All Courses Take Place At
Ware Center: 42 N. Prince St. Lancaster, PA 17603
Astronomy

COURSE DETAILS
Day of the Week: Monday
Class Time: 10:00 A.M. – 12:00 P.M.
Dates of Class: March 4, 11, 18, 25 and April 1.
# 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.
COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 A.M. – 11:30 A.M.
Dates of Class: April 10, 17, 24 and May 1.
# 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: Monday
Class Time: 10:00 A.M. – 12:00 P.M.
Dates of Class: April 8, 15, 22, 29
# 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.
Basic Spanish

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 1:00 P.M. – 2:00 P.M.
Dates of Class: March 6, 13, 20, 27, April 3, 10.
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION

This course will provide many opportunities to practice speaking basic Spanish with the instructor and with partners in the class through question and answer sessions, reading scripts, and using hands-on materials such as flashcards. Participants will also have an option to use music and games to increase and maintain Spanish speaking skills.

COURSE INSTRUCTOR

REBECCA DIEFENDERFER taught Spanish 1, Spanish 2, and Exploratory Spanish to Middle and High School students. She currently teaches Spanish to Preschool through 6th grades at Lititz Christian School. Rebecca earned a Master’s degree through the Spanish program at Millersville in 2015 and she spent a year abroad in Málaga, Spain.
A Critical History of Journalism: Real News, Fake News and Tweets

COURSE DETAILS
Day of the Week: Monday
Class Time: 12:00 P.M. – 2:00 P.M.
Dates of Class: March 4, 11, 18, 25, April 1, 8.
# 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'll 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.
Genealogy

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 12:00 P.M. – 2:00 P.M.
Dates of Class: March 6, 13, 20, 27, April 3.
# of Classes: 5
Price: $120.00

COURSE DESCRIPTION
This class will teach students how to use various sources to research their family’s history. The participants will be presented with tools and procedures to discover their ancestry lineage. In addition, students will learn how their DNA can help them trace their ancestors and how to access that information from commercial sources.

COURSE INSTRUCTOR
GERALD WILSON is an experienced genealogy practitioner who explores numerous resources to document family history. Mr. Wilson has presented this course to various audiences for the past ten years and emphasizes the newest online sources, as well as traditional methods of genealogy research. In order to fully experience the lessons, each student must bring a notebook computer, a tablet, or some other internet device.
Feldenkrais

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 A.M. – 11:00 A.M.
Dates of Class: March 6, 13, 20, 27, April 3, 10.
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION

The Feldenkrais Method is a type of exercise therapy devised by Moshé Feldenkrais that reorganizes connections between the brain and body so as to improve body movement and psychological state. Using slow, guided movement lessons, students will learn about themselves and how to move with greater ease and efficiency in their daily living and activity choices. As students lie on the floor or sit in chairs (whichever is more comfortable), your Practitioner will guide you through slow exploratory movements that will help you create new movement patterns and move with greater ease and efficiency.

ADDITIONAL INFORMATION

Please note that this course requires engagement with a hard wood floor or to sit in a chair. Students are encouraged to bring their own towels and floor mats.

COURSE INSTRUCTOR

JOYCE STORCH MAKANSI is a Guild Certified Feldenkrais Practitioner with four years of training and testing and also holds a Bachelor’s Degree in Psychology and Dance.
Digital Photography

COURSE DETAILS
Day of the Week: Thursday
Class Time: 10:00 A.M. – 12:00 P.M.
Dates of Class: March 7, 14, 21, 28, April 4.
# 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.
Stress Resiliency for Greater Health and Happiness

COURSE DETAILS
Day of the Week: Thursday
Class Time: 1:00 P.M.- 2:00 P.M.
Dates of Class: March 7, 14, 21, 28, April 4, 11.
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION

Discover the causes of everyday stress. Plan and develop approaches and experience techniques to manage both acute and chronic stress. Sessions include practices of deep breathing, music and movement, aromatherapy, meditation, progressive relaxation, imagery.

COURSE INSTRUCTOR

Eileen Wider Crone teaches yoga, wellness and nutrition at Harrisburg Area Community College in Lancaster and Harrisburg. She has lectured on stress management, lifestyle changes, motivation and wellness practices to many groups. Her experience as a Registered Dietitian, Registered Yoga Teacher, Exercise Physiologist and educator equip her to uniquely blend different traditions into an overall approach to wellness and stress management. A lifelong student, Eileen is currently pursuing a Certification in Mindful Outdoor Leadership and she also travels extensively to study shamanism.
**Journey to Fitness**

**COURSE DETAILS**
Day of the Week: Thursday  
Class Time: 11:30 A.M. – 12:30 P.M.  
Dates of Class: March 7, 14, 21, 28, April 4, 11.  
# of Classes: 6  
Price: $72.00

**COURSE DESCRIPTION**
Find your fitness, build your fitness, challenge your fitness and celebrate your fitness. This fun and user-friendly course focuses on functional fitness, especially for those over 40 years of age, strengthening bones, improving balance and decreasing risk of chronic disease. Each class will feature a warm-up, cardiorespiratory exercises, calisthenics, balance and cool-down stretching, as well as nutrition information and motivational tips for staying on track. And did we say, fun?

**COURSE INSTRUCTOR**
Eileen Wider Crone teaches yoga, wellness and nutrition at Harrisburg Area Community College in Lancaster and Harrisburg. She has lectured on stress management, lifestyle changes, motivation and wellness practices to many groups. Her experience as a Registered Dietitian, Registered Yoga Teacher, Exercise Physiologist and educator equip her to uniquely blend different traditions into an overall approach to wellness and stress management. A lifelong student, Eileen is currently pursuing a Certification in Mindful Outdoor Leadership and she also travels extensively to study shamanism.
Conversational French

COURSE DETAILS
Day of the Week: Thursday
Class Time: 10:00 A.M. – 11:00 A.M.
Dates of Class: March 7, 14, 21, 28, April 4 and 11.
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION
This course is for people who want to (or need to) jump in and learn to speak some basic French. It’s an introduction to common phrases, idiomatic expressions, and basic grammar – ideal for travelers. We’ll learn how natives really speak.

COURSE INSTRUCTOR
Jennifer Engle has a BS in Secondary Education/French from Millersville University and has taught French to adults, middle school and high school students on a full time, part time and substitute basis. She has also traveled to France (and neighboring European countries) several times, including three times in recent years.
Writers on the Storm

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 A.M. – 12:00 P.M.
Dates of Class: March 6, 13, 20, 27, April 3, and 10.
# of Classes: 6
Price: Free for Veterans, $144 for non-veterans

COURSE DESCRIPTION
Originally designed for veterans who are experiencing PTSD and issues related to reintegration into civilian life, this six-week class will teach students how to apply basic journaling techniques and literary devices to define and better understand stressful areas of their lives to create emotional awareness, cognitive response and management as opposed to merely reacting to stressful situations.

COURSE INSTRUCTOR

Annie Ginder is Co-founder, Program Director, and facilitator at Writeface. She has been teaching writing workshops to veterans for five years. She has also designed and implemented the workshop Writing the Roller Coaster: Journaling Through the Wild Ride of Early Recovery for those in early recovery from drug and alcohol addiction, and has taught creative writing in the Beyond the Bell after school program for elementary school aged children and has written with the elderly in various stages of Alzheimers and dementia.

Scott Hower is a Vietnam veteran who found writing to be an effective self-management tool to deal with issues he wrestled with due to his military experience. He is Co-founder, Operations Director and facilitator at Writeface. He has been providing writing workshops to veterans for the past five years.