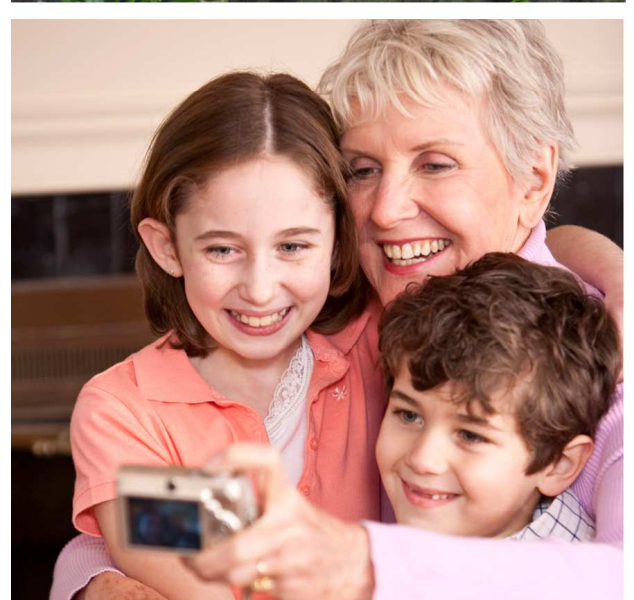
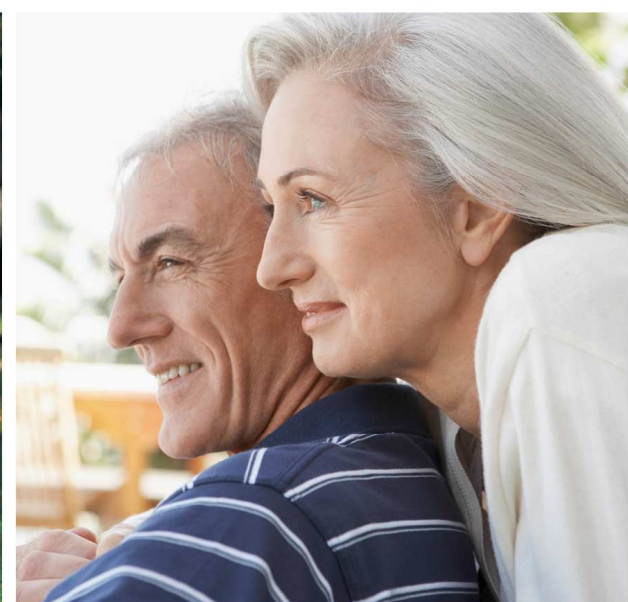
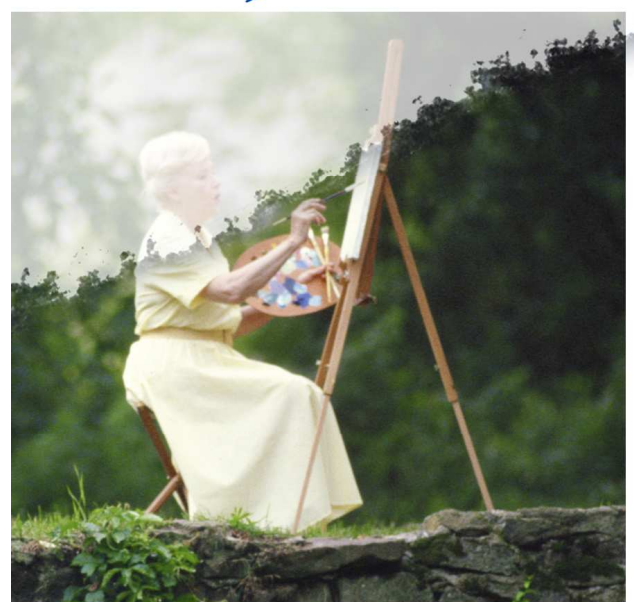




DIAKON
LIVING & LEARNING
AFTER 50



Spring 2012

Welcome to Diakon Living & Learning After 50! We are the only program in Schuylkill County that offers courses, events, activities and workshops exclusively designed for the active older adult. All of our offerings are geared to those who are 50+ and have a desire to:

- * Discover their creative side
- * Explore the latest health & wellness trends
- * Delve into modern-day technologies
- * Meet new people with common interests and enrich life!

Between these pages you will find over fifty courses, classes or events designed with you in mind. If you've never participated in our program before, we hope you will find something that piques your interest. If you've already experienced one (or more) of our courses, thank you for your continued patronage!

We are always looking for new and exciting opportunities that provide enjoyment, socialization, learning/networking opportunities and meeting new friends. Consider it a facebook connection without the computer! If you have an interest in a program or course we do not offer, or, if you have a special talent or hobby you would like to share with others, please contact Susan at 570-624-3018 or 800-621-6325. Email: longs@diakon.org

*We are constantly adding classes;
please visit our website regularly to check out what's new!
www.diakon.org/LL50*

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

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 by the registration deadline.

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.

REGISTRATION FORM

Name: _____ Course 1: # _____ Start Date _____ Fee\$ _____

Address: _____ Course Name _____

City: _____ Course 2: # _____ Start Date _____ Fee\$ _____

Home Phone: _____ Work Phone: _____ Course Name _____

Cell: _____ Date of Birth: _____ Course 3: # _____ Start Date _____ Fee\$ _____

Email: _____ Course Name _____

Payment Method (payment must be received with registration) Cash _____ Check _____ Amount enclosed: _____

*Make checks payable to: **Diakon*** MAIL TO: Diakon Living & Learning After 50
118 South Centre Street, Suite 1 Pottsville, PA 17901

Additional registration forms are available at www.diakon.org/SCSS/documents/DiakonLivingLearningAfter50RegForm.pdf

GENERAL INTEREST

GENEALOGY \$20/four sessions
Lynn Edling, Family History Consultant - LDS Church
Week One: Introduction to family history and ancestry.
Week Two: Research on ancestors.
Week Three: Visit to library.
Week Four: Genealogy guest speaker.
Pottsville Center - 201 North Centre Street, Pottsville
#779 Wednesdays, March 7, 14, 21, 28
6 - 8:30 pm Register by February 22

DE-CLUTTER YOUR LIFE \$10/one session
Kelly Heffner, Workshop Leader
Do you feel overwhelmed with the amount of things you have to do? Do you need to start cleaning out but don't know where to start? Join us for a seminar on how to organize not only your stuff, but also your time.
Pottsville Center - 201 North Centre Street, Pottsville
#810 Thursday, March 15, 6:30 - 7:30 pm
Register by March 1

GIVE WHILE THE HAND IS STILL WARM
Donna Bowen, Instructor \$10/one session
Share your family treasures with loved ones while you can choose who will enjoy and appreciate them the most. Donna will guide you through this emotional process to ensure your loving treasures and memories live on.
Pottsville Center - 201 North Centre Street, Pottsville
#821 Thursday, April 5, 6:30 - 8 pm
Register by March 22

ANTIQUES & COLLECTIBLES \$25/six sessions
George Blum, Instructor
Learn to recognize a variety of items, become knowledgeable in collecting or investing and learn some tips on finding them.
Week one: Coins, Gold, Silver
Week two: Toys, Dolls, Trains, Comics, Sports items
Week three: Furniture, Art & Artists, Carpets
Week four: Premiums, Advertising, Paper Products
Week five: Glass, China, Pottery, Primitives
Week six: Time Pieces, Mining Items, Musical Instruments
Please bring two show & tell items weekly, plus two written questions for each session.
Pottsville Center - 201 North Centre Street, Pottsville
#812 Mondays, March 26, April 2, 9, 16, 23, 30
6:30 - 8:30 pm Register by March 12

MOMENTS TO REMEMBER: \$30/three sessions
INTRO TO JOURNALING AND MEMOIR
Sara Hodon, Instructor
Everyone has interesting life stories to tell - so why not tell them? Whether you are looking to get your work published, or you simply want a record of the sad, funny, moving, and significant moments from your life for future generations, this workshop will help you get started.
Diakon - 118 South Centre Street, Pottsville
#811 Tuesdays, March 20, 27, April 3
6 - 7:30 pm Register by March 6

SOLUTIONS FOR GUARANTEED INCOME IN RETIREMENT -- PROTECTING YOUR FUTURE
E. Lori Smith, CFP Financial Advisor \$8/one session
Mike Gerhardt, Regional V.P. for Nationwide Financial
This presentation will cover: determining what your income needs will be in retirement, how to protect against risks in retirement and strategies for asset allocation returns that will provide a guaranteed fixed income in retirement.
Pottsville Center - 201 North Centre Street, Pottsville
#823 Tuesday, March 6, 7 - 8:30 pm
Register by February 21

SAVVY PLANNING FOR SOCIAL SECURITY
E. Lori Smith, CFP Financial Advisor \$8/one session
Making a decision regarding your social security benefits depends on a multitude of factors including income, assets, health status, life expectancy, family dynamics, life goals and a lot more. Don't make this often irreversible decision without knowing the facts about all of your options. Learn how to make wise decisions that could mean more money in your pocket!
Pottsville Center - 201 North Centre Street, Pottsville
#822 Tuesday, March 20, 7 - 8:30 pm
Register by March 6

INTRODUCTION TO DIGITAL PHOTOGRAPHY
Robert Evanchalk, Instructor \$70/four sessions
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. Bring your camera and digital photos.
Tremont Community Bld. - 139 Clay Street, Tremont
#824 Tuesdays, March 6, 13, 20, 27
6 - 8 pm Register by February 21

SPRING CENTERPIECE WORKSHOP \$50/one session
Bobbie Cicioni, Florist
Floral design workshop for beginners. Learn the basics of floral design while creating your own take home fresh flower Easter centerpiece! Class includes the 3 F's: Flowers, Fundamentals and FUN! So, whether you just want to learn the basics of arranging flowers or have a real passion for flower design come join us. Supplies included.
Pottsville Center - 201 North Centre Street, Pottsville
#825 Saturday, March 24, 10:30 am - Noon
Register by March 10

EXTREME COUPONING \$8/one session
Jodi Webb, Instructor
Learn how to save 35 - 50% on your weekly grocery bill, how to stay organized and get the most out of your coupons, where to find the high value coupons and much more.
Pottsville Center - 201 North Centre Street, Pottsville
#820 Monday, March 12, 6:30 - 8:30 pm
Register by March 1

INTRO TO CHINESE \$100/12 sessions
Bonnie Lazusky, Instructor
In this class Bonnie will introduce you to Mandarin Chinese. Learn the characters, numbers and words and different tones that are needed to correctly say words and basic sentences.
Diakon - 118 South Centre Street, Pottsville
#794 Mondays & Wednesdays, 7 - 8 pm
February 27, 29, March 5, 7, 12, 14, 19, 21, 26, 28 April 2, 4 Register by Feb 13

CHINESE \$100/12 sessions
Bonnie Lazusky, Instructor
Improve your skills and gain confidence to speak the language. In this class you will learn more Chinese characters and words.
Diakon - 118 South Centre Street, Pottsville
#826 Mondays & Wednesdays, 7 - 8 pm
May 2, 7, 9, 14, 16, 21, 23, 30,
June 4, 6, 11, 13 Register by April 18

BLOCK OF ART
Diakon Living & Learning After 50 is transforming our Pottsville Senior Community Center into the "Living & Learning Art Gallery" for the "Block of Art," a three day arts exhibition scheduled for April 20, 21 and 22. We are inviting anyone age 50+ and all Living & Learning students to display their artwork in our gallery. Submissions will be accepted through April 16.

FITNESS & RECREATION

COUNTRY LINE DANCE \$5/per session
Barry Long, Instructor
Line Dancing is a fun and energetic way for anyone who loves music to get a little exercise and have a great time. No partner or registration is needed.
Hillcrest Hall, 631 Minersville/Llewellyn Highway
Mondays: Beginners 6:30 - 7:30 pm
Dancing 7:30 - 9:30 pm
The Salvation Army/Tamaqua - 105 W. Broad St.
Thursdays: 10:30 - 11:30 am \$3/per session
April 12, 19, 26,

BELLY DANCING \$30/six sessions
Bonnie Lazusky, Instructor "Drop-in" rate \$6
Stretch and tone your body while you learn this ancient and beautiful art! Belly dance promotes weight loss by burning calories, building muscle and stimulating your digestive system. Class will include warm-up, basic moves, techniques and choreography.
Trinity Episcopal Church - 201 Howard Ave., Pottsville
Tuesdays, 7 - 8 pm
#783 February 21, 28, March 6, 13, 20, 27
Register by February 14
#827 May 1, 8, 15, 22, 29, June 5
Register by April 17

SQUARE DANCING \$15/three sessions
Paul Moyer, Instructor
Want to participate in an easy form of fun and healthy exercise where you'll work up a smile instead of a sweat? You will learn enough steps to get your "Boots a Scootin" across the dance floor on your very first night. So come on, join the fun - couples, singles and families are all invited.
Pine Grove Lions Club - Pine Grove
Tuesdays, 7:30 - 9:30 pm
#828 March 13, 20, 27 Register by February 28

SOCIAL DANCE WORKSHOPS \$10/session
Christopher Bookwalter, Instructor
Learn some of the greatest dances designed for "social dancing!" Each workshop includes one hour instruction plus a social dance session to allow you to use what you learned. Bring your friends and make it a night out!
Visit our web-site for dance descriptions.
Refreshments included.
Sweet Arrow Lake Clubhouse, Pine Grove
Thursdays, 7 - 8:30 pm
#829 West Coast Swing & Night Club 2 Step
March 29 Register by March 15
#830 Waltz & Cha Cha
April 12 Register by March 29

SEATED YOGA \$36/six sessions
"Drop-in" rate \$7
Prudence Griffin, Holistic Health Therapist
Participants will receive the total yoga experience in this seated yoga class designed for the young at heart, baby boomers, seniors, pregnant woman, beginners and those with limited mobility.
Schuylkill Arts Center - 1440 Mahantongo St., Pottsville
Mondays, 6 - 7 pm
#795 March 5, 12, 19, 26, April 2, 16
Register by Feb. 27
#796 April 23, 30, May 7, 14, 21, June 4
Register by April 16
Wednesdays, 10 - 11 am
#831 Feb 22, 29, March 7, 14, 21, 28
Register by February 8
#832 April 4, 11, 18, 25, May 2, 9
Register by March 21

GENTLE YOGA \$36/six sessions
"Drop-in" rate \$7
Prudence Griffin, Holistic Health Therapist
In this gentle yoga course you will experience gentle yoga postures, yoga breathing techniques, progressive relaxation, guided relaxation and visualization, proper body alignment and meditation techniques.
Luther Ridge - 160 Red Horse Road, Pottsville
Thursdays, 6 - 7 pm
Winter session: Feb 2, 9, 16 Drop-in rate available
#804 March 1, 8, 15, 22, 29, April 5
Register by February 16
#805 April 12, 19, 26, May 3, 10, 17
Register by March 29

TAI CHI \$24/six sessions
George Graham, Grandmaster "Drop-in" rate \$5
Benefits of Tai Chi are reduced stress, improved focus, balance, coordination, lowered blood pressure, strengthened heart muscles, slowing down the aging process, and enhanced immune system.
Lori's Angels - 25 West Main Street, Sch. Haven
Tuesdays, 10 - 10:45 am
797 April 3, 10, 17, 24, May 1, 8
Register by March 28

STRONG BONES FOR LIFE \$32/eight sessions
"Drop-in" rate \$5
Ronda A. Imschweiler, AFAA certified instructor
This class focuses on strength training, stretching and low impact cardio geared toward all fitness levels.
Trinity Lutheran Church - 300 W. Arch St., Pottsville
Tuesdays, 10:30 - 11:30 am
#835 March 6, 13, 20, 27, April 10, 17, 24, May 1
Register by Feb 21

HOOPING \$30/six sessions
Dani Marie, Instructor "Drop-in" rate \$6
Hula-hooping is an excellent full-body workout that can burn more than 400 calories in just an hour! Although it may conjure nostalgia, these are not your childhood hula-hoops! Adult hoops are larger and heavier, making them much easier to control.
No experience necessary to come have fun!
Trinity Episcopal Church - 201 Howard Ave., Pottsville
Tuesdays, 5:45 - 6:45 pm
#833 February 21, 28, March 6, 13, 20, 27
Register by February 14

MOVE-N-GROOVE \$32/eight sessions
"Drop-in" rate \$5
Gail Lorady, ACE certified Group Exercise Instructor
This groovin' class is for participants who desire a safe and effective low impact, continuous cardiovascular workout. Includes a variety of easy to follow movements to promote heart healthy, total body conditioning improvements.
Join us... and get in the groove!
Christ United Lutheran Church - 437 Airport Rd, Ashland
Wednesdays, 5:30 - 6:15 pm
#834 April 11, 18, 25, May 2, 9, 16, 23, 30
Register by March 28

ZUMBA (50+ STYLE) \$32/eight sessions
"Drop-in" rate \$5
Ronda A. Imschweiler, Licensed Zumba Instructor
Don't miss out on the chance to get involved in this toned down version of the latest craze to hit the fitness industry!
Trinity Episcopal Church - 201 Howard Ave., Pottsville
Wednesdays, 10:30 - 11:30 am
Winter Session, Drop-in available: Feb 1, 8, 15, 22, 29
#792 March 7, 14, 21, 28, April 4, 11, 18, 25
Register by Feb 29
#793 May 2, 9, 16, 23, 30, June 6, 13, 20
Register by April 25

RUSTY JOINTS BE-GONE \$32/eight sessions
"Drop-in" rate \$5
Ronda A. Imschweiler, AFAA certified instructor
Move your body to stay healthy and upbeat. This class is for everyone who experiences joint pain, stiffness or limited range of motion. Ronda will get you moving in a safe, supportive, fun and friendly environment. You can sit in a chair, on the floor or stand during class.
Trinity Lutheran Church - 300 W. Arch St., Pottsville
Thursdays, 10:30 - 11:30 am
#836 March 8, 15, 22, 29, April 12, 19, 26 May 3
Register by Feb 23

"Drop-in" Classes: If individual classes are full, "drop-ins" may not be able to participate. Drop-in schedule will be available the first week of class.

HEALTH & WELLNESS

HYPNOSIS CAN HELP! \$25/one session

Join Certified Hypnotherapist Deborah Miller for a group hypnotherapy session that will include scripts and suggestions (that have been agreed upon by the group) such as those for stress reduction, ego strengthening, releasing the past, connecting to your higher self, healthy eating, pain relief, and feeling better in every way! Hypnosis and NLP (Neuro Linguistic Programming) are safe, natural methods of enhancing your state of well-being, negating stress, removing negatives and blockages to your happiness, and generally improving your life. For more information visit www.HypnosisCanHelp.me

Diakon - 118 South Centre Street, Pottsville

#814 Sunday, April 15, 3 - 5 pm

Register by April 1

#815 Sunday, June 3, 6 - 8 pm

Register by May 20

COOKING WITHOUT MEAT \$30/three sessions

Lee Yeager, Instructor

Looking to feed your family some healthier meals without sacrificing good taste? Here's the perfect opportunity to learn how and what to cook. We'll cover where to start, what items to add to your kitchen pantry and introduce you to unfamiliar products like tempeh and tofu. You'll also learn how to adapt family favorites to be meat-free. We'll spend some time in the kitchen and actually get to taste what we make. All food used in cooking classes included.

Schuylkill Haven Center - Main & Dock Streets (rear)

Thursdays, 6:30 - 8:30 pm

#837 April 19, 26, May 3

Register by April 5

Help Wanted:

We are always looking for workshop leaders, venues and new ideas for classes and programs.

THINK THIN MEDITATION \$40/four sessions

Prudence Griffin, Holistic Health Therapist

Thinspiration is a revolutionary new way to lose weight.

Do you need Thinspiration to change your fat thoughts.

Open the door to your mind and let your thin self out.

Diakon - 118 South Centre Street, Pottsville

Wednesdays, 6:30 - 8 pm

#838 April 4, 11, 18, 25 Register by March 21

WHAT ARE YOU SO WORRIED ABOUT? \$25/one session

Prudence Griffin, Holistic Health Therapist

Learn an inner technique to instantly release your worry

thoughts and live at your core of peace. Release unwanted

worries about finances, health, relationships, careers, aging

and weight. Get in touch with your natural successful,

confident self and be in control of any situation.

Trinity Episcopal Church - 201 Howard Ave., Pottsville

#839 Saturday, May 12, 9 am - noon

Register by April 28

SPAVALOUS WORKHOPS

Join Donna in one or all of these delightfully fun, hands-on workshops.

\$45/one session, light lunch included

Location for all Workshops:

Pottsville Center - 201 N. Centre Street, Pottsville

THE ART OF KITCHEN MEDICINE

Donna Bryant Winston, RN, Workshop Leader

In this workshop you will become familiar with the many remedies that are available in the kitchen to help keep your family healthy. It may be surprising to learn that many food items as well as kitchen spices have medicinal properties. Their secrets will be revealed as we use cinnamon, cacao, cayenne, garlic, ginger, lemon, thyme, sage and rosemary to create exceptional "kitchen medicine". Learn how to create medicinal herbal oils and salves using several different methods. St. Johns Wort oil, Comfrey oil, Calendula oil - and how to turn your herbal oils into salves and ointments. We will create a skin/wound healing comfrey salve for skin conditions such as eczema, a warming muscle rub and a luscious lip balm.

All recipes, supplies and samples included.

#801 Saturday, February 18, 10 am - 2:30 pm

Register by February 4

EVERYDAY AROMATHERAPY

Donna Bowen, Workshop Leader

Learn how to use a few common essential oils to make simple homemade remedies for burns, digestive and respiratory issues. Participants will also have the opportunity to make their own blend of lotion.

All materials will be provided.

#840 March 10, 10 am - 2:30 pm

Register by February 25

SHARING THE SECRETS OF SOAPMAKING

Donna Bryant Winston, RN, Workshop Leader

In this delightfully fun, hands-on workshop we will discuss the history of soap and go through every step of the soap making process. Along the way we will share tips and techniques. You will learn how to incorporate herbs, essential oils and natural ingredients into luxurious handmade soaps. A goat's milk soap will be made in class and participants will leave feeling confident about making soap on their own. Workshop includes handouts, recipes and supplies!

817 Saturday, April 21, 1 - 4 pm

Register by April 7

THE IMPORTANCE OF SLEEP

Donna Bryant Winston, RN, Workshop Leader

Sleep problems affect virtually every aspect of day-to-day living, including mood, mental alertness, work performance and energy level. In this workshop Donna will describe the complex nature of sleep, the factors that can disturb sleep and most importantly, what one can do to get the sleep that they need for optimal health, using herbs and natural therapies. The second part will focus on stress reduction, relaxation, and one of life's simplest pleasures - the ancient ritual of the bath. Participants will create a relaxing massage and bath oil; and a soothing sleep pillow. All supplies and samples included.

#818 Saturday, May 19, 10 am - 2:30 pm

Register by May 5

HERBAL SKIN CARE AND SPA FACIAL

Donna Bryant Winston, RN, Workshop Leader

Discover how to create exquisite skin care products using herbs and flowers from your garden and common kitchen ingredients. Focus will be on re-creating a Spa facial in your own home. We will prepare nutritive exfoliating cleansing grains, fragrant herbal facial steams, masques, moisturizing cream and a facial toner / spritzer. The second half of class will be indulging your senses as we experience the spa facial with the products that you made. Class includes recipes, supplies and samples.

#819 Saturday, June 16, 10 am - 2:30 pm

Register by June 2

Living & Learning Open House:

Join us on Friday, February 17 to meet our instructors, sign up for classes and ask questions.

Come Live & Learn with us... enjoy refreshments and fellowship.

Location: Lori's Angels - 25 West Main Street, Sch. Haven Time: 4 - 6:30 pm

ARTS

OIL PAINTING \$50/one session
Phillip Krivenko, Instructor
Anyone can paint...you only need the desire. You will learn the techniques and secrets to completing a 16" X 20" canvas painting within a few hours.
Wednesdays, 10 am - 3 pm
#798 March 21 Register by March 7
Lori's Angels - 25 West Main Street, Sch. Haven
#799 May 2 Register by April 18
The Salvation Army/Tamaqua - 105 W. Broad St.
#800 July 11 Register by June 27
Trinity Lutheran Church - 300 W. Arch St., Pottsville

WATERCOLOR \$40/four sessions
Gary MacCreedy, Instructor
This four-week course is ideal for beginners or artists who are seeking a fresh start. Class demonstration and discussion will include wetting the paper, gradation, brushwork and composing the piece.
Tuesdays, 6:30 - 8:30 pm
#806 March 6, 13, 20, 27 Register by Feb 21
Lori's Angels - 25 West Main Street, Sch. Haven
#807 April 10, 17, 24, May 1 Register by March 27
The Salvation Army/Tamaqua - 105 W. Broad St.

BEGINNING PASTEL \$25/two sessions
Cherie Cresswell Roberts, Instructor
Learn the more refined art of working with hard and soft pastels on paper. Beginning pastel will cover the colors, beginning techniques, patterns and some very famous pastel artists.
The Salvation Army/Tamaqua - 105 W. Broad St.
#841 Mondays, April 23 & 30
9:30 - 11:30 am Register by April 9

PAINTING THE ROSE \$15/one session
Thalo Kersey, Artist
Discover how to capture the intrigue and grace of the ever elegant rose. In the process, learn how to employ watercolors' transparency to create subtle, multilayered effects.
Diakon - 118 South Centre Street, Pottsville
#842 Saturday, March 17
9:30 am - 12:30 pm Register by March 10

PYSANKY EGGS DECORATING \$20/one session
Peter Cieslokowski, Instructor
Learn the basic principles of the pysanky decorating technique. At the end of the workshop, participants will have a completed egg to take home.
Pottsville Center - 201 North Centre Street, Pottsville
#813 Saturday, March 31
10 am - Noon Register by March 14

PAINTING BUTTERFLIES \$15/one session
Thalo Kersey, Artist
Learn how to portray the delicate wings and body of the enchanting butterfly. Discover how to use watercolors' translucency to capture subtle color transitions.
Diakon - 118 South Centre Street, Pottsville
#843 Saturday, April 14
9:30 am - 12:30 pm Register by March 31

"WYCINANKI" POLISH PAPER CUTTING
Peter Cieslokowski, Instructor \$15/one session
Pottsville Center - 201 North Centre Street, Pottsville
#816 Saturday, April 21
10 am - Noon Register by April 7

PAINTING GLASS \$15/one session
Joanne Doyle, Instructor
In this workshop you will transform ordinary wine, champagne or other glass into a one of a kind keep-sake for yourself or a gift for someone special.
Diakon - 118 South Centre Street, Pottsville
#781 Tuesday, April 24
6 - 8 pm Register by April 10

SKETCHING \$15/one session
Joanne Doyle, Instructor
In this workshop you will learn to sketch with pencil, color pencils, charcoal and pastel.
Diakon - 118 South Centre Street, Pottsville
#780 Tuesday, May 1
6 - 8 pm Register by April 17

PORTRAIT PAINTING \$15/one session
Thalo Kersey, Artist
Bring one of your favorite photos to class and learn how to portray your loved ones in watercolor. Discover tips and tricks to make portrait drawing and painting easier while creating a lovely keepsake.
Diakon - 118 South Centre Street, Pottsville
#844 Saturday, May 5
9:30 am - 12:30 pm Register by April 21

DOLLAR BILL ORIGAMI \$10/one session
Thalo Kersey, Artist
Learn how to fold dollar bills into fun shapes. Use your new skills to give unique gifts or leave memorable, playful tips. Please bring your own bills!
Diakon - 118 South Centre Street, Pottsville
#845 Saturday, June 2
9:30 am - 12:30 pm Register by May 19

INTERGENERATIONAL WORKSHOPS

Join one or all of these creative, fun, hands-on workshops.
\$25/adult & child/one session, \$10 additional child. Children under 18 must be accompanied by an adult.
One adult for every three children. Cherie Cresswell Roberts, Instructor, Glenn Roberts, Percussion Discussion

EXPLORING YOUR HERITAGE!
Join us as an explorer to discover your "roots"! We will dig deep into where your family came from and what makes you who you are. We will be putting together a Family History book to include pictures, maps, recipes and keepsakes to help you tell your story.
Please bring family pictures and recipes to class.
Lori's Angels - 25 West Main Street, Sch. Haven
#850 Thursday, March 29
6:30 - 8:30 pm Register by March 15

GRANDPARENTS AND ME
Grandparents, enjoy quality time with your grandchildren while making great crafts for Spring. Imagine their surprise when you tap into your creative side and help them to discover theirs! We will be creating glass bead trivets, fancy greeting cards, interesting paper flowers and much more!
Saturdays, 10 am - noon
#846 March 10 Register by February 25
The Salvation Army/Tamaqua - 105 W. Broad St.
#847 April 21 Register by April 7
Diakon - 118 South Centre Street, Pottsville

FOOD ART
This fun class is to create masterpieces from food. Join us in making fun things like "firecrackers", tuna boats, vegetable and candy bouquets and tons more! Bring out the artist in you in a whole new way!
Pottsville Center - 201 North Centre Street, Pottsville
#849 Wednesday, March 21
6:30 - 8:30 pm Register by March 7

PERCUSSION DISCUSSION
Find your inner musician while you explore the rhythms of percussion instruments. Learn to play and use the congas, bongos, tambourine, rainstick and more.
Pottsville Center - 201 North Centre Street, Pottsville
#851 Saturday, April 14
10 am - noon Register by March 31

COMPUTER APPLICATIONS

COMPUTER FUNDAMENTALS \$30/two sessions

Jo Frable, Pottsville Location Instructor
Sally Bair, Tremont Location Instructor
This course will introduce you to all the basic concepts you need to know and make better use of your equipment. Visit our web-site for complete description.
Pottsville Center - 201 North Centre Street, Pottsville
#802 Monday, Feb 27 & Wednesday, Feb 29
6 - 8:30 pm Register by Feb 13
#803 Monday, March 26 & Wednesday, March 28
2 - 4:30 pm Register by March 12
Tremont Center - 139 Clay Street, Tremont
#857 Monday, March 12 & Wednesday, March 14
2 - 4:30 pm Register by February 27

DIGITAL PHOTO EDITING \$15/one session

Barry Long, Instructor
You've taken your pictures...now what?
During this workshop, participants will edit flawed photos taken with a digital camera. These images will be straightened, cropped, resized and corrected for contrast, color, blemishes and dark areas, preparing images for print, email and Web.
The Salvation Army/Tamaqua - 105 W. Broad St.
#852 Tuesday, March 27
6 - 7:30 pm Register by March 13

SELLING ON EBAY \$50/one session

Peggy Grant, Instructor
You will leave this workshop with enough information to create a listing to sell an item in a very short amount of time! Learn basic HTML codes that you can incorporate into your listings to add some personality, pizzazz and eye appeal to your auctions!
Saturday, 11 am - 3 pm
#808 March 10 Register by March 1
The Salvation Army/Tamaqua - 105 W. Broad St.
#809 April 14 Register by April 1
Lori's Angels - 25 West Main Street, Sch. Haven

USING SOCIAL MEDIA TO HELP YOUR BUSINESS

Wednesdays, 6:30 - 8 pm Location: Pottsville Center - 201 North Centre Street, Pottsville #856 \$50/series (three sessions) or \$20/per session
It's a brave new world out there -- marketing world that is. Facebook, Twitter, LinkedIn, Google+, Wordpress, Blogger. Using Social Media to Help Your Business shows you that the online world isn't just for telling people what you had for breakfast this morning, it's a great way to reach established and new customers.
Join Jodi Webb in one or all these Social Media workshops to help your business and/or personal media needs

FACEBOOK

Learn how to set up a Facebook account, upload photos, discuss the ways businesses/organizations can use Facebook to spread word about their business. Offer suggestions on how to get followers...both from within your business and new contacts. Also show how you can link Facebook to your blog (with a small discussion of blogs, various platforms--Wordpress/Blogger) and to Twitter.
#853 April 11 Register by March 28

TWITTER

Will help you set up a Twitter account and discuss the ways businesses/organizations can use Twitter to spread word about their business, hashtags, retweeting, shrinking links, prescheduling tweets and using Hootsuite to manage your account. Provide you with a Twitter dictionary so you can easily meet the 140 character limit for messages.
#854 April 18 Register by April 4

LINKEDIN

Discussion of LinkedIn, which is used mainly for professional contacts/networking and a new platform, Google+.
#855 April 25 Register by April 11

AARP SAFE DRIVING PROGRAM

Mahanoy City Senior Community Center
138 W. Centre Street, Mahanoy City 570-773-0738
April 11 & 12, 2012, Noon - 4 pm
Sch. Haven Senior Community Center
Rear, Main & Dock Streets, Sch. Haven 570-385-5611
May 24 & 31, 2012, 5:30 - 9:30 pm
Tremont Senior Community Center
139 Clay Street, Tremont 570- 695-3500
September 10 & 11, 2012, 12:30 - 4:30 pm
Pottsville Senior Community Center
201 N. Centre Street, Pottsville 570-628-3513
November 13 & 15, 2012, Noon - 4 pm
Shenandoah Senior Community Center
116 N. Main Street, Shenandoah 570-462-1965
November 19 & 20, 2012, Noon - 4 pm

Cost: \$12 members, \$14 non-AARP members
Payable to AARP Please call individual center to register and for more information.

PRIME TIME HEALTH WALKS

April 9, 1:30: Box Car Rocks Gold Mine, Pine Grove
April 16, 12 pm: St. Catherine's Walking Trail, Ashland
April 23, 1:30: Peddler's Grave, Shenandoah
April 30, 1:30: Spring Wildflowers, Swatara State Park
May 7, 1:30: Wolf Creek Falls, St. Clair
May 14, 10 am: Lehigh Gorge Bike Path, Jim Thorpe
May 21, 1:30 - 3 pm: Locust Lake State Park
June 2: National Trails Day
9 am: Tamaqua's Lehigh Valley & New England Trail
10 am: Weiser State Park
11 am: Sweet Arrow Lake Park
1 pm: Landingville March
June 4, 1:30: Landingville Marsh,
June 11, 1:30 pm: Tuscarora State Park
June 21, 10 am: Sweet Arrow Lake Park
August 27, 10 am: Wagner Pond, Swatara State Park
August 31, 6:30 pm: Blue Moon Walk, Sweet Arrow

Registration required.

Call Teddi, 570-624-3012 or Pati, 570-624-3020 to register, for directions or more information.

DLL CLUBS

Clubs are for socializing, advocacy, raising awareness, etc. If you share an interest in a hobby or subject with several friends, you may want to consider forming a club and Diakon can help by giving you support and a place for your new club to meet.
Give Susan a call at 570-624-3018 with your ideas and soon you may be on your way to sharing your interest with new (and old!) friends.

CAMERA CLUB:

Fellowship and fun to taking better pictures.
Meet the second Thursday evening each month, 6:30 pm. If interested call Carol 570-943-2294.
Meeting location: Schuylkill Haven Senior Community Center - Main & Dock Streets (Rear), Sch. Haven.

DIAKON COMMUNITY MINISTRIES

In addition to Living & Learning, Diakon is working to minister to as many as possible. Diakon offers a range of community-based programs within Schuylkill County. These services, a number of which are county-funded, range from senior community centers and Meals on Wheels to specialized programs that help people wind their way through today's sometimes-confusing health-care systems. Diakon also offers non-medical senior assistance through our Volunteer Home Care program. Call 570-624-3020 for more information.



Come Live & Learn with us!

“Break the Ice” Dance

Friday, March 2, 2012, 7 - 10 pm

Spring is just around the corner...
it's time to break the ice.

Warm it up at the clubhouse with “The Sensations”

Sweet Arrow Lake Clubhouse, Pine Grove

Admission: \$8 advance tickets - \$10 at the door

Ticket price includes refreshments.

Schuylkill Senior Idol

Sunday, March 25, 4 pm

We are now accepting registrations for the

2012 Schuylkill Senior Idol competition.

Auditions: Tuesday, March 13, 6:30 pm

Sovereign Majestic Theater - 209 North Centre Street

Call Susan for rules & registration information.

Sponsorships still available!

Country Dances

Friday, April 13, 7 - 10 pm

Tremont Community Building - 139 Clay Street

Admission: \$5 advance tickets - \$6 at the door

Food & Refreshments for sale - DJ Music

Saturday, April 28, 8 - 11 pm

Pine View Acres, Pottsville

Admission: \$10 advance tickets - \$12 at the door

Music by “Reckless”

Golf Clinic / Luncheon

Thursday, May 17, 10:30 am

Whether a beginner or experienced golfer,

this is a perfect opportunity for both as

Walter Tobash, PGA Golf Pro will be teaching and

reviewing all of the basics of golf.

Walt will observe your grip and stance, short game and

chipping technique as well as critique your putting game.

Following lunch, practice what you've heard and learned.

Mountain Valley Golf Course, Barnesville

Cost: \$25, lunch included, register by May 3

Spring into Summer Picnic

Thursday, June 21, 11 am - 3 pm

Join us for a fun-filled day of summertime activities
or just relax and enjoy the great outdoors.

Fishing - Hiking - Entertainment

Sweet Arrow Lake Clubhouse, Pine Grove

Cost: \$12, register by June 7

Price includes: Lunch - Drinks - Snacks

Mid-summer Night Dance

Friday, August 10, 2012, 7 - 10 pm

Dancing to the Oldies - Music by “The Sensations”

Sweet Arrow Lake Clubhouse, Pine Grove

Admission: \$8 advance tickets - \$10 at the door

Price includes refreshments

Only Once in a Blue Moon

Friday, August 31 - 6:30

Enjoy a once in a blue moon barbecue,

guided walk plus kayaking/canoeing at

Sweet Arrow Lake County Park

Waterfall Pavilion

Barbecue Cost: \$10, register by August 22

For more information and reservations call

Susan at 624-3018.

Schuylkill County's 2012

Senior Expo

Tuesday, October 16, 2012

Fairlane Village Mall, Pottsville



Sponsorships and Exhibitor

Booths available!

Cruising the Bahamas

October 28 - November 4

Join us for a spooktacular time on the high seas aboard

The Carnival Pride. Enjoy plenty of treats on this

7 day/6 night Bahamas Cruise. Transportation provided

from Schuylkill County to Baltimore.

Call for information.

Chocolate & Me

...a “Girls’ Day Out” devoted to
beautiful women of all ages!

KALEIDOSCOPE OF COLORS

Saturday, March 31, 9:30 am - 3 pm



*We promise you a
colorful Day!*

Enjoy a colorful workshops, lunch and

a scrumptious chocolate buffet.

Location: Hillcrest Hall, Minersville

To register for this “Girls’ Day Out”

send your payment of \$40 and

registration form (inside) by March 17.

1-800-621-6325

www.diakon.org/LL50

570-624-3018