

## **East Palestine Schools**

### **Adult Enrichment Classes**

#### **Beginner's Golf Classes**

At the class, Angela will cover golf basics like grip, stance, and ball placement with different clubs. She will also go over the basics of the golf bag, which clubs to use and when to use them. As the sessions progress, she will teach swing motion and the movement of the club. She will progress to having the students hitting with wiffle balls in the gym. If weather permits, the class may have outside session time to do some putting drills and chipping basics.

You will need to bring your own clubs

Instructor: Angela Molaskey - Golf Coach from East Palestine High School

Class size: 15

Class will be offered on Tuesday, March 3, 10, 17, 24 from 6:00 pm to 7:00 pm

Location: Middle School Gym

Class Fee: \$ 20.00

#### **Beginner's Sewing Classes**

In this class you will be learning the basics of using the sewing machine. You will make a quilted lined tote bag with pockets. It isn't the project you make, it is the techniques you learn. If you have your own machine you are welcome to bring it.

Instructor: Cheryl Savransky

Class size: 8

Class will be offered on Tuesday, March 3, 10, 17, 24 from 6:00 pm to 7:00 pm

Location: Middle School Room 102

Class Fee: \$45.00 includes materials

#### **Water Color Painting**

In a relaxing and creative environment, learn the FUNdamentals of watercolor such as value, color, and texture. Students will learn about various techniques they can use to create their own unique artworks. All levels are welcome.

Instructor: – Amy Goodchild - Art Teacher from East Palestine High School

Class size: 10

Class will be offered on Tuesday, March 3, 10, 17, 24 from 6:00 pm to 7:00 pm

Location: High School Art Room 112

Class Fee: \$30.00 will include materials

### **Holistic Health**

This class will cover healthy habits including a simple 10 minute routine to keep all your joints healthy and mobile, how to use intermittent fasting, the use of supplements, what healthy eating looks like and more. This class will be taught by Robbie Fusetti. Robbie has been a certified health coach since 2014. She has been a massage therapist since 1982 and has been teaching yoga for 21 years.

Instructor: Robbie Fusetti, Certified Health Coach

Class size: 30

Class will be offered on Thursday, March 5, 12, 19, and 26 from 6:00 pm to 7:00 pm

Location: Room 008

Class Fee: \$20.00

### **Aging Gracefully**

Each class will cover a different topic ranging from Medicare, home safety, discussion on selecting a home care facility and legal information.

Instructor: Barb Kliner

Class size: 20

Class will be offered on Thursday, March 5, 12, 19, and 26 from 6:00 pm to 7:00 pm

Location: Middle School Room 102

Class Fee: \$20.00

### **Healthy Cooking**

Have you ever tried to cook healthy for your family and found yourself overwhelmed and shocked by your grocery bill? Cooking healthy family meals can be simple and delicious with a little food prep at the beginning of the week. By choosing a main protein, vegetable, and starch you have a foundation to make your meals easy and healthy. In this series, Cook Once - Eat all Week, you will learn how to prepare yourself to make three delicious, nutritious, and diverse meals that will save you time and money and loving every bite!

Instructor: Jennifer Schiraldi, Director of Nutrition Inc. at EP Schools

Class size: 10

Class will be offered on Thursday, March 5, 12, 19, and 26 from 6:00 pm to 7:00 pm

Location: High School Room 104

Class Fee: \$40 includes food for each class

### **General Information**

- \* Parking is available in the back of the East Palestine Middle School for all the Adult Enrichment Classes. You will enter the first set of doors at the back of the building.
- \* You do not need to be a resident of East Palestine to sign up for a class.
- \* If school is closed due to inclement weather the class will be cancelled and may not be rescheduled.

**East Palestine Schools  
Adult Enrichment Class  
Registration Form**

**Deadline to register is Friday, February 28, 2020**

Please fill out registration form below and mail or drop off

East Palestine Middle School  
320 West Grant Street  
East Palestine, Ohio 44413

Questions please call Janice Cartwright at 330 426-9451

**Please make checks payable to  
East Palestine School Adult Enrichment Class**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email \_\_\_\_\_

**Payment must be included in order to be registered for the class. Thank you!**

**Please check the class you are interested in**

\_\_\_\_\_ Beginner's Golf Classes Tuesday, March 3, 10, 17, 24 from 6:00 pm to 7:00 pm

\_\_\_\_\_ Beginner's Sewing Classes Tuesday, March 3, 10, 17, 24 from 6:00 pm to 7:00 pm

\_\_\_\_\_ Water Color Painting Tuesday, March 3, 10, 17, 24 from 6:00 pm to 7:00 pm

\_\_\_\_\_ Aging Gracefully Thursday, March 5, 12, 19, 26 from 6:00 pm to 7:00 pm

\_\_\_\_\_ Holistic Health Thursday, March 5, 12, 19, 26 from 6:00 pm to 7:00 pm

\_\_\_\_\_ Healthy Cooking Thursday, March 5, 12, 19, 26 from 6:00 pm to 7:00 pm