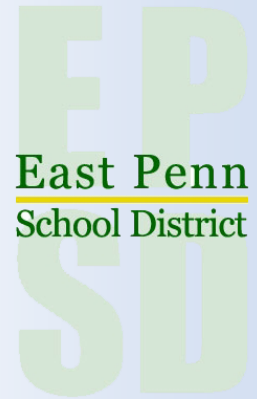


2018 FALL COMMUNITY EDUCATION



Registration

- Registration will be completed online. Go to www.eastpennsd.org and click on the District and Community News tab, then Community Education to register. If you do not have access to a computer, please call 610.966.8335.
- The registration deadline for classes is January 18, 2019.
- Students withdrawing from a class can receive a full refund, minus a \$5 processing fee, prior to the start of the class.
- Consider yourself enrolled unless otherwise notified. In the event that your class is cancelled due to insufficient enrollment, you will be notified as soon as possible. If availability exists, you may transfer to another class or receive a full refund.

Cancellations/School Holidays

- If it is a holiday or schools close because of weather, there are no classes scheduled for that day.
- There are no classes on 2/18, 4/17, 4/18, and 4/22 Any additional cancellations, due to school conflicts, are listed above the course description.
- Cancellations of classes, due to bad weather, are announced on the East Penn School District website at www.eastpennsd.org and on social media. If possible, courses will be extended to make up any cancelled classes.

Course Information

- Most classes begin the week of **February 4, 2019** and meet for ten weeks unless otherwise specified in the course description.
- Building and room assignments are listed with each course description:

EHS – Emmaus High School, 500 Macungie Avenue, Emmaus
Eyer – Eyer Middle School, 5616 Buckeye Road, Macungie
LMMS – Lower Macungie Middle School, 6299 Lower Macungie Road, Macungie
Alburtis – Alburtis Elementary School, 222 West Third Street, Alburtis
Jefferson – Jefferson Elementary School, 520 Elm Street, Emmaus
Shoemaker – Shoemaker Elementary School, 4068 North Fairview Street, Macungie
Wescosville – Wescosville Elementary School, 1064 Liberty Lane, Wescosville
Willow Lane – Willow Lane Elementary School, 6135 Sauerkraut Lane, Macungie
Leibensperger Design Studio – 3130 Route 100, Macungie (small light yellow building)

Golden Age Cards

Persons who reside in the East Penn School District and are 65 years old are eligible for a Golden Age Card. These cards entitle members to participate in one course each semester free of charge up to a value of \$50. For classes that are more than \$50, simply pay the difference. Golden Age Cards are good for life and may be obtained by calling 610.966.8301.

Questions/Suggestions

If you have any additional questions, please call Laura Groh at 610.966.8335.

Enroll Online Now!

Visit the district website at www.eastpennsd.org

- ◆ Click on District and Community News tab
- ◆ Click on Community Education (left hand side of page)
- ◆ Fill out the online registration form

Send your payment to the address below and include the confirmation number given on your check:

**East Penn Community Education
800 Pine Street
Emmaus, PA 18049
610.966.8335**

Art Classes

Watercolor and Drawing Class

**Thurs. 6:30-8:30 PM (2) 4 week classes, Begins Feb. 7
(Geared to the beginner/all levels welcome)**

Session 1 -Basic watercolor & drawing techniques, culminating in a natural seasonal landscape (2/7-2/28)

Session 2-Review and development of basic watercolor and drawing techniques, culminating in a still life with flowers or fruit (3/7-3/28)

Location: LMMS Room 414

Instr. Kathy Thomas

**Residents \$28 (1) 4 week class
\$50 (both sessions)**

**Non-Residents \$30 (1) 4 week class
Non-Residents \$52 (both sessions)**

****A supply list will be forthcoming after registration is complete.**

Crochet for Beginner Adults

Tues. 6-8 PM, 10 weeks Begins Feb. 5

As a beginner crocheter, you will learn basic stitches, techniques, and learn to read and follow patterns. Students should bring a size H (5.00 mm) and a skein of acrylic worsted weight yarn in a light color. The goal will be to practice and master the art of crochet stitches, constructing small samples of the various stitches and progressing to a project of the student's choice. Several patterns will be provided, or students may find and bring their own. Internet resources and sites will be explored.

EHS Room 607

Instr: Deb Diefenderfer

Residents \$72

Non-Residents \$74

Planning for Retirement? What Will It Take? Tues. 7 - 8 PM, 6 weeks, Begins Feb. 5

This course is a hands on class designed to help you understand your finances and make sure you are on track for your retirement. How much do you need for your ideal retirement? Are you on track? How will you fill any gap? Where will the money come from? This course will cover: How to maximize Social Security (a report will be provide to participants), and general discussions of understanding your expenses, retirement planning, understanding your investments, debt management and insurance.

EHS Room 335
Residents \$67

Instr: Lewis Christman
Non-Residents: \$69

Creative Writing - Fiction/Non-fiction Tues. 6 – 9 PM, 6 weeks, Dates 12, 3/19, 3/26, 4/ 2, 4/9 & 4/16

Get in to your Right frame of mind to write creatively. Learn how to capture the exuberant, natural voice you had as a child. Through helpful exercises and thought-provoking ides and tips, you'll begin to hear the voice that is uniquely your own - the voice every writer wants and needs. Learn to make your writing sing!

Shoemaker Library
Residents \$67

Instr: Diane Fleming
Non-Residents \$69

Microsoft Word Mon. 6:30 – 7:45 PM, 8 weeks, Begins Feb. 4 No class on 2/18

Regardless of how much you know about using Microsoft Word, there is more to know. This course will start with the basics and extend your current skill level whether you are a beginner, novice, or experienced user. It will be taught in a Windows lab, but feel free to bring your own laptop. By the end of the course you will know how to use templates, graphics, reference tools, different page layouts, mail merge, etc. Come with projects in mind such as a poster, a brochure, a research paper, Christmas cards, etc. and leave having completed them with lots of help from an experienced instructor.

EHS Room 368
Residents \$62

Instr: Susan LaBrie
Non-Residents \$64

Microsoft Excel Mon. 6:30– 7:45 PM, 8 weeks, Begins Feb 4 No class on 2/18

Regardless of how much you know about using Microsoft Excel, there is more to know. This course will start with the basics and extend your current skill level whether you are a beginner, novice, or experienced user. It will be taught in a Windows lab, but feel free to bring your own laptop. This course explores formulas, tables, graphs, reference tools, and pivot tables. The format will be exercise-based, and you can bring your own spreadsheets to adjust or enhance.

EHS Room 230
Residents \$62

Instr: Amber Fogelman
Non-Residents \$64

Google Suite Mon. 7:45– 9 PM, 8 weeks, Begins Feb. 4 No class on 2/18

From managing your calendar and appointments, to your To-Do list, to keeping and sharing photographs and documents, you can use Google Suite to manage and organize every aspect of your life digitally. This course will explore Gmail, Google Calendar, Google Tasks, Google Forms, Google Docs, Google Sheets, and Google Drive. Each week, we will explore a different part of the Google Suite. All experience levels welcome. Google account required, but can be opened prior to the first class at no charge.

EHS Room 230
Residents \$62

Instr: Amber Fogelman
Non-Residents \$64

Motivational Speaker, Bestselling Author and CEO of Grade Success Education has relocated to Pennsylvania and is offering the following Adult Education Workshops:

Power Memorization Workshop Tues. T: 7:00-8:30 PM February 5

Learn how to remember and recall effortlessly with Marc's proven strategies. Improve Your recall dramatically in less than 90 minutes! Great for people of all ages. Learn how to memorize and retain information in a fun and powerful seminar.

Speed Reading Workshop Tues. T: 7:00-8:30 PM February 12

This is an introduction to Marc's Speed Reading and Comprehension Course. Although the course is 4 weeks long, this workshop will outline all skills, drills and strategies to help you to double your reading speed and vastly improve your comprehension. Great for business, recreational reading, and even online magazines and informational texts.

Is There a Book Inside You? Tues. T: 7:00-8:30 PM February 19

More than 75% of adults want to write a book, and most of them don't know where to start. Learn how to organize, write, publish, and even market your book. Marc Hoberman is a bestselling author and the co-author of other books as well. Let Marc teach you how to decide on a working title, outline your story, adapt to a quick and effective writing process and create, publish, and market your book!

How To Motivate Your Child To Succeed In School Workshop Tues. T: 7:00-8:30 PM February 26

Bestselling author and consultant Marc Hoberman taught English for more than three decades, and he has owned Grade Success Education for 25 years. He and his instructors have tutored thousands of students both privately, online, and in large audiences as well. No matter how old your child is, Marc will teach you how to keep him/her motivated and eager to learn and manage time more effectively. An award-winning SAT and ACT tutor, Marc can unlock the secret to better study habits and increased grades for middle and high school students.

Overcoming Adversity Workshop Tues. T: 7:00-8:30 PM March 5

Marc's memoir *Adversity Defeated: Turn Your Struggles Into Strengths* has helped thousands of teens and adults overcome adversity and create a strong support system for themselves. Listen to Marc's story in this presentation about his life and how he overcame adversity to become a successful businessman, educator, and bestselling author.

EHS Room 358

Instr: Marc Hoberman

Residents \$18 (1) Workshop

Non-Residents \$20 (1) Workshop

Health and Wellness Classes

Aquatics (Lap Swimming)

Tues. OR Thurs. 6:30 – 7:30 PM, 10 weeks, Begins March 19 No class on 4/18

Enjoy a relaxing, recreational swim. Basic pool safety information will be provided to all students. Swimmers must provide their own bathing suit and towel and should leave all valuables at home. Enrollment limited to 35 students. Must be at least 16 years old.

EHS Pool Instr: Andrew Vanim

Residents \$58 Non-Residents \$60

Art and Soul Yoga

Wed. 6 – 7: 15 PM, 12 weeks, Begins Feb. 6 No class on 4/17

Classical yoga using alignment, slow flow and breath. Become present centered both on and off the mat. Suitable for all levels- just take it to your comfortable limit. Bring mat and water. A strap and a block would also be helpful to support your practice.

Alburtis Elementary Cafeteria Instr: Carol Ellis

Residents \$72 Non-Residents \$74

Men's Basketball

Tuesday and Thurs. from 8:30– 10:00 PM, 10 weeks, Begins March 12 No class on 4/18

Adult men wanting increased physical activity and strenuous recreation will find it playing basketball. Dust off your sneakers and come out and make new friends. No drill - just an evening of pick-up basketball. Enrollment limited to 24 students.

EHS Gym Instr: Matt Smereski

Residents \$57 Non-Residents \$59

Women's Basketball

Thurs. from 7-8:30 PM, 10 weeks, Begins March 21 No class on 4/18

Join other women in some pick-up games for a great workout and stress reliever! High school girls, moms, working women of all ages and abilities - are all welcome to workout and hangout with friends old and new.

Eyer Gymnasium Instr: Heather Deschenes

Residents \$57 Non-Residents \$59

Conditioning/Pilates Class

Mon. and Wed. 5-6 PM, 13 weeks , Begins Feb. 4 No class 2/18, 4/ 17 & 4/22

Do you want to tone and sculpt your entire body? Enhance your self-confidence? If you answered "yes" to either question – come join us for easy warm-up, weight work and Pilates sculpting. If you have hand weights, a floor or Pilates mat, please bring them to class.

Eyer Cafeteria Instr: Linda Shankweller

Residents \$75 Non-Residents \$77

Japanese Martial Arts Tue. 7 – 9PM, 10 weeks, Begins March 12

Learn the martial arts techniques used by the Japanese samurai - both the unarmed skills (jijitsu) and the traditional art of the sword (kenjitsu). Unarmed techniques include practical, effective self-defense techniques, most of which rely on skill rather than size or strength. No experience needed, only enthusiasm and dedication. Build confidence, self-discipline and patience, as well as physical fitness and flexibility. Practice sword may be purchased from instructor at first class for \$30. For men and women. Must be at least 14 years old. Enrollment limited to 24 students.

Jefferson Gym/Cafeteria Instr: John Roncolato/Jim Cramsey

Residents \$67 Non-Residents \$69

EZ Does It Toning & Light Cardio Mon. & Wed. 4-4:45 PM, 13 weeks Begins Feb. 4 No class 2/18, 4/17 & 4/22

Come join a group exercise class that is for Fitness, Fun and Friends. We will cover balance, muscular endurance and light cardio. If you have light weights please bring them to class. Also, bring a water bottle. A chair will be used for most classes. No floor exercise.

Eyer Cafeteria Instr: Linda Shankweller

Residents \$75 Non-Residents \$77

Gentle Yoga with a Twist Tues. 5:30 - 7PM, 12 weeks, Begins Feb. 5

Practicing gentle yoga is a proactive approach to improving health and wellness. Yoga can help to decrease stress by calming the nervous system. This yoga session is for those looking for a gentle class. Good for beginners or intermediates alike; each class is designed to bring awareness to correct form, alignment, and breathing techniques. Postures and movements are explained.

Classes end with guided meditation time.

*Twisting poses improve mobility, flexibility, digestion, and spinal health. During each class we will practice poses with gentle twists.

Wescosville Caf/Gym Instr: Tammy Long Ferry

Residents \$70 Non-Residents \$72

Zumba Mon. & Wed. 4 – 5 PM, 8 weeks, Begins Feb. 4 No class on 2/18 & 4/17

Zumba combines Latin and International music with a fun workout. No dancing experience required. Bring a water bottle. Class limited to 25 students.

Willow Lane Gym/Caf Instr: Meredith Tavares

Residents \$72 Non-Residents \$74



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Superintendent of Schools

The East Penn School District is an equal opportunity education institution and will not discriminate in its educational programs, activities or employment practices on the basis of race, color, national origin, sex, age, religion, ancestry, disability, union membership or other legally protected classification. Announcement of this policy is in accordance with state and federal laws, including Title VI, Title IX, Section 504 and ADA.

For information regarding 1) civil rights, 2) grievance procedures, 3) services, activities and facilities that are accessible to and useable by handicapped persons or 4) employee or participant complaints of harassment or discrimination, contact the Compliance Officer at 800 Pine Street, Emmaus, PA 18049 at 610.966.8331.

The Federal Drug-Free Workplace Act requires that your workplace be free of the illegal use of drugs and requires that we issue the following statement to you: No one is allowed to use, make, sell, distribute or have in their possession any illegal drugs. Any violation of the act will lead to severe disciplinary action which will normally include dismissal.