MINI-COURSES
FALL 2018 • AUGUST – JANUARY

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!

CORPORATE AND CONTINUING EDUCATION
bloomu.edu/ce
Mini-Courses Fall 2018

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Corporate and Continuing Education

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 from 9:00 AM to 12:00 PM / 2 Classes, November 6-13, 2018 / 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.

Thursdays from 9:00 AM to 12:00 PM / 2 Classes, November 1-8, 2018 / 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 from 9:00 AM to 12 PM / 4 Classes, October 2-23, 2018 / Melinda Garrigan / $125

Microsoft Word 2016 - Beginner Level (B154A)

Whether you’re just learning word processing, or switching from another software, using Microsoft Word is easy! You’ll study basic word processing terminology, discover the fastest and easiest ways to create and edit documents, and learn functions through guided exercises. Topics include orientation to the Word for Windows screen; formatting and enhancing documents; saving and printing; setting tabs; creating bulleted lists; creating and formatting tables; working with images, envelopes, and labels; and how to get help fast when you need it. 1.2 CEUs

Thursdays from 6:00 PM to 9:00 PM / 4 Classes, October 4-25, 2018 / Trish Sheehe / $105

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, auto-fit, 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 from 6:00 PM to 9:00 PM / 4 Classes, November 8 - December 6, 2018 (Skip November 22) / Trish Sheehe / $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.

Thursdays from 9:00 AM to 12 PM / 2 Classes, October 11-18, 2018 / Melinda Garrigan / $67

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.

Wednesdays from 6:00 PM to 9:00 PM / 4 Classes, October 17 - November 7, 2018 / Ryan Wagner / $89
Novice Longsword Course (S221A)
This eight-week Novice Longsword Course will be for folks who have always had an interest in sword fighting but have never used a Longsword before. We will start with the very basics and move our way through things until the students have a good fundamental concept of everything they need to fight and will demonstrate that knowledge by sparring one another toward the end of the course.
Wear comfortable gym type clothing.

- Saturdays from 10:00 AM to 12 PM / 8 Classes, September 8 - November 3, 2018 (Skip October 13) / Scott Richardson / $120

Practical Applications of Animal Behavior (S232A)
Are you interested in how animals think and behave? In this class, you will learn how to predict, manipulate and use animals’ behavior for human benefit and problem solving at home. Learn how to use behavior strategies in places like the grocery store for picking out the best groceries, how to scare away predators from your yard, practice human psychology in order to win an argument, we will look at various species of animals and how using their natural behavior can benefit us!

- Wednesdays from 6:30 PM to 8:30 PM / 4 Classes, September 5-26, 2018 / Britany Long / $150

Therapy Dog & Canine Good Citizen Dog Class (S233A)
Have you always had a dream of taking your dog to nursing homes, hospitals or libraries for pet assisted therapy? Are you confused about the training process and want to know more about how to train your dog to pass the required tests? This class teaches you the skills necessary to train your dog, along with the testing procedure to take the TDI and CGC tests. You and your dog will learn proper procedure and skills necessary to perform in various difficult social/medical environments.

- Wednesdays from 7:30 PM to 8:30 PM / 4 Classes, September 5-26, 2018 / Britany Long / $150

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 to 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 from 9:00 AM to 12 PM / 1 Class, September 8, 2018 / Jill Freeman & Amy Kile / $39

Introduction to Voiceovers (S239A)
Are people always telling you that you have a great voice? Do you listen to audiobooks, commercials, or cartoon characters and think, "I could do that?" This fun introductory workshop covers the different types of voiceovers and the tools needed to be successful in the industry. You’ll be coached as you perform a real voiceover script; you’ll also be recorded so you can receive a professional voiceover evaluation later. Our course is taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

- Wednesdays from 6:00 PM to 8:00 PM / 1 Class, November 7, 2018 / Voices For All / $ 65

Introduction to Tarot Workshop (S256A)
This four-hour workshop will give you the basics and take the ‘woo-woo” out of Tarot reading. We’ll talk a little bit about the history of Tarot. Where did these cards originate and what were they used for? We’ll look at some historical as well as modern decks and talk about their artwork and symbolism. Then, we’ll dive in to learning how to read Tarot cards. You will walk away from this class with: Basic historical knowledge and artistic appreciation of Tarot; A book of basic card meanings; Practice in reading simple 1-3 card spreads; and a workbook of simple spreads to practice at home.

Whether you want to use Tarot for yourself or just use it for fun with others, this workshop is perfect for the Tarot newbie or wannabe. Bringing a deck of Rider-Waite Tarot cards (Available from Amazon) would be helpful, but not necessary. I will have a couple extra decks available for class use.

- Saturday from 9:00 AM to 1:00 PM / 1 Class, September 15, 2018 / Jill Freeman & Amy Kile / $42

Tarot Next Step (S257A)
So, you’ve taken our Intro to Holistic Tarot class, our Intro to Tarot Workshop, or you have a Tarot deck, and you kind of know the meanings of the cards, but ...What’s next? Well, you’re in the right place. In this three-hour workshop we’ll take the next steps. After a brief review of the cards and their meanings, we’ll get to know them even better by playing some Tarot games and finally, by learning how to read Tarot spreads for yourself or others!

In this class we will talk about Tarot symbols, timing, patterns and most importantly, how to use your intuition to read clearly and confidently. All you need to bring are your questions, and a deck of Rider-Waite Smith Tarot cards!

It’s going to be a Tarot Party - and you’re invited!

- Saturday from 9:00 AM to 12 PM / 1 Class, October 20, 2018 / Jill Freeman & Amy Kile / $ 39
Advance Angels (S258A)

As a follow up to the Angels 101 course or those who are familiar with angels and want to learn how to communicate with them more clearly. This is an interactive class that will teach you tips, tools, and techniques for communicating with your angels. Learn to strengthen your intuition, develop communication skills and facilitate your own self-healing. If you have an oracle deck or angel deck please bring it along. Some decks will be available for use for those who do not have them.

Saturday from 9:00 AM to 12 PM / 1 Class, October 13, 2018 / Jill Freeman & Amy Kile / $39

SOLD! eBay 101 (S285A)

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 search 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.

Thursdays from 9:00 AM to 12 PM / 4 Classes, October 4-25, 2018 / Ines Carroll / $79

Introduction to Journaling (S300A)

In this workshop, we will explore the basics of journaling. This workshop is appropriate for individuals who have a committed journaling routine, who have made the decision to start journaling, or for those who wish to journal but cannot find the time to do so. We will discuss the reasons why people journal, different types of journaling styles, using journal prompts or free style journaling, and how to find time and energy to devote to this self-care practice.

Students will gain an understanding and appreciation for journaling as well as how to journal with purpose. Students may bring a journal or a notebook but it is not required.

Saturday from 9:00 AM to 11:00 AM / 2 Classes, October 6-13, 2018 / Natalie Patterson / $42

Vision Board: Manifesting Your Goals, Dreams, & Desires (S305A)

What kind of life do you envision for yourself? What are your goals? Are there barriers preventing you from reaching your goals? Do you have goals but find that you cannot motivate yourself to work toward them? These are some of the questions that you will ask yourself during this workshop.

In this workshop, you will create a visual representation of your goals, dreams, and desires using magazines, photos, markers, and anything else of your choosing. The idea behind this workshop is a "seeing is believing" or "see it, be it" mentality. By placing your masterpiece in an area where you will regularly view it, you will be motivated and inspired to work toward your goals.

A canvas board, scissors, glue, and markers will be available for use. There will also be some magazines available but students are encouraged to bring in materials of their own to personalize their vision board if they wish to do so. Some recommended materials students may want to bring in include photographs, stickers, stencils, paint, stamps, etc.

Materials fee $12 payable to the instructor at first class.

Saturday from 9:00 AM to 11:30 AM / 2 Classes, November 10-17, 2018 / Natalie Patterson / $42

All Aspects of Gardening (S311A)

Bring your questions! I am a big proponent of container gardening, with over 50 containers to keep watered. It's actually not a real big job. I have shrubs and trees, some of which have been growing here 15 years and are attaining sizes that are impressive. I love to prune as opposed to trim to keep a natural structure to a plant. Trimmed or shaped shrubs are a no-no. Here we will promote color in gardens both with bulbs and annuals as well as perennials. It means leaving void space in a landscape area. I love growing things that are unusual and unique. All these things I enjoy sharing with others. My gardening ideas make sense and more importantly demand less maintenance.

Saturday from 9:00 AM to 12 PM / 1 Class, September 15, 2018 (Rain date September 16th) / Edward Smith / $39

Preparing for Emergencies (S328A)

We will be discussing what constitutes an emergency and what you should do. We will talk about food storage, water storage, first aid kits, staying at home versus moving out of the area, do you need protection, what about sanitation, a get home bag, and other related topics.

Thursday from 6:00 PM to 9:00 PM / 1 Class, October 18, 2018 / Don Beagle / $39

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 events, precedents set, and policies that concerned these administrations. Come join us for an educational and entertaining course!
Topic in American History: Jackson Era (S362A)

Students will learn the relevance of interesting political, religious, and social facts regarding the time period, 1824-1840. We will focus on the Andrew Jackson presidency, the Peggy Eaton Affair, the Second Great Awakening, Temperance Movement, gender roles during the era, and popular amusements during the era. Come join us for an educational and entertaining course!

Wednesdays from 6:30 PM to 8:00 PM / 4 Classes, October 3-24, 2018 / Ryan Oberst / $ 59

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 from 6:30 PM to 8:30 PM / 4 Classes, November 7 - December 5, 2018 (Skip November 21) / Ryan Oberst / $ 59

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 $450 for solar generator components. Registration deadline is September 26 and your registration must include a separate check payable to the instructor (Thomas Anderson) for the materials fee.

Thursdays from 6:30 PM to 9:30 PM / 4 Classes, October 4-25, 2018 / Thomas Anderson / $ 95

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.

Thursday from 6:30 PM to 8:30 PM / 1 Class, August 30, 2018 / Thomas Anderson / $35

Biohacking 101 (S430A)

Tired of medical solutions that involve pills with a laundry list of side-effects? Discover the new practice of biohacking. You can take control of your health and well-being using a science-based alternative that focuses on root cause analysis, biomarker testing, and dietary changes to achieve peak health and longevity. It’s not too late to see your grandkids and even great grandkids grow up. In this introductory course, you’ll learn the basic concepts of biohacking, the science behind it, and how it applies to diet and exercise to address obesity, dia-

See our Facebook page for updates
Fundraising Strategies for Non-Profit Organizations (M750A)

If you are a non-profit employee, community advocate, or volunteer seeking to raise funds for your non-profit group, this course will provide you with techniques and strategies to enhance your success in fund raising. Topics Include: Case for Support, Annual Support Campaign, Major Gifts, Endowments, Grant Writing, and Special Events.

Mondays from 7:00 PM to 8:30 PM / 6 Classes, September 10 - October 15, 2018 / Joe Reinard / $59

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 from 6:00 PM to 8:00 PM / 4 Classes August 28 - September 18, 2018 / Jim Moff / $35

Learn to Invest (M740A)

Investing is the concept of compounding. We will cover how to read a ticker symbol, along with the following types of investments: individual stocks, mutual funds, ETFs (Exchange-Traded Fund), REITs (Real Estate Investment Trust), BDCs (Business Development Company), MLPs (Master Limited Partnership), private funding, options. We will discuss how to trade investments, benefits of a 401k or IRA, building your portfolio/diversification, discussion of real world investing scenarios.

Mondays from 6:00 PM to 8:30 PM / 5 Classes, October 1-29, 2018 / Jonathan Wolfe / $89
Online Career Training Programs

Our online programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion.

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

Features:

- 6-18 month self-paced, start anytime
- Textbook and materials included
- Prepare for industry certification
- Certification exam vouchers are included
- Financial assistance available
- Student advisors provide you coaching, motivation, and career readiness support

Jump Start Your Career or Find a New One

CPC Medical Billing and Coding (Voucher Included)
This program with 60 HRS of medical terminology training, gives you a competitive edge in entering the healthcare field. 340 HRS

Certified Bookkeeper
The Certified Program helps professional bookkeepers earn prestigious American Institute of Professional Bookkeepers (AIPB) certification. 140 HRS

Pharmacy Technician (Voucher Included)
Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program. 330 HRS

Human Resources Professional
Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam. 120 HRS

Certified Medical Administrative Assistant (CCMA)(Voucher Included)
This program will train students to handle the increasing complexities of healthcare management and patient care in offices of physicians and other providers. 160 HRS

Certified Outpatient Coder (Voucher Included)
This program teaches the competencies needed to prepare you to sit for the AAPC Certified Outpatient Coder (COC) certification exam. 200 HRS

HVACR Certified Technician
The HVACR Certified Technician program is a comprehensive online training that encompasses heating, ventilation, air conditioning, and refrigeration. 265 HRS

Web Applications Developer
Master the skills you need to create dynamic database-driven websites using the latest technologies. 360 HRS

Professional Bookkeeping with QuickBooks 2015, Software Included
This program teaches students how to master professional bookkeeping using QuickBooks 2015 software. 140 HRS

Payroll Practice and Management (Voucher Included)
Become knowledgeable in all facets of payroll rules and regulations, and join one of the fastest-growing career fields today. 100 HRS

SSCP Systems Security Certified Practitioner (Voucher Included)
This program is an ideal course for individuals interested in advancing their knowledge of information and systems security. 75 HRS

CompTIA Security+ Certification Training (Voucher Included)
Take your first step toward a career as a security professional and prepare yourself for the CompTIA Security+ certification exam as you master the basics of system security, network infrastructure, access control, and organizational security. 80 HRS

CompTIA A+ Certification Training (Voucher Included)
CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology, and ed2go's online program makes training convenient and interactive. 230 HRS

ICD-10 Medical Coding
Prepare for the future of medical coding by mastering the steps for using the ICD-10-CM and ICD-10-PCS to code medical diagnoses and procedures. 200 HRS

CompTIA Healthcare IT Technician
The CompTIA Healthcare IT Technician course teaches the fundamentals of healthcare IT (HIT) by using the CompTIA Healthcare IT Technician (HIT-001) exam objectives as the framework. 80 HRS

Certified Information Systems Security Professional (CISSP)
CISM is one of the most valued certifications in the IT security industry. This online program will prepare you to sit for the CISM certification exam, and the exam cost is included. 150 HRS

Grant Writing
Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program. 300 HRS

Certified Wedding Planner
This comprehensive program covers everything an aspiring wedding planner needs to know to get started in the business. This program will provide all the knowledge you need to work as a professional wedding planner or start your own business. 340 HRS

Advanced Hospital Coding and CCS Prep
This program will utilize your existing knowledge of medical terminology and healthcare sciences. Increase your coding skills and prepare to take the certification exam to become a Certified Coding Specialist. 80 HRS

CNA: Routing and Switching (Voucher Included)
Gain the knowledge to install, configure, operate, and troubleshoot medium-size routed and switched networks while preparing you for the 200-125 CCNA exam or the 100-105 ICND1 and 200-105 ICND2 exams. 180 HRS

CBCS Medical Billing and Coding (Vouchers Included)
This nationally recognized program combines the Medical Billing and Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field. 340 HRS

To enroll or learn more, visit or call us at:

(570) 389-5162
careertraining.ed2go.com/bup/
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 non-profit, 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
**Clueless In The Kitchen (J220A)**

Want to bolster your confidence in the kitchen when creating a meal or menu? Not sure how to time things, which technique to use, or basic utensils? Then this class is for you. This class will cover menu planning and food purchasing, techniques including sauces, times, temperatures, what spices and herbs go best with certain foods, and much, much more. Multi course tasting menu and recipe booklet included.

A $20 fee will be collected by the instructor to help cover the cost of the food.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, September 19, 2018 / Robert Brown / $39

**The Spirited Cook (J230A)**

Wine, beer and spirits have been used in cooking and baking for centuries. This course explores the selection of these beverages and their use in cooking and baking. Topics covered will include sauce preparation, saute, condiments, candies, baking and more. A tasting menu and recipe booklet are included.

A $20 fee will be collected by the instructor to help cover the cost of the food.

*Note: No alcohol will be served, it is strictly used for cooking.*

Wednesday from 6:00 PM to 9:00 PM / 1 Class, October 24, 2018 / Robert Brown / $39

**Make Ahead Deserts (J235A)**

Everyone enjoys a sweet ending to a fine meal. The best way to ease the stress of creating a meal is to prepare the ending first. In this class we will discuss, create and taste a number of different types of desserts that can be made ahead, such things as cakes, puddings, parfaits and more. A tasting menu will be provided as well as a recipe booklet.

A $20 fee will be collected by the instructor to help cover the cost of the food.

Wednesday from 6:00 PM to 9:00 PM / 1 Class, November 14, 2018 / Robert Brown / $39

**Cheese Making 101 (J243A)**

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.

A $15 fee is payable to the instructor.

Saturday and Sunday from 9:00 AM to 1:00 PM / 2 Classes, October 27-28, 2018 / Don Beagle / $42

**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 from 9:00 AM to 1:00 PM / 2 Classes, October 27-28, 2018 / Don Beagle / $42

**Cheese Making 201 - Making Parmesan (J248A)**

This course is designed for the advancing Home Cheesemaker. We will be learning the basics of making Parmesan cheese and using the left over whey to make a very good ricotta cheese. The cultures and additives for making this cheese will be discussed before going to make the cheese. Comfortable clothing is recommended as this is a hands-on

Saturday and Sunday from 9:00 AM to 1:00 PM / 2 Classes, October 27-28, 2018 / Don Beagle / $42

See our Facebook page for updates  www.facebook.com/BloomUMiniCourses/
type of class. Aprons may be used if desired (cotton or similar material only). Students will be taking a small wheel of cheese home to finish drying and aging.

Materials fee $20, payable to instructor.

Prerequisite: students must have taken the Cheese 101 and Cheese 102 class.

Saturday, 10am to 6pm and Sunday, 9am to 11:30am / 2 Classes, November 3-4, 2018 / Don Beagle / $52

The Joy of Cooking: Asian Food (J253A)

If there is one thing Asian food is known for its the spiciness. Spicy and sweet, spicy and sour, spicy and more spicy. Whether you think you eat at a level 1 or extremely spicy at a level 10, come and join Angela as she takes each dish from level 1 to 10. In this class we will be featuring 3 dishes - first dish will be "Pad Thai", a popular Thai noodle stir fry, second dish will be "Kapong" a spicy Hmong chicken curry noodle soup, and the third dish will cool you off with "Nam Vang", a classic Vietnamese dessert. You will not leave hungry, and will take home with you Angela’s simple yet effective cooking techniques. Each dish is made step-by-step with follow-along pamphlets including, where to purchase ingredients and how to prep them. The atmosphere is relaxed, fun, and appropriate for all ages. Couples are encouraged to come.

A $20 fee is payable to the instructor.

Saturday from 1:00 PM to 5:00 PM / 1 Class, October 6, 2018 / Angela Blass / $39

Basic Cake Decorating (J270A)

This course 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 to be purchased, and brought to the start of class will be included with your course confirmation letter. You may contact the instructor, Linda Hill at 570-380-5596, with questions.

A $7 fee is payable to the instructor at the first class.

Mondays from 6:30 PM to 8:30 PM / 4 Classes, September 10 - October 8, 2018 (Skip September 24) / Linda Lou Hill / $49

Flowers & More from Fondant (J288A)

We will enhance your cake decorating experience using fondant and gum paste for flowers. Learn how to make several different flowers and the best tools to help you achieve the look you want. Some examples would be the fantasy flower, dogwood, daffodil, rolled ribbon rose, and mums.

Prerequisite: Students must have experience with fondant and gum paste.

Supply list and items needed for class will be provided. A $4 fee is payable to the instructor.

Tuesday from 6:30 PM to 8:30 PM / 1 Class, October 16, 2018 Linda Lou Hill / $29

Icing, Icing, Icing (J295I)

All you ever wanted to know about icings, what types are available, when to use them, how to use them. We will talk about the most known which would be Buttercream. Royal icing and the many uses and fondant. Come join us and find out all kinds of information on icings!

This class is more of a demonstration rather than a hands on class. Materials fee of $1 payable to the instructor.

Saturday from 10:00 AM to 12 PM / 1 Class, September 8, 2018 / Linda Lou Hill / $29

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 eight 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 from 1:00 PM to 3:00 PM / 1 Class, October 20, 2018 / Linda Lou Hill / Adult Fee $29, Child fee $10

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.

Tuesday from 6:30 PM to 8:30 PM / 1 Class, October 23, 2018 / Linda Lou Hill / Adult Fee $29, Child fee $10

Cupcakes with Flowers for Adults (J520A)

Join us for an interesting morning. We will go back to basics on how to ice a cupcake with a knife or using tip #21. Learn how to make a rose, daisy, mum, daffodil, pansy, candy
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 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.

Monday and Tuesday from 5:00 PM to 9:00 PM / 2 Classes, September 10-11, 2018 / Candy Ryan / $52
Introduction to Stained Glass (A400A)

Think you would love to be a Stained Glass artist but aren’t sure if it’s the right hobby for you? Or are you looking to create that hand-made gift for someone special?

Introduction to Stained Glass might be the class for you. This three hour class allows the artist inside to come alive. Participants choose a pre-cut kit to assemble. An assortment of exquisite designs are available. No cutting of glass will be neccessary for this course; but if time permits, then participants will get to try their hand at cutting glass.

Material cost for the class is $35 payable to the instructor.
Saturday from 1:00 PM to 4:00 PM / 1 Class, September 1, 2018 / Keith Whitesel / $35

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.

Monday from 6:00 PM to 9:00 PM / 6 Classes, September 10 - October 15, 2018 / 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.
Monday from 6:00 PM to 9:00 PM / 6 Classes, October 29 - December 3, 2018 / Keith Whitesel / $85

Introduction to Beading (A413A)

Basic beading techniques will be taught using seed beads, e-beads, bugle beads and any other kind of bead you may want to try. You will get a chance to see and try several beading techniques as well as learn the basics needed to get started. You will learn several knots used in beading and how to work different types of clasps into your pieces. You’ll be able to fashion your own personal jewelry, necklace, earrings, bracelet, etc. to your taste, adding your own personal touches to your work. In the first class you will get a chance to see different types of beadwork, different materials and the tools that you may need to do your work. Bead kits and materials will be available in class. Approximate cost of materials is $15. A list of suggested materials will be mailed with the class confirmation letter should you wish to purchase them ahead of time.

Thursdays from 6:00 PM to 8:30 PM / 2 Classes, November 8-15, 2018 / Sharon Beagle / $39

Floral Design - Harvest Table Special (A441F)

You will want to save room on your fall table for this special, fresh bouquet. All the warm bright colors of fall to greet family and friends. This design has all the trimmings. We will also do a small artificial table piece for the season.

All materials included. A materials fee of $35 is payable to the instructor.
Monday from 6:00 PM to 8:30 PM / 1 Class, October 22, 2018 / Ed Zajac / $29

Floral Design - Winter Holiday Bouquet (A442C)

Celebrate the Christmas season with a combination of all the hearty greens of the season in a metal container. Added pine cones and branches to complete a design that will sing your favorite carol. We will also do a small artificial table piece for the season.

All materials included. A materials fee of $35 is payable to the instructor.
Monday from 6:00 PM to 8:30 PM / 1 Class, December 10, 2018 / 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 manuals. Photography basics through viewing and editing your pictures will be covered.

Wednesdays from 6:00 PM to 8:00 PM / 5 Classes, August 29 - October 3, 2018 (Skip September 26) / Deb Thomas / $99

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.
To make this the best learning environment possible, our Digital Photography course is a pre-requisite.
Wednesdays from 6:00 PM to 8:00 PM / 5 Classes, October 10 - November 7, 2018 / 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 from 6:00 PM to 8:00 PM / 6 Classes, January 9 - February 13, 2019 / 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 from 6:00 PM to 8:30 PM / 6 Classes, October 4 - November 8, 2018 / Janet Robinson / $89

Floral Design - Fall Door Greeter (A453B)

Not your grandmas door piece. Step up to the painted pumpkins for Fall or Halloween - your choice. 6 Foot high boards painted with bright pumpkins, leaves, and gourds or jack o-lanterns. This takes your curb appeal to a whole different level. Channel your inner artist.

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

Registration deadline is September 21.
Sunday from 1:00 PM to 4:00 PM / 1 Class, October 7, 2018 / Ed Zajac $32

Floral Design - Winter Door Greeter (A453C)

This is a designers choice class. Add sparkle to your winter season with the choice of beautiful snowy trees or a snowman to use at your door. 6 Foot high, sturdy boards will brighten any door way. A great holiday and after Christmas look. Channel your inner artist.

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

Registration deadline is November 16.
Sunday from 1:00 PM to 4:00 PM / 1 Class, December 2, 2018 / Ed Zajac $32

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.

Thursdays from 6:00 PM to 8:30 PM / 2 Classes, September 13-20, 2018 / Sharon Beagle / $42

Sewing for Beginners (A476A)

Just in time for the holidays! Dust off your sewing machine and put it to good use! Come learn basic sewing skills in an encouraging and creative environment. We will go over machine terminology and usage, fabric selection, pattern layout, basic construction, and many other handy sewing techniques. We will be making several projects. Each student must bring their own sewing machine already threaded with a bobbin.

Material fee of $15 payable to instructor at first class.

Saturdays from 9:00 AM to 12 PM / 4 Classes, October 27 - November 17, 2018 / Venus Stair / $79

S.Y.O. (Sew Your Own) Skirt(A477A)

If you have ever dreamt of creating your own clothing, then this is the class for you! Learn how to read/use a commercial skirt pattern, adjust the fit, and construct the garment. Each student will work to sew a unique, custom-fit skirt with fabric of his/her own choosing.

Student should be able to operate their own sewing machine prior to this class. Materials fee $10 payable to the instructor at first class.

Thursdays from 6:00 PM to 9:00 PM / 4 Classes, August 30 - September 20, 2018 / Venus Stair / $79

Basic Tailoring (A478A)

Get out of the cold and warm up by your sewing machine. Come learn basic tailoring skills useful to adjust a variety of items. The first class will focus on lengthening and shortening clothing or home goods (curtains, pillows, etc....) For the second class, we will begin exploring the art of "taking in" and "taking out" garments. Students should be comfortable operating and using his/her own sewing machine. If not, please consider taking the Beginner Sewing prior to this class.

Materials fee $5 payable to the instructor at first class.

Saturdays from 1:00 PM to 4:00 PM / 2 Classes, January 12-19, 2019 / Venus Stair / $49
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 from 9:00 AM to 12 PM / 6 Classes, September 8 - October 20, 2018 (Skip September 29) / Sandra Tranor & Todd Moyer / $89

Making Wire Jewelry - Rings & Things (A481A)

In this class you will learn how to make simple but fashionable jewelry such as 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.

Thursdays from 6:00 PM to 8:30 PM / 2 Classes, October 11-18, 2018 / Sharon Beagle / $42

Quilted Hexie Pillow in Autumn Batiks (A510A)

Create a quilted 18" x 18" decorative pillow using traditionally hand-basted hexagons "pieced" with a modern twist. This project is perfect for the advanced beginner. One should have basic knowledge of sewing techniques, be able to operate a sewing machine, and be able to sew a straight line. Students will need to bring an operable sewing machine with both a straight foot and a walking foot, a spool of neutral (white, cream, or gray) all-purpose thread for both machine and hand stitching, needles for hand stitching, fabric scissors, paper scissors, and straight pins.

Registration deadline is September 5. Materials fee of $40 payable to the instructor at first class.

Sundays from 2:00 PM to 4:00 PM / 3 Classes, September 9-23, 2018 / Sara Mika / $42

Quilted American Flag Pillow (A513A)

Create a quilted 12" x 16" decorative pillow using split rail fence and half-square triangle piecing. One should have basic knowledge of sewing techniques, be able to operate a sewing machine, and be able to sew a straight line, change bobbins, and sewing feet.

Students will need to bring an operable sewing machine with both a straight foot and a walking foot, a spool of neutral (white or cream) all-purpose thread for both machine and hand stitching, needles for hand stitching, fabric scissors, straight pins, an acrylic quilting ruler, a self-healing cutting mat, & a rotary cutter.

Registration deadline is October 3.
Materials fee of $40 payable to the instructor at first class.

Sundays from 2:00 PM to 4:00 PM / 3 Classes, October 7-21, 2018 / Sara Mika / $42

Quilted Hexie Pillow in Holiday Prints (A515A)

Create a quilted 18" x 18" decorative pillow using traditionally had-basted hexagons "pieced" with a modern twist. This project is perfect for the advanced beginner. One should have basic knowledge of sewing techniques, be able to operate a sewing machine, and be able to sew a straight line. Students will need to bring an operable sewing machine with both a straight foot and a walking foot, a spool of neutral (white, cream, or gray) all-purpose thread for both machine and hand stitching, needles for hand stitching, fabric scissors, paper scissors, and straight pins.

Registration deadline is October 31.
Materials fee of $40 payable to the instructor at first class.

Sundays from 2:00 PM to 4:00 PM / 3 Classes, November 4-18, 2018 / Sara Mika / $42

Beginners Chalk Paint Class (A550A)

Learn how to do Chalk paint! This course will introduce you to using chalk paint, wax, glaze, dixie dirt, clear coats, and all of the products and paint options the Dixie Belle Paint company has to offer. You will learn how to apply these products on sample boards using various techniques. You can then take what you've learned and make a Pinterest worthy piece of furniture at home.

Tuesday from 6:00 PM to 8:00 PM / 1 Class, October 16, 2018 / Cori Farrell / $65

Chalking Home Decor Fall Project (A456C)

Simply put this do it yourself chalk art course is designed for everyone. Perfect for children, folks with unsteady hands, craftaholics, or anyone who thinks they "can't", can join us in creating a fall garden sign. We will be using reusable adhesive silk screen chalk transfers with specially formulated non-toxic chalk paste, acrylic paint, and various mediums to ultimately create and design the perfect image every time!

Material fee of $15 payable to instructor

Thursday from 6:00 PM to 9:00 PM / 1 Class, September 13, 2018 / Deena Price-Rinehimer / $32
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.

More information at http://www.bloomu.edu/cdl, by calling 570-389-5176 or visit us in person at 7474 Columbia Blvd, Berwick, PA.
New York Botanical Gardens (T582A)

Registration deadline is September 7.

Enjoy over 250 acres of gardens and displays of beauty. Founded in 1891 the entire garden is a National historical landmark. The Botanical Gardens is a living museum. Currently featuring the works of Georgia O'Keeffe and Visions of the Hawaiian Islands. Experience a lush flower show in the Conservatory evoking the landscapes that inspired O'Keeffe, paired with a display of 17 of O'Keeffe's Hawaii paintings—not seen together in New York since their debut in 1940. Explore the profound importance of plants in Hawaiian culture and growing concerns about threats to native Hawaiian plants. Enjoy the long borders of colorful tropical garden plants such as those Georgia O'Keeffe encountered and painted while in Hawaii. Move at your own pace, or take the tram which isn't just a way to get around the Garden's, but features a narrated tour, offering information on the Garden's collections, and history.

On the way home we will stop for dinner at The Rockaway Mall. All food stops are on your own.

Garden tickets, transportation, & driver gratuity are included in the price.

Sunday, October 7, 2018 / $99

Seneca Lake Wine Tasting Tour (T600A)

Registration deadline is September 19.

Join us on our fall-foliage bus trip to the Seneca Lake Wine Tasting Tour! The first stop is Three Brothers Winery for Wine tasting and touring of their 3 beautiful wineries and micro-brewery. Second stop is Torrey Ridge Winery, you will receive a $2 off a bottle coupon! Our third stop will be Glenora Winery for our final tasting and touring. We will be stopping at Watkins Glen to grab a bite to eat before the return trip home.

Admissions tasting & touring, transportation, & driver gratuity are included in the price. A full itinerary will be provided with your confirmation letter.

Saturday, October 20, 2018 / $125.00

New York for the Holidays (T565A)

Registration deadline is November 16.

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.

Transportation, & driver gratuity are included in the price.

Friday, November 30, 2018 / $65

Sight & Sound - "Jesus" (T590B)

Registration deadline is October 8.

Enjoy a buffet lunch at the Golden Corral before going to Sight and Sound Millennium Theatre for 2:15pm, the show is at 3pm. The “Jesus” show is an action-packed musical stage adventure that will take you on a miraculous journey alongside the most famous person ever to walk the earth. Meal, show tickets, transportation, & driver gratuity are included in the price.

A full itinerary will be provided with your confirmation letter.

Friday, November 9, 2018 / $144.

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and contact Jennifer Williams at 570-389-4004 or email jwilliam@bloomu.edu.
Zen Meditation for Beginners (H318A)

Look within. Be still. Then, free from fear and attachment, know the sweet joy of the Way. Buddha. The practice of meditation is the way for you find your fundamental wholeness and to reach the stage of great calm, stability and peace in your day to day life. This course will give you a foundation in the way of meditation so that you may continue on your own and develop this profoundly beneficial practice in your everyday life. We will also take a look into the lives and teachings of past masters who offer guidance and inspiration for those taking their first steps along the meditative path.

Tuesdays from 6:30 PM to 8:30 PM / 4 Classes, August 28 - September 25, 2018 (Skip September 4) / Lee Milton / $52

Zen and Principles of Energy (H325A)

Zen Meditation is a way to quiet the mind. A quiet mind sleeps better, loves better, learns better, works better, and functions what is perceived by others to be at a higher level. When the mind is at full function the whole self is able to cultivate chi. Chi is sometimes thought of as mystical. But to learn it’s function without the noise of thought is to know a place in the ever changing universe. Come experience the known and unknown going on around you right now!

Tuesday from 12 PM to 1:00 PM / 1 Class, September 11, 2018 / Michael Clarke / $25

Usui Reiki - Level 1 & Level 2 Combined (H345B)

This economical class combines Usui level 1 &2 for the same cost. Level 1- begins the journey teaching you how to do a self-treatment, connect with this universal energy, and infuse energy into your chakras, as well as the procedure for giving a treatment to another person. 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 3 reiki symbols to manage the Universal Reiki energy.

Pre-Requisite: Usui level 1.
Instructor will collect $25 for manual.
Saturday and Sunday from 10:00 AM to 4:00 PM / 2 Classes, September 8-9, 2018 / Joanne Smith / $200

Usui Reiki - Level 3A Master Practitioner (H347A)

Level 3A is the Usui Reiki Master-Practitioner level and teaches a master healing and acceleration symbol to help you become more expedient and amplify your energy. Master use of symbols and multiple combinations symbols give 17 uses aside from the standard use to truly master your own energy, to and heal energy conditions in clients. Class includes healing mantras, light channel & energy clearings, aura field repair, transcending karma, empathic healing, manifesting, and master ailment guide.

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 bagged lunch, and wear comfortable slacks.

Instructor will collect $25.00 for the manual. Saturday from 10:00 AM to 4:00 PM / 1 Class, October 6, 2018 / Joanne Smith / $150

Usui Reiki - Level 3B Master Teacher (H348A)

Level 3B is the Usui Master-Teacher level and teaches you the attunement process for yourself and others, and its use for healing the past. First and second set chakra evolvements & balances, and the role of the kundalini in the changing chakra process. Help clients break unhealthy habits, heal abuse, and heal trauma conditions. Master symbols for enlightenment, re-programming, multi-dimensional healing, and higher-level evolution. Teaching guide for teaching reiki at all levels.

Pre-Requisite: Usui Reiki 3A and a desire to help others.
Instructor will collect $30.00 for manual.
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.

Sunday from 10:00 AM to 4:00 PM / 1 Class, November 11, 2018 / Joanne Smith / $350

Crystal Reiki (H350A)

The use of crystals and stones is a simple way to employ mind-body healing thereby continuing to treat a specific ailment or condition that can bring a person to a happier and more balanced daily life. We will be taking energy center readings, using meditations for deeper understanding of conditions we wish to change, crystal grids for amplified energizing treatments, stone treatments for relaxation, and will 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 with the school's wide variety of stones & crystals. You may also BYO. Class is appropriate for level 1 through advanced Usui Reiki. Instructor will collect $25.00 manual fee. Pre-Requisite- Usui Reiki 1
Sunday from 9:00 AM to 6:00 PM / 1 Class, September 16, 2018 / Joanne Smith & Rick Smith / $150

Reiki-Atsu (H354A)

The energy system of the human body is composed of power plants called chakras, and an energy distribution system called meridians. Learn how to treat the entire system with reiki by not only treating the chakras, but by also by learning to detect and unblock any stuck energy in the meridians that keeps us from accessing our full energetic potential.

See our Facebook page for updates www.facebook.com/BloomUMiniCourses/
This is a hands-on body work class that utilizes some pressure points in a gentle way using finger-tip reiki techniques. A self-diagnostic and treatment method is also taught. Bring your own pillow and small blanket.

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 bagged lunch, and wear comfortable slacks. Instructor will collect $15 for manual.

Sunday from 10:00 AM to 4:00 PM / 1 Class, October 7, 2018 / Joanne Smith / $100

Reiki Pendulum Diagnostic (H355A)

A Reiki practitioner can be more precise in giving treatment when we have more information. By learning to use a pendulum you will be able to give feedback to the client which can help the client become more active in their own healing process. The information gathered as a result of pendulum dowsing can allow us to target specific reiki techniques for specific healing purposes. The pendulum may also be used for personal empowerment, dowsing geopathic ley-lines for furniture placement, making food and supplement choices, and wearing jewelry based on natural bio-feedback. BYO pendulum if you have one, or you can borrow one from the school.

Pre-Requisite: Usui Reiki 1

Instructor will collect $15 manual fee.

If you received prior reiki training from another instructor, you must bring a copy of your certificate to participate in the next level.

Saturday from 10:00 AM to 4:00 PM / 1 Class, September 15, 2018 / Joanne Smith / $100

Reiki Ultimate Chakra Diagnostic (H360A)

Everything you need to know about our energy centers within. How to diagnose their condition, how kundalini changes them, how to charge them, what powers them and how to charge the secondary system, what chakra balances are most appropriate for each of the chakra growth stages, how they are affected by a bio-cycle, how they can be re-set, 2nd set chakra and how they can be empowered, how to rebuild a damaged chakra and re-align the chakra matrix, and connecting to chakra angel assistance. BYO pendulum, and must know how to use it.

Pre-Requisite: Usui Reiki 3A

If you received prior reiki training from another instructor, you must bring a copy of your certificate to participate in the next level. Instructor will collect $25 for the manual.

Saturday from 10:00 AM to 4:00 PM / 1 Class, November 3, 2018 / Joanne Smith / $100

Reiki Ultimate Aura Diagnostic (H361A)

Everything you need to know about the energy field that surrounds us. How it works, how we interchange with others, how to diagnose its colors and what they mean, how to diagnose abnormalities and leaks, how it relates to our health, how to protect the aura, what aura clearings to use at each level, how to use the aura for healing, how Empaths use the aura, and how and why to treat the aura with Reiki. This class also includes distant aura diagnostic and distant aura healing technique.

Pre-Requisite: Usui Reiki 3A

If you received prior reiki training from another instructor, you must bring a copy of your certificate to participate in the next level.

Instructor will collect $25 for the manual.

Sunday from 10:00 AM to 4:00 PM / 1 Class, November 4, 2018 / Joanne Smith / $100

Kundalini Reiki Master Teacher (H362A)

This class is for Usui Master Teachers who want to add to and diversify their teaching. It consists of 3 attunements to the 3 kundalini levels. Understanding the kundalini process and how to help guide your students through it, and what your guidance focus needs to be are covered in this class. Manual parts re-printable for teachers to use as necessary.

Pre-Requisite Usui Reiki 3B

If you received prior reiki training from another instructor, you must bring a copy of your certificate to participate in the next level.

Instructor will collect $25 for the manual.

Saturday from 10:00 AM to 4:00 PM / 1 Class, December 1, 2018 / Joanne Smith / $100

Reiki-Yoga Meditation (H359A)

When combining yoga and reiki, you have the opportunity to accelerate the energetic effect of yoga practice alone. This can jump-start you into new understandings of how the movements, postures, and mudras of yoga empower your energy centers, and the healing benefit you can derive from your yoga practice. Therefore, a yoga class can also be a reiki self-treatment session. Booster attunement for level 2 given with an additional energy. Class will consist of multiple meditations while in yoga postures. Must be able to get up and down from the floor. Some knowledge of yoga helpful. BYO yoga mat, pillow and small blanket, and wear loose or yoga clothing for movement. Adequate breaks given for day-long practice.

Pre-Requisite: Usui Reiki 2

Instructor will collect $15 manual fee.

Saturday from 10:00 AM to 4:00 PM / 1 Class, October 20, 2018 / Joanne Smith / $100
Age-Related Macular Degeneration; A Peer-Moderated Forum (H690A)

In this class Sue will discuss her experiences with AMD, what Age-Related Macular Degeneration is and the types of help she has found that might also be available to others with low vision. In addition, she will discuss how those with low vision can help themselves and some of the exciting developments in AMD research and technology. Sue is not an eye care professional. Medical advice will not be given and should not be sought. The purpose of this forum is to bring together individuals with AMD so we might help each other on our mutual journey.

Tuesday from 4:30 PM to 6:00 PM / 3 Classes, September 4-18, 2018 / Sue Labar Yohey

Parent/Child Karate [Ages 3 to 6] (N506A)

Spend quality time with your child teaching them "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 from 12 PM to 12:30 PM / 6 Classes, October 13 - November 17, 2018 / Bob Tomaino / $59

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 from 10:00 AM to 12 PM / 1 Class, December 1, 2018 / Linda Lou Hill / Adult registration $29, Child registration $10

Beginner Tumbling (Ages 7 and up) (N525A)

Our Trampoline and Tumbling classes are designed to teach beginner to intermediate skills for athletes 6 and up. This class is taught by Scorpions Gymnastics Academy coaches.

Wednesdays from 6:30 PM to 7:30 PM / 6 Classes, September 12 - October 17 / Kids First Gymnastics / $85

Preschool Gymnastics I (N526A)

A fun filled class for your 3 year old! We will teach your little one the basics of gymnastics! At this stage of wonderment and imagination, your athlete will be ready to enjoy our 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 from 5:30 PM to 6:15 PM / 6 Classes, September 11 - October 16 / Kids First Gymnastics / $85

Beginner Gymnastics [Ages 6 and up] (N527A)

Our Beginner Gymnastics class is for athletes age 6 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.

Thursdays from 5:30 PM to 6:30 PM / 6 Classes, September 13 - October 18 / Kids First Gymnastics / $85

Kinder Gymnastics II (N528A)

For junior athletes age 4 to 5 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.

Mondays from 5:30 PM to 6:30 PM / 6 Classes, September 10 - October 15 / Kids First Gymnastics / $85

Gym for Boys (N530A)

Parkour involves jumping, vaulting, climbing and balance to move over obstacles in a fluid manner. There is an emphasis on skill building, balance, coordination, and learning to move through space instead of around space. 

Weekdays from 4 PM to 5 PM / 6 Classes, September 4 - October 18 / Kids First Gymnastics / $85
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. For boys age 6 through 13.

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

Ages 6-9: Tuesdays from 6:30 PM to 7:30 PM / 6 Classes, September 11 to October 16 / Kids First Gymnastics / $85
Ages 10 - 13: Tuesdays from 7:30 PM to 8:30 PM / 6 Classes, September 11 to October 16 / 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!

Saturdays from 10:30 AM to 11:15 AM / 6 Classes, September 8 - October 13, 2018 / Bloomsburg School of Dance / $85

**Beginner Ballet [1st - 5th Grades] (N548A)**

Ballet is a dance discipline that has been developed over 350 years. Ballet is the foundation of all the dance disciplines and is essential for any great dancer. In this class the foundational technique will be taught to classical music. The students will be working the technique from the ground up to develop proper technique and avoid misconceptions. Students will gain strength, flexibility, musicality, and an understanding of ballet technique.

Saturday from 12:00 PM to 1:00 PM / 6 Classes, September 8 - October 13, 2018 / 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 from 6:00 PM to 6:45 PM / 6 Classes, October 2-18, 2018 / 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 from 5:30 PM to 6:00 PM / 6 Classes, October 1-17, 2018 / 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.

Saturday from 11:15 AM to 12:00 PM / 6 Classes, September 8 - October 13, 2018 / Bloomsburg School of Dance / $85

**Parent & Tot Gymnastics (N541A)**

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.

Ages: 15 months to 2-years-old

Wednesdays, 5:45 PM to 6:30 PM / 6 Classes, September 12 - October 17, 2018 / Kids First Gymnastics / $85

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

SAT Preparation provides students with ample opportunity to practice 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 26 - September 23, 2018 (Skip September 2) / Jon Dressler & Anna Jaskiewicz / $109
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 from 1:00 PM to 2:30 PM / 5 Classes, August 26 - September 23, 2018 (Skip September 2 and 23) / 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 from 3:00 PM to 4:30 PM / 5 Classes, August 26 - October 7, 2018 (Skip September 2 and 23) / Gary Sohosky / $95

Martial Arts for Adults (F319A)
Practice drills and techniques incorporating a variety of martial arts, from Karate to Wing Chun to Jiu Jitsu. Students will learn practical self-defense both standing and on the ground, all while working on their fitness and developing important skills such as focus and coordination. Finally, they'll have an opportunity to apply what they've learned through freestyle sparring and grappling. Please wear loose clothing suitable for athletic activities.
Tuesday and Thursday from 9:00 PM to 10:30 PM / 6 Classes, October 2-18, 2018 / Bob Tomaino / $69

Piloxing (F327A & F327 B)
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. Please bring an exercise mat. Gloves will be available; purchase price is $25 payable to the instructor at the first session.
Session A: Mondays from 5:00 PM to 6:00 PM / 6 Classes, August 27 - October 8, 2018 (Skip September 3) / Karen Murtin / $49
Session B: Mondays from 5:00 PM to 6:00 PM / 6 Classes, October 22 - November 26, 2018 / Karen Murtin / $49

Introduction to Goju Karate (F333A)
Learn the traditional martial art of Goju-ryu Karate-do. Students will develop their personal fitness while learning the basic techniques of the style as well as kata (forms). These skills will also be applied in the practice of basic self-defense and groundwork. Please wear loose clothing suitable for athletic activities.
Tuesdays and Thursdays from 9:00 PM to 10:30 PM / 6 Classes, October 2-18, 2018 / Bob Tomaino / $69

Zumba® Fitness (F335A and 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 comfortable fitness attire (shorts, leggings, tank top, t-shirt, etc.). Please bring a water bottle and a towel with you to each class.
Session A: Mondays from 6:05 PM to 7:05 PM / 6 Classes, September 10 - October 15, 2018 / Janice Birster / $49
Session B: Mondays from 6:05 PM to 7:05 PM / 6 Classes, October 29 - December 3, 2018 / Janice Birster / $49

Introduction to Self Defense (F360A)
Come be prepared for the unknown! Regardless of fitness level, without proper self-defense training, you cannot guarantee personal safety. This introduction workshop will give you hands-on instruction in basic self-defense, giving you the tools you need to defend yourself in a variety of situations. Wear comfortable, loose fitting clothes.
Saturday from 11:00 AM to 1:00 PM / 1 Class, October 13, 2018 / Matthew Munson / $69

Introduction to Mobility (F365A)
Proper joint and myofascial mobility is one of the keys to maintaining a good quality of life. Whether you are an athlete, or someone just looking to maintain healthy muscles and joints, this class is for you! Each class session will focus on total body mobility, and will include a hands-on portion where class participants will have time to practice what they learn. Wear comfortable, loose fitting clothes.
Tuesday and Thursday from 8:00 AM to 8:45 AM / 6 Classes, September 18 - October 4, 2018 / Matthew Munson / $49
Project Management Certification Training

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.

Programs available in the following areas:
- Business and Professional
- Healthcare and Fitness
- IT and Software Development
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial

Features:
- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self-paced
- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

Six Sigma Black Belt
This program provides you with an in-depth look at the Six Sigma Black Belt problem-solving methodology, deployment, and project development approaches.

Six Sigma Green Belt
This program encompasses all aspects of running a Six Sigma Green Belt business, including management, service delivery, design, production, and customer satisfaction.

Mastering Project Management with Microsoft Project 2016 (Software Included)
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 2016 to assist you in project management.

Lean Mastery
Eliminate waste from your business by learning and implementing the principles of lean business.

The Complete Project Manager with Microsoft Project 2016 (Software Included)
This is a comprehensive program for those who want to expand their knowledge and application of project management concepts. It is designed to prepare students for either the CAPM® or PMP® certifications. You will also learn how to use Microsoft Project 2016 to assist you in project management.

Mastering Project Management with PMP® Prep
This program takes you beyond the basics of project management. It is designed to prepare you for the PMP® exam. You will learn how to translate your knowledge into skills by exploring key project management topics in depth.

Microsoft Project 2016
This program combines knowledge of project management scheduling disciplines with the use of the Microsoft Project 2016 software.

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.

Purchasing and Supply Chain Management
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.

Management for IT Professionals
Learn leadership skills that will help you succeed as a manager in the IT field.

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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(570) 389-5162
Beagle, Sharon. Sharon is a Bloomsburg area native, and graduate of Bloomsburg University. Sharon received her Master of Education and Master of Fine Arts here. She is a self-taught beader and wire work artist and has been doing bead weaving and counted bead work for over 40 years. She has won awards for her creative bead work, most recently at Fire Mountain Gems in Oregon, and is currently awaiting word from another juried contest. Her wire wire work is a more recent addition starting 12 years ago. Her work can be viewed at many of the local craft events including the Covered Bridges Arts and Craft Festival held in October at Knoebels Grove. She has been a member of the Pennsylvania Guild of Craftsmen and the North Mountain Art League. Sharon also has interests in Stained Glass work, Silver Smithing, and Painting. She currently teaches Math and Science.

Birster, Janice. I am an energetic person that loves to move and grove. 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!

Blass, Angela. Angela has been indoctrinated into the art of Asian cooking since growing up in her mother’s restaurant in Fresno, California. Since then, she’s worked in the restaurant and food industry in Las Vegas, Nevada for several years. She has held in-home cooking classes for friends and strangers alike. She strives to spread this art and these age-old techniques to eager minds and hungry tummies of all cultures.

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.

Clarke, Michael. I have 20 plus years of study and practice of Zen Meditation and it’s meanings. The study of the intangible and tangible benefits. I have also studied Tai Chi and incorporated it into a system similarly used by ancient Shaolin Monks to deliver the power to master the self. I am a self-taught musician / producer which I picked up after I 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.

Labar Yohey, Sue. Sue is a local psychologist and is visually impaired due to "dry" AMD. She has been "walking the walk" of visual impairment since she lost central vision in her second eye the winter of 2016. She has been "talking the talk" of visual impairment through her blog.

Miko, Sara. Sara Mika earned a Valedictorian Scholarship & studies in liberal arts with concentrations in fine art & art education at Lycoming College in Williamsport, PA. She graduated summa cum laude in 2001, receiving the Faculty Award for Achievement in Fine Art. She worked as a student gallery assistant for the art department where she discovered that art quilts are not traditional craft pieces, but works of contemporary fine art implementing the principles and elements of design to amazing effect. Upon graduation she settled near Bloomsburg, PA where she has since worked as an independent fiber artist under the moniker Mock Pie Studio.

Moff Jim. Has over 20 years of experience in the financial planning, investing, and insurancebusinesses, 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.
Murtin, Karen. Karen Murtin is a licensed Pilates instructor. She has also been a cert-
tified 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 Black Labrador Retriever Teddy (named after Theodore Roosevelt), swimming, and cutting firewood. Ryan first became interested in the presidents when he was in 5th grade. He enjoys sharing his knowledge and enthusiasm of the presidents.

Patterson, Natalie. Natalie is a Licensed Social Worker in Pennsylvania, a Reiki Practitioner, and a Certified Professional Life Coach. She earned her Dual Bachelor of Arts Degrees in Criminal Justice and Psychology from Bloomsburg University and a Masters Degree in Social Work from Marywood University. She has experience working with adults, adolescents, and children with many issues including but not limited to domestic and sexual abuse, mental health issues, behavioral issues, simple and complex trauma, those diagnosed with terminal illness, and more. Her goal as a professional is to empower and support others in their journey to find purpose, meaning, and balance in their lives. Natalie enjoys running, practicing yoga, reading, and spending time with her pets.

Price-Rinehimer, Deena. Deena has been a craft enthusiast since grade school where she earned merit awards for holiday window painting. She received 1st place and 3rd place ribbons for entries of painted items from the Bloomsburg Fair in 2016. You could say crafting is in her blood, with experience in sewing since the early 80's to embroidery, quilting, painting,chalking, wood working and more. Deena works locally as an accountant and has an eye for detail. She has made custom items for her clients and currently has items placed in local businesses in the area. I look forward to having some fun teaching this class and maybe learning from you as well.

Reinard, Joe. Joe Reinard is the current CEO of the Bloomsburg Area YMCA. Joe has a Master's of Business Administration from Indiana University of Pennsylvania and is a Certified Organizational Leader with the YMCA of the USA. He has worked with in the non-profit sector for 12 years and has raised over $500,000 in the course of his career.

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 Oils); 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 MEd in Education from Bloomsburg University. Candy and her husband reside in Mifflintown and enjoy spending time with family.

Sheehy, 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, Edward. Penn State Graduate in 1969 in Ornamental Horticulture. Operated and owned a landscaping business for 30 years. Currently retired and busy with developing my garden in Benton. It is 15 years old and maturing.

Smith, Joanne. Joanne Smith is the owner of Hillkat Kai Dojo in Benton Pa. Hillkat 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. I am 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.

Stair, Venus. Venus has been sewing and hand-crafting for over 25 years. She holds a Bachelor's and an Associate's Degree in Fashion Design. She has worked as a soft goods designer, tailor in apparel retail, and interned in the New York City garment district. Venus loves creative, innovative, and well-executed forms of artistic expressions.

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 serious 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.

Tomaiho, 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 Ju 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 Gung Fu.

Voices For All . The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our accomplished Coaches have many years experience in the Voiceover Industry, working in Regional and National level Radio commercials, Affidavits, Corporate Training Videos, Telephone Greetings, Animation and more. This expertise translates very well to the classroom, where they are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be coaching, presenting, writing, or producing, Voices For All has it covered. Our accomplished instructors not only deliver the highest quality education and coaching to their students, but their contagious enthusiasm and expertise bring an element of fun and excitement to the classroom as well.

Wagner, Ryan. 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 Keith was trained by a former stained glass teacher. Keith has a BS in Workforce Education from Penn State University and 32 years teaching experience. He also earned an AAS Electrical Technology, and an AAS Vocation Education.

Wittig, Silke. Silke Wittig 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 (CNNW®) as well as a certified "Assess-A-Pet" shelter dog evaluator, approved "Canine Good Citizen/S.T.A.R. Puppy" evaluator for the American Kennel Club (AKC) and evaluator for the APDT C.L.A.S.S.™ program. Silke offers individualized 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, IAIABC) 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 up and update her knowledge and handling skills.

Wolfe, Jonathan. A registered Professional Engineer who graduated from BU in 2006 with a BS in Electrical Engineering Technology. He has worked for PPL in a variety of roles for 12 years. Jonathan has been a personal investor for 20 years, and has over 40 articles published on seekingalpha.com, one of the leading stock market research websites on the web.

Zajac, Ed. Ed has been in the floral industry for over 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.Ed has been in the floral industry for over 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.
If you’re qualified and interested in joining our team, please forward a cover letter detailing your area of expertise, course ideas, and a resume to: Greenly Center, Corporate and Continuing Education, 50 East Main Street, Bloomsburg, PA 17815

Have an idea for a course you would like to teach?
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Deadlines

Don't wait to register - classes fill quickly! Secure a seat in the class of your choice by registering early. We’ll accept your registration form and payment up until the course has reached its enrollment limit.

Class Confirmations / Locations

Class location will be listed in your confirmation letter. If time does not allow for mail delivery, we’ll call you. Some classes do not meet every week; please check carefully for “skip” dates.

Refunds / Cancellations

Bus Trips

Due to the financial commitments required for our bus trips, we cannot honor refund requests once a trip has been confirmed. If we have people on a waiting list and can find someone to take your place, we will refund your payment minus a $10 processing fee. If you have a friend who would like to go in your place, you may transfer your seat to them, just give us a call at 570-389-4420 so that we can update our roster.

Mini Courses

If you cancel your registration at least one business day before the course begins, we will refund your payment minus a $10 processing fee. No refunds will be given after a course begins.

If you cannot attend, we encourage you to send a friend in your place; substitutions are welcome up until the class starts.

If we cancel a course for any reason, you will receive a full refund. Sometimes we have to cancel a class due to low enrollment. Help us better serve you by registering early and inviting your friends to join you in a class.

Online Career Certificate Programs

Students are given access to the entire program’s online classroom and learning material upon enrollment in Career Certificate Programs. For this reason once the course is accessed either by requesting materials or viewing lessons we are unable to process refunds. If you are unable to finish your course in the designated period of time, please contact us and we will make provisions for you to complete your course.

Bloomsburg University’s Office of Corporate & Continuing Education reserves the right to cancel, postpone, reschedule, limit enrollment, split or combine classes, and to change instructors and class locations. Every reasonable effort will be made to give instructors and students advance notice of such changes.

Hours of Operation

Monday through Friday, 8 am - 4:30 pm, and Monday through Thursday evenings when classes are in session. Please contact us by calling 570-389-4420.

Deadlines

Don't wait to register - classes fill quickly! Secure a seat in the class of your choice by registering early. We’ll accept your registration form and payment up until the course has reached its enrollment limit.

Class Confirmations / Locations

Class location will be listed in your confirmation letter. If time does not allow for mail delivery, we’ll call you. Some classes do not meet every week; please check carefully for “skip” dates.

Refunds / Cancellations

Bus Trips

Due to the financial commitments required for our bus trips, we cannot honor refund requests once a trip has been confirmed. If we have people on a waiting list and can find someone to take your place, we will refund your payment minus a $10 processing fee. If you have a friend who would like to go in your place, you may transfer your seat to them, just give us a call at 570-389-4420 so that we can update our roster.

Mini Courses

If you cancel your registration at least one business day before the course begins, we will refund your payment minus a $10 processing fee. No refunds will be given after a course begins.

If you cannot attend, we encourage you to send a friend in your place; substitutions are welcome up until the class starts.

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Fall 2018
Bus Tours

New York Botanical Gardens
Sunday, October 7, 2018

Seneca Lake Wine Tasting Tour
Saturday, October 20, 2018

Sight & Sound - "Jesus"
Friday, November 9, 2018

New York for the Holidays
Friday, November 30, 2018

See page 17 for bus tour details.

Call 570-389-4420 to register for courses in this catalog.
www.bloomu.edu/ce