

Adult Wise

Fall 2017 Edition

The newsletter for lifelong learners

Sept. – Dec. 2017

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

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Cynthia Chylik, E-RYT 200, will get your day off to a good start on Monday & Wednesday mornings beginning September 11

Drop the kids off at school and join us for Yoga

Want to start a yoga practice but not sure where to begin? Have you practiced before, but want to fine tune your form and alignment? Come to Yoga for Beginners! Yoga instructor, Cynthia Chylik, will start the practice with basic sun salutations followed by an all level flow. After we flow, Cynthia will take you through a guided Yoga Nidra (Yogic sleep) or meditation practice. Afterward you will feel strong, limber, relaxed and refreshed. Come take care of yourself each Monday and Wednesday, September 11 through October 18 from 9:00am-10:00am at the Pepper Pike Learning Center.

Please bring a yoga mat and water bottle. The fee for the class is \$99 for residents of the Orange School District or \$109 for non-residents. Online registration begins August 28 at www.orangerec.com.



New woodworking classes

CE&R woodworking instructor, Kurt Klimko, will be teaching several new and exciting classes for fall including two Intarsia classes, Build a Hall Coat Tree, Woodturning Small Plates, and Step Stool with Splayed Legs. All classes take place in the OHS Woodshop, located in the rear lower level of Orange High School.



In **Fall Pumpkin Scene Intarsia** students will learn the layering art of intarsia as they learn to use a scroll saw to create a fall scene with a pumpkin theme. Students will leave the class feeling more confident in using the scroll saw and take home a work of art ready for hanging. The class takes place October 4, 6:30-9:00pm.

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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!

Drop the kids off at school and join us for our featured class, **Yoga for Beginners** on Monday and Wednesday mornings. 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, Acupuncture: Japanese Style, Cardio & Core,** and **Strength & Stretch,**

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.



New woodworking classes, continued

Students can also take **Winter Scene Intarsia** on Wednesday, November 15 from 6:30-9:00pm. The fee for each class is \$39 for residents and \$45 for non-residents, plus a \$25 materials fee payable to the instructor.

In **Woodturning Small Plates**, students will learn to use a lathe to turn a piece of



wood into something very special. They will produce and take home two small 8" plates suitable for gift giving! The class will meet on Saturday, October 7 from 12:30-2:00pm. The fee is \$29 for residents and \$39 for non-residents, plus a \$25 materials fee payable to the instructor.

Step Stool with Splayed Legs is scheduled for Wednesday, October 11 from 6:30-9:00pm.



Students will construct a very useful and safe step stool in just a couple of hours. Under Kurt's guidance they will leave the class with a completed step stool ready for finishing. The fee is \$39 for

residents and \$45 for non-residents plus a \$30 materials fee payable to the instructor.

In **Build a Hall Coat Tree** students will build a triangular hall coat tree using bent wood style legs. The class will be held on Wednesdays, November 1 and November 8 from 6:30-9:00pm. The fee is \$49 for residents and \$55 for non-residents plus a \$25 materials fee payable to the instructor.

In addition to new classes, Kurt is back with his Tuesday and Thursday night **Woodworking Made Simple** classes, and his Saturday **The Basics of Woodworking** class. He will also teach two adaptive woodworking classes for teens and adults with special needs including **Build a Bird House** and **Build a Utensil Box.**

For more information on woodworking classes see the Fall activity brochure online at www.orangerec.com or call 216.831-8601.



The Future Interpretation of the Constitution

Presented by Wilson R. Huhn, JD

Thursday, 9/28 from 6:30-7:30pm, PPLC

Board Room

Wilson Huhn retired as a Distinguished Professor from The University of Akron School of Law in 2015, and currently teaches at Duquesne University School of Law.

For many years the Supreme Court of the United States has been sharply and narrowly divided on the interpretation of the Constitution in many respects: voting rights, reproductive rights, political gerrymandering, the rights of gays and lesbians, the separation of church and state, religious liberty issues, and the constitutionality of civil rights laws, campaign finance laws, and health care legislation. The presidential election of 2016 will have tremendous consequences on the future direction of the Court in its interpretation of the Constitution. In this program Professor Huhn will lead a discussion of what those consequences may be. Free and open to the public, but please register at www.orangerec.com or call 216.831.8601



Paint perfect presents!

Bring your friends and have fun painting Van Gogh's Sunflowers, a wine bottle and wine glasses. You don't have to be an artist to participate; just follow your instructor's lead. *Your instructor, Denyse Carbonell, BFA, M.A.Ed.*

Van Gogh's Sunflowers

All materials included

No. 17FAE828 Tuesday 10/24 6:30-8:30pm PPLC Room 61 \$39/resident \$45/non-resident

Wine Bottle Painting

All materials are included.

No. 17FAE829 Wednesday 11/1 6:30-8:30pm PPLC Room 61 \$49/resident \$55/non-resident

Hand-Painted Wine Glasses

Back by Popular Demand! All supplies are included, so bring your imagination!

No. 17FAE830 Wednesday 11/15 6:30-8:30pm PPLC Room 61 \$39/resident \$45/non-resident



Fall Events & Travel

Hartville Kitchen Lunch & Market Place Tour

Join us on Thursday, October 12 10:30am-4:00pm as we eat, shop and explore in the charming Village of Hartville. Explore the Hartville Kitchen, where we will have lunch, Hartville Market Place and Flea Market, Hartville Collectibles and Hartville Hardware. Board our luxury Baron's Bus at 10:30am in the PPLC Lot and should return by 4pm. Includes lunch, including tip, and transportation. \$59/person

Playhouse Square Broadway Series: Wicked

Join us on Thursday, 11/9 from 1:00-5:00pm for WICKED, the Broadway sensation. WICKED looks at what happened in the Land of Oz...but from a different angle. Board school transportation in the PPLC parking lot at 1:00pm. Rear orchestra seating. \$89/person, transportation included

Adventures in Astronomy: The Cassini Space Probe-Sept. 22

Join us as we head to the Geauga Metroparks Observatory Park in Montville Township, known for its lack of light pollution. Naturalist, Chris Mentrek, will lead a special presentation on the Cassini Space Probe. Meet at the PPLC at 5:30 for pizza. Board school transportation at 6:00pm. This trip fills quickly so register early and by 9/18. \$25/resident & child plus \$9 per additional family member, \$15/per person non-resident.

See IKEA trip on page 4

Writers, Medical Professionals:

See details on Jacqui Lipton's online Introduction to Fiction Writing and Cristina Sempé's **Spanish for Medical Professionals** at www.yougotclass.org/catalog.cfm/orange.

For details call
**Orange Community
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at (216) 831-8601 or visit**



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Fall 2017 Travel Information

Irish Splendor Information Night Wednesday 9/6 6:00-7:00pm PPLC Room 22 No fee, but please register



Learn more about our exciting tour of Ireland from Mitchell Mack of Collette Tours. Enjoy a tour of Dublin, spend a night on the regal grounds of Cabra Castle, where you will enjoy dinner. Tour Killmainham Gaol, the prison that held some of Ireland's most famous leaders. Explore Killarney and Tullamore and enjoy a tasting of whiskey. This tour is scheduled for March 10-March 17, 2018. Includes 9 meals including 3 dinners and 6 breakfasts, hotels and airfare. For a detailed itinerary please email pbayus@orangecsd.org.

IKEA Shopping & Rivers Casino Friday, November 3 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. 20!
No. 17FAE900 \$49

Register online at www.orangerec.com
216.831.8601