

St. Luke's

COMMUNITY SCHOOL

Enriching the life of our community



Spring 2015
Course Catalog

Program Mission Statement and Policies/Registration

Mission Statement

To enrich the life of our community by offering diverse courses that improve personal and professional development.

Policies:

Course Confirmations: We will confirm registrations upon receipt of payment and application. If a class is filled or cancelled, you will be contacted via e-mail or phone. All classes, unless specified, take place at the Conference and Social Center at St. Luke's.

Payments: All payments must be submitted prior to course start date. We accept, cash, check, VISA, MasterCard, and Discover.

Refunds: Refunds will be given by check only in the event of a cancelled class. If you are not satisfied with your course after the first class has met or if you withdraw because of illness, personal emergencies, moving or any other event beyond our control, you will be issued a credit for a maximum of 50% of the tuition fee. To qualify, you must notify the Conference and Social Center at St. Luke's via e-mail or phone. If you notify the office of withdrawal, at least three (3) business days prior to the first class, you will qualify for a credit for your full tuition.

Course Cancellations: St. Luke's Community School reserves the right to cancel classes based on low enrollment, instructor non-availability or related reasons. Notification of cancellations will be made by phone or e-mail.

Inclement Weather: Morning classes will be cancelled if Marple schools are closed, or have late morning start. Evening classes will be cancelled if Marple schools are closed or have early dismissal. We will use the Marple Township School closing number- 454- to determine if our facility is open. Please refer to KYW news radio (1060 AM) for closing information.

Smoking: Smoking is only permitted outside the building and cigarettes must be discarded in the appropriate dispensers.

Accessibility/Parking: St. Luke's Community School is accessible to persons with disabilities. Handicap parking spaces are marked accordingly. Other parking will be available along the tree-lined portion of the parking lot.

Have an idea for a course?

We would love to talk to you! Contact us with your class idea.

The Greek Kitchen

A rare opportunity to become a Greek cook with a solid repertoire of Greek de-lights. Learn to prepare Pastitsio, Spanakopita and Baklava. You will be amazed at how easy it is to cook these Greek recipes and delight your family and friends with their unique flavors. Each session will focus on a single dish.

Price: \$120

Day: Wednesdays: April 15, 22, 29

Time: 7 – 8:30 p.m.

Instructor: Deme Peters

Gardening Series: All About Spring

Selecting trees & shrubs to have a beautiful Spring that lasts 4 months.

Price: \$25.00

Day: Wednesday, March 25

Time: 7 – 8 p.m.

Location: CR2

Instructor: Andrea Hallmark

Gardening Series: How to Design or Redesign Your Garden

Use the tools and techniques landscape architects use to design a garden. Learn how to create garden rooms, frame a good view, hide a poor one. Learn to create focal points, create a welcoming front entry.

Price: \$55.00

Day: Wednesdays: April 15, 22, 29

Time: 6 – 8 p.m.

Location: CR2

Instructor: Andrea Hallmark

Jewelry: Basic Beaded Jewelry

Make a necklace, bracelet and earrings while learning basic beaded jewelry techniques and wire wrapping. You can help choose what style we go with. Materials

paid to instructor prior to start of class. Material cost: varies. Price will vary depending on what type of materials the registrant picks (i.e. Sterling Silver & Swarovski pearls or plated silver & other beads).

Price: \$40

Day: Wednesday, April 22

Time: 7 – 9 p.m.

Location: CLR Floor 2

Instructor: Carnation Karros

Jewelry Making: 2 Strand Leather and Crystal Bracelet or Choker

Come learn the art of making jewelry and take home your own piece. Create a 2 strand leather & crystal wrap bracelet (or choker) with a button clasp. Materials paid to instructor prior to start of class. Pick your leather colors & crystal colors prior to class start date. Material cost: \$22.

Price: \$40

Day: Wednesday, April 29

Time: 7 – 9 p.m.

Instructor: Carnation KD

Jewelry Making: Shamballa Style Bracelet

Come learn the art of making jewelry and take home your own piece. Create a 2 strand leather and crystal wrap bracelet (or choker) with a button clasp. Materials paid to instructor prior to start of class. Pick your leather colors & crystal colors prior to class start date. Material cost: \$35

Price: \$40

Day: Wednesday, May 6

Time: 7- 9 p.m.

Location: CLR Floor 2

Instructor: Carnation Karros

Brush Up on MS Office

Are you thinking about returning to work and want to brush up on your computer skills? Review three of the most essential programs in today's workplace: MS Word, Excel and PowerPoint. Create and save a document in Word, create a spreadsheet with formulas in Excel, and finish with a presentation in PowerPoint. Bring your own laptop computer with Microsoft Office version 2007 or later.

Price: \$120

Day: Wednesdays: March 4, 11, 18

Time: 6:30 – 8:30 p.m.

Instructor: Karen Strauss

Story Writing for Beginners

This course is for those who have never written or only dabbled a little. We will start each class with warm-up writing prompt, and practice how to write "right now" and edit later. Throughout the course we will learn specific tools to gather ideas and create a story, techniques for crafting believable characters, the art of writing dialogue, and much more. Each week there will also be a writing assignment to complete at home to strengthen your skills. By the end of the course you should be on your way to writing your own story.

Price: \$80

Day: Wednesdays: April 15, 22, 29, May 6, 13

Time: 7:30 – 9 p.m.

Location: CLR Floor 2

Love and Logic

Join certified counselors/parent coaches Susan Alexander and Nikki Serafim, in a relaxed setting to share, discuss and learn how to deal with the daily challenges of raising responsible, respectful kids. Using various resources and accredited programs, we will offer a methodology of how you and your children can build healthy relationships. This 8 week workshop will include strategies to minimize fighting, and reduce control and power issues.

Parenting should not be a struggle. Learn to help your family run smoothly with peace and harmony.

Price: \$200.00 *plus a \$10.00 workbook fee to be collected on the first evening

Day: Wednesdays: April 15, 22, 29, May 6, 13, 20

Time: 7 – 9 p.m.

Location: CLR Floor 2

Instructor: Susan Alexander, *National Certified Counselor and Parent Coach*

Nikki Serafim, *Licensed School Counselor and Parent Coach*

Brain Training

Many people are concerned about the functioning of their brains as they age. This course will help keep our brains young and alert. It uses brain training activities that are fun and that lead to improved memory and reasoning ability.

Price: \$80.00

Day: Mondays: April 13, 20, 27, May 4, 11, 18

Time: 10:30 – 11:30 a.m.

Instructor: Elaine Kyriacou, Education Specialist

Health and Wellness

Introduction to Swing Workshops! *(Vintage Swing Dance Workshop)*

Intro To Swing Part 1- 1st Saturday in April

Intro To Swing Part 2*- 3rd Saturday in April

**Must take Part 1 in order to take
Part 2!*

Must sign-up with partner!

Ever see an old movie clip or an old cartoon with the characters really going to town? Did it look like fun? Well, you can't even imagine how fun it is! Swing Dancing (not to be confused with Ballroom Dancing) has been around a long time, however it was only enjoyed by the masses for a brief moment in history. But now it is coming back! The reason why is the fun and social factors of these vintage styles, not to mention the physical benefits. Learn how to do 20's Charleston, the Lindy Hop, the Balboa, Jitterbug and Collegiate Shag. It all starts here with your introduction to Swing!

Adults 16 to 70 healthy enough for physical activity. Must have the ability to clap on beat and learn quickly!

Social Dancing has been studied and claimed to be the most beneficial activity one can do for their ENTIRE health. It exercises both body and brain as you have to make very quick decisions on the fly while social dancing. It is beneficial for your Physical, Mental, Social and even Spiritual health (it raises your spirits). Learning to dance will give students endless social benefits and give them an activity that will keep them healthy late in life.

Intro Part 1:

- Basic Step, Turns & Positions
- Focus on how to Lead & Follow
- Alternation footwork patterns & styles
- Footwork Variations

Intro Part 2*:

- Trading Places adding Positions
- Adding Variations
- Adding Moves & movement
- The J-Hook

**Pre-requisite for this class is Part 1*

Price: \$40 for Part 1 only or \$75 for Part 1 and Part 2 (save \$5). Must sign up with a partner.

Dates: April 4 and April 18

Time: 1 – 4:30 p.m.

Location: Gym

The Freedom Method of Fitness and Weight Loss - 12 Weeks to a More a Slender, Amazing, Happy You!

The Freedom Method is a transformational Fitness and Weight Loss Program that shows you how to clear out the unhealthy emotional and physical patterns from your body, allowing you to experience the freedom and enjoyment you deserve.

This program shows you the amazing truth about your body, your mind, your emotions, and how to allow them to work together for an amazing you! If you're tired of diets, programs, impossible workouts, books, DVDs, specialists, and all the hype... You are ready for The Freedom Method.

Each 90 minute session includes: 45 minutes of lecture and discussion on the Freedom Method philosophy and powerful techniques that can send you skyrocketing into a whole new world of health and freedom!

Plus 45 minutes of exercise focusing on alignment, breathing, graceful toning, calisthenics, and aerobic training.

Please dress comfortably, and bring water and exercise mat for the exercise portion of the class.

Price: \$195 - Includes booklet and video

Days/Time: Saturdays, 8 – 9:30 a.m.: April 4, 18, 25, May 2, 9, 16, 30, June 6, 13, 20, 27
Wednesdays, 7 - 8:30 p.m.: May 6, 13, 20, 27, June 3, 10, 17, 24
19 sessions in all (every Saturday, then beginning May 6, two days a week on Wednesday and Saturday)

Location: SH

Instructor: Jackie O'Doherty, *Certified Fitness Instructor, Innate Health Practitioner*

Total Body Conditioning

Get your week off to a great start! This fat-burning, energizing workout combines low impact aerobics with toning exercises using weights and Dynabands to effectively burn calories while sculpting your entire body. Enjoy more energy, stamina and looser-fitting clothes! Wear workout clothes and bring a mat, towel, water and a pair of 2 to 5 lb. weights. Dynabands (\$5) must be purchased at first class unless you bring your own.

Price: \$62

Day: Mondays, April 6, 13, 20, 27, May 11, 18, June 1, 8

Time: 9:15 to 10:15 a.m.

Location: Gym

Instructor: Lifetime Fitness

Gentle Yoga, Stretch & Meditation

This slower, less strenuous approach is perfect for those new to yoga or anyone lacking the flexibility or strength to hold the more rigorous yoga poses. Enhance the

mind/body/spirit connection and your sense of well-being as you improve muscle tone and flexibility. Bring water, towel and yoga "sticky" mat.

Price: \$62

Day: Mondays, April 6, 13, 20, 27, May 11, 18, June 1, 8

Time: 6:30 to 7:30 p.m.

Location: Gym

Instructor: Lifetime Fitness

Targeted Toning: Lower Body Plus Abs

Trim inches from your waist, hips & thighs as you sculpt leaner, stronger legs, a flatter belly and a firmer fanny. Standing leg exercises such as squats and lunges, along with matwork combine to give you real results. Improved balance and range of motion are an added benefit. Wear workout clothes and supportive sneakers; bring a mat or towel and water.

Price: \$62

Day: Thursdays: April 16, 23, 30, May 14, 21, 28, June 4, 11

Time: 9:15 to 10:15 a.m.

Location: Gym

Instructor: Lifetime Fitness

Zumba

Come join us for a fun workout with great music and lots of moves! Dance to great music with great people, and burn calories without even realizing it! Zumba is fun, effective and best of all- for everyone!

Instructor Maggie Ellis will move, motivate, energize and inspire you! Can't wait to see you there!

Price: \$70

Date: Thursdays: April 16, 23, 30, May 14, 21, 28, June 4, 11, 18

Time: 5:45 – 6:45 p.m.

Location: Gym

Instructor: Maggie Ellis

CONFERENCE AND SOCIAL CENTER AT
ST. LUKE'S REGISTRATION FORM

LAST NAME:		FIRST NAME:	
EMAIL ADDRESS:		PHONE:	
ADDRESS:		E-MAIL:	
COURSE INFORMATION			
COURSE DAY/TIME	COURSE TITLE	TUITION	
		\$	

Cash, check, VISA, MASTERCARD, & Discover accepted.

Donation: \$ _____

Check payments should be payable to: St. Luke's and mailed to:
35 N. Malin Road- Broomall, PA 19008

Total: \$ _____



Like us on Facebook to see more photos of our space and receive updates on what is new and exciting at the Conference and Social Center.

www.St-Luke-Center.org