

Adult Wise

Fall 2016 Edition

The newsletter for lifelong learners

Sept.—December

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

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Meditation & Yoga Help Children Focus in School

Over the years, more and more adults have learned about the benefits of Yoga and Meditation by practicing both on a regular basis. Lately we've learned that these same benefits can help children do better in school. When parents practice Yoga and Meditation with their children, they can reinforce focusing on the now, as well as providing a healthy way to relieve stress. The entire family benefits.

With that in mind, Orange Community Education & Recreation is pleased to introduce a new class, **Parent/Child Yoga & Meditation** for children ages 7-12 and parents. The one-hour class will be offered on Wednesday evenings, October 19-November 9 from 7:00-8:00pm at the Pepper Pike Learning Center.



Elizabeth Latimer, RYT will teach Parent/Child Yoga & Meditation on Wednesday evenings this fall

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Travel to the Pacific Northwest & California

Join us for a fabulous trip to the Pacific Northwest & California coming next summer. Highlights include Pike's Place Market, Mount St. Helen's Visitor Center, Columbia River Gorge's Bonneville Dam, behold the beauty of the Redwood Forest's "Avenue of the Giants," enjoy dinner on Pier 39 with views of the Golden Gate Bridge and much more! Includes shuttle to airport from Pepper Pike Learning Center, round-trip airfare, airport to hotel transfers, hotels, 6 breakfasts and 4 dinners. A deposit of \$250 per person is due by 12/19/16. Final payment is due 4/25/17. The early bird fee is \$2,999/double or \$3,899/single. The trip is scheduled for **Sunday, June 25 through Sunday, July 2,**

To learn more about this trip attend London & Paris Tour Info Night on September 15.

Pacific Northwest Info Night-Wednesday 10/5, 6:30-7:30pm in the Pepper Pike Learning Center. It's free, but please register!



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Keep It Moving & Keep It Fun

Fall is here! What better time to explore the many fitness programs available to you at Pepper Pike Learning Center and at the Orange Senior Center. No matter what your current fitness level, Orange Community Education & Recreation offers something just for you!

Discover the joy of movement in **Nia® Dance Fitness**, a blend of movements and concepts from modern dance, jazz, Tai Chi, Aikido and Yoga. A class is available on Monday mornings or Tuesday evenings. We are pleased to welcome back the popular fitness program **Vinyasa Flow Yoga** with Cindy Jo Shwab. The Senior Center offers a variety of holistic health & wellness classes including **Tai Chi Qigong, Acupressure: Japanese Style, Cardio & Core,** and **Strength & Stretch,**

Mindfulness is just as important to health and wellness as you will learn in **Beginning & Intermediate Meditation** with instructor, John Finnegan.

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



In Memory of Dr. King Heiple



This past March Orange Community Education was saddened to learn of the death of our long-time woodworking volunteer, Dr. Kingsbury Heiple.

“King,” as he liked to be called, was a weekly fixture in our Tuesday evening woodworking class, helping students with the proper use of the lathe and chisels for woodturning projects, as well as assisting students with cabinet making.

Dr. Heiple was known internationally, not only for his woodworking skills, but as an expert Skeet shooter. He was elected to the National Skeet Shooting Association Hall of Fame and authored

the book, Mastering Skeet. Before his retirement, Dr. Heiple was the chair of the Department of Orthopedics at Case Western Reserve University School of Medicine and University Hospitals and an internationally known researcher and clinician in orthopedics.

For everyone in the Tuesday evening woodworking class, King was a renowned teacher, mentor and friend. Rest in peace, King. We will always remember you, we miss you, and we thank you for your kindness and service to our students.



Parent/Child Yoga & Meditation, continued from Page 1

The instructor is Elizabeth Latimer, a registered Yoga instructor. Elizabeth’s teaching style is informative and caring, with a mix of humor.

Each week will begin with 15 minutes of fun, kid-friendly Yoga to provide physical activity, followed by 45 minutes of Meditation exercises. The curriculum for Week 1 includes the Yoga portion, with introductions, breathing exercises, gentle stretching, sun salutation and standing positions. The Meditation portion includes an introduction to meditation and the benefits, followed by a guided seated meditation, exercise break, meditation to music, lying on the side meditation, exercise break, progressive relaxation in a lying down position, and a closing which includes how to practice yoga and meditation at home.

The fee for the class is \$59 for families residing in the Orange School District, and \$69 for non-resident families. To register or for more information visit www.orangerec.com or call (216) 831-8601.



Family Adventures in Astronomy

Join us on October 21 as we head to the Geauga Metroparks Observatory Park in Montville Township, known for its lack of light pollution. It is one of only eight parks in the country and 11 in the world to receive the Silver Tier Dark Sky Park distinction.

Families can bring a picnic supper to enjoy before viewing a presentation in the science center planetarium with the knowledgeable and entertaining Geauga Park District Naturalist, Chris Mentrek. Next we will head out to view the stars and planets from the park's observatory. If it is cloudy we will enjoy an extended planetarium show.

Board school transportation in the Pepper Pike Learning Center parking lot at 5:45pm. The bus will return to PPLC by 10:30pm. The fee is \$24/resident pair plus \$8 per person for each additional family member or \$12 per person for non-residents.

This popular trip fills quickly, so register early at www.orangerec.com, in person, or by calling (216) 831-8601.



Inquiring Minds Speaker Series: Shake, Rattle & Roll: Earthquakes in Ohio

Presented by Bob Bartolota, Seismic Observatory Ohio's Station Case Manager

Earthquakes in Ohio are more common than one might think, with 80% occurring in Northeast Ohio. Join Orange Community Education & Recreation for this informative presentation on Wednesday, October 19 from 7:00-8:00pm at the Pepper Pike Learning Center to learn more about seismic activity in our area.

Our speaker, Mr. Bob Barolata, will review the history of seismology in Ohio, the Ohio Seismic Network, current seismic information, and recent seismic activity. He will also discuss fracking and its relationship to increased seismic activity.

This free event is free open to the public. If you are concerned about the practice of fracking in our area, please join us for an insightful presentation, followed by a question and answer period. Light refreshments will be served.

For more information call Pam Bayus, Adult Education Coordinator at (216) 831-8601, Ext. 5408.



Hot Picks for Fall



Sewing Workshop

Instructor: Wendy Erholm

No. 16FAE229 Tuesdays 9/6-10/4 or 10/18-11/22 (except 11/7) (5 sessions) 6:00-8:00pm PPLC Room 43 \$79/resident \$89/non-resident

The Basics of Woodworking

Instructor: Kurt Klimko

New! No. 16FAE202 Saturdays 9/17-10/29 (except 10/8) 9:30am-Noon OHS Woodshop \$99/resident \$109/non-resident

Woodturning a Shallow Bowl

Instructor: Kurt Klimko

New! No. 16FAE293 Wednesday 11/16 6:30-8:30pm OHS Woodshop \$29/resident \$39/non-resident plus \$20 payable to instructor

Wine Bottle Painting

Instructor: Denyse Carbonell

New! No. 16FAE829

Tuesday 11/1 6:00-8:00pm PPLC Room 61 \$49/resident \$55/non-resident, all materials included



Hand-Painted Wine Glasses

Instructor: Denyse Carbonell

New! No. 16FAE830 Tuesday 11/8 6:00-8:00pm PPLCC Room 61 \$39/resident \$49/non-resident, all materials included

Upholstery Workshop-Semi Private

Instructor: Arkaydi Tutelman

New! No. 16FAE211A Saturday 9/17-10/8 9:00am-1:00pm A+ Upholstery, Solon \$299/resident \$319/non-resident, plus materials

Medical Professionals: See details on Cristina Sempé's online class, **Spanish for Medical Professionals** at www.yougotclass.org/catalog.cfm/orange.

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

Fall Registration begins August 27 at the Pepper Pike Learning Center



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Fall 2016 Community Events & Travel

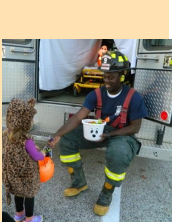
Community Health & Wellness

Fair and Flu Shot Program—

Friday, September 23, 9am-1pm

Pre-registration is preferred for flu shots and will be taken by phone at 216-831-8601 ext. 5700 or walk-in at the OSC building beginning **Tuesday, September 6**. Screenings by *University Hospitals Ahuja Medical Center, Flu Shots by Giant Eagle*

No. 16FSR200A Friday 9/23 9:00am-1:00pm Pepper Pike Learning Center



Friday, October 28
6:00-7:45pm
PPLC parking lot

IKEA Shopping & Rivers Casino

Friday, November 11 8:45am-9:00pm



Join us for a trip to the famous IKEA store in Pittsburgh before trying your luck at Rivers Casino. IKEA features everything from kitchen gadgets to complete kitchens, plus plants, holiday decorations, furniture and more. Then we are off to the Rivers Casino for slots and gaming. Board coach in the Pepper Pike Learning Center parking lot at 8:45am. Includes \$15 slot play and \$5 for food at Rivers Casino and deluxe motor coach transportation. (Casino bonuses subject to change without notice.) *Must be 21 years or older to enter the casino.* Last day to register or for refunds is Oct. 24!
No. 16FAE900 \$49

Register online at www.orangerec.com

216-831-8601