



CACE

P O BOX 353
Mountain Top, PA 18707

SPRING 2023 CLASSES

Backyard Beekeeping Basics

Kenneth E. Lasoski, Beekeeper

If you have been interested in beekeeping and not yet started, this is the class for you. We will cover all of the basic fundamentals related to the hobby including the benefits of beekeeping, what you need to know to get started including costs and what materials you need to get started. At the end of this class, you will have everything you need to know to start your own bee hive!

- **FACEBOOK PAGE:** PA state beekeepers association/Luzerne County Beekeepers
- **WHEN:** 3 Tuesdays, beginning April 4, 6 to 8 pm (Room 26)
- **FEE:** \$30

Basic Self Defense for Women

Alyssa Cost-Byrne, Master Alyssa Cost-Byrne, Owner Healing in the Cards

Alyssa, a master rank and longtime instructor in Karate as well as a black belt in Aiki Jitsu and a black belt in Eagle Claw Kung-Fu will be teaching the basics of self-defense in this two hour course. Important safety tips will be gone over to help teach you to stay out of and recognize danger as well as techniques to help you escape danger should you find yourself in it. The style of self-defense taught does not require physical strength but rather the understanding of body mechanics. Please come dressed in comfortable clothing that can be moved in, sensible shoes and with long hair tied back, a water bottle is also encouraged.

- **FACEBOOK & INSTAGRAM PAGE:** Healing in the Cards
- **WHEN:** One on Monday April 3, 6 to 8 pm (MS Cafeteria)
One on Monday May 1, 6 to 8 pm (MS Cafeteria)
- **FEE:** \$10

Applications must specify WHICH NIGHT you will attend or your space will not be reserved.

Basics of Drawing

Liz Revit - Professional Artist & Art Educator

This course is designed to help students develop their observational skills and drawing techniques using graphic sketching pencils and various references. Students will develop an understanding of the form and shape of objects using light source and shadow to define dimensions, and they'll learn methods to create drawings based on the laws of linear perspective, which create depth of field and proportion. No prior drawing experience is required. E-mail Liz at earevit@aol.com for materials list.

- **WHEN:** 4 Thursdays, beginning March 30, 6 - 8:30 pm (HS Art Room)
- **FEE:** \$50

Basketball (Monday)

Rich Bases & Larry Barnes, Coaches

This is pick-up, full court recreational basketball with no officiating. Teams will be chosen each night. Bring both a dark and a white shirt or jersey. For processing, your registration form must include contact info and specify the day you wish to attend.

- **WHEN:** Mondays, beginning March 13, 8 to 10 pm (Middle School & HS GYM)
- **FEE:** \$55

Applications must specify WHICH NIGHT you will attend! The School is closed April 10.

Basketball (Thursday)

Rich Bases & Larry Barnes, Coaches

This is pick-up, full court recreational basketball with no officiating. Teams will be chosen each night. Bring both a dark and a white shirt or jersey. For processing, your registration form must include contact info and specify the day you wish to attend.

- **WHEN:** Thursdays, beginning March 16, 8 to 10 pm (Middle School & HS GYM)
- **FEE:** \$55

Applications must specify WHICH NIGHT you will attend! The School is closed April 6.

Beginner Knit Cowl

Lisa Stuart / Owner, Thimbleberry Yarn, White Haven

Introductory class. Knit your own me-made cowl in this learn to knit class. You will learn to cast-on, knit, bind-off, and seam.

- **FACEBOOK PAGE:** [thimbleberry yarn & craft](#)
- **INSTAGRAM PAGE:** [@thimbleberry_makes](#)
- **WHEN:** 4 Tuesdays, beginning March 14, 6 to 7:30 pm (Room 27)
- **FEE:** \$30 **MATERIALS FEE:** \$20

PLEASE make separate check for material fee payable to "Lisa Stuart."



Beginner's Introduction to Macrame

Denise Weiss, Amateur Crafter

This course will cover the basics of Macrame and explain knotting techniques. An initial exercise will be to create a knotting sampler, to enable you to understand the terminology and see how different knots are used to create a pattern. The remaining hours will be spent creating a basic plant hanger. The cord color will be a neutral tan.

- **WHEN:** 1 Tuesday on April 11 and 1 Thursday on April 13, 6 - 8 pm (Room 27)
- **FEE:** \$20 **MATERIALS FEE:** \$15

Registration must be received by March 22 to allow time for purchasing of materials.

PLEASE bring a check for materials payable to "Denise Weiss" on the first night of class



Beginning Birding

Alan and Bonnie Yuscavage, Greater Wyoming Valley Audubon Society

Birding has become one of the most popular of hobbies in the last few years as many look for outdoor activities to alleviate stress and increase activity. This course is designed to help beginning birders make sense of how to identify birds, utilize tools to help the user learn more about them and discover birding hotspots.

- **FACEBOOK PAGE:** <https://www.facebook.com/gwvas.org/>
- **WHEN:** 2 Tuesdays, beginning April 4, 7:00 to 9:00 pm (Room 5)
- **FEE:** \$20 **MATERIALS FEE:** \$20

PLEASE make separate check for material fee payable to "GWVAS"

Gentle Yoga for Everybody

Tracy Cornelius, Owner Positive Vibes, RYT-200

Gentle Yoga for Everybody. This gentle slow mindful paced yoga will allow you the chance to bring awareness back into the body and familiarize yourself with the practice of yoga. This class is perfect for all levels. Please bring your own mat and water, also if you have your own yoga strap and block.

- **FACEBOOK PAGE:** www.facebook.com/positivevibes.tmc
 - **WHEN:** 4 Wednesdays, beginning April 5, 6 to 7:15 pm (Wrestling Room)
 - **FEE:** \$25
-

Intro to the Chakras and Make Your Own Chakra Bracelet

Lisa Molendini, RYT-200 and co-owner, Stella Blue Creations

You've heard about the chakras, but what in the world actually are they?! Join local yoga instructor and voracious crafter Lisa Molendini for this workshop, where we will learn about each of the seven chakras, or energy centers within us all according to the ancient Eastern wisdom. Then we'll enjoy a brief guided meditation focused on activating each chakra to help achieve a balanced state of energy in the body. Students will then have the opportunity to string together their very own bracelet using lava stones and various semi-precious crystals and gemstones to represent each chakra.

- **FACEBOOK PAGE:** Stella Blue Creations, Yoga Flow with Lisa Mo
- **INSTAGRAM PAGE:** [@stellabluecreations](#), [@lisamoyoga](#)
- **WHEN:** One Tuesday, April 11, 6 to 8 pm (Room 24)
- **FEE:** \$10 **MATERIALS FEE:** \$15

PLEASE make separate check for material fee payable to "Lisa Molendini"

Introduction to Crystals

Alyssa Cost-Byrne, Owner Healing in the Cards

This course is geared toward those who are curious about crystals and their ability to support and contribute to our lives energetically. Intended for beginners, we will cover basic crystals and their meanings, how to choose your crystals, care for them, ways to incorporate them into daily life and more. Learn how to use the energetic vibration of one of Earth's precious gifts to subtly change the energy around you. This class will include handouts and a crystal for you to take home.

- **FACEBOOK PAGE:** www.facebook.com/Healing in the Cards/
- **WHEN:** 1 Monday March 13, 6 to 8 pm (HS Library)
- **FEE:** \$10 **MATERIALS FEE:** \$5

PLEASE make separate check for material fee payable to "Alyssa Cost-Byrne"

Painting with Watercolors

Liz Revit - Professional Artist & Art Educator

Whether you're a beginner or you already have experience working with watercolors, this class is designed to further your painting abilities through the use of demos and individualized attention. The instructor will work with each student providing guidance and step-by-step instructions needed to create beautiful watercolor paintings. This class is for students of all levels who are interested in learning about color, composition, materials, and techniques. E-mail Liz at earevit@aol.com for materials list.

- ▶ **FACEBOOK PAGE:** www.facebook.com/LizRevitArtStudio
- ▶ **WHEN:** 6 Tuesdays, beginning March 21, 6 - 8:30 pm (HS Art Room)
- ▶ **FEE:** \$75

Spirituality-Mindfulness-Meditation: A-Z

Nora D'Ecclesis, Author

How does a society - or an entire civilization, for that matter - cope with the stressors that have been building up during the last few years? Frustration, anger, pain and even hatred seem to be running rampant. The practice of mindfulness and meditation will be presented to explain why one should consider a spiritual practice. This course will follow the book: Zen Rohatsu by the instructor.

- ▶ **WHEN:** 4 Wednesdays, beginning March 29, 6 - 7:30 pm (Room 4)
- ▶ **FEE:** \$30 **MATERIALS FEE:** \$5

PLEASE make separate check for material fee payable to "Renaissance Presentations, LLC"

NOTE: The first class will be in person at the school to collect the class materials, the 4 subsequent classes will be held on ZOOM. A device with internet service is necessary to take this class.

St. Patty's Sip and Stitch

Lisa Molendini, RYT-200 and co-owner, Stella Blue Creations

Hand embroidery is a fun and relaxing hobby. Join local yoga instructor and voracious crafter Lisa Molendini for this workshop, which will feature step-by-step instruction in basic stitching techniques to guide you through the completion of a St. Patrick's Day themed embroidery hoop project, perfect for gifting (or keeping all to yourself!). Class will be enjoyable for beginners or experienced stitchers alike. As we work on our projects, we'll enjoy sampling a variety of hot teas, **so be sure to bring your favorite mug and tea diffuser. Students should also bring a pair of scissors.** All other materials will be provided.

- ▶ **FACEBOOK PAGE:** Stella Blue Creations, Yoga Flow with Lisa Mo
- ▶ **INSTAGRAM PAGE:** [@stellabluecreations](https://www.instagram.com/stellabluecreations), [@lisamoyoga](https://www.instagram.com/lisamoyoga)
- ▶ **WHEN:** 1 Tuesday on March 14 and 1 Thursday on March 16, 6 - 8 pm (Room 24)
- ▶ **FEE:** \$20 **MATERIALS FEE:** \$20

PLEASE make separate check for material fee payable to "Lisa Molendini"

Stress Less: Developing Your Personalized Plan for Self-Care

Magen Washilewski, Executive Director, NAMI Luzerne Wyoming Counties

We all experience stress at varying levels & it is brought on for numerous causes & impactful life changes. This presentation seeks to teach participants how to identify causes of stress, cultivate stress-management techniques and learn mindfulness practice. By learning to act mindfully we can attain numerous benefits: one of these is the reduction of stress's impact on our lives. Identifying the activities and behaviors that best aid us personally in developing a self-care routine that works for us independently will result in an increased feeling of overall well-being. These simple life-skill building practices can aid in stress reduction and cultivate good mental health coping mechanisms. We will discuss the drastic differences that may exist when comparing self-care practices among different individuals. From meditation to kick boxing, self-care plans should be unique to everyone, however, the resulting achievement is the same: increased health and wellness of the practitioner.

- ▶ **WHEN:** 1 Tuesday on March 28, 6 - 8 pm (Room 5)
- ▶ **FEE:** \$10

Understanding Nutrition

Dr. Candice G. Dutko, DNP, OPEX CCP, PN-1, GGS-1

Coach Candice of Achieve Wellness & Fitness will educate on the basics of nutrition. Attendees will learn more about macronutrients: protein, carbohydrates, and fats. The importance of micronutrients will also be reviewed. Basic lifestyle guidelines for improving overall health will be discussed. Strategies for implementation to help set people up for success will be provided. Attendees will receive handouts in the class with the information not discussed in the session. In addition, following attendance in the class, participants will receive a free personalized nutrition guide via email.

- ▶ **FACEBOOK PAGE:** Achieve Wellness & Fitness
- ▶ **INSTAGRAM PAGE:** [@achieve.wellness.nepa](https://www.instagram.com/achieve.wellness.nepa)
- ▶ **WEBSITE:** www.achievethefitnessandwellness.com
- ▶ **WHEN:** 1 Thursday, March 30, 6 - 7:30 pm (Room 4)
- ▶ **FEE:** \$7.50 **MATERIALS FEE:** \$10

PLEASE make separate check for material fee payable to "Dr. Candice G. Dutko"

Welcoming Worms into Your Home, Garden & Heart

Tammi Smith, Instructor

Vermicomposting is the use of worms to break down organic matter into a beneficial fertilizer and soil amendment. It is also a sustainable technique in which to reduce food and organic waste from the home. In this class you will learn: basic earthworm biology; benefits of and approaches to composting with worms; and building your own worm "farm" (both self-contained & in the ground); as well as, screening and adding worm castings to your garden.

- ▶ **WHEN:** 2 Mondays, beginning on March 13, 6 to 8 pm (Room 24)
2 Mondays, beginning on April 24, 6 to 8 pm (Room 24)
- ▶ **FEE:** \$20 **MATERIALS FEE:** \$15

PLEASE make separate check for material fee payable to "Tammi Smith"

Applications must specify WHICH DATES you will attend or your space will not be reserved.



Crestwood School District

Crestwood Board of Education | Mountain Top, PA

C A C E
Board

Robin Golden, Coordinator
Marcia Thomas, Registrar
Erica Connell, Volunteer
Denise Weiss, Volunteer

Linda Kiesel, Volunteer
Tracy Cornelius, Volunteer
Joann Ready, Volunteer

Registration Information

CACE welcomes anyone 18 years or older to attend any course in our adult division. Unless otherwise indicated, courses are held at Crestwood High School, located on Route 309 in Mountain Top, PA.

PLEASE NOTE: Each class selection requires a separate check – please print class title on check memo. If a materials fee is required for a course, **make a separate check to the instructor.**

MAIL REGISTRATION: Checks for course fees must be made payable to “Crestwood School District” and must be mailed To **CACE, PO Box 353, Mountain Top, PA 18707.**

Please submit one check for each course. If the course requires a **materials fee** in addition to the course fee, that is a separate payment and those checks should be made **payable to the course instructor**. No post-dated checks will be accepted.

EMAIL: caceregistrar@gmail.com or coordinatorcace@gmail.com and we will send a registration form to you as an email attachment, to download, print, and mail.

CRESTWOOD SD WEBSITE: Access form for download at csdcomets.org. On Homepage scroll down to “Headlines & Features” and look for CACE Brochure. Form must be printed and mailed.

FEES: There is a \$35 charge for returned checks.

HARD COPIES: Printed brochures are available at the Kirby Library and the Post Office lobby in Mountain Top; and the Post Office lobbies and public libraries in White Haven, Freeland, and Conyngham.

REFUNDS: Refund requests must be **received no later than 5 days prior to the first class**; a credit will be issued for requests occurring after that time. No refunds or credits will be given on any one-night course or after the start date of any class. An administrative fee of \$10 will be deducted from each refund or credit. If CACE cancels a class the full tuition will be refunded.

SCHOOL CLOSINGS: If Crestwood Schools are closed for any reason or dismissed early due to inclement weather, CACE classes will not be held. Make-up CACE classes will be held the week immediately following the last scheduled class of each course. If in doubt, call Robin at 570-578-0170.

NOTE: CACE reserves the right to change instructors or cancel courses. **Your contact info is required to register!! Valid phone numbers are mandatory for an acceptable registration form.** Your cancelled check is your receipt. No receipts will be mailed. Registration forms must be received no later than one week prior to the first class. Contact Marcia at 570-868-3797 or caceregistrar@gmail.com if you have questions regarding class availability.

**PLEASE CHECK OUT CACE ON FACEBOOK.
THERE ARE NO CLASSES ON APRIL 6 & 10, 2023**

CACE Spring 2023 Registration Form

THIS INFORMATION IS REQUIRED TO REGISTER!

Name: _____ Phone: _____

E-mail: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

Course Title: _____ Fee: _____ Material Fee: _____ Check #: _____

PLEASE Include separate checks payable to “Crestwood School District” for each course; and make a separate Material Fee check, payable to the instructor, if the course requires it.

MAIL REGISTRATION FORM AND CHECK(S) TO: CACE, PO BOX 353, MOUNTAIN TOP, PA 18707