

The background features a stylized tree with brown branches and colorful butterflies in shades of red, orange, and purple. In the foreground, there are large, vibrant flowers in shades of blue and red, with green leaves. A semi-transparent grey horizontal band is positioned across the middle of the image, containing the main text.

SPRING 2016

**COMMUNITY & ADULT
EDUCATION PROGRAMS**



COMPUTER AND SMART PHONE BASICS New!

CY001 Central York High School, Library
Instructor: DeAnna Gabriele

**4 Sessions: Tuesdays & Thursdays,
February 23, 25 & March 1, 3
Time: 6-8 PM Cost: \$75/Person**

This class is designed for those who own a computer, tablet or a smartphone, and don't know how to use it to its full potential. This class will provide you with the technical knowledge necessary to stay connected with friends and family. You'll learn how to text, send photos, use email, surf the internet and much more. Perfect for seniors. No computer experience required.

If you can turn your computer on, you have the skills needed for this beginner's paced class. Space is limited!

ECOMMERCE 101 – LEARN TO SUPPLEMENT YOUR INCOME -SELLING ONLINE

CY002 Central York High School, Library
Instructor: DeAnna Gabriele

**4 Sessions: Wednesdays, March 9, 16,
23, 30 Time: 6-8 PM Cost: \$85/Person**

This comprehensive, hands on class, will provide you with all the tools you'll need to make money selling online using platforms such as eBay and Amazon.

Class will begin with the basics and walk you through all of the processes necessary to be successful at online sales. Top Rated Seller with 15+ years of experience will show you how and where to find merchandise. You'll learn how create professional listings and how to market your items worldwide for maximum exposure and profit.

You will be walked through the shipping and follow up processes, and learn how to establish a customer base, and build an online reputation. Class is perfect for stay at home moms, retirees, crafters, or anyone with access to a computer and camera, in need of additional income. Basic computer skills are necessary. Space is limited!

INTRODUCTION TO DIGITAL PHOTOGRAPHY New!

CY003 Central York High School, Library
Instructor: Christi Bernlohr

**4 Sessions – Mondays, February 29,
March 7, 14, 21 Time: 6-8 PM
Cost \$75/person**

This class is geared toward the beginning photographer who wants to learn about their particular camera as well as photography concepts in general. Classes will devote time to hands on instruction with each student's camera as well as cover topics such as exposure, perspective, focus, light and composition. Critique of student's work and an introduction to photo editing will also be included. Emphasis will be put on learning skills needed to ensure you get the shot. Space is limited. Sign up now!



DIGITAL PHOTOGRAPHY: BEYOND BEGINNER New!

CY004 Central York High School, Library
Instructor: Christi Bernlohr

**5 Sessions – Mondays, April 4, 11, 18,
25, May 2 Time: 6-8 PM
Cost \$90/person**

Do you want more out of your photographs? This class will take an advanced look at aperture, shutter speeds, ISO, and how they are used together to create an outstanding photograph. Learn how to operate your camera in semi-automatic and manual modes while also diving into depth of field. We will also explore flash and natural lighting techniques including on and off the camera lighting. We will consider the photographic power available with digital cameras that will help you become the master of your photographs. We will also present images for group critique. Because of the advanced nature of this class, a DSLR camera and a basic understanding of photography concepts are an important prerequisite for this class.

RETIREMENT PLANNING TODAY

CY005 Central York High School, Room 169
Instructor: Michael Nigro, MBA, CLTC
**Session I -Tuesdays, Feb. 16 & 23,
6:30 to 9:30 p.m. OR Session II
-Wednesdays, Feb. 24 & Mar. 2, 6:30 to
9:30 p.m. Cost: \$49/person**

Please designate Session I or II on your registration form.

Participants will learn the elements that go into a retirement plan. We will cover how to manage risks in assuring the plan executes as was intended. Investment risk and reward, long term health risks, tax efficiency, inflation, social security, asset allocation and distribution strategies are just some of the topics covered in the workbook you will receive. Students will have the opportunity to have a plan drawn up for them in an optional planning consultation meeting, which is included in the course fee. This consultation is private. Your personal finances will not be discussed in class. This course is educational in nature; neither specific companies nor products will be mentioned. Bring your spouse/ guest at no extra charge.

CROSS STITCH BASKET

CY006 Sinking Springs Elementary School, Art Room
Instructor: Melanie Alagood
**2 Sessions - Wednesdays, April 6 & 13
Time: 6-9 PM Cost: \$ 40 /person**

You will be amazed at your ability when you learn to weave this round basket with cross stitch pattern added around the middle. We will finish it off with a piece of round reed lashed onto the top of the rim. Color reed of your choice will be added. Beautiful for your home, or it makes a great gift!

MARBLED BASKET

CY007 Sinking Springs Elementary School, Art Room Instructor: Melanie Alagood
**2 Sessions - Wednesdays, May 11 & 18
Time: 6-9 PM Cost: \$40/person**

This basket starts with a 7" round wood base, which will be used to weave your basket. Color reed will be added and a marbling strip will encircle the basket. The handle will be wrapped with color reed. You Can Do It!! Makes a great gift!

OIL PAINTING FOR BEGINNERS

CY008 Central York High School, Art Room
Instructor: Gary Moon
**9 Sessions – Thursdays, March 3 –April
28 Time: 7:00-9:00 PM
Cost: \$100/person**

Students will learn the fundamentals of oil painting. This class is for those who have always wanted to learn how to paint. Come join our fun, stress-free oil painting class for beginners. A supplies list will be provided via email prior to class. Space is limited!

HENNA (TATTOO) DESIGN FOR BEGINNERS

CY009 Sinking Springs Elementary, Art Room
Instructor: Manju Gupta
**3 Sessions – April 20, 21, 22
Time: 6-7:30 PM Cost: \$65/person**

Learn the basics of Indian Tattoo, (Henna)! You will make various tattoo designs on your palm, leg or anywhere on your body using a paste made of natural herbs, (Henna).

It is used to decorate our bodies for special festive occasions and it also gives a relaxing feeling. You will learn to make your own paste from leaves or henna powder, make your own creative designs or select one from a print, and learn curing techniques to achieve the best results, in easy steps. Please email the instructor at edha_gupta@yahoo.com - if you have questions about this art, or this class.

MOSTLY MUFFINS!

CY010 Central York High School
Room: Culinary Lab, Room
403 Instructor: Terrie D'Amato
**1 Session – Wednesday, February 17
Time: 6 - 9 PM Cost: \$45/person**

Do you like the smell of warm muffins on a snowy Saturday morning? Now you won't have to leave the comfort of your cozy home to have fresh, out of the oven muffins in less than 30 minutes. Muffins are the ultimate comfort food, and they are too delicious to resist with your favorite coffee. Learn how to make a variety of yummy muffins from scratch, with just a bowl and a wooden spoon! These muffins can be made in all sizes to create the perfect homemade gift baskets for all of those special occasions; This will be a demonstration class and students can bring a plastic bag or container, to take home leftovers, if there are any!



LEARN TO BE A BBQ PIT MASTER!

CY011 Central York High School, (Patio on right past Natatorium)

Instructor: Terrie D'Amato, Pit Master

1 Session – Saturday, May 21

Time: 8:30 AM-

3:30PM Cost: \$85/person

Would you like to BBQ like a pro in your own backyard? Now you can! Real BBQ Pit Master, Terrie D'Amato will teach you how to BBQ low and slow like the guys competing on TV. Students will be guided through the preparation, cooking and serving of pulled pork, chicken, ribs, and baked beans in the true Southern BBQ style. Terrie will also demonstrate how to make a BBQ rub and homemade BBQ sauce. Students will learn the techniques to master the Q and be the envy of all! After the demonstration, students will feast on everything that is cooked, so bring your appetite! This will be a full day of learning, participating, and eating! All you will need for the class is a note pad and pen to take notes. Recipes will be supplied.

POLKA DANCE

CY012 Sinking Springs Elementary Cafeteria

Instructors: Carl & Jeanie Novitsky

6 Sessions - Tuesdays, February 2, 9, 16, March 1, 8, 15 Time: 7-9 PM Cost: \$49/person

Learn one of Pennsylvania's favorite fun dances! This class will include basic polka & figure dances. Easy step-by-step instructions will be given and no partner is necessary. Completion of four of six classes will entitle attendees to a one-year free membership in the White Rose Polka Dancers Association. Wear comfortable clothes and hard-soled shoes. It's impossible to Polka and frown at the same time!

BALLROOM DANCING II

CY013 Sinking Springs Elementary Cafeteria

Instructors: Ken & Carol Crone

10 Sessions: Wednesdays,

March 2 – May 4

Time: 7-9 PM Cost \$57/person

Add to your knowledge of ballroom dancing. Bring a partner and learn additional figures beyond the basics taught in Ballroom I, in Foxtrot, Waltz, Tango, Rumba, Cha Cha and Swing. Feel confident when you attend dances or when you can impress your friends at weddings, parties etc. Final Dance: Thursday, May 12

BALLROOM DANCING IV

CY014 Sinking Springs Elementary Cafeteria

Instructors: Ken & Carol Crone

10 Sessions: Thursdays, March 3 – May

5 Time: 7-8:30PM Cost: \$57/person

Add to your repertoire of bronze dance figures. This class will focus on the American Style Foxtrot, Waltz, Tango, and Viennese Waltz as well as Rumba, Cha Cha and Swing. You must know the basic figures to take this class. Final Dance: Thursday, May 12

