

# PSD COMMUNITY SCHOOL



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**CLASSES AND WORKSHOPS  
FOR FALL 2019  
SPOTLIGHT ON SUCCESS!**



# COURSES FOR FALL 2019

VISIT [MYSCHOOLBUCKS.COM](http://MYSCHOOLBUCKS.COM) TO REGISTER AND PAY ONLINE

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## **RECREATIONAL VOLLEYBALL: TUESDAYS OR THURSDAYS 10/8/19 - 12/5/19 (NO SESSION 11/28)**

Competitive exercise with fun being the primary goal of these sessions. Beginners will receive instruction. All levels welcome! Spread the word and bring a friend! Good sportsmanship and courteous play is vital!

INSTRUCTORS: Rich Loveless (Tues.)/Cynthia Reed (Thurs.)

LOCATION: PALMS Gym

COST: \$5/walk in session (**no registration required**)

TIME: 7:30-9:30 PM SESSIONS: 8 Tues./8 Thurs.

## **MSB #7 - A MAX POWER SAFETY AND SURVIVAL TRAINING: THURSDAYS 11/7/19 - 12/5/19 (NO CLASS 11/28)**

Award-Winning instruction from Harry Hammer, author of "Super Secret Police S\*\*t That Can Save Your Life," "Sixty & Beyond, Super Self Defense Secrets for Seniors Citizens," and three others. This course includes fun, safe, and effective drills and exercises. Learn and perfect strikes to open (secondary) targets and devastating strikes against Primary Targets. Escapes against the most common street attacks, including choke holds, bear hugs, hair pulls, wrist & arm grabs & drags, tackles, and more. Plus, escapes according to your requests.

INSTRUCTOR: Daryl Kennedy

LOCATION: PHS Gold Gym

COST: \$125

TIME: 7:00-9:00 PM SESSIONS: 4

## **MSB #8 - SPINNING INDOOR CYCLING: MONDAYS: 11/4/19 - 12/2/19**

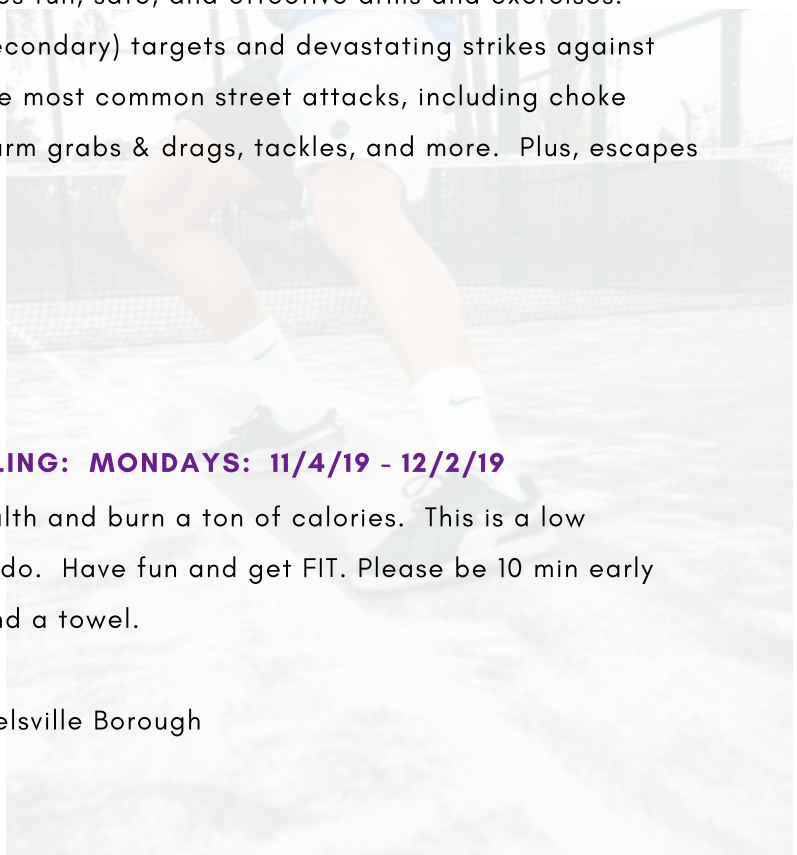
Great way to improve your heart health and burn a ton of calories. This is a low impact cardio burn that anyone can do. Have fun and get FIT. Please be 10 min early to your first class and bring water and a towel.

INSTRUCTOR: Jen Hooper

LOCATION: Forever FIT Studio, Riegelsville Borough

COST: \$60

TIME: 6:00 - 6:45 PM SESSIONS: 5



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**New!**

## **MSB #6 - MINDFUL STITCHING BY RED DOOR: THURSDAYS 11/7/19 - 12/19/19 (NO CLASS ON 11/28)**

Did you know there was a “side effect” to hand stitching? Did you know that you can heighten your senses and re-energize your mood with a simple running stitch, chain stitch, seed stitch and even the random cross stitch? Look around your home and find the meaningful scrap fabrics, buttons, and trims and bring them to red door redo’s mindful sewing class. I will teach you how to let go of your fears of placing random fabrics and trims alongside organic reactive stitches. My class will embrace the found fabrics and the mindful stitches and you will walk away with a peaceful evening of a unique sewn creation. My name is Carole Scoggin and I am the owner of red door redo. I am a life artist that has been born to retell the story of found furniture, home décor and fabrics. No prior sewing skills are needed, but very welcomed. I will show you how to cut up and position fabrics and trim, stamp messages onto these fabrics, share with you the tricks of fusing and transferring personal designs. Included in the class is my collection of found fabrics, trims, threads, needles, and buttons. My only requirement, along with your personal fabrics that you are welcome to bring to the class, is please bring your own sharp fabric scissors. It is the holiday season and you are more than welcome to bring holiday ephemera/fabric etc to place down on your creation.

INSTRUCTOR: Carole Scoggin

LOCATION: PHS Library COST: \$50

TIME: 6:30-8:30 PM SESSIONS: 6

## **LET'S GET COOKING-EASY RECIPES FOR YOUR BUSY LIFE: 3 THURSDAYS SEE BELOW**

We will be offering 3 nights of easy cooking ideas for your busy life! Master foodie and restaurateur, Gerry Giarratana, will share cooking tips and ideas to help you put together a meal for friends and family! Each night will have a different theme and focus:

**MSB #10 - 11/14/19 - Let's Do Brunch** - delicious breakfast items sure to please the palate!

**MSB #12 - 12/5/19 - Sauces, Marinades and Dressings** - getting ready for barbecue season!

**MSB #13 - 1/9/20 - Homemade Pasta and Ravioli** - crowd pleasers and fun to make!

## **MSB #9 - ALL 3 DATES**

INSTRUCTOR: Gerry Giarratana

LOCATION: PALMS FCS Room COST: \$25/session or \$60 for all 3 sessions

TIME: 6:30-8:00 PM SESSIONS: 3

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## **COUNTRY LINE DANCING: WEDNESDAYS ONGOING-BEGINNERS WELCOME**

Always wanted to learn the steps that make you tap your toes to the sound of country music? Try Country Line and Couples' Dancing! You don't need to bring a partner since couples will be moving throughout the dance floor. Lessons are given, but if you already know the steps, just join in the fun! Bring your friends!

FACILITATOR: Trish Gouck LOCATION: PALMS Cafeteria

COST: No fee (**no registration required**) TIME: 7:00-8:30 PM SESSIONS: ongoing

## **MSB #14 - FLEECE 101: WOOL/FIBER PREPARATION SUNDAY 11/3/19**

Got sheep? Or alpacas? Have a bag of fleece or fiber waiting for you to do something with it? In this hands-on workshop, you will learn the basics of cleaning and preparing wool and other animal fibers from all of the animals at Outlying Acres Fiber Farm for various purposes, types of hand and mill processing and end products. We will make at least one simple product from our fiber animals for you to take, as time allows. Have a fleece hanging around that you don't know what to do with? Feel free to bring it and learn! All necessary tools provided except your willingness to dig in. Comfortable clothing that can get dirty/wet is strongly recommended.

INSTRUCTOR: Gwen Olmstead

LOCATION: Outlying Acres Fiber Farm

COST: \$20

TIME: 1:00-3:00 PM SESSION: 1

## **MSB #15 - CROCHET ALPACA YARN COWL: SUNDAY 11/10/19**

Join us for an evening of luscious alpaca yarn and good company as we work our way through a simple cowl pattern based on the classic crocheted granny square! Basic crochet skills needed to work a chain, single crochet and double crochet stitches. Various methods of joins will be discussed as well as the Foundation Single Crochet, if you want a new challenge. Makes a perfect gift! Yarn included; please bring an H or I hook for worsted weight yarn or purchase one from the instructor (gauge not important).

INSTRUCTOR: Gwen Olmstead

LOCATION: Outlying Acres Fiber Farm

COST: \$25

TIME: 1:00-4:00 PM SESSION: 1



**New!**

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## **MSB #16 - BASIC DOG TRAINING: MONDAYS 10/14/19 - 11/18/19**

Clicker train your best friend to heel, sit, stay and come when called. A results-oriented class! Dogs must have a collar and a six-foot leash. This course fosters confidence in the dog and the owner, while teaching them to live compatibly. Come, click and train your best friend.

INSTRUCTOR: Jan Grave

LOCATION: PHS Gold Gym

COST: \$100

TIME: 7:30-8:30 PM SESSIONS: 6

## **MSB #17 - DOG TRACKING: SUNDAYS 10/20/19 - 11/3/19**

This course fosters a special bond between your best friend and you. You and your dog work as a team to search and to find people by tracking their scents. This fun class is scheduled outside-so dress accordingly. Make up sessions will be scheduled if class is cancelled due to inclement weather.

INSTRUCTOR: Jan Grave

LOCATION: Meet at PALMS Parking Lot

COST: \$80

TIME: 9:00-10:00 AM SESSIONS: 3

## **INDOOR TENNIS WITH BUCKS COUNTY TENNIS ASSOCIATION (BCTA): SEE FULL FALL/WINTER SCHEDULE ONLINE**

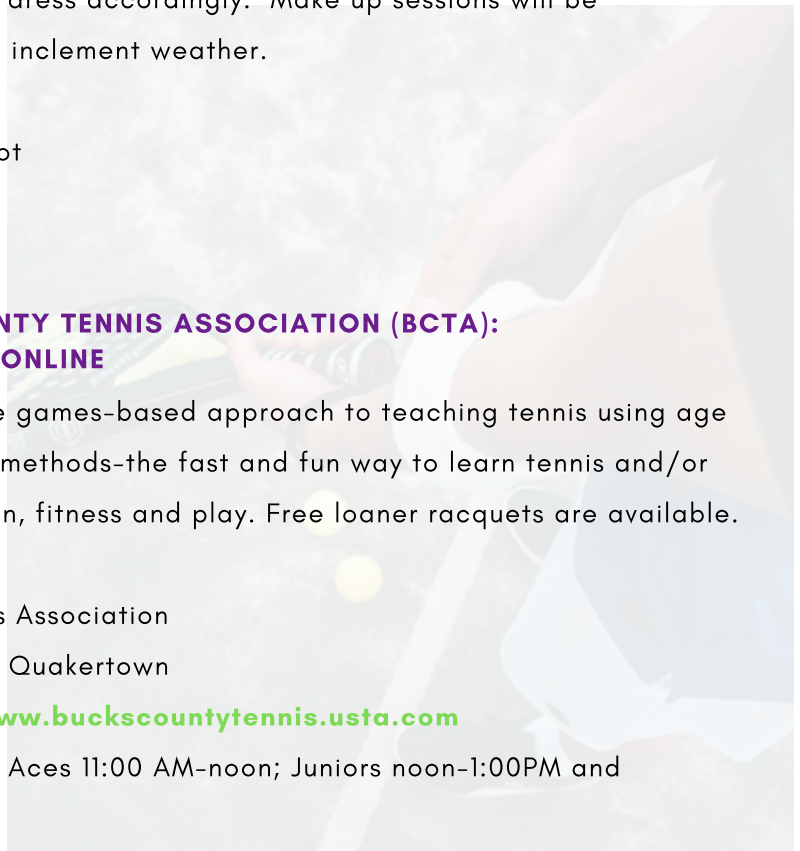
Learn, Practice & Play implements the games-based approach to teaching tennis using age and skill-appropriate equipment and methods-the fast and fun way to learn tennis and/or improve your game. Emphasis is on fun, fitness and play. Free loaner racquets are available. Group size is limited.

FACILITATED BY: Bucks County Tennis Association

LOCATION: Pfaff Elementary School; Quakertown

COST: \$72 **REGISTER ONLINE:** [www.buckscountytennis.usta.com](http://www.buckscountytennis.usta.com)

TIME: Pee Wees 10:15-11:00 AM; Little Aces 11:00 AM-noon; Juniors noon-1:00PM and Teens/Adults 1:00 - 2:00 PM



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## **MEN'S BASKETBALL: MONDAYS AND SATURDAYS YEAR ROUND**

Pick up men's basketball; quick action, good sportsmanship and the drive to push yourself - that's what these friendly games are all about.

ORGANIZER: Sean Kirk LOCATION: PHS Purple Gym

COST: FREE (**no registration required**)

TIME: 6:00 - 8:00 PM Mondays AND 3:00 - 5:00 PM Saturdays

## **MSB #23 - PICKLEBALL: WEDNESDAY 10/30/19 - 11/13/19**

Learn how to play the popular game of Pickleball! A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. The basics: A fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Played as doubles or singles. Join the fun! Get ready for a local tournament coming this winter at the YMCA in Quakertown.

INSTRUCTOR: YMCA Staff

LOCATION: PHS Gold Gym

COST: \$30

TIME: 7:30-9:00 PM SESSIONS: 3

## **MSB #19 - FINANCIAL PLANNING FOR COLLEGE: TUESDAY 10/15/19**

Join us for an educational session! Learn best practices for your student and family about the college planning process.

INSTRUCTOR: Alison Pettine Hecker, Wealth Advisor - Securing Planning Group

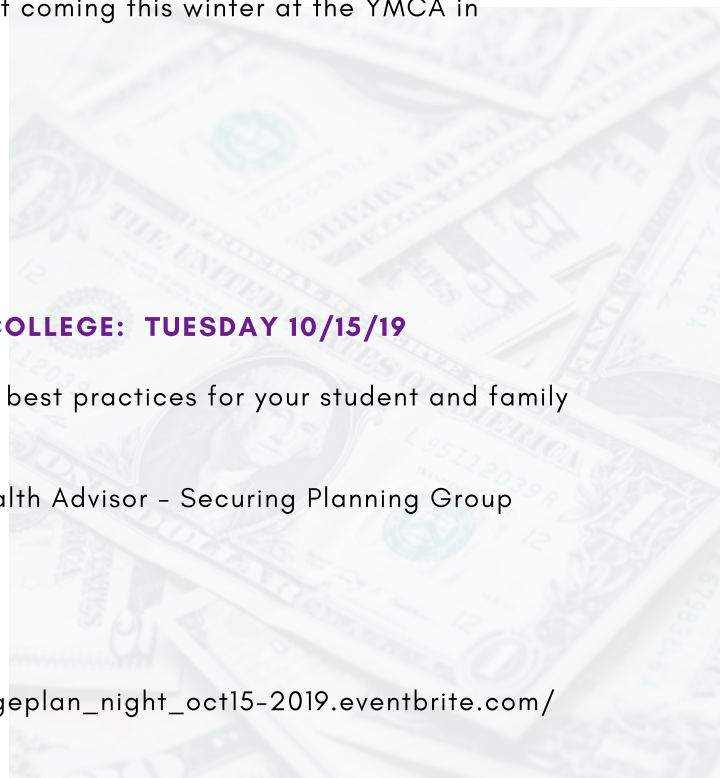
LOCATION: PHS Audion

TIME: 7:00-8:00 PM SESSION: 1

COST: No Fee (registration required)

REGISTER AT: [https://palisadeshs\\_collegeplan\\_night\\_oct15-2019.eventbrite.com/](https://palisadeshs_collegeplan_night_oct15-2019.eventbrite.com/)

PASSCODE: college



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## **MSB #11 - CONVERSATIONAL FRENCH: TUESDAYS 10/22/19 - 11/26/19**

Not just the language...learn about the culture, the people, the geography and the food. Explore Paris and other notable destinations in the country. In this class, you will enjoy meeting new friends and learning basic French - conversational and grammar.

INSTRUCTOR: Jennifer Malossini

LOCATION: PHS B3 COST: \$60

TIME: 7:00-8:30 PM SESSIONS: 6

## **MSB #20 - WEB DEVELOPMENT: MONDAYS 10/28/19 - 12/2/19**

This class will be based on Adobe Dreamweaver, today's most-used web development tool. We will start by learning how modern web development works (difference between content and styling). We will then focus on learning how to write code for both sides of the development effort, HTML for content and CSS for styling/appearance. The class will also offer insight into the best way to handle pictures/graphics, colors, and other visual techniques. Finally, we will cover the basics on advanced features such as Java Script for advanced effects.

INSTRUCTOR: Mark Saffian

LOCATION: PHS 118 COST: \$50

TIME: 7:00-8:30 PM SESSIONS: 6

## **MSB #21 - VISUAL BASIC PROGRAMMING: THURSDAYS 11/7/19 - 12/12/19 (NO CLASS 11/28)**

This class will be based on Microsoft Visual Studio and we will be focusing on the Visual Basic option within the development environment. The goal of the class will be to cover techniques for developing Windows programs. We will cover basic programming techniques in Visual Basic, how to optimize your code for easy re-use, and attendees should be able to create their own functional Windows programs for specific tasks by the end of the class.

INSTRUCTOR: Mark Saffian

LOCATION: PHS 118 COST: \$50

TIME: 7:00-8:30 PM SESSIONS: 6

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## **MSB #5 - OUR COMMUNITY WATER MONITORING NETWORK PARTNERS AND APPLICATIONS: MONDAYS, 10/21/19 AND 11/25/19**

The Bridgeton-Nockamixon-Tinicum Groundwater Management Committee (BNTGMC) will be presenting Our Community Water Monitoring Network: Partners and Applications. The course is FREE to the public. Water supply in our townships is drawn from home wells and disposed via septic tanks. The seminar will present local volunteer and government efforts to manage our water, avoiding overuse, avoiding drought effects, contaminated wells, and promoting citizen stewardship! Learn about hydrology basics and the data collection programs of BNTGMC. Bring along a phone, tablet, or laptop to access the various websites that archive data and provide general information. Presenters include Dr. Art Baehr, retired USGS hydrologist, Dr. Stephen Donovan, Chair of Nockamixon EAC, and Todd Stone, President of the Gallows Run Watershed Association and Chair of the BNTGMC.

FACILITATOR: Todd Stone LOCATION: PHS Audion

COST: FREE (**registration is preferred**)

TIME: 7:30-9:00 PM SESSIONS: 2

## **WORRY WARRIORS - WHAT SCIENCE TELL US ABOUT MANAGING OUR CHILDREN'S WORRIES AND OUR OWN: MONDAY, 10/28/19**

Dr. Dahlsgaard will present on supporting our students in a time of heightened focus on mental health. This presentation is designed for parents and guardians of students of all ages. In addition to speaking to how to deal with our children's worries, Dr. Dahlsgaard will also speak to how we go about dealing with our own. Katherine K. Dahlsgaard, Ph.D., ABPP is Clinical Director of the Anxiety Behaviors Clinic (ABC) and Director of the Picky Eaters Clinic, Department of Child and Adolescent Psychiatry and Behavioral Sciences at the Children's Hospital of Philadelphia (CHOP). Her areas of expertise include anxiety disorders and cognitive-behavioral therapy.

GUEST SPEAKER: Dr. Katherine Dahlsgaard

LOCATION: PHS Library

COST: FREE (**no registration required**)

TIME: 6:30 PM



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## **MSB #25 - PALISADES REAL ESTATE MARKET & MAXIMIZING YOUR MARKETING POWER: TUESDAY 10/22/19**

You've heard the national statistics. Now hear what is happening in the Palisades real estate market. Sales, days on market, sale to list price ratios and more. We will explore the different marketing options for your property and how to position your home for the maximum impact and profit. There have been several changes in the past year with the mortgage market. Jessica Davis from Univest will be on hand to explain those changes and what they mean to buyers and sellers. Open discussion.

FACILITATOR: Scott Freeman, Coldwell Banker Hearthside

LOCATION: PHS B4 COST: No Fee (registration required)

TIME: 7:00-9:00 PM SESSION: 1

## **MSB #26 - FIRST TIME HOME BUYER: TUESDAY 10/29/19**

Want to take advantage of the Buyer's market but not sure how or where to start? Do I need a Realtor? What is a Short Sale? How much are Closing Costs? What types of loans are out there? Can I buy a house with NO Money Down? Mortgage Pre-Qualification - do I need this? We will cover all of these questions and much more. Jessica Davis from Univest will be on hand from Univest to discuss mortgage info. Scott was featured on TLC's "My First Home."

FACILITATOR: Scott Freeman, Coldwell Banker Hearthside

LOCATION: PHS B4 COST: No Fee (registration required)

TIME: 7:00-9:00 PM SESSION: 1

## **MSB #27 - INTRO TO REAL ESTATE INVESTMENTS: TUESDAY 11/12/19**

Have you thought about "house flipping" or owning rental properties but you're not sure where to start? Reality real estate shows have your sledgehammer looking for a project? We will discuss the pros and cons of real estate investing from a practical standpoint. A commercial lender will be present to answer your financing questions. Class will cover property evaluation, creating your investment team, financing, tax implications, Cap rate, 1031 exchanges and more!

FACILITATOR: Scott Freeman, Coldwell Banker Hearthside

LOCATION: PHS B4 COST: No Fee (registration required)

TIME: 7:00-9:00 PM SESSION: 1

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## **MSB #24 - ZUMBA: TUESDAYS 11/5/19 - 12/17/19 (NO CLASS 12/3)**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Super effective? Check. Super fun? Check and check.

INSTRUCTOR: Sara Vessichelli LOCATION: PHS Cafeteria

COST: \$59 TIME: 6:30 - 7:30PM SESSIONS: 6

## **MSB #28 - POLYNESIAN DANCING: MONDAYS 11/4/19 - 12/9/19**

Polynesian dance is a non-impact aerobic style dance class comprised of dances from Hawaii, Tahiti, Samoa, and New Zealand. Most people know what a hula is, but the fast hip dances actually come from Tahiti, and strong warrior dances from the Maori people of New Zealand. These dances are taught in an aerobic format for maximum heart health and fat burning to authentic traditional and contemporary Polynesian songs and instrumentals.

INSTRUCTOR: Marge Naperski LOCATION: PHS Cafeteria

COST: \$60 TIME: 6:30 - 7:30PM SESSIONS: 6

## **MSB #29 - BELLY DANCING: MONDAYS 11/4/19 - 12/9/19**

Belly dancing is a great non-impact aerobic exercise of movement and rhythm for all ages and body types. Learn to execute dance steps as you develop grace and poise and burn calories at the same time. Enjoy the spirit of the dance and the special people in our class. The varied music and rhythms of the Mideast make this dance beautiful, allowing the student to build a physical body with more strength, flexibility and endurance. This is a beginner's-to-intermediate class in classical Egyptian, folkloric and some tribal styles, composed of choreographies built upon combinations of steps.

INSTRUCTOR: Marge Naperski LOCATION: PHS Cafeteria

COST: \$60 TIME: 7:30 - 8:30PM SESSIONS: 6

**Register Today!**

**Visit [www.palisd.org](http://www.palisd.org)**

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