

Registration opens on Monday, August 28, 2023

Please visit <https://www.payschoolsevents.com/events/details/27143> or see the form below to register by mail.

Registration by mail will be entered in the order in which they are received.

FITNESS

Body Sculpting Mondays

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.

Mondays

5:45 to 6:45 pm

8 sessions

Fallsington Elementary School Gymnasium

Starts: 10/2/23 (no class 11/13)

Ends: 11/27/23

Fee: \$70

Instructor: Sandy Robidoux, Fitness Instructor

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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.

Wednesdays

5:00 to 6:00 pm

8 sessions

Eleanor Roosevelt Elementary School Gymnasium

Starts: 10/4/23

Ends: 11/22/23

Fee: \$70

Instructor: Sandy Robidoux, Fitness Instructor

Vinyasa Yoga

“Vinyasa” simply means to flow with breath from one movement to another, thus emphasizing the connection of breath to pose. This practice becomes a moving meditation that creates strength, freedom, and fluidity in the body and mind. Each class will end with a period of relaxation. No experience necessary. Bring a yoga mat, towel, and water bottle. You are welcome to bring props for assistance. Come flow with us!

Mondays

6:45 to 7:45 pm

8 sessions

Fallsington Elementary School Gymnasium

Starts: 10/2/23 (no class 11/13)

Ends: 11/27/23

Fee: \$70

Instructor: Sandy Robidoux, Fitness Instructor

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 a towel and water bottle.

Wednesdays

6:00 to 6:45 pm

8 sessions

Eleanor Roosevelt Elementary School Gymnasium

Starts: 10/4/23

Ends: 11/22/23

Fee: \$65

Instructor: Sandy Robidoux, Fitness Instructor

Yogalates

The perfect blend of core strengthening that Pilates offers while increasing flexibility, strength, balance and total body relaxation 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.

Tuesdays

6:45 to 7:45 pm

8 sessions

Fallsington Elementary Gymnasium

Starts: 9/26/23 (no class 11/7)

Ends: 11/21/23

Fee: \$75

Instructor: June Miller, Fitness Instructor

Gentle Yoga Wednesdays - Class 1

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. Wear comfortable clothing and bring a yoga mat and towel.

Wednesdays

6:00 to 7:00 pm

8 sessions

Fallsington Elementary School Gymnasium

Starts: 10/4/23

Ends: 11/22/23

Fee: \$75

Instructor: June Miller, Fitness Instructor

Gentle Yoga Wednesdays - Class 2

7:05 to 8:05 pm

8 sessions

Fallsington Elementary School Gymnasium

Starts: 10/4/23

Ends: 11/22/23

Fee: \$75

Instructor: June Miller, Fitness Instructor

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.

Tuesdays

7:45 to 8:45 pm

8 sessions

Eleanor Roosevelt Elementary Gymnasium

Starts: 10/3/23 (no class 11/7)

Ends: 11/28/23

Fee: \$70

Instructor: Glenn Swann, Fitness Instructor

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.

Tuesdays

6:30 to 7:30 pm

8 sessions

Eleanor Roosevelt Elementary Gymnasium

Starts: 10/3/23 (no class 11/7)

Ends: 11/28/23

Fee: \$70

Instructor: Glenn Swann, Fitness Instructor

SPORTS

All Levels Pickleball **NEW CLASS**

Pickleball is a fun and fast paced game that is a combination of badminton, tennis and table tennis. Come work out and have fun learning and playing this great sport. This fun, no-pressure class will help you feel comfortable on the court. You'll learn rules and scoring, as well as basic skills and strategies. Bring your own paddle.

Tuesdays

6:00 to 8:00 pm

8 sessions

Afton Elementary School Gymnasium

Starts: 10/3/23 (no class 11/7)

Ends: 11/28/23

Fee: \$160

Instructors: Bob Wright & Craig VanDemark, PE Educators

Max: 16

RECREATION

Country Line Dancing Tuesdays

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.

Tuesdays

7:00 to 8:00 pm

8 sessions

Fallsington Elementary School Cafeteria

Starts: 9/26/23 (no class 11/7)

Ends: 11/21/23

Fee: \$65

Instructor: JoAnn Lawrence, Fitness Instructor

Country Line Dancing Wednesdays

7:00 to 8:00 pm

8 sessions

Fallsington Elementary School Cafeteria

Starts: 10/4/23

Ends: 11/22/23

Fee: \$65

Instructor: JoAnn Lawrence, Fitness Instructor

HEALTH & WELLNESS

Food for Life: Let's Beat Breast Cancer**NEW CLASS**

The classes in this series will bring into focus the undeniable connection between diet and cancer risk. Based on the Physicians Committee's groundbreaking cancer project curriculum, the first four classes will focus on the role of different foods and nutrients in either promoting or discouraging growth of different cancers, including breast cancer. The class will focus more specifically on foods that have been shown to directly reduce breast cancer risk and support survival. Each class features a cooking demonstration of delicious, health promoting dishes, along with handouts of easy and affordable recipes participants can prepare at home.

Tuesdays

6:00 to 8:00 pm

5 sessions

Pennsbury High School West B162 - entrance at S. Olds Blvd and Queen Anne Drive

Starts: 9/26/23

Ends: 10/24/23

Fee: \$50

Instructor: Susan Schneider, Licensed Food for Life Instructor

Max: 20

Food for Life: Kickstart Your Health **NEW CLASS**

Based on the Physicians Committee's successful 21-Day Vegan Kickstart book, this seven class series guides participants on a journey toward healthy weight loss, healthy weight maintenance, and an overall healthful and sustainable diet. For some participants, this may be the first time that food choice is prioritized over restricting food amounts as a guiding principle to support long term health. This is a lifesaving learning experience bolstered by delicious plant-based recipes that help lower cholesterol, control diabetes, lower blood pressure, and even boost energy and mood. Each class features a cooking demonstration, along with handouts of easy and affordable recipes participants can prepare at home.

Thursdays

6:00 to 8:00 pm

7 sessions

Pennsbury High School West Room B158 - entrance at S. Olds Blvd and Queen Anne Drive

Starts: 10/5/23

Ends: 11/16/23

Fee: \$70

Instructor: Susan Schneider, Licensed Food for Life Instructor

Max: 20

CULINARY

Cookies for the Holidays *** NEW CLASS***

Learn how to create beautiful, festive cookies ideal for holiday celebrations. This class is ideal for beginners or those wishing to brush upon their existing skills and expand their techniques. Students will learn varied techniques such as over piping, wet-on-wet, flooding and more.

Tuesdays

6:30 to 8:30 pm

4 sessions

Pennsbury High School West Room B158 - entrance at S. Olds Blvd and Queen Anne Drive

Starts: 10/3/23

Ends: 10/24/23

Fee: \$50

Instructor: Nancy Mitchko, Certified Master Sugar Artist

Introduction to Cake Decorating

Learn how to decorate fabulous cakes that will impress your friends and family. 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 of the inside tips to create delectable treats. The culmination of the class will be creating a cake of your own design using the techniques learned.

Wednesdays

6:30 to 8:30 pm

8 sessions

Pennsbury High School West Room B158 - entrance at S. Olds Blvd and Queen Anne Drive

Starts: 9/27/23

Ends: 11/15/23

Fee: \$80

Instructor: Nancy Mitchko, Certified Master Sugar Artist

LANGUAGE

Introduction to American Sign Language

Introduces the basic American Sign Language (ASL) skills, focusing on communication in a cultural context. Covers fingerspelling, basic vocabulary and grammatical structures, and the development of visual receptive and gestural expressive skills. Designed for students with little or no previous knowledge of ASL.

Thursdays

6:30 to 8:30 pm

Pennsbury High School West Room C121 - main office entrance on S. Olds Blvd

Starts: 10/5/23 (no class 11/23)

Ends: 11/30/23

Fee: \$65

Instructor: Michelle Evans, EIPA Certified Instructor

FINE ARTS & CRAFTS

Basic Sewing & Quilting

Learn all the basics of the timeless craft of sewing including basic sewing skills, sewing machine & tools basics and basic quilting techniques. We will make a tote to carry supplies, a 10 x 10 quilted trivet and zipper pouches. 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.

Thursdays

6:00 to 8:00 pm

8 session - Pennsbury High School West F100 - entrance at S. Olds Blvd and Queen Anne Drive

Starts: 9/28/23

Ends: 11/16/23

Fee: \$80

Instructor: Annette Kolb, Family & Consumer Science Educator

Max: 22

Creative Mosaics With Maryanne ***NEW CLASS***

Learn the basic tools, materials and techniques in mosaic art. This informative class covers how to cut glass and tile, different types of adhesives, layout design and grouting. Students will have the opportunity to complete 2 projects such as a mirror, stepping stone, frame, glass vase, planter, house number. Learn to use loved ones' special dishes, jewelry, seashells or even coins to add to your memory piece. By sessions end, you will know how to make mosaic art and have the ability to create backsplashes in your kitchen and bath.

Wednesdays

6:00 to 8:00pm

8 sessions - William Penn Middle School Room E110

Starts: 10/18 /23 (no class 11/22)

Ends: 12/13/23

Fee: \$80

Instructor: Maryanne Lalli, Fine Arts & Crafts Instructor

Max: 15

Nature's Palette: Drawing & PaintingNEW CLASS******

Discover the artistry of nature in "Nature's Palette: Drawing and Painting." Whether you're a beginner or an experienced artist, this course invites you to explore the beauty of the natural world through drawing and painting. From landscapes to botanicals, we'll cover pastels, watercolors, and acrylic techniques. Through a blend of hands-on exercises, insightful guidance, and supportive group discussions, you will learn to translate the enchanting essence of nature onto your canvas or paper. You will leave the course with final works and valuable knowledge to inspire your future artistic endeavors. Join us and unlock your creativity!

Thursdays

6:30 to 8:30 pm

8 sessions - Pennsbury High School East 124 - 705 Hood Boulevard

Starts: 9/28/23

Ends: 11/16/23

Fee \$80

Instructor: Kelsey Adair, Art Educator

Max: 15

LIFE PLANNING

Financial Aid 101 For Higher Education **NEW CLASS - 1 NIGHT ONLY** This presentation provides an early understanding of the financial decisions students need to make concerning higher education. We discuss higher education costs, the types of financial aid available, and how to apply for financial aid. This is a great opportunity for parents and students to learn about the Financial Aid application process!

Monday

10/16/23

6:30 to 8:30 pm

Pennsbury High School East 134 - 705 Hood Boulevard

Fee: \$10

Presented by Fran McKeown, Pennsylvania Higher Education Assistance Agency in partnership with Alexis Cain, CFP®

The ABC's of Financial Planning**NEW CLASS - 1 NIGHT ONLY**

403(b), 457, 529, 401(k), IRA, Mutual Funds, Annuities, oh my! Join Alexis Cain, Certified Financial Planner™ professional with Lincoln Investment as she holds your hand through popular financial planning language. Expect to gain a better understanding of commonly used account types for retirement and higher education, coupled with a-vehicles that work in conjunction with your investing efforts to reach your financial goals. The session is for all levels of personal finance and will end with an open question/answer segment.

Monday

10/23/23

6:30 to 8:30

Pennsbury High School East 134 - 705 Hood Boulevard

Fee \$10

Presented by Alexis Cain, CFP®

Home Downsizing Simplified ***NEW CLASS - 1 NIGHT ONLY***

Have you been thinking that now is the time to downsize and/or declutter? Not sure where to start, how to do it, or what your options are? This one night class will guide you through the process of sorting through years of household accumulation to determine what to keep, donate, discard, recycle and sell.

Wednesday

6:30 to 8:30pm

Fallsington Elementary School Room 14

Starts: 10/18/23

Ends: 10/18/23

Fee: \$15

Instructor: Court Ebeling, Home Downsizing & Resale Specialist

Max: 16

TECHNOLOGY

How to Take and Share High-quality Video in a Digital World ***NEW CLASS***

With advances in technology that empower everyone who has a cell phone, learn some techniques and options that you can use to capture memories, advertise your product or business, or impress your family and friends with your social media posts. This class is being offered by the video production team at the high school, in the studio that produces dozens of productions each year. Throughout the course you will learn proper framing, lighting and camera movement while considering how to best get your message out with some simple pre-production steps. And when you are done filming, you will learn some possible editing options/techniques and how to share the finished product either on YouTube or your favorite social media platform. The only materials you will need is your cell phone and a little creativity!

Tuesdays

6:00 to 8:00pm

Pennsbury High School East Room 232 - TV Studio

Starts: 10/3/23 (no class 11/7)

Ends: 11/28/23

Fee: \$60

Instructors: Dan Mahoney & Harry Stymiest, Media Educators

Max: 15

To register by mail, please send the form below with your check or money order made payable to
Pennsbury Community School, 134 Yardley Avenue, Fallsington PA 19058. Please indicate the classes(es) on your
payment.

You may also drop your payment off at the address above Monday Through Friday from 8am to 4pm.

Pennsbury Community School Registration Form

PLEASE PRINT

First Name _____ Last _____

Name _____

Street _____

Address _____ City _____

State _____ Zip Code _____ Email Address _____ Phone _____

Course Title _____

Day/Time _____ Location _____

Fee\$ _____

Course Title _____

Day/Time _____ Location _____

Fee\$ _____

Course Title _____

Day/Time _____ Location _____

Fee\$ _____

Course Title _____

Day/Time _____ Location _____

Fee\$ _____

TOTALS _____

Enclosed is my check made payable to Pennsbury Community School.

Payment Information    

First Name on Card _____ Last Name on
Card _____

Credit Card # _____ Expiration
Date _____

Security Code _____ Billing Zip
Code _____

Purchaser's Mobile # _____

If yes, please check:

Do you want a copy of your ticket to be sent to this mobile #?

Do you want this mobile # to be updated in your profile?

Please contact Anna Marie Quici at aquici@pennsburysd.org or 215-428-4198 if you have any questions.

General Information

The Pennsbury School District sponsors an adult education program with a wide selection of educational, enrichment, and fitness opportunities. These courses are offered to adults who are out of high school and 18 years or older. Residency in the Pennsbury School District is not required to enroll in the classes, which are offered during two general program sessions: Fall and Spring. Classes meet once a week for one to eight weeks, depending on the course. The fall session typically begins in October. The spring session typically begins mid-February.

Please contact Anna Marie Quici at aquici@pennsburysd.org or 215-428-4198 if you have any questions or need assistance registering.

In an ongoing effort to go green, the District will not be mailing Community School brochures to every household. The brochure is available on our webpage and in several public locations. If you need a brochure mailed or additional information about the Community School programs, please contact Anna Marie Quici at aquici@pennsburysd.org or 215-428-4198.

Registration Information

- * Registration ends one (1) week before each individual course is scheduled to begin.
- * Courses are open to adults (18 and older) who are out of high school.
- * To register by mail, mail with your check or money order made payable to the Pennsbury Community School and mail to Pennsbury Community School 134 Yardley Avenue, Fallsington PA 19058. Please indicate the class(es) on your check. You may also drop payments off at our Administration Building at the address above Monday through Friday from 7:30 a.m to 4:00 p.m.
- * Fees 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 once your payment has been received, 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.Pennsburyisd.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.

Pennsbury Senior Gold Card

The Pennsbury School District offers Senior Gold Cards for residents of the district, which enables Gold Card holders to half-price tuition for one Pennsbury Community School course. However, this does not apply to art courses, regular computer technology courses, cooking courses, and trips. If registering for more than one course, the discount will apply to the lower-priced course. To qualify, you **must be at least 62 years of age or receive disability benefits**.

As part of the application process, you will need to upload a scanned copy or photograph of your Pennsylvania driver's license for proof of age and residency in the District. Your Senior Gold Card will be mailed to the address listed on the application.

[Please click here to fill out an application for a Pennsbury Gold Card](#), or visit the receptionist at the Pennsbury Administration Building, located at 134 Yardley Avenue in Fallsington. Proper ID is required. Questions? Please call 215-428-4100 extension 1000.