

NTEF SPRING 2017 ADULT ENRICHMENT REGISTRATION FORM

Registration and payment are due by February 22, 2017.

The registration fees are per person. Excluding course cancellations due to low enrollment, registration fees are non-refundable. If you are registering more than one person for a particular course, please mark that in the space accordingly. **Participants will be contacted by the course instructors prior to the first class in regard to specific course location on the school grounds.**

Please mark course selection(s):

- Indoor Walking, \$35
- Make Your Own Greeting Cards, \$40
- Vegetable Gardening, \$30
- Fitness through Motivation, \$47.50
- Distressed Wood Sign Making, \$40
- Introduction to Calligraphy, \$25
- Hatha Yoga, \$35

Participant Name(s): _____

Address: _____

Email: _____

Phone: _____

I have enclosed my payment in full.

Total amount enclosed: _____

All checks are to be made payable to
Neshannock Township Education Foundation.

Forms and payments may be dropped off to any school office or mailed to:

Neshannock Township School District
Attn: NTEF Adult Enrichment Program
3834 Mitchell Road
New Castle, PA 16105



for more information please call
724-856-4764

or email us at

neshannockfoundation@ntsd.org



NESHANNOCK TOWNSHIP EDUCATION FOUNDATION
3834 Mitchell Road • New Castle, PA 16105

Neshannock Township Education Foundation is a component fund
of the Community Foundation of Western Pennsylvania and
Eastern Ohio, a 501c3 organization.



enrich

SPRING 2017 ADULT ENRICHMENT PROGRAM

Anyone who stops learning is old, whether at twenty or at eighty. Anyone who keeps learning is young. The greatest thing in life is to keep your mind young.

- Henry Ford



Neshannock Township

EDUCATION FOUNDATION

*From Crayons to Careers and Beyond...
A Lifetime of Learning*

It is the mission of Neshannock Township Education Foundation (NTEF) to enhance initiatives that support educational advancement of the Neshannock Township community. Our vision is to support goals today in order to enhance educational opportunities tomorrow. NTEF is a component fund of the Community Foundation of Western Pennsylvania and Eastern Ohio, a 501c3 organization.

Since its reestablishment in 2015, NTEF has worked diligently to make a positive impact on the school and community. NTEF has held several community events including craft nights, drug and alcohol awareness presentations, literacy programs, STEM lab opportunities, and more! Through our efforts, we have been able to donate to charitable causes, such as Layups for Lucy, and to purchase web-based subscriptions to educational sites, such as Spelling City, for our learners. We plan to continue to reach out to members of our community in positive ways as we move into the future.

The Spring Adult Enrichment Program is a new adventure for NTEF! We are extremely excited at the thought of residents – and nonresidents – coming onto the Neshannock Township School District campus to enrich their lives! We hope you will consider trying something new, or even brushing up on an old hobby, with one of our courses. Bring a friend!

Registration and payment for all courses are due by February 22, 2017.

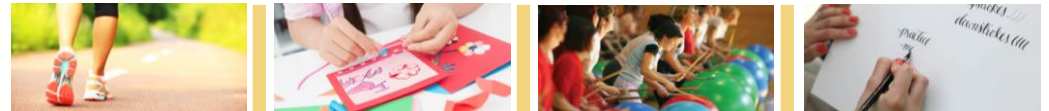
We hope to see you here!



live an enriched life



Neshannock Township Education Foundation believes in the value of lifelong learning. It is neither too early nor too late to live an enriched life while learning at any age! Please join us this spring!



Indoor Walking

Rain or shine, you will be getting your daily steps in with course instructor, Mrs. Regina Manos! Indoor courses will be marked as beginner, intermediate, and advanced. Guided walking will take place two days a week (T/TR) for one hour followed by an optional two hour open walk.

Dates: February 28, March 2, 7, 9, 14, 16, 21, 23, 28, 30, and April 4, 6

Time: 6:00-7:00pm (guided walk)
7:00-9:00pm (optional open walk)

Registration Fee: \$35.00

Suggested Age: Adults/Seniors (18+)

Create Your Own Greeting Cards

In the first session of this two-part series led by Mrs. Karen Houk, participants will learn the basic greeting card fundamentals. The second session will cover advanced methods that can be used to create a more detailed card. Each participant will have an opportunity to create at least eight greeting cards for their personal use. All materials are included within the cost of the registration fee.

Dates: March 14 and 21

Time: 6:00-9:00pm

Registration Fee: \$40.00

Suggested Age: Adults/Seniors (18+)

Vegetable Gardening

Just in time for spring, Penn State Master Gardener, Marion DiCola, will take participants through the fundamentals of gardening vegetables! Participants will receive their own soil testing kit.

Date: March 15

Time: 6:00-8:00pm

Registration Fee: \$30.00

Suggested Age: Adults/Seniors (18+)

Fitness through Motivation

Led by Dr. Randy Nichols and Mrs. Mindy Nichols, this four-week course allows participants to discover how physical activity and wellness can be a daily gift and not a chore. Each one-hour class will include an educational component, a dynamic warm-up activity, a skill-related fitness activity, a health-related fitness activity, and a group closure/wrap-up. Participants will receive a copy of *No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness* by Michelle Seager, PhD. **The first seven registrants will receive a FREE heart rate monitor valued at \$100!**

Dates: February 28 and March 7, 21, 28

Time: 6:30-7:30pm

Registration Fee: \$47.50

Suggested Age: Adults (18+)

Distressed Wood Sign Making

Get ready to hammer, sand, and paint a beautiful distressed wood wreath monogram sign with course instructor, Mrs. Becky Sabo, owner of Artsy Doodle! Stencils will be available to help you create one of these beautiful wood signs for your home. All necessary materials are included within the cost of the registration fee.

Date: March 28

Time: 6:30-8:00pm

Registration Fee: \$40.00

Suggested Age: Adults/Seniors (18+)



Introduction to Calligraphy

Under the direction of certified art instructor, Mr. Ned Yahn, participants will learn the basic fundamentals of calligraphy. Participants should select a favorite quote to print for this course. Participants will receive their own fountain pen and ink cartridge.

Date: March 22

Time: 6:30-8:00pm

Registration Fee: \$25.00

Suggested Age: Adults/Seniors (18+)

Hatha (Exercise) Yoga

Mrs. Jennifer Jillson will lead participants through yoga exercises designed to improve strength, flexibility, and breathing two days a week (M/W). This class is suitable for a wide range of abilities. Participants must bring their own yoga mats.

Dates: March 6, 8, 13, 15, 20, 22, 27, 29 and April 3, 4

Time: 5:00-6:00pm

Registration Fee: \$35.00

Suggested Age: Adults/Seniors (18+)

**Register Today!
Classes May Fill Up Quickly!**

All courses require a minimum number of participants in order to take place. Should a course minimum not be met, the course will be cancelled. In the event of a cancellation, a full refund will be issued to registered participants.