

# Pennsbury School District Community School • Fall 2022



## **FITNESS/WELLNESS COURSES**

### **2001 - Body Sculpting**

This is a non-cardio workout using light hand weights to work all of the major muscle groups. You will gain strength, coordination, and burn calories. Sculpt your body with this fun and easy-to-follow class designed for everyone! Bring light hand weights, mat, towel, and water bottle.

**2001 \* Monday 5:45-6:45 p.m.**

8 sessions - Fallsington Elementary Gym

Starts: 9/26/22

Ends: 11/14/22

Fee: \$60

**Instructor:** Sandy Robidoux

### **2002 - The "Monday Night Stretch"**

This low-impact workout is for everyone! It consists of standing and seated movements using light-weight flat bands. This will help you achieve more flexibility, better balance, posture, and coordination. Let's get together for a nice full-body stretch. Please bring a mat, towel, and water bottle.

**2002 \* Monday 6:45-7:45 p.m.**

8 sessions - Fallsington Elementary Gym

Starts: 9/26/22

Ends: 11/14/22

Fee: \$70

**Instructor:** Sandy Robidoux

### **2003 - Yogalates**

The perfect blend of core strengthening that Pilates offers while increasing flexibility, strength, balance and relaxation in total body through the ancient practice of Yoga. Enjoy the benefits received from experiencing the union of the best of both systems. Wear comfortable clothing and bring a yoga mat and towel.

**2003 \* Tuesday 6:45 – 7:45 p.m.**

8 sessions - Fallsington Elementary Gym

Starts: 10/4/22 (no class 11/8)

Ends: 11/29/22

Fee: \$75

**Instructor:** June Miller

## **Look what's new this Fall:**



- ◆ Eat Smart to Feel Great
- ◆ Monday Night Stretch

### **2004 - Tai Chi Beginners**

Tai Chi originated in China as a slow-moving exercise that can improve strength, balance, and concentration. This style of Tai Chi consists of 60 postures. It is a moderate version with emphasis on relaxation and balance improvement. This class is for new and returning students. Wear comfortable clothes.

**2004 \* Tuesday 7:45-8:45 p.m.**

8 sessions - Eleanor Roosevelt Gym

Starts: 10/4/22 (no class 11/8)

Ends: 11/29/22

Fee: \$60

**Instructor:** Glenn Swann

### **2005 - Tai Chi II**

This class is a continuation of the Tai Chi Beginners class. It is open to students who have already completed at least one of the Beginner classes. Wear comfortable clothes.

**2005 \* Tuesday 6:30-7:30 p.m.**

8 sessions - Eleanor Roosevelt Gym

Starts: 10/4/22 (no class 11/8)

Ends: 11/29/22

Fee: \$60

**Instructor:** Glenn Swann

### **2006 - Eat Smart to Feel Great**

**NEW** This class presents the *MyPlate* (USDA) model for healthy eating, the main food groups (what they are and why they are necessary), the role of vitamins and minerals, a review of fad diets, USDA recommendations for physical activity, and sound guidance on supplements.

**2006 \* Tuesday 7:00-8:15 p.m.**

6 sessions - Pennsbury High School

Starts: 9/20/22

Ends: 10/25/22

Fee: \$60

### **2007 - Body Sculpting PLUS**

A strength-training class with some added features such as hand weights, gliders and bands will take it to the next level. Get ready, set, feel good about yourself! Bring your hand weights, mat, towel, and water bottle.

**2007 \* Wednesday 5:45-6:45 p.m.**

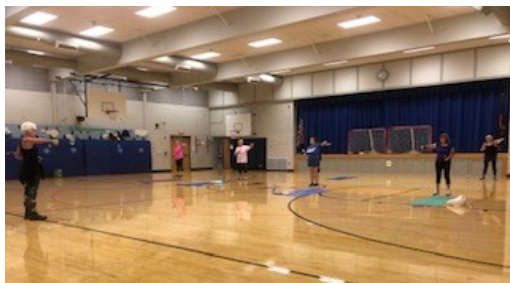
8 sessions - Eleanor Roosevelt Gym

Starts: 9/28/22

Ends: 11/16/22

Fee: \$60

**Instructor:** Sandy Robidoux



### **2008 - Zumba**

Ditch the workout and let the party begin!! Whether you are a first-timer or an experienced "Zumba" follower, this class is for everyone. The cardio class is easy-to-follow, fun, crazy, combined with aerobic moves. You will be energized to move to beats of international music. Move-n-groove! Bring your towel and water bottle.

**2008 \* Wednesday 6:45-7:45 p.m.**

8 sessions - Eleanor Roosevelt Gym

Starts: 9/28/22

Ends: 11/16/22

Fee: \$60

**Instructor:** Sandy Robidoux

### **2009 & 2010 - Gentle Yoga**

A slower approach to Yoga with poses broken down into easy, accessible movements. Students are taught to modify poses to stay within safe limitations. Perfect for people new to Yoga or anyone experiencing overall stiffness due to lack of activity or other physical limitations. This exercise will leave you energized and deeply relaxed. Participants are encouraged to wear loose-fitting, comfortable clothing, and bring a yoga mat to class.

**2009 \* Wednesday 6:00-7:00 p.m.**

8 sessions - Fallsington Gym

Starts: 9/28/22

Ends: 11/16/22

Fee: \$75

**2010 \* Wednesday 7:05-8:05 p.m.**

8 sessions - Fallsington Gym

Starts: 9/28/22

Ends: 11/16/22

Fee: \$75

**Instructor:** June Miller

## **ARTS & CRAFTS COURSES**

### **2011 - Introduction to Cake Decorating**

Learn how to decorate fabulous cakes that will impress your family and friends. Lessons will include skilled instruction on how to prepare icings as well as how to set up and ice cakes correctly. Learn to create beautiful borders, piped figures, roses, and other assorted flowers in both buttercream and royal icing. The instructor will share some inside tips to create delectable treats. The culmination of the class will be creating a cake of your own design using the techniques learned. Please use the entrance at S. Olds Blvd. and Queen Anne Drive.

**2011 \* Monday 6:30-8:30 p.m.**

8 sessions - Pennsbury High School West Room B-158

Starts: 9/19/22

Ends: 11/7/22

Fee: \$80

**Instructor:** Nancy Mitchko, Certified Master Sugar Artist

### **2012- Gingerbread House Creations**

No one smell speaks to the holiday as the aroma of fresh baked gingerbread. Learn the tips and tricks to baking and building your own gingerbread house in time for celebrating. Create a one-of-a-kind gingerbread house complete with the winter scene. Please use the entrance at S. Olds Blvd. and Queen Anne Drive.

**2012\* Tuesday 6:30-8:30 p.m.**

4 sessions - Pennsbury High School West Room B-158

Starts: 11/15/22

Ends: 12/6/22

Fee: \$40

**Instructor:** Nancy Mitchko, Certified Master Sugar Artist

## RECREATIONAL COURSES

### 2013 - Basic Sewing & Quilting

In this course you will learn all the basics of the timeless craft of sewing. We'll learn basic sewing skills, sewing machine & tools basics, basic quilting techniques. As we go, we'll make a tote to carry supplies, a 10 x 10 quilted trivet, zipper pouches, and go over some basic mending skills! By the end of the course we hope you will be comfortable enough in your sewing skills to explore and experiment at home. This course is recommended for those who have little to no experience in sewing or haven't done any in years and need a refresher. Please use the entrance at S. Olds Blvd. and Queen Anne Drive.

#### 2013\* Thursday 6:30-8:30 p.m.

8 sessions - Pennsbury High School West Room F100

Starts: 9/29/22

Ends: 11/17/22

Fee: \$80

**Instructor:** Annette Kolb, Pennsbury Family and Consumer Science Teacher

## GOLD CARD MEMBERSHIP REQUIREMENTS:

To qualify for a Pennsbury School District "Gold Card," a person must be 62+ years of age or disabled. You must be a resident of Pennsbury School District to be eligible for the "Gold Card." "Gold Card" membership entitles the holder to free admission to all District sporting events (excluding Sports Nite), plays and concerts. "Gold Card" membership entitles the holder to one (1) course at half price (does not apply to Art classes). If registering for more than one course, the 1/2 price will apply to the less expensive course fee.

**For "Gold Card" Membership  
call 215-428-4100**

### 2014 - Country Line Dancing Intermediate

If you have some experience with line dancing, then this course is for you. Learn the popular dances, meet new people, have fun, and exercise! (no class 11/8)

#### 2014\* Tuesday 7:00-8:00 p.m.

8 sessions - Fallsington Elementary Cafeteria

Starts: 10/4/22 (no class 11/8)

Ends: 11/29/22

Fee: \$55

**Instructor:** JoAnn Lawrence

### 2015 - Country Line Dancing Beginners

If you are new to line dancing or have a little experience, then this course is for you. Learn basic dance steps: kicking, brushing, vine, jazz box, shuffle, and many others. Learn the popular dances, meet new people, and have fun! Please wear lightweight, smooth-soled casual shoes, preferably not sneakers.

#### 2015 \* Wednesday 7:00-8:00 p.m.

8 sessions - Fallsington Elementary Cafeteria

Starts: 9/28/22

Ends: 11/16/22

Fee: \$55

**Instructor:** JoAnn Lawrence

### 2016 - Wine Appreciation

Develop an understanding of winemaking, label language, a mastery of the presentation in serving the wine, judging for appearance, aroma, bouquet, and taste. In addition, learn how to choose and store wines. Students must bring a clear wine glass with them to all classes. Class will meet at the McCaffrey's Supermarket on Heacock Road in Yardley. **An additional materials fee of \$125 payable to instructor the first night of class.**

#### 2016 \* Thursday 6:45-8:45 p.m.

9 sessions - McCaffrey's Supermarket Upstairs Cafe

Starts: 9/22/22

Ends: 11/17/22

Fee: \$85

**Instructor:** Chris Scheid



### **2017 - Were your Ancestors in the Newspapers? - Using the Media to Help with your Family Tree Research**

Newspaper sources are often overlooked as a source of family history information. Learn where and how to find information about your ancestors in the newspapers. The class will cover various types of newspaper articles and notices that are useful in your family history search. Some previous knowledge of genealogy and using the internet is helpful but not necessary. A quick genealogy review will be conducted the first night of the course. A resource CD containing genealogical software, resources and additional supplies are included in the course.

#### **2017 \* Tuesday 7:00-9:00 p.m.**

4 sessions - Pennsbury High School East, Rm 132

Starts: 10/4/22

Ends: 10/25/22

Fee: \$60

**Instructor:** Dennis J. Bauer, M.S., Member of the Association of Professional Genealogists, the Bucks County Genealogical Society, the Genealogical Society of PA and the National Genealogical Society.

## **FINANCIAL/ REAL ESTATE COURSES**

### **2018 - Real Estate Hot Topics**

The real estate market is always a topic for conversation. How to determine market value, the purchasing process, financing, updates to get the best return for resale, how to prepare your home to sell, downsizing, investing, foreclosures, internet sites, disclosures, inspections, rentals and more. If you have an interest in learning and understanding buying, selling or investing in real estate, this class will provide pertinent information to assist you in all aspects of the process.

#### **2018 \* Thursday 7:00-8:30 p.m.**

1 session - Pennsbury High School East, Room 136

Starts: 10/20/22

Ends: 10/20/22

Fee: \$15

**Instructor:** Joan Kamens, Realtor, Coldwell Banker  
Hearthside

### **2019 - Goals-based Investing**

Learn how to prioritize long-term financial goals and investing to help achieve goals. Learn different ways to invest across multiple asset classes, such as stock, bonds, gold, etc. Learn how alternative investments may help diversify your investments and how to recognize and overcome personal biases when making fact-based investment decisions.

#### **2019\* Tuesdays 7:00-9:00 p.m.**

5 sessions - Fallsington Elementary School, Room 14

Starts: 10/4/22

Ends: 11/1/22

Fee: \$35

**Instructor:** Gregory Kuhn, Kuhn Wealth Management



Scan the QR code above with your phone camera and it will take you directly to the course enrollment site!



Do you have an idea for a new Community School course? Or would you like to teach a class yourself?

Please contact Liz Lerie at 215-428-4198 or [elerie@pennsburyisd.org](mailto:elerie@pennsburyisd.org)

The Pennsbury Community School welcomes all adults 18 years or older and not currently a high school student. Residents and non-residents of the Pennsbury School District are welcome to take our courses. Our instructors are exemplary and strive to provide an enjoyable and meaningful learning experience. You can register online at [www.pennsburyisd.org](http://www.pennsburyisd.org) and click on "Community" (orange bar), click on Pennsbury Community School, then click on the blue link OR fill out the registration form found on the back on this page. If you have any questions, please call 215-428-4198.

## PENNSBURY SCHOOL DISTRICT SCHOOL LOCATIONS:

Eleanor Roosevelt Elementary School  
185 Walton Drive  
Morrisville, PA 19067

Fallsington Elementary School  
134 Yardley Avenue  
Fallsington, PA 19058

Pennsbury High School- East Campus  
705 Hood Boulevard  
Fairless Hills, PA 19030

Pennsbury High School- West Campus  
608 South Olds Boulevard  
Fairless Hills, PA 19030

Please Print, Clip and Mail to:  
Pennsbury Community School  
134 Yardley Avenue  
Fallsington, PA 19058



### Pennsbury Community School Fall 2022 - Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Cell # \_\_\_\_\_

Course #	Course Title	Day/Time	Fee
Total Fees Due			

# PENNSBURY SCHOOL DISTRICT

134 YARDLEY AVENUE • P.O. BOX 338 • FALLSINGTON, PENNSYLVANIA 19058-0338

## **GENERAL INFORMATION / REGISTRATION**

**Classes are only for adults who are 18 years or older and are no longer in high school.**

- \* Registration ends one (1) week before each individual course is scheduled to begin.
- \* Courses are open to adults who are out of high school.
- \* To register by mail, complete the registration form on the reverse side and mail with your check or money order. Checks or money orders should be made payable to the Pennsbury Community School. To pay with a credit card, you must register online through [www.pennsburysd.org](http://www.pennsburysd.org).
- \* Fee must accompany registration. Registrations will be accepted in the order received on a first-come, first served basis.
- \* No receipts are mailed. You are automatically enrolled unless you are notified otherwise.
- \* Any class is subject to cancellation, if enrollment numbers are not sufficient.
- \* Costs of materials are included in the class fees, unless otherwise noted.
- \* If a class meeting is cancelled, it will be made up at the convenience of the instructor and students. Classes cancelled due to inclement weather will be rescheduled at the end of the session or as otherwise arranged. No partial funds are allowed if participant is unable to attend rescheduled class.
- \* If the Pennsbury School District cancels K-12 day school due to emergencies or adverse weather conditions, the Community School will also be cancelled. Closings will be announced on the Pennsbury website, [www.Pennsburysd.org](http://www.Pennsburysd.org).
- \* Refunds are not allowed for any reason after the close of registration. Registrants unable to attend a course can request a credit voucher that can be used as payment for another course during the same school year.