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 2, 9, 16, 23 and 30.
# 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.
Basic Spanish

![Image of a blackboard with Spanish phrases]

**COURSE DETAILS**

Day of the Week: Wednesday  
Class Time: 10:00 A.M. – 11:00 A.M.  
Dates of Class: Feb. 12, 19, 26, Mar. 4, 11 and 18.  
# 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.
Spanish II

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 A.M. – 11:00 A.M.
Dates of Class: Mar. 25, Apr. 1, 8, 15, 22 and 29.
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION
This course is designed for students who have completed the Basic Spanish course. In this class, students will review material from the previous course, learn new vocabulary, and practice basic grammar concepts.

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.
Digital Photography

COURSE DETAILS
Day of the Week: Friday
Class Time: 10:00 A.M. – 12:00 P.M.
Dates of Class: Mar. 6, 13, 20, 27 and Apr. 3.
# 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.
Conversational French

COURSE DETAILS
Day of the Week: Thursday
Class Time: 10:00 A.M. – 11:00 A.M.
Dates of Class: Mar. 5, 12, 19, 26, Apr. 2 and 9.
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION
This is an introductory and/or review class for those persons with little, long ago or no French! There's a mix of in-classroom and walking around downtown conversation. The course will be combining vocabulary with fun, learn greetings, travel info, following directions, restaurant etiquette, shopping, etc., plus a bit of cultural background. No judging or embarrassment, but there will be easy homework and practice!

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.
Feldenkrais – Move with Greater Ease: Lessons with the Feldenkrais Method

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 - 11:00 A.M.
Dates of Class: March 18, 25, April 1, 8, 15 and 22
# of Classes: 6
Price: $72.00

COURSE DESCRIPTION

Try something new and join us! 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. Additionally these classes will help people dealing with intermittent or chronic pain, neurological issues, Parkinson's Disease and Multiple Sclerosis.

*ADDITIONAL INFORMATION:

Please note that this course encourages engagement with a hard wood floor or to sit in a chair. Your comfort however is paramount. 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 extensive testing. Joyce holds a Bachelor’s Degree in Psychology and Dance and has completed graduate course work in Human Anatomy and Physiology, and Body Mechanics.
Writers on the Storm

COURSE DETAILS
Day of the Week: Wednesday
Class Time: 10:00 A.M. – 12:00 P.M.
Dates of Class: Apr. 1, 8, 15, 22 and 29.
# of Classes: 5
Price: Free for Veterans, $120.00 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.
Mah-Jongg

COURSE DETAILS
Day of the Week: Monday
Class Time: 10:00 A.M. – 12:00 P.M.
# of Classes: 3
Price: $40.00

COURSE DESCRIPTION
Mah-Jongg is an ancient Chinese tile game that is increasing in popularity throughout the United States, similar to the Western card game, Rummy. This course is designed to familiarize participants with the rules of the game, tile identification and explanation of cards. This introductory course is perfect for any individual who wants to learn the basics of Mah-Jongg.

COURSE INSTRUCTOR

Natalie Freedman has been playing Mah-Jongg for over ten years. She has been teaching friends and family the game of Mah-Jongg for the last four years. She finds the game challenging, exciting and sometimes frustrating, but that is the fun of it.

Anita Ruff is passionate about Mah-Jongg and has been playing for the past five years. She continually improves her knowledge of the game through books and online discussion groups. She has assisted Natalie Freedman with teach for the past two years.