

Wilkins School Community Center
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WSCC

WILKINS SCHOOL COMMUNITY CENTER

Early Spring Program 2010

You are Invited to a Birthday Bash!

March 20th 7:30PM at the WSCC

Come and celebrate the 31st birthday of the WSCC. Listen to live music, cabaret songs and jazz standards while sipping champagne and wines selected by Chris Forbes, our ever-popular wine tasting series instructor. Dave Green and Cunningham Cakes will be surprising us with special birthday cakes. Tickle your palate with tasty savories and sweets. Socialize with friends and neighbors, and meet new people. Families are welcome. Children can decorate their own birthday cupcakes! Bid in our Silent Auction. Tickets purchased in advance by March 12th are \$20.00 for adults, \$5.00 for children 7 and up. Children 6 and under enter free of charge. Tickets at the door will be \$25.00 and \$7.00. All proceeds will be used to support the WSCC Accessibility Fund. For more information call 412 244 8458 or send an email to wscppgh@yahoo.com. It will be even more fun if you are there!

Book donations are now being accepted for Book Sale

Please donate your books to us. Books can be drop off in the lobby of the center. If it is a large donation, we can arrange a pick up. Last year we recycled over 2000 books via the sale. Tax receipts for your donation can be provided upon request. We regret we cannot accept textbooks, encyclopedias or magazines. All books not sold will be donated to a local literacy program.

Annual WSCC Book and Plant Sale in May

Plan to visit the Annual Book and Plant Sale this May, where most books are priced at \$1.00 and many are only fifty cents. This is the place to stock up on summer reading and paperbacks for the bus rides to work. Come to stock your vegetable gardens, there will be a wide variety of organic vegetable plants for purchase. Get there early to get first dibs on the very reasonably priced flowering hanging baskets and flats of annuals that will be for sale. If we are lucky, Marge Mimless will open her yummy café serving good coffee and pulled pork sandwiches, and other delights. This is one of our most popular events. All proceeds will be used to support the WSCC Accessibility Fund. Date to be announced, either the weekend of May 15th or May 22nd (which ever weekend the RSCA yard sale is going to be held).

Book Discussion Group Join us the first Thursday of every month. For March 4th: "Foreskin's Lament" by Shalom Aulander (Memoir). For April 8th "Testimony of an Irish Slave Girl" by Kate McCafferty (Novel). For more information or future selections, call Bonnie Egli at (412) 351-4540. Donation \$1.

Mental Health Book Club, *Psychology* Meets the second Sunday of each month at 3:00pm-5:00pm. On February 14th:

"Delivered from Distraction; Getting the most out of life with Attention Deficit Disorder" by Edwards M. Hallowell and John J. Ratey. The selection for March 14th: "The Day the Voices Stopped: A Schizophrenic's Journey from Madness to Hope" by Ken Steele and Claire Berman. \$2.00 attendance fee.

Wine Classes

The next series of wine classes is listed to the right, and the cost of each class is listed with the description. Class size is normally limited to 20, so to ensure a place please send your registration with a check as soon as possible (first checks take precedence)-- but no later than the Saturday before each class to:
Wilkins School Community Center,
7604 Charleston Ave.
Pgh, PA 15218-1265
Please also include a phone number in case we have to delay or cancel a class for weather or other reason. Please note: A class reservation is not made until a check is received. We are sorry but because of a history of no-shows we cannot hold a space via email or phone. A refund or credit will be made if a cancellation is received in good time.

Northern Rhone Reds

Tuesday, March 9, 2010

With the exception of 2002 the last decade in the northern Rhone produced some very fine wines. We'll review several vintages, back to the 1998s and 1999s which should be peaking, and some younger ones still getting there. \$25

Zinfandels

Tuesday March 16, 2010

Fans of Zinfandels may worry a little about their rising alcohol levels, but with so many styles and wineries in a wonderful array of regions they otherwise have lots to be thankful for, and we'll cover more than a few! \$25

Spanish Whites

Tuesday April 6, 2010 (Note the 2-week gap)

Spain's white wines are based increasingly on popular international grapes, but there are still a huge variety of wines based on traditional grapes like Albariño, Verdejo and Godello. We'll taste a good sampling. \$20

All classes are led by Chris Forbes and begin at 7:00 PM. For inquiries call Patty at 412-244-8458, or you can email her at wscppgh@yahoo.com

Aikido Kokikai

Mon & Wed: 8:15 -9:30 PM, Sat. 7:15-8:30 AM (7 Weeks)

Aikido works with the momentum and reflexes of an attacker as an effective method of self-defense well-suited for people of all ages and sizes. Practice develops your grace, confidence, and stamina; it's also fun! Wear loose-fitting clothing. The instructor is Barbara Litt. \$40 (1 day/week), \$55 (2 days), \$65 (3 days)

NEW! Total Body Makeover

Mon and Wed 7:00-8:00AM | \$70.00

Spring is right around the corner and it's not too late to get your body in shape for summer. Led by the "First Lady of Fitness" Jackie O., this class will combine body sculpting, flexibility and balance exercises to tone, sculpt, and burn calories to help you create a beach-ready body. The class will also

focus on common "trouble spots" - the back of the arms, thighs and the abdominals. The routines range from squats, lunges to ab crunches and planks. Instructor Jackie Omotalade is a certified personal trainer. Preregistration by February 23rd is required for this class.

Yoga Flow

Mon. 5:30-6:30PM | \$45.00

Yoga Flow is perfect for both beginners and more advanced students. Based in Hatha yoga, students will move through a series of linked postures to create a moving meditation. Both modifications and challenges will be offered to accommodate varying skill levels. The emphasis of this class will be on creating mindfulness while building strength and flexibility.

Continuing Yoga | Tues: 7-8:30 PM | \$45

This class is for those who have some experience with the basics and who wish to deepen and expand their understanding of Yoga. We will incorporate greater breath awareness and longer holds of classical Yoga postures. With instructor Debbie Buff.

Walk-Ins \$10

Watercolor | Tues. 3:00-5:30PM | \$45

Experienced watercolor teacher, Marci Mason, leads this class for all levels of painters who would like to improve their technique. If you don't have supplies, buy a beginner's watercolor kit.

Silver & Fit Systems | Thurs. 10:00-10:30AM

Men and woman age 55 and over can come and maintain a healthy level of fitness and flexibility in this fun class. For more information call the Mulberry Senior Center at 412 241-7560.

T'ai Chi Ch'uan | Classes begin the week of January 4
 Beginner's classes: Mondays @ 12:15PM; Thursdays @ 10:15AM; Saturdays @ 12:00 NOON
 Tuition: \$120/ 10 week session / one class per week.
 T'ai Chi Ch'uan is an ancient Chinese exercise consisting of a series of soft, fluid movements, designed to promote good health and well being. Sometimes described as "meditation in motion", it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. Young and old, male and female, "couch potato" and athlete - everyone can benefit from T'ai Chi!
 Stan and Patty Swartz offer new classes for beginners and continuing classes at various levels. Call Stan & Patty @ 412.421.8580 or visit www.swartztaichi.com for complete schedule.

Karate | Mon. & Tues.
 Beginner's Class (Kids 8 & up): 6:00-7:15; Adults: 7:15-8:30 PM
 Come join a true traditional Karate style. It teaches self-discipline, self-control, and self-confidence and is fun for parents and kids. We have been at this location since 2001. Beginner's classes Mon.-Wed. 6--7:15 and 7:15--8:30, \$50 a month, Special rates for families that join together. Contact Kevin Terry at (412) 370-4696 or karatekevin10007@cs.com.

Beginning Yoga
 Fri. 11.00am-12.30AM \$45.00 | (Walk-in fee \$10.00)
 This classical Hatha Yoga style class develops flexibility and relaxation progressing from pre Yoga poses to basic Yoga poses. Students with no experience and returning students with some experience are appropriate. The instructor is Debbie Buff.

New Class! Capoeira Angola
 Children's Class: Fri. 6.00-7.00PM
 Adult Class: Fri. 7.00-9.00PM
 Capoeira Angola is an Afro-Brazilian martial art that combines dance movements, acrobatics, fighting, music, history and philosophy. Enslaved Africans from the Bantu region of Africa brought the movements of Capoeira Angola to Brazil, disguising the martial elements of Capoeira Angola by adding music and singing. Please contact Eric Biesecker at (202) 841-7813 or rise423@gmail.com Please see our website at <http://www.negogato.org/>.

Salsa I- Beginner Level
 Wed. 6:00-7:00 PM | \$48
 This introductory class will cover the fundamentals of Salsa dancing including learning to dance in time with salsa rhythm, basic foot work, simple turns and patterns, and proper lead/follow technique. Singles and couples welcome. Contact Connie Durning to register at conniedurning@comcast.net.

Salsa II- Beginner/Intermediate Level Wed. 7:00-8:00 PM
 This class is designed for those dancers with some previous salsa experience. Singles and couples welcome. \$48

Argentine Tango | Classes held Mar 7, 14, 28, Apr 11, 18, 25
 No partner required. 8 participant minimums. The fee for the entire six week session is \$60/person for either course if prepaid or \$75 at the door. For more information or to register, call (412)661-2480 or visit <http://www.pittsburghtangueros.org/classes.html>

Tango M101 | Sun. 4:00-5:30 PM
 Learn to express tango music while connecting in the tango embrace. Learn tango etiquette, the walk, rock-step turns, ochos, the cross, ocho cortado and vals. For beginners as well as for those who want to polish their tango foundation. Strong emphasis on the connection required for the milonguero style of close embrace.

Tango M102 | Sun. 5:30-7:00 PM
 An advanced beginner class that builds on Tango 101. It continues the emphasis on milonguero technique and examines topics like axis of rotation, the cross-foot system, the cruzada, and the molinete. Students develop their musicality and are introduced to milonga music and dance. For those who have satisfactorily completed the Tango 101 course, or have comparable skills in close embrace.

Tango M201 | Sun. 7:00-8:00 PM
 Explore cool corridas, creative cruzadas, challenging cambios, hot cortados, pensive planeos, and basic boles. This class emphasizes how to fit those patterns to the music and includes four weeks of tango, one week of vals, and one week of milonga. Students should be comfortable with a milonguero embrace, but be prepared to open it up. [Prerequisites: Tango 102, or ability to execute in a close embrace: ocho cortado, left and right molinetes, back ochos, cross.]

Silver & Fit Powered Zumba | Tuesday 10:00-10:30AM
 If you like to dance, come and join the fun dancing your way into fitness. This class is designed for men and women age 55 and older. For more information, call the Mulberry Senior Center at 412 241-7560

Zumba
 Monday & Wed. 7-8:00 \$32 (1 day a week), Drop-in Session \$6.
 Zumba is back with Tara Kennedy. Zumba combines high-energy and motivating music with unique moves and combinations that allows the Zumba participants to dance away their worries. Zumba is a fusion of Latin and International music. Participants should wear basic sneakers- not running shoes and bring water and a towel. Zumba classes do not break for the six week term but run each week unless otherwise noted by the instructor.

NEW! Hand-building with Clay
 Thursdays March 3- April 7 10:30AM-12 Noon | \$80.00
 Fee includes all materials, tools and firings. Learn hand-building techniques such as pinch, coil and slab to create your own wind-chimes, tiles, treasure boxes, as well as cover glazing techniques. Class size limited to 6 participants. Send check to: Beth Magyan, 1474 Park Boulevard, Pittsburgh, PA 15216 (412)-388-0287 for questions. Preregistration by February 23rd is required for this class.

NEW! Clay for Beginners (ages 6+)
 Saturdays March 6- April 10 10:30AM-12Noon | \$80.00
 Fee includes all materials, tools and firings. Learn hand-building techniques such as pinch, coil and slab to create your own wind-chimes, tiles, treasure boxes and more! This six-week class will also cover glazing techniques. Class size limited to 6 participants. Send check to: Beth Magyan, 1474 Park Boulevard, Pittsburgh, PA 15216 (412)-388-0287 for questions. Preregistration by February 28th is required for this class.

Egyptian (Oriental) Style Belly Dance Class
 Mon. 7:00-8:15PM | \$65
 Nawal has been dancing and performing in the Egyptian-style of bellydance for 10 years and has taken classes and workshops with some of the foremost nationally and internationally known dancers and choreographers. This class will include stretching exercises to warm up, basic belly dance drills and clear instruction on the basic movements. Please contact Nawal at miacnor@aol.com or telephone 412-298-6871 to sign up for this class.

Mulberry Art Group: Painting in Acrylics
 Explore color, value, composition and technique. Learn to look at the world around you in new and exciting ways. Absolutely no art experience needed. All supplies are included in tuition.

Early Spring Class Schedule:
 Inspired by the Masters:
 Van Gogh "Fields": Thurs, Feb. 4 & 11, 1:00-2:45 | \$15.
 Martin Johnson Heade (19th Century American)"Spring": Thursdays, Mar. 11 & 18, 1:00-2:45 | \$15
 For more information call Mulberry at 412-241-7560 or the instructor, Francine, at 412-871-5491.

Children's Classes
Music Together : Music Together is a nationally recognized early childhood music and movement program that encourages family music making and developing musical skills. This class is offered at a variety of times. Taught by Karen Sloneker, more information is available at www.mtfirstnotes.com or phone (412) 441-5098.

Mini-Classes
Indian Cooking with Kiren Randhawa Thursday March 11 7:00 PM | \$20.00
 Join Kiren for a fun evening learning how to prepare traditional vegetarian Indian dishes. Feast on your culinary creations at the end of the evening. The evening's menu includes: Red Bean Curry (Rajma) or Vegetarian Chilli (Rajma is the Indian name for the dish), Paneer (Indian homemade cheese), Paneer Makhani (paneer in a creamy sauce), potatoes with dry spices, and mixed vegetable raita (yogurt salad). Preregister for this class by March 4th.

Origami Flowers Mon. March 8, 15, and 22, 10:30AM-12 Noon | \$50.00
 Fee includes all tools and materials. Learn the Japanese art of paper folding in this three-week class to create a variety of flowers. Flower arrangement will also be discussed. Send check to: Beth Magyan, 1474 Park Boulevard, Pittsburgh, PA 15216 (412)-388-0287 for questions. Preregistration by March 1st is required for this class

Kids in the Kitchen Cookie Pot Bouquets Tues. March 23 6:30PM | \$15
 For Little Chefs ages 8-14. It's not too early to plant your cookie garden and have flowers pop up for spring. Decorate cookies on a stick and learn to assemble them in a clay pot to form a cookie pot bouquet. Supplies included. Parents welcomed. Preregistration is required by March 15th.

Edward Jones Financial Advisor to Host Financial Workshop
 March 3rd-31st Weds. 6:30PM-8:30PM | \$30 materials fee
 Edward Jones Financial Advisor Deborah Hughes of Regent Square will host a "Financial Workshop for the Individual Investor." The 5-week workshop will assist individuals in setting financial and investment goals, whether working or retired. Preregistration is required for this class by February 16th. For more information, or to reserve your seat, contact Deborah Hughes deborah.hughes@edwardjones.com or call 412-242-1075.

Totes and Other Bags
 Wednesday, March 10 7-8:30PM | \$20.00
 If you leave your tote in the car rather than taking it in the grocery store come and learn to make one so pretty you will be proud to take it with you. You will learn to use canvas tote from the fabric store or create your own. First class will be demonstration and patterns. If you are interested, second class will be a work session.

Mail Registration and/or Donation
 Mail your slip (detach below) with a check to:

Wilkins School Community Center
 7604 Charleston Avenue
 Swissvale, PA 15218

 Help the WSCC go green by sending us your email addresses at wscppgh@yahoo.com. We hope to begin reducing our print circulation and increase our use of our emailing list for program distribution. You will be notified if a class is canceled or filled. Sorry, no refunds following the second class meeting.
 If you have any questions, call (412) 244-8458. If you would like to donate, please verify amount: _____

Name:	_____	Class:	_____	Date:	_____	Time:	_____	Fee:	_____
E-mail:	_____		_____		_____		_____		_____
Address:	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____
Phone:	_____		_____		_____		_____		_____

Dance Classes
 WSCC Dance Center offers a wide variety of classes under the direction of Kim Curtin. Learn to dance and feel good about yourself in a family oriented environment where everyone fits in! For more information or to register, call (412) 829-5467.

Monday	5:00-5:40 5:40-6:20 6:20-7:00 7:00-8:00 8:00-9:00	Beginner Ballet II Beginner Jazz II Beginner Tap II Intermediate Jazz Intermediate Tap
Tuesday	6:00-7:00 7:00-8:00 8:00-9:00	Adult Tap I Adult Jazz II Adult Tap II
Wednesday	7:00-8:00 8:00-9:00	Beginner Hip-Hop (ages 8-12) Intermediate Hip-Hop (13 & up)
Thursday	5:00-6:00 6:00-6:45 6:45-7:30 7:30-8:15	Ballet/Tap Sampler (Ages 3 & Up) Beginner Ballet III Beginner Jazz III Beginner Tap III
Saturday	1:30-3:00 3:00-3:45	Intermediate Ballet Pointé

Piano & Percussion
 Call for information.
 Amy Stubbs is offering private instruction for Percussion (all levels) and Piano lessons for ages 5-Adult. Ms. Stubbs is a professional percussionist with degrees from the Manhattan School of music and Carnegie Mellon University. Performance credits include the River City Brass Band, San Francisco Symphony, Syracuse Symphony and more. Formerly faculty of University of California, Davis, Ms. Stubbs has maintained a private teaching practice for over 12 years. For more information on lessons, call (412) 241-3786.