

LIVING & LEARNING AFTER 50



Winter/Spring 2010



MANY HANDS. ONE HEART:
DIAKON
LUTHERAN SOCIAL MINISTRIES

Living & Learning After 50

Diakon Living and Learning is proud to announce our 2010 Winter/Spring course catalog. This catalog continues to offer stimulating learning opportunities geared for people aged 50 and above. The courses focus on spiritual, intellectual, physical, social, and emotional wellness. We hope you find these courses fun, challenging, and responsive to trends and desires of people age 50 and above. We are always looking for new and exciting ways to provide you enjoyment, socialization, learning/networking opportunities, and meeting new friends. Please contact us if you have an interest in a program or course we do not offer.

Under a contract with the Schuylkill County Office of Senior Services, Diakon Community Services for Seniors has been serving seniors in Schuylkill County for the past 19 years through programs such as delivery of Meals on Wheels, management of our county's Senior Centers, health and fitness programs through PrimeTime Health and free health insurance counseling for people with Medicare through the APPRISE Program. Diakon Community Services for Seniors is a program of Diakon Lutheran Social Ministries and serves people without regard to religious affiliation.

Live and learn with us.
Join a class today!

All proceeds from "Living & Learning After 50"
 benefit the Schuylkill County Senior Centers.

118 South Centre Street, Suite 1
 Pottsville, PA 17901
 (570) 624-3018 or 1-800-621-6325
 Fax: 570-624-3011
 Email: longs@diakon.org
www.diakon.org/LL50/

ARTS/CRAFTS

PAINTING THE ROSE

\$30/two weeks

Thalo Kersey, Artist & Gallery Owner

Capture the graceful contours and subtle color transitions of the rose. In the process, learn how to work with watercolor or enhance your existing skills with this elegant medium. Supplies are included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
378	Sat	Feb 20 & 27	9:30 am - 12:30 pm	Feb 10

FUNDAMENTALS OF DESIGN

\$30/two weeks

Thalo Kersey, Artist & Gallery Owner

Make your compositions more dynamic! Design is the foundation of all the visual arts. Learn how to maximize the impact and beauty of all your creations. This class is suitable for all skill levels. Supplies are included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
394	Sat	Mar 13 & 20	9:30 am - 12:30 pm	Mar 3

PORTRAYING BUTTERFLIES

\$30/two weeks

Thalo Kersey, Artist & Gallery Owner

Discover how to depict the butterfly's delicate charm in the medium of watercolor. Learn more about drawing and color mixing in the process. This class is suitable for all skill levels. Supplies are included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
395	Sat	Apr 10 & 17	9:30 am - 12:30 pm	Apr 1

LESSONS IN VALUE: CAPTURING LIGHT AND SHADOW

\$30/two weeks

Thalo Kersey, Artist & Gallery Owner

Effective use of value is critical to your visual creations, whether you're working with paint, film, digital files or sculpture. Learn how to manipulate the value and contrast in your work to enhance your design. This class is suitable for all skill levels. Supplies are included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
396	Sat	May 15 & 22	9:30 am - 12:30 pm	May 5

BEGINNER PASTEL **\$25/four hours**

Cherie Cresswell Roberts, Instructor

When you were a kid did you like to draw on the chalkboard or sidewalk?

Learn the more refined art of working with hard and soft pastels on paper.

In this class you will learn about colors, techniques, patterns and some very famous pastel artists. Join us for this class and create your own masterpiece! Supplies are included.

Location: Sch. Regional Resource Center - 138 W. Centre St., Mahanoy City

Course	Day(s)	Date	Time	Register by
390	Fri	Mar 5,12,19,26	9:30 - 10:30 am	Feb 26

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
391	Wed	Apr 21 & 28	6:30 - 8:30 pm	Apr 14

BEGINNER WATERCOLOR **\$25/two weeks**

Cherie Cresswell Roberts, Instructor

The class is strictly for beginners and will provide the basics of painting with watercolors. Explore techniques in backgrounds, brushstrokes and subjects. Create your first watercolor painting in last class. Supplies are included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
384	Thurs	Feb 25 & Mar 4	2 - 4 pm	Feb 18

Course	Day(s)	Date	Time	Register by
385	Wed	May 12 & 19	6:30 - 8:30 pm	May 5

RECYCLED ART **\$25/four hours**

Cherie Cresswell Roberts, Instructor

Do you want to do your part for the planet? Join us for this recycled art class, where we take your garbage and junk and turn it into art! Glass, paper, scraps of material, ribbon, plastic lids, water bottles, light bulbs and so much more. Materials that you never thought possible can be turned into eye-catching conversation pieces! Join us on this "Go Green" adventure, sign-up today. Supplies are included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
386	Wed	Mar 17 & 24	6:30 - 8:30 pm	Mar 10

389	Thurs	May 13 & 20	2 - 4 pm	May 4
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Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven

Course	Day(s)	Date	Time	Register by
387	Thurs	Apr 8 & 15	6:30 - 8:30 pm	Apr 1

Location: Sch. Regional Resource Center - 138 W. Centre St., Mahanoy City

Course	Day(s)	Date	Time	Register by
388	Fri	April 9, 16, 23, 30	9:30 - 10:30 am	Apr 2

COFFEE ART **\$12**

Dave Hughes, Instructor

In this hands-on workshop Dave will begin by giving you a coffee art demo along with a brief history. He will explain how to make the mixture by using instant coffee and then create you will your own coffee art piece.

Supplies are included.

Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven

Course	Day(s)	Date	Time	Register by
397	Wed	Mar 31	12:30 - 2 pm	Mar 19

398	Thurs	Apr 29	7 - 8:30 pm	Apr 16
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WOODWORKING **\$12**

Wilmer George, Instructor

In this workshop you will learn how to use one of the most versatile tools in the woodshop - the scroll saw. The emphasis of this class is to learn how to safely use the scroll saw while making designs with short turns on the machine. You will leave the workshop with a completed wooded puzzle. Supplies are included.

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
392	Wed	Mar 17	12:30 - 3 pm	Mar 3

Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven

Course	Day(s)	Date	Time	Register by
393	Thurs	Apr 22	6 - 8:30 pm	Apr 8

OIL PAINTING **\$50**

Phillip Krivenko, Instructor

Anyone can paint...you only need the desire.

You will learn the techniques and secrets to completing a painting within a few hours. Easels, oil paint, palette, paper towels, linseed oil, mineral spirits and a 16x20 canvas will be furnished.

Location: Shenandoah Senior Center - 116 North Main St., Shenandoah

Course	Day(s)	Date	Time	Register by
372	Sat	Feb 13	10 am - 3 pm	Jan 30

Location: Queen of Peace Apts. - 777 Water Street, Pottsville

Course	Day(s)	Date	Time	Register by
373	Thurs	Apr 29	10 am - 3 pm	Apr 15

Location: Sch. Regional Resource Center - 138 W. Centre St., Mahanoy City

Course	Day(s)	Date	Time	Register by
374	Wed	June 30	10 am - 3 pm	June 16

MAKING MUSIC – LET THE MUSIC TAKE YOU**\$40/four weeks**

Kim Russell Siebert, Instructor

Calling all singers, songwriters, and instrumental musicians. If you are looking to improve your skills, develop stage presence, communication skills, overcome shyness, and build self confidence then this course is for you! Vocal techniques, diaphragmatic breathing, ear training intervals and intonation will all be covered. Making music is good for your overall health and well-being.

Location: Trinity Lutheran Church - 300 West Arch Street, Pottsville

Course	Day(s)	Date	Time	Register by
415	Tues	Apr 6, 13, 20, 27	6:30 - 8 pm	Mar 23

SECOND WEDNESDAY CRAFT GROUP**\$10/session**

Flo Moyer, Instructor

Join us for one or all our second Wednesday craft sessions. Each of these informal, fun and creative sessions will include all supplies unless otherwise noted. This is a wonderful opportunity for crafty and not-so-crafty people to get together, have fun while creating wonderful pieces of art.

Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven**Time:** 12:30 - 2 pm**Course 380:** March 10 - Bottled Treasure, bring a bottle you would like to turn into a treasure.**Course 381:** April 14 - Paper/Ribbon flowers and pom-pom critters**Course 382:** May 12- Macramé, make a hanging plant holder**Course 383:** June 9 - Trash to Treasure, bring an empty oatmeal or shoe box with lid**GENERAL INTEREST****SCHUYLKILL COUNTY NATURALLY****\$25/two weeks**

Porcupine Pat McKinney, Instructor

Schuylkill County is nestled in the Appalachian Mountain Region of Pennsylvania and stands at a crossroads for plants and animals that are indicators of a more southern environment and more northern habitat. Our ridge tops are homes to different species of birds, wildlife and trees while the valleys sport their own distinctive wild things! This workshop is open to beginners and more knowledgeable nature enthusiasts. The first workshop covers local wildflowers and trees including folklore. Animals, such as mammals, birds, reptiles, and amphibians, will be covered in the second workshop. Handouts will be given to all participants and a nature walk around the AG Center.

Location: Schuylkill County AG Center - Rt. 901, Pottsville

Course	Day(s)	Date	Time	Register by
408	Wed	April 7 & 14	6:30 - 8:30 pm	Mar 31

FENG SHUI**\$15**

Porcupine Pat McKinney, Instructor

This workshop is for beginners. It will reveal how to balance the energies of any given space to assure the health and good fortune for people inhabiting it. All participants will learn how to apply Feng Shui to everyday living and to enhance different aspects of their life.

Location: Schuylkill County AG Center - Rt. 901, Pottsville

Course	Day(s)	Date	Time	Register by
399	Wed	Mar 3	6:30 - 8:30 pm	Feb 24

INTRODUCTION TO DIGITAL PHOTOGRAPHY**\$70/four weeks**

Robert Evanchalk, Instructor

Learn all about digital cameras, including resolution, mega pixels, storage media, zoom, auto-focus, flash, exposure settings, scene modes, white balance, file types, sharing and saving your digital pictures, plus 20 secrets to better digital pictures. Also learn how to enhance your photo and correct errors using the popular free program from Google called Picasa. Bring your camera and digital photos.

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
400	Tues	Mar 2, 9, 16, 23	6:30 - 8:30 pm	Feb 22

GO GREEN WORKSHOP**\$10**

Dawn Fisher, Instructor

Want to learn easy ways to Go Green, save money and have fun?

The Go Green Workshop topics include: Energy Efficient Lighting, Energy Conservation, Water Conservation, Water Purity, Indoor Air Quality, Toxic Free Living, Waste Reduction and Recycling.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
401	Wed	Mar 10	6:30 - 8 pm	Mar 1

TOXIC FREE LIVING AND WASTE REDUCTION WORKSHOP**\$10**

Dawn Fisher, Instructor

Let us take a look at what a toxin is and why it's in our Home! By reducing products that contain toxins, we can reduce our waste and save money.

Toxic Free Living and Waste Reduction Workshop topics include: Different Toxins; Chemical Toxins; Who is most at risk; Can I be Clean & Green; Waste Reduction; Recycling Tips and the #1 least recycled material.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
402	Sat	Mar 20	12:30 - 2 pm	Mar 10

INTRODUCTION TO SELLING ON EBAY \$25

Peggy Grant, Instructor

This class is for folks who may not have sold anything on eBay ... yet ... but even if you do have some experience on eBay, you just may learn a “thing or two” to make your selling experience more productive and rewarding. The content that will be discussed in this class will help the “seller” (that’s you) leave the class with enough information to create a listing to sell an item in a very short amount of time! Topics include: What an auction might look like; how to send an invoice; how to ship a package after receiving payment; how to find help & learn about spoof emails. Learner’s guide included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
403	Sat	Mar 27	11 am - 1 pm	Mar 13

EBAY – BEYOND THE BASICS \$25

Peggy Grant, Instructor

Want to give your auction a personal touch? In this class you will learn how to arrange information and photos in your auctions that will appeal to potential buyers; upload photos on the internet; find a member on eBay; and to view feedback...your own & other's. Learn some basic HTML codes that will add some personality, pizzazz and eye appeal to your auctions that give potential buyers a reason to appreciate your auction. Learner’s guide included.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
404	Sat	Mar 27	1:30 - 3 pm	Mar 13

INNER PEACE & HEALTH \$15

Prudence Griffin, Holistic Health Therapist

This workshop offers a practical guide to creating balance and inner harmony that will affect your health in a positive manner. Using scientific techniques that will ease pain, lower the levels of stress hormone, lower blood pressure, improve digestion and boost the immune system; as well as easing symptoms of conditions such as anxiety, depression, fatigue and insomnia. Psychoneuroimmunology is a branch of modern medicine that studies the connection between our thoughts, emotions and feelings and how they affect our health.

Location: Diakon - 118 South Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
409	Wed	Feb 24	6:30 - 8:30 pm	Feb 10

FOOT REFLEXOLOGY \$75

Carol Parsons, Instructor

Reflexology helps to activate the body's energy flow by bringing healing, relaxation and harmonizing balance to its’ organs and systems. In addition to reducing the effects of stress, Reflexology also helps to improve circulation and rejuvenate the tissues of the feet. This workshop covers basic instruction in this therapeutic massage technique, as well as the experience of both giving and receiving a treatment.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
405	Sat	Mar 6	10 am - 5 pm	Feb 20

AROMATHERAPY - A Smell of a Great Time! \$75

Carol Parsons, Instructor

Learn the basics of Aromatherapy including the definition, origins, safe use of essential oils, how they work and their therapeutic properties. We will experience a number of oils and their unique effects, as well as a demonstration of soap-making. After instruction, you will have fun mixing your own intuitive blends, and you will leave with two bars of soap, a one-ounce spray and a two- ounce oil or lotion blend!

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
406	Sat	Apr 24	12 - 4 pm	Apr 10

REIKI - LEVEL 1 \$150/two weeks

Carol Parsons, Instructor

Reiki, meaning "Universal Life Force Energy", is a gentle yet powerful hands-on technique that restores the body's natural flow of energy and supports its ability to balance and heal on all levels, while promoting relaxation, a sense of well-being, and relief from stress or pain. This Level I training includes the study of Reiki's origins and development, instruction on the therapeutic technique and includes experiential time giving and receiving treatments. This is a wonderful therapy to share with family, friends and even pets!

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
407	Sat	June 5 & 12	10 am - 6 pm	May 15

NATURALLY SLENDER**\$40/four weeks**

Prudence Griffin, Holistic Health Therapist

Learn the dominant characteristics of naturally lean, high energy people through “Skillpower” not willpower. Learn the seven steps to speed metabolism, how to control stress eating, understand food cravings and mood foods. Naturally balance your hormones and master your metabolism.

Location: Diakon - 118 South Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
416	Wed	Mar 3, 10, 17, 24	6:30 - 8:30 pm	Feb 19

CHANGE YOUR MIND, CHANGE YOUR LIFE**\$15**

Prudence Griffin, Holistic Health Therapist

Think your way to success, health & well-being.

In this two-hour course you will learn techniques to retrain your mind to make more favorable choices, improve finances, health, relationships and manage weight and stress. You will be guided on how to release old beliefs and attitudes that will open your heart and accomplish your hopes and desires.

Location: Diakon - 118 South Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
417	Wed	Apr 21	6:30 - 8:30 pm	Apr 12

SELF PROTECTION**No Charge**

Kimberly S. Noel, Instructor

In this two-hour course you will learn how to avoid threatening situations...and if they do occur, the instructor will give you basic tips on minimizing an attack. You will learn to be aware of your surroundings. Donations accepted.

Course	Day(s)	Date	Time	Register by
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Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

410	Mon	Mar 15	12 - 2 pm	Mar 1
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Location: Shenandoah Senior Center - 116 North Main St., Shenandoah

411	Tues	Mar 23	9 - 11 am	Mar 9
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Location: Clay Street School Building - 139 Clay Street, Tremont

412	Thurs	April 8	12:30 - 2:30 pm	Mar 25
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Location: Sch. Regional Resource Center - 138 W. Centre St., Mahanoy City

413	Tues	April 20	9 - 11 am	Apr 6
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Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven

414	Fri	May 7	12 - 2 pm	Apr 23
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FITNESS/RECREATION**TAI CHI****\$36/six weeks**

George Graham, International Hall of Fame Grandmaster

Recorded benefits of Tai Chi are reduced stress, improved focus, coordination, balance, lowered blood pressure, strengthened heart muscles, slowing down the aging process and enhanced immune system. Additional benefits are weight loss, weight control, controlled appetite and healthier skin. Join this 6-week course to reap all the benefits of Tai Chi.

Location: First UCC Fellowship Hall - 110 Route 61 South, Sch. Haven

Course	Day(s)	Date	Time	Register by
418	Tues	Apr 20, 27	10 - 11 am	Apr 13
		May 4, 11, 18, 25		

YOGA FOR THE REST OF US**\$36/six weeks**

Prudence Griffin, Holistic Health Therapist

This seated yoga class is designed for the young at heart, baby boomers, seniors, pregnant woman, beginners and those with limited mobility. Participants will receive the total yoga experience with gentle yoga postures, yogic breathing techniques to reduce stress, progressive relaxation, guided relaxation/visualization and meditation technique to calm the body and quiet the mind. This class is suitable for all levels of flexibility and fitness. Participants should wear loose comfortable clothing.

Location: Schuylkill Arts Center - 1440 Mahantongo St., Pottsville

Course	Day(s)	Date	Time	Register by
419	Thurs	Jan 28, Feb 4, 11, 18, 25, Mar 4	5:30 - 6:30 pm	Jan 21
420	Thurs	Mar 18, 25, Apr 1, 8, 15, 22	5:30 - 6:30 pm	Mar 11

ZUMBA**\$60/twelve sessions**

Kathleen Devlin, Instructor

Zumba is a dance fitness class that features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba program fuses international rhythms with easy to follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple, we want you to want to work out. Ditch the workout... join the party!

Location: Sch. Regional Resource Center - 138 W. Centre St., Mahanoy City

Course	Day(s)	Date	Time	Register by
421	Tues & Thurs	Mar 9, 11, 16, 18 Mar 23, 25, 30 Apr 1, 6, 8, 13, 15	7 - 8 pm	Feb 23

BELLY DANCING**\$90/six weeks**

Lauren Sicher, Instructor

This class teaches the basics of belly dancing by starting with general movements and isolations. The teacher works with the class as a whole but also guides individuals in their own movements. Belly dancing improves balance, isolation, core muscles and teaches women about their bodies. The main goal of this class is to provide fun and connection with other women and there is no dance experience needed to attend.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
375	Tues	Feb 23, Mar 2, 9, 16, 23, 30	7 - 9 pm	Feb 12

SHALL WE DANCE?**\$50**

Con Gallagher, Instructor

Step out of the ordinary.

Don't have a lot of time... have a special event coming up...or do you just want to learn how to dance? Three concurrent workshops will be taught every hour - Swing, Latin, and Ballroom. After an afternoon of lessons, you will enjoy a well deserved dinner break. After dinner, show off your fancy footwork by joining in a dance social. What a great way to get into the world of dancing!!

Location: Sweet Arrow Lake Clubhouse - Clubhouse Road, Pine Grove

Course	Day(s)	Date	Time	Register by
423	Sun	April 11	1 pm	April 1

COUNTRY LINE DANCE**\$30/six weeks**

Shirley Morris, Instructor

Line Dancing is a fun and energetic way for anyone who loves music to get a little exercise and have a great time. Shirley will show you how easy it is to learn the moves that make you feel right at home on the dance floor. No partner is needed.

Location: Sweet Arrow Lake Clubhouse - Clubhouse Road, Pine Grove

Course	Day(s)	Date	Time	Register by
377	Thurs	April 1, 8, 15, 29 May 6, 13	6:30 - 8:30 pm	Mar 25

BALLROOM DANCE**\$30/six weeks**

Barb Snitzer, Instructor

Learn the basic steps for the Waltz, Foxtrot, Cha-Cha, Jitterbug (swing), Tango and Rumba in 6 easy lessons!

Location: First UCC Fellowship Hall - 110 Route 61 South, Sch. Haven

Course	Day(s)	Date	Time	Register by
422	Tues	Apr 20, 27 May 4, 11, 18, 25	6:30 - 8:30 pm	Apr 13

SPIRITUALITY**HOW TO GET FROM HERE TO THERE****\$15**

Cheryl Cresswell, Certified Life Coach, Ministry Speaker and Facilitator

An introduction to Christian Life Coaching for Women

Find out how you can invite a Christian Life Coach to walk alongside you as you seek clarity and life purpose. Discover how a life coach will encourage and offer motivation as you move toward that "sweet spot" of discovering the beauty of who God made you to be. You will learn how to strengthen your Christian walk by using the gifts God has given you.

Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven

Course	Day(s)	Date	Time	Register by
424	Thurs	Feb 25	7 - 8:30 pm	Feb 15

CONVERSATIONS ON PURPOSE**\$60/four weeks**

Cheryl Cresswell, Certified Life Coach, Ministry Speaker and Facilitator

Work with a Christian Life Coach in this 4 session coaching start up. Use conversation starters, Scripture verses, questions and specific self-assessment exercises to help unpack God's Dream for your life, moving you from an initial sneak preview to the most challenging steps you will want to take on your journey toward purpose-filled living.

Optional material: Katie Brazelton's "Conversations on Purpose" \$10 payable to the instructor.

Location: St. John's UCC - 121 East Main Street, Rear, Sch. Haven

Course	Day(s)	Date	Time	Register by
425	Thurs	Mar 11, 18, 25 Apr 1	7 - 8:30 pm	Mar 1

CHRISTIAN TAI CHI**\$5**

George Graham, International Hall of Fame Grandmaster

Celebrate the National Day of Prayer by experiencing the healing power of Tai Chi through moving meditation dedicated to the honor & glory of God.

Location: Trinity Lutheran Church - 300 West Arch Street, Pottsville

Course	Day(s)	Date	Time	Register by
426	Thurs	May 6	10 - 11 am	Apr 26
427	Thurs	May 6	7 - 8 pm	Apr 26

COMPUTER APPLICATIONS

INTRODUCTION TO COMPUTERS

\$50/three weeks

Bob Crist, Microsoft® Certified Instructor

In this three-week introductory course, participants will take away a broad foundation that will build greater awareness and confidence using personal computers. The topics covered include practical information and skills, such as what a computer is, how to manage personal files and folders that participants create and how to use many of the programs that come with Windows XP. Learner's guide and exercise CD are included.

There are no prerequisites for this course.

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
429	Tues	Feb 16, 23, Mar 2	2 - 5 pm	Feb 2
430	Tues	May 4, 11, 18	6 - 9 pm	Apr 20

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
431	Mon	Mar 8, 15, 22	2 - 5 pm	Feb 22
432	Tues	Apr 6, 13, 20	6 - 9 pm	Mar 23
433	Thurs	Jun 10, 17, 24	2 - 5 pm	May 27

INTRODUCTION TO EMAIL AND THE INTERNET

\$50/three weeks

Bob Crist, Microsoft® Certified Instructor

We use computers in almost every aspect of our lives, whether we realize it or not. But it's not just the computers themselves that make all the technology so useful and interesting - it's the way they interconnect and work together that creates a truly amazing tool. In this three-week course, the instructor will introduce participants to the internet, email and networks. Learner's guide and exercise CD are included.

Prerequisites: Before beginning this course, participants should have basic end-user skills on a Windows-based personal computer.

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
435	Thurs	May 6, 13, 20	2 - 5 pm	Apr 22

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
436	Thurs	Mar 11, 18, 25	2 - 5 pm	Feb 25
437	Mon	Jun 7, 14, 21	2 - 5 pm	May 17

MICROSOFT® OFFICE EXCEL® 2007:LEVEL 1

\$50/three weeks

Bob Crist, Microsoft® Certified Instructor

If you currently use paper-based systems to store data on which you run calculations, consider this course. With basic computer skills participants will learn to migrate that data to an electronic format where they can manage, edit and print data using Microsoft® Office Excel® 2007. Learner's guide and exercise CD are included.

Prerequisites: Participants should be comfortable in the Windows environment and be able to use it to manage information. Specifically, you should be able to launch and close programs; navigate to information stored on the computer; and manage files and folders. Learner's guide and exercise CD are included.

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
438	Mon	Feb 15, 22, Mar 1	2 - 5 pm	Feb 1

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
439	Mon	Apr 5, 12, 19	2 - 5 pm	Mar 22

MICROSOFT® OFFICE EXCEL® 2007:LEVEL 2

\$50/three weeks

Bob Crist, Microsoft® Certified Instructor

In this intermediate-level course, you will learn to streamline and enhance your spreadsheets with templates, charts, graphics, and formulas, which will allow the data to be analyzed in a variety of formats. The target students for this course are those who desire the skills necessary to create templates, sort and filter data, import and export data, analyze data and work with Excel on the web. In addition, this course will help prepare students for the Microsoft Office Specialist exam in Excel and for those who have knowledge of the basics of Excel, including how to create, edit, format and print basic worksheets. Learner's guide and exercise CD are included.

Prerequisites: Microsoft® Office Excel 2007: Level 1

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
440	Mon	May 3, 10, 17	2 - 5 pm	Apr 19

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
441	Tues	Jun 8, 15, 22	6 - 9 pm	May 26

SPECIAL EVENTS

MICROSOFT® OFFICE WORD® 2007 – LEVEL 1 \$50/three weeks

Bob Crist, Microsoft® Certified Instructor

This course is the first in a series of three Microsoft® Office Word 2007 courses. It will provide participants with the basic concepts required to produce basic business documents. Learner's guide and exercise CD are included.

Prerequisites: Participants should be familiar with using personal computers and be comfortable managing information in the Windows environment.

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
443	Tues	Mar 9, 16, 23	2 - 5 pm	Feb 23

MICROSOFT® OFFICE WORD® 2007: LEVEL 2 \$50/three weeks

Bob Crist, Microsoft® Certified Instructor

This is the second course in the Microsoft Office® 2007 series and is intended to help participants improve proficiency in Microsoft® Office Word 2007 by learning to use customization and automation tools. Participants will create complex documents containing components, such as customized lists, tables, charts, graphics and personalized efficiency tools. Learner's guide and exercise CD are included.

Prerequisites: Participants should be able to use Microsoft Word 2007.

Location: Clay Street School Building - 139 Clay Street, Tremont

Course	Day(s)	Date	Time	Register by
444	Thurs	Feb 18, 25, Mar 4	2 - 5 pm	Feb 4

Location: Pottsville Senior Center - 201 North Centre Street, Pottsville

Course	Day(s)	Date	Time	Register by
445	Thurs	Apr 8, 15, 22	2 - 5 pm	Mar 25

AVAILABLE UPON REQUEST:

MICROSOFT® OFFICE POWERPOINT® 2007: LEVEL 1

MICROSOFT® OFFICE ACCESS® 2007: LEVEL 1

TELL-A-TALE-TEA \$25*

Attention eight to eighty year olds, who are young at heart. Please come share a "day of wonder" with family and friends at the Lazy Dog Café. Enjoy an afternoon fine food, flavorful teas and new traditions.

Storyteller Kathy Long will share with you how to dig through your experiences to discover your hidden stories. Storytelling is a treasure to be handed down from one generation to the next. What a wonderful way to share the day with someone dear just before Mother's Day.

Bring your favorite teacup that has a story to tell.

*\$15 for children twelve and under

Location: Lazy Dog Café - 18 East Sunbury Street, Minersville

Course	Day(s)	Date	Time	Register by
446	Saturday	May 1	2 pm	April 20

THE KING AND DEAN AT IT AGAIN \$10

Come out and enjoy a musical evening full of fun and laughter.

The King & Dean are at it again with a brand new show.

Location: Sovereign Majestic Theater - 209 N. Centre St., Pottsville

Course	Day(s)	Date	Time
447	Sat	May 15	7 pm

SPRING INTO SUMMER PICNIC \$12

There's no better way to start the summer off right than enjoying a day at the park. Join us for a day of food, fun, music, fishing, hiking and more!

Location: Sweet Arrow Lake Park - Clubhouse Road, Pine Grove

Course	Day(s)	Date	Time	Register by
448	Tues	Jun 29	11 am - 3 pm	Jun 18

Visit www.diakon.org/LL50 for up to date news.

REGISTRATION INFORMATION

Registration Policies:

1. Class sizes are limited. Registrations received after the deadline will not be honored unless there are still openings.
2. Course fees must be submitted with registration.
3. A \$30.00 fee will be imposed on any check returned by the bank.

Confirmations:

1. Confirmations will be sent via e-mail.
2. Registrants without e-mail will be notified via phone.

Refunds:

1. If a course is cancelled by Diakon, a full refund will be issued.
2. Refunds will be issued if you cancel 2 weeks prior to the start of a class. There will be a \$5.00 processing fee assessed for cancellations.

Cancellations/Postponements:

1. Diakon reserves the right to cancel courses due to insufficient registration or to make late changes in programs to provide the best possible instruction and facility utilization.
2. Courses in community facilities are subject to change when they conflict with regular facility activities. Advance notice will be given and make-up sessions scheduled.
3. If a course needs to be postponed due to inclement weather, you will be notified via telephone.

Other Information:

1. Waiting lists will be formed when classes are filled. Every attempt will be made to accommodate persons on these lists.
2. If you have an interest in a program we do not currently offer, contact the Diakon office at 570-624-3018 or 1-800-621-6325.
3. Special accommodations needed for people with a disability should notify the Diakon office two weeks prior to the start of the course.

Non-Discrimination Policy

Diakon offers services and housing without regard to race, color, religion, disability, marital status, ancestry, national origin, sexual orientation or gender.

Photo Release Statement: By registering for any Diakon Living & Learning course you are agreeing to allow the publication of any photos taken of you and/or your child at any program, class, event or facility of Diakon.

PROGRAM GIFT CERTIFICATES

Looking for a gift idea for someone? Diakon Living and Learning after 50 offers Gift Certificates of any denomination.

First Name: _____

Last Name: _____

Address: _____

City: _____

Home Phone: _____

Work Phone: _____ Cell: _____

Email: _____

Date of Birth: _____

Course 1: # _____ Start Date _____

Course Name _____

Course 2: # _____ Start Date _____

Course Name _____

Course 3: # _____ Start Date _____

Course Name _____

How did you hear about this event?

Payment Method (payment must be received with registration)

Cash _____ Check _____ Amount enclosed: _____

*Make checks payable to: **Diakon Community Services for Seniors***

MAIL TO: Diakon Community Services for Seniors

Attn: Susan Long

118 South Centre Street, Suite 1

Pottsville, PA 17901