



Mt. Lebanon School District  
7 Horsman Drive  
Pittsburgh, PA 15228

ADULT EDUCATION – WINTER Term begins the week of January 23, 2012

General Information:

- Registration by mail is recommended and should be received by January 20, 2012
- Send registration form with a separate check for each course **made payable to Mt. Lebanon School District**, mail to: Mt. Lebanon Senior High School,  
Office of Continuing Education  
155 Cochran Road  
Pittsburgh, PA 15228
- In person registration will be held on January 17 and 18 in room 424, Mt. Lebanon Senior High School, from 7-9 PM
- Registration Fees are listed with each course.  
Res. = Mt. Lebanon Resident  
Nonres. = Non-resident  
G.C. = Mt. Lebanon Senior Citizen (Gold Card, age 62 or older)
- Classes are subject to cancellation.
- Most classes begin the week of January 23 and meet for 10 weeks unless otherwise stated in the course description.
- **You are automatically registered for a course with your payment and you should pl to attend the first class. You will only be notified if the course is cancelled or if there is a problem.**
- Adult-Continuing Education Classes will cancel if the senior high building closes due to an emergency.
- Registration fees are not refunded after the beginning of the second class.
- Courses are not offered to anyone under the age of 18 with the exception of diver education, SAT and ACT preparation.
- Individuals should only attend classes on evenings for which they have specifically registered.

New classes will be started when a need is expressed. Make your interest known in a letter to Program Coordinator, Thomas M. Steffora.

Specific questions may be addressed to Thomas M. Steffora, Coordinator, or Del Simmons, Assistant Coordinator, between 6:30-9:00 PM Monday through Thursday. Phone Number: 412- 344-2020. For program updates tune into Mt. Lebanon cable Channel 19.

**Have a special talent, interest, or hobby? Consider teaching a non-credit  
Continuing Education Class. Call 412-344-2020 M-Th 6:30-9:00 PM for details.**

**FINE ARTS**

**No. 301 ART TALKS**

**START DATE: Wednesday, January 25<sup>th</sup>**

**Wed. 7:00-8:30 PM HS RM 422**

**Fee: Res.-\$38; Nonres.-\$48; G.C.-\$33**

**INSTRUCTOR: Elaine Wertheim**

This class will explore a variety of topics including Richard Estes, Gwen Johns and the Orientalism Movement in America.

**No Limit. TEN WEEKS**

**No. 208 GREAT UNKNOWN FILMS**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 7:00-9:30 PM**

**Fee: Res.-\$60; Nonres.-\$65; G.C.-\$55**

**INSTRUCTOR: Elaine Wertheim**

Join us for the movies you missed or want to see again. This series will include: THE RED SHOES; FLICKERING LIGHTS; AND SUPER 8. **NEW STUDENTS CALL ELAINE WERTHEIM BEFORE 1<sup>ST</sup> CLASS – 412-341-4463.** Limit: 20 Students. **TEN WEEKS**

**No. 405 GREAT UNKNOWN FILMS**

**START DATE: Thursday, January 26<sup>th</sup>**

**Thurs. 7:00-9:30 PM**

**Fee: Res.-\$60; Nonres.-\$65; G.C.-\$55**

**INSTRUCTOR: Elaine Wertheim**

Join us for the movies you missed or want to see again. This series will include: THE RED SHOES; FLICKERING LIGHTS; AND SUPER 8. **NEW STUDENTS CALL ELAINE WERTHEIM BEFORE 1<sup>ST</sup> CLASS – 412-341-4463.** Limit: 20 Students. **TEN WEEKS**

**No. 308 PIANO FOR BEGINNERS**

**START DATE: Wednesday, January 25<sup>th</sup>**

**Wed. 4:45-8:30 PM HS RM 396 & Practice Rooms**

**Fee: Res.-\$75; Nonres.-\$85; G.C.-\$70**

**INSTRUCTOR: Judi Bennett**

Individual instruction in theory, scales, and keyboard techniques. You will be given a time slot to allow for individual instruction and you will not be expected to attend the entire session. Class size limited to 12. **TEN WEEKS**

**No. 206 DRAWING – THE BASICS AND BEYOND**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 7:00-9:00 PM HS RM 291**

**Fee: Res.-\$70; Nonres.-\$75; G.C.-\$65**

**INSTRUCTOR: Sandra Ward**

A class designed for the beginner to the more advanced student. Work at your own pace with individualized instruction to explain the process of drawing from idea to finished work. Learn the fundamentals of drawing with pencil, charcoal and more by exploring the structure of objects from simple shapes to the more complex. Discover from the work of earlier artists how ordinary objects can become part of a piece of art. **TEN WEEKS**

**COMPUTERS:**

**No. 305 EBAY 101 + A LITTLE INTERNET**

**START DATE: Wednesday, January 25<sup>th</sup>**

**Wed. 6:30-8:30 PM HS RM 647**

**Fee: Res.-\$34; Nonres.-\$38; G.C.-\$29**

**INSTRUCTOR: Mark Yaworski**

Learn to buy and sell on EBay. Students will create their own EBay accounts and practice buying and selling on EBay. For the third class students are encouraged to have an item to sell as they will be creating an actual EBay listing.

Basic Internet browsing and Windows skills are a plus for this class. "All students must have an email account."  
**FOUR WEEKS**

**No. 107 INTRODUCTION TO MS-EXCEL 2007**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 7:00-9:00 PM HS RM 546**

**Fee: Res.-\$58; Nonres.-\$63; G.C.-\$53**

**INSTRUCTOR: Stephanie Van Balen**

This introductory class will explore the fundamentals of Excel 2007, an electronic spreadsheet program. Capabilities of Excel include: manipulating numeric data and textural information, creating and using formulas and functions, and creating accurate and attractive spreadsheets. Enrollment will be limited for individual computer utilization. **BASIC COMPUTER SKILLS ARE NECESSARY. SIX WEEKS**

**HEALTH/RECREATION:**

**No. 104 BASKETBALL – FITNESS**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 9:00-10:00 PM HS North Gym**

Improve stamina and endurance through competitive basketball. Pick-up games scheduled every week. All games are supervised by instructor. Class size will be limited to give each participant maximum playing time. Times are subject to change. TWELVE WEEKS

**Fee: Res.-\$72; Nonres.-\$85; G.C.-\$67**

**INSTRUCTOR: Richard Sacco**

**No. 102 BALLROOM BEGINNING**

**START DATE: Monday, February 6<sup>th</sup>**

**Mon. 6:30-8:00 PM HS Center Court Area**

**Fee: Res.-\$ 50; Nonres.-\$54; G.C.-\$46**

**INSTRUCTOR: Denise Malak**

**No. 103 BALLROOM BEGINNING**

**START DATE: Monday, February 6<sup>th</sup>**

**Mon. 8:00-9:30 PM HS Center Court Area**

By popular request, our dance instructor has organized a class of basic fundamentals in the “art of dancing” the Fox Trot, Waltz, Swing, Polka, Rumba, Cha-Cha, Tango, Samba, Mambo and Merengue. Come out, enjoy yourself and learn these dances or refresh your memory. TEN WEEKS

**Fee: Res.-\$ 50; Nonres.-\$54; G.C.-\$46**

**INSTRUCTOR: Denise Malak**

**No. 109 LINE DANCING**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 6:30-8:00 PM HS 4th Floor Cafeteria**

Learn to line dance to country music, oldies, and top 40’s. You will be able to line dance at any venue. You do not need a partner, but bring a friend. Good exercise and great fun. EIGHT WEEKS

**Fee: Res.-\$42; Nonres.-\$44; G.C.-\$37**

**INSTRUCTOR: Evonne Thomas**

**No. 203 BODY SCULPT**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 8:00-9:00 PM HS Dance Studio (Meet only one night per week)**

Tone and firm your overall physique with this two-hour-per-week class. Set to music, this format uses familiar techniques, some that are borrowed from pilates and yoga, as well as the latest techniques from LA and NY fitness studios to sculpt your muscles using your body's own resistance and light weights. Hand weights and a mat are required. All levels welcome. You'll truly enjoy the results. Class will be moved to 4<sup>th</sup> floor cafeteria 3/16/12 to 3/27/12 TEN WEEKS

**Fee: Res.-\$36; Nonres.-\$38; G.C.-\$33**

**INSTRUCTOR: Marian Luisi**

**No. 225 YOGA**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. & Thurs. 6:45-7:45 PM HS Dance Studio**

Tap your inner yogi. Beginner to advanced students will develop their practice using age-old asanas (poses) that flow from one move to the next. Improve your strength, flexibility, balance, and gain overall serenity. You'll sleep better, too. Wear loose clothes, tie long hair back and bring a mat (required). Men and women are welcome. Class will be moved to 4<sup>th</sup> floor cafeteria 3/1/12 to 3/29/12 TEN WEEKS

**Fee: Res.-\$70; Nonres.-\$75; G.C.-\$65**

**INSTRUCTOR: Marian Luisi**

**No. 110 MAT PILATES**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. & Wed. 7:30-8:30 PM HS Dance Studio**

In this class you will be guided through a series of exercises and stretches focusing on core strength of the abdominals and back muscles. Participants will develop improved core strength, balance, flexibility, and muscle tone. This is a class everyone can do. Bring a mat and water. Class will be moved to 4<sup>th</sup> floor cafeteria 3/7/12, 3/14/12 to 3/28/12; Class will be moved to the 5<sup>th</sup> floor cafeteria 3/5/12 and 3/12/12 TEN WEEKS

**Fee: Res.-\$70; Nonres.-\$75; G.C.-\$65**

**INSTRUCTOR: TBA**

**No. 118 STRENGTH & CARDIOVASCULAR CONDITIONING**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. & Wed. 6:45-8:00 PM HS 4th Floor Fitness Room**

Begin or continue a regular exercise regimen. The one hour and fifteen minute format will include circuit strength training, cardio/aerobic fitness, and proper stretching techniques. Class will be a challenge and fun for all. Consult with your physician before beginning any regular exercise. Class size is limited to 22. TEN WEEKS

**Fee: Res.-\$75; Nonres.-\$85; G.C.-\$70**

**INSTRUCTOR: Marian Luisi**

**No. 101 BALANCED-BODY CIRCUIT TRAINING**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. & Wed. 8:00-9:15 PM HS 4<sup>th</sup> Floor Fitness Room**

**Fee: Res.-\$75; Nonres.-\$85; G.C.-\$70**

**INSTRUCTOR: Matt Capan**

The aim of this course is to provide both the beginner and the advanced exerciser with a whole body workout. The time efficient format incorporates strength, endurance, and flexibility in the same regimen. Participants will follow a prescribed program which includes weight/resistance training, cardiovascular fitness, breathing techniques, and stretching exercises. In addition, participants will benefit from the supervision of the instructor who will offer insight to meet individual needs. Be sure to consult with your physician before beginning any regular exercise. Class size is limited to 22. TEN WEEKS

**No. 220 STRENGTH & CARDIOVASCULAR CONDITIONING**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. & Thurs. 6:30-7:45 PM HS 4th Floor Fitness Room**

**Fee: Res.-\$75; Nonres.-\$85; G.C.-\$70**

**INSTRUCTOR: Matt Capan**

**No. 221 STRENGTH & CARDIOVASCULAR CONDITIONING**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. & Thurs. 8:00-9:15 PM HS 4th Floor Fitness Room**

**Fee: Res.-\$75; Nonres.-\$85; G.C.-\$70**

**INSTRUCTOR: Matt Capan**

Begin or continue a regular exercise regimen. The one hour and fifteen minute format will include circuit strength training, cardio/aerobic fitness, proper stretching techniques and some polymeric exercise. Class will be a challenge and fun for all participants. Consult with your physician before beginning any regular exercise. Class size is limited to 22. TEN WEEKS

**No. 119 SWIMMING – FAMILY SWIM**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. & Wed. 7:00-9:00 PM HS Pool**

**Fee: Res.-\$40; Nonres.-\$50; G.C.-\$30**

**Family maximum - \$100**

Enjoy family time and exercise together – join the family swim program. Children must be accompanied by an adult. No instructor; lifeguards will be on duty. TEN WEEKS

**No. 120 SWIMMING – ADULT LAP SWIM**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. & Wed. 9:00-10:00 PM HS Pool**

**Fee: Res.-\$40; Nonres.-\$45; G.C.-\$35**

Lap Swimming is limited to adults 18 and over. Must share lanes. No instructor; lifeguards will be on duty. Maximum 22 students. TEN WEEKS

**No. 224 SWIMMING – ADULT LAP SWIM**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. & Thurs. 9:00-10:00 PM HS Pool**

**Fee: Res.-\$40; Nonres.-\$45; G.C.-\$35**

Lap Swimming is limited to adults 18 and over. Must share lanes. Maximum 22 students. No instructor; lifeguards will be on duty. TEN WEEKS

**No. 222 SWIMMING – BEGINNING/INTERMEDIATE**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 7:00-8:00 PM HS Pool**

**Fee: Res.-\$35; Nonres.-\$40; G.C.-\$30**

**INSTRUCTOR: Jessica Peconi**

Learn or improve swimming at your own pace. Overcome your fears of water. Improve flexibility and toning. Excellent learning situation in which to begin or improve. Use entrance C-17. TEN WEEKS

**No. 223 SWIMMING – WATER AEROBIC FITNESS**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 8:00-9:00 PM HS Pool**

**Fee: Res.-\$35; Nonres.-\$40; G.C.-\$30**

**INSTRUCTOR: Laura Teufel**

Water aerobics to music. Develop a stronger heart, increase strength of all body muscles, and exercise without putting stress on your joints through a program of gradually increasing the workload for your ability. Use entrance C-17. TEN WEEKS

**FOREIGN LANGUAGES:**

**No. 211 ITALIAN – ADVANCED**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 7:00-9:00 PM HS RM 441**

**Fee: Res.-\$80; Nonres.-\$88; G.C.-\$72**

**INSTRUCTOR: Jeannette Spavieri Subhas**

This course is a continuation of Italian Intermediate offered in fall, but qualified newcomers are welcome. Emphasis will be on conversation and more complex grammatical structures and vocabulary. We shall also translate excerpts from magazine articles and modern writers' works. Italian contemporary trends, history, art, culture will also be covered. College level text-book. Native instructor. FIFTEEN WEEKS

**No. 108 ITALIAN – INTERMEDIATE**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 7:00-9:00 PM HS RM 441**

**Fee: Res.-\$80; Nonres.-\$88; G.C.-\$72**

**INSTRUCTOR: Jeannette Spavieri Subhas**

This course is a continuation of Italian Beginning offered in fall, but qualified newcomers are welcome. There will be more study of grammar and vocabulary and we will also be trying to improve conversation skills. We shall continue to cover history, art and geography. Same text-book as in Beginning. Native instructor. FIFTEEN WEEKS.

**No. 407 ITALIAN – BEGINNING**

**START DATE: Thursday, January 26<sup>th</sup>**

**Thurs. 7:00-9:00 PM HS RM 441**

**Fee: Res.-\$80; Nonres.-\$88; G.C.-\$72**

**INSTRUCTOR: Jeannette Spavieri Subhas**

Learn Italian everyday expressions which will help you during your next trip to Italy or will just introduce you to this beautiful language. Basic grammar will also be taught if you are planning to continue to the intermediate level in fall. We will also talk about Italian history, folklore and culture. Native instructor, Inexpensive textbook. FIFTEEN WEEKS

**No. 219 SPANISH - BEGINNING**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Tues. 6:30-8:30 PM HS RM 433**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**

**INSTRUCTOR: Juan Bravo**

This course introduces Spanish basic Language skills of listening, speaking and elementary grammar. Students will be able to introduce themselves, have a basic conversation and learn to use common greetings as well as survival expressions. This course is recommended for an introduction to the cultural tastes and sounds of Hispanic traditions. TEN WEEKS

**No. 411 SPANISH - INTERMEDIATE**

**START DATE: Thursday, January 26<sup>th</sup>**

**Thurs. 6:30-8:30 PM HS RM 433**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**

**INSTRUCTOR: Juan Bravo**

This course is recommended for those students that have some basic knowledge of the Spanish language. During this course, there will be added attention to develop speaking and writing skills, using day to day examples of Hispanic culture. It is a dynamic course where the use of Spanish vocabulary and phrases will come more naturally. (Must have completed beginners class) TEN WEEKS

**No. 117 SPANISH - ADVANCED**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 6:30-8:30 PM HS RM 433**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**

**INSTRUCTOR: Juan Bravo**

This course is recommended for students that have completed the Beginners and Intermediate courses and want to continue improving their speaking and writing skills using common day to day examples. It is a very dynamic course after which you should be able to sustain a meaningful conversation and write simple day to day letters. TEN WEEKS

**No. 115 RUSSIAN - BEGINNING**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 7:00-9:00 PM HS RM 442**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**

**INSTRUCTOR: Elizabeth McVay**

This course is a fine introduction to basic Russian language skills and culture. Students will learn greetings, survival expressions and simple conversation through exercises, games and assignments. An inexpensive textbook will be used. TEN WEEKS

**No. 412 RUSSIAN - BEGINNING**

**START DATE: Thursday, January 26<sup>th</sup>**  
**Thurs. 7:00-9:00 PM HS RM 422**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**  
**INSTRUCTOR: Olga Burket**

This course is designed as an introduction to the Russian language and culture, and it aims to challenge students to practice basic reading, writing and speaking skills, with an emphasis on Russian alphabet and elementary grammar. Students will be able to greet others and introduce themselves in Russian, as well as read and write simple words and phrases, use Russian numerals in various situations and deliver basic dialogue. TEN WEEKS

**No. 214 RUSSIAN INTERMEDIATE**

**START DATE: Tuesday, January**  
**Tues. 7:00-9:00 PM HS RM 442**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**  
**INSTRUCTOR: Olga Burket**

If you know the Russian alphabet and some basic phrases and would like to further develop your understanding of Russian grammar and improve your speaking and writing skills, this is the course for you. Students will be able to write short passages, talk about themselves and their families, work and hobbies, as well as learn a variety of useful survival expressions. TEN WEEKS

**No. 207 FRANCE AND FRENCH FOR THE TOURIST**

**START DATE: Tuesday, January 24<sup>th</sup>**  
**Tues. 7:00-9:00 PM HS RM 435**

**Fee: Res.-\$50; Nonres.-\$54; G.C.-\$46**  
**INSTRUCTORS: Richard A. Melnick**

“France and French for the Tourist” introduces the American tourist to the Francophone world. This course will explore the sights of Paris and several popular French provinces before continuing on to Montréal and Québec City. Basic, useful, French travel vocabulary and expressions will be taught and practiced along with numbers, nouns, and simple verbs, asking directions and reading a French menu among other topics. Classroom discussion, participants’ suggestions, and shared travel advice will round out the travelers’ preparation for an adventurous trip into the Francophone world. EIGHT WEEKS

**No. 121 TURKEY AND TURKISH FOR THE TOURIST**

**START DATE: Monday, January 23<sup>rd</sup>**  
**Mon. 7:00-9:00 PM HS RM 435**

**Fee: Res.-\$68; Nonres.-\$78; G.C.-\$63**  
**INSTRUCTOR: Tayfun Gol**

Introduces the student to the Turkish culture and Turkey, a fascinating destination for tourists. Turkey hosts some of the world’s most important archeological sites including ruins from the oldest known human settlement, CatalHoyuk (7500 BC), the city of Troy, Noah’s Ark, Ephesus, and Istanbul- the only city in the world located on two continents. Turkey, with its coasts on the Mediterranean, Aegean and Black seas offers a great variety of natural wonders to discover and experience.

In addition to learning the basic language skills relevant for travel and daily scenarios, students will also learn a great deal about the Turkish culture, a unique blend of eastern and western cultures. Turkish is a language very rich in cultural expressions and these expressions will be covered in the class in relation to the particular vocabulary and grammar introduced. It is a lot of fun to learn these expressions and they will make communication in Turkish much easier and more authentic when travelling in Turkey. TEN WEEKS

**SPECIAL INTEREST COURSES:**

**No. 123 WOODWORKING**

**START DATE: Monday, January 23<sup>rd</sup>**  
**Mon. 6:30-9:30 PM HS RM 308**

**Fee: Res.-\$82; Nonres.-\$87; G.C.-\$77**  
**INSTRUCTORS: Ken Bayer/Chuck Thornburgh**

Make projects using hand and machine tools. You select project and purchase materials prior to second class. ALL REGISTRANTS MUST PARTICIPATE IN FIRST CLASS DEMONSTRATIONS. Individual instruction. Power tools not permitted on secondhand lumber. PARTICIPANTS WILL BE ASKED TO SIGN A LIABILITY WAIVER. TEN WEEKS

**No. 106 THE FIVE ELEMENT ARCHETYPES: NURTURING YOUR ELEMENTAL CONSTITUTION**

**START DATE: Monday, February 6<sup>th</sup>**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$8**

**Mon. 7:00-9:00 P.M. HS RM 431**

**INSTRUCTOR: Susan M. Glod, L.Ac.**

In Eastern philosophy and traditional Chinese medicine, man is seen as a microcosm of the universe. The energies & elements all around us; metal, water, wood, fire, & earth, [known as the five elements] also interact inside us forming an internal landscape that needs to be properly cultivated and balanced for optimal health. Each of us tends to be dominated by one or two of these elements which influences our personality, physical appearance and health, and even our likes and dislikes. In this fun and interactive class discover your elemental constitution or “personality” and its strengths and weaknesses. Find out how to balance and maintain your elements and how to recognize imbalances and correct them through diet & lifestyle choices. **One Evening Course**

**No. 212 LEARN TO RECOGNIZE AND DEVELOP INTUITION**

**START DATE: Tuesday, February 21<sup>st</sup>**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$8**

**Tues. 7:00-9:30 P.M. HS RM 431**

**INSTRUCTOR: Faye Silver**

We are all born with an innate sense that helps to guide us and make purposeful decisions in our life. Often though, we get lost in the chaos of our hectic everyday life and lose sight of these innate abilities. This fun and interactive class will help you learn how to become more aware of and connect with your “sixth sense”. By learning how to recognize and use your intuition you will be better able to listen to your body’s wisdom to make more positive choices in every aspect of your life. Through meditation and discussion you will learn a better understanding of your energy field, how you receive information from your body and enjoy a more peaceful life. You do not need any special skills or talents, just a willingness to take charge of your life. **One Night Class**

**No. 306 GLASS PAINTING**

**START DATE: Wednesday, January 25<sup>th</sup>**

**Fee: Res.-\$50; Nonres.-\$55; G.C.-\$45**

**Wed. 7:00-9:00 PM HS RM 291(Back Room)**

**INSTRUCTOR: Kathy Mansmann**

Interesting method of painting on glass with nail polish. Select a picture and put it under the glass and paint what you see. Also have large windows to work with using the polish combined with stained glass. **TEN WEEKS**

**No. 217 BEGINNERS SEWING**

**START DATE: Tuesday, January 24<sup>th</sup>**

**Fee: Res.-\$ 52; Nonres.-\$56; G.C.-\$ 48**

**Tues. 7:00-9:00 PM HS RM 428**

**INSTRUCTOR: Mary Louise Wotring**

Learn basic sewing techniques including hand and machine sewing and pattern reading. Explore the variety of fabrics used to fashion clothes, household items and accessories. Practice your new skills and build to the next level during weekly guided practice sessions. **TEN WEEKS.**

**Materials:** Sewing machine is required but not for first class. Once project is selected, materials list will be provided. **Note:** All students need a project bag with sharp scissors, measuring tape, hand sewing needles, white and black thread, seam ripper, notepaper, graph paper, and pencil.

**No. 410 BEGINNERS Plus SEWING**

**START DATE: Thursday, January 26<sup>th</sup>**

**Fee: Res.-\$ 52; Nonres.-\$56; G.C.-\$ 48**

**Thurs. 7:00-9:00 PM HS RM. 428**

**INSTRUCTOR: Mary Louise Wotring**

**BEGINNERS Plus SEWING - It's in the Bag!**

Move beyond the basics and enhance your beginner sewing skills (hand and machine) and pattern reading while making a cloth bag for yourself or someone special. Explore the variety of fabrics available today and select two of your favorites to create tote bags or purses or diaper bags or any kind of fabric carryall you can think of to create. Learn to add zippers, appliqué’s, quilting, buttons and more. Practice your new skills and build to the next level during weekly guided practice sessions. **TEN WEEKS**

**Materials:** Project bag/basket (containing sharp scissors, measuring tape, 6" sewing ruler, hand sewing needles, straight pins and cushion, white and black thread, scrap fabric, seam ripper, notepaper, graph paper, and pencil) is required for first class. A full-sized sewing machine is required but not until second class. Materials list for bags will be provided during first class.

**Pre-requisite: Beginner's Sewing or Instructor permission.**

**No. 309 WHERE DID YOU GET THAT T-SHIRT – getting creative**

**START DATE: Wednesday, January 25<sup>th</sup>**

**Wed. 7:00-9:00 PM HS RM 428**

**Fee: Res.-\$ 32; Nonres.-\$37; G.C.-\$ 27**

**INSTRUCTOR: Roberta Mehta**

After completing the basic Sewing With Knits course, you're ready to get creative. In this course, you'll learn to create one of a kind garment that are unique and flattering. We will explore changing the basic pattern for style changes, making a cardigan from a basic T-shirt pattern, adding embellishments and neckline variations. A serger is not required for this class. SIX WEEKS

**No. 303 WINTER BEAD-A-THON**

**START DATE: Wednesday, February 15<sup>th</sup>**

**Wed. 6:00-9:00 PM HS 4<sup>th</sup> Floor Cafeteria**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$8**

**INSTRUCTOR: Kathy Shomo, Author of Anyone Can Bead!, Easy Techniques for Making Jewelry**

**No. 304 SPRING BEAD-A-THON**

**START DATE: Wednesday, March 28<sup>th</sup>**

**Wed. 6:00-9:00 PM HS 5<sup>th</sup> Floor Cafeteria**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$8**

**INSTRUCTOR: Kathy Shomo, Author of Anyone Can Bead!, Easy Techniques for Making Jewelry**

In this easy, fun-filled class, learn to make beautiful jewelry with quality beads from around the world. Design necklaces, bracelets, earrings, eyeglass holders, wine-glass charms, even a beaded watch . . . whatever your heart desires. If you can imagine it, together we can create it. No experience necessary. Compliments guaranteed. ONE NIGHT CLASS

Materials Fee depends on project(s) completed and ranges from \$10 for a pair of sterling silver earrings to \$30.00 for a beaded watch. MUST PURCHASE SUPPLIES FROM THE INSTRUCTOR. PAY BY CASH OR CHECK NO CREDIT CARDS.

**No. 111 “PERSONALITY CONFLICTS: UNDERSTANDING YOURSELF AND THE OTHERS IN YOUR LIFE”**

**START DATE: Monday, January 23<sup>rd</sup>**

**Mon. 7:00-9:30 PM HS RM 432**

**Fee: Res.-\$8; Nonres.-\$10; G.C.-\$6**

**INSTRUCTOR: Kerry O'Donnell**

**No. 112 “PERSONALITY CONFLICTS: UNDERSTANDING YOURSELF AND THE OTHERS IN YOUR LIFE”**

**START DATE: Monday, February 6<sup>th</sup>**

**Mon. 7:00-9:30 PM HS RM 432**

**Fee: Res.-\$8; Nonres.-\$10; G.C.-\$6**

**INSTRUCTOR: Kerry O'Donnell**

**No. 114“PERSONALITY CONFLICTS: UNDERSTANDING YOURSELF AND THE OTHERS IN YOUR LIFE”**

**START DATE: Monday, March 19<sup>th</sup>**

**Mon. 7:00-9:30 PM HS RM 432**

**Fee: Res.-\$8; Nonres.-\$10; G.C.-\$6**

**INSTRUCTOR: Kerry O'Donnell**

The Enneagram is a powerful and dynamic personality system that describes nine distinct and fundamentally different patterns of thinking, feeling and acting. As you discover your personality type you will learn what motivates you, your coping strategy, and the keys to your personal development, and you'll come to understand others as they are to themselves.

**No. 404 CRAFT POETRY**

**START DATE: Thursday, January 26<sup>th</sup>**

**Thurs. 7:00-9:00 PM HS RM 442**

**Fee: Res.-\$50; Nonres.-\$55; G.C.-\$45**

**INSTRUCTOR: Teresa Narey**

Our voices are our best asset. Poets have always known this. The best poets are people who dare to say what's on their minds and in their hearts. During weekly meetings, participants will be introduced to lyric and narrative styles of poetry. Everyone will have the opportunity to write and read personal poems, while sharing their favorites and learning techniques that will undoubtedly improve their general writing skills. This class will be especially useful for beginning writers, but experienced writers seeking to refine and reinvent their craft are also welcome. TEN WEEKS

**No. 105 BRIDGE CLASS - BEGINNING**

**START DATE: Monday, January 23<sup>rd</sup>**  
**Mon. 7:00-9:00 PM HS RM 615**

**Fee: Res.-\$60; Nonres.-\$65; G.C.-\$55**  
**INSTRUCTOR: Don Averbach**

Bridge for the beginner. This course is for those people desiring to learn this fascinating game. No experience necessary. Class is limited to 16 people. TEN WEEKS

**No. 403 BRIDGE CLASS - INTERMEDIATE**

**START DATE: Thursday, January 26<sup>th</sup>**  
**Thurs. 7:00-9:00 PM HS RM 615**

**Fee: Res.-\$60; Nonres.-\$65; G.C.-\$55**  
**INSTRUCTOR: Don Averbach**

Bridge for the Intermediate. This course is for those people who have experience and who desire to refine and develop their skills. Class is limited to 16 people. TEN WEEKS

**No. 215 COLLEGE SAT PREPARATION - MATH**

**START DATE: Tuesday, March 6<sup>th</sup>**  
**Tues. & Thurs. 6:00-8:00 PM HS RM 641**

**Fee: Res.-\$60; Nonres.-\$70**  
**INSTRUCTOR: Jo Ann Villa**

High School students can improve their chances for higher scores on the math section of SAT College Entrance Exam. Improve your odds on being accepted to that college you have always wanted to attend. Course will finish just in time for the test date. Class size limited for individual attention. FOUR WEEKS MEETING TWO NIGHTS PER WEEKS.

**No. 116 COLLEGE SAT PREPARATION – VERBAL**

**START DATE: Monday, March 5<sup>th</sup>**  
**Mon. & Wed. 6:00-8:00 PM HS RM 438**

**Fee: Res.-\$60; Nonres.-\$70**  
**INSTRUCTOR: Jane Bianco**

High School Students! Plan to increase word power and to improve your SAT score. Review verbal skills and strategies for test taking. Course starts and will finish just in time for the test date. Register now! Class size limited for individual attention. FOUR WEEKS MEETING TWO NIGHTS PER WEEKS. STUDENTS NEED TO PURCHASE A BARRON'S SAT 2009 24<sup>th</sup> EDITION.



**No. 307 DO YOU “OVER SHOP”**

**START DATE: Wednesday, February 1<sup>st</sup>**  
**Wed. 7:00-8:00 PM HS RM 441**

**Fee: Res.-\$12; Nonres.-\$15; G.C.-\$10**  
**INSTRUCTOR: Leslie McKee**

Over-Shopping effects organization. Learn how to simplify life by exploring what enough is. Learn strategies to help you start the journey from compelled to fulfilled. ONE HOUR CLASS

**No. 204 DOWNSIZING YOUR HOME**

**START DATE: Tuesday, February 21<sup>st</sup>**  
**Tues. 7:00-9:00 PM HS RM 432**  
**Organizer**

**Fee: Res.-\$12; Nonres.-\$15; G.C.-\$10**  
**INSTRUCTOR: Jill Yesko, Professional**

**No. 205 DOWNSIZING YOUR HOME**

**START DATE: Tuesday, March 6<sup>th</sup>**  
**Tues. 7:00-9:00 PM HS RM 432**  
**Organizer**

**Fee: Res.-\$12; Nonres.-\$15; G.C.-\$10**  
**INSTRUCTOR: Jill Yesko, Professional**

This interactive class will cover the steps necessary for those planning to downsize to a smaller home. We will review how to say goodbye to items no longer needed, and how to do space planning for your new home. We will discuss creative ways to preserve and honor the memories created in your current home. Also will review the entire moving process, complete with take-home checklists, and how to engage family members in the process. ONE NIGHT CLASS

**No. 213ORGAINIZING STUDENTS – FOR PARENTS OF KIDS AND TEENS**

**START DATE: Tuesday, February 7<sup>th</sup>**

**Tues. 7:00-8:30 PM HS RM 432**

**Fee: Res.-\$12; Nonres.-\$15; G.C.-\$10**

**INSTRUCTOR: Jill Yesko, Professional**

This class would help parents learn how to help their teach their children to be more successful in school. We will review the 10 most successful steps to organizing your student, from how to structure their time to supporting them as they reach their goals. ONE NIGHT CLASS

**No. 413 PHOTO/MEMORABILIA ORGANIZING**

**START DATE: Thursday, March 8<sup>th</sup>**

**Thurs. 6:30-8:30 PM HS RM 432**

**Fee: Res.-\$12; Nonres.-\$15; G.C.-\$10**

**INSTRUCTOR: Jill Yesko, Professional**

**Organizer**

**Supplies Needed: Bring your photos or memorabilia to get them organized.**

This *hands-on*, 2 hour workshop will help you finally deal with those shoe boxes and bags full of photos, slides, and memories! Bring any and all photos and memorabilia with you and get organized for good this year! ONE NIGHT CLASS

**No. 201DRIVER EDUCATION**

**START DATE: Tuesday, January 10<sup>th</sup>**

**Tues. 6:30-9:30 PM HS RM 447**

**No. 401DRIVER EDUCATION**

**START DATE: Thursday, January 12<sup>th</sup>**

**Thurs. 6:30-9:30 PM HS RM 447**

**No. 202DRIVER EDUCATION**

**START DATE: Tuesday, March 13<sup>th</sup>**

**Tues. 6:30-9:30 PM HS RM 447**

**No. 402DRIVER EDUCATION**

**START DATE: Thursday, March 15<sup>th</sup>**

**Thurs. 6:30-9:30 PM HS RM 447**

The Mt. Lebanon School District driver education program is Pennsylvania Department of Education approved. The complete program consists of classroom theory; individualized simulation; individualized car / road instruction.

**Only students who successfully complete this Mt. Lebanon School District program are eligible to take their license test with one of our certified instructors. This criteria is based on Pennsylvania - End of Skills Test guidelines. In addition, no additional charge is permitted for the license test. Verification of program completion is required.**

Grades are issued as "pass-fail". Mt. Lebanon students can earn .5 credit for successful completion of classroom theory and simulation. In addition, Mt. Lebanon students can earn .5 credit for successful completion of the car / road instruction. Non-district students are subject to their respective school district guidelines. This program is not for anyone over the age of 18. EIGHT WEEKS

**Fee – Full Course - \$365.00; Theory Only - \$175.00; Car Only - \$220.00**

**Nonres. – Full Course \$385.00 Theory Only - \$185.00 Car Only - \$230.00**

**INSTRUCTORS: Mr. Ben Froats/Mr. Mike Maltony**

**No. 209 HOW TO SAVE AND PAY FOR COLLEGE WITHOUT GOING BROKE**

**START DATE: Tuesday, February 7<sup>th</sup>**

**Tues. 7:00-9:00 PM HS RM 431**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$8**

**INSTRUCTOR: Gregory A. Phillips**

**No. 406 HOW TO SAVE AND PAY FOR COLLEGE WITHOUT GOING BROKE**

**START DATE: Thursday, March 22<sup>nd</sup>**

**Thurs. 7:00-9:00 PM HS RM 431**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$8**

**INSTRUCTOR: Gregory A. Phillips**

This college funding workshop will benefit parents with children of any age. Learn the six steps to maximize college funding, the four ways to pay for college, how college financial aid works, ten options to save for college with their pros and cons, four costliest mistakes parents make, and budget strategies to pay the least amount possible for college bills. ONE NIGHT CLASS

**No. 216 SENIOR HEALTH INFORMATION**

**START DATE: Tuesday, January 24<sup>th</sup>**  
**Tues. 7:00-9:00 PM HS RM 422**

**Fee: Res.-\$30 Nonres.-\$35; G.C.-\$26**  
**INSTRUCTOR: Barbara A. Veasey, R.N.**

This course will start by looking at Social Security and end five sessions later learning how to select a care facility. Along the way, participants will move through Medicare, learn advantages, disadvantages and benefits of health and drug insurance plans, veteran's benefits, low income programs, health care reform, legal documents, home care services, retirement communities and long term care insurance. **PA Insurance agents earning 10CE credits pay and additional \$4.50 to the instructor and must attend all five sessions. FIVE WEEKS**

**No. 408LONG TERM CARE PLANNING – ARE YOU PREPARED?**

**START DATE: Thursday, January 26<sup>th</sup>**  
**Thurs. 7:00-9:00 PM HS RM 435**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$ 8**  
**INSTRUCTOR: Richard Small**

**No. 409LONG TERM CARE PLANNING – ARE YOU PREPARED?**

**START DATE: Thursday, February 16<sup>th</sup>**  
**Thurs. 7:00-9:00 PM HS RM 435**

**Fee: Res.-\$10; Nonres.-\$12; G.C.-\$ 8**  
**INSTRUCTOR: Richard Small**

- Help Protect Your Retirement Income – Will You Have Enough to Cover a Long Term Care Need?
- The impact of the 2006 Pension Protection Act on Long Term Care Insurance
- Why Many Consumers Should **Not** Buy Long Term Care Insurance
- Medicare and Medicaid – *What's Not Covered*
- The Real Truth on Long Term Care Costs – Did You Know... One Year in a Private Room in a

Pittsburgh Area Nursing Home is over \$91,000, according to Genworth's 2009 Cost of Care Survey. **ONE NIGHT CLASS.**

**No. 210 HYPNOSIS**

**START DATE: Tuesday, January 24<sup>th</sup>**  
**Tues. 7:00-8:15PM HS RM 431**

**Fee: Res.-\$15; Nonres.-\$19; G.C.-\$11**  
**INSTRUCTOR: Bill Duffy**

Learn more about how hypnosis can help to improve your life--- stop smoking, lose weight, overcome fears, relieve stress and anxiety, and improve talents and memory-Self-hypnosis also taught. **TWO WEEKS.**

**No. 218 SLEEP/TALK**

**START DATE: Tuesday, January 24<sup>th</sup>**  
**Tues. 8:30-9:30 PM HS RM. 431**

**Fee: Res.-\$8; Nonres.-\$10; G.C.-\$6**  
**INSTRUCTOR: Bill Duffy**

Does your young child wet the bed? Suck their thumb? Bite their nails? Sleep/Talk is a method you can use to help your child eliminate unwanted personal habits. **ONE NIGHT CLASS**

**No. 122 BEGINNING WATERCOLOR**

**START DATE: Monday, January 23<sup>rd</sup>**  
**Mon. 6:00-8:30 PM HS RM. 291**

**Fee: Res.-\$60; Nonres.-\$65; G.C.-\$55**  
**INSTRUCTOR: Gail Bodkin**

Beginners only or those with little experience. Learn a variety of water color techniques by demonstration practice, and hands on while having a lot of fun. **TEN WEEKS**

**No. 310 WATERCOLOR PAINTING INTERMEDIATE - ADVANCED**

**START DATE: Wednesday, January 25<sup>th</sup>**  
**Weds. 6:00-8:30 PM HS RM 291**

**Fee: Res.-\$60; Nonres.-\$65; G.C.-\$55**  
**INSTRUCTOR: Gail Bodkin**

Explore techniques that will bring water colors to life. For those who have painted in water color before, learn additional techniques while creating that extra special project. **MATERIALS ARE ADDITIONAL. TEN WEEKS**

**MAKE CHECK PAYABLE TO: MT. LEBANON SCHOOL DISTRICT  
ONE REGISTRATION FORM PER CLASS PER PERSON**

REGISTRATION FORMS (FOR ADULT EDUCATION CLASSES ONLY)	REGISTRATION FORMS (FOR ADULT EDUCATION CLASSES ONLY)	REGISTRATION FORMS (FOR ADULT EDUCATION CLASSES ONLY)
<i>Name</i>	<i>Name</i>	<i>Name</i>
<i>Address</i>	<i>Address</i>	<i>Address</i>
<i>City            State            Zip</i>	<i>City            State            Zip</i>	<i>City            State            Zip</i>
<i>Home phone                                  Business phone</i>	<i>Home phone                                  Business phone</i>	<i>Home phone                                  Business phone</i>
<i>Please circle one:    Res.    Nonres.    G.C.</i>	<i>Please circle one:    Res.    Nonres.    G.C.</i>	<i>Please circle one:    Res.    Nonres.    G.C.</i>
<i>Course No                                  Amount</i>	<i>Course No                                  Amount</i>	<i>Course No                                  Amount</i>

**MAIL TO: MT. LEBANON HIGH SCHOOL  
OFFICE OF CONTINUING EDUCATION  
155 COCHRAN ROAD  
PITTSBURGH, PA 15228**