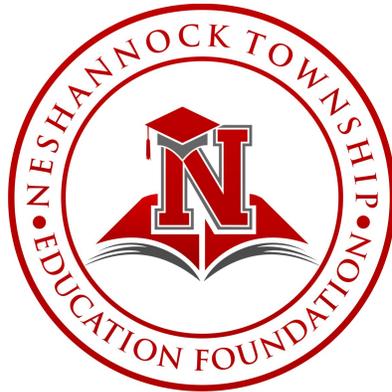


*NESHANNOCK TOWNSHIP EDUCATION FOUNDATION
ADULT ENRICHMENT
2017 FALL COURSE OFFERINGS*



The 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! We hope that you will join us this Fall in our adventure into lifelong learning.

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

PLEASE NOTE: In order to assure a beneficial educational experience for all students, some courses may have a maximum number of participants. Should the maximum number be met, a waiting list will be created. All courses require a minimum number of participants in order for the class to take place. Should a course minimum not be met, the class will be cancelled. In the event of cancellation or the maximum number of students met, a full refund will be issued to registered participants.

2017 Course Offerings

TECHNOLOGY

****Google Apps: It's just the Beginning**

A basic introduction to Google: What is Google drive? How can I create a word document? Once I do create a document, how do I save it and find it later? Once students have mastered these skills, they will move onto Google Sheets (similar to Excel) and other Google tools. All this and more! Come join us! Beginners or experienced--there will be something for everyone.

Dates: Wednesdays, September 27, October 4, 11

Time: 6:30--8:30 pm

Registration Fee: \$30

Suggested Age: 18 and over

Instructor: Mrs. Jeanne Pursel has been teaching at NHS for 20 years in the Business Education Department. She enjoys sharing what she has learned with others in a welcoming environment.

****Introduction to Microsoft Word**

Learn the basics of Microsoft Word 2013. The skills one learns can be applied to any version of Microsoft Word. The class will learn how to navigate MS Word, create short documents, envelopes and labels; along with page formatting techniques. This is a hands-on class designed to make the adult learner comfortable with MS Word.

Dates: Mondays, September 18, 25

Time: 6:00--8:00 pm

Registration Fee: \$20

Suggested Age: 18 and over

Instructor: Ms. Cynthia Welker is a Certified Microsoft Office Specialist at the Master Level with extensive experience as a high school and adult education computer teacher.

****Introduction to Microsoft Excel**

Learn the basics of Microsoft Excel. Students will utilize MS Excel 2013 but the skills can be applied to any version of MS Excel. The class will learn time-saving techniques to navigate Excel, create basic formulas and format data. This will be a hands-on class to make the adult learner comfortable with Excel.

Dates: Mondays, October 16, 23

Time: 6:00--8:00 pm

Registration Fee: \$20

Suggested Age: 18 and over

Instructor: Ms. Cynthia Welker is a Certified Microsoft Office Specialist at the Master Level with extensive experience as a high school and adult education computer teacher.

****Cell Phone Basics**

Class will provide cell phone basics for new users. Please bring your devices and chargers. Hands on training will help you get comfortable with smart phones and or tablet basics in a relaxed environment!

Dates: Wednesdays, September 20, 27 and October 4

Time: 5:00--7:00 pm

Registration Fee: \$30

Suggested Age: 18 and over

Instructor: Ms. Nicole Shuler is a graduate from Westminster College and has over 13 years experience in the cellular industry.

****Facebook and Twitter Basics**

Students will learn how to create, edit and manage a Facebook and Twitter account during this engaging hands-on course.

Dates: Monday, November 13

Time: 6:00--8:00 pm

Registration Fee: \$10

Suggested Age: 18 and over

Instructor: Mr. Christopher Ferry is the Director of Technology at NHS as well as a Keystones Technology Innovator, 2010

****Paint and Post!**

This course is designed for a mother, father, babysitter, or grandparent to accompany a child in order to create a work of art and use technology to post it to a social media site. Each participant will create a 8x10" painting. Each painting will be relevant to the month in which it is scheduled. Adults and children will enjoy a group painting experience that will bring out the joy of artistic expression while combining technology integration. Adult artists will be given the option of learning how to post their very own art projects on their personal social media accounts at the culmination of the class. Adults will also have the opportunity to create a Facebook and Instagram account in order to post their paintings.

Dates: September 19, October 3, October 17, November 7 (**Each date will be a different painting. Please choose one date per registration**)

Time: 6:00--8:00 pm

Registration Fee: \$10 **Supplies Fee:** \$10

Suggested Age: Elementary age child and adult (**Adult must be in attendance**)

Instructor: Mr. Christopher Ferry is the Director of Technology at NHS as well as a Keystones Technology Innovator, 2010

FOREIGN LANGUAGE

****Mama y YO**

This course is designed for an elementary aged child and an adult to attend the class together. The course is an elementary introduction to the beautiful Spanish language. Vocabulary and art are intertwined to make this an unforgettable learning experience. The class will include the use of puppetry, singing and art!

Dates: Mondays, Wednesdays, September 18, 20, 25, 27 **Time:** 6:00--7:00 pm

Registration Fee: \$20

Suggested Age: Child ages 5 to grade 3 and Adult (**Adult must be in attendance**)

Instructor: Mrs. Karen Haas is a former Spanish teacher at the Union School District who has written curriculum and taught Pre-K to adult students. Along with earning several degrees at two local colleges, she has also studied Spanish in Spain.

****Survival Spanish**

The course will focus on reading, writing and speaking Spanish. Participants will be actively involved in the learning of the beautiful Spanish language. The course is designed for the novice learner or as a refresher course. Come and experience how easy it is to learn how to “survive” in our Spanish speaking world!

Date: Tuesdays, Thursdays, September 19, 21, 26, 28, October 3, 5

Time: 6:00--7:00 pm

Registration Fee: \$30

Suggested Age: Adult

Instructor: Mrs. Karen Haas is a former Spanish teacher at the Union School District who has written curriculum and taught Pre-K to adult students. Along with earning several degrees at two local colleges, she has also studied Spanish in Spain.

HEALTH AND WELLNESS

****Empowering Your Fitness Within The Community**

Participants will be introduced to a variety of trending recreational and physical activities that will enhance your fitness and wellness and can be enjoyed within the community. Introductory activities include Pickleball, Nordic Walking, Disc Golf and fun functional fitness exercises. Information will be provided on how and where to engage in these activities within the local community.

Dates: Wednesdays, September 27, October 4, 11, 18 **Time:** 5:30--7:00 pm

Registration Fee: \$40

Suggested Age: Adult

Instructors: Mrs. Mindy Nichols is a Physical Education & Wellness Instructor at NTSD and Dr. Randy Nichols is a Professor of Physical and Health Education and Coordinator of School Wellness Education at Slippery Rock University

****Chair Yoga**

This course is designed for those who have recently had joint replacement or who have significant arthritis in their knee and/or hip joint. Over the 5 weeks, students will find a significant increase in flexibility and strength. Each student should have lightweight stretchy clothing and a yoga mat (available at TJ Maxx, Walmart, Ollies for about \$10) Many doctors now recommend yoga for elderly patients as the practice of yoga specifically strengthens the muscles so vital for balance. Prospective students should also bear in mind that muscles are strengthened as much by stretching as by contracting and that yoga works all the muscles, not just the gross muscles associated with workout equipment.

Dates: Mondays, Wednesdays, September 18, 20, 25, 27, October 2, 4, 16, 18, 23, 25 (**Please note no classes the week of October 9**)

Time: 5:00--6:00 pm

Registration Fee: \$40

Suggested Age: Adult/Senior Citizen

Instructor: Mrs. Jennifer Jillson has been certified by the National Exercise Trainers' Association to teach yoga since 2008 and has been practicing yoga since 2006.

SPECIAL INTERESTS

****Beginner Cake Decorating**

The course will include basic use of decorating tips and how to make various flowers. The class will culminate with a class on decorating cupcakes.

Dates: Wednesdays, September 20, 27, October 4 **Time:** 6:00--8:00 pm

Registration Fee: \$30 **Supplies Fee:** \$20

Suggested Age: 18 and over

Instructor: Mrs. Ashley Geiger has been a cake decorator for 13 years and is currently in that position at a local facility. She also studied art at Edinboro University.

****Refuse To Be A Victim**

A variety of crime prevention strategies, which includes topics involving criminal psychology, home security, personal security, cyber crime and automobile security. This seminar will consider common weaknesses that are targeted by criminals and will provide a variety of corrective measures that are practical, inexpensive and easy to follow. Strategies will include home security, crime avoidance techniques and the use of personal safety devices.

Dates: Wednesday, September 27

Time: 6:00–9:00 pm

Registration Fee: \$10

Suggested Age: 18 and over

Instructor: Mrs. Diane Shaffer is the 1st Assistant District Attorney for Lawrence County presently assigned the prosecution of narcotic trafficking within the County. A prosecutor for 26 years, Diane is also a NRA Certified Instructor for Basic Pistol, Range Safety Office and Refuse to be a Victim. She also holds an Instructor Certification for the USCCA Conceal Carry, Defensive Pistol and Home Defense.

****Responsible and Safe Gun Ownership**

The course is designed to discuss the rules for safe gun handling and ownership. It will introduce participants in the different types of handguns that are designed for personal protection as well as discuss the issues of safe handling and storage, and responsibilities when small children or guests are in the home. Also discussed will be the laws surrounding gun ownership and briefly touch on the laws of self defense and the legal aftermath if a defensive shooting occurred.

Dates: Wednesday, October 4

Time: 6:00–9:00 pm

Registration Fee: \$10

Suggested Age: 18 and over

Instructor: Mrs. Diane Shaffer is the 1st Assistant District Attorney for Lawrence County presently assigned the prosecution of narcotic trafficking within the County. A prosecutor for 26 years, Diane is also a NRA Certified Instructor for Basic Pistol, Range Safety Office and Refuse to be a Victim. She also holds an Instructor Certification for the USCCA Conceal Carry, Defensive Pistol and Home Defense.

****Word Art Painting**

This word art painting is packed with color and creativity on a 16"x20" canvas. The floral frame surrounds an inspirational quote and would make a great gift for someone you love or would be a perfect reminder for yourself of words to live by. You can use the quote pictured or Artsy Doodle staff can assist you in hand-lettering your favorite quote.

Date: Wednesday, September 20

Time: 6:30–8:30 pm

Registration Fee: \$35

Suggested Age: 18 and over

Instructor: Becky Sabo from Artsy Doodle



****Distressed Wood Sign**

This Welcome sign measures approximately

24" x 7.5". You can customize this sign by selecting your paint or stain colors. The lettering is a stencil that we will provide for you to paint. Artsy Doodle will help you select your colors and will also teach you tricks on how to white wash or dry brush your sign for a distressed look. The mason

jar can be painted in a variety of colors and jute is wrapped around the mason jar lip. **Flowers not included.**

Date: Thursday, October 5

Time: 6:30–8:30 pm

Registration Fee: \$45

Suggested Age: 18 and over

Instructor: Becky Sabo from Artsy Doodle

****Thanksgiving Wreath**

A 12"x12" piece of wood makes the perfect canvas for this painted Thanksgiving Wreath. Artsy Doodle will provide stencils for you to use to create this craft that is full of autumn colors with pops of metallic gold.

Date: Thursday, November 9

Time: 6:30 pm **Registration Fee:** \$35

Suggested Age: 18 and over

Instructor: Becky Sabo from Artsy Doodle



REGISTRATION FORM

Registration and payment are due by September 8, 2017

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

Please mark course selection(s):

- Google Apps: It's just the Beginning (Fee \$30)**
- Introduction to Microsoft Word (Fee \$20)**
- Introduction to Microsoft Excel (Fee \$20)**
- Cell Phone Basics (Fee \$30)**
- Facebook and Twitter Basics (Fee \$10)**
- Paint and Post! (Fee \$10) (Supplies Fee \$10)**
- Mama y YO (Fee \$20)**
- Survival Spanish (Fee \$30)**
- Empowering Your Fitness Within The Community (Fee \$40)**
- Chair Yoga (Fee: \$40)**
- Beginner Cake Decorating (Fee \$30) (Supplies Fee \$20)**
- Refuse To Be A Victim (Fee \$10)**
- Responsible and Safe Gun Ownership (Fee \$10)**
- Word Art Painting (Fee \$35)**
- Distressed Wood Sign (Fee \$45)**
- Thanksgiving Wreath (Fee \$35)**

Total Registration Fee Enclosed _____

Participant(s) Name _____

Address: _____

Email: _____

Phone: _____

**All checks should be made payable to:
Neshannock Township Education Foundation**

Forms and payments may be dropped off at any school office or mailed to: Neshannock Township School District, ATTN: Adult Enrichment Program, 3834 Mitchell Road, New Castle, PA 16105

Questions? Please call 724-658-4793