Astronomy

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 am - 12:00 pm
Dates of Class: September 20, 27, October 4, 11, & 18 – Ware Center
# of Classes: 5
Price: $120.00

COURSE DESCRIPTION
Participants will explore the night sky and identify many of those shimmering points of light. They will also gaze at those points with a large collegiate telescope. Distances and speeds necessary to reach our planetary and stellar neighbors will be discussed. Participants will also explore asterisms, constellations, the solar system, galaxies, and the universe using sky charts, smart phone apps, and computer software to project the night sky.

COURSE INSTRUCTOR
GERALD WILSON is an amateur astronomer who has taught and organized astronomy outings with students and adult groups in Lancaster County for several years. He is a graduate of Elizabethtown College.
A Critical History of Journalism and Mass Communications

COURSE DETAILS
Day of the Week: Monday
Class Time: 10:00 am – 12:00 pm
Dates of Class: September 18, 25, October 2, 9, 16, & 23 - Ware Center
# of Classes: 6
Price: $144.00

COURSE DESCRIPTION
This course encourages students to engage in critical thinking as they consider the inventions, events and people that have shaped and influenced American journalism. From colonial times to the Internet, we will consider the impact of technical, economic, political, and cultural developments as we examine what “freedom of the press” and “the truth” have meant in American society from the Age of Jefferson to the Age of President Trump.

COURSE INSTRUCTOR
MARK KELLY, Ph.D. lives in Lancaster, PA with his wife, Marty. After more than twenty-five years as a professional journalist (beginning in Harrisburg, PA and concluding as main anchor for WNDU-TV in South Bend, IN in 2000), he earned his Ph.D. from the Newhouse School at Syracuse University, taught at Goshen College (Goshen, IN), Syracuse University, the University of Maine-Orono, and served as Director of Journalism at the New England School of Communications in Bangor, Maine through 2014. He has a lifelong commitment to enhancing media literacy in a mass-mediated world.

CONCICENCIA: A Time When Christians, Muslims, And Jews Lived In Harmony In Medieval Spain

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 10:00 am - 11:30 am
Dates of Class: September 26, October 3, 10, 17, 24, & 31 - Ware Center
# of Classes: 6
Price: $108.00

COURSE DESCRIPTION
Since 9/11 Americans and Europeans have struggled to understand the relationship among all neighbors in our multicultural / multi-religious society. We are often told that there is a war between the cultures of the East and the West, and that such cultures are incompatible. When considering this problem it is interesting to learn about and reflect upon a time in the Middle Ages when in Spain there was a vibrant culture made up of Christians, Muslims, and Jews in which these cultures and religions lived in harmony and mutual benefit. In this class participants will talk about the history of the tenth, eleventh, and twelfth centuries when the kingdoms on the Iberian Peninsula were considered the most culturally advanced in Europe and examine the artifacts that still stand witness to that fact today: they will look at and discuss the great mosque in Córdoba, the Alhambra in Granada, the alcázar of Seville, and Santa María la Blanca in Toledo, which served both as a synagogue and Christian church but was built in the Arabic style. Participants will continue to look at and listen to the Spanish musical and dance form of the Flamenco and trace its Moorish, Jewish, Gypsy, and Christian roots.

COURSE INSTRUCTOR
DR. BORGER-GRECO holds a Ph.D. from the University of Pennsylvania with a specialization in Medieval Spanish Literature. She taught at the University of Wisconsin-Milwaukee, the University of Pennsylvania, Franklin and Marshall College, and for the last 28 years, at Millersville University. She lived in Spain for many years and know the places we will be discussing first-hand. She also worked with her husband, dancer José Greco, and his Foundation for over 30 years and have a profound knowledge of Spain’s music and dance heritage.
**Using Your Device To Access Social Media**

**COURSE DETAILS**
Day of the Week: Tuesday  
Class Time: 11:00 am - 12:00 pm  
Dates of Class: September 19, 26, October 3, 10, 17,  & 24 - Ware Center  
# of Classes: 6  
Price: $72.00

**COURSE DESCRIPTION**
This course will give participants a hands-on experience in operating several mobile operating systems to access many social media platforms including Facebook, LinkedIn, and Twitter. Participants will be required to bring their personal mobile devices to class.

**COURSE INSTRUCTOR**
BRANDON GROVE has four years of extensive training with every operating system through his employment with AT&T.

**Creative Writing Is For Everyone**

**COURSE DETAILS**
Day of the Week: Wednesday  
Class Time: 10:00 am - 11:30 am  
Dates of Class: September 20, 27, October 4, 11, 18, 25, November 1, & 8 - Ware Center  
# of Classes: 8  
Price: $144.00

**COURSE DESCRIPTION**
Creative Writing is for Everyone begins with your willingness to literally pour your heart out onto the page, letting the words flow as you express ideas without any interference from the mind’s judgment. Participants will share work with each other as they strive to support each other with honest and positive feedback. They will be asked to stretch themselves into new arenas where they can more readily unearth their creative potential. The class promises to be fun, adventurous, and exciting.

**COURSE INSTRUCTOR**
DON KELLER has a BA in Creative Writing from California State University, Long Beach and has taught numerous classes at HACC and Millersville University’s Ware Center. His first book is a non-fiction piece entitled The Gift of Stress ~ Life is Urging Us to Choose Love. The stressful moment’s ‘gift’ is discovering its underlying issue, fear, which can only be healed through Love. Don recently finished The Master’s Prayer ~ God is Love ~ A New Beginning, a deeply spiritual collection of four volumes based on The Master Tale, a fictional account of a young seeker in ancient times receiving an incredible inspiration that becomes a revelatory work passed down from Masters to aspiring students for millennia.
Digital Photography

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 10:00 am – 12:00 pm
Dates of Class: September 19, 26, October 3, 10, & 17 - Ware Center
# of Classes: 5
Price: $120.00

COURSE DESCRIPTION
Do you own a digital single lens reflex (SLR) or a digital point and shoot camera? Here is a course designed to allow you to take full advantage of your camera. Learn the intricacies of your camera and also learn the art of fine photography. The course will specialize in the technique of using available light. We will also experiment with different flashes, and learn about resolution and megapixel guidelines.

COURSE INSTRUCTOR
GERALD WILSON has been an avid wedding and events photographer for over 40 years, receiving numerous awards for his photography during this period. He has also been a photography instructor for over thirty years.

Introduction To Tai Chi

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 1:00 pm - 2:30 pm
Dates of Class: September 26, October 3, & 10 - Ware Center
# of Classes: 3
Price: $54.00

COURSE DESCRIPTION
Tai Chi originated as a martial art, but today it is recognized as a superlative health practice. Qi Gong, less well-known, is closely related to Tai Chi, both belonging to the 'Chinese Internal Arts Family,' which also includes two even less-known practices: Ba Gua and Xing-yi. Each of these arts has its own unique methodology for making the body healthy, strong, and powerful. A sampler of these four practices will be presented in this class, though the primary focus will be Tai Chi and Qi Gong. Beginners wishing to learn basic health practices, as well as those desiring to expand their knowledge of the Chinese Internal Arts, will benefit from this class.

COURSE INSTRUCTOR
JIM KELLER began studying Tai Chi under a number of teachers, including Master B. K. Frantzis and Frank Allen. His practice of Tai Chi and the related health art of Qi Gong healed his joint and spinal injuries, cured a gastro-intestinal condition, and improved his balance, flexibility, and coordination. Jim also studied other Chinese health arts, including Ba Gua and Xing-yi, which have their own unique methods of healing and strengthening the body. Jim is a certified instructor through the Wutang Physical Culture Association in NYC.
Meditation – Finding The Stillness Within

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 12:30 pm - 2:00 pm
Dates of Class: September 20, 27, October 4, & 11 - Ware Center
# of Classes: 4
Price: $72.00

COURSE DESCRIPTION
Meditation is the natural process of going within, allowing the mind and body to quiet down, and experience the stillness and silence that is the true basis of our being. In this class, participants will come to understand the process of meditation both intellectually and experientially. They will be encouraged to practice at home what is being taught in class.

COURSE INSTRUCTOR
DON KELLER is a writer, editor, and teacher who learned to meditate in the early 70's, became a meditation teacher, and has instructed hundreds of people in the practice of meditation. Don says, "I have found meditation to be one of the most beautiful and powerfully transformative tools I have ever encountered. Just a simple procedure practiced regularly can have an amazing impact on all aspects of one's life."

Collage & The Altered Book – Mixing It Up!

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 am - 11:30 am
Dates of Class: September 20, 27, October 4, & 11 - Ware Center
# of Classes: 4
Price: $72.00

COURSE DESCRIPTION
Book Arts will encourage participants to tell a story and learn what makes a book-a-book. Collage helps you understand your thinking process, learn new skills, and have some fun. By using simple tools, writing exercises, and words and images, you can see what the page develops into, sparking new questions and possibilities. Participants will transform a discarded book into a creative work of art that encompasses a theme and utilizes a variety of media and techniques. Book Arts is an experimental process, a form of visual journaling using photos, bits of lace, buttons, where nothing goes to waste. Collage is a form of self-discovery that truly links the heart and mind.

COURSE INSTRUCTOR
MIMI SHAPIRO is a visual poet, mixing trinkets and treasures, words and images into an evocative body of work. Each piece conveys a sense of time and place as seen through the mind's eye of memory. She mixes reality and fantasy into a new vision. Mimi has taught in the classroom and aboard cruise ships working with people of all ages. Sharing the creative process truly gives her joy. Mimi's art works are included in many collections in the United States and internationally.
Nature Journaling

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 10:00 am - 12:00 pm
Dates of Class: September 19, 26, October 3, & 10 - Ware Center
# of Classes: 4
Price: $96.00

COURSE DESCRIPTION
In this class you will learn how to keep your own nature journal. Nature Journaling makes you a better observer, naturalist, and artist, and opens a world of beauty and discovery. You will apply nature journaling practice through observation, writing, sketching, and painting or photography to see more in the environment. Participants will practice in indoor and outdoor locations near the Ware Center, such as Linear Park, the Central Market House, the Wolf Museum Garden, Demuth Garden, and the North Museum. Class locations will vary depending on the weather. Whether you are new to journaling or have practiced for a long time, you will gain new insights from this opportunity to meet others interested in journaling.

COURSE INSTRUCTOR
DR. CAROL WELSH, a retired professor from Millersville University, has studied nature journaling with John Muir Laws, Claire Leslie Walker, and Jonathan Alderfer, and has studied botanical illustration at Longwood Gardens. She has developed 4-Color Analysis, a simple practice for journaling which she has shared world-wide. She is a certified Master Naturalist and is enrolled in the Mount Cuba Native Ecological Gardening Certification Program and at PCAD in the social media certification program. In 2014 Carol began design work on a series of Nature Journaling Workshops on Sunday afternoons at Lancaster County Conservancy sites and a Saturday series at the North Museum, open to all ages.

Nature’s Mindful Healing

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 1:00 pm - 2:00 pm
Dates of Class: September 26, October 3, 10, & 17 - Ware Center
# of Classes: 4
Price: $48.00

COURSE DESCRIPTION
Tap into your wanderlust and desire to reflect in nature. We will review and apply studies on the healing properties nature has on the human spirit. As you connect with these stories, learn about using mindfulness in nature to cope with life changes that cause us stress, fears of exploring on our own and traveling to new places. Learn safety tips for exploring the outdoors and discover natural spaces within Lancaster County, and a 2-hour drive, to begin your mindful healing journey in nature. The last class will be a guided hike in one of Lancaster County's pristine preserves.

COURSE INSTRUCTOR
BRENDA LEE SIEGLITZ is an entrepreneur, author, and public speaker who focuses on travel, grief, and nature. Widowed in 2008 at 24 years of age, Brenda is an advocate for sarcoma patients and the widowed community. She volunteers with the National Park Service, Lancaster County Conservancy, Pennsylvania Master Naturalist, and many others. She is employed full time for Where & When, Pennsylvania's Travel Guide, and is the owner of Widow Voyages. Brenda won the 2009 Associated Content "Content of the Year" award, and in 2011 was named one of Wyndham Women's "Women on their Way." Her love and loss memoir, Ebb from the Shoreline - Finding Cancer and Courage, won 1st Place Editor's Choice in Nonfiction at the 2014 North American Book Awards. Sieglitz became a Pennsylvania Master Naturalist in 2015.
Spanish For Beginners I

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 9:00 am - 10:30 am
Dates of Class: September 19, 26, October 3, 10, 17, 24, 30, & November 7 - Ware Center
# of Classes: 8
Price: $144.00

COURSE DESCRIPTION
Spanish for Beginners I is an interactive introduction to the Spanish language. Participants will learn pronunciation, basic grammar, and vocabulary needed to hold simple conversations. No previous experience is necessary to take this class. If you have ever been curious about learning a new language or plan to travel to a Spanish speaking country, this class can help build your confidence to converse with others in the Spanish language.

COURSE INSTRUCTOR
JENNIFER CARZOLA HERR was born and raised by two Spanish speaking parents. Jennifer spent time studying the Spanish language in several countries including Spain, Puerto Rico, and Ecuador. In 1996 she graduated from Shippensburg University with a BA in Spanish and a BED in Elementary and Secondary Education. After graduation she gained experience teaching Spanish at the high school level before eventually teaching 5th grade in a Spanish immersion classroom. In 2002 Jennifer received her MA in Spanish from Millersville University. Now a stay-at-home mom, she has done some Spanish tutoring and teaching small groups of children over the years. She looks forward to getting back in the classroom again and using her Spanish speaking skills to help others learn this beautiful language and culture!

Spanish For Beginners II

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 11:00 am - 12:30 pm
Dates of Class: September 19, 26, October 3, 10, 17, 24, 30, & November 7 - Ware Center
# of Classes: 8
Price: $144.00

COURSE DESCRIPTION
Spanish for Beginners II is a continuation of the Spanish for Beginners I class. We will place more emphasis on developing basic grammar skills and learning to converse in simple sentences. For those who want to further their understanding of the Spanish language and culture, or for those who want to learn some basic communication skills that would be helpful while traveling in a Spanish speaking country, this class will help you gain some valuable language experience.

COURSE INSTRUCTOR
JENNIFER CARZOLA HERR was born and raised by two Spanish speaking parents. Jennifer spent time studying the Spanish language in several countries including Spain, Puerto Rico, and Ecuador. In 1996 she graduated from Shippensburg University with a BA in Spanish and a BED in Elementary and Secondary Education. After graduation she gained experience teaching Spanish at the high school level before eventually teaching 5th grade in a Spanish immersion classroom. In 2002 Jennifer received her MA in Spanish from Millersville University. Now a stay-at-home mom, she has done some Spanish tutoring and teaching small groups of children over the years. She looks forward to getting back in the classroom again and using her Spanish speaking skills to help others learn this beautiful language and culture!
Musical Sounds of The Roaring Twenties

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 am – 12:00 pm
Dates of Class: September 20, 27, October 4, 11, 18, & 25 - Ware Center
# of Classes: 6
Price: $144.00

COURSE DESCRIPTION
This course will explore early recordings of popular songs that were pre 1920’s. In this course, participants will see and hear personalities who came to us via records, radio, Vaudeville, Broadway, Harlem, and Hollywood “talkies”. American popular song’s first “standards” were born in the twenties and they are still a major part of our great musical heritage today.

COURSE INSTRUCTOR
RICHARD SMOLENS worked for 37 years as a full-time teacher, principal and college professor at Hunter College. He has taught such subjects as American musical theater, jazz, popular music of the 20’s, 30’s and 40’s. He has performed at various locations and has multiple recordings.

Tai Chi for Health

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 1:00 pm – 2:30 pm
Dates of Class: October 17, 24, 31, November 7, 14, & 21 - Ware Center
# of Classes: 6
Price: $108.00

COURSE DESCRIPTION
This course will focus on learning a complete Tai Chi ‘form’. A ‘form’ is a coordinated set of movements performed in a slow, relaxed, meditative manner. Practiced on a regular basis, it becomes a superlative health exercise that can heal injuries, diseases, and chronic ailments, as well as improve balance, flexibility, and coordination. Tai Chi is a moving meditation, movement and health practice all in one.

COURSE INSTRUCTOR
JIM KELLER is certifies to teach Wu style Tai Chi through the WuTang Physical culture center in New York City.
Politics – An Insider’s Perspective

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 1:00 pm – 2:30 pm
Dates of Class: September 21, 28, October 5, & 12 - Ware Center
# of Classes: 4
Price: $72.00

COURSE DESCRIPTION
This course will provide an honest, eye-opening discussion of how the American political system really works. Participants will gain a behind-the-scenes and blunt explanation of many aspects of the American political system. There will be no spin; just the truth delivered with humor and insight. Topics will include candidates and politicians, the legislative process, the role of the voter/constituent in the political process, how to get a politician’s attention and the implications of a dysfunctional political system.

COURSE INSTRUCTOR
TOM TILLETT has served as District Chief of Staff for Congressman Joe Pitts and special assistant to Congressman Bob Walker. Tom will share what he learned as an insider during his many years working in the political landscape. Prior to serving in these political roles, Tom was a high school history teacher. Tom earned his B.A. degree from Gettysburg College and he is married with two children.

Understanding Weather

COURSE DETAILS
Day of the Week: Tuesday
Class Time: 6:00 pm – 7:30 pm
Dates of Class: September 19, 26, October 3, & 17 - Ware Center
# of Classes: 4
Price: $72.00

COURSE DESCRIPTION
In this course, you will learn about atmospheric processes, and what weather maps, forecasts, and terminology really mean. Topics covered will include how to better understand weather forecasts, what is going on in the atmosphere to produce what is seen on a weather map, and why things like cold fronts bring certain kinds of weather, and an explanation of terms like jet stream, El Nino, and computer models.

COURSE INSTRUCTOR
ANDY STUART graduated from Penn State with a Bachelor's degree in Meteorology. Outside the class, he made 5-day forecasts for various regions of Pennsylvania twice a week as part of the Campus Weather Service. He is now studying applications of weather to businesses like insurance and energy as part of a Master's program at Millersville University.