE 101 6:00-8:00 p.m. – 1 week
** Class held Tuesday, September 18 **

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 Medigap, 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 BATTLEFIELD 6:00-8:00 p.m. – 1 week
** Class held Tuesday, September 25 **

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: Michael Tusay CLASS FEE: \$6.00
CLASS REP: Sybil Kunkelmann Bushy Run Park

FRESH FALL FLORAL ARRANGEMENT 6:30-8:30 p.m. – 1 week
**** Class held Tuesday, October 16 ****

Take home a fresh fall arrangement that Marjie will help you arrange. You may choose a container at Marjie's or bring one from home. **Please include a separate check for \$30.00 payable to the instructor for material fee.** LIMIT:10

INSTRUCTOR: Marjie Previc CLASS FEE: \$6.00
CLASS REP: Sybil Kunkelmann Marjie's Flower Shop
Harrison City

Wednesday

GLIDE, TONE, STRETCH ALL-IN-ONE 6:30-7:30 p.m. – 8 weeks
**** Class begins Wednesday, September 19 ****

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 Elementary

WEDNESDAY YOGA 6:45-7:45 p.m. – 8 weeks
**** Class begins Wednesday, September 19 ****

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

INTRO TO HERBS 7:00-9:00 p.m. – 1 week
**** Class held Wednesday, November 7 ****

This is an introductory class on using herbs for health and wellness in your daily life. We will be tasting herbal preparations and each student will take home their herbal product. **Please include a check for \$10.00 payable to the instructor for material fee.** LIMIT: 30
INSTRUCTOR: Lori Lazar CLASS FEE: \$6.00
CLASS REP: Judy Pekich Penn-Trafford HS

TAX CUT & JOB ACT (TC&JC)6:00-9:00 p.m. – 1 week
**** Class held Wednesday, October 10 ****

The TC&JA will decrease the federal income tax on 80% if individual filers and increase the income tax on 20% of individual filers. Which category will you fit into, and what can you do in 2018 to reduce your tax liability? Learn and understand the impact and get your tax questions answered. **Please enclose a separate check for \$10.00 payable to the instructor.** LIMIT: 15
INSTRUCTOR: Ron Rometo CLASS FEE: \$9.00
CLASS REP: Carol Jacobelli Penn-Trafford HS

QUICKBOOKS ONLINE 6:30-9:30 p.m. – 1 week
**** Class held Wednesday, September 26 ****

QuickBooks is the #1 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 Online. **A workbook will be available for \$18.00. Please include a separate check payable to the instructor.** LIMIT:10

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

Thursday

DECORATIVE WINE BOTTLE 6:45-9:15 p.m. – 1 week
**** Class held Thursday, September 20 ****

Recycle an empty wine bottle into a beautiful decorative craft. Bring an empty wine bottle with labels removed. I will have some on hand. Materials provided: yarn, jute, glass gems, grape leaves, cork & tacky glue. **Please include a separate check for \$5.00 made payable to the instructor for material fee.** LIMIT: 20

INSTRUCTOR: Deb Snyder CLASS FEE: \$8.00
CLASS REP: Bern Skoczylas Harrison Park All Purpose

HEALING WITH COLOR 6:30-8:30 p.m. – 1 week
**** Class held Thursday, September 27 ****

Color is a wonderful experience. Each color can touch us physically, emotionally, mentally and spiritually. Some colors are warm, some are cool. Some soothe while others stimulate. We will work with color in different ways during class to help you determine how you can use it to bring joy into your life & improve your health. LIMIT: 20

INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

GRATITUDE & MINDFULNESS: BUILDING BLOCKS FOR A PEACEFUL LIFE 6:30-8:30 p.m. – 1 week
**** Class held Thursday, October 18 ****

Giving thanks is more than just about being polite. It can transform your mood, outlook, health and more. By combining a gratitude ritual and a 5-minute mindfulness meditation practice, you can create a peaceful state that can change your body, mind & spirit. We will learn techniques to reduce stress and bring joy into your life. You are worth the investment of time on yourself each day. LIMIT: 20

INSTRUCTOR: Linda Yarbrough CLASS FEE: \$6.00
CLASS REP: Judy Ryaby Penn-Trafford HS

AWAKEN TO DREAM UNDERSTANDING 7:00-9:00 p.m. – 2 weeks
**** Class begins Thursday, October 4 ****

Unlock hidden messages of your dreams by using tips, tools & techniques presented in this class. Learn dream recall, deciphering symbolism & interpreting dream meaning to successfully apply the information to improve your life experiences. LIMIT: None

INSTRUCTOR: Betty J. Rapin CLASS FEE: \$12.00
CLASS REP: Judy Pekich Penn-Trafford HS

AUTUMN WREATH 6:45-9:15 p.m. – 1 week
**** Class held Thursday, October 4 ****

Decorate your home with an Autumn Tulle Wreath! ALL materials will be provided (large wreath, autumn tulle, decorations & hot glue). **Please include a separate check payable to the instructor for \$14.00 material fees.** LIMIT: 20
INSTRUCTOR: Deb Snyder CLASS FEE: \$8.00
CLASS REP: Bern Skoczylas Harrison Park All Purpose

GLASS PAINTING 6:30-8:30 p.m. – 3 weeks
**** Class begins on Thursday, October 11****

Learn to paint on wine glasses. It is easy and enjoyable plus mistakes are easily fixable. Personalize your own wine glasses and/or make them a treasured unique gift. Bring your own wine glasses or vase if you prefer. Please bring a separate check for the instructor for a material fee of \$10-\$15. Instructor will call prior to class. LIMIT: None
INSTRUCTOR: Barbara Legal CLASS FEE: \$18.00
CLASS REP: Bern Skoczylas Harrison Park All Purpose

TAX CUT & JOB ACT (TC&JC)6:00-9:00 p.m. – 1 week
**** Class held Thursday, October 25 ****

The TC&JA will decrease the federal income tax on 80% of individual filers & increase the income tax of 20% of individual filers. Which category will you fit into? What can you do in 2018 to reduce your tax liability? Learn and understand the impact and get your tax questions answered. **Please enclose a check for \$10.00 payable to the instructor.** LIMIT: 15
INSTRUCTOR: Ron Rometo CLASS FEE: \$9.00
CLASS REP: Carol Jacobelli Penn-Trafford HS

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

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 Road, Jeannette, PA 1564
724-527-2995 (H)

Carol Jacobelli
3885 Brookside Lane, Unit 409, Murrysville, PA15668
412-523-1402

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

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

Sybil Kunkelmann
305 Brandywine Dr., Irwin, PA 15642
724-515-5499

***Penn-Trafford Adult Education (PTAE) is an all-volunteer organization where class fees pay our instructors salaries, operational expenses, and award 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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