

September 8 – October 31

This marks the beginning of the Adult School's 3rd year in the Montrose area. We are grateful for the interest and the encouragement of so many people who have volunteered to teach and the hundreds of people who are registering each term.

The 2009 Fall Term has several new features. First, we are offering a class on Monday evenings which we know you will enjoy. It is a class in line dancing....great exercise and a lot of fun, at the Lathrop Street School. Second, we are initiating a World Affairs Series with two lectures this fall, and hopefully, two lectures next Spring. Third, we are now teaching tennis on Saturday afternoons: one class for beginners and a second class for those with a modest game who want practice with basic strokes. We have also scheduled a half-day introduction to kayaking on the Susquehanna River and a repeat visit to the Addison House on the Saturday before Halloween.

There are many more new classes described in this catalogue as well as some favorites you have requested we repeat. Register early so you will not be disappointed; many of the classes have size limitations. We cannot put you on the roster until you have mailed a registration form with payment to Box 433, Montrose.

We now have a website (www.montroseadultschool.org) and an email address: info@adultschool.org. Send us your questions or comments and you will get a speedy reply. If for any reason, you need to be in touch by phone, call

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Saturday

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Monday

7:00 p.m.

Line and Partner Country Dancing

Instructors: Tom and Sherry Weller, Dance Enthusiasts

These are easy dances that are a lot of fun and provide great exercise. Each week you will learn one partner dance and one new line dance. You do not need a partner to register; all ages welcome.

Fee: \$30.00 a person for 6 sessions.

Location: Lathrop Street School (Montrose) Gymnasium

Dates: September 21 through October 26

Tuesday

9:00 a.m.

Thanksgiving Pies

Instructor: Philippa Follert, Piemaker

Get a head start on holiday baking. You will make traditional apple and pumpkin pies with Philippa's guaranteed flaky piecrust recipe as well as a delicious 'winter pie'. All will store in your freezer for Thanksgiving.

Fee: \$10.00 plus \$5.00 for ingredients. 2 sessions.

Location: 33 Lake Avenue in Montrose

Dates: October 20 and October 27

11:00 a.m.

Beginning Hand Quilting

Instructor: Joan Webster, Master Quilter

This is a continuing class from the Spring term. You can register, however, without having taken that course if you have done some hand quilting and are not an absolute beginner. Students will need access to a sewing machine that can be brought to class. The course will stress patchwork quilting, sewing and cutting. A cutting board, rule and rotary cutter will be needed.

Fee: \$40.00 for 8 sessions.

Location: Montrose Bible Conference (Dreyer Hall)

Dates: September 8 through October 27

Tuesday

1:00 p.m.

Watercolor Painting: Beyond Beginners

Instructor: Cindy Reynolds, Teacher and Painter

This is a class for watercolor painters who have the basics, have painted before and now need time to paint. Participants should have experience with watercolors or have previously taken Beginning Drawing and Watercolor in the Adult School. This workshop will give individuals time to work on their own paintings. Cindy will present additional watercolor techniques and provide individual assistance as needed. There will be a critique and share time at the end of each session.

Fee: \$40.00 for 8 sessions.

Location: St. Paul's Church Community Room

Dates: September 8 through October 27

1:30 p.m.

Make a Crazy Quilt Jacket

Instructor: Joan Webster, Master Quilter

This will be an intermediate sewing project including embroidery work which can be done either by hand or on a sewing machine that does fancy stitches. Start with an old sweatshirt one size larger than you wear.

Fee: \$20.00 for 4 sessions. **Location:** Montrose Bible Conference, Dreyer Hall **Dates:** September 8 through September 29

Tuesday

5:00 p.m.

Spanish for Beginners

Instructor: Cheryl Arnold, Spanish Teacher

This course will help you develop a Spanish speaking vocabulary, improve your listening comprehension, build a useful vocabulary and develop fluency in Spanish. Increasingly we come in contact with Spanish speakers either on the job or in social and travel situations. Take advantage of this 8 week opportunity to learn the basic requirements of the Spanish language.

Fee: \$40.00 for 8 sessions.

Location: Montrose Area High School

Dates: September 8 through October 27

Make Your Own Jewelry

Instructor: Cindy Vermette, Jewelry Lover

Using inexpensive materials, you will learn to make earrings, bracelets and necklaces and to remake/restring broken items. Bring to the first class your finest needle and flat pliers, a shoebox and old costume jewelry. In 4 sessions you will make 2 pair of earrings, and a bracelet or necklace.

Fee: \$20.00 plus a \$5.00 fee for materials.

Location: Montrose Area High School

Dates: September 8 through September 29

Tech Essentials for Small Business Owners

Instructor: Craig Owens, Director of Technology, Montrose Area High School

From establishing an Internet presence to building a safe, efficient computer network, this class will provide business owners with an overview of essential business technologies. You won't become a computer geek, but we will build confidence in the often confusing and rapidly changing realm of technology. Topics covered include: websites, telephony, security, mobile computing, purchasing considerations, communications, network infrastructure, servers, network technologies and wireless.

Fee: \$30.00 for six sessions:

Location: Montrose Area High School

Dates: September 8 through October 13

Tuesday

6:00 p.m.

Belly dancing for Fun and Fitness

Instructor: Helena Smart, Certified Personal Training and Fitness Counseling

The dance form we call ‘belly dance’ is derived from traditional women’s and men’s dances of the Middle East and North Africa. Focusing on muscle control, joint movements, balance and strength, the Belly Dance can be a fun way to exercise while building self-confidence through self expression in an art form that embraces all body types. You will get a great work out and have a lot of fun.

Fee: \$40.00 for 8 sessions. **Location:** Montrose Area High School

Dates: September 8 through October 27

Beginning Golf

Instructor: Ed DeWitt, Golfer

This course is designed to introduce the student who has not played golf at all, or very little, to the basic fundamentals and rules of the game. Instruction will focus on the grip, stance, elements of the swing and proper chipping and putting techniques. Modalities of instruction will include videos, swinging practice, hitting balls and playing lessons. Participants should bring with them clubs, balls and tees; if you need to borrow equipment, please indicate that on the registration form. **Dates:** Sept 8 through Oct 13

Fee: \$30.00 for 6 sessions (may possibly require green fees)

Location: Montrose Golf Club on Lake Avenue

Learn to Meditate

Instructor: Anna D’Andrea, Holistic Health Pratictioner

Meditation is a self-guided process of concentration for relaxing the body of tensions, calming the mind from stress, opening the heart to love, self-appreciation, compassion and forgiveness. It is the ideal method for inner knowing and finding meaning and purpose in life. If you wish any of these benefits and more, this class is for you. It will teach the basics of meditation, preparations and include plenty of practice. Wear loose-fitting clothing for stretching and sitting and do not eat a full meal before class.

Fee: \$20.00 for 4 sessions. **Location:** Self Discovery Wellness Arts Center on Lake Ave **Dates:** September 8 through September 29

Tuesday

7:00 p.m.

Beekeeping

Instructors: Jerald Ely, James Barber, Richard Chapin, Master Beekeepers

Everyone knows about the ‘bee crisis’. But what can be done to protect and encourage healthy hives? This is a practical course covering the basics of beekeeping, why and how to keep bees and what you need to get started as well as the benefits of a backyard apiary. Continuing education credit is available through the Susquehanna Beekeepers Association.

Fee: \$20.00 for 4 sessions. **Location:** Montrose Area High School

Dates: September 8 through September 29

Living Poetry

Instructor: John Koloski, High School English Teacher

Move from the appreciation of poems to your own creation and presentation.

Rediscover the poetic classics and masterpieces of Emily Dickinson, Walt Whitman, William Blake, T.S. Eliot and Billy Collins. See how to write ‘found poetry’ and collaborative poems; discover new markets and audiences for your works.

Bring paper, pens or pencil to class.

Fee: \$15.00 for 3 sessions. **Location:** Montrose Area High School

Dates: September 8 through September 22

Looking Into Our Genes

Instructor: Jim Nagle, Ph.D. in Genetics

Discussions will focus on how human traits and diseases are passed from one generation to the next. Examples will include eye color, skin color, color blindness, baldness, blood types, hemophilia, cystic fibrosis, Huntington disease, Down syndrome, diabetes and intelligence. Concepts to be considered will include genes versus environment, genetic screening, genetic counseling, genetic engineering, treatment of genetic diseases and ethical concerns.

Fee: \$20.00 for 4 sessions. **Location:** Montrose Area High School

Dates: September 8 through September 29

Tuesday

7:00 p.m.

Basic Paranormal Investigating

Instructor: Noel Short, Investigator

Do you believe in ghosts and spirits? Have you ever had the feeling spirits were in your home? Here is your chance to learn how to capture these spirits on film and record their voices. Learn the history, theories, equipment and the do-s and don'ts of paranormal investigating from an experienced investigator. No experience required, just come with an open mind. Second to the last class is in the local cemetery.

Fee: \$30.00 for 6 sessions.

Location: Montrose Area High School

Dates: September 8 through October 13

Cooking at the Summerhouse Grill

Instructors: The Summerhouse Grill Chefs

Back by popular demand with new instructor-chefs, you will again learn professional insights from folks who know the best local sources of healthy ingredients.

We will help you find unique local foods and transform them into fresh, healthy dishes you can create in your own kitchen.

Fee: \$20.00 plus \$10.00 for food charge for 4 sessions.

Location: Summerhouse Grill

Dates: September 8 through September 29

HTML AND CSS for Fun and Profit

Instructor: Hilary Caws-Elwitt

Hyper Text Markup Language and Cascading Style Sheets are the language of the World Wide Web. A working knowledge of both is useful for anyone who has a blog or website of any kind. It is also Fun...especially if you love logic puzzles and understand how things work. This is a hands-on class so you should be comfortable using a computer and have at least basic Internet and word-processing skills.

Fee: \$40.00 for 8 sessions.

Location: Montrose Area High School

Dates: September 8 through October 27

Tuesday

7:00 p.m.

Getting Published

Instructors: John Reynolds, Nancy Farmolari, Ann Vitale,
Margaret Karmazin

For writers who have always wanted to see their words in print, four local, not-famous, authors share their experiences and insights on the process of getting published. The 4 evening course will survey the rapidly changing writers' market for books, stories and articles and explore the various avenues for different genres, look at the traditional agent/publisher process, investigate the brave new world of self-publishing and describe the many technologies available for promoting oneself and one's work, paying special attention to networking on the internet. The final evening will be a panel discussion where you can ask questions and share your own experiences. Useful lists of resources and addresses will be distributed along the way. Note: This is NOT a writing skills course. It will give you tips on how to publish what you have already written.

Fee: \$20.00 for 4 sessions

Location: Montrose Area High School

Dates: October 6 through October 27

Safeguarding Your Property

Instructor: Dale, Smith, Chief, Montrose Police Department

This class is designed to provide the homeowner with some information on protection against break-ins, vandalism and theft. Note: This class will offer only suggestions to homeowners on possible ways to safeguard their homes. Each homeowner must decide what may work best for him/her.

Fee: \$5.00 for one session:

Location: St. Paul's Church Community Room

Date: September 22

Tuesday

7:00 p.m.

Do It Yourself Basic Auto Repair

Instructor: Daniel Zaleski, ASE Certified Master Automobile Mechanic

This course will consist of one class centered around basic safety while working on your vehicle and the other seven will consist of hands-on demonstrations in the garage of basic automotive care. Some topics to be covered are brake service, tire rotations, tune ups and more. You will also have the opportunity to request specific topics to be covered.

Fee: \$40.00 for 8 sessions.

Location: C and F Motor Sales, Maple St. Montrose

Dates: September 8 through October 27

Continuing Recorder

Instructor: Nancy Houck, Music Teacher

This is the third term the Adult School has offered adults the opportunity to learn to play the recorder. A solid group of committed players has developed. This is a continuing class for previous students or for those who play some recorder and would enjoy a weekly session to improve performance skills and learn new music. Come and have fun with this group of enthusiastic musicians.

Fee: \$40.00 for 8 sessions.

Location: Lathrop Street School Music Room

Dates: September 8 through October 27

Guitar: Beyond the Basics

Instructor: Larry Kelly, Guitarist

Mr. Kelly has been teaching beginning guitar at the Adult School for 2 years. This course is an opportunity for people who play some guitar, know the chords and basic fingering, to spend 6 sessions playing together simple folk music and gaining additional practice as a guitarist. Bring your guitar, a capo, your favorite music to share and have some fun with the music we all know and love. This course is for adult-players only.

Fee: \$30.00 for 6 sessions.

Location: Montrose Area High School

Dates: September 8 through October 13

Thursday

8:00 a.m.

Hike and Hawk Watching at Baer Rocks

Instructor: Nancy Wottrich, Nature Educator

Autumn is the best time to see migrating raptors and the Kittatinny Ridge provides some of the best viewing locations in the east. This trip will travel to a little known spot along the Appalachian Trail to the west of Allentown, Pa. A mostly level, approximately 1 mile, hike leads to a scramble up a large outcropping of rocks from where we will be able to observe migrating hawks. Details about what to bring, what to expect and where to meet will be provided by the instructor to each registered student in advance of the trip. You will return by 6:00 p.m.

Fee: \$10.00 plus \$12 to be paid to the driver in the carpool.. **Required equipment:** Supportive walking shoes, binoculars, day pack with water and food.

Recommended: Field guides.

Optional: Hiking poles, pad to sit on, camera.

Date: October 22. **Raindate:** October 29.

Meet at the Price Chopper parking lot.

9:00 a.m.

Autumn Eco-Excursions

Instructor: Nancy Wottrich, Nature Educator

These half-day hikes will visit 4 diverse and publicly accessible natural sites around the county including Pa Game Lands #35, Elk Mountain, Woodbourne Forest Sanctuary and the Friends of Salt Springs Lands. Although the pace will be moderate, students should be able to handle some short, steep climbs. These hikes will include great scenery at the height of fall color, birds, wildlife and fall flowers with natural history interpretation provided along the way. Note: This course involves hiking. Wear supportive hiking shoes and bring water and snacks in a day pack. Hiking poles, cameras and binoculars are optional.

Fee: \$20.00 for 4 sessions:

First session: Meet at McDonalds parking lot in Hallstead.

Dates: September 24, October 1, 8 and 15 from 9:00 a.m. until noon.

Thursday

11:00 a.m.

Sewing for Beginners

Instructor: Barbara Winter, Experienced Sewer

This is a basic course for people of all ages wanting to learn the advantages, and experiencing the satisfaction of 'making your own'. If you want to regain a skill, reintroduce yourself to the joys of sewing for both pleasure and its economical advantages, this class is for you. If you don't own a sewing machine, you can either borrow one for the class or ask the instructor the first night of class about suggested models for purchase. You will learn how to select and use a pattern and you will complete a project of your choice during the 8 week course.

Fee: \$40.00 for 8 sessions

Location: St. Paul's Church Guild Room

Dates: September 10 through October 29

1:30 p.m.

Beginning Basketry

Instructor: Charles Ahern, Basketmaker

This course is designed to have students make two complete flat reed baskets. The skills learned will enable a student to go on and make a multitude of other baskets on his own. You will learn how to properly handle the material, how to follow basketry instructions and you will develop a basic basketry vocabulary.

Fee: \$20.00 plus \$15.00 for materials. (4 sessions)

Location: St. Paul's Church Community Room

Dates: October 1 through October 22

Making a Designer Pillow

Instructors: Carol Brown and Mary Ann DeWitt, Experienced Sewers

Make your own pillow! We will have kits available of decorator material which will include the material for one pillow, thread and assorted embellishments. If you bring your own material, we recommend decorator-type material as it is sturdier than cotton. One-half yard of material should be purchased for a 16 inch pillow. If you bring your own material, please bring matching thread and your own embellishments for the pillow.

Materials needed: Sewing machine plus 16 inch pillow form.

Fee: \$20.00 for 4 sessions plus \$5.00 for a materials kit.

Location: St. Paul's Church **Dates:** October 1 through October 22

Thursday

4:00 p.m.

Herbs: Culinary, Medicinal and Beyond

Instructor: Vesta Adriance, Herbalist

This course will explore the history and origins of herbs as well provide students with a hands-on experience recognizing and identifying local herbs and their uses. There is a wealth of native and non-native (introduced) herbs in our area that can serve a variety of purposes. You will learn, among other things, how to make a liquid soap (save money!) and a healthy coffee substitute. You will also learn Native American uses of herbs, what was brought into this area and why.

Fee: \$15.00 for 3 sessions.

Location: Montrose Bible Conference, Dreyer Hall

Dates: September 10, 17 and 24.

5:00 p.m.

Spanish: Continuing Conversation

Instructor: Cheryl Arnold, High School Spanish Teacher

This course will provide continual emphasis on understanding and speaking the Spanish language. Students are provided more vocabulary, more grammar and more opportunities to practice speaking. If you had not had "Spanish for Beginners" offered by the Adult School, but have some beginning knowledge of the Spanish language and want to improve your facility and broaden your vocabulary, you are welcome to register.

Fee: \$40.00 for 8 sessions. **Location:** Montrose Area High School

Dates: September 10 through October 29.

Computer Basics

Instructor: Christopher Stevens, High School Tech Support Center

In this beginning course, you will learn the basics of how to use a computer as well as build skills in file management, common programs and more. This course is designed to build your skills in everyday computing ranging from e-mail to word-processing. It is slow paced, informative with a supportive, knowledgeable instructor.

Fee: \$30.00 for 6 sessions. **Location:** Montrose Area High School

Dates: September 10 through October 15.

Thursday

6:00 p.m.

How to Use Professional Hair Products

Instructors: The JDE Salon and Spa staff

Achieving the results you desire with hair care products is what this class is about! Through our styling tool education, you will learn that high performance hairstyling should never let you down. In our relaxed salon atmosphere, with the right tools and a little guidance from a trusted hairdresser, you will master how to create your own look at home no matter what the occasion.

Fee: \$5.00, plus \$10.00 for hair products, for 1 session.

Location: JDE Salon and Spa, 28 So Main

Date: September 17

Basics of Forest Stewardship

Instructor: Richard Schwab, Land owner and property manager

This course will cover introductory concepts of forest land ownership, use and planned management in a discussion setting. Anyone with wooded property will gain useful insights about its care and potential profit. Pennsylvania's forests are old and have made valuable contributions to the development of the state; they need to be respected and valued if they are to play a significant role in our future.

Fee: \$15.00 for 3 sessions.

Location: St. Paul's Church Community Room

Dates: October 8, 15 and 22

7:00 p.m.

Identity Theft and Scams

Instructor: Robert Welch, Pennstar Bank

Ever worry about someone hacking into your system or illegally claiming to be you? This one session course will provide you with all the information you need to safeguard your assets and protect your private information. It will explore all aspects of identity theft, counterfeit checks and internet scams and answer any questions you may have.

Fee: \$5.00 for one session.

Location: Lathrop Street School

Date: October 1

Thursday

7:00 p.m.

World Affairs Lecture Series

Organizers: Bill Aileo, Larry Newhart, John Reynolds

This is new! The Adult School is delighted to begin offering lectures in both the fall and spring on significant issues to engage interested residents in international topics and foreign policy issues. There are two scheduled for each term on Thursday evenings. Each lecture will be presented by an expert in a selected region of the world. The first lecture (Sept 10) will be delivered by Dr. Billie Jean Isbell, former head of the Latin American Studies Program and currently Professor Emerita of Anthropology at Cornell University. Her discussion will focus on the country of Peru and the nearly successful overthrow of the Peruvian government by the Shining Path, a Maoist organization that prospered the 1980s and 90s. The second lecture (October 1st) will focus on the history and culture of Afghanistan and the current status of the global conflict centered there.

Fee: \$10.00 for both lectures.

Location: Lathrop Street School in Montrose

Dates: September 10 and October 1st

Funeral Planning

Instructor: Dan Regan

This is the first session of a 4 part series on "Issues of Aging". The other three (Estate Planning, Powers of Attorney and Medicare) are offered on Saturday mornings.

This series was offered last Spring and the response was so positive we are offering it again. You can sign up individually for each part (\$5.00 each) or for the entire series (\$20.00). The session on funeral planning will discuss ways to prepare for the arrangement of funerals...what to think about, choices to make and options available.

Fee: \$5.00 for this class or \$20.00 for the series.

Location: Lathrop Street School

Date: October 8

Thursday

7:00 p.m.

Real Estate Series – How to Take Advantage of the Current Market

Part I: **The Conscious Consumer in Real Estate**

Instructor: Jeffrey Strohl, Real Estate Broker

Learn the ins and outs of buying or selling real estate. From financing to staging your home, this information will prepare you for the most important investment of your life. What's the best advice on the current market? Come and ask Jeff.

Fee: \$5.00 for one session

Location: Lathrop Street School

Date: October 15

Part II: **Everything You Need to Know about Conventional Financing**

Instructor: Joe Culver, Vice-President and Residential Mortgage Sales Manager, Pennstar

This class will provide all the information you need on conventional financing for real estate purchases. A question and answer period will be included.

Fee: \$5.00 for one session.

Location: Lathrop Street School

Date: October 22

Part III: **Unconventional Financing including Government Grants**

Instructor: Ruthanne O'Neill, Trehab

This class will cover the basics of homeownership and how to obtain a mortgage through public programs provided by the government.

Fee: \$5.00 for one session.

Location: Lathrop Street School

Date: October 29

Thursday

7:00 p.m.

Cancer Support Group

Coordinator: Fran Allen, Nurse

Has cancer touched your life? Cancer patients and survivors, their families and friends, are all invited to join a discussion group which we hope will develop into the Cancer Support Group for Susquehanna County.

Fee: There is NO fee for this course.

Location: Holy Name of Mary "Father Nash" Building ("the Pink House" on South Main Street). 4 sessions

Dates: September 10 through October 1

Photography for Amateurs

Instructor: George Schreck, Published amateur

Back by popular demand! This 6 week course is an excellent opportunity to work with George who has been teaching this course now for two years. If you are tired of blurry, bland and boring photographs this course is for you. Do you want to take better pictures with your digital camera? Definitely register for this class. It will help with both composition and basic techniques to produce outstanding nature photographs.

Fee: \$30.00 for 6 sessions. **Location:** Salt Springs State Park

Note: 4 sessions are on Thursday evenings and 2 are on Saturday mornings.

Dates: Thursdays: September 10 and 17; October 1 and 8. Saturdays: September 26 and October 17.

Sewing: Beyond Beginners

Instructor: Barbara Leif, Experienced Sewer

This course is a continuation of the class begun in the Spring. You can register for the course if you did not take Beginning Sewing, but you need to have some experience in sewing from a pattern and making simple projects. This course will help you develop more practice and take on more challenging projects. Come with your own sewing machine and ideas for a project you may want to undertake. The instructor will have many more!

Fee: \$40.00 for 8 sessions. **Location:** St. Paul's Church Guild Room

Dates: September 10 through October 29

Saturday

Sept 12

Canning: 8:30 to 12:30 moved to Sept 19

Instructors: Kathy Taylor and Lisa Caterson

Never done any canning before? Used to watch your mother or grandmother put up all the summer bounty for the winter? Want to take advantage of local produce and have chemical-free food to eat all winter? Want to save money and reduce your grocery bill? Come and learn the basics from two long-time local canners who will demonstrate the most reliable methods and provide practical instruction for getting started.

Lots of hand-outs and lots of things to taste!

Fee: \$10.00 for one session:

Location, 45 Lake Avenue, Montrose

Coffee Talk: Disaster Preparedness I: 9 to 10:15 a.m.

Instructor: Mark Wood, Red Cross Volunteer

Learn the practical aspects of what to do in any kind of an emergency. We always say, 'it will never happen to us'. But it does! Are you and your family adequately prepared? This is absolutely essential information that can provide you the basic information to handle a variety of unexpected circumstances. This is the first of a series of two classes.

Fee: There is NO fee for this class.

Location: St. Paul's Guild Room

Highlights of Historic Harford: 10:00 to 12:00 noon

Leader: Jean Rounds, Harford Historical Society

Many of us today identify Harford with its annual fair in August. But Harford has an extraordinary history which has been preserved by its historical society as a unique community in Susquehanna County. You will meet in Harford's church parking lot for an orientation and will drive(or walk) to the sites on the tour. Among notable stops is the Soldiers and

Orphans School and the Nine Partners Monument.

Fee: \$10.00 for one session

Location: Harford Church in Harford.

Saturday

Sept 12

Beginning Tennis: 1:00 to 2:30 p.m.

Instructor: Harold Smallacombe, Girls' Tennis Coach,
Elk Lake

We are delighted that Harold has volunteered to teach adult tennis lessons at the Montrose Club on Lake Avenue this fall. We also want to thank the Club for agreeing to loan us the use of their two fine clay courts on Saturday afternoons. This beginners class is for adults who either have never held a racquet or who occasionally go to a court and 'bop' balls back and forth. You will learn and practice the basics: grips, stances, court movement, score keeping and basic stroke production. Great exercise no matter how old you are and a whole lot of fun. Bring a tennis racquet and wear good sneakers; Harold will supply balls.

Fee: \$40.00 for 8 sessions.

Location: The Montrose Club, Lake Avenue

Beyond Beginning Tennis: 3:00 to 4:30 p.m.

Instructor: Harold Smallacombe, Girls Tennis Coach,
Elk Lake

This class is for tennis players who know the basics but need practice to play a stronger doubles game. You will learn how to improve your strokes and approach to the game. Most of all you will have fun; Harold loves tennis, has been playing for years and is a great coach. He dwells on the positive so that people relax and don't worry or feel embarrassed when they 'flub' a shot (which everyone does!)

Fee: \$40.00 for 8 sessions

Location: The Montrose Club, Lake Avenue

Saturday

Sept 19

Kayaking on the Susquehanna River: 8:30 -1:30 p.m.
Orientation: David and Melody Buck, Endless
Mountains Outfitters

This is a two hour paddling trip on the North Branch of the Susquehanna River beginning with an orientation on site at Sugar Run (near Wyalusing). They will trailer the kayaks 7 miles upriver and we will paddle down. Both one and two person kayaks available. Wear shoes that can get wet and bring a sandwich for a picnic lunch. You do not need experience to register for this trip; it's a gentle flat trip and fun.

Meet at the Price Chopper parking lot for car pooling

Fee: \$45.00 includes rental of the kayak plus a share of the gas.

Coffee Talk: Disaster Preparedness II 9 to 10:15 a.m.

Instructor: Mark Wood, Red Cross Volunteer

See description above.

There is **NO fee** for this course but you must register.

Chickens: From Eggshell to Freezerbag: 10:00 to
12:00 noon

Instructor, Pete Comley, owner, The Clodhopper Farm

This two hour course will cover the basics of raising your own chickens for both eggs and meat. We will discuss brooding chicks, raising meat birds, laying hens and turkeys out on pasture and how to house laying hens through the winter. We will also cover recommended equipment as well as low cost homemade alternatives. During the second hour we will butcher a few chickens which will cover killing, scalding, plucking, evisceration, chilling and freezing. You may stay for all or just part of the course depending on your interests.

Fee: \$10.00 for one session.

Location: Clodhopper Farm in Springville
(directions on website or call 570-965-2201)

Saturday

Sept 19

Beginning Tennis: 1:00 to 2:30 p.m.
See previous description..

Beyond Beginners Tennis: 3:00 to 4:30 p.m.
See previous description.

Sept 26

Coffee Talk: Renewable Energy 9:00 to 10:15 a.m.

Instructor: Sandra Babuka, Trehab

With a significant emphasis on energy, the 2009 American Recovery and Reinvestment Act allows consumers and small businesses to take a 30% tax credit off the installed cost of a wind turbine, geo-thermal and solar energy. This course will help answer the question: 'are these energy alternatives right for me?' as well as learning new ways to lower energy consumption in your home. Bring a notepad and pen.

Fee: \$5.00 for one session:

Location: St. Paul's Church Guild Room

Beginning Tennis: 1:00 to 2:30 p.m.
See previous description.

Beyond Beginners Tennis: 3:00 to 4:30 p.m.
See previous description.

Oct 3

Coffeetalk: Issues of Aging II: Estate Planning 9 to
10:15 a.m.

Instructor: Robert Hollister, Attorney

This one session class provides a basic overview of estate planning techniques, discussion of wills, gifts and the role of trusts in inheritance tax consequences. Personal questions are welcome.

Fee: \$5.00 for one session.

Location: St. Paul's Church Guild Room

Registration Information

All registrations must be accompanied by a check or money order made out to The Montrose Area Adult School and mailed to **Box 433, Montrose, Pa 18801**

Catalogues are available at the main library in Montrose, in all its branches and in businesses and organizations all over the area. Catalogues are mailed to all former students. If you wish a copy mailed to you, call us at 278-3452.

Class enrollment is strictly on a first-come, first-served basis. Some classes have a size limitation at the request of the instructor. If the class is full when you enroll, we will call you to ask: a) do you wish to be placed on the waiting list or b) do you wish your check returned. Cancellations will be honored with a full refund if you cancel before September 1st.

If the Montrose Area School District cancels because of inclement weather or some other emergency, the Adult School will also cancel classes. If you are uncertain, double-check at masd@info.edu.

If you have any questions regarding the location of your class, the appropriate materials, equipment required, or you just want to ask questions about any of the courses, you may call either Philippa Follert (278-2006) or Mary Lee Fitzgerald (278-3452). There will be registration tables for the Adult School at both the 4th of July on the Green and the Blueberry Festival on August 7 and 8 and persons will be present to answer your questions as well as take your registrations (and check) on site.

And don't forget we now have a website:
www.montroseadultschool.org and an official email address:
info@adultschool.org

Registration Information

Please note: All students will receive a confirmation of their registration prior to the first day of class which will also provide some additional information. If we have your email address, we will confirm your registration on-line. Otherwise, we will mail your confirmation to the address you have given us. Please double-check the date your class(es) begin!

We would also like to remind you we have gift cards available in the amount of \$20.00.

You can give a gift which will buy four sessions of any of our classes....good for 12 months. This makes a great gift to tuck into a birthday or holiday card. Gift cards will be available at the registration table at both the 4th of July and Blueberry Festival or you can mail a check to Box 433 with the appropriate check and we will mail them to you.

SAVE THE DATE!

The Montrose Area Adult School will hold it's second EXPO at the end of the fall term: Sunday, November 1st at 3:00 p.m.

THE CHRISTMAS TREE FESTIVAL

This is the annual charity event to provide financial support for the Adult School. Creatively decorated Christmas trees as well as (new this year) holiday table arrangements will be offered through a silent auction. Refreshments plus music make this a wonderful afternoon. Circle the date: Saturday, December 5 from 4:00 to 6:00 p.m. No entrance fee.

The Montrose Area Adult School
Registration Form

Name: _____

Email: _____

Mailing Address: _____

Home Phone: _____

Cell Phone: _____

Classes in Which You Want to Enroll:

1. _____

Start Date: _____ Time: _____

Fee: _____

2. _____

Start Date: _____ Time: _____

Fee: _____

3. _____

Start Date: _____ Time: _____

Fee: _____

Total enclosed: _____

Mail to: The Montrose Area Adult School, Box 433, 18801

The Montrose Area Adult School
Registration Form

Name: _____

Email: _____

Mailing Address: _____

Home Phone: _____

Cell Phone: _____

Classes in Which You Want to Enroll:

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