

## welcome to

# Lifelong Learning

**Easy Ways to Register** 

See Page 18 for Detailed Instructions

## Register and pay online

- Visit them P-H-M Web Store at phm.revtrak.net
- Click on the "Community Education" button
- Select your class(es)
- Register for your class(es)

- · Create an account
- Make a payment using an eCheck, Discover, VISA, or MasterCard debit/credit card. There is a 3.49 percent fee for using this service.
- Receive and print your receipt

#### Phone-In

Phone in your registration **Monday–Friday from 8 a.m.–4 p.m. to 574.258.9568.** The Community Education office is **closed from 12:30–1:30 p.m.** Please have your course name and payment information ready.

#### Walk-In

You may register in person at our office located in the Educational Services Center (just north of Penn), **55900 Bittersweet Road, Mishawaka, IN.** Office hours are **Monday-Friday from 8 a.m.-4 p.m.** The Community

Education office is **closed from 12:30–1:30 p.m.** You can leave your registration form and payment with the receptionist during this time.

#### Mail-In

Fill out the registration form on page 19 and mail it with your check, money order or purchase order information.

Mail to: P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545.

#### **Payment Information**

Payment must be submitted at the time of registration. You must register BEFORE attending a class. *Instructors DO NOT accept registrations or payments*. We accept cash, check, money order or purchase order at the Community Education office. **A \$20.00 fee will be charged for processing checks returned for insufficient funds.** 

You do not need to live within the P-H-M school district to take or teach our classes.

#### **Introduction to Personal Computers**

This introductory hands-on computer class is designed for the beginning computer user who wants to acquaint themselves with personal computers and their applications. In the most basic terms you will be introduced to word processing, spreadsheets and more. You'll learn formatting, exchanging files and other basic functions. Enrollment is limited. You will need to bring a USB flash drive to each class to save your work. This course is very helpful for those with no prior experience on a computer. Prerequisite: None. Computers are provided to use during your class time.

**Dates:** Four Mondays

September 29 October 6, 13, 20 6:00 – 8:30 p.m.

Fee: \$75/\$65 senior citizens

Location: Penn High School, Room 141

Instructor: Kay Crum, experienced instructor

#### **Intermediate Personal Computers**

Know the basics, but want to learn more about how your personal computer works, then this hands-on class is for you! Learn a wide range of programs and improve your computer knowledge. This class will help you gain the confidence to move on to more complex computer programs you would like to learn. Enrollment is limited. You will need to bring a USB flash drive to class to save your work. Prerequisite: Introduction to Personal Computers or equivalent experience. Computers are provided to use during your class time.

**Dates:** Four Mondays

November 3, 10, 17, 24

**Time:** 6:00 – 8:30 p.m. **Fee:** \$75/\$65 senior citizens

**Location:** Penn High School, Room 141 **Instructor:** Kay Crum, experienced instructor

Time:

#### **Gurnee Mills Outlet Mall Bus Trip**

Gurnee Mills is the discount shoppers dream! Come spend the day shopping at the Midwest's largest value retail and entertainment mall. You'll have a great time shopping some of the almost 200 outlet stores and getting some great bargains.

Enjoy stores such as Abercrombie, Aerie, Aeropostale, American Eagle, Bass Pro Shops, Box Lunch, Buckle, Burlington, Carter's, Charlotte Russe, Crocs, Dick's Sporting Goods, Ebisu, Express, H&M, Hobby Lobby, Hollister, Hey Dude, Kohl's, Lego Store, Macy's, Macy's Backstage, Marshalls Home Goods, Maurices, Nike, Pandora, Pink, Polo Ralph Lauren, The Children's Place, Tillys, Tommy Hilfiger, Torrid, Value City, Vans, Victoria's Secret, Zumiez and more. There are food courts and restaurants like Buffalo Wild Wings and Rainforest Cafe that offer many food choices to pick from. *The bus will leave Penn promptly at 8:00 a.m. and return around 9:00 p.m.* Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to September 19 but seats may still be available after this date.

Date: One Saturday, October 18
Time: 8:00 a.m. – 9:00 p.m.
Fee: \$55 per person

**Departure:** Penn High School, north parking lot

#### **Woodfield Mall and IKEA Bus Trip**

Spend the day at the largest shopping center in the Chicagoland area. With nearly 300 of the finest stores and restaurants you can be sure you will find exactly what you are looking for at Woodfield and then take the free trolley to the IKEA which is nearby.

Enjoy stores such as Abercrombie, Aeropostale, American Eacle, Bath & Body Works, Box Lunch, Buckle, Charlotte Russe, Coach, Crocs, Dry Goods, Eddie Bauer, Express, Hollister, JcPenney, Lego Store, Macy's, Michael Kors, Nordstrom, Pink, Sephore, The Northface, Tillys, Urban Outfitters, Vans, White House/Black Market, Zumiez and more. Restaurants such as P.F. Chang's, Red Robin, The Cheesecake Factory, and many food choices to pick from.

The bus will leave Penn promptly at 8:00 a.m. and return around 9:00 p.m. Payment for this trip must be received at the time of registration. No refunds will be given after payment is received. Please try to register prior to Novemeber 7 but seats may still be available after this date.

Date: One Saturday, December 13

**Time:** 8:00 a.m. – 9:00 p.m. **Fee:** \$55 per person

**Departure:** Penn High School, north parking lot





#### **Discover Scuba**

October 9 is a one-night experience held before the scuba diving instruction course *for adults and children 10 years and older* who would like to try scuba. Take advantage of this exciting opportunity for finding out what scuba diving is all about.

Come to a question-answer session and video in the classroom before going to the pool area. Participants should also bring a bathing suit, towel and locker padlock to each class.

Date: One Thursday, October 9

**Time:** 6:30 – 9:00 p.m.

**Fee:** \$10

**Location:** Penn High School, Pool

Instructor: Hart City Scuba, Greg Stone, certified instructor

#### **Scuba Diving Instruction**

Scuba diving is fun and easy to learn and anyone in good health, reasonably fit and comfortable in the water can learn to dive. *Adults and children 10 years and older* may take this course. Course is the PADI OPEN WATER COURSE, the first level of scuba certification and your entry into the adventure of the underwater world. Course includes academics, diving in the pool where skill development will take place and actual scuba diving in an open water environment. *The course is performance based, so you will have as much time as needed for skill development*.

The academic portion begins when you are ready, so through self study you will be able to learn at your own pace. Study materials include your student kit consisting of a book. Due to the course format it is required that you contact the dive facility PRIOR to the start of class to ensure that all students have the proper study materials and paperwork. Course fee includes everything a student diver will need for completion of the course except personal equipment. Personal equipment is mask, fins, snorkel and booties. Participants should also bring a bathing suit, towel and locker padlock to each class. After registering and paying for the class, you must call Hart City Scuba at 574.264.3528.

**Dates:** Two Thursdays & Two Tuesdays

November 6, 11, 13, 18

**Time:** 6:30 p.m. – 9:30 p.m.

Fee: \$300 (includes study materials)

**Location:** Penn High School, Room 163 and Pool

**Instructor:** Hart City Scuba, Greg Stone, certified instructor



#### **Basic Fundamentals of the Golf Swing**

This class teaches the basics, which will help you with the proper grip, stance and swing. You will enjoy learning the fundamentals of the sport and also learn how to improve your game. Whether you're a beginner or an experienced golfer who just wants to take a few strokes off his/her game, this class will suit your needs. Discussion will be held during class on some necessary and optional equipment needs.

The first class will last 90 minutes. All other classes will be 60 minutes in length. <u>Driver only is required.</u> For those without clubs, Michiana Golf can supply you with the necessary equipment. Class is designed for adults and children 16 years and older.

**Dates:** Five Mondays

September 29

October 6, 13, 20, 27

**Time:** 6:00 – 7:00 p.m.

**Fee:** \$90

**Location:** Michiana Golf Academy

1915 N. Merrifield, Mishawaka, IN

Instructor: Don Wiseman, GSED

#### Scoring Shots

Mastering the short game is one of the most challenging aspects of golf. Join Don for a five-week course on chipping, putting, lob shots and sand shots. *This program is intended for anyone, beginner or experienced, who is looking to improve their game*. *Please bring putter, pitching wedge and 7 iron to class*. For those without clubs, Michiana Golf can supply you with the necessary equipment. *Class is designed for adults and children 16 years and older*.

**Dates:** Five Mondays

September 29

October 6, 13, 20, 27

**Time:** 7:30 – 8:30 p.m.

**Fee:** \$90

**Location:** Michiana Golf Academy

1915 N. Merrifield, Mishawaka, IN

Instructor: Don Wiseman, GSED

#### **Cardio Drumming at Bittersweet**

Cardio drumming combines dance and rhythm for fun, highenergy workouts, which can be described as a combination of drum line and modern dance. Unlike many other workout activities, cardio drumming never gets dull. In addition to hitting the ball in syncopation, you click the sticks in the air, jump and run in place and many other moves you will replicate in all different types of songs and genre'. All fitness levels are welcome. If your are not able to stand for long periods of time, you can also drum sitting down.

Participants should bring (a 65-75cm) fitness ball, a (16-24 gallon) bucket and drumsticks to each class. Also bring a water bottle and wear comfortable athletic clothing and athletic shoes. Class is designed for adults and children 13 years and older may enroll with an adult. Class meets two nights a week for a total of 20 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/22, 10/27 & 11/26

**Dates:** Twenty Mondays/Wednesdays

September 29

October 1, 6, 8, 13, 15, 20, 29 November 3, 5, 10, 12, 17, 19, 24 December 1, 3, 8, 10, 15

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$55

**Location:** Bittersweet Elementary School, Gym

Instructor: Cheryl Burnett, experienced fitness instructor

#### **Zumba at Elm Road**

Zumba is a Latin-inspired dance-based fitness program that combines cardio and international music designed to help you dance your way fit! With dance moves set to upbeat music that encourages participants to move to the beat while getting a great work out and having fun too. Class is suitable to people of all ages and fitness levels, and can target the core, legs and glutes.

Participants should bring a water bottle and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events. No class on 10/21

**Dates:** Ten Tuesdays

October 7, 14, 28 November 4, 11, 18, 25 December 2, 9, 16

**Time:** 6:15 – 7:15 p.m.

Fee: \$40

**Location:** Elm Road Elementary School, Gym **Instructor:** Nicole DeWitt, certified instructor



#### Mindful Movement at Elm Road

Mindful movement is a fusion of yoga and Pilates that focuses on body awareness, mobility, flexibility, and relaxation. This class will focus on breathing techniques, core strengthening and overall flexibility. A great fitness program with easy to follow moves you will be able to follow easily.

Participants should bring a water bottle, towel, mat, and wear comfortable clothing and athletic shoes with low tread to each class. Instructor may ask you to bring other props you may need to help you in some of the poses ie: straps, block or bolsters. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/30, 11/6 & 11/27

**Dates:** Eight Thursdays

October 9, 16, 23 November 13, 20 December 4, 11, 18

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$35

**Location:** Elm Road Elementary School, Gym **Instructor:** Nicole DeWitt, certified instructor

#### **Kettlebells at Elsie Rogers**

Learn how to use a kettlebell and what a kettlebell can do for you and what muscles it works. You'll also learn to use other fitness equipment and techniques. Kettlebells work the whole body and also the core to build a strong midsection. Whether you want to increase lean muscle mass, tone up your muscles, or lose weight you can increase your overall fitness and burn up a lot of calories doing hard intensity workouts and see quick results. Does not stress the joints while providing both cardio and strength training.

Participants should bring a water bottle, towel and wear comfortable clothing and athletic shoes to each class as kettlebells are provided. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events. No class on 10/21

**Dates:** Ten Tuesdays

October 7, 14, 28 November 4, 11, 18, 25 December 2, 9, 16

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$40

**Location:** Elsie Rogers Elementary School, Gym **Instructor:** Julie Dozier, certified instructor

#### **Kettlebell Step at Elsie Rogers**

A kettlebell step class combines the high-energy movements of step aerobics with the functional strength training of kettlebells. It's a dynamic workout that includes stepping up and down on a platform, combined with kettlebell exercises like swings, squats, and rows to provide a full-body workout. Improves cardiovascular fitness, strength and coordination.

All fitness levels are welcome.

Participants should bring a water bottle, towel and wear comfortable clothing and athletic shoes to each class as kettlebells and steps are provided. Class is designed for adults and children 16 years and older. Class meets one night a week for a total of 8 classes. Class is not held on a few dates due to school closings or prior scheduled events. No class on 11/6 & 11/27

**Dates:** Eight Thursdays

October 16, 23, 30 November 13, 20 December 4, 11, 18

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$35

**Location:** Elsie Rogers Elementary School, Gym **Instructor:** Julie Dozier, certified instructor

#### Yoga at Northpoint

Learn yoga fundamentals emphasizing breathing techniques and postures. You will learn the fundamentals of mindful breathing, proper postural alignment to build strength and flexibility, stress reduction and relaxation. Learn how yoga props, such as blocks can help modify poses to accommodate individual needs and abilities. The class is designed for all fitness levels and body types.

Participants should bring a yoga mat, yoga strap, blanket or towel, and a water bottle and wear comfortable clothing and athletic shoes to each class. Class is designed for adults and children 16 years and older. Class meets two nights a week for a total of 20 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/22, 10/27 & 11/26

**Dates:** Twenty Mondays/Wednesdays

September 29

October 1, 6, 8, 13, 15, 20, 29 November 3, 5, 10, 12, 17, 19, 24 December 1, 3, 8, 10, 15

**Time:** 6:15 – 7:15 p.m.

**Fee:** \$55

**Location:** Northpoint Elementary School, Gym **Instructor:** Lauren Plennert and Valli Raman,

certified instructors

#### Water Aerobics/Agua Groove at Penn

This fun water exercise class focuses on both cardiovascular and strength benefits. Whether you're trying to maintain your current level of fitness or reach a new level, the benefit of training in water makes our aqua workouts safe without impact to the joints. Even people who suffer from arthritis may want to give this class a try!

Class may use resistance tools that include water weights and noodles. Because of their low-impact format, aqua aerobics classes are suitable for every fitness level and is a very popular way to exercise for seniors, people who are overweight and those who are recovering from injury.

Participants should bring a water bottle and a locker padlock. Water shoes/water belt are optional. Class is designed for adults, and children 12 years and older may enroll with an adult. Class meets two nights a week for a total of 20 classes. Class is not held on a few dates due to school closings or prior scheduled events. Locker rooms should be open at 7:30 p.m. No classes on 11/25, 11/27, 12/4 & 12/9

**Dates:** Twenty Tuesdays/Thursdays

September 30

October 2, 7, 9, 14, 16, 21, 23, 28, 30 November 4, 6, 11, 13, 18, 20 December 2, 11, 16, 18

**Time:** 7:45 – 8:40 p.m.

Fee: \$65/\$60 for senior citizens
Location: Penn High School, Pool

**Instructor:** Nicci DeWitt, certified instructor

#### **PLYOGA Fitness at Prairie Vista**

Are you looking for a fun new workout? PLYOGA might be just for you! PLYOGA is a 4-part interval training system that uses the benefits of fundamental and accelerated yoga as an active recovery for plyometric (reactive) movement. Accelerating, strengthening and stabilizing your fitness at any level. Achieve more balance and flexibility using no equipment that can be done anywhere. Is suitable for people of all ages and fitness levels, from beginners to athletes.

Participants should bring a yoga mat, water bottle and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events. No class on 10/27

**Dates:** Ten Mondays

September 29 October 6, 13, 20 November 3, 10, 17, 24

December 1, 8 6:30 – 7:30 p.m.

**Fee:** \$40

Time:

**Location:** Prairie Vista Elementary School, Gym **Instructor:** Cameron Lykowski, certified instructor

#### **Zumba at Prairie Vista**

Zumba is a Latin-inspired dance-based fitness program that combines cardio and international music designed to help you dance your way fit! With dance moves set to upbeat music that encourages participants to move to the beat while getting a great work out and having fun too. Class is suitable to people of all ages and fitness levels, and can target the core, legs and glutes.

Participants should bring a water bottle and wear comfortable clothing and athletic shoes with low tread to each class. Class is designed for adults and children 15 years and older. Class meets one night a week for a total of 10 classes. Class is not held on a few dates due to school closings or prior scheduled events. No classes on 10/22, 11/26

**Dates:** Ten Wednesdays

October 1, 8, 15, 29 November 5, 12, 19 December 3, 10, 17

**Time:** 6:30 – 7:30 p.m.

**Fee:** \$40

**Location:** Prairie Vista Elementary School, Gym **Instructor:** Cameron Lykowski, certified instructor

#### **Cardio Drumming at Walt Disney**

Cardio drumming combines dance and rhythm for fun, high-energy workouts which can be described as a combination of drum line and modern dance. Unlike many other workout activities, cardio drumming never gets dull. In addition to hitting the ball in syncopation, you click the sticks in the air, jump and run in place and many other moves you will replicate in all different types of songs and genre'. All fitness levels are welcome. If your are not able to stand for long periods of time, you can also drum sitting down.

Participants should bring (a 65-75cm) fitness ball, a (16-24 gallon) bucket and drumsticks to each class. Also bring a water bottle and wear comfortable athletic clothing and athletic shoes. Class is for adults and children 12 years and older may enroll with an adult. Class meets one night a week for a total of 6 classes.

**Dates:** Six Thursdays

October 2, 9, 16, 23, 30

November 6 6:15 – 7:15 p.m.

Fee: \$30

Time:

**Location:** Walt Disney Elementary School, Gym

**Instructor:** Cheryl Burnett, experienced fitness instructor

#### Women's Self Defense

Learn about the combat mind-set of "Mama Bear" mentality in this very important class. Learn solutions to being vigilant and aware of surroundings and how to escape common grabs, choke holds, attacks and how to counter attack in order to get away. Learn where to strike specific pressure points and other vulnerable areas of the body.

Participants should wear athletic, comfortable clothing and athletic shoes. Please do not wear any jewelry to class. Bring a water bottle and small towel to each class. Class is designed for adults and children 14 years and older.

Choose one of the sessions offered.

**Dates: SESSION 1**— One Thursday, October 9

**SESSION 2**— One Thursday, November 6

Time: 6:30 – 8:30 p.m.

Fee: \$20 (per class session)

**Location:** Elsie Rogers Elementary School, Gym **Instructor:** Jim Niedbalski, Policeman, experienced

instructor

#### Salsa Sauces and Tortilla Basics

Want to learn to make the best salsa ever? Come learn in this fun class some tricks and different ingredients that can make that happen. We will work on guacamole, salsa roja, salsa verde, pico de gallo and various chile sauces. Learn about different peppers, their varying flavors and levels of hotness. Struggling to get tortillas that don't fall apart, we can help with that too!!!

All materials are included. Class is designed for adults and children 16 years and older may enroll with an adult.

Choose one of the sessions offered.

**Dates: SESSION 1** — One Wednesday, October 8

**SESSION 2** — One Wednesday, November 19

Time: 6:30 – 8:30 p.m.

Fee: \$25 (per class session)

Location: Penn High School, Room 134

Instructor: Amy Lara, certified instructor



#### **Basic Home Canning**

Have you always canned? Learn the basics of safely canning your own foods in these fun one day hands-on class. Learn food safety while canning your vegetables and fruits in their peak seasons. Understand the difference and importance of water bath and pressure canning. Learn what can and cannot be canned and how each must be processed for safety. Come learn the many tricks the instructor has to share! We will make jam, jelly & juice in class and you will take samples home with you.

All materials are included. Bring a sack lunch and a towel to take warm canning jars home. Class is designed for adults and children 16 years and older may enroll with an adult.

Date: One Saturday—October 11
Time: 8:00 a.m.- 2:00 p.m.

**Fee:** \$65

**Location:** Penn High School, Room 134 **Instructor:** Amy Lara, certified instructor

#### **Holiday Sides**

We will make in this hands-on class some classic holiday side dishes, just like Grandma use to make. Real mashed potatoes, gravy from scratch, fresh stuffing, corn casserole, green bean casserole (no cans of soup allowed!), and then also learn how to make fresh cranberry sauce too. Bring your own storage container to take home some of the extra yummies we are making in class. All other materials are included. Class is designed for adults and children 16 years and older may enroll with an adult.

Choose one OR both of the sessions offered.

Dates: SESSION 1/Veggies — Monday, October 13

SESSION 2/Starches— Wednesday,

October 15

**Time:** 6:30 – 8:30 p.m.

Fee: \$25 (per class session) or \$45 for both

**Location:** Penn High School, Room 134 **Instructor:** Amy Lara, certified instructor

#### **Italian Pasta Sauces**

In this fun hands-on class learn how to make marinara, alfredo, pesto and more! We will also cook some pasta that is perfectly al dente. Use the bounty from your garden to make fresh marinara sauce for spaghetti and other pastas and to make easy alfredo sauce just like the restaurants.

Bring your own storage container to take home some of the extra yummies we are making in class. All materials are included. Class is designed for adults and children 16 years and older may enroll with an adult.

**Date:** One Wednesday—December 3

**Time:** 6:30 – 8:30 p.m.

Fee: \$25

**Location:** Penn High School, Room 134 **Instructor:** Amy Lara, certified instructor

#### **Soup Basics**

Learn in this hands-on class the basics of making any soup and how to put your own spin on your favorite recipe! We will make Zuppa Toscana, broccoli & cheese, roasted tomato and more.

Bring your own storage container to take home some of the extra yummies we are making in class. All other materials are included. Class is designed for adults and children 16 years and older may enroll with an adult.

Date: One Wednesday—December 10

**Time:** 6:30 – 8:30 p.m.

Fee: \$25

**Location:** Penn High School, Room 134 **Instructor:** Amy Lara, certified instructor





#### **Card Making**

Handmade cards are a joy to make and send. You'll be surprised how easy it is to make them in this fun new class! Feel empowered as you learn how easy it is. Make 12 cards with envelopes at each session, covering a variety of topics and styles. Learn simple skills and tricks, adding your own personal touch to your creations.

Use of tools are furnished at the class. You will purchase supplies from the instructor at each class. Your supply fee will be \$25 per session-payable to the instructor at the class. Class is designed for adults and children 13 years and older may enroll with an adult. No experience is necessary.

Choose one OR both of the sessions offered.

Dates: SESSION 1 — Wednesday, October 8

SESSION 2— Wednesday, October 15

**Time:** 6:00 – 8:30 p.m.

Fee: \$20 (per class session) or \$35 for both sessions

(Additional \$25 supply fee per session)

**Location:** Penn High School, Room 168 **Instructor:** Kay Crum, experienced instructor

#### **Digital Photo Organization**

Wherever your photos are — boxes, totes, phone, computer, tablet, camera, cloud? You know it's just a matter of time before photo chaos becomes a huge frustration, if it hasn't happened already. Feel empowered as you learn how easy it is to safely protect, organize and edit your images. Find any photo with ease! Learn the training and tips to accomplish this important task.

Bring your laptop to class (<u>PC only</u>-not suitable for Apple). Also bring about 50 digital photos on a flash drive to class. Photos on a camera or phone, bring your camera/phone cord that connects to your computer. The class fee includes a 30-day trial copy of the software that can be downloaded on your personal computer.

**Dates:** Three Wednesdays

November 5, 12, 19

**Time:** 6:00 – 8:30 p.m.

**Fee:** \$50

**Location:** Penn High School, Room 168 **Instructor:** Kay Crum, experienced instructor



#### **Making a Quilt**

A great class for beginners, you will learn the basics of quilt making and make a 34" x 23" quilted wall hanging. We will explore many pattern techniques and all the steps to complete the quilt.

Sewing machines will be available to use during class or you may bring your own to each class. Class supplies and fabric requirements will be sent in an email by the instructor before the class starts. You will need to bring some basic sewing supplies to all the other classes: fabric, pins, scissors, thread, cutting mat, rotary cutter and interfacing. Prerequisite: Basic sewing knowledge. Class meets one night a week for a total of 8 classes. Class is designed for adults and children 16 years and older may enroll with an adult.

**Dates:** Eight Tuesdays

September 30 October 7, 14, 21, 28 November 4, 11, 18

**Time:** 7:00 – 9:00 p.m.

**Fee:** \$55

**Location:** Penn High School, Room 131

**Instructor:** Becky Szeles, experienced instructor



#### **Chalk Creations with Cheryl**

Join this fun workshop and make a keepsake sign or other home decor using silk screen transfers and chalk paste. Various designs will be available at each class session, so no two keepsakes will be the same. Sign up for one or both class sessions! Inspirational, seasonal and other themed transfers will be available to use during the class. You will purchase supplies from the instructor at each class. Your supply fee with the instructor will be \$15 per session. Supply fee is payable to Cheryl at the class. Class is designed for adults and children 13 years and older may enroll with an adult. No experience is necessary. Wear clothing that is OK to get messy or bring a paint shirt.

Choose <u>one</u> or both of the sessions offered.

**Dates: SESSION 1** — One Wednesday—

October 8

**SESSION 2** — One Wednesday—

November 19

**Time:** 6:30 – 8:30 p.m.

Fee: \$15 (per class session) or \$25 for both sessions

Location: Penn High School, Room 164

**Instructor:** Cheryl Walsh, experienced instructor

#### **Chalk Creations for Parent and Child**

Join this fun parent and child workshop and make a keepsake project or wall decor using silk screen transfers and chalk paste. Various designs will be available at the class. Themed transfers will be available to use during class. You will purchase supplies from the instructor at the class. Your supply fee with the instructor will be \$20 per 1 parent and 1 child. Additional child(ren) enrolled will have a supply fee of \$10 per child. Supply fee is payable to Cheryl at the class. Class is designed for adults and children 10 years and older enrolled together. No experience is necessary. Wear clothing that is OK to get messy or bring a paint shirt.

**Date:** One Wednesday, November 19

**Time:** 6:30 – 8:00 p.m.

Fee: \$20 for 1 parent and child

\$10 for each additional child (Additional \$20 supply fee)

**Location:** Penn High School, Room 164

**Instructor:** Cheryl Walsh, experienced instructor



#### **Art Adventures for Young Children**

This class is designed for younger children, aged five to eight years old who will be introduced to drawing and painting techniques and to the joys of making art. What could be more fun than working in a variety of media to create drawings and paintings of fun things like animals, landscapes and buildings and more. All materials are included. Wear clothing that is OK to get messy or bring a paint shirt.

**Dates:** Three Tuesdays

September 30 October 7, 14

**Time:** 6:10 – 7:10 p.m.

Fee: \$40 (supplies included)

Location: Bittersweet Elementary School,

Room to be determined

**Instructor:** Amy Prince, experienced Art teacher

#### **Art Explorations for Young People**

This class is designed for children *aged nine to eleven years old* and provides an introduction to drawing and painting techniques including color theory and perspective. Students will use a variety of materials including crayons, colored pencils, watercolors and chalk pastels. Various projects will include animals, landscapes and buildings with both drawings and paintings as the finished projects. Instruction geared to the interests and the experience of the students who enroll. *All materials are included. Wear clothing that is OK to get messy or bring a paint shirt.* 

**Dates:** Three Tuesdays

September 30 October 7, 14 7:15 – 8:15 p.m.

**Time:** 7:15 – 8:15 p.m.

Fee: \$40 (supplies included)

**Location:** Bittersweet Elementary School, Room to be determined

**Instructor:** Amy Prince, experienced Art teacher

#### **Baby-Sitting Basics**

This fun hands-on class is designed to prepare you for the responsibilities that come with child care. Class includes activities to keep children busy, safety, answering land line phones and the door, choking and rescue breathing, and more. You will also learn about setting fees, looking for baby-sitting jobs and common courtesies involved in baby-sitting. Class is designed for boys and girls 11-15 years of age who are interested in baby-sitting. Students should bring a doll or stuffed animal for diaper practice skills during class. A snack is provided. A certificate of achievement will be awarded to each student upon successful completion of all class requirements.

Date: One Saturday, October 11
Time: 8:00 a.m. – 12:30 p.m.
Fee: \$40 (Snack is provided)

**Location:** P-H-M Educational Services Center,

55900 Bittersweet Rd, Mishawaka, IN 46545

Use Main Front Entrance

**Instructor:** Linda Meeks, R.N., experienced instructor









### **COMMUNITY EDUCATION NEEDS YOU!!**

P-H-M Community Education is always looking for fresh, new classes to offer to the community! It is very easy to do this! Have a hobby or something your great at such as meal planning or baking/cooking a traditional dish? Share this love with others by teaching others through Community Education.

Call the P-H-M Community Education office at 574.258.9568 or email jforkner@phm.k12.in.us

Learn how you can teach a class or share your dream class ideas! It's great for the community and rewarding for the instructor.





## **Breakfast with Santa 2025**



Saturday, December 6
Show times are:
8 a.m., 9:30 a.m.,
11 a.m. and 12:30 p.m.
at Bittersweet Elementary School
\$8 for all tickets

## **Program Information**

- First enjoy a dazzling "Laser Holidays" show in the state-of-the-art P-H-M Arthur M. Klinger Planetarium.
- You will then eat a child-friendly breakfast prepared by P-H-M Food Service.
- Finally a personal visit with Santa. Be sure to bring your camera or phone to take pictures.

#### **Ticket Information**

Ticket sales begin on Monday, November 3, 2025 at 10 a.m. Tickets will only be available online on a first-come, first-served basis. Space is limited to 100 participants per time slot. Once all tickets are sold, all sales end. The program is for Kindergarten through 3rd grade students only and all children must be accompanied by an adult. Each person attending must purchase a ticket.

**To purchase tickets** on November 3, go to **phm.revtrak.net** and click on the Breakfast with Santa button, create an account (if you do not already have a Revtrak account), order your tickets and pay with an eCheck, Discover, VISA or MasterCard credit or debit card. There is a 3.49% fee for using this service. **Ticket sales open at 10 a.m. on November 3.** Tickets will then be mailed to you from the Community Education office prior to the event.

There will be no refunds and tickets will not be available at the door.

If you have any questions about the program, please call 574.258.9568 or email jforkner@phm.k12.in.us.

## **Program Sponsored by**

The P-H-M Community Education Department and P-H-M Arthur M. Klinger Planetarium

## WINTER FITNESS CLASS SCHEDULE

Winter fitness classes will be offered in January and February 2026. **Registration begins on November 10.** Class fees and schedules could change prior to November, so please check online information in late October.

On November 10 or after call 574.258.9568 to register by phone or go online to **phm.revtrak.net** and click on Community Education classes. To register in person come to the P-H-M Educational Services Center, 55900 Bittersweet Road, Mishawaka, IN or mail your registration form and payment(checks payable to PHM Community Education) to 55900 Bittersweet Rd, Mishawaka, IN 46545. Registration hours are from 8 a.m. to 12:30 p.m. and 1:30 to 4 p.m., Monday-Friday. Payment must be received at the time of registration.

#### **BITTERSWEET ELEMENTARY SCHOOL**

#### Cardio Drumming-14 classes

Mondays & Wednesdays, 6:15-7:15 p.m.

January 5, 7, 12, 14, 21, 26, 28 and February 2, 4, 9, 11, 18, 23, 25

Cost-\$55

#### **ELM ROAD ELEMENTARY SCHOOL**

#### Zumba-6 classes

Tuesdays, 6:15-7:15 p.m.

January 6, 13, 20 and February 10, 17, 24

Cost-\$30

#### Mindful Movement-6 classes

Thursdays, 6:15-7:15 p.m.
January 8, 15, 22, 29 and February 19, 26
Cost-\$30

#### **ELSIE ROGERS ELEMENTARY SCHOOL**

#### Kettlebells-7 classes

Tuesdays, 6:15-7:15 p.m.

January 6, 13, 20, 27 and February 3, 10, 17

Cost-\$35

#### **NORTHPOINT ELEMENTARY SCHOOL**

#### Yoga-13 classes

Mondays & Wednesdays, 6:15-7:15 p.m.

January 5, 7, 12, 14, 21, 26, 28 and February 2, 4, 9, 11, 18, 25

Cost-\$50

#### **PENN HIGH SCHOOL**

#### Water Aerobics-9 classes

Tuesdays & Thursdays, 7:45-8:40 p.m. January 8, 20, 22, 27, 29 and February 5, 10, 12, 17 Cost-\$45/\$40 Senior Citizen

#### PRAIRIE VISTA ELEMENTARY SCHOOL

#### **PLYOGA Fitness-6 classes**

Mondays, 6:30-7:30 p.m. January 5, 12, 26 and February 2, 9, 23 Cost-\$30

#### Zumba-7 classes

Wednesdays, 6:30-7:30 p.m.
January 7, 14, 21, 28 and February 11, 18, 25
Cost-\$35

## P-H-M Community Education WINTER— Walk-in/Mail-in Registration Form \*\*\*WINTER Registration starts Monday, November 10, 2025\*\*\*

itv			Zip
			ne#
			Fac
			Fee
			Fee
Vinter Fitness Class			Fee
			Total Enclosed
ayment Method:	Cash-Receipt #	Check#	Money Order #_
P-H-M Com ***WI	munity Education W NTER Registration <u>s</u>	/INTER— Walk-in/N tarts Monday, Nove	Mail-in Registration Fember 10, 2025***
***WI lame	munity Education W NTER Registration <u>s</u>	/INTER— Walk-in/N tarts Monday, Nove	Mail-in Registration Fember 10, 2025***
P-H-M Com ***WI lame address	munity Education W NTER Registration <u>s</u>	/INTER— Walk-in/N tarts Monday, Nove	Mail-in Registration Fember 10, 2025***
P-H-M Com ***WI lame Address City Cell Phone #	munity Education W NTER Registration <u>s</u>	/INTER— Walk-in/Ntarts Monday, Nove	Mail-in Registration Fember 10, 2025***  Zip
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P-H-M Com ***WI lame address lity lell Phone #	munity Education W	/INTER— Walk-in/Ntarts Monday, Nove	Mail-in Registration Fember 10, 2025***  Zip
P-H-M Com  ***WI lame  address  city  cell Phone #  mail  Vinter Fitness Class	munity Education W	/INTER— Walk-in/Ntarts Monday, Nove	Mail-in Registration Fember 10, 2025***  Zip ne # Fee
P-H-M Com  ***WI lame  Address  Cell Phone #  Cemail  Vinter Fitness Class	munity Education W	/INTER— Walk-in/Ntarts Monday, Nove	Mail-in Registration Fember 10, 2025***  Zip ne # Fee
P-H-M Com  ***WI lame  Address  Cell Phone #  Cemail  Vinter Fitness Class	munity Education W	/INTER— Walk-in/Natarts Monday, Nove	Mail-in Registration Fember 10, 2025***  Zip  ne #  Fee  Fee

## **Finding Your Way Around P-H-M**

#### **Bittersweet Elementary School Classes**

Bittersweet School is located directly behind the Educational Services Center just north of Penn High School on Bittersweet Road between Jefferson and McKinley Avenue. **Use the main entrance(A) for all classes.** 

#### **Elm Road Elementary School Classes**

Elm Road School is located on Elm Road just south of Dragoon Trail in Mishawaka. **Use entrance F (to the right of the main entrance) for all classes.** 

#### **Elsie Rogers Elementary School Classes**

Elsie Rogers School is located on Currant Road just south of McKinley in Mishawaka. **Use entrance F (to the right of the main entrance) for all classes.** 

#### **Northpoint Elementary School Classes**

Northpoint is located on Cherry Road just north of State Road 23 near Adams Road in Granger. (Mary Frank Elementary School is to the southeast of Northpoint Elementary School.) **Use entrance A/Main entrance for all classes.** 

#### **Penn High School Classes**

The entrances for some of the community education classes at Penn will be from the Jefferson side parking lot (using entrance K for cooking, computer and quilting classes).

Parking is available in the parking lot in front of the school for the scuba, water aquacize and the art/chalk classes. **Participants may park in the north lot and enter directly into the pool and gymnasium area** (Entrance D) at the north end of the building.

#### **Prairie Vista Elementary School Classes**

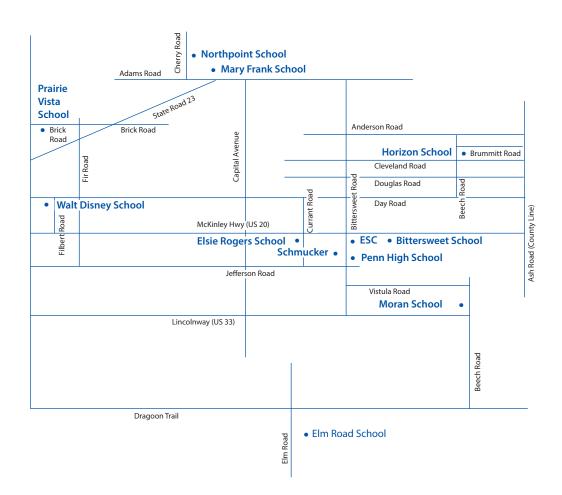
Prairie Vista is located on Brick Road between Fir and Gumwood Roads in Granger. **Use entrance A/Main entrance for all classes.** 

#### **Walt Disney Elementary School Classes**

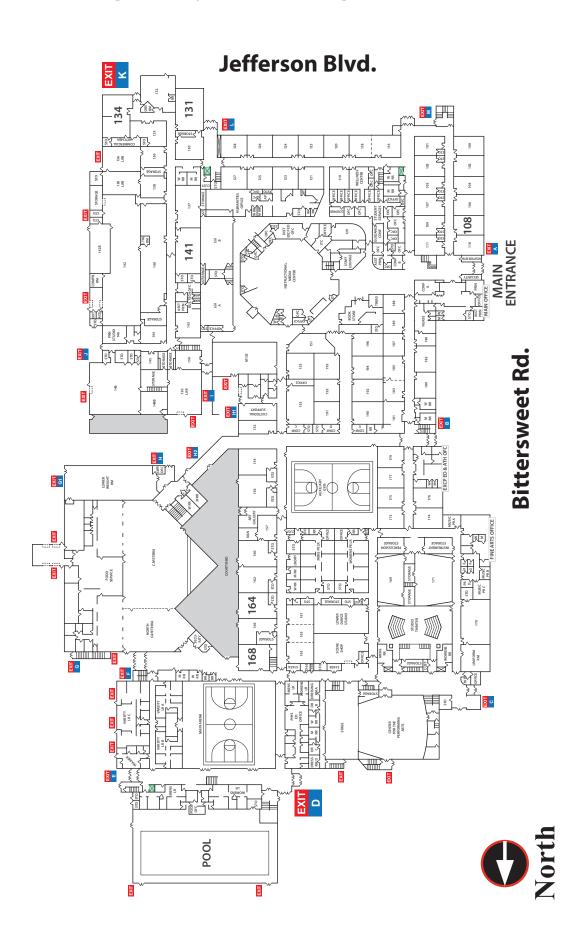
Walt Disney Elementary School is located at the corner of Filbert and Day Road. **Use Entrance C (enter off of Day Road and go behind the school to enter) for all classes.** 

#### Still confused?

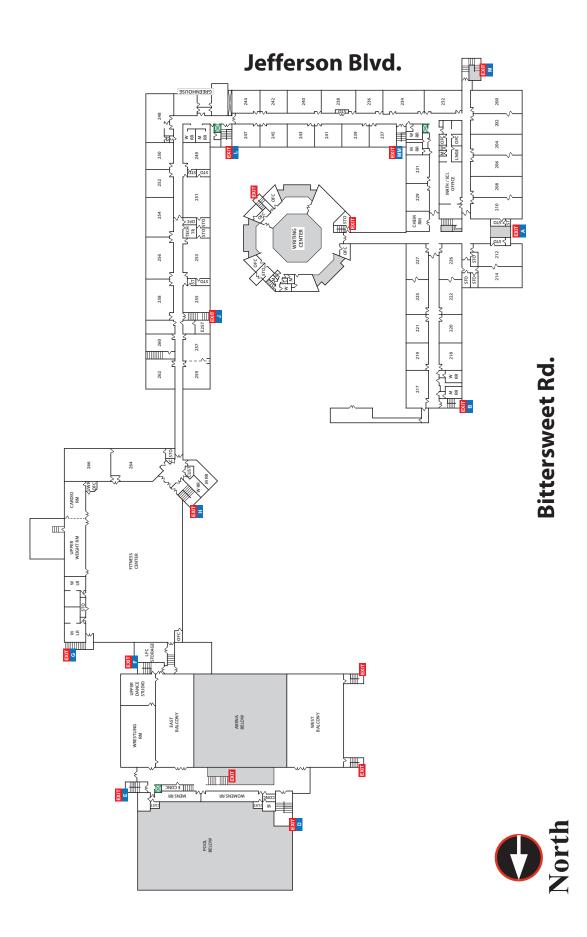
Feel free to call the Community Education office at 574.258.9568 between 8:00 a.m. and 4:00 p.m. for more details.



## Finding Your Way Around Penn High School—First Floor



## Finding Your Way Around Penn High School—Second Floor



## **Registration Information**

#### **Online Registration and Payments**

#### **Online Registration**

- Visit the P-H-M Web Store at phm.revtrak.net
- Click on the "Community Education" button
- Select your class(es)
- Register for your class(es)
- Create an account
- Make a payment using an eCheck, Discover, VISA, or MasterCard debit/credit card. There is a 3.49 percent fee for using this service.
- Receive and print your receipt

#### **Phone-In Registration**

Phone in your registration **Monday–Friday from 8 a.m.–4 p.m. to 574.258.9568.** The Community Education office is **closed from 12:30–1:30 p.m.** Please have your course name and payment information ready.

#### Walk-In Registration

You may register in person at our office located in the Educational Services Center (just north of Penn), **55900 Bittersweet Road, Mishawaka, IN.** Office hours are **Monday–Friday from 8 a.m.–4 p.m.** The Community Education office is **closed from 12:30–1:30 p.m.** but you can leave your registration form and payment with the receptionist during this time.

#### **Mail-In Registration**

Fill out the registration form on page 19 and mail it with your check, money order or purchase order information. **Mail to:** P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545.

#### **Payment Information**

**Payment must be submitted at the time of registration.**We accept cash, check, money order or purchase order at the

Community Education office. **Instructors DO NOT accept registrations or payments.** A \$20 fee will be charged for processing checks returned for insufficient funds.

#### When Can I Register?

Registration begins immediately! Registrations are processed on a first-come, first-served basis. You may register until the day before a class begins. Due to a minimum number of students necessary for classes to be held, we encourage you to sign up early. You must register and pay <a href="mailto:before">before</a> attending a class or bus trip. Instructors can not accept registrations or payments as all registrations and payments are thru the Community Education office.

#### **Confirmation**

You will only hear from us if there is a change in your class time or day or if a class is cancelled. You may call 574.258.9568 to verify receipt of your registration. Online registrants will receive a confirmation email at the completion of their registration.

#### What if a class is full?

SIGN UP EARLY! Class size is limited. If the class you want to take is full, place yourself on the online wait list.

Online registrants will receive a registration confirmation email or that they have been placed on the wait list. If an opening occurs, we will contact you. If you mail a registration and the class is full, we will notify you.

#### Changes

Every effort is made to ensure the accuracy of the information presented in this brochure. All classes, instructors and locations are subject to change or deletion.

#### **Cancellation/Refund Policy**

The P-H-M Community Education office reserves the right to cancel classes due to insufficient enrollment. If a class is cancelled, registered students will be notified in advance and a refund check will be mailed.

If you withdraw from a class **before the first class**, you will receive a **refund minus a \$10.00 registration fee**.

If you withdraw from a class <u>after the first class</u>, you will receive a course credit minus a \$10.00 registration fee.

No course credits or refunds will be given to students withdrawing *after the second class* or after a one session class. Classes are not prorated.

All bus trips are non-refundable. Book fees and supply fees are refundable only to the specified date stated in the brochure description.

#### Refunds

Refunds for fees paid by cash, check and credit cards may take up to 3–4 weeks to process and a refund check is mailed to you. Online service fees are not refunded.

#### Discounts

We offer senior citizen discounts on a couple of our classes. **Seniors must be at least 55 years of age.** You will receive this same discount by registering online.

#### **Inclement Weather**

Classes are held *unless* the P-H-M School Corporation closes schools during the day due to inclement weather or because of a regularly scheduled school holiday or recess day. Area radio and TV stations may carry such notices.

If weather conditions occur late in the day making classes questionable, please feel free to call our office **574.258.9568** or visit our website at **www.phmschools.org** for more information.

Every effort will be made to provide class status information on voice mail or email if the office is closed. Participants will be called only in special circumstances such as teacher illness or emergency. **On questionable inclement weather days,** you should check your email for information we might provide to you to let you know whether classes are being held.

## **Online Registration and Payments**

## **Instructions for Enrolling in Community Education Classes**

- 1 Visit our Web Store at phm.revtrak.net
- 2 Click on the Community Education Classes button on the home page
- 3 Select the category your class is under (e.g. Computers, Arts and Crafts, Fitness, etc.)
- 4 Then, select the class name from the class list



#### **Advanced Kettlebells at Elsie Rogers**

Advanced Kettlebells at Elsie Rogers Learn more hard intensity workouts with kettlebells and other fitness equipment and techniques. Kettlebells work the whole body and also the co...

**Advanced Kettlebells at Elsie Rogers WINTER 16-17** 

Date: 1/10/16-2/21/17 Day(s):

Time: 6:05p-6:50p Price: \$35.00

- 5 After clicking into the class you will need to select the Click Here to Register link
- 6 First-time users create an account or returning users login
- After creating an account, you will need to select the participant from the following page. You may also add a new person if they are not currently set up in your account

Note: The name of the selected participant MUST be the name of the person attending the course

- In order to continue registration you must answer all required fields before either clicking Check Out or Continue Shopping at the bottom of the registration page
- 9 If you choose Continue Shopping to add additional registrations to your Shopping Cart, simply select the Go To Check Out button when you have finished all necessary registrations. Note: Your Shopping Cart can be found on the left side of your screen in the Navigation Bar
- 10 At the **Shopping Cart** page, you will need to verify all billing information for accuracy then click Complete Order
- 11 Make payment using a eCheck, Discover, VISA or MasterCard debit or credit card. Payment will be processed and a receipt can be viewed and printed
- 12 When you are finished, Logout





## P-H-M Community Education Fall 2025 — Walk-in/Mail-in Registration Form

Name			
Address			
City		State	Zip
Cell Phone #		Alternate Pho	ne#
Email			
For children's class(	es), please list parent's names		
Child's Age	_Current Grade for 2025-2026 s	school year	
Course Name			Fee
Course Name			Fee
Course Name			Fee
			Total Enclosed
Payment Method:	Cash-Receipt #	Check#	Money Order #
			Mail-in Registration Form
Name			
Address			
City		State	Zip
Cell Phone #		Alternate Pho	ne #
Email			
For children's class(	es), please list parent's names		
Child's Age	_Current Grade for 2025-2026 s	school year	
Course Name			Fee
Course Name			Fee
Course Name			Fee
			Total Enclosed
Daymont Mothods	Carlo Danatus II	Charle#	Money Order #

Make checks payable to: P-H-M Community Education

Mail forms to: P-H-M Community Education, 55900 Bittersweet Road, Mishawaka, IN 46545



## Penn-Harris-Madison Community Education Fall Class Information and Schedule, Breakfast with Santa and Winter Class Information

Welcome to Penn-Harris-Madison Community Education. Enclosed you will find Fall class information, as well as Breakfast with Santa and Winter Class information This brochure offers new class opportunities for personal enrichment, fitness and recreation, entertainment. Please call our office at 574.258.9568 or email jforkner@phm.k12.in.us if you have any questions about our classes or to register with a credit or debit card by phone. You can also go to **phm.revtrak.net** and register and pay online or you can mail your registration or come to our office to register and pay.

Computers		Special Interest		Maps		
Introduction to Personal Computers	2	Women's Self Defense	6	Finding Your Way Around	14	
Intermediate Personal Computers	2	Salsa Sauces and Tortilla Basics	7			
		Basic Home Canning Class	7			
<b>Bus Trips</b>		Holiday Sides-NEW		Registration Forms & Information		
Gurnee Mills Outlet Mall Bus Trip	3	Italian Pasta Sauces-NEW	7	Registration Information	17	
Woodfield Mall IKEA Bus Trip	3	Soup Basics-NEW	7	Online Registration Information	18	
Wooding Wall MEX Bas Imp	3	Card Making	8	P-H-M Fall Registration Form	19	
Recreation		Digital Photo Organization	8			
	2	Making a Quilt	8			
Discover Scuba	3	Chalk Creations with Cheryl	8			
Scuba Diving Instruction	3					
Basic Fundamentals of the Golf Swing	4	Children and Teens		You	do not	
Scoring Shots	4	Chalk Creations for Parent and Child	9	need to live within the P-H-M school d	istrict	
Fitness		Art Adventures for Young Children	9	to take or teach our c	lasses.	
	4	Art Explorations for Young People	9			
Cardio Drumming at Bittersweet	4	Baby-Sitting Basics	9			
Zumba at Elm Road	4					
Mindful Movement at Elm Road	5	<b>Community Information</b>				
Kettlebell at Elsie Rogers	5	Community Information	10			
Kettlebell Step at Elsie Rogers-NEW	5	P-H-M Breakfast with Santa Information				
Yoga at Northpoint	5	P-H-M Winter Class Schedule	12			
Water Aerobics/Aqua Groove at Penn	5		13			
PLYOGA Fitness at Prairie Vista	6	P-H-M Winter Registration Form	15			
7 la a at Dualula \/!ata						