



CACE

P O BOX 353
Mountain Top, PA 18707

FALL 2022 CLASSES

Backyard Chickens for Egg Production: Everything You Need to Know

Gary Rinehimer, Proprietor of Rinehimer Farms

The class will walk you through every step of the way. From choosing breeds, purchasing chicks, brooder set up and coop set up and management from egg washing to storage.

- **FACEBOOK PAGE:** Rinehimer Farms
- **WHEN:** 1 Tuesday, October 18, 6 to 8 pm (HS Library)
- **FEE:** \$10



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 September 19, 8 to 10 pm (Middle School & HS GYM)
- **FEE:** \$55

Applications must specify WHICH NIGHT you will attend! The School is closed October 10 & November 28

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 September 22, 8 to 10 pm (Middle School & HS GYM)
- **FEE:** \$55

Applications must specify WHICH NIGHT you will attend! The School is closed November 24.

Creative Card Making with Rubber Stamps

Susan Timchack, Independent Stampin' Up! Demonstrator

New and experienced card makers are invited to come, learn, create and take home fun new card designs using Stamps, Ink and Paper. We will be creating a variety of designs and card types with fun folding along with new techniques.

- ▶ **FACEBOOK PAGE:** <https://www.facebook.com/StampinSueCreates>
- ▶ **WHEN:** 4 Wednesdays, beginning October 5, 6:30 to 8:30 pm (Room 27)
- ▶ **FEE:** \$40 **MATERIAL FEE:** \$20

PLEASE make separate check for material fee payable to "Susan Timchack."

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 October 5, 6 to 7:15 pm (MS Cafeteria)

▶ **FEE:** \$25



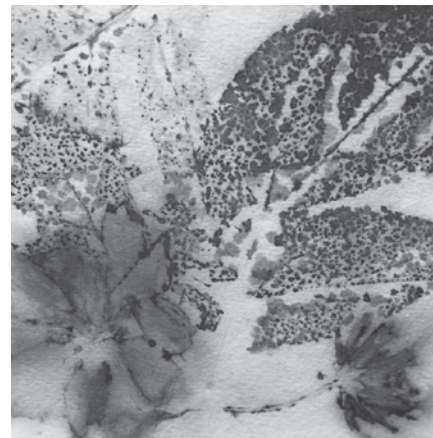
Introduction to Crystals

Alyssa Cost-Byrne, Instructor

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, September 26, 6 to 8 pm (HS Library)
- ▶ **FEE:** \$10 **MATERIALS FEE:** \$5

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



Introduction to Eco Printing

Shelly Stamper, Lavender

Eco printing is the art of dyeing fabric with plants, leaves, stems, and flowers. This will be a fun hands-on class. You will learn two different methods, hammering and bundle dyeing. There will be a large focus on keeping our eco printing eco-friendly.

- ▶ **WHEN:** 2 Tuesdays – 1 Wednesday, Course Dates October 11, 18 and 19; 6 – 8:30 pm (Room 24)

▶ **FEE:** \$37.50 **MATERIALS FEE:** \$30

PLEASE make separate check for material fee payable to "Shelly Stamper."

Introduction to the Art of 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 majority of the course will focus on the process of creating a small "Diamond Jim" Owl Plant Hanger. The plant hanger finished length will be 4ft and the cord provided will all be in the color family of oatmeal, beige, or ivory. The instruction booklet provided will include additional projects for you to try on your own. Note: Course participation must be confirmed no later than September 26 to allow time to purchase correct quantity of materials.

- ▶ **WHEN:** 7 Thursdays beginning Oct 13, 6:30 to 8 pm (Room 27)

▶ **FEE:** \$52.50 **MATERIAL FEE:** \$25

PLEASE make separate check for material fee payable to "Denise Weiss."





Learn to Knit

Lisa Stuart, Knitter/Owner Thimbleberry Yarn, White Haven

Introductory class, learn to knit. In this class the student will learn to cast-on and cast-off and the two fundamental stitches of knitting: knit and pearl. These skills are all a knitter needs to start their first knitting project!

- ▶ **FACEBOOK PAGE:** [thimbleberry yarn](#)
- ▶ **INSTAGRAM PAGE:** [@thimbleberry_makes](#)
- ▶ **WHEN:** 4 Tuesdays, beginning October 11, 6 to 7:30 pm (Room 27)
- ▶ **FEE:** \$30 **MATERIAL FEE:** \$20

Natural Christmas Wreath

Robin Golden, Instructor

Decorate your door with a Natural Evergreen Wreath. All materials will be supplied. Please bring hand clippers, and gloves and your wonderful Christmas spirit!

- ▶ **WHEN:** 1 Wednesday, November 30, 6:30 - 8 pm (Room 24)
- ▶ **FEE:** \$7.50 **MATERIALS FEE:** \$15

PLEASE make separate check for material fee payable to "Robin Golden."



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 September 20, 6 - 8:30 pm (HS Art Room)
- ▶ **FEE:** \$75

Rheumatoid Arthritis Nutrition and Wellness

Donna Garibay, Instructor

Rheumatoid Arthritis does not have to be scary. Topics will include Nutrition, Brain Fog, exercise, recipes and so much more.

- ▶ **FACEBOOK PAGE:** Food Coach
- ▶ **WHEN:** 1 Wednesday, September 21, 6:30 - 8 pm (Room 5)
- ▶ **FEE:** \$7.50 / **MATERIALS FEE:** \$3

PLEASE make separate check for material fee payable to "Donna Garibay."

Tai Chi: Flowing Movement

Diane Hoover, Certified Tai Chi Instructor

Learn to relax, balance and heal through the slow flowing motion of Tai Chi. Wear comfortable clothing. Requires focus and concentration. No heels!

- ▶ **WHEN:** 6 Tuesdays, beginning September 20, 4:00-5:30 PM
(Middle School Cafeteria)
- ▶ **FEE:** \$45

Understanding Nutrition

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

Coach Candice 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 a handout in the class with the information discussed in the session. In addition, following attendance in the class, participants will receive a free personalized nutrition guide via email and be granted admittance into a private Facebook group specific to this course.

- ▶ **WHEN:** 1 Tuesday, September 20, 6 - 7:30 pm (Room 5)
- ▶ **FEE:** \$7.50 / **MATERIALS FEE:** \$10

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



Crestwood School District
Crestwood Board of Education | Mountain Top, PA

CACE Board

Robin Golden, Coordinator
Marcia Thomas, Registrar
Erica Connell, 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. Click on “links and info” and then, “CACE”. 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 OCTOBER 10 & NOVEMBER 24, 25, 28 & 29

CACE Fall 2022 Registration Form

MUST BE 18 OR OLDER TO PARTICIPATE - THIS INFORMATION IS REQUIRED TO REGISTER!

Name: _____ Phone: _____

E-mail: _____

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

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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