

Community Education Directions

If you're interested in sharing your extraordinary talents, trade skills, and/or are encouraged to share with the community by becoming an instructor. If you have any questions regarding the program please feel free to contact program director, Maureen Rizzo at (814)725-8671 ext. 3904 or email to mrizzo@nesd1.org. **Community Education Directions:**

- A Register early to avoid disappointment.
- A Classes will begin as scheduled in this flier unless otherwise contacted. Refunds are not made after the first class is held.
- A North East senior citizens (60 years of age and older) qualify for a Gold Card discount. Please visit Administration Office for your card.
- A No phone registrations will be accepted.
- A If school is canceled because of bad weather, adult education classes will also be canceled.
- A Instructors will contact you personally if there is a cancellation for any other reason.
- A Unless otherwise noted, classes are open to adult residents and nonresidents who are at least 18 years of age.

Please mail registrations with check(s) or money order(s) to: Community Education Program 50 East Division Street - North East, PA 1642

COMMUNITY EDUCATION SCHEDULE

Fitness & Wellness

PIYO - Paula Neff

PiYo is a fast-paced, high-intensity, strength training workout that uses your own body weight & Pilates and yoga-inspired moves to build strength, flexibility and balance all while getting your heart pumping. PiYo will have you sweating and moving quickly to choreographed routines that will use your body to sculpt your body in a cardio format. Please bring a yoga mat and water and be ready to sweat and have fun. (8 Sessions/Wednesday) DATES: 1/24 - 3/21
TIME: 4:30-5:30 PM LOCATION: 3rd Gr. Core
FEE: \$50/Gold Card \$45

YOGA - Sharryn Donn-Campbell, Ph.d.

Learn how to correctly align yourself, build stamina and stability through proper stretching and strengthening. Learn weight bearing, mat, chair, and wall postures. Proper breathing will be taught to help reduce stress. Yoga is adaptable to any age, fitness, ability, health, and body configuration. Please bring your own mat and tie. (10 Sessions/Wed.) DATES: 3/7 - 5/16
TIME: 5:45-7:00 PM LOCATION: 3rd Gr. Core
FEE: \$55/Gold Card: \$50

PILATES - Paula Neff

This full-body Pilates class will focus on the proper set-up, technique and performance of the Pilates exercises. Taught by a certified and experienced instructor, you can feel assured you are learning the "right" way to do Pilates to be safe and effective, and to get the most from your workout! (8 Sessions/Tuesday) DATES: 3/20 - 5/8
TIME: 5:15-6:15 PM LOCATION: 3rd Gr. Core
FEE: \$50/Gold Card \$45

Special Classes

INTRO TO COMPUTERS - Tyler Wilson

Learn how to use your computer with this three-session intro to computer class. Students will learn about physical components, Windows 10 OS, using start menu, installing & removing programs, desktop personalization, file folders, and using the internet. (3 Sessions/Wednesdays) DATES: 5/19, 16, 23
TIME: 6:00 - 8:00 PM LOCATION: MS Lab
FEE: \$40/Gold Card \$35

BABYSITTER TRAINING - American Red Cross

This course is designed for young people (12 and older) to gain the knowledge and skills necessary to safely and responsibly give care to infants and children in a residential setting. Learn about basic child care and basic first aid. Participants receive certificate of completion. All students should bring a packed lunch. (1 Session/Sat.) FEE: \$85 DATES: 4/7
TIME: 8:30 am - 4 PM LOCATION: Admin. Office

COMMUNITY EDUCATION

When registering please read all directions which are provided above. Classes will run as scheduled, students will only be contacted if there is a change or cancellation. There are separate registration processes for Community Education and Hi-Ed Classes, please register accordingly. Gift cards available! Questions? Contact Maureen Rizzo at: mrizzo@nesd1.org or (814)725-8671 ext. 3904

Arts & Crafts

BEGINNING KNITTING - Darlene Orschek

Students will learn basic knitting instructions and will make a bias scarf with very easy knitting stitches. The class supply list can be picked up in the administration office or will be emailed. (1 Session/Tuesday) DATE: 4/17
TIME: 6:00-8:30 PM LOCATION: MS FCS
FEE: \$15/Gold Card \$10

QUILTING - Darlene Orschek

Don't blink - this is a quick and fun table cloth. Quilters will create a lightning fast table-runner using 2.5" strips. The class supply list can be picked up in the administration office or will be emailed to you. Please bring sewing machine. (2 Sessions/Tuesday) DATES: 4/24 & 5/1
TIME: 5:30-8:30 PM LOCATION: MS FCS
FEE: \$25/Gold Card \$20

WEDDING PLANNING - Maureen Rizzo

Congratulations on your engagement! Take this opportunity to fully prepare you for the upcoming months of planning. Students will receive a planning packet with wedding planning hacks to save time and money. Brides are welcome to bring a friend! (1 Session/Tuesday) DATE: 2/6
TIME: 5:30-8:30 PM LOCATION: MS FCS
FEE: \$25/Gold Card: \$20



Winter/Spring 2018 Community Education Registration Form

Please print or type all information. Please use one registration per participant. Contact phone number is needed for class updates.

Name:	Phone:
Address:	Email:
1.	Fee:
2.	Fee:
3.	Fee:

North East SCHOOL DISTRICT NEWS

HI-ED
College & University Center

North East Adult Education Classes

Register online at www.hi-ed.org/product-category/northeast-pa
or by mail, download a registration form and mail with payment.
For questions call 814-723-3222

Sponsored by:
4N·I·N·E
For Neighbors in North East
Center



Spring Classes

Computer/Technology

Kindle

Wednesday, February 21 5:00-7:00pm
Instructor: Megan Yost; Held at 103 Clay St. \$19

Basic Computers

Wednesday, March 14; 9:00am-12:00pm
Instructor: Leslie Reed; Held at 103 Clay St. \$29

iPad/iPhone

Thursday, March 15; 5:00-7:00pm
Instructor: Maureen Rizzo;
Held at 103 Clay St. \$19

Basic Word

Tuesday & Thursday, March 20 & 22
9:00am-12:00pm; Instructor: Leslie Reed
Held at 103 Clay St. \$59

Social Media

Wednesday, March 21
5:30-7:30pm; Instructor: Meagan Yost
Held at 103 Clay St. \$19

Basic Excel

Tuesday & Thursday, April 3 & 5
9:00am-12:00pm Instructor: Leslie Reed
Held at 103 Clay St. \$39

Personal Enrichment

Get Money Smart

Saturdays, Session I: February 17; 9:00am-12:00
Session II: March 10; 1:00-3:00pm; Instructor: Bobbi Randall
from North East Welch FCU; Held at 103 Clay St. FREE

Acrylic Painting for Beginners

Wednesday, March 14; 4:30-7:30pm; Instructor: Meagan Yost
Held at 103 Clay St. \$49. See website for list of materials required.

Meditation

Wednesday, March 7, 21 & 28; 5:30-6:30pm
Instructor: Lisa Thompson; Held at 103 Clay Street. FREE

Spring Nutrition Cooking with Penn State Cooperative Ext.

Thursdays, April 5-May 3; 5:00-7:00pm; 10 hour class; Instructor: Kim
Munden, Nutrition Advisor; Held at North East Middle School; FREE.
For low Income Parents, Grandparents/Guardians or Pregnant Teens

Massage for Friends and Family

Thursdays, April 5, 12, 19 & 26 6:00-7:00pm; 4 hour class; Instructor:
Lisa Mertz; Held at 103 Clay St. \$69. Please bring a yoga mat!

Spring Landscapes

Wednesday, April 11; 12:00-3:00pm; Instructor: Pete Ferry
Held at 103 Clay St. \$65. No materials require!

Healthy Living for Your Brain and Body

Wednesday, April 18; 6:00pm-7:00pm; Instructor Jill Curtis from
Alzheimer's Association; Held at North East Middle School; FREE

Job Skills

Medical Terminology- Mondays, February 26-April 30; 6:00-7:30pm; 15 hour class; Instructor: Leslie Reed; \$199

Ice Breakers for Any Meeting- Wednesday, February 28; 8:30am-12:30pm; Instructor: Steve Steiner; \$59

What is Your Leadership Style- Wednesday, March 28; 8:30am-12:30pm; Instructor: Steve Steiner; \$59

Extreme Team Dynamics- Thursday, April 26; 11:00am-3:30pm; Instructor: Steve Steiner; \$99

For more information or to register call 814-723-3222 or visit www.hi-ed.org