

# Adult Wise

Fall 2011 Edition

The newsletter for lifelong learners

September -December

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

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Author Vicki Blum Vigil will discuss Genealogy on Sept. 21

## Finding your family history with Vicki Blum Vigil

Orange Community Education & Recreation is pleased to feature **A Trip Through Time: An Introduction to Finding Your Family History** with local author and historical researcher, Vicki Blum Vigil on Wednesday, September 21 from 6:30-8:30pm at the Pepper Pike Learning Center.

Through her books, seminars and tours, she enjoys showing others how to make discoveries of their own. She will be sharing tips and tricks of the trade that she has learned while researching her book, Finding Your Family History in Northeast Ohio. The book will be available for sale at the event.

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## The next Top Chef Series Event: Wine & Food Pairings at Mustard Seed Market

The chef and the sommelier at Mustard Seed Market have pulled their talents to create a magical evening of wine and food pairings designed especially for Orange Community Education & Recreation.

Mark your calendar for Tuesday, October 11 from 6:30-8:30pm at Mustard Seed Market, 6025 Kruse Rd., Solon for this memorable event. We will be led to a private tasting area where we will sample four different wines paired with a selection of fresh organic foods including Caprese Skewers, Grilled Chicken Skewers with Asian Dipping Sauce, Crab Puff Pastries and Crispy Asparagus Straws. Anthony, the sommelier, will teach us about each wine and how to choose pairings. After our tasting, we will tour the market and learn more about the fresh and organic meats, fish, fruits, vegetables, baked goods, and wines available at the store.

Registrations are due by October 4. You must be 21 years or older to attend. The fee is \$29 for residents of the Orange School district or \$34 for non-residents. To register call (216) 831-8601. For more information visit [www.orangerec.com](http://www.orangerec.com).



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## Focus on fitness- Keep Fit for Fall!

Now that the hustle and bustle of Summer activities are coming to a close, fall is the perfect time to explore indoor fitness routines that will keep you in tip top condition for the busy season ahead.



No matter what your current fitness level, Orange Community Education & Recreation offers something just for you!

This fall we are pleased to introduce a new fitness program called **Nia®** lead by Marianne Burrows, a Certified Nia® instructor. By combining carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms, Nia® offers you a total body cardiovascular conditioning at your own pace while protecting your joints. After a few sessions you will be relaxed, focused, graceful, stable, grounded and strong. The eight-session class will meet on Thursday evenings from 6:30-7:30pm beginning October 6. The fee is \$79 for residents and \$89 for non-residents.

Returning fitness classes include **Afro-Bolly Dance** with Jala Khateeb, **Pilates Using a Mat** with Bonnie Ludwick, **Vinyasa Flow Yoga** with Cindy Jo Shwab and morning and evening **Body Sculpt & Flex** classes.

For details on these and other fitness classes see the Fall Activity Brochure at [www.orangerec.com](http://www.orangerec.com). For more information call (216) 831-8601, ext. 5408.



## Discover new career options with our career training programs

Are you interested in exploring new career options? Orange Community Education & Recreation offers several classes that can put you on the path to a new full-time or part-time career.

According to the US Bureau of Labor Statistics (BLS), some of the fastest growing occupations include pharmacy technician and medical assistant. In addition to the healthcare field, the BLS Occupational Outlook Handbook expects a hiring surge for positions such as bookkeeping, accounting and auditing clerks.

In the healthcare field, we are pleased to offer our popular and successful **Become a Pharmacy Technician** program as well as the new **Medical Administrative Assistant** program. Each program includes 50 hours of classroom time and meets two evenings a week for 15 weeks. The fee for each program is \$999 and includes all textbooks and materials. Classes begin in October.

*“...some of the fastest growing occupations include pharmacy technician and medical assistant.”*

Students who successfully complete the Become a Pharmacy Technician program and pass the Pharmacy Technician Certification Board exam are considered qualified to become pharmacy technicians in the State of Ohio. Students who successfully complete the Medical Administrative Assistant program will be prepared to obtain an entry-level position in the health care field.

In the financial arena, Orange Community Education & Recreation, in partnership with Gatlin Educational Services, offers online training for financial careers and other growing industries. Most courses can be completed in four-six months. For a free demonstration visit [www.ed2go.com/orangecommed](http://www.ed2go.com/orangecommed) and click on the **Career Track Certificate Programs** icon. A payment plan is available for Career Track Certificate Programs.

For more information on these and additional career training classes call (216) 831-8601, ext. 5408 or visit [www.orangerec.com](http://www.orangerec.com).



**Congratulations to the students who successfully completed the Pharmacy Technical Certification Prep class last year through Orange Community Education & Recreation. 100% of the students passed the final exam. Of those reporting, 87% passed the PTCB exam on the first try, earning their CPHT credentials.**

## Jessica Nestor will teach cake decorating this fall

Jessica Nestor, a lifelong baker, avid crafter, and Wilton-trained cake decorating instructor will teach four new cake decorating classes beginning in September. Classes include **Cake Decorating Basics, Flowers & More, Fondant & Gumpaste Fun,** and **Cake Pops**. There will be no need to purchase supplies because Jessica will provide a supply kit for each class at a nominal fee. Jessica also holds an MBA and teaches part-time at Ursuline College. For details on cake decorating classes visit [www.orangerec.com](http://www.orangerec.com).



## Woodworking, Upholstery, Spanish & French classes fill quickly!

Thanks to our dedicated and expert instructors, several returning classes continue to be among our most popular!

To keep up with the demand for woodworking classes, Kurt Klimko has added new Saturday classes to supplement his Tuesday and Thursday evening **Woodworking Made Simple** classes.

Professional upholstery, Chuck Marino, is returning with **Learn Upholstery from a Seasoned Pro!** All of the students in his Spring class were delighted to finish their projects and show off their handy work to family and friends.

Spanish instructor Cristina Sempé is set to teach **Spanish I & Spanish II** beginning in October. French instructor, Sana Yared, offers four levels of **French** classes, from beginner to advanced. We are excited to welcome back our returning students beginning in September. Visit [www.orangerec.com](http://www.orangerec.com) for details!



### Vicki Blum Vigil, continued from page 1

As an active member of the East Cuyahoga Chapter of the Ohio Genealogical Society, Ms. Vigil has a wealth of resources, so be sure to bring your ideas for future genealogy classes taught by East Cuyahoga Chapter OGS members. During the presentation, information will also be available about a three-night, four-day tour of Washington D.C., including a stop at the Library of Congress, where you can view genealogical records not available anywhere else. See trip details on page 4.

If you are serious about genealogy, don't miss this exciting event with Vicki Blum Vigil. The fee for **A Trip Through Time: Finding Your Family History** is \$12 for residents of the Orange School district or \$15 for non-residents. To register or for more information call (216) 831-8601, ext. 5408 or visit [www.orangerec.com](http://www.orangerec.com).



## New Classes and Returning Favorites

### Woodworking classes with Kurt Klimko

#### Woodworking Made Simple

**No. 11FAE201A** Tuesdays 9/20-10/25 (6 sessions) 6:30-9:00pm \$85/resident \$94/non-resident

**No. 11FAE201B** Thursdays 9/22-11/3 (except 9/29) (6 sessions) 6:30-9:00pm \$85/resident \$94/non-resident

#### Bowl Turning

**No. 11FAE230** Saturday 9/17 10:00am-1:00pm \$49/resident \$54/non-resident plus \$15 supply fee payable to the instructor.

#### Woodworking Using the Table Saw

**No. 11FAE239** Saturdays 9/24 & 10/1 (2 sessions) 9:00am-12:00pm \$59/resident \$69/non-resident plus supply fee payable to instructor.

#### Plantation Bench Project for Beginning & Intermediate Woodworkers

**No. 11FAE248** Saturdays 10/15-11/19 (6 sessions) 9:00am-12:00pm \$99/resident \$109/non-resident plus supply fee payable to instructor.

#### NEW! Bulb Planting Time! with Jen Casey

**No. 11FAE245** Tuesday 9/20 6:30-8:30pm \$15/resident \$19/non-resident

#### NEW! Fall Garden Clean-up with Jen Casey

**11FAE246** Thursday 10/6 6:30-8:30pm \$15/resident \$19/non-resident

#### NEW! Indoor Herb Gardening with Jen Casey

**No. 11FAE247** Wednesday 10/12 :30-8:30pm \$15/resident \$19/non-resident

#### Learn Upholstery with Chuck Marino

**No. 11FAE211** Wednesdays 9/21-12/7 (except 9/28, 11/23) (10 sessions) 6:30-8:45pm \$149/resident \$169/non-resident

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

**No. 11FAE480** Tuesdays 9/20-10/18(5 sessions) 6:30-8:30pm \$149/resident \$159/non-resident plus \$35 materials fee payable to instructor.

For details call  
Orange Community  
Education & Recreation  
at (216) 831-8601 or visit  
[www.orangerec.com](http://www.orangerec.com).

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

Fall Registration  
Begins Saturday  
, September 10!



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## Great Escapes & Exciting Adventures



### IKEA Shopping and Rivers Casino

Join us as we head to Pittsburgh for a shopping excursion to the famous **IKEA** store before trying our luck at Rivers Casino. You'll love

the selection at IKEA, everything from kitchen gadgets to complete kitchens, plus plants, holiday decoration and more.

**SAVE THE \$99 SHIPPING FEE for most items!** Then we're off to Rivers Casino for slots and gaming. Board deluxe motor coach at 9:00am at the Pepper Pike Learning Center. Includes transportation and **\$20** for slots and **\$5** for food at the casino. Must be 21 years or older. Register by October 20.

**No. 11FAE900** Friday 11/4 9:00am-9:30pm \$39/person

### Visit Washington D.C.

We'll spend 3 nights and 4 days exploring the sights including the Library of Congress, where you can view genealogical records unavailable anywhere else, WWII Memorial, Capitol Hill, Embassy Row, Korean War Veterans Memorial, The Vietnam Veterans Memorial, Lincoln Memorial, and more. Includes 3 nights accommodation in the D.C. area, two full-day guided tours, evening guided memorial and monuments tour, 6 meals, including 3 breakfasts and 3 dinners. Motor coach will board at the Pepper Pike Learning Center. **Deposit of \$75 per person is due Tuesday, November 29.** Balance due by February 21. Price includes tips for driver and guides, plus tips for the included meals. Final itinerary will be mailed one-month in advance.



**No. 12SSE990** Friday-Monday 4/27-4/30 \$399/person, double \$519/single \$379/triple

For more events and classes call Orange Community Education & Recreation  
(216) 831-8601 or visit us online at [www.orangerec.com](http://www.orangerec.com)