MINI-COURSES
FALL 2017 • AUGUST — DECEMBER

COURSES DESIGNED FOR YOUR LIFESTYLE AND INTERESTS.

☐ Career skills
☐ Computer training
☐ Fitness, health & healing
☐ Children’s classes
☐ Non-credit online courses
☐ Bus trips
☐ SAT Prep
☐ CDL Trucking
☐ And More!

Think outside the box!

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CORPORATE AND CONTINUING EDUCATION
bloomu.edu/ce
Mini-Courses Fall 2017

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Greenly Center
50 East Main Street, Bloomsburg PA 17815
For Older Adults: Internet Basics (B114A)

Are you using the Internet but would like to do so more efficiently? If so, this is the class for you. You'll learn the best way to search the Internet, shop for goods and services, and gain quick access to information you've found by saving your favorite websites, creating folders, and searching your computer's history. You'll also learn how to change your home page and search engine, and use tabs.

Important issues like safety and security are also covered. This class is tailored to meet the interests of students by using the most popular websites, and is an excellent follow-up to the Computer Basics class.

Tuesdays, 9:00 AM to 12 noon / 2 Classes, November 7-14 / Melinda Garrigan / $67.

For Older Adults: Introduction to Social Media (B125A)

Learn the features of Facebook, Twitter, and LinkedIn. Receive all the latest news and information, and keep in touch with friends, family, and co-workers. During this class, you'll learn how to set up and update an account, and how to use these popular social media tools.

Tuesdays, 9:00 AM to 12 noon / 2 Classes, September 12-19 / Melinda Garrigan / $67

For Older Adults: Computer Basics (B130A)

We'll start with the basics: learn how to turn on the computer and go from there. This is a hands-on, slower-paced class just for first-time computer users. You'll get an overview of basic computer terminology and safety, learn keyboard and mouse control, set up your own e-mail account, and search for information on the Internet. Join us in a relaxed atmosphere where all your questions are patiently answered and mistakes are expected. You'll have plenty of time to practice in the classroom, with the instructor right there to help!

Tuesdays, 9:00 AM to 12 noon / 4 Classes, October 3-24 / Melinda Garrigan / $125

Introduction to Excel 2016 (B167A)

Learn how to efficiently and effectively use Excel. Topics for this course include: spreadsheet terminology, exploring the Excel window, entering and editing text, basic formulas and functions, inserting rows and columns, page setup, autofill, and basic charts. This beginner course is designed for students who are new to using Excel or who would like to be more efficient. This class is taught using the Microsoft Windows operating system. Fee includes Microsoft Office approved textbook. 1.2 CEUs

Thursdays, 6:00 PM to 9:00 PM / 4 Classes, October 5 - 26 / Trish Sheehy / $125

Intermediate Excel 2016 (B174A)

Build on the skills you acquired in Introduction to Excel. You'll learn to manipulate multiple worksheets; use functions such as IF, LOOKUP, and TODAY; sort and organize data using tables; use advanced charting features; and use the PivotTable command. Course will be taught using the Microsoft Windows operating system. Class fee includes Microsoft Office Specialist approved textbook. 1.2 CEUs

Thursdays, 6:00 PM to 9:00 PM / 4 Classes, October 19 - November 9 / Trish Sheehy / $125

For Older Adults: Introduction to Windows 10 (B181A)

If you are an experienced computer user, but not familiar with the new operating system which will soon be on most computers, here is a class for you. Windows 10 is a bit different than what we are used to! Come join other older adults as we learn about the new and renewed programs available in Windows 10. Topics covered will be the new "App" format, File Explorer, Windows Accessories, and the new internet browser, Edge, and more.

Thursday, 9:00 AM to 12 M / 2 Classes, November 9-16 / Melinda Garrigan / $67


**COMPUTER COURSES**

**Computer Repair & Maintenance Made Easy (B194A)**

Viruses, errors, upgrades, and maintenance: your friendly neighborhood computer tech will help you learn about all of these. You’ll learn techniques to remove or protect against viruses, spyware, and other malware. Computer hardware and Windows errors will be explained, and you’ll learn how to repair them. Have you ever wanted to get your hands inside your computer and know what all those parts are? A variety of components and plugs will be shown so you can learn how to upgrade or repair the internals of your computer. The class will also delve into network setup and creation, internet connectivity issues, internet browsers, and a variety of computer myths and rumors. The instructor will provide information about a lot of useful tools that can keep your computer running clean, safe, and secure. Even if you consider yourself to be technology challenged, and you’re afraid you won’t understand the techno-babble, don’t worry - our instructor uses easy-to-understand terms, and computer novices or beginners are always welcome.

Thursdays, 6:00 PM to 9:00 PM / 4 Classes, October 5 - 26 / Ryan Wagner / $89

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**SOLD! eBay 101 (S285A & S285B)**

Join in the fun and excitement of the world of eBay with this informative class on the Internet’s most popular auction site. Learn how to start selling items on eBay and avoid some common pitfalls. Make the most of your listing with attention-grabbing titles, creative copy, and good photos to help bring the best price for your items. We’ll discuss bidding, payment options, shipping, and the feedback forum. You’ll put an item up for bid, track the auction, and complete the transaction during the class. Requirement: able to research the Internet and understand how to access email.

If you are not currently registered on eBay as a seller, you will need an email account, a credit card, and a checking account to register.

Session A (Day): Thursdays, 9:00 AM to 12 noon / 4 Classes, October 5-26 / Ines Carroll / $79

Session B (Evening): Tuesdays, 5:30 PM to 8:30 PM / 4 Classes, October 3-24 / Ines Carroll / $79

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**Training Pennsylvania’s workers for a growing economy.**

**Grant Funds Available to Regional Manufactures and Technology Companies**

Qualified companies receive grant funds for employee training.

Call Karen White at 570-389-4004 and ask about WEDnetPA, or email kwhite@bloomu.edu.
Life Care Planning: Learn how to protect yourself as you grow older. (S210A)

There are many complicated issues confronting individuals and families as we grow older. What documents do you need to ensure your medical and financial interests are protected? What is long term care and how do you go about finding and paying for it? What is the difference between Medicare and Medicaid? Is there help out there for you when you are caring for a loved one? What is a Certified Elder Law Attorney and do you really need one? This program will help answer these and many other real concerns about growing older.

Thursday, 6:00 PM to 9:00 PM / 1 Class, October 19 / Heidi Young / $42

History of the Presidency: From George Washington to Grover Cleveland (S361A)

Students will learn interesting facts about the presidents starting with George Washington to Grover Cleveland, as well as the relevance of those facts. We will look at and compare information from the previous administration to the current administration. Come join us for an educational and entertaining course!

Wednesdays, 6:30 PM to 8:00 PM / 4 Classes, October 4-25 / Ryan Oberst / $59

Case Study in Sustainable Building (S420A)

Our instructor Thomas Anderson will take you on his journey of researching, architecting, designing, and building his off-grid home near Bloomsburg. Whether you are dreaming about embarking on such a project or are just interested in how it's done, you can learn from his mistakes and successes and the wisdom he has gained in the process. Technologies and techniques discussed include passive solar, earth sheltering, stack effect, types of insulation, solar thermal, hydronic radiant heating, root cellar refrigeration, photovoltaics, wind power, solar tubes, DC appliances, water conservation, landscape considerations, home automation, backup and redundancy planning, and other topics.

Tuesday, 6:00 PM to 7:30 PM / 1 Class, September 5 / Thomas Anderson / $35

Off Grid Energy Systems I (S425A)

This course introduces homeowners and prospective homeowners to the principles of home energy conservation and off-grid energy production for the purposes of installing or competently hiring a contractor to install a system in their home to free them from dependence on the electrical grid. Students will learn how to estimate energy loads, employ conservation methods, and choose from among different generation methods. Furthermore, they will learn the electrical circuit principles necessary to construct a home energy system and the off-the-shelf components needed to make one work.

Thursdays, 6:00 PM to 8:00 PM / 4 Classes, September 14 - October 5 / Thomas Anderson / $95

Off Grid Energy Systems II (S426A)

Students will build a fully-functional portable solar generator which is a scale model of a residential off-grid energy system. In the process of creating a valuable product in its own right, participants will be applying concepts which can then be translated into a whole-house electrical generation, storage, and distribution system. We will then discuss sizing, cost estimation, and planning the installation of a full-scale system based on the experience of building the scale model. The finished solar generator (which the student will keep) is comparable to commercial products retailing for $800 or more, capable of powering laptops, CPAP machines, LCD televisions, LED/CFL lights, powered coolers, etc., charged from a solar panel or wall outlet source. Participants are expected to purchase their own wire cutter/crimper and screwdriver tools. No prior electrical or construction experience required. Pre-requisite: Off Grid Energy Systems I.

There is a materials fee of $389 for solar generator components.

Thursdays, 6:00 PM to 9:00 PM / 3 Classes, October 12-26 / Thomas Anderson / $115
**K9 Nose Work® - Introduction (S380A)**

Looking for a quick, easy and fun activity to tire your dog out? Whether mutt or purebred, young or old, active or mellow, fearful or reactive, K9 Nose Work® may just be the solution for you! No prior obedience training required.

K9 Nose Work® provides mental and physical exercise and builds a dog's confidence and focus. In this course we cover the basic concepts and foundation skills of K9 Nose Work®. You'll observe and learn to read your dog and come to admire his superior scenting skills.

Enjoy a fun activity together in a safe and controlled environment and develop an even stronger bond with your dog! Dogs are worked one at a time, and exercises are adapted to each handler/dog team. All sessions will be held inside.

Additional information:
- Dogs must be able to stay quietly in their vehicles out of the owner's sight when it's not their turn.
- Participants must disclose any aggression and reactivity issues prior to class.
- Participants will receive a mini-questionnaire and orientation email prior to course start.
- Class handouts are included.

Thursdays, 6:00 PM to 7:30 PM / 4 Classes, September 21 - October 12 / Silke Wittig / $79

**Pet Reiki (S231A)**

This course includes a distance attunement for your pet so they can give reiki as well as receive it. Enhance your communication with your pet, and learn pet diagnostic techniques which may also be used with humans you'll learn Earth Reiki, Color Reiki, Linking, Absorbing, Psychometry, and how your pet helps to heal you. Bring a pet collar or toy and a picture of your pet.

Pre-Req: Usui Reiki 2.

A $25 fee is payable to the instructor for the student manual.

Sunday, 10:00 AM to 4:00 PM / 1 Class, September 10 / Joanne Smith & Rick Smith / $100

**Sign Language for Beginners (S290A)**

Join others in learning about the deaf community and their culture. You'll learn basic communication skills such as eye contact, gestures, facial expressions, and basic American Sign Language vocabulary and finger-spelling. Handouts will be provided including a list of suggested books, DVDs, and websites. This is an ideal course for those serving in the public sector, i.e. administrative assistants, teachers, food servers, etc. Beginner and advanced participants welcome. Plus we will attend a deaf social, date to be announced.

Mondays, 6:30 PM to 8:00 PM / 6 Classes, November 6 - December 18 (Skip November 27) / Maureen Hill / $79

**Basic Conversational Spanish (S450A)**

This class is focused on using Spanish for basic conversations. You'll learn how to have an introductory conversation, express your opinions, likes, and dislikes, and much more. You'll gain a general understanding of the language.

Materials fee of $10 is payable to the instructor for workbook.

Tuesdays, 6:30 PM to 8:00 PM / 6 Classes, September 5 - October 10 / Kristen Zhang / $75

**SOLD! eBay 101 (S285A & S285B)**

Join in the fun and excitement of the world of eBay with this informative class on the Internet's most popular auction site. Learn how to start selling items on eBay and avoid some common pitfalls. Make the most of your listing with attention-grabbing titles, creative copy, and good photos to help bring the best price for your items. We'll discuss bidding, payment options, shipping, and the feedback forum. You'll put an item up for bid, track the auction, and complete the transaction during the class. Requirement: able to research the Internet and understand how to access email.

If you are not currently registered on eBay as a seller, you will need an email account, a credit card, and a checking account to register.

Session A (Day): Thursdays, from 9:00 AM to 12 noon / 4 Classes, October 5-26 / Ines Carroll / $79

Session B (Evening): Tuesdays, 5:30 PM to 8:30 PM / 4 Classes, October 3-24 / Ines Carroll / $79

**Introduction to Holistic Tarot (S251A)**

Many people think that reading Tarot means a mysterious woman sitting behind curtains in a secret candlelit room, ready to tell her visitor of impending doom. But don’t worry, that’s not the vision we have for this class! Instead, we’ll take a journey through the Tarot to disco-
Financial Strategies for Successful Retirement (M701A)

This information-rich seminar will introduce you to the concepts and practices that can make your retirement comfortable and free from money worries, and help you identify lifestyle issues facing many retirees. We take a conservative approach to wise money management, and show you how to get the most from your investments, social security, and company retirement plans. We'll also show you how to protect your hard-earned assets from erosion due to inflation, and the possible cost of long-term health care. You'll receive a Retirement Planning Data Form that will help you develop a written inventory of your assets, income, social security and pension benefits.

Workbook fee of $30 is payable to the instructor.
You may enroll your spouse/partner at no extra charge.

Tuesdays, 6:00 PM to 8:00 PM / 4 Classes, August 29 - September 19 / Jim Moff / $35

Tarot for Healing (S255A)

Jung’s theory of Individuation or "finding our authentic self" means we have to look at the bits of ourselves that are not authentic, which sometimes means wrestling with the things we don’t want to see. When we can come to terms with these things, we become whole, healed and fully functioning beings. Although we will dig deep, there will be a lot of fun in this class! Put your creative (and analytical) hats on and come learn how Tarot is not really about fortune-telling, but about the art, self-discovery, and healing.

Pre-requisite: Introduction to Holistic Tarot. You will also need to bring a Rider-Waite Smith based deck.

Tuesdays 6:00 PM to 8:00 PM / 4 Classes, October 10 - November 7 (Skip October 31) / Jill Freeman / $52

Angels 101: How to Connect & Work With Angels (S238A)

In this workshop we will explore the history of Angels and so much more! Who are the Angels? Where do they come from? What do they look like? Do I really have a guardian angel? How do I know they are really with me and how can I connect and work with them? We’ll learn who they are, how they can help us in our everyday life, and how you can connect with your own angels. You’ll gain an understanding and appreciation for angels, and new ideas and tools to work with the angels in your life for spiritual growth and healing.

Saturday, 9:00 AM to 12 noon / 1 Class, October 14 / Jill Freeman & Amy Kile / $39
ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

Some of our most popular programs include:

- **Medical Transcription**
  Learn to transcribe medical reports in hospitals, offices, or from home with the most popular transcription program in the country for entry-level training.

- **Certified Electronic Health Records Specialist**
  Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

- **Physical Therapy Aide**
  Master the skills needed to begin a career as a physical therapy aide.

- **CompTIA Healthcare IT Technician (Voucher Included)**
  The CompTIA Healthcare IT Technician course teaches the fundamentals of healthcare IT (HIT) by using the CompTIA Healthcare IT Technician (HT-001) exam objectives as the framework.

- **Medical Transcription + Medical Terminology**
  Start a new career as a medical transcriptionist with the training provided in this program, which includes medical terminology training.

- **Administrative Dental Assistant**
  Learn how to perform the administrative tasks essential for managing the business aspects of a dental practice.

- **Optician Certification Training**
  Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

- **Administrative Medical Specialist with Certified Electronic Health Records Specialist + Medical Terminology**
  This program combines the Administrative Medical Specialist program with training in electronic health records and medical terminology to give you a competitive edge in the healthcare field.

- **Certified Electronic Health Specialist with Medical Terminology**
  Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

Visit our website for program details!

ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

Some of our most popular courses include:

- **Accounting Fundamentals**
  Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

- **Administrative Assistant Applications**
  Gain the skills and knowledge you’ll need to prepare for the Certified Administrative Professional exam and begin a career in this field.

- **Computer Skills for the Workplace**
  Gain a working knowledge of the computer skills you’ll need to succeed in today’s job market.

- **Explore a Career as a Paralegal**
  Find out if a paralegal career is the perfect choice for you, as you explore the fundamentals of U.S. law and legal terminology.

- **Introduction to Google Analytics**
  Learn how to track and generate traffic to your website, create reports, and analyze data with Google’s free, state-of-the-art Web analytics tools.

- **Introduction to PHP and MySQL**
  Learn how to create dynamic, interactive Web sites using PHP and a MySQL database server.

- **Introduction to QuickBooks 2013**
  Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

- **Introduction to SQL**
  Gain a solid working knowledge of the most powerful and widely used database programming language.

- **Java Programming**
  Deepen your understanding of the Java programming language, and start writing programs that are more sophisticated and professional.

- **Medical Coding**
  Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

- **Start Your Own Small Business**
  Stop dreaming and learn how to start your own successful small business.

Visit our website to view start dates!
Accounting Fundamentals Series
If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

QuickBooks 2016 Series
Master the fundamentals and more advanced functions of QuickBooks 2016. Learn everything from creating statements to using batch invoicing and managing journal entries.

Grant Writing Suite
Learn everything you need to know to start writing grant proposals and consult or volunteer for nonprofit, public foundations.

Basic Computer Skills Suite
Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!

Microsoft Office 2016 Value Suite
Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.

Microsoft Word 2016 Series
Learn the ins and outs of Microsoft's newest release of Microsoft Word. This discounted bundle teaches you everything you need to know about the 2016 release.

Microsoft Excel 2016 Series
Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

Project Management Suite
Learn the fundamentals of project management in this discounted suite of online courses.

PMP Prep Series
Learn how to prepare for the Project Management Institute's prestigious PMP® certification exam.

Supervision and Management Series
Whether you’re new to managing employees or are a seasoned pro, these courses will help you brush up on your leadership and interpersonal communication skills, to help you lead your team to success.

Creating Wordpress Websites Series
This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.

Digital Marketing Suite
Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.

Web Design Value Suite
Create your own webpages and websites after learning everything from web design layout to CSS3/HTML5 and Javascript.

HTML and CSS Series
Learn to use CSS3 and HTML5 to create professional-quality websites for desktops, laptops, and mobile devices.

Java Programming Series
Learn Java programming, one of the most widely used computer languages, in this discounted series of courses.

SQL Series
SQL is one of the most requested skills from today’s data-driven employers. Learn the coding language in these easy to follow online courses.

PHP and MySQL Series
Learn how to create interactive websites, including how to create an interactive online store complete with an online catalog of products.

Computer Networking Suite
Learn the fundamentals of networking and prepare for a career in an exciting and fast-growing field.

To Enroll or learn more, visit or call us at:
ed2go.com/bup
(570) 389-5162

www.bloomu.edu/ce
Easy & Elegant Appetizers & Party Food (J210A)

Hors d’oeuvres, tapas, starters, appetizers - no matter what you call these delicious small plates, people love to nibble! Either before a dinner, as a party, or just a sampler for a meal, these tidbits are just the thing for the holidays. We’ll cover the preparation of savory and sweet finger foods. Over 101 ideas will be jam packed into your recipe booklet. Come hungry and leave inspired! Class includes tasting menu and recipe booklet.

A $15 fee is payable to the instructor.

Wednesday, 6:00 PM to 9:00 PM / 1 Class, November 8 / Robert Brown / $39

Cheese Making 101 (J243A & J243B)

According to Wikipedia, cheese making dates back at least 5,000 years, supported by archaeological evidence of this craft in ancient Egyptian civilizations. We’ll bring the skill up-to-date for beginners, by looking at how cheese is formed, how the home cheese maker can get started, and sanitary precautions. We’ll make two or three types of cheese, including a farmhouse cheddar, cheese curds, and homemade mozzarella if time allows. Secondary to the main cheeses will be butter and ricotta cheese.

Bring a notebook and pen or pencil. A materials fee of $10 per person is payable to the instructor.

Session A: Saturday, 9:00 AM to 1:00 PM / 1 Class, October 14 / Don Beagle / $39

Session B: Saturday, 9:00 AM to 1:00 PM / 1 Class, October 28 / Don Beagle / $39

Home Canning Made Simple (J245A)

Learn how to preserve the tasty goodness from your garden! We’ll talk about what's needed, sanitary practices, how to make it your own, and the difference between water bath and pressure canning. We’ll also demonstrate how each type works. Handouts will be available.

Saturday, 9:00 AM to 12 noon / 1 Class, September 9 /Don Beagle / $32

Cheese Making 102 (J247A)

This course will cover intermediate cheese making techniques. We'll make a Buttercase cheese, Gouda, Seasoned Curds, and perhaps an English-style cheddar or Brie. Different pressing techniques will be discussed and used, and you'll get ideas on how to build your own cheese press. Other discussion topics will include waxing and natural rinds, building your own cheese cave, and desirable molds for your cheese. Cheesemaking 101 is recommended before taking this course.

A $15 fee is payable to the instructor.

Saturday and Sunday, 9:00 AM to 1:00 PM / 2 Classes, November 4-5 / Don Beagle / $42

Gourmet Food Gifts for the Holidays (J250A)

Homemade gifts of food for the holidays will showcase your love of food and the personalization of handmade gifts. This class will cover the preparation and packaging of: flavored vinegars, infused oils, sweet and savory sauces and condiments, candies, breads, and more. Class includes recipes and tasting menu.

A $20 fee is payable to the instructor.

Wednesday, 6:00 PM to 9:00 PM / 1 Class, October 25 / Robert Brown / $39

The Joy of Cooking: Asian Food (J253A)

Have you ever asked yourself, "How do they make egg-rolls?" If you've ever tried Asian food, you'll know that it comes in an array of styles and tastes and most of it is incredibly healthy. This is a fun introduction to Asian cooking. We’ll cover the various types of spices, ingredients, and forms of cooking used in Asian culture. Come see, taste, smell, and experience the joy of cooking Asian food! Tasting menu and recipe booklet included.

A $20 fee is payable to the instructor.

Saturday, 1:00 PM to 5:00 PM / 1 Class, October 7 / Angela Blass / $39

Soups, Stews, Crockers & Cookers (J257B)

Nothing can satisfy the soul or hunger on a frosty day better than a bowl of soup and good bread! Hearty soups and stews are the essence of any cook's repertoire. This class covers the preparation of delicious soups using traditional methods, along with slow cookers and pressure cookers. Artisan quality breads are incredibly easy to make and will be baked in class. Bring your appetite! Tasting menu and recipes included.

A $20 fee is payable to the instructor.
KITCHEN CREATIONS

Sunday, 1:00 PM to 6:00 PM / 1 Class, November 12 / Robert Brown / $42

Edible Bouquets: Halloween Special (J260A)

A centerpiece that is good enough to eat! Now you can create a beautiful candy centerpiece for all your Halloween events, or a great gift. Picture perfect assembly and professional methods will give you delicious results. Don’t think you can’t do it yourself - you can! - By using simple everyday skills and ordinary kitchen tools. We will be making a real scream of a desert for all ghouls, girls, and guys to enjoy. A treat everyone will love!

A materials fee of $30 is payable to the instructor.

Thursday, 6:00 PM to 8:30 PM / 1 Class, October 26 / Ed Zajac / $29

Building Buttercream Skills (J270A)

The Wilton Decorating New Course 1 Building Buttercream Skills, will teach or refresh your skills with new techniques. Learn how to bake a great cake, make and color icing, and make two-color double bag swirl, the pulled dot technique. Learn how to make easy flowers, rosettes, leaves and loops and how to pipe sunflower, daisy, and zinnia, along with ribbon rose, and swirled drop flowers. A list of items needed for class will be included with your course confirmation letter. You may contact the instructor at 570-380-5596 with questions.

A $6 workbook fee is payable to the instructor at the first class.

Tuesdays, 6:30 PM to 8:30 PM / 4 Classes, September 5-26 / Linda Lou Hill / $49

Flowers and Cake Design (J272A)

Design a professional-looking cake! Learn how to select colors, arrange flowers, and work with royal icing, which is ideal for creating decorations in advance. Plus, you’ll learn how to make amazing flowers, such as pansies, lilies and The Wilton Rose™! Previous students may want to take this course again to learn some new decorating techniques.

A $6 workbook fee is payable to the instructor at the first class.

Students may contact the instructor at (570) 380-5596 with questions.

Tuesday, 6:30 PM to 8:30 PM / 4 Classes, October 3-24 / Linda Lou Hill / $49

Fondant & Gum Paste (J274A)

Develop your skills working with fondant and gum paste! Learn essential techniques, such as covering a cake with fondant, cutting shapes and painting on fondant. Plus, you’ll learn how to create different types of flowers such as calla lilies, roses and carnations. Previous students may want to take this course again to learn some new decorating techniques.

A $6 workbook fee is payable to the instructor at the first class.

Students may contact the instructor at (570) 380-5596 with questions.

Tuesday, 6:30 PM to 8:30 PM / 4 Classes, November 7-28 / Linda Lou Hill / $49

Holiday Cookies (J304A)

Create eye-appealing cookies that taste as good as they look. Learn how to decorate cookies using fondant, cookie icings, and glazes. A $7 materials fee is payable to the instructor to cover the cost of pre-baked cookies, icing, paint brush, and sugars and sprinkles. Bring a dish cloth and a box to take home your creations.

This course is intended for adults age 16 and up.

Saturday, 10:00 AM to 12 noon / 1 Class, November 11 / Linda Lou Hill / $29

Cake Pops! (J515A)

Spend an afternoon learning how to create pops from cake, brownies, and Rice Krispies. A $10 fee is payable to the instructor and covers cake, chocolates, and other supplies. Please bring a piece of styrofoam, notebook, pen, wax paper, small paper plate, tweezers, and a box to take items home.

Children must be 12 to 16 years of age and be accompanied by a paying adult.

Saturday, 1:00 PM to 3:00 PM / 1 Class, November 18 / Linda Lou Hill / Adult Fee $29, Child fee with Parent $10
Cupcake Creations (J510A)

Bring your kids or grandkids to this delightful class and create festive cupcakes for all occasions. You'll learn the art of cake decorating on cupcakes, and make different designs. The instructor will also present ideas for using specialty cupcake pans to make other non-cake items such as Jell-O, Rice Krispie treats, and more.

Bring along six plain cupcakes per person, a can of icing, a dish cloth, a hand towel, a spatula or butter knife, and a box to carry your creations home. If you have a cake decorating bag, coupler, star tips #3 and #18, bring them to class. If not, you may purchase these items from the instructor for approximately $7. The instructor will also collect $2 to cover the cost of decorations provided.

Children must be 5 to 12 years of age and must be accompanied by a paying adult.

Saturday, 1:00 PM to 3:00 PM / 1 Class, November 11
/ Linda Lou Hill / Adult Fee $29, Child fee $10

Fall Embroidery Cookies (J300A)

Learn how to create grand fall leaf cookies using a technique called brush embroidery. Amaze your family and friends with exquisitely decorated cookies for your fall events. You will learn how to ice a cookie using royal icing or fondant circles. Some cookies look great without any icing on them, just the brush embroidery design. A list of items to bring to class will be mailed with the confirmation letter.

A $5 fee is payable to the instructor at the first class for cookies and a flat sided paint brush.

Monday, 6:25 PM to 8:30 PM / 1 Class, November 20
/ Linda Lou Hill / $29

Build a Hansel & Gretel Gingerbread House (N511A)

Gingerbread houses are constructed from graham crackers and can be built in many different styles. They look great as a holiday decoration and can be eaten afterwards! Let your imagination flow with all types of candies and goodies as embellishments. See full detail on page 14.

Saturday, 10:00 AM to 12 PM / 1 Class, November 18
/ Linda Lou Hill / Individual fee $29, "Mom and me" Fee $39

S.A.T. Preparation (E205A)

SAT Preparation provides students with ample opportunity for practicing with the different types of questions that will appear on the test. In the textbook, the Helpful Hint Box will allow students to quickly find and review important information shortly before taking the test.

Students taking this course should have completed or nearly completed one year of algebra and geometry.

Required text - Barron’s SAT Book 29th edition - must be purchased prior to the first class. It can be purchased at the University Store, University website (bloomustore.com), or at amazon.com; the cost is approximately $24.99 plus tax.

Sundays, 12:30 PM to 4:00 PM / 5 Classes, August 27 - September 24 / Instructors: Jon Dressler and Anna Jaskeiwicz / $109
Youth Mental Health First Aid (P601A)

Youth Mental Health First Aid training will equip adults with the skills needed to help any young person age 12 to 18 years, who is developing a mental health problem or experiencing a mental health crisis, until appropriate professional help arrives.

This course builds mental health awareness and will help you to identify, understand, and respond to signs of mental illness in youth, and enhance your knowledge and awareness of the mental health needs of young people in your community. As a Mental Health First Aider, you will learn a 5-step action plan that will provide you the tools needed to assist the youth experiencing a crisis.

As a participant in this training, you’ll learn to recognize risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of mental illness on individuals and families, and learn about treatment and self-help strategies.

An important component of the YMHFA course is the opportunity to practice the intervention strategy rather than to just hear about it. This simple experience can make it easier to apply your knowledge and skills in a real-life situation you might experience in a community setting. Class fee includes workbook.

A certificate will be awarded to participants completing the full 8-hour training.

Tuesday and Thursday, 5:00 PM to 9:00 PM / 2 Classes, August 29-31 / Candy Ryan / $52

Adult Mental Health First Aid (P605A)

Adult Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care.

People who enroll in local Adult Mental Health First Aid courses learn a five-step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, eating disorders, and schizophrenia. Adult Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. Adult Mental Health First Aid is an evidence-based public education and prevention tool; it improves the public’s knowledge of mental health and substance use problems, and connects people with care for these problems. Class fee includes workbook.

A certificate will be awarded to participants completing the full 8-hour training.

Tuesday and Thursday, 5:00 PM to 9:00 PM / 2 Classes, October 10-12 / Candy Ryan / $52
Parent/Child Karate [Ages 3 to 6] (N506A)
Spend quality time with your child teaching him "Stranger Danger," lures, how to deal with bullies, setting verbal boundaries (using voice as a weapon), and basic skills such as focus, balance, coordination, fitness, and self-defense. Wear loose clothing. Children must be accompanied by a parent or guardian for each session.

Mondays, 5:30 PM to 6:30 PM / 6 Classes, October 2 - November 6 / Kids First Gymnastics / $85

Parent & Tot Gymnastics [Ages: 15 months to 3 years] (N514A)
We all know that moms and dads wear a variety of hats, but gymnastics coach is not normally associated with the role of parent. However, since parents are the most influential in helping youngsters achieve childhood milestones such as crawling and walking, it makes sense to continue coaching your junior athlete in our Parent and Tot Gymnastics class!

Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Tuesdays, 11:00 AM to 11:45 AM / 6 Classes, October 3 - November 7 / Kids First Gymnastics / $85

Kinder Gymnastics II (N528A)
For junior athletes age 5 to 6 years, we offer our Kinder Gymnastics II class. Designed upon the same concept as the Preschool Gymnastics I class, this group will be introduced to a broader range of beginner and intermediate skills.

Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Wednesdays, 5:30 PM to 6:30 PM / 6 Classes, October 4 - November 8 / Kids First Gymnastics / $85

Beginner Gymnastics [Ages 7 and up] (N527A)
Our Beginner Gymnastics class is for athletes age 7 and up who enjoy the four core events: vault, bars, beam, and floor. This class offers a basic-to-intermediate curriculum and is developed for the non-competing athlete. Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Wednesdays, 5:30 PM to 6:30 PM / 6 Classes, October 4 - November 8 / Kids First Gymnastics / $85

Build a Hansel & Gretel Gingerbread House (N511A)
Gingerbread houses are constructed from graham crackers and can be built in many different styles. They look great as a holiday decoration and can be eaten afterwards! Let your imagination flow with all types of candies and goodies as embellishments. Royal icing will be provided. A $2 fee will be collected by the instructor to cover the cost of the icing. A small "saw knife" can be purchased from the instructor for $2 if you'd like to make houses at home. A list of other items needed for class will be included with your course confirmation letter. The instructor will have decorating bags to purchase for an additional small fee, if needed.

Saturday, 10:00 AM to 12 PM / 1 Class, November 18 / Linda Lou Hill / Individual fee $29, "Mom and me" Fee $39

Preschool Gymnastics I (N526A)
Once the terrible twos have given way to the three- and four-year-old stage of wonderment and imagination, your junior athlete will be ready to enjoy our preschool class. Sessions are designed to give each child the same structure and attention to detail in an environment that fits his or her needs.

Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Tuesdays, 5:30 PM to 6:15 PM / 6 Classes, October 3 - November 7 / Kids First Gymnastics / $85

Parent/Child Karate [Ages 3 to 6] (N506A)
Spend quality time with your child teaching him "Stranger Danger," lures, how to deal with bullies, setting verbal boundaries (using voice as a weapon), and basic skills such as focus, balance, coordination, fitness, and self-defense. Wear loose clothing. Children must be accompanied by a parent or guardian for each session.

Saturdays, 12 noon to 12:30 PM / 6 Classes, October 14 - November 18 / Bob Tomaino / Parent and child fee $59

Parkour for Boys [Ages 6-12 years] (N530A)
Parkour involves jumping, vaulting, climbing and balance to move over obstacles in a fluid manner. There is an emphasis on functional strength, physical conditioning, balance, creativity, fluidity, control, precision, strength, speed, and agility. Allow us to use the skills of gymnastics to achieve a higher level of physical conditioning for your son. Wear a T-shirt and shorts or leotard, tie long hair back, and no jewelry.

Thursdays, 5:30 PM to 6:30 PM / 6 Classes, October 5 - November 9 / Kids First Gymnastics / $85

Parent & Tot Gymnastics [Ages: 15 months to 3 years] (N514A)
We all know that moms and dads wear a variety of hats, but gymnastics coach is not normally associated with the role of parent. However, since parents are the most influential in helping youngsters achieve childhood milestones such as crawling and walking, it makes sense to continue coaching your junior athlete in our Parent and Tot Gymnastics class!

Parents and children should wear comfortable clothing with no metal embellishments.

Tuesdays, 11:00 AM to 11:45 AM / 6 Classes, October 3 - November 7 / Kids First Gymnastics / $85
**Twinkle Stars Pre-Ballet [Ages 2 & 3] (N547A)**

Twinkle Stars is a Pre-Ballet class for ages 2 and 3, focusing on creative play. This class will send your child’s imagination soaring to the stars. Children are welcome to wear tutus and costumes!

Saturday, 10:00 AM to 10:45 AM / 6 Classes, October 7 - November 11 / Bloomsburg School of Dance / $85

**Karate Kids [Ages 7 - 12] (N552A)**

Children will learn the basic fundamentals of self-defense, how to act responsibly, defend against attacks, and how to respond if necessary. Skills include balance, self-control, anger management, fitness, and working coordination. Bully training and anti-abduction techniques will be emphasized.

Please wear loose clothing suitable for fitness activities.

Tuesdays and Thursdays, 6:00 PM to 6:45 PM / 6 Classes, October 3-19 / Bob Tomaino / $59

**Little Ninja Class [Ages 4-6] (N553A)**

Your child will learn basic skills for martial arts, including focus, balance, coordination, self-control, and discipline, with emphasis on good manners. A "Stranger Danger" and "Bully" class will also be included.

Please wear loose clothing.

Mondays and Wednesdays, 5:30 PM to 6:00 PM / 6 Classes, October 2-18 / Bob Tomaino / $59

**Preschool Prima (N555A)**

Preschool Prima is a class designed to teach 4 through 6 year olds the beginning technique of becoming a real ballerina. They will learn the fundamentals of rhythm and timing, stretching, articulating story through dance. All set to classical music.

Saturdays, 10:45 AM to 11:30 AM / 6 Classes, October 7 - November 11 / Bloomsburg School of Dance / $85

**Tap & Jazz Dance (N556A)**

Half of the class will be devoted to learning Tap dance, which involves rhythmic percussion by making noise with metal taps on the bottom of shoes. The other half of class will concentrate on Jazz dance seen in Broadway shows and music videos, jazz technique is influenced by ballet and consists of kicks, turns, and leaps.

Saturdays, 11:30 AM to 12:30 PM / 6 Classes, October 7 - November 11 / Bloomsburg School of Dance / $85

**S.A.T. Preparation (E205A)**

SAT Preparation provides students with ample opportunity for practicing with the different types of questions that will appear on the test. In the textbook, the Helpful Hint Box will allow students to quickly find and review important information shortly before taking the test.

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Sundays, 12:30 PM to 4:00 PM / 5 Classes, August 27 - September 24 / Instructors: Jon Dressler and Anna Jaskeiwicz / $109
Get on the **ROAD** to a successful new career!

Train to become a professional truck driver through Bloomsburg University's certified CDL Driver Training program. The CDL programs include CDL Class A training in both full-time day classes, and part-time evening and weekend classes. New classes starting weekly! Our Computer Based Training (CBT) assists you in obtaining your Commercial Driver Permit with all endorsements. We offer lifetime job placement assistance to all graduates at no additional charge.

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New York for the Holidays (T565A)

There's something magical about New York City during the holiday season: Rockefeller Center with its Christmas Tree and ice skaters circling the rink, Radio City Music Hall's holiday spectacular, the famous department store window displays on Fifth Avenue, the aroma of roasted chestnuts wafting through the crisp air, the sound of holiday tunes, and the hustle and bustle of desperate shoppers in search of that special gift.

Saturday, December 2, 2017 / Price includes transportation only / $65

New York Botanical Gardens featuring CHIHULY, presented by Bank of America (T582A)

Enjoy over 250 acres of gardens and displays of beauty. Founded in 1891 the entire garden is a National historical landmark and living museum. Currently featuring the works of world-renowned artist, Dale Chihuly. Breathtaking works of art that dazzle with color, light, and form—by day and night. CHIHULY, presented by Bank of America, showcases more than 20 installations and includes drawings and early works that reveal the evolution and development of Chihuly’s artistic process during his celebrated career. Set within NYBG’s landmark landscape and buildings, this sensory-filled exhibition is a must-see. You will have the day on your own, to explore the gardens and exhibits. If you decide you would like a break from walking, enjoy a tram ride, which features a narrated tour, offering information on the garden's collections and history.

On the way home we will stop for dinner at The Tic Tock Diner. We will send a copy of the diner menu, and full itinerary with your confirmation letter. Cost of meals is not included.

Sunday, October 8, 2017, **Registration deadline is September 7th / Price includes transportation and entrance to Botanical Gardens including Chihuly exhibit. / $89

Sight & Sound - Miracle of Christmas Show (T590A)

"The Miracle of Christmas" at Sight & Sound's Millennium Theatre! As the Wise Men and shepherds did so long ago, follow the star to witness the miraculous truth of the Savior's birth! Journey back in time and experience the bustling village of Bethlehem as camels, horses, donkeys and villagers surround you. Witness the beauty and majesty of angels worshipping in heaven, and proclaiming to shepherds, "The Savior is born!"

After the show we will be stopping for dinner at the Golden Corral which is included in the price. A full itinerary will be provided with your confirmation letter.

Saturday, November 18, 2017, **Registration deadline is October 16th / Price includes transportation, show tickets and dinner / $144
Meditation in Motion: A Zen Hike in the Country (H314A)

An introduction to the practice of mindful walking will be conducted at Endless Mountain Zendo, a meditation Center near Bloomsburg. In the practice of present mindedness, we discover a sense of deep peace and harmony. Ordinarily, we are lost in the stream of thought, and because we are distracted, we miss much of the subtlety and beauty of ordinary things. A Zen Hike is a way of dropping our habitual preoccupations, allowing our natural clarity and light to radiate through.

One section of the hike will be on a path through Endless Mountain Zendo woodland; the other section will be on hilly country roads, about a three mile walk at a moderate pace, so participants should be in good walking health and condition. The day will conclude with a refreshment/discussion period.

Class location is at Endless Mountain, Stillwater, PA.
Saturday, 9:00 AM to 12 noon / 1 Class, September 23, 2017 (Rain date September 24) / Lee Milton / $29

Usui Reiki - Level 1 (H345A)

Reiki is an all-natural healing method that originated in Japan which teaches you how to restore and maintain your Life Force, giving you improved mental alertness, general endurance, and an improved sense of well-being. A reiki treatment balances and restores the energy of the body and turns on the body’s natural ability to self-heal. Treatments involve laying hands on or above the body in specific positions, and the use of healing symbols. The reiki method is used by health professionals worldwide, to create calm and alleviate pain. Reiki may be used alone, or combined with any other healthcare treatment. Level 1 begins the journey, teaching self-treatment, connecting with this universal energy, infusing energy into your chakras, as well as the procedure for giving a treatment to another person.

A $25 fee for the manual is payable to the instructor.
Sunday, 10:00 AM to 4:00 PM / 1 Class, August 27 / Joanne Smith / $100

Usui Reiki - Level 2 Practitioner (H346A)

Level 2 continues the Usui Reiki journey by teaching you how the Universal Energy can influence your relationship with others by sending this energy to heal yourself and others. Learn to detect energy imbalances and correct them with hands on practice. Learn the first three Reiki symbols to manage the Universal Reiki energy. Empathic healing and healing the past are included.

Pre-Requisite Usui Level 1
If you received prior Reiki training from another instructor, you must bring a copy of your certificate to participate in the next level. Please bring a bag lunch, and wear comfortable slacks. Instructor will collect $25 for the manual.

Saturday and Sunday from 10:00 AM to 4:00 PM / 2 Classes, September 16-17 / Joanne Smith / $200

Taking the Path of Zen (H317A)

The path of Zen, with its emphasis upon meditation and the direct realization of one’s true nature, has a rich and inspiring history of teaching and practice, offering guidance of profound insight and wisdom for today’s students. Our course explores the essential teachings of Buddhism expressed in the Four Noble Truths, and the essential teachings of Zen through the words and practice of great teachers from the Chinese and Japanese traditions. Following the guidance of these sages, we’ll practice meditation (zazen) just as they and their students have practiced through the ages, finding the clarity, stability, and peace that Zen practice offers.

Participants should wear comfortable, loose-fitting clothing (sweatpants are ideal); no shorts or tank tops. This course is suitable for beginners and experienced practitioners alike.

Classes will be held at Endless Mountain Zendo, Stillwater, PA.
Wednesday, 6:30 PM to 8:30 PM / 5 Classes, August 30 - September 27 / Lee Milton / $69

Usui Reiki - Level 3A Master Practitioner (H347A)

Level 3A is the Usui Reiki Master-Practitioner level and teaches how to use Reiki with amplifications and time saving techniques, including the first master symbol. Aura diagnostic and repair are taught to counteract energy draining conditions. Reikiatsu is taught as a self-diagnostic and as a reiki-meridian treatment for others. Introduction to master crystals and how to use them,
and advanced ailment guide are included. Pre-Requisite Usui Level 2. If you received prior Reiki training from another instructor, you must bring a copy of your certificate to participate in the next level. Please bring a bag lunch, and wear comfortable slacks. Instructor will collect $25 for the manual.

Saturday and Sunday, 10:00 AM to 4:00 PM / 2 Classes, October 7-8 / Joanne Smith / $250

Usui Reiki - Level 3B Master Teacher (H348A)

Level 3B is the Usui Reiki Master-Teacher level class will prepare you to teach others whether formally, or informally as with family. You'll learn how to do the attunements for all levels, including self-attunements and special healing attunements. It covers vibrational frequency evolutions and advanced chakra diagnostics and balances. Diagnosing and treating energy conditions, and defenses for negative energy are included. 2 Master healing symbols, class teaching cards, advanced ailment guide, and teacher certification included. Pre-Requisite Usui Level 3A.

If you received prior Reiki training from another instructor, you must bring a copy of your certificate to participate in the next level. Please bring a bag lunch, and wear comfortable slacks. Instructor will collect $25 for the manual.

Saturday and Sunday, 10:00 AM to 4:00 PM / 2 Classes, October 21-22 / Joanne Smith / $450

Crystal Reiki (H350A)

The use of crystals and stones is a simple way to employ mind-body healing that can bring a person to a happier and more balanced daily life. We'll take energy center readings, using meditations for deeper understanding of conditions we wish to change; crystal grids for amplified energizing treatments; and stone treatments for relaxation. We'll also discuss personal treatment options for individuals. The use of reiki with crystal and stone healing assists with the use of guidance to navigate the best options for individuals or when treating others. This is a hands-on energy work class using the school’s wide variety of stones and crystals, or you may also bring your own. Class is appropriate for level 1 through advanced Usui reiki.

A $25 fee is payable to the instructor for the student manual.

Saturday, 9:00 AM to 6:00 PM / 1 Class, September 9 / Joanne Smith / $150

Yin Yoga (H651A)

In the body, the relatively stiff connective tissues (tendons, ligaments, fascia) are yin. Yin Yoga poses mainly work the lower part of the body: the hips, pelvis, inner thighs, and lower spine. It requires the muscles to relax around the connective tissue in order to get the deep stretch. You’ll learn to connect with your emotions, but allow negativity to be released, allowing you to feel lighter, more focused, and more aware.

Please bring a blanket, beach towel, and pillow to class along with a yoga mat.

Thursdays, 6:00 PM to 7:15 PM / 4 Classes, September 14 - October 5 / Mara Morell / $69
Stained Glass for Beginners (A401A)
This unique form of artistic expression is as popular today as it was centuries ago. You'll learn the basic technique of cutting, and assembling two stained glass samplers using the copper foil and lead methods. The instructor will provide tools and materials as needed throughout the course. Specific tools and materials required for this class will be discussed at the first session; you may purchase these items directly from the instructor if you wish. The total fee for tools and materials will range from $135-$195.

Wednesdays, 6:00 PM to 9:00 PM / 5 Classes, August 30 - September 27 / Keith Whitesel / $85

Advanced Stained Glass (A407A)
If you've completed Stained Glass for Beginners, we invite you to apply your new-found skills to designing and creating a stained glass flat panel window using the copper foil or lead technique. If you've taken this advanced course previously, please feel free to join us to complete another project.

Approximate cost of materials is $60.

Wednesdays, 6:00 PM to 9:00 PM / 6 Classes, October 11 - November 15 / Keith Whitesel / $85

Rock the Sock! (A426A)
You've mastered the knitting basics: casting on, knit, purl, increases, and decreases - but now it's time to advance your skill set even further. Sock knitting is THE ideal next step - a small, portable project that travels well to sporting events, meetings, appointments, on long road trips...just about anywhere. Warning: Sock knitting can be extremely addictive, and even if you don't envision yourself as a future sock knitter, it's a fun way to add many new "door opening" techniques to your repertoire. A design of my own invention, the "Liberation Sock" is a purely visual, stress free method of sock knitting, guaranteed to move your knitting skills to a new level.

Skill level: Advanced beginner. MUST know: long tail cast on, knit, purl, K2tog, SSK, K1P1 rib.

All materials provided. Materials fee: $22

Tuesdays, 7:00 PM to 9:00 PM / 4 Classes, September 5-26 / Libby Beiler / $52

Floral Design Fall Special (A441A)
Celebrate the golden says of fall with a great floral project. We will be doing a table piece with artificial gourds, fruit, and artificial flowers. A contemporary take on a traditional theme, and a table-scaping addition with candles. All material included in a fun stress receiving class. Find your inner designer. A special bonus project will also be done.

A materials fee of $35 is payable to the instructor.

Monday, 6:00 PM to 8:30 PM / 1 Class, September 11 / Ed Zajac / $29

Floral Design Halloween (A441H)
Pick your project! Looking to do something different? This special one night class, you can do either a unique colorful Halloween door piece too greet all who come to your home. Or a spectacular Halloween table piece to brighten all the scary nights. A special bonus project will also be done.

A materials fee of $35 is payable to the instructor.

Monday, 6:00 PM to 8:30 PM / 1 Class, October 9 / Ed Zajac / $29

Floral Design: Thanksgiving Floral (A442T)
Find room on your Thanksgiving table for this fine fresh floral centerpiece with bright colors and candles. This will also be a great hostess gift for the family special weekend. As usual we will be using all the techniques used in the best floral shops. A special bonus project will also be done.

A materials fee of $35 is payable to the instructor.

Monday, 6:00 PM to 8:30 PM / 1 Class, November 20 /Ed Zajac / $29

Floral Design: Christmas Centerpiece (A443X)
Christmas is coming and the time to do something everyone will love is here! We're doing special sleighs as the perfect centerpieces complete with candles and all the trimmings. You will love this bright, cheery project and use it for many years. A special bonus project will also be done.

A materials fee of $35 is payable to the instructor.

Monday, 6:00 PM to 8:30 PM / 1 Class, December 11 /Ed Zajac $29

Digital Photography (A444A)
This hands-on introductory class will help make sense of all the unique features of digital photography and get you out taking pictures instead of sitting and reading.
Digital SLR Photography (A463A)

More pixels, more buttons, more dials, or more questions? You've made the leap to a digital SLR camera, now let's start to make some sense of all the bells and whistles. SLR cameras allow us to be more creative in our picture taking so we'll be discussing features and applying them to our image making. We'll discuss lenses, file types, aperture, shutter speed, ISO, and post processing. This is a hands-on class, so bring your digital SLR with you. The last class will be an outdoor workshop.

- Pre-requisite: Digital Photography
- Wednesdays, 6:00 PM to 8:00 PM / 5 Classes, August 30 - September 27 / Deb Thomas / $99

Editing Digital Photos (A450A)

Layers, filters, levels, curves, masks, and selections...learn what these terms mean and how they relate to your digital photos. With hands-on work in class, you'll also learn to use the very powerful tools in Adobe PhotoShop to manipulate your images, whether it be for minor color correction, or major restoration work.

- Wednesdays, 6:00 PM to 8:00 PM / 5 Classes, October 11 - November 8 / Deb Thomas / $99

Acrylic Painting (A446A)

Starting with the basics, we'll build a frame; cut, stretch, and prepare a canvas; and create a beautiful painting. You'll learn both dry and wet brushing techniques, strokes, and how to mix and blend colors as they apply to your painting. You can choose to paint from our still life forms, or from your own photos. Both beginner and more advanced painters are welcome.

- Thursdays, 6:00 PM to 8:30 PM / 6 Classes, November 21-28 / Sharon Beagle / $42

Making Wire Jewelry: An Introduction (A465A)

Using a few simple tools, this beginner class will teach you the basics in making wire jewelry. You'll learn how to make earrings using just wire, plus a few basic techniques to wire wrap a stone or other object.

- Approximate materials cost for the project is $4 to $15. Materials and kits will be available at a nominal cost (fees are payable to the instructor), and there will be tools available for your use. A tool and materials list will be mailed with your confirmation letter.
- Tuesdays, 6:00 PM to 8:30 PM / 2 Classes, October 24 - November 7 (Skip October 31) / Sharon Beagle / $42

Making Wire Jewelry - The Bracelet (A482A)

In this class you will learn how to make simple bracelets using wire wrapping techniques.

- Approximate cost for the project is $6 to $15. Materials and kits will be available at minimal cost, and there will be tools available for your use if needed. A tool and material list will be mailed with your confirmation letter.
- Tuesdays, 6:00 PM to 8:30 PM / 2 Classes. November 21-28 / Sharon Beagle / $42

Introduction to Pottery Techniques I - Adults (A480A)

This class offers an introduction to clay working, with emphasis on hand-built projects and development of pottery wheel skills. Classes are structured in a relaxed and supportive atmosphere at a full working studio environment. Classes will be held at BlackBear Pottery Studio, Benton, PA, a handicap accessible facility.

- A materials fee of $30 is payable to the instructor.
- Wear an old T-shirt, and bring an old towel and a large car wash sponge.
- Saturdays, 9:00 AM to 12 noon / 6 Classes, September 23 - October 28 /Sandra Tranor & Todd Moyer / $89

Snowman Special (A453A)

This is something we wanted to do for a long time. A 6' wooden plank painted snowman to decorate your yard. You will be able to finish and paint the snowman to your own tastes with all the details. You may have seen these at shows costing much more. Channel your inner artist. All materials included. A materials fee of $40 is payable to the instructor.

- ***Must register for class by Nov 20th!
- Saturday and Sunday, 1:00 PM to 3:00 PM / 2 Classes, December 2-3 / Ed Zajac / $42
Golf for Beginners (F307A)

This course is for those who have never played the game. Learn the basics from a professional and enjoy the game for years to come. Includes instruction and drills on grip, stance, address routing, putting, chipping, full swing, rules, etiquette, and safety on the golf course. If you own or can borrow golf equipment, please bring it with you. The price of golf balls will vary with the size of the bucket you choose.

Sundays, 1:00 PM to 2:30 PM / 5 Classes / August 27 - October 1 (Skip September 24) / Gary Sohosky / $95

Intermediate Golf (F308A)

Review your basic golf skills and improve your playing and scoring ability. Practice to improve your trouble shots and adjust your mental approach to the game. Impress your friends and colleagues with your improved skills! If you own or can borrow golf equipment, please bring it with you. The price of golf balls will vary with the size of the basket you choose.

Sundays, 3:00 PM to 4:30 PM / 5 Classes, August 27 - October 1 (Skip September 24) / Gary Sohosky / $95

Piloxing (F327A & F327B)

PILOXING is for all fitness levels. If you are someone wishing to exercise to maintain a healthy lifestyle in a format that is both fun and challenging, this workout is for you! The class mixes pilates and boxing moves into a fat-torching, muscle-sculpting, core-centric interval workout that’s guaranteed to whip you into shape. In addition to Pilates and boxing movements, the exercise incorporates the use of weighted gloves which add to the workout by toning the arms and maximizing cardiovascular health. No experience necessary. Wear exercise clothing and sneakers, or go barefoot. Gloves will be available; purchase price is $25 payable to the instructor at the first session.

Session A: Mondays, 5:00 PM to 6:00 PM / 6 Classes, 8/28, 9/11, 9/18, 9/27, 10/2, & 10/9, no class Sept. 5 or Sept. 25. Sept. 25 class will meet on Sept 27. / Karen Murtin / $49

Session B: Mondays, 5:00 PM to 6:00 PM / 6 Classes, October 23 - November 27 / Karen Murtin / $49

Zumba® Fitness (F335A & F335B)

Zumba® Fitness is a Latin-inspired dance exercise program that invigorates the body and mind through fun, energetic body movements. No experience necessary! This class is for adults of all shapes and sizes, even those with two left feet! Class size is limited so everyone has room for optimal movement.

Wear light, loose fitting clothing and sneakers.

Session A: Thursdays, 6:00 PM to 7:00 PM / 5 Classes, August 31 - September 28 (Skip September 5) / Janice Birster / $49

Session B: Thursdays, 6:15 PM to 7:15 PM / 5 Classes, December 14 - January 18, 2018 (Skip December 28) / Janice Birster / $49
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This program provides you with an in-depth look at the Six Sigma Black Belt problem-solving methodology, deployment, and project development approaches.

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This program combines knowledge of project management scheduling disciplines with the use of the Microsoft Project 2010 software.

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In this intermediate/advanced level program, you’ll translate your knowledge into skills by exploring key project management topics in depth and prepare for the Project Management Professional (PMP®) certification. You will also learn how to use Microsoft Project 2010 to assist you in project management.

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This program takes you beyond the basics of project management. In this intermediate/advanced level program, you’ll translate your knowledge into skills by exploring key project management topics in depth.

Management Training
If you’re thinking of starting a business or pursuing an MBA, learn the essentials here! This program is perfect for business owners, entrepreneurs, and anyone who wants to learn the basics of business and management.

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Develop essential managerial skills, and learn how to effectively manage all aspects of the purchasing process, including procurement, distribution, supply chain management, and more.

The Complete Project Manager with CAPM® and PMP® Prep
Expand your knowledge and application of project management concepts in this comprehensive program. It is designed to create skills for today’s project practitioners and prepare them for either the CAPM® or PMP® certifications.

The Complete Project Manager with Microsoft Project 2010
Expand your knowledge and application of project management concepts in this comprehensive program. It is designed to create skills for today’s project practitioners and prepare them for either the CAPM® or PMP® certifications. You will also learn how to use Microsoft Project 2010 to assist you in project management.

All materials are included in the program fees. Each course has an instructor assigned to answer student questions and solve student problems.

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INSTRUCTOR PROFILES

Anderson, Thomas
Thomas Anderson earned a Bachelor of Science degree in Computer Science from Stevens Institute of Technology in 2000 and has been working in software engineering for 20 years. In 2003, he purchased a hilltop property near Bloomsburg and designed and built an off-grid dream home from the ground up, employing photovoltaic, wind, solar thermal, and various other technologies. He has formerly been a Green Advantage certified commercial/residential building practitioner. Also has been a guest lecturer on the topic of off-grid building techniques for Pennsylvania College of Technology sustainable building classes for nine years.

Beeler, Elizabeth (Libby)
Libby Beeler has been knitting since the age of 10, and spinning and weaving for over 20 years. She has been the weaver on the sheep to shawl team, "Time Warp", representing Montour County at the PA State Farm Show, for 14 consecutive years. She keeps a spinners flock of 12 sheep, which consists of a variety of breeds and colors. Her hand dyed yarns, and hand knit and woven items can be found at various fiber arts shows in PA throughout the year.

Birster, Janice
I am an energetic person that loves to move and groove. I am a licensed Zumba® Fitness instructor, and have been trained in the following Zumba® Fitness formats: Zumba® Fitness, Zumba® Toning, Zumba® Step, and Zumba® Kids/Zumba® Kids Jr. I am also certified by the American Council on Exercise (ACE) as a personal trainer as well as a group fitness instructor. Being a Zumba® Fitness instructor has provided such amazing and rewarding opportunities to teach people that fun and fitness can go hand in hand. I am looking forward to sharing the party with everyone!

Brown, Robert
Robert is a professional and fine art photographer who also formerly owned a catering service. He has taught cooking and photography workshops for the University's non-credit mini-course program for many years. Robert's photography is widely published and exhibited. His studio is located in Danville, PA.

Carroll, Ines
Ines teaches the Basics of Selling on eBay…you will learn how to register as a buyer and seller, list items you want to sell, how to ship your items, taking photos for your eBay listing and what to do after your auction ends.

Dressler Jon
Graduated from Central Columbia High School's valedictorian in the Spring of 2015. Currently attending Bloomsburg University, where I am pursuing a Bachelor's Degree in Secondary Math Education.

Freeman, Jill
Jill Freeman is a Usui-Holy Fire Reiki Master and Teacher, and a Certified Professional Tarot Consultant with over fifteen years’ experience with Tarot. She began working with Tarot as a metaphor of self-discovery and healing and she approaches her Tarot practice from a holistic point of view. She is not a fortune teller or predictive reader. She has studies with Katrina Wynne, M.A., psychologist and author of the book, Transformative Tarot Counseling: The High Art of Reading.

Garrigan, Melinda
Melinda Garrigan holds a B.S. in Elementary Education and a Masters in Business Administration from Bloomsburg University. She has 12 years background in developing and delivering strategic training programs to adults. Melinda's experience includes High Performance Team development, coordination and facilitation. Her PC proficiencies include: Basic Computer, Internet, Outlook, Word, and PowerPoint.

Hill, Linda Lou
Linda has been teaching cake decorating and candy making, as well as creating gingerbread houses(“edible real estate”) and other food crafts for the past 25 years. She represents Wilton Industries, the world's largest cake and candy supply company. Linda gives demonstrations for clubs and organizations and also at retail outlets from Selinsgrove to Berwick.

Hill, Maureen
Maureen A. Hill has been teaching American Sign Language (ASL) for nearly ten years for the Continuing Education Mini-Course Program at Bloomsburg University, for area churches, as well as the Bloomsburg YMCA's Summer Camp Program where she taught three classes of 6-12 year olds. She has been working in the field of ASL/English interpreting for almost three decades. She earned her Bachelor's degree in Interpreting for the Deaf and her Master's degree in Curriculum and Instruction both at Bloomsburg University of PA. She holds National Certification in Interpreting (CI) and Transliterating (CT) offered by the Registry of Interpreters for the Deaf (RID). She also presents workshops to aspiring students in the field of deafness. Currently, Maureen is jointly conducting a research project to be published and presented at a national conference. In her spare time, she volunteers for several organizations (Big Brothers Big Sisters, Mostly Mutts, etc), scrapbooks, and travels for family affairs.

Jaskiewicz, Anna
Anna Jaskiewicz is a current student at Bloomsburg University, achieving a 3.8 cumulative GPA. She graduated from Central Columbia High School in 2016 as a National Honor Society member while also competing in three varsity sports. Currently studying Secondary Education with a concentration in English and intends to pick up a Philosophy minor this upcoming Fall. Also has experiences providing direct care for an intellectually disabled adult and sitting services for pets in the local community. She is looking forward to helping high school students prepare for the SAT test.

Kile, Amy
Amy Kile is a Usui and Holy Fire II Reiki Master-Teacher with over 10 years experience in Reiki. During her practice with Reiki she has been led to working with angels for healing and spiritual guidance. In addition, she has studied under CHANGE Academy in Allentown, where she obtained certification in hypnotherapy, and has also studied under Dr Lauren Cielo, a professional energy healer, learning energy reading and healing. Amy integrates tarot work and energy healing modalities as a holistic approach to promote wellness and self-transformation. She holds a degree in nursing as well as certification in risk adjustment coding and is pursuing a degree in Healthcare Administration.

Milton, Lee
Gento Lee Milton began his practice in the Zen Buddhist tradition in 1974 and was ordained as a monk in 1983. He was the resident director of New York Zendo in Manhattan for 7 years under the guidance of his teacher before opening The Zen Center of Philadelphia where he taught for 10 years before moving to Stillwater, Pennsylvania in 1998 to found Endless Mountain Zendo. He is currently abbot and teacher there.

Moff, Jim
Has over 20 years of experience in the financial planning, investing, and insurance businesses, and is a licensed instructor for Successful Money Management Seminars. Jim is a Registered Representative and Advisor Affiliate of Securities and Investment Advisory Services offered through Woodbury Financial Services, Inc., Member FINRA, SIPC and Registered Investment Adviser, St. Paul, MN.
Morell, Mara
Mara has owned and operated her own studio since July 2012. Has been teaching for 7 years and is a Yoga Instructor registered Yoga Teacher at the E-RYT: 200 level through the Yoga Alliance. Since opening the studio has experienced wonderful growth from the local community (with both experienced yogis and many new to yoga).

Murtin, Karen
Karen Murtin is a licensed Piloxing instructor. She has also been a certified group fitness instructor with the National Exercise Trainers Association (NETA) for over 27 years, teaching Hi/Low Aerobics and Step Aerobics. Karen is passionate about exercise for both physical and mental health!

Oberst, Ryan
Ryan Oberst is a Bloomsburg University graduate. He earned degrees in Secondary Ed./Citizenship and Curriculum and Instruction. He also earned a Master's degree in American History from American Public University. He is currently employed as an online history instructor and teaches courses such as US History, US Government, and World History. He likes spending time outdoors; walking his dog, swimming, cutting firewood, and going for walks. Ryan first became interested in the presidents when he was in 5th grade. He enjoys sharing his knowledge and enthusiasm of the presidents.

Robinson, Janet
Robinson, Janet is a local artist who earned a BA in Studio Arts from Bloomsburg University, with a minor in Anthropology. She received her Certification in Art, K-12, from Marywood University in Scranton Janet is the former owner of Clayworks and More in Danville, and is skilled in all drawing and painting mediums (charcoal, pen, pencil, pastels, acrylic and Oil's); printmaking; sculpture; and ceramics.

Ryan, Candy
Candy Ryan is a Bloomsburg University Alumni and has over 17 years in the Educational Field. She discovered Youth Mental Health First Aid (YMHFA) as part of her desire to prepare Teacher Candidates for their career choice and has since expanded her goal to educate Community members and Professionals on the awareness of YMHFA. Candy's experience as a teacher, leader, and continual learner are part of her passion to give back to the profession and community. She earned her BA in Elementary Education and her MEEd in Education from Bloomsburg University. Candy and her husband reside in Mifflinville and enjoy spending time with family.

Sheehe, Trish
Trish has earned a BS in Business Education from Bloomsburg University and also earned a Masters in Curriculum and Instruction. She works at Mount Carmel Area High School teaching computer and information technology courses to grades 9-12. She has been recognized as a Pennsylvania Keystone Technology Integrator and has taught corporate training classes in the past.

Smith, Joanne
Joanne Smith is the owner of Hikari Kai Dojo in Benton Pa. Hikari Kai translates to "School of Light." Joanne has been teaching Martial Arts, Women’s Self Defense, Yoga, and Reiki Natural Healing since 1995. She has broad experience as a Master Teacher in 5 styles of Reiki.

Sohosky, Gary
A PGA member for 35 years and have worked as a golf professional for my entire life. My experience includes being the first head golf professional at the TPC at Scottsdale, the site if the Phoenix Open on the PGA Tour. I have been the head golf professional at several golf clubs in PA, Mountain Laurel Resort, Wilkes Barre Golf Club, Split Rock Golf Club and the White Deer Golf complex. I was assistant director of the Stratton Golf School in Vermont and established a branch of the International Golf school at the Mountain Laurel Resort. I have attended many workshops and seminars to be recertified as a PGA golf professional.

Thomas, Deb
Deb received her BS in Computer Science from Bloomsburg University and also studied photography during her undergraduate course work. She has been a professional photographer for over 20 years and is a founding member of the Susquehanna Women's Imaging Society. Deb worked in the printing and publishing field for several years and is skilled in many layout, prepress and photo editing software programs. She has MOUS certification in Excel, Word, Access, PowerPoint and Outlook.

Tomaino, Bob
Has studied martial arts for nearly 30 years and is owner of Crosswinds Martial Arts in Bloomsburg. He has a 4th degree black belt in both Karate and Jiu Jitsu and a 2nd degree in Iaido, or the study of the sword. He earned a BS degree in secondary education in biology from Penn State. His interests include Shiatsu (acupressure), Origami (paper folding), and Wing Chun Guong Fu.

Wagner, Ryan
Has been a computer technician for 14 years, and is owner of Ryan Wagner Computer Repair in Bloomsburg. Ryan has worked in residential, commercial, and industrial settings. He is also skilled in repair and troubleshooting of a variety of versions of Windows, and specialized in virus removal.

Whitesel, Keith
Stained glass hobbyist/Enthusiast for 20 years (Trained by former teacher). BS in Workforce Education (PSU). 32 years teaching experience, AAS Electrical Technology, AAS Vocational Education.

Wittig, Silke
Silke Witten is the owner of Hero Canine Consulting, LLC, a local dog training and behavior consulting business in Bloomsburg. She is a Certified Professional Dog Trainer (CPDT-KSA®), Certified Behavior Consultant (CBCC-KA®), and Certified Nose Work Instructor (CNW®) as well as a certified "Assess-A-Pet" shelter dog evaluator, and approved "Canine Good Citizen/ST.A.R. Puppy" evaluator for the American Kennel Club (AKC) and evaluator for the APDT C.I.A.S.S.™ program. Silke offers individually customized behavior modification programs, Pet Manners, and K9 Nose Work® classes as well as educational programs on dog-related topics for the community.Silke is a full member of several organizations (APDT, AABP, IAABC) related to her profession and a Mentor Trainer for the Animal Behavior College. She attends seminars on dog training, dog behavior, and canine activities on a regular basis to sharpen and update her knowledge and handling skills.

Young, Heidi
Heidi Young is originally from the Harrisburg Area she moved to Bloomsburg to attend Bloomsburg University where she received a B.A. in History and a B.S. in education. After graduation she remained in Bloomsburg and has worked for the past 22 years in gerontology. She earned a Master’s Degree in Social Work from Marywood University in 2016.

Zajac, Ed
Ed has been in the floral industry for nearly 25 years. His work includes holidays, weddings, funerals, parties, decorating in home and work location designs, also store displays. He has a back ground in fine arts, painting, as well as interior and landscape design. In addition, he teaches seminars and possesses a strong knowledge of people’s tastes. Over the years, he has formed many special bonds with his clients.

Zhang, Kristen
My Name is Kristen Zhang and I am a Michigan certified K-12 Spanish teacher. I taught elementary and middle school Spanish for 5 years before becoming a stay-at-home mom. Now, I teach a Mommy and Me Spanish class for preschoolers as well as lead monthly bilingual story hours at the Thomas Beaver Free Library in Danville. I am looking forward to teaching you Spanish!
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