



“Computer Friendly” Intro Classes Coming in June to Winfield Hall

It's a perfect opportunity for beginner-level computer users to master the basics. Non-threatening, slower-paced instruction by popular CCNS instructor Don Weldon ensures a great learning experience!

Class meets for two Saturday mornings from 9:00 am -12:00 noon. Choose from 2 sessions:

09MHM40 Sat. 6/6-6/13 Fee: \$150

09MHM45 Sat. 6/20-6/27 Fee: \$150

Plus \$15 workbook fee due to instructor at first class

*Brought to you by the Hershey's Mill
Daytime Academy division of*
Chester County Night School



Meet your instructor, Don Weldon

Don has been teaching computer courses at the University of Delaware and Chester County Night School since 1996. He enjoys helping new PC users gain competency and confidence!

Here's some of what you'll be learning:

- No more fear! Understanding the basics
- How to do simple word processing
- How to understand and use email
- How to browse and enjoy the internet

*14-Station Mobile Computer Lab supplied by
CCNS partner Springhouse Computers*

Hurry, seating is limited -- Call 610-692-1964 NOW to reserve your space!

YOU ASKED FOR IT -- IT'S HERE!
**On-site computer training plus a new
selection of daytime enrichment classes!**

There's lots in store for you at Winfield Hall
SESSION RUNS JUNE 2 - JUNE 27
Tuesday and Saturday Mornings

REGISTER NOW!

Come out and learn something new during this exclusive Summer Session, only at Hershey's Mill!

Some classes, such as the new computer workshop, have limited seating. So, avoid disappointment and reserve your spot today!

**Invite Your Friends --
Learn Together!**

The Academy is open to friends, family, and guests of Hershey's Mill residents.

Your guests must register through Chester County Night School and indicate that they are associated with a resident. Their name will be recorded on the gate list for entrance into the community.

All guests must be accompanied to class by a resident.

Saturday Mornings:

- Computer Friendly
- Learn to Crochet
- Chair Yoga
- Ikebana
- American Revolution

Tuesday Mornings:

- Postcard Collecting
- Stamp Collecting
- Nostalgia TV
- Financial Workshops

**CALL TO REGISTER:
610-692-1964**

Brought to you by
Chester County Night School
21 W. Washington St., Ste. B
West Chester, PA 19380

A Fun Look Back at NOSTALGIA TV - the 50's and 60's

Instructor: Frank Morgan, local speaker

Join us for a look back in time to when television was in its infancy, the 1950's and 1960's. Radio was quickly being replaced by this wonderful new invention as a family focal point of the evening.



Instructor Frank Morgan is a fan of old-time radio and TV and has collected hundreds of the early shows we grew up with. Frank lectures locally on the subject and enjoys sharing his collection and knowledge with other nostalgia fans. Each week we'll enjoy several selections and discuss what made these shows so great!

- **Prime Time** in the late 1940's -- did it exist?
- **The Comedies:** I Love Lucy, The Great Guildersleeve, The Jack Benny Show, Red Skelton, Our Miss Brooks
- **The Dramas:** Dragnet, Richard Diamond, Suspense, Gangbusters
- **The Westerns:** The Lone Ranger, Hopalong Cassidy, Gunsmoke, Tales of the Texas Rangers
- **The Men and Women we came to know and love:** Groucho, George & Gracie, Uncle Milty, Jackie Gleason, Ozzie & Harriet ...

...and many more! Bring your memories. Bring your questions. Let's have some fun recalling the days when situation comedies were funny and family shows could be watched by the family!



To register, use course code: 09MHM10 Fee: \$45.00

Dates: 3 Tuesdays, June 2, 9, 16
Time: 11:00 a.m. to 12:15 p.m.
Location: Billiard Room, Winfield Hall

www.chestercountynightschool.org

History in our Backyard: THE AMERICAN REVOLUTION

Instructor: Brendan Magarelli, MBA, History Teacher

During the Revolutionary War, the Delaware Valley was indeed the political heart of the rebellious American colonies. More than just home to our young nation's first capital -- and birthplace of the Declaration of Independence -- our area saw critical battles rage across its landscape, and harsh winters forge the Continental Army into a potent and disciplined fighting force.

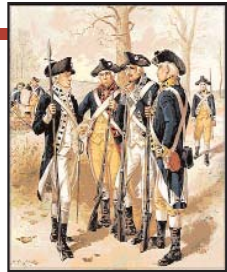
Some of the most significant events of the Revolutionary period took place in our own backyard! This 4-week course will examine those events, and the remarkable characters that shaped them. Join with us as we examine:

- Colonial Protest; Declaring Independence; the Fall of New York
- Battles of Trenton, Princeton, and Brandywine; Paoli Massacre
- Occupation of Philadelphia; Battle of Germantown; Loss of Fort Mifflin and Fort Mercer; Valley Forge; Battle of Monmouth
- The war moves South; Capture of Charleston; Battle of Cowpens; Battle of the Chesapeake Capes; Surrender at Yorktown; Treaty of Paris

If you love learning about local history, or would just like a more solid understanding of the forces that helped shape our early nation, this course is for you!

To register, use course code: 09MHM60 Fee: \$55.00

Date: 4 Saturdays, June 6 - June 27
Time: 9:00 a.m. to 10:15 p.m.
Location: Paoli Room, Winfield Hall



Recommended text
(not required):
**The Glorious Cause:
The American
Revolution 1763-1789**
by R. Middlekauff.

To register, call: 610-692-1964



Get Fit Where You Sit™ CHAIR YOGA

Instructor: Barbara Walsh, Certified RYT-500, LVCY



Would you like to learn yoga but have trouble getting down on a yoga mat? Do you feel limited in flexibility due to age, weight, or disability? Are you interested in a type of exercise that you can do at home, at a desk at work, or even when traveling on a plane?

If you fall into any of these categories then the Lakshmi Voelker Chair Yoga program is for you!

Receive the health and healing benefits of yoga by performing modified yoga poses on a chair rather than the traditional yoga mat. Each class will include breathing techniques (*pranayama*), modified yoga poses (*asanas*), and relaxation techniques. Other techniques we will explore are: Do-In Chinese Self-Massage ... foot reflexology ... acupressure ... and meditation. Here are some poses we'll learn:

- Palm Tree
- Wheel
- Triangle
- Lion Pose
- Eagle
- Tree Pose
- Seated Mountain
- Cradle the Leg
- Torso Twist
- ... even a few "Warrior" Poses!

On weeks three and four you will be asked to bring a pair of one or two pound weights (dumbbells) for additional strength training. Dress comfortably and come out for a great time! Limit: 20 participants

To register, use course code: 09MHM50 Fee: \$55.00

Dates: 4 Saturdays, June 6 - June 27
Time: 9:00 a.m. to 10:00 a.m.
Location: Art Room, Winfield Hall

"I made it myself!" LEARN TO CROCHET

Instructor: Heidi Novino, Chester County Night School

Popular CCNS instructor of Beginning Crochet for over 20 years, Heidi Novino has been instrumental in getting literally hundreds of West Chester area women "hooked" on crochet!

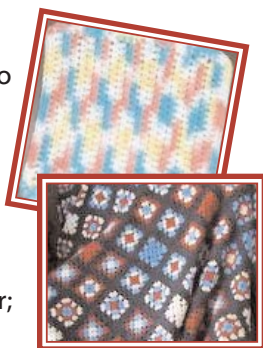
Once Heidi teaches you some simple crochet stitches and how to combine them, you'll be on your way to one project after another. Initial projects will be a dishcloth and learning the basic technique for making a Granny Square afghan.

Week #1: Chaining and Single Crochet; How to Read and Follow Printed Directions

Week #2: Review of Single/Double Crochet

Week #3: Rounds; Granny Squares

Week #4: Changing Colors; Increasing & Decreasing; Edging; Attaching Pieces Together; Weaving-in Yarn Ends



Supplies to bring to class: a 3-1/2 or 4-oz. skein of worsted weight yarn (no black or white - multicolored skeins are best); a size "I," "J," or "K" plastic or aluminum hook, and scissors. Additional supply list will be given at initial class.

Have fun while you learn a great new skill! To provide as much individual attention as needed, class size is limited to 8.

To register, use course code: 09MHM60 Fee: \$55.00

Date: 4 Saturdays, June 6 - June 27
Time: 10:45 a.m. to 12:00 noon
Location: Paoli Room, Winfield Hall

To register, call: 610-692-1964

The Art of Japanese Flower Arranging: IKEBANA

Instructor: Midori Tanimune, Sogetsu School of Ikebana



This class will open your eyes to a unique, ancient, and international style of flower arranging and floral art: Ikebana.

Ikebana values discipline, a concept of peace, knowledge of rules and style, and an idealized approach to nature. Your instructor is Midori Tanimune, a native of Japan known in international circles for her teaching and seminars. She has been

a featured speaker at Longwood Gardens, the Philadelphia Flower Show, the Delaware Art Museum, and the U.S. National Arboretum. We are delighted to bring her to Hershey's Mill!

Using fresh flowers, greenery and branches, you will create a graceful, elegant arrangement. Bring a pie plate or shallow container (at least 2-1/2" depth and 7"-8" diameter) and scissors. Supply fee of approx. \$25 is due to the instructor at the first class for plant materials.



This art form is environmentally conscious ("green") because it uses no floral foam, plastic gels, and minimal (if any) tapes or glues ... just water, plant materials and occasional wire.

Add unique beauty to your home with your own Ikebana creation!

To register, use course code: 09MHM70 Fee: \$30.00

Dates: **2 Saturdays, June 6 and June 13**
Time: **10:45 a.m. to 12:00 noon**
Location: **Art Room, Winfield Hall**

www.chestercountynightschool.org

Professional advice for volatile times

FINANCIAL PLANNING Workshops

Presenter: Fred Hubler, Creative Capital Wealth Management and NFL Players Assn. Registered Financial Advisor



Advice to Retirees for Financial Survival in a Tough Economy, Part 1

Tuesday, June 2, 11:00 a.m. to 12:15 p.m.
Course Code: 09MHM30A Fee: \$15.00

What You'll Learn:

- Sound strategies for volatile times
- Why "what got you here" won't "get you there"
- What alternatives you can use to reduce the volatility of stocks
- How to turn market volatility into market opportunities

Bring your questions! Spouse may attend for free but must pre-register.

Advice to Retirees for Financial Survival in a Tough Economy, Part 2

Tuesday, June 23, 11:00 a.m. to 12:15 p.m.
Course Code: 09MHM30B Fee: \$15.00

What You'll Learn:

- The phases of retirement
- Using income ladders, holding periods and stock market investments
- Creating dependable income in retirement
- What are the investments that high net worth investors use to minimize risk? You might be amazed at the similarities between a professional football player and a person in or near retirement.

Bring your questions! Spouse may attend for free but must pre-register.

To register, call: 610-692-1964

Deltiology: collecting & exhibiting POSTCARDS

*Instructor: William Schultz, author,
"West Chester History: a Review in Early Postcards"*

Ready for a fun new hobby? Come for an entertaining session with an authority on one of the fastest-growing hobbies in America: postcard collecting!

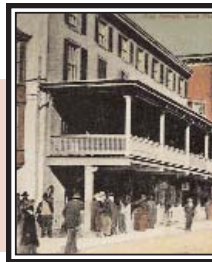
Worldwide, postcard collecting -- or deltiology -- is the third largest hobby after stamp collecting and money collecting. Avid collectors and clubs are springing up all over, hosting postcard shows and driving up values! Vintage postcards provide an accurate historical snapshot of a particular city or region, often reveal intriguing details of a past life and times. Here's what you'll learn from local historian and award-winning author William Schultz in this special session:

- Why Postcards? How to get started with your collection. Do's and Don't's from an expert.
- Historical and Collectable (Valuation) Aspects of Postcards. Where and when the shows are; how to buy, sell, exhibit.
- View a special West Chester postcard collection; recommended topics for collecting.

We'll also be awarding a cash prize for the best score on a postcard quiz. Come discover this perfect hobby for these economic times!

To register, use course code: 09MHM15 Fee: \$15.00

Date: **Tues, June 2 -- one session only**
Time: **11:00 a.m. to 12:15 p.m.**
Location: **Main Room, Winfield Hall**



www.chestercountynightschool.org

The Wonders of Philately: STAMP COLLECTING

*Instructor: William Schultz,
Judge and Lifetime Member,
American Philatelic Society*



For millions of people of all ages, stamp collecting is a lifelong hobby. It's fun, educational, and can yield a great return on investment! Since the world's first postage stamp appeared in 1840 (Queen Victoria at left), untold thousands of varieties have been issued, depicting Presidents, wildlife, inventions, celebrities, flags, sports, Civil War, space exploration -- something of interest for everyone!

Our 3-session course is designed for all philatelists, beginner to advanced. Come explore with us:

- Starting Out: what to collect, why and why not.
- How To's of Displaying and Exhibiting -- Handle with Care!
- Stamps as an Investment: In-mail and Ebay auctions. Price Guides
- Insider's Tip: how to distinguish the valuable from the common

Participate in a fun philatelic cash-prize quiz, and find out the location of one of the world's most valuable stamps ... (hint: it's located nearby!).

To register, use course code: 09MHM20 Fee: \$40.00

Dates: 3 Tuesdays, June 9, 16, 23
Time: 11:00 a.m. to 12:15 p.m.
Location: Main Room, Winfield Hall



To register, call: 610-692-1964

Day Academy at Hershey's Mill JUNE 2009 REGISTRATION FORM

www.chestercountynightschool.org

First Name Middle Initial Last Name

Home Address *(please include number and street or box number)*

City State Zip

Day Phone Alternate Phone

E-mail Address

Course #	Course Title and Date(s)	Fee
		\$
		\$
		\$
		\$
	Registration Fee (per person, non-refundable):	\$ 5.00
TOTAL:		\$

Check or money order enclosed, payable to Chester County Night School.

Charge my: VISA MasterCard American Express

Account Number Expiration Date

Cardholder Signature

Mailing Address:

**Chester County Night School • 21 W. Washington St.
Suite B • West Chester PA 19380**

For fastest service, phone: (610) 692-1964 or fax: (610) 692-7566

To register, call: 610-692-1964