

Adult Wise

Winter Edition

The newsletter for lifelong learners

January-March 2011

AdultWise is published by the Orange Community Education & Recreation Department of Orange City Schools.

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Online career development features Green Building and LEED Rating System and graduate credit for teachers

Orange Community Education & Recreation is pleased to feature UGotClass online career development programs taught by leaders in their fields.

Building professionals can get the knowledge to excel as green professionals in the new economy by taking the **Green Building and LEED Rating System** course. Participants who successfully complete this course are eligible and prepared to sit for the US Green Building Council's Leadership in Energy and Environmental Design Green Associate exam. The two-month online course includes 32 hours of seat time. Your instructors are with the U.S. Green Building Council.

Teachers wishing to earn graduate credits can enroll in several one-month online courses including **Gender in the Classroom**, taught by Julie Coates and William A. Draves, **Online Learning and Teaching for K-12 Teachers** taught by William A. Draves,

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Two "Top Chefs Series" events are serving up deliciousness in January and March

When Orange Community Education & Recreation launched our first Top Chef Series event in October 2009, we were responding to suggestions and requests from our residents and customers. We are so glad we did! This winter we will continue the tradition with two great chefs at two great, but decidedly very different restaurants:

Marbella—The Flavors of Spain and **Organic Energy and Power Juice Bar**.

Sample the finest in Spanish and Portuguese cuisine as Chef Max Arenas of Marbella Restaurant prepares an appetizer and other favorites right before your eyes during this "back by popular demand" event. You will enjoy a full course dinner featuring appetizer, main course or two, delicious side-dishes and dessert. A cash bar is available, but is not included in the registration fee.



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Focus on fitness

NEW! Afro-Bolly Dance

Enjoy a new twist on how you approach fitness. The fusion of African, Indian and Hip-hop music brings a wonderful eclectic variety to each class. *Jala Khateeb.*

No. 11WAE419 Mondays 1/31-3/14 7-8pm
PPLC Gym. \$59/resident \$65/non-resident

Rev Up Your Day with Zumba!

Drop the kids off at school and join us for interval training to Latin rhythms. *Pia Alesci*

No. 11WAE482A Wednesdays 1/19-3/23
9:15am-10:15am PPLC Gym \$69/resident \$75/
non-resident

Mat Pilates

Strengthen your core abdominal muscles! Regular practice creates long, toned muscles. Bring a thick yoga mat and water bottle. *Bonnie Ludwick, Certified Body Technic Systems Pilates Instructor*

No. 11WAE454 Tuesdays 1/18-3/8 7-8pm
PPLC Conf. Room B \$89/resident \$92/non-resident

Vinyasa Flow Yoga

Take time out for yourself and learn how to move your body with each inhale and exhale of breath to better enhance your mental and physical being. *Cindy Jo Shwab, RYT-registered yoga teacher.*

No. 11WAE455A Wednesdays 1/19-3/23 (10 sessions) 7:00-8:00pm

No. 11WAE455 Saturdays 1/8-3/19 (except 3/12) (10 sessions) 9:00-10:00am

Each class meets in PPLC Room 45 \$89/
resident \$95/non-resident

Classes with Body Sculpting by Exterior Designs, Inc.®

To register for Body Sculpting classes visit www.flexcity.com or call 216-313-FLEX.

Body Sculpt & Flex

A more challenging one-hour cardiovascular strength-training class designed to make you lean and defined by using elements from strength-training, yoga and Pilates to give you a results-oriented whole body workout. The fee for each session is \$55/resident \$60/non-resident. All classes are held at the Pepper Pike Learning Center, Room 45. Morning sessions begin 1/3, 2/2, and 3/7 from 9:15-10:15am. Evening sessions begin 1/4, 2/1 & 3/1 from 6:30-7:30pm.

Phenomenal Abdominals®

Strengthen and firm your core, flatten your belly, and define your midsection in this 30-minute class. The fee for each session is \$30/resident \$35/non-resident. All classes are held at the Pepper Pike Learning Center, Room 45. Morning sessions begin 1/3, 2/2, and 3/7 from 10:15-10:45am. Evening sessions begin 1/4, 2/1 & 3/1 from 7:30-8:00pm.

Upcoming "Applause" segment to feature adult woodworking students

It all started with a small article in Cleveland Magazine highlighting some of Orange Community Education & Recreation's adult woodworking students. That tiny article caught the attention of one of WVIZ's producers. The result is an upcoming segment of "Applause," an Emmy award-winning locally produced TV show that celebrates artists and cultural groups around Cleveland and Northeast Ohio.

Students were scheduled to be interviewed in mid-December, but due to harsh winter weather, the interviews have been rescheduled for January. Following the interviews, a camera crew will visit the Orange High School woodshop to record an evening woodworking class in action. The segment should appear in March or April.

All of the featured students participate in Orange Community Education & Recreation's "Woodworking Made Simple" classes taught by Kurt Klimko. New sessions of the popular class begin Tuesday, January 18 and Thursday, January 20. Enrollment is limited, so register soon. The fee for each 7-week session is \$89 for residents of the Orange Schools District or \$95 for non-residents. A special woodworking project, "Dovetail Box" is scheduled for Saturday, February 5 & February 12 from 10:00am-Noon. The fee is \$39 for residents of the Orange School District or \$49 for non-residents, plus a \$20 supply fee payable to the instructor.

For details on these and other classes available this winter visit www.orangerec.com or call Pam Bayus, Adult Education Coordinator at (216) 831-8601, ext. 5408



UGotClass professional development, continued

and **Social Media and Online Tools for K-12 Teachers**, taught by Heather Dimitt. The fee for teacher courses is \$245 per class. Graduate credits are available from the University of South Dakota at \$40 per credit. The fee for **Green Building and LEED Rating System** is \$695.

To view the complete UGotClass catalog with class descriptions visit www.yougotclass.org/catalog.cfm/Orange. Additional online classes are available at www.ed2go.com/orangecommed.

For more information or to register call (216) 831-8601, ext. 5408. Be sure to include your email with your registration.



Bart Bartasavich of Pepper Pike poses with one of his woodworking masterpieces. Bart is one of several students who will be interviewed for "Applause."

Top Chefs Series, continued from page 1

If one of your New Year's resolutions is trying new, fresh, and healthy alternatives to the standard meat and potato diet, Chef Tom Rindfleisch of **Organic Energy Restaurant and Power Juice Bar** will demonstrate how to prepare a delicious and nutritious organic meal including Mushroom Strudel with Sweet Potato Gratin that family and friends will love. Learn step by step how to prepare the main course and side dish, plus a surprise appetizer, dessert and smoothie.

Each Top Chef Series event is limited to 40 guests, so be sure to register early.

Marbella Restaurant: The Flavors of Spain

No. 11WAE304 Tuesday, January 25 from 6:30-8:00pm. \$34/resident \$39/non-resident, gratuity included. Cash bar available—not included in fee. This class is great for Spanish language students!

Register by January 18.

It's a Cooking Class! It's Lunch!

Organic Energy Restaurant and Power Juice Bar

No. 11WAE305 Sunday, March 6 from 12:30-2:00pm \$22/resident \$25/non-resident, gratuity included. Register by February 27.

To register or for more information call (216) 831-8601. For additional classes and events for adults view the Winter Brochure online at www.orangerec.com.



TOP FIVE WAYS TO BEAT THE WINTER BLUES

Eat a Healthy Diet

Including foods with mood-boosting omega fatty acids such as oily fish and healthy oils such as grape seed, olive or sunflower oil. Cut back on sugary foods. Learn how to cook and eat healthy by attending our Top Chefs Series events!

Exercise

Regular exercise promotes energy, good mood and good sleeping patterns. These are especially important during the winter when you can feel sluggish and blue. See our fitness programs on page 2 and register now!

Go Outside

The body needs sunlight to keep energy on an even keel. Why not join the Eastside Recreation Adult Ski Program at Alpine Valley. Arrive a little early and catch some rays before hitting the slopes.

Socialize

Human beings require social interaction for their mood, self esteem and confidence. Gather some friends and join Orange Community Education & Recreation for some exciting events and classes!

Learn a New Skill

Boost your mood and self-esteem by learning a new skill. Try your hand at woodworking, sewing, upholstery, and more, right here at the Pepper Pike Learning Center. View a complete listing at www.orangerec.com.

New Classes and Returning Favorites

NEW! Kitchen Design with John Hall

No. 11WAE241 Tuesdays 1/25-2/8 PPLC Conference Room B \$24/resident \$29/non-resident

NEW! Bath Design with John Hall

No. 11WAE242 Tuesday 2/22 6:30-8:30pm PPLC Conference Room B \$15/resident \$19/non-resident

NEW! Digital Photography Printing and Photo Enhancements

Beth Robbins

No. 11WAE701 Wednesday 2/23 6:30-8:30pm OHS Media Center

American Heart Association CPR, AED & BLS for Healthcare Providers with Terrance Myers

No. 11WAE469 Thursday 2/17 5:45-8:45pm Conference Room B \$49/resident \$54/non-resident plus \$15 payable to the instructor for students taking Heartsaver CPR and First Aid.

Stop Snoring & Sleep Apnea : Learning the Buteyko Breathing Method with Carol Baglia

No. 11WAE480 Tuesdays 1/25-2/22 (5 sessions) 6:30-8:30pm PPLC Room 19 \$125/resident \$135/non-resident plus \$35 materials fee payable to instructor.

Valentines Day Cupcakes

Terri Williams, "The Cake Lady."

No. 11WAE238 Wednesdays 2/2 & 2/9 (two sessions) 6:30-8:30pm PPLC Room 43 \$39/resident \$44/non-resident

Sewing Basics 101

Wendy Erholm

No. 11WAE212 Tuesdays 1/25-2/15 (4 sessions) 6:00-8:00pm PPLC Room 40 \$55/resident \$65non-resident

Learn Upholstery From a Seasoned Pro for Fun or for Profit!

Arkadiy Tutelman.

No. 11WAE211 Wednesdays 1/12-3/23 (11 sessions) 6:30-8:45pm PPLC Rooms 51& 55 \$139/resident \$159/non-resident

Pharmacy Technician Certification Prep returns April 6!

For details call
**Orange Community
Education & Recreation
at (216) 831-8601 or visit
www.orangerec.com.**

See our Winter Brochure for additional classes for adults & families.

Winter Registration
Begins Wednesday,
January 5



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Great Escapes & Family Events

Eastside Recreation Adults Night Out--- Skiing & Snowboarding at Alpine Valley

If you've always wanted to ski or snowboard, now is your chance to learn or improve while taking advantage of special group rates designed for Orange residents and our friends at surrounding community education & recreation programs. From beginner to expert, there is a lesson designed for you! The program includes five lessons, lift tickets, and the opportunity to continue skiing or snowboarding every Saturday evening for the rest of the season. After hitting the slopes, relax with friends in the Alpine Valley lodge. What a great way to meet new people or spend time with your spouse! Meet at Alpine Valley. Register by 1/6!

No. 11WSE974 Saturdays 1/8-2/5 (5 sessions) 5:00pm-9:00pm **No Rental:** \$158 **With Ski or Snowboard Rental:** \$195

Eastside Recreation Parent/Child Skiing & Snowboarding at Alpine Valley

For Children Ages 6 & Up. Ages 4 & 5 may participate if parent takes the lesson with the child.

Join us for parent/child skiing and snowboarding, including lessons. This 2-week introduction to skiing and snowboarding is for children ages 6 years - Grade 2 and a parent or guardian. Includes a one-hour lesson each week with three hours of open ski time afterward. We will meet in the main lodge at 12:30pm. Children must be accompanied by a parent or guardian at all times. Both parent and child must register. Last day to register or for refunds is January 14.

No. 11WSE972 Saturdays 1/22 & 1/29 (2 sessions) 12:30-5:00pm **No Rental:** \$56/per parent or child **Ski Rental:** \$72/per resident parent or child or child **Snowboard Rental:** \$86/per resident parent or child

See the Winter Activity Brochure for more exciting trips & events!

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(216) 831-8601 or visit us online at www.orangerec.com