



SPRINGFIELD LIONS CLUB ADULT SCHOOL



Community Activity of Springfield Lions Club with the cooperation of Springfield School District

NEW COURSE OFFERINGS

BEADING 101

Starts Wed., October 7 SHS Rm. 284

6 Wednesdays, 6:30-8:00PM \$50

Instructor: Pat Naismith

Design and make your own, one-of-a-kind jewelry creations. Participants will learn basic to intermediate beading techniques. Enjoy creating everything from earrings to necklaces. Design something for yourself or gifts for your friends. \$20 materials fee includes basic supplies and a bead board. Beads and additional supplies can be purchased from local crafts stores or from the instructor. (Materials fee paid at first class)

ORGANIZING YOUR HOME

ONE ROOM AT A TIME

Starts Tues., September 29 ETR Rm. 121

Session F1

Starts Tues., October 27 ETR Rm. 121

Session: F2

4 Tuesdays, 7:30-9:00PM \$50 each session

Instructor: Donna Jumper

Do you dream of an organized home? Let me jumpstart you to get your home organized. Each week you will learn how to organize a room with many helpful ideas. We will discuss your progress and solutions on how to improve your organizational strategies to complete that room. You will receive strategies from Donna of JumpStart Organizing so at the end of each session of classes you will benefit from the results in a more organized home. Sign up for the first & second sessions. Subjects will be different at each week class. Feel the stress leave at the end of each session as you enjoy your organized space.

SPEAKING FOR SUCCESS

Starts Tues., September 29 ETR Rm. 122

4 Tuesdays, 7:30-9:00PM \$60

Instructor: Lorraine Ranalli

Research shows that most people would rather die than speak in public. *Speaking for Success* is an interactive program that empowers participants to overcome nervousness and present themselves with confidence. This high-energy workshop focuses on body language, first impressions, the importance of strong listening skills, editing conversation, and using vocal variety to add impact to presentations.

STRONG WOMEN PROGRAM

Starts Mon., September 27 ETR Lower Gym

8 Mondays & Wednesdays, 6:30-7:30PM \$80

Instructor: Joan McMenamin

This course, offered by Penn State Extension Program, will lift women to better health. Participate in a Fitness Assessment and be motivated to increase physical activity, reduce the risk of osteoporosis, increase muscle tone & flexibility, improve balance, and receive information on nutrition. Guided weight-training will be provided while support and encouragement is given to proper exercise technique. Wear comfortable exercise clothing.