

Adult Wise

Fall Edition

The newsletter for lifelong learners

Sept.—Dec. 09

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

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For more information on courses or articles in this publication call (216) 831-8601 Ext. 5408

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Pharmacy Technician Certification Course returns to PPLC

Congratulations to Adrienne, Ali, Cheryl, Huda and Linda who successfully completed the Pharmacy Technician Certification Course during the Spring 2009 semester at the Pepper Pike Learning Center.



This fall, the comprehensive, 50-hour course returns. The Pharmacy Technician Certification Course prepares students to take the Pharmacy Technician Certification Board's PTCB exam.

What are the career prospects for a Pharmacy Technician? Technicians work in hospitals, home infusion pharmacies, community pharmacies and other health care settings - under the supervision of a registered pharmacist. Course content includes medical terminology specific to the pharmacy, reading and interpreting prescriptions and defining drugs by generic and brand names. Students will learn dosage calculations, I.V. flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control and billing.

Continued on page 2

Italian for Tourists begins October 1!



Orange Community Education & Recreation is pleased to welcome world traveler Cheri Passell to our family of expert instructors. Cheri will be teaching a fun and interactive class that will have you speaking the "must know" phrases that will help you to make the most of your stay in Italy.

During the first week of class you will master pronunciation, beginning vocabulary, greetings and courtesy, talking about yourself, and counting. The next five weeks will take you through a variety of situations such as at the coffee bar, the restaurant, the train station, shopping, how to ask for directions, and what to do in an emergency.

Continued on page 3

Inside this Issue

Focus on Fitness	Page 2	Top 10 Ways They'll Know You're a Tourist	Page 3
DIY Classes	Page 2	Returning Favorites	Page 3
Business Profits from Online Class!	Page 3	Great Escapes & Family Events	Page 4

Focus on fitness

Rev Up Your Day with Zumba!

Drop the kids off at school and join us for interval training to Latin rhythms. *Pia Alesci*
No. 09FAE482A Wednesdays 9/16-11/4
 9:15am-10:15am PPLC Room 15/17 \$59/resident \$64/non-resident

Zumba Fitness

Sculpt your body and burn fat with interval training to Latin rhythms. *Jennifer Rosza*
No. 09FAE481 Tuesdays 9/29-11/17 6:30-7:3-pm PPLC Room 15/17 \$59/resident \$64/non-resident

Classes with Veronica Gallo

Veronica Gallo, MS, RD, LD is a registered dietitian and Reiki Master

NEW! Super-Charged Circuit Training Using the Swiss Exercise Ball

Super-charge your morning with this fast-paced aerobic workout.
No. 09FAE483 Tuesdays 9/22-11/10 9am-10am PPLC Room 19 \$65/resident \$69/non-resident

Whittle Your Middle-30-Minute Express Class

Get rid of love handles, tighten the lower and upper abs, and develop a strong and healthy back.

No. 09FAE451A Mondays 10/5-11/23 6:30pm PPLC Gym \$45/resident \$49/non-resident

Strong & Sleek-Strength Training Without Weights

Build stronger bones, firm your muscles and abs, boost your balance and rev up your metabolism using elastic tubing.

No. 09FAE452A Mondays 10/5-11/23 6:40-7:40pm PPLC Gym \$65/resident \$69/non-resident

Low-Impact Aerobic Circuit Training

Improve your all around fitness as you tone muscles and lose fat.

09FAE475A Thursdays 9/24-11/12 6:00-6:40pm PPLC Room 15/17 \$49/resident \$53/non-resident

Additional Fitness Classes

NEW! Hasya Yoga (Laughter Yoga)

See how laughter contributes to overall fitness!
Azaad khaira, LLC, MA

No. 09FAE481 Thursdays 10/1-10/22 7-8pm PPLC Room 19 \$39/resident \$44/non-resident

Mat Pilates

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

No. 09FAE454 Tuesdays 9/22-11/10 7-8pm \$89/resident \$92/non-resident

Pharmacy Technician Certification , continued from page 1



A local licensed pharmacist teaches the class. All books and materials and a Certificate of Completion are included in the \$999 tuition. As with any quality educational program, students should expect to devote a significant amount of time reading and studying outside of the classroom.

Students who successfully complete this course and pass the Pharmacy Technician Certification Board exam are considered qualified to become pharmacy technicians in the State of Ohio.

The Fall 2009 class will meet Mondays & Wednesdays, October 5 through November 23 from 5:30-

9:00pm at the Pepper Pike Learning Center on the Orange Schools campus, 32000 Chagrin Boulevard, Pepper Pike. Students who successfully complete this course and pass the Pharmacy Technician Certification Board exam are considered qualified to become pharmacy technicians in the State of Ohio.

For more information or to register call (216) 831-8601, ext. 5408. Visit www.orangerec.com for additional Continuing Education & Career Development classes.



DIY! Build it, Bake it, Make it, Take it

It seems everyone these days is getting into do-it-yourself projects, and Orange Community Education & Recreation offers classes to get you started.

If you've always wanted to work with wood you can start with the basics in *Woodworking 101*, or go on to the more advanced *Woodworking Made Simple*. Try upholstering that favorite chair in *Learn Upholstery From a Seasoned Pro*. If smaller projects are more your style you can learn *Bowl Turning with King Heiple*.

Explore your crafty and creative side in three levels of *Cake Decorating*, or *Relax with Knitting & Crocheting, Sewing Basics 101, and What's Old is New Again—Sewing & Alterations*. Make the perfect gift for any occasion as you *Make a Holiday Cookie Bouquet*.

For details on do-it-yourself classes available this fall visit www.orangerec.com or call Pam Bayus, Adult Education Coordinator at (216) 831-8601, ext. 5408



Amy Sancetta of Moreland Hills and Nancy Howell of South Russell enjoy Woodworking Made Simple

Student's business profits from online class

When Debbie George, Owner/President of Debbie S. George Display, Inc. registered to take one of Orange Community Education & Recreation's online classes, she wasn't sure what to expect. She wanted to expand her digital imaging knowledge as a means to help her clients quickly visualize her proposed display concepts. After completing *Photoshop Elements for the Digital Photographer*, she recently registered for *Photoshop Elements for the Digital Photographer II*. Here is what Ms. George had to say about her experience:

I sure did enjoy the 1st session of this class as it has been extremely helpful in my business...I decorate Christmas displays and I was able to constantly change what my displays, trees, lighting would look like with Photoshop Elements at a drop of the hat for my client(s). Since I don't draw this was very helpful visually for them as well as myself.

Regards,
Debbie George

You too can learn new skills to advance your business or enhance your career. View the more than 300 classes available online at www.ed2go.com/orangecommed.



Italian for Tourists, continued from page 1

Italian for Tourists is scheduled for Thursday evenings from 6:30-8:00pm 10/1-11/5 at the Pepper Pike Learning Center. The fee is \$49 for residents of the Orange School district or \$54 for non-residents. All hand-outs are included in the fee. Here is a sampling of some of interesting tidbits and helpful hints you will learn in class:

Top 10 Ways They'll Know You're a Tourist

10. You say "Grazie" with two syllables.
9. You wear shorts, sweats and ball caps wherever you go, and a sleeveless blouse to the Vatican.
8. You say "Ciao" to everyone.
7. You pick up and touch everything in the stores.
6. You jog.
5. You wait for someone to seat you in restaurants.
4. You wonder why the waiter isn't bringing your check.
3. You leave a big tip for your espresso.
2. You hail a cab.
1. You order a cappuccino after dinner (and ask for a "to go" cup).



Returning Favorites

Start at the Top! Green Roofing Options with Brian Calamita
No. 09FAE228 Wednesday 10/7 6:30-8:00pm PPLC Room 19 \$19/resident \$24/non-resident

Save on Home Repairs, Lower Utility Bills: Simple Do-it-Yourself Home Maintenance with Jack Kleinman
No. 09FAE203 Tuesday 10/6 6:30-8:00pm PPLC Room 21 \$19/resident \$24/non-resident

American Heart Association CPR, AED & BLS for Healthcare Providers with Terrance Myers
No. 09FAE469 Thursday 9/24 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. 09FAE480 Mondays 10/5-11/2 (5 sessions) 6:30-8:30pm PPLC Room 19 \$125/resident \$135/non-resident plus \$35 materials fee payable to instructor.

Sara's Place by Gavi's Cooking Demonstration & Tasting
*Cash wine bar available.
Register by 10/30.
No. 09FAE304 Wednesday 11/4 6:30-8:00pm Sarah's Place by Gavi's, 1501 Chagrin River Road Gates Mills \$29/resident \$34/non-resident

Trader Joe's Wine Tasting & Cooking Demo at Sur La Table
Please register by 10/16.
No. 09FAE300-21 years & up Tuesday 10/20 7:00-8:30pm. Meet at Sur La Table, Eton Chagrin Blvd. \$24/resident \$29/non-resident

French I, French III, Advanced French
Spanish I & Spanish II

NEW! Online Course
Managing Telecommuters
And More!

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

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

Fall Registration Fair
Saturday, September 12
9:00am-Noon
Pepper Pike Learning Center



Orange Community Education & Recreation
32000 Chagrin Blvd., Pepper Pike, OH 44124
(216) 831-8601 Fax: (216) 831-4209
www.orangerec.com

Great Escapes & Family Events

Get a Jump on your Holiday Shopping at IKEA, Pittsburgh!

We are headed to Pittsburgh for a shopping excursion to the famous IKEA store. You can buy everything from kitchen gadgets to complete kitchens, bedroom sets, sofas, chairs, artwork, rugs, linens, at unbelievable savings and **SAVE the \$99 shipping fee!** Board deluxe motor coach in the PPLC parking lot at 9:00am. We will return to PPLC by 6:30pm. Register by October 17. **No. 09FAE900** Friday 10/30 9:00am-6:30pm \$44

Orange Community Night with the Cavs

Rise up--- at Quicken Loans Arena for the hottest game in town! See Shaq, LeBron and the rest of the Cleveland Cavaliers play to win! We are hoping to purchase tickets during winter break, either Sunday, 12/27 or Wednesday, 12/30. To get on the waiting list call (216) 831-8601, ext. 5408. Pricing information should be available at the Fall Registration Fair on September 12.

No. 09FSE938 Details to be announced.

Cuyahoga Valley Scenic Railroad's Polar Express™

Children will enjoy hot chocolate & cookies as we journey to the North Pole by train. Board train at 6:30pm at Rockside Station in Independence. Train departs at 7:00pm and returns to the station by 9:00pm.

No. 09FAE903-Ages 1 & up and parent or guardian Thursday 11/19 7:00-9:00pm \$39/resident \$44/non-resident (Under 12 months FREE but must sit on guardian's lap)

Breakfast with Santa & Winnie the Pooh & Tigger, Too!

Join us for a buffet-style continental breakfast, holiday games, activities, and a visit from the jolly old elf himself. In addition to Santa and Mrs. Claus---Santa's elves, Winnie the Pooh and Tigger will be on hand to delight and awe children of all ages. Sponsored by the Lander Circle Kiwanis Club. **All children MUST be accompanied by an adult. Registrations due by Tuesday 11/24.**

No. 09FSE914 Saturday 12/5 10:00am-Noon PPLC Gym \$9/ adult ages 12 & up \$5/child ages 2 and up. Under 24 months free, but please include on registration form.

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

Orange Community Education & Recreation
(216) 831-8601 or visit us online at www.orangerec.com