Open Doors
Spring 2020
Life-Long Learning Happens Here!

A FREE CATALOG OF FUN & AFFORDABLE ADULT CLASSES
# Registration

**REGISTER BY MAIL:**
Complete the registration form below or copy it and mail with a check payable to: Albemarle County Schools.

**Mail To:**
Community Education
Albemarle High School
2775 Hydraulic Road
Charlottesville, VA 22901

**Payment due at least 2 weeks before class begins**

**REGISTER BY PHONE:**
Call 434-975-9450 to register. Payment completes the registration and is due at least 2 weeks before class begins. If not received, your registration may be cancelled.

**REGISTER ONLINE:**
For immediate registration, use our secure, encrypted online registration system at [https://www.opendoors1.org](https://www.opendoors1.org). Payment is required with Visa, Discover or MasterCard.

**PAYMENT WITH CREDIT CARD:**
VISA, Discover and MasterCard Credit/Debit cards are accepted for online, telephone, or mail registrations. Credit card company by-laws require the Albemarle County Department of Finance to use a third party to process credit card payments for VISA, MasterCard and Discover.

**CANCELLATION POLICY:**
In order to receive a refund or credit, cancellation requests must be received by our office at least 48 hours before the start of the first class session. A non-refundable $5.00 service fee will be charged for all cancellations or registration changes after payment has been received.

**INCLEMENT WEATHER POLICY:**
When Albemarle County Public Schools are closed due to inclement weather, no Open Doors classes will be held. Check local TV or radio stations for Albemarle County Public School closings. Typically the Open Doors class will resume the following week and a makeup class is scheduled. One-session classes will meet the following week.

**ADA COMPLIANCE:**
In compliance with the Americans with Disabilities Act, Albemarle County Adult and Community Education will make reasonable accommodations for qualified people with disabilities of the full enjoyable use of our services, programs and facilities.

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## Community Education

**434-975-9450**

Please mail to: Community Education, Albemarle High School
2775 Hydraulic Rd, Charlottesville, VA 22901

Full Name ___________________________________________
Address ______________________________________________
City __________________________ State ___________ Zip __________
Home # __________________ Work # __________________ Cell# __________
Email ______________________________ Date of Birth __________

*Fill in the course name, number and cost for the classes on pages 3-13 only.*

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☑️ Visa ☐ Mastercard ☐ Discover ☐ Check # __________

Card No. __________________ Exp. Date: ___________ CVV# __________
SHOULD I BE FOLLOWING A DIET?
This is a discussion of today’s trending diets: ketogenic, intermittent fasting, paleo, plant based and vegan through the lens of science and science fiction. We will talk about what they are, what they are not, who they may be best for and what you can expect. Importantly, we will address the most important question of all: do I need to be following a specific diet to attain health? Bring your questions!

#2013, Wednesday, Feb. 5
session, 6:30-8:30pm
Albemarle High School, Rm. 109
Jena Savadsky, $20

BANISH THE SUGAR BLUES!
Are you constantly craving sweets or find yourself tired in the middle of the day? If you want to gain control without willpower or deprivation, then this class will help you. Is sugar really addictive? Are artificial sweeteners a safe alternative? Our discussion will examine how sugar affects you, your energy and your moods. You will understand your sugar cravings, what may be causing them and what you can do to keep them at bay and take control of your health. Find out about great replacement foods that provide feelings of balance and well-being. This class will permanently change your relationship with sugar.

#2014, Wednesday, March 11
1 session, 6:30-8:30pm
Albemarle High School, Rm. 109
Jena Savadsky, $20

EATING FOR ENERGY
Struggling with energy? Do you wake up tired or have energy slumps throughout the day? Nutrition can take you from fatigue to vitality. Learn which common foods deplete energy and which foods, nutrients and beverages will keep you going strong all day long. In order to perform at your best, your body needs the highest quality raw materials. What you eat creates your blood, cells, tissues and organs. Food is truly the highest art form because it creates you. You will also find out about the one food that is missing most in our diets that has the potential to give boundless energy and transform your health.

#2015, Wednesday, April 22
1 session, 6:30-8:30pm
Albemarle High School, Rm. 109
Jena Savadsky, $20

NUTRITION AND BONE HEALTH
Have you been told you have osteoporosis or live in fear of a diagnosis? Why are rates for osteoporosis higher than they used to be? Our bones are meant to last a lifetime and the best defense is good nutrition and a healthy lifestyle. This is an eye opening class that explains, in understandable terms, how bone density is measured, how some of the more common drugs work and why we need more than calcium. You will learn what foods and lifestyle practices will give you healthy bones for life.

#2026, Wednesday, March 25
1 session, 6:30-8:30pm
Albemarle High School, Rm. 109
Jena Savadsky, $20

Jena Savadsky Griffith, RDN, IHC, an Integrative Nutrition Practitioner and Eating Psychology Coach, is the head of nutrition for the Culpeper Wellness Foundation and has a private practice in Madison County. Having had a successful career in music and television production, Jena was inspired to redirect her work path and returned to school after transforming her own health and life with nutrition. She frequently teaches, writes and presents on food and nutrition based change, and is Editor of the Integrative RDN.

Community Ed. Classes on pp. 3-12 only: Register at www.opendoors1.org, by mail on p. 2, or call (434) 975-9450
ARTS & CRAFTS

MIXED-MEDIA FIGURE SCULPTURE
Create a figure sculpture that expresses something about you and what you love to do, such as baking, golf, walking the dog or reading, or make it for someone you love. These sculptures are lightweight, stand 12-18 inches tall on a wood base and are formed from wire, aluminum foil, plaster cloth and air dry clay. Other specialty fabrics, props and accessories can be added if you choose. Imagination is your only limit. A picture of the human skeleton provides correct proportions for the wire armature, but body type and pose are up to you. A patina of acrylic, metallic color gives the bronze, copper or silver cast metal feel unless you want go for realistic color. $14 materials fee due to instructor at first class. Class will be capped at 12 students.

#1007, Thursdays, April 16—June 4
8 sessions, 6:00-8:00 pm
Albemarle High School, Rm. 55
Deborah Coffey, $90

Deborah Coffey is a mixed media artist and art instructor. She has recently returned from 20 years abroad teaching children and adults in Europe and SE Asia. She is excited to bring her passion for art to her new home in the Charlottesville community. Deborah has a Masters in Fine Arts and continues her practice as a working artist. She has most recently developed a workshop series that combines Art and Mindfulness into meaningful explorations.

CERAMICS
This course is an introduction to wheel-thrown ceramics. Students will focus on the properties and preparation of clay, developing skills and techniques on the potter’s wheel, principles of ceramic form and design, and the possibilities for decoration and glazing. Strong manual dexterity skills and previous art class experience is helpful, but not required. A $30 material fee must be paid to the instructor the first night for a 25 lb. bag of clay, glaze and firing fees. Additional clay may be purchased at $30/bag. No class April 7.

#1004 A, Tuesdays, Jan. 14–March 3
#1004 B, Tuesdays, March 17–May 12
8 sessions, 6-9 pm
Albemarle High School, Rm. 55
Becky Garrity, $150

STONE CARVING
Work with nature’s most enduring material—stone. Learn basic carving techniques with stone tools and how to hammer, chisel, file, sand, and finish a stone. Students will be contacted regarding stone purchase prior to the first night of class. Cost of a stone that you pick out will run about $30-$60. Supply list will be handed out during first class. No class April 6.

#1008, Mondays, March 9—May 4
8 sessions, 6:30-8:30 pm
Albemarle High School, Rm. 55
Jeff Thruston, $110
DOT MANDALA ART & DESIGN

Inspired by a recent trip to Costa Rica, Cory shows you how to paint your very own Mandala designs! These designs are featured in everything from jewelry to textiles to wall art. You are limited only by your imagination.

All tools and supplies will be provided in this class. No experience is required. Please enroll before Feb. 5 to allow time for your supplies to be ordered. $11.00 materials fee is due to instructor. Learn Dot Mandala Art Feb. 19, Mandala Dot Design will be taught Feb. 26.

#1101, Wednesdays, Feb. 19 & 26
2 sessions, 6-8 pm
Albemarle High School, Rm. 54
Cory Ryan, $45

THE ART OF QUILLING

Quilling is the art of coiling paper strips into designs for note cards and for framing. Registration deadline is Feb. 21 to allow for ordering of supplies. A materials fee of $20 is due to the instructor the first day for a starter kit.

#1001, Wednesdays
March 4 & 11
2 sessions, 6-8 pm
Albemarle High School, Rm. 54
Cory Ryan, $45

WATERCOLOR

Have fun with watercolors! Students will learn the basic skills of watercolor techniques through mini-lectures, demonstrations and critiques. Supply list will be e-mailed prior to 1st class. Class size limited to 10.

#1002, Wednesdays, April 15-May 20
6 sessions, 6:30-8:30 pm
Albemarle High School, Rm. 54
Trilbie Knapp, $76

A past president of the Charlottesville-Albemarle Art Association, Trilbie Knapp is an award-winning artist who has shown in numerous galleries.
INVASIVE PLANT IDENTIFICATION AND TREATMENT METHODS

The pictures above are of oriental bittersweet, a vine that overtakes trees and opens the forest canopy.

Non-native invasive plants are quickly overwhelming many properties by tearing down the forest canopy and overtaking our native plants at the tree, shrub and/or groundcover levels. These plants are also overwhelming the ability of many landowners to understand what invasive plants exist on their land and what it will take to control them. These two identical sessions will cover:

- How to identify and treat some of the most common and destructive invasive plants in this area
- Pros and cons of different methods to remove invasive plants
- What methods can be used in late fall and over the winter
- Where to obtain various kinds of assistance
- Discussion of where to source equipment and herbicides
- Availability of additional training and information

Rod and his wife, Maggie, are landowners in western Albemarle County who have been actively working with invasive plants on their own property. They have been instrumental in the formation of the Blue Ridge PRISM (Partnership for Regional Invasive Species Management). The Blue Ridge PRISM seeks to reduce the negative impacts of invasive plants across ten counties of Virginia.

Rod Walker, $20

EDIBLE LANDSCAPING

Edible landscaping is the use of food producing plants in the landscape. This combines fruit & nut trees, berry bushes, vegetables, herbs, edible flowers and ornamental plants into aesthetically pleasing designs. Think food! Get inspired to turn your grassy lawn, or part of it, into a bountiful edible garden. Michael will share his green thumb attributes and experience in the enjoyable world of plants that ‘earn their keep’!

Michael McConkey, $20

RAISING CHICKENS FOR EGGS

This is a basic introduction to keeping a small flock of chickens. In this workshop we’ll cover local regulations, safe housing, and feeding your birds. We will discuss ordering hatchery chicks or buying young hens, care of eggs, health and sanitation for the flock.

Leni Sorensen, food historian and small farmer, raises her chickens in western Albemarle County.

REGISTER ONLINE! WWW.OPENDOORS1.ORG
PIE CHEST POT PIES & BISCUITS

Join Chef Co-Owner of the Pie Chest, Rachel Pennington in the Culinary arts kitchen for two hands-on classes this Spring. On Tuesday, Feb. 11, she’ll show you how to make savory pot pies with sausage gravy and biscuit tops. Rachel returns to the AHS kitchen on Tuesday, May 12 for biscuit baking, just in time for spring shortcakes! Treat yourself to either or both! Limited to 12 students.

#2117 Tuesday, March 10
1 Session, 6-8 pm
Albemarle High School Room 159
Chef Sheila Auslander, $40

ALLERGEN-FREE BAKING

This demonstration class will teach you tips, tricks and recipes for making delicious desserts, free of the most common allergens. We will discuss ways to avoid cross-contamination in the kitchen, allergies v. intolerance, and resources for alternative ingredients. Budget-friendly desserts will be made, including nut-free, dairy-free, gluten-free and vegan. All free of allergens, but full of delicious!

#2117 Tuesday, March 10
1 Session, 6-8 pm
Albemarle High School Room 159
Chef Sheila Auslander, $40

INSPIRED BY THE SEASON: SUMMER DESSERTS

Sign up for this hands-on baking class, and learn to make delicious desserts, perfect for summer picnics, potlucks and pool parties! Desserts may include a summer fruit cobbler, ice cream cake, or lemon bars. Come join us and see what delicious recipes summer inspires!

#2119, Tues., May 12
1 Session, 6-8 pm
Albemarle High School, Room 159
Chef Sheila Auslander, $40

PASS THE PASTA!

Chef Co-Owner Mary Ann Valente of Pasta Valente is a third-generation pasta maker, and along with her mother, creates handcrafted, egg-free, specialty pasta. She’ll show us how to make company-worthy seasonal pasta dishes that promise to feed both body and soul. Come prepared to help out, then PASS THE PASTA, family style!

#2114, Tuesday, April 21
1 session, 6-8 pm
Albemarle High School, Room 159
Chef Marianne Valenti, $40

SPRING PASTRY CUSTARDS

Learn secrets to preparing light and delicious pastry custards that form the basis of gorgeous spring tarts, parfaits, pies and more to bring a luscious and elegant end to your favorite meals. In this hands-on class, Chef Malik Poindexter will explore the differences and various applications of custards, creams and mousses.

#2118 Tuesday, April 14
1 Session, 6-8 pm
Albemarle High School, Room 159
Chef Malik Poindexter, $40

A former attorney, Sheila has been a professional pastry chef and baker for nearly 20 years. She trained at the renowned French Pastry School in Chicago, where she learned directly from some of the world’s most celebrated pastry chefs. She was previously the head pastry chef and owner of The Bucktown Baker, and is also skilled in recipe development.
LIFE WISHES
(Planning for life interruptions
and/or end of life)

One of the best gifts you can give your family is to think through and document your final wishes. This six-session course taught by Cindy Sinchak, RN, MSN, ELNEC and Nancy Zamil, RN, MPH, CHPN, ELNEC will help demystify advance directives and equip you to embark on difficult conversations about end of life with videos, games and discussions. $10 materials fee is due to instructors.

#8108, Tuesdays, March 3 - April 21
6 sessions, 6-7:30 pm
Albemarle High School, Room 115
Cindy Sinchak & Nancy Zamil, $15.00

MINDFUL SELF-COMPASSION

Mindful Self-compassion is an empirically-supported, 8-week training program designed to cultivate the skill of self-compassion. MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with awareness, kindness, and understanding.

- Learn how to stop being so hard on yourself.
- Learn to live with discomfort and reduce stress during daily life.
- Learn how to transform difficulty in relationships, both old and new.
- Learn how to find refuge in the body - Learn to listen to and experience the body.
- Learn how to handle difficult emotions with greater ease.
- Learn how to motivate yourself with encouragement rather than criticism.

The course also helps to unveil hidden tendencies towards self-criticism, self-isolation, or self-absorption. Self-compassion and empathy involve responding to yourself in the same supportive and understanding way you would respond to a good friend having a difficult time. Students receive a certificate of completion from the Center for Mindful Self-compassion (UC San Diego), and participate in a 4 hour Saturday Retreat.

#8107, Tuesdays, Feb. 11-March 31
7 sessions, 6-8:00pm
Saturday Retreat March 21
Albemarle High School, Room 32
Deborah Coffey, $120.00

VOICE-OVERS

Ever wondered about whether you have the right stuff to do voice overs for radio or TV? This class will be packed with information and fun activities to teach students about voice acting for a variety of media, including video game characters, audiobooks, and more.

#8109, Tuesday, March 24
1 session, 6:30-8:30 pm
Albemarle High School, Room 118
Robin Brooke, $25

KEYS TO WRITING AND PRESENTING

Individuals enrolled in this course will learn how to create concise, well written works. We will incorporate lessons on essential grammar into practice with business emails, cover letters, journalistic pieces, and academic writing. Students can also request lessons on specific styles of writing. In addition, students will learn how to create and present engaging content for a variety of audiences. Learn how to master public speaking and make a great impression when writing.

Limit to 15 students. Laptops preferred, but paper/pen/pencil are certainly welcome.

#8110, Saturday, April 25
1 session, 9-11:00 am
Albemarle High School, Room 111/112
Rebecca Burtram, $25

Cynthia has been a Registered Nurse (RN) since graduating from Albany Medical Center School of Nursing in 1982. She later received her Masters in Nursing (MSN) from UVA School of Nursing in 2019. She is certified as a trainer for End-of-Life Nursing Education Consortium (ELNEC). Eleven years ago, she found her passion in hospice care, and presently is employed with Hospice of the Piedmont. Nancy is a Registered Nurse (RN) involved in helping patients and families with health care choices for thirty years. She is certified in Hospice and Palliative Care Nursing (CHPN) and as a trainer for the End-of-Life Nursing Education Consortium (ELNEC). Nancy holds a Masters degree in Public Health (MPH), a certificate in International Public Health and is a Returned Peace Corps Volunteer. She is employed with Senior Helpers.
INTRODUCTION TO ASTRONOMY

If you are a star gazer, you’ll love this introduction to astronomy. Explore the Universe by learning the constellations & their mythology to find your way around the night sky, and what tools to use when observing. Classes are held at UVA’s McCormick Observatory with two field trips which will be scheduled according to weather conditions. Students will be advised of dates in class or via email. Topics: (1) The starry night sky; (2) Finding stuff in the night sky; (3) McCormick Observatory tour & observing with their 26’ telescope; (4) Introduction to our solar system; (5) The stars and beyond; and (6) Meet at Ivy Creek Natural Area for observing session. Telescopes will be provided and class members are encouraged to bring their own observing equipment if they would like assistance in how to use binoculars and telescopes. Students need e-mail/Internet to view class materials and for correspondence.

#6001, Mondays, March 9-April 13
6 sessions, 7-8:30pm
UVA McCormick Observatory
Steve Layman & Larry Saunders, $48

CANCELLATION POLICY

In order to receive a refund or credit, cancellation requests must be received by our office at least 48 hours (excluding weekends) before the start of the first class session. A non-refundable $5.00 service fee will be charged for all cancellations or registration changes after payment has been received.

INTRODUCTION TO WELDING

This is a 16-hour course thoroughly covers the basics of MIG (metal inert gas) welding. The course includes classroom discussion that covers followed by hands-on practice. Students will create their first project that is theirs to keep at course completion. All materials are included.

#8114A Feb. 8 & 9
#8114B Feb. 22 & 23
#8114C Mar. 7 & 8
#8114D Mar 21 & 22
#8114E April 4 & 5
#8114F April 11 & 12
#8114G April 18 & 19
#8114H April 25 & 26
#8114I May 2 & 3
#8114J May 9 & 10
#8114K May 16 & 17
#8114L May 23 & 24
#8114M May 30 & 31
#8114N June 6 & 7
#8114O June 13 & 14
#8114P June 20 & 21
#8114Q June 27 & 28
#8114R July 11 & 12
#8114S July 18 & 19
#8114T July 25 & 26
#8114U August 1 & 2

8 WAYS T’AI CHI

T’ai Chi has become one of the most popular forms of exercise worldwide. For over 300 years, people of all ages have improved their health, longevity and fitness with this low impact activity known for its mental as well as physical benefits. Also known as “8 Form” or “Easy T’ai Chi”, this is a Chi Gong oriented class using movements derived from full form T’ai Chi. This class is suitable for those who may be older, more sedentary, or recovering from illness or injury. All that is needed are you and your socks! Wear loose fitting clothing and bring water to hydrate.

#6015, Wednesdays
Feb. 5-March 11
6 sessions, 6.30-8 pm
Albemarle High School, Lower Cafeteria
Lee Felton, $65

INTRODUCTION TO WELDING

Steve Layman (slayman2528@comcast.net, 434-960-9404) and Larry Saunders (larrys@mindspring.com, 434-466-5562) are Amateur Astronomers, members of the C’ville Astronomical Society and active lecturers at the McCormick Observatory Outreach Program.

Lee Felton is the co-founder and principal teacher with Blue Ridge T’ai Chi, and has been teaching classes in the Charlottesville area since 1993.

Community Ed. Classes on pp. 3-12 only: Register at www.opendoors1.org, by mail on p. 2, or call (434) 975-9450
**Driver Education**

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To reduce first year teen crashes, the Albemarle County School Board and Virginia Department of Motor Vehicles require parents/guardians to attend a free parent seminar before enrolling their teens in Behind-the-Wheel. This class provides information on traffic laws, updated safety recommendations, coaching your teen, and insuring your new driver. Teens are not expected to attend. Pre-registration is recommended, but not required—walk-ins are more than welcome!

#5001, 1 session, 6-7:30 pm  
Karen Waters-Wicks, No charge

*Mrs. Waters-Wicks is the Administrator of Driver Education for Albemarle County Schools. She is a*

**BEHIND THE SCENES: YOUNG DRIVER AND PARENT EDUCATION PROGRAM**

In this free program offered in partnership with UVA Health, participants will see a mock trauma code from a car crash, talk with trauma team members during a Q&A, create a family driving contract, and hear from local trauma survivors about their recovery stories.

*Attendees will receive a 10% discount on the Behind the Wheel program for Albemarle County Public Schools and be exempt from the mandatory 90-minute parent seminar.*

Register at:  
media.uvahealth.com/young-driver

Saturday, March 14, 10 am-Noon  
Education Resource Center Conference Room B  
UVA Medical Center  
1240 Lee Street  
Charlottesville, VA 22903

**CLASSROOM DRIVER EDUCATION**

This 8-hour National Safety Council Defensive Driver Course offers the highest rate of success in reducing the number and severity of auto collisions. Participants learn to choose safe, responsible and lawful driving behaviors. This course provides 5 merit points and meets DMV and Court requirements.

**Saturday classes, 8:30am-5pm**

#5003A January 25
#5003B February 22
#5003C March 21
#5003D April 25

**CLASSROOM DRIVER EDUCATION**

This is the 36-hour driver’s education program required by the Virginia Department of Education and Department of Motor Vehicles for all persons under the age of 18. This course is intended for Central Virginia students who have completed Health II, Virtual Health II students, any student transferring to Albemarle County Schools, students from private schools or other districts, or home-schooled students.

#5002A, Mon-Fri, June 22-July 2  
9 daily sessions, 9 am - 1 pm  
#5002B, Tues-Fri, July 13-23  
9 daily sessions, 9 am - 1 pm

Albemarle High School, Rm. 11  
Karen Waters-Wicks, $185.00

**Payment is required at registration**
JUMP START (JS)

Jump Start (JS) is designed for the novice to gain familiarity and comfort with a motorcycle before taking the Basic Rider Course (BRC). Learn a motorcycle’s operational parts, how to mount & start it, practice clutch/throttle coordination, and how to make it stop and go! If you want to learn about motorcycles before taking the BRC, or just want some “hands-on” without taking a full course, this class is for you. Student should be able to balance and ride a bicycle before taking the Jump Start class and/or the BRC. $10 discount on the BRC if taken after JS in the same season (call office to register). Limit of 3 students per class with no pass/fail or test.

All motorcycle classes meet rain or shine. In order to receive a refund, you must withdraw two weeks prior to the class start date. Refunds will not be made for “no shows” or late arrivals. There is $25 fee for each cancellation or class change. Payment is required at time of Registration. When registering: use legal name including middle initial (after first name) and date of birth so DMV certificates are accurate. Upon registration, students will be advised of apparel requirements and required to sign a liability waiver. Visit our website for additional policies and details.

BASIC RIDER COURSE 2 (BRC2)

BRC2 provides current motorcyclists continuing opportunities for rider education and training. BRC2 is designed for riders with a minimum six months and 3,000 miles experience. Students provide their own street-legal motorcycles with proof of ownership (or written authorization to use bike in class), current license with “M” endorsement, proof of insurance, current state inspection, must pass a visual pre-ride safety inspection, and wear required riding gear. If these requirements are not met, student will not be able to participate and no refund or reschedule will be granted.
**TECHNOLOGY**

**COMPUTER BASICS**
If you are new to computers, or if you are struggling to use yours, this course is for you. Get to know the look and feel of a computer and learn some of the terminology—what is meant by “desktop” and what all those “icons” are. Learn to create files and folders, use the menu system, create and use “shortcuts”, and how to save those e-mail attachments. You will also get an overview of Microsoft Word and Excel as well as an introduction to e-mail and the Web. This is a beginner class.

#4002, Tue & Thurs.
Jan. 14, 16, 21 & 23
4 sessions, 6:30-8:30pm
Albemarle High School, Rm. 110
Bill Woolfolk, $65

**GOOGLE APPS**
Don’t have Microsoft Office? Learn to use FREE Google Apps for creating documents, slideshows, organizing photos and more! In this class we will cover: Getting a Google Account and configuring privacy & security settings, and how to use Google Docs, Google Sheets & Google Slides. Join us to demystify the cloud and learn to work on the go!

#4034, Saturday, February 22
1 session, 9am-1 pm, Rm. 110
Albemarle High School
Bill Woolfolk, $65

**GOOGLE PHOTOS**
Learn to organize, edit and access your photos from any device without using up valuable memory!

#4018 Wed, Feb 26
1 session, 6:30-8:30pm
Albemarle High School, Rm.110
Bill Woolfolk, $25

**MASTER THE MAC**
The Apple Macintosh doesn’t ship with a manual. This course will teach you how to use ALL the features, programs and services that come with your Mac. From tips for navigating the Finder, to working with Photos, iTunes and Mail, to using iCloud most effectively, this course will make you a Mac expert. The instructor has used Macs for over 30 years, and will teach you how to get the most out of yours. Students can bring their Mac laptops to class to follow along and practice.

#4056, Wednesdays,
March 4, 11, 18
3 sessions, 6-8 pm
Albemarle High School, Rm. 118
Tony Townsend, $60

**MICROSOFT EXCEL FOR BEGINNERS**
This class introduces students to the basic operation and functions of Microsoft Excel. The lessons focus on the fundamentals of beginning a spreadsheet file. It covers how spreadsheets can be used, the general screen layout, and the basic processes involved in using Excel.

#4006, Tues & Thurs.,
Mar. 17, 19, 24 & 26
4 sessions, 6:30-8:30pm
Albemarle High School, Rm. 110
Bill Woolfolk, $65

**INTERMEDIATE EXCEL**
Are you already familiar with Excel but want to upgrade your skills? Get up to speed on the power of formulas and functions in Excel. Learn to complete tasks such as data analysis, managing multiple sheet workbooks, and utilizing graphics and templates. This class also provides advanced skills in formatting cell contents. Intermediate skill level.

#4010, Tues & Thurs.
April 14, 16, 21 & 23
4 sessions, 6:30-8:30pm
Albemarle High School, Rm. 110
Bill Woolfolk, $65

**ADVANCED EXCEL**
Master the tools to quickly create highly automated spreadsheets that answer real questions about your data. Learn advanced skills including PivotTables, Macros and LOOKUPS. We will also cover Collaborating in Excel and Workbook Sharing. Bring your USB flash drive to save your work. Advanced skill level.

#4023, Tues & Th., May 5, 7, 12, 14
4 sessions, 6:30-8:30pm
Albemarle High School, Rm. 110
Bill Woolfolk, $65

**KEEP YOUR PRIVATE INFORMATION PRIVATE**
Thinking of buying a smart home speaker? Worried about the news of yet another online data breach? Concerned your private information may be vulnerable to theft? This short course will teach you ways to keep your data and private information secure, and help prevent the most common ways criminals illegally access your records. Protecting both electronic and conventional records will be covered.

#4030, Saturday, April 25
1 session, 9am-noon
Albemarle High School, Rm. 118
Tony Townsend, $25

**MASTER THE iPHONE, iPAD & APPLE WATCH**
These Apple devices are really small computers but there’s no manual when you buy one. What features do you not even know are on there? Learn how to use apps, Apple-supplied and otherwise, use iCloud most effectively, and navigate the touchscreen interface. Lots of hidden features will be revealed that will make day-to-day use of these devices much easier. Bring your iPhone, iPad or Apple Watch to class to practice as you learn. Limited to 12 students per class.

#4038 Wednesdays
May 6, 13, 20
3 sessions, 6-8 pm
Albemarle High School, Rm. 118
Tony Townsend, $60

New Instructors Welcome!
Do you have expertise you would like to share? Send a brief letter with your proposed class description, education & experience to: djordan2@k12albemarle.org
West Coast Swing
WCS is the modern-day swing dance, and has experienced soaring global popularity in the past 2 decades. Sometimes smooth and graceful, sometimes funky and playful, people of all ages love it because you can use it to dance to contemporary music playing on today’s radio pop, rock, jazz, and R&B radio stations. Come see what the rave is all about!
Instructor: Kristin Wenger
Location: Agnor-Hurt Elementary Cafeteria

WCS Beginners (Level 1)
Wednesdays, Jan 8 - Feb 12, 6:00-7:30pm
Fee: $59 Alb. Co. Res. $69 NCR

WCS – Musicality Intensive
Wednesdays, Jan 8 - Feb 12, 7:30-9:00pm
Fee: $59 Alb. Co. Res. $69 NCR

WCS Intermediate (Level 2)
Wednesdays, March 11 – April 22, 6:00-7:30pm
(no class 4/8)
Fee: $59 Alb. Co. Res. $69 NCR

Level 1 Country Western Two-Step
Country Western is a smooth, joyful, quick-paced dance. Couples spin and turn and glide their way around the dance floor to modern country music. Made popular by the movie Urban cowboy, it is now widely enjoyed by both swing and ballroom dancers everywhere. Cowboy boots optional! Beginners welcome. Instructor: Kristin Wenger
Location: Agnor-Hurt Elementary Cafeteria

Country Western two step
Wednesday, March 11 - April 22, 7:30-9:00pm
Fee: $59 Alb. Co. Res. $69 NCR (no class 4/8)

WCS “New Hot Moves”
Wednesdays, April 29 – June 3, 6:00-7:30pm
Fee: $59 Alb. Co. Res. $69 NCR

“Learn a Routine” Class
Learn a choreographed mini-routine for fun and practice! No partner necessary. There will be an opportunity to perform later as a group (optional). Participants should be competent in basic WCS patterns.
Instructor: Kristin Wenger
Location: See website for new location
Fee: $59 Alb. Co. Res. $69 NCR
Tuesdays 7:30-9:00pm, April 28 – June 2

Line Dance
Come out and Line Dance with us, you do not need a partner, dance to all types of music, friendly atmosphere. Line dance reduces stress, increases energy, and improves mobility and muscle tone. (No open toe or open back shoes; feet need to be able to slide.)
Instructor: Olivia Ray
Location: Greer Elementary School
Fee: $60 Alb. Co. Res. $70 NCR (8 class session)
Session 1: Mondays, Jan 6 – March 9 (no class 1/20 & 3/2)
6:30-7:30pm Beginner Class
7:30-8:30pm Intermediate Class
Session 2: Mondays, March 16 – May 11 (no class 4/6)
6:30-7:30pm Beginner Class
7:30-8:30pm Intermediate Class

Virginia Reelers Square Dance Club
FREE OPEN HOUSE on January 22 & 29, 7:00 pm. Come dance with us! See for yourself how much fun square dancing is! No experience, partner, dancing ability or special clothing needed. Learn while you dance. Bring a partner or come alone. It is a great way to interact socially. Exercise your body and mind while having fun. We would love to have you join us, the Virginia Reelers Square Dance Club and caller Jim Hassmer, for two hours of interactive fun. Depending on the demand, either an introductory Basic/Mainstream class or a more advanced Plus class will start Feb. 5th and will continue every Wednesday night, 7-9 pm.
Location: Woodbrook Elementary School Cafeteria
Cost: $50 for a semester. More Information: visit virginiareelers.com or call (434) 466-4375
**DANCE**

Free Weekly Dance Practice  
(Sponsored by the Charlottesville Swing Dance Society)  
Dance Students, do you need space, music and a partner to practice the dance moves you learned in swing class last month or last year? Come out and practice with your fellow students. No partner is needed. Beginner-Advanced dancers are all welcome.  
[www.cvilleswingdance.com](http://www.cvilleswingdance.com)  
**Location:** Murray High School, 1200 Forest Street  
**Thursdays 7:30-9:00pm**

Folk Dancing  
Charlottesville International Folk Dancers meet Wednesday evenings from 6:30pm to 8:20pm at the Senior Center located at 1180 Pepsi Place. Join people of all ages to learn and dance to lively line, circle and partner dances from many different countries. Newcomers are always warmly welcomed. Teaching is from 6:30pm to 7:15pm, and recreational dancing is from 7:15pm to 8:20pm.  
**For more information**, call Sue Chase 540-456-8176.

Cajun/Zydeco Dance  
Introduction to the basic, easy and fun dance from Southwest Louisiana. The dance steps are easy to learn, and you won’t want to sit once you put it all together. We’ll learn the Cajun two-step, Cajun waltz, a little Cajun jig, and high active zydeco. We will also discuss Cajun culture, and the origins of Cajun/zydeco music and dance.  
**Instructor:** Dan Falwell  
**Fee:** $20 – 4 class sessions. Check Website for dates.

**FITNESS**

Cardio C’ENERGY  
This class is for everyone! It is a fun fusion of basic exercises, Pilates, and low-impact/high energy moves, including kickboxing and balance. This whole body workout is for exercisers of all levels of fitness. You work at your level of comfort while learning how to increase endurance and improve your cardiovascular fitness. We are made to move. Come join other men and women and work up a sweat.  
**Instructor:** Janet Pond  
**Fee:** $40 – 10 class sessions  
**Tuesday & Thursdays 6:15-7:15 Jan. 7-Feb. 20** (No Class 1/14, 1/21, 1/28 & 2/11)  
**Location:** Crozet Elementary School Cafeteria

Pilates  
Exercise tone and strengthen the muscles of the core, as well as aligning the whole body using fun exercises that challenge and balance you. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles.  
**Instructor:** Janet Pitt  
**Location:** Broadus Wood Elementary  
**Wednesdays 6:30-7:30pm**  
**Jan 8 – May 27th**, (no class 4/8), **Fee:** $75, 20 classes

Chair Aerobics at Scottsville Community Center  
Very low impact aerobics class. Exercise for the mind, body and spirit!  
**Instructor:** Jeanne Morris  
**Location:** Scottsville Community Center  
**Tuesdays & Thursdays 9:30-10:30am**  
**Jan 7 – Feb 27**, 16 classes  
**Fee:** $48
**Yoga**

**Mindfulness Yoga @ COB 5th Street**

**Mindfulness Yoga:** The focus of the practice will be to live in the body and to learn to perceive clearly through it by unifying breath, body and mind. The objectives will be to increase flexibility, strength, endurance, improve balance and use the breath more effectively. Please bring a Yoga Mat.

**Instructor:** Carol Brown

**Location:** County Office Bldg. 5th Street, Room A

**Fee:** $60 Alb. Co. Res.  $70 NCR (10 class session)

- Tuesday, Jan 7 - March 10, 5:30-6:45pm
- Tuesday, Jan 7 - March 10, 7:00-8:15pm

**Special Interest**

**Disaster + Travel + Wilderness First Aid**

Hands-on learn how to save life and limb in a disaster, rural, or wilderness setting.

**Flyer:** [www.solowfa.com/forms/dwfa-flyer.pdf](http://www.solowfa.com/forms/dwfa-flyer.pdf)

**Dates:** choose January 11-12, March 7-8, May 2-3, May 13-14, May 19-20, or June 20-21.

**Times:** 8:30am-6:45pm each day

**Location:** Mountaintop Montessori, 440 Pinnacle Place, Charlottesville, VA 22911

$215 (for 2-year certification)

**Info & To Register:** [www.solowfa.com](http://www.solowfa.com)

**CPR/AED/Choking for Adult/Child/Infant Certification Course**

- No video!
- Far more intellectually-stimulating and hands-on than any course you've taken before.
- Friday evening 6:30pm - 9:45pm
- **Dates:** choose January 10, March 6, or May 1
- **Location:** MEDIC, 250 West Main Street, Charlottesville, VA 22902

$49 (for 2-year certification)

To register call 434-465-8733

**Free Family-Friendly Movie Nights**

Free Family-Friendly Movie nights at our parks starting Spring 2020! Check our website for times and locations for free movie nights!

**To Register, visit:** [www.albemarle.org/parks](http://www.albemarle.org/parks)

**To Register for Recreation Classes, visit** [www.albemarle.org/parks](http://www.albemarle.org/parks)
ALBEMARLE COUNTY VOLLEYBALL CLUB (ACVC)
OLDER THAN 18? Come join our co-ed adults on Tuesday and Thursday nights at Sutherland Middle School from 7-9pm for LOTS of competitive fun! Come knock some rust off and get back in the game!
Next Session Dates: Jan 7th - April 30th
Location: Sutherland Middle School
Time: Tuesdays & Thursdays 7-9pm
Fee: One night - $75 or Two nights - $135
New in March another location added - Western Albemarle High School
Come try out the NEW Adult Program at WAHS at our OPEN HOUSE Jan. 25th 6-9pm!
Session Dates: March 5th - June 25th
Location: Western Albemarle High School
Time: Thursdays 7-9pm
Fee: $75

ACVC SUMMER VOLLEYBALL CAMPS
(Girls grades 6-12)
2020 Summer Camps:
ACVC is excited for our 18th successful year! Not only are we bringing back the signature skill instruction, leadership coaching and wellness enhancing aspects of ACVC, WE ARE BETTER THAN EVER! Our 2020 summer camps offer a comprehensive and in-depth experience. Concentrated skills and drills, athletic conditioning, lessons in health and wellness and our popular leadership coaching will fill the day. Not only an excellent skill building, but great confidence building opportunity.
Camp Directors: Janet Hefren & Mandy Newberry
Monday-Thursday 4-day Camp 9:00am – 12:30pm
Location: Hollymead Elementary – (3-5 grade)
Sutherland Middle – (6-12 grade)
All Skill Level Camp: June 15-18, (3-5 grade) Fee $195
All Skill Level Camp: June 15-18, (6-9 grade) Fee $220
All Skill Level Camp: July 13-16, (3-5 grade) Fee $195
All Skill Level Camp: July 13-16, (6-9 grade) Fee $220

ACVC ELEMENTARY & MIDDLE SCHOOL CLINICS - FEBRUARY 22ND & MAY 16TH
Come join in on the FUN!! Through challenging games and affirming activities, your student will greatly improve their level of volleyball skills. Players will be challenged to achieve personal goals, build confidence, and improve hand-eye coordination, all while having FUN and learning a cool/sport!
February 22nd
Grades 3rd-5th 9-10:30am Fee: $40
Location Hollymead Elementary School
Grades 6th-9th 9-12noon Fee: $65
Location- Sutherland Middle School
May 16th
Grades 3rd-5th 9-10:30am Fee: $40
Location Henley Middle School
Grades 6th-9th 9-12noon Fee: $65
Location- Western Albemarle High School

ACVC HIGH SCHOOL TRYOUTS PREP CAMP
This camp is to get you ready mentally and physically for being your best at high school tryouts. Our focus is to get your skills better than ever, your energy topped off, and develop greater confidence to show your coach.
Fee: $240 Location: Hollymead Elementary School
Dates: July 13-16
Time: 1-4pm

ACVC ADVANCED CAMP
High intensity camp for players with previous Varsity/JV or Elite team level experience. Players are placed into specific skill groups to work intentionally on their position of interest. Excellent instruction, high repetition camp!
Monday-Thursday 4-day camp 6:30-8:30pm
July 13-16 (9-12 grade) Fee $210
Location: Sutherland Middle School
Spring Break Tennis Camp
Dates: April 6 - 9, 2020
Time: 9am to 12noon
Ages: 5-11
2 Locations: Western Albemarle High School, Darden Towe Park
Cost: $160
Be a SuperStarter over Spring Break, Dr E's SuperStarters Tennis Camps combine QuickStart tennis instruction with life skills & teambuilding activities to help kids be better tennis players and better teammates on and off the court! The camps focus on TENNIS skills (strokes, rallying & playing), MOTOR skills (hand-eye coordination, footwork, movement, agility, balance & coordination) and TEAM skills such as communication, listening, being positive & supportive, working together, focus, and concentration. (Playbook and healthy snacks included)

Pickleball
Open Play Pickleball at Agnor Hurt Elementary Gym
Tuesdays & Thursdays, 6:15-9:00pm

Basketball
Free Open Play Basketball at Yancey School Community Center
Saturdays & Sundays 1:00-5:00pm
December 7 - March 29, 2020
Except – Dec 14th
1:00-3:00pm – ages 12 & under (under 8 must be accompanied by adult)
3:00-5:00pm – ages 13 - adults

Area Sports Leagues
Albemarle County Parks & Recreation co-sponsors or assists with youth and adult athletic leagues throughout the County.
Sports included are: Tennis, Football, Volleyball, Soccer, Lacrosse, Field Hockey, Fastpitch Softball, Softball, Baseball and T-ball.
For a complete list of contacts visit our website at www.albemarle.org/parks and download the contact sheet.
Chair Yoga
This class is designed for those not able to get up/down on a yoga mat, recovering from an injury, and for learning stretching techniques that can easily be done at work. This class will be suitable for all body types and ages. You will learn how to stretch the entire body and finding your level of flexibility, strength, endurance, and balance.
Instructor: Carol Brown
Location: Greenwood Community Center
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Thursdays 1:30-2:30pm
Session 1: Jan 16 – March 19
Session 2: April 2 - June 4

Beginner Clogging
Beginner clogging class taught by the Skyline Country Cloggers. Learn basic clogging from scratch. The 8 fundamental clogging steps are taught, from which all other steps are formed. By the end of class, students will have learned at least 1-2 routines performed by the club.
Ages: 12 and up (children under 12 must be accompanied by an adult taking the class).
For more info email: info@skylinecloggers.com
Team website: www.skylinecloggers.com
Location: Greenwood Community Center
January 15 – March 4 (8 weeks)
Wednesdays 6:45pm – 7:30pm
Fee: $36

Beginner Yoga
A class designed to teach the basics of yoga. This class is for beginners, returning beginners, and for someone who has some yoga experience wanting to deepen their insight into postures and breath. You will be learning yoga poses with an understanding of proper alignment, finding your level of flexibility, strength, endurance, and balance.
Instructor: Carol Brown
Location: Greenwood Community Center
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Thursdays 1:30-2:30pm
Session 1: Jan 16 – March 19
Session 2: April 2 - June 4

Waltz Whirl
Every Second and Fourth Monday at Greenwood Community Center 7:00-9:00pm. Dance & practice to recorded music, no partner necessary, help available, no experience needed. For more information, call Rick Martin 434-987-87118. Cost: $7-$10 donation.

Intermediate Yoga
This class is designed for someone who has a basic understanding of the proper alignment within a pose. You will be working on deepening your level of flexibility, strength, endurance, and balance. You will also be deepening your practice of being present to physical sensations within the body; feeling where you are tense and learning to release.
Instructor: Carol Brown
Location: Greenwood Community Center
Fee: $60 Alb. Co. Res. $70 NCR (10 class session)
Monday Session: Jan 13 – March 16, 12-1:15pm
Thursday Session: Jan 16 - March 19, 12-1:15pm
Monday Session: April 6- June 8 12-1:15pm
Thursday Session: April 2- June 4 12-1:15pm

Roller-skating
The Greenwood Community Center offers public roller-skating on Saturday Nights 6-9pm. Admission is $3 to rent skates and $2 if you have your own skates. Roller blades are allowed. No metal wheels! Skating Rink is available for private skating parties!

ESSENTRICS®
Essentrics® is a dynamic full-body, rebalancing workout for men and women of all fitness levels. The technique simultaneously combines stretching and strengthening while engaging all 650 muscles, to create a strong, flexible and pain-free body. Experience what it feels like to be happy and healthy in your body, with this fun, flowing workout set to inspiring music! (Bring your own mat)
Instructor: Donna Ginsberg - Certified Integrative Health Coach by Duke IM, Founder of Higher Plane Health Coaching
Wednesdays 10:15am-11:00am
Jan 15-March 18, 10 classes
Fee $60 Alb. Co. Res $70 NCR

TO REGISTER FOR RECREATION CLASSES, VISIT www.albemarle.org/parks
Martial Arts Classes
We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We have offered training in Chito Ryu Karate Do for the past 15 years. We offer classes to men, women, and children starting from age 7. To learn more about the program: email Erin Hagedorn CvilleBudokan@gmail.com
Chief Instructor: Erin Hagedorn
Location: Greenwood Community Center
All Ranks: Tuesdays & Thursdays 5:30-7:00pm
Session 1: Jan 7 – Feb 27
Session 2: March 10 – April 30
Cost per 8 Week Session: $64 One day per week $100 Two days per week
Family Rate: 3rd, 4th, & 5th member 1/2 price

Iaijutsu Classes
We are a traditional martial arts dojo located just outside of Charlottesville in the Greenwood Community Center. We have been training students in Iaijutsu (Samurai Swordsmanship) for the past 9 years. Classes offered to men, women, and children starting from age 7. To learn more about the program: email Doug Gellman dzg@hotmail.com
Chief Instructor: Doug Gellman
Location: Greenwood Community Center
Saturdays 9:30-11:00am
Session 1: Jan 11 – March 14 (no class 2/29 & 3/7)
Session 2: March 21 - May 16 (no class 4/4)
Cost per 8 Week Session: $64
Instructor: Bradford Bennett, Ph.D., Susan Spengler,
Location: Greenwood Community Center
Wednesdays 6:00-7:30pm
Sept 11 – Dec 4, (No class Nov 20) 12 classes
Fee: $72 Alb. Co. Res. $82 NCR (12 class session)

Beginning/Intermediate Tai Chi
Tai Chi Chuan is an exercise for health, conducive to both mental and physical well-being; an exercise promoting balance, coordination, synchronization, and meditation in motion. This class provides an introduction to the basic exercises and techniques of Tai Chi. Students learn the art of Tai Chi through the original 13 postures and movements from the Yang Family Secret Long Form, as well as the special short forms developed in San Francisco by H.H. Lui and Dr. Bennett. The class is designed for people with no experience as well as for those people with backgrounds in Tai Chi, body movement, dance, or martial arts. The lessons are appropriate for individuals of all ages. Instructors: Bradford Bennett, Ph.D., Susan Spengler
Location: Greenwood Community Center
Wednesdays 6:00-7:30pm
Fee: $72 Alb. Co. Res. $82 NCR (12 class session)
Session 1: Jan 8 – March 25
Session 2: April 8 – June 24

Somatic Movements to Increase Neuromuscular Control
As one moves through life it is possible to become a victim of the stresses of our Western lifestyle. This can lead to chronically tight muscles and soreness and a belief that one’s abilities reduce with age. In this class Dr. Bennett shows students how to defy this myth by regaining voluntary control of (to relax) muscles, especially those of the back, neck, hips and shoulders. Amazingly, this is not done through hard work, but slow gentle, often quite novel movements. Students report reduction in discomfort and increases in range of motion and energy. This class will be taught by Bradford C. Bennett, PhD, who brings 30 years’ experience in the Somatic Arts, blending the approaches of Thomas Hanna, Milton Trager, Moshe Feldenkrais, F. M. Alexander, and Charlotte Selver. He combines this knowledge with his academic understandings as a Professor (Ret.) Kinesiology and Orthopedic Surgery to create a unique experience.
Instructor: Bradford Bennett, Ph.D.
Location: Greenwood Community Center
Wednesdays 4:45-5:45pm
Session 1: Jan 8 – March 25, (no class Feb 12 & 19)
Session 2: April 8 – June 24
Fee: $72 Alb. Co. Res. $82 NCR
Literacy Volunteers Needed

Tutor an adult in reading, writing, and/or speaking English. Our students come from a wide variety of backgrounds and they are all hoping to acquire the skills they need to independently pursue their life goals, support their families, and be active members of our community.

Tutor Training Opportunities

February 11 & 12
5:30 – 8:30 p.m.
or
Saturday, March 7
9:30 AM – 4:30 p.m.
must attend both evenings

We have a waiting list of students who need your help.

Call 434-977-3838 for more information.
www.literacyforall.org

Albemarle County Adult Education

Spring 2020

English for Speakers
of Other Languages (ESOL)

Classes for all Skill Levels

Call today for more information and to register.
434.296-3872 Ext. 6
Or visit our website:
www.k12albemarle.org/adult

EVENING CLASSES

Civics and Workforce Readiness ESOL Classes

Beginning to Advanced

Mondays and Wednesdays
Albemarle High School
2775 Hydraulic Road
6:30-8:30 p.m.— $75
Room 166

Beginning: January 6, 2020