



# PALMYRA COMMUNITY CENTER PROGRAM BOARD

Fall 2017 PROGRAMS *something for everyone*

**QUICK REGISTER ONLINE:  
Classes fill up!!!**

## BUILD

**Lego Builders (ages 5-8)  
6:30 -7pm 9/27-11/15** (8 weeks) Legos Builders that work in teams or on their own, to complete a build for each weeks theme revealed at the session. Legos will be provided. Please do not bring your own Legos.

**REGISTRATION IS REQUIRED** SPACE IS LIMITED. Instructor: Christine Young  
**Class Fee: Resident \$25 Non Residents \$30**

**Lego Challenge Builders (ages 9-13) 7:15- 8:15pm 9/27-11/15**

(8 weeks) Experienced Lego engineers work on a challenge each week revealed at the session. Legos provided. Please do not bring your own Legos.

**REGISTRATION IS REQUIRED**  
SPACE IS LIMITED Instructor: Christine Young **Class Fee: Resident \$40 Non Residents \$45**

**Improv for Teens (ages 12-18) Tuesday 7-8:15pm 9/19- 11/14** (7 weeks) **No class 10/31 & 11/7**

Introduce the basics of improvisation through fun games and exercises. Develop communication skills, self-confidence, and stage presence all while laughing and having a great time. **REGISTRATION IS REQUIRED** Instructor Sue Taney has a BA in Theatre Arts/Psychology & MA Early Childhood Education. Teacher by day and an improv instructor & performer at night. **Class Fee: Residents \$40 Non Residents \$45**

## IMPROV

**Wellness Yoga with Jill Croft Sunday 9-10am 9/24 -11/12** (7 weeks) **No class 10/15**

Take some time for the mind, body and soul. **Fee: Residents \$40 Non Residents: \$45 or Drop In: Residents \$7 Non \$8**

## YOGA

**Chess Club (ages 9-18) Thursday 3:15 -4:15 pm 9/28-11/2** (6 weeks)

Beginners learn movement, basic rules, and modern strategies of this fun & competitive game. Strategic concepts will be taught with clear, easy-to-absorb explanations accompanied by examples of how chess strategy is used in practice **REGISTRATION IS REQUIRED no need to attend every class.** NEW Instructor: Donald Battle, member of the United States Chess Federation since 1998. USCF affiliate & certified club tournament director. Ranked in top 5% in the US in 2015. **NEW Fee for Chess Instruction: Resident \$20 Non Res \$30**

**Spotlighters (ages 6-12) Wednesday 3:15-4:15pm 9/20 -11/15** (8 weeks)

**(No class 9/27)** Theater group for boys & girls; vocals, choreography, acting, costumes & set design. Join a salty crew of scallywags as instructor Lynn Lofland (Musical director of Palmyra Players) sets sail on a mighty adventure! Culminates in a performance of "Pirates: The Musical" on 11/17@ 7:30pm.

**REGISTRATION IS REQUIRED**  
Instructor: Lynn Lofland **Class Fee: Resident \$50 Non Residents \$55**

## ACT

## MOVE

**Kid's Dance Fitness (ages 6-12) Monday 3:30-4:15pm 9/18-11/13** (7 weeks) No class 10/9 or 11/6\_Get kids moving around, follow along to dance moves or freedom to do their own thing. This class is to have fun & allow the freedom of expression without strict dance instruction with a variety of music styles. Short Showcase on 11/17 7pm. **REGISTRATION IS REQUIRED** Instructor: Renée Fernandez has five years teaching experience including 3 years working abroad in Germany for Berlitz Deutschland. She's a former dance and fitness instructor and currently runs MiCultura in Riverside. [www.miculturaunity.org](http://www.miculturaunity.org)  
**Class Fee: Resident \$35 Non Residents \$40**

## DONATE

**Bread of Life Food Pantry** loves our donations; let's keep it up! Check Facebook page for needs or donate what you can. Donate at Borough Hall, M-F 8:30-4:30 or Community Center, bucket in the lobby. **Flags** The Community Center has teamed with the Borough of Palmyra & Girl Scouts to collect used or damaged flags for proper disposal. Bring flags to lobby of Borough Hall M-F, 8:30-4:30PM or Community Center in baskets.

## FEEL GOOD FIRST FRIDAY

**Programs that make you feel good on the 1st Friday of the Month! Donations to Bread of Life Food Pantry welcomed!**  
**Friday 10/6 - 7-9pm First Friday -Spice Blending for Health Spiceology 101: Intro to Spice Blending Class** Got flavor? Get your taste buds ready to experience and explore the flavor and health benefits of common herbs and spices in this hands-on workshop. Cooking Alchemy's Chef and Nutritionist, Elizabette Andrade will help us discover how to use nature's finest building blocks to transform simple foods and meals naturally! Create, taste and take home their very own spice blend to make home cooking delicious and nutritious. Visit: [www.cookingalchemy.com](http://www.cookingalchemy.com)  
**Friday 11/3 & 12/3 PLEASE CHECK OUR WEBSITE FOR EVENT INFORMATION OR LIKE US ON FACEBOOK!**

**Youth Draw The Arts of Comics (ages 7-14) Thursday 4-5pm 9/28-11/16** (7 weeks) Create artwork in comic book style, stand alone images or one storyboard. Basic instruction in drawing skills & composition to communicate a theme. No experience needed.

**ALL MATERIAL INCLUDED IN CLASS FEE REGISTRATION IS REQUIRED.**

Instructor: Lee Stoner  
**Class Fee: Palmyra Residents \$40 Non Residents \$45**

## ART

**Craft Lab (ages 6-12) Tuesday 4:00-5:00pm 9/26-10/24** (5 weeks) Join Renee Hoffecor's Craft Corner. Each week's class creates a new fun project! All materials included. Space is limited **REGISTRATION IS REQUIRED. Class Fee: Resident \$35 Non Residents \$40**

**Adult Draw Thursday 7:30-9pm 10/5-11/30** (7 weeks) **No class 11/2 & 11/9** Exercise drawing a new still life each week. A non-instruction class for all artistic levels. Bring your own materials or use ours! Drop in or come every class, no registration required. Host: Lee Stoner **Class Fee: Donation to Food Pantry or \$5**

**FALL SHOWCASE  
FRIDAY 11/17 7PM  
DANCE, PIANO, ART  
& "PIRATES THE MUSICAL"**

## EVENTS

**Learn to Play Piano (ages 7-18) Wednesday 4:30-5:30pm 9/20 -11/15** (8 weeks) **No class 9/27** This class will use the great capabilities of the electronic keyboard to teach keyboard musicianship. Learn basic note reading and musical terms. Play songs using the many aspects of the keyboard, including rhythms, styles and chords. Optional performance at Showcase on 11/17.

**Space is limited REGISTRATION IS REQUIRED** Instructor Lynn B Lofland, Certified Music Teacher

[lgbrewin@comcast.net](mailto:lgbrewin@comcast.net)

**Class Fee: Resident \$45 Non Residents \$50**

## MUSIC

**Adult Guitar Sunday 7-8pm 9/24 -11/5** (7 weeks) Basic guitar techniques-chord accompaniment, single note melodies & solo chord/melody style. Presented in tablature-not musical notation. Emphasis will be placed on playing songs. **REGISTRATION IS REQUIRED** Instructor: James Schneider, Rowan College, Audubon HS, Haddonfield Adult School and Collingswood Music. **Class Fee: Resident \$40 Non Residents \$45**

**Yoga Flow All Levels 7-8pm Tuesday 9/19- 11/14** (7 weeks) **No class 10/31 & 11/7** All levels Vinyasa Yoga Flow linking breathe & movement from pose to pose. Awaken strength, energy & flexibility in a relaxed atmosphere. Leave feeling energized & calm. Bring a mat & drink. **Children ages 6+ are welcome!!!** No prior Yoga experience necessary. Instructor: Katie Martin **Class Fee: Residents \$40 Non Residents \$45 or Drop In: Residents \$7 Non \$8**

## YOGA

**Photo Workshop Part 1 Walk About (Adults and ages 14+) 4-7pm Sunday 9/24** Join Adrian R. Rowan on a walk around Palmyra learning how to take better photographs. The basics of composition, exposure, depth of field, and lighting. Grab your camera, walking shoes, come out & meet some fellow residents. Extend skills with the editing on 10/1. Optional exhibition at Fall Showcase 11/17. **REGISTRATION IS REQUIRED sign up for either classes or just one!** Adrian Rowan: [info@arowanphoto.com](mailto:info@arowanphoto.com) **Class Fee: Resident \$30 Non Residents \$35 Register for BOTH Workshops Part1 & 2: Resident \$50 Non Residents \$55**

**Photo Workshop Part 2 Digital Editing: (Adults and ages 14+) 4-7pm Sunday 10/1** Use WALK ABOUT images or your own. DSLR Camera, laptop & access to Adobe Photoshop & Adobe Camera Raw required (\$10 per month student subscription). Class will focus on editing in Photoshop, constructive criticism sessions to improve work. Optional exhibition at Fall Showcase 11/17 **REGISTRATION IS REQUIRED sign up for both or just one!** Instructor, Adrian R. Rowan, a professional photographer for over 13 years, working at various studios and the Pentagon in D.C. Adrian Rowan: [info@arowanphoto.com](mailto:info@arowanphoto.com) **Class Fee: Resident \$30 Non Residents \$35 Register for BOTH Workshops Part1 & 2: Resident \$50 Non Residents \$55**

## CONTACT

[www.palmyracommunitycenter.com](http://www.palmyracommunitycenter.com) [communitycenterprogramboard@gmail.com](mailto:communitycenterprogramboard@gmail.com)  
PO Box 711 W.Broad Street Palmyra NJ 08065

Call: Lee 215-704-8123



## REGISTER

**FALL 2017 REGISTER: EASY GO ONLINE Charge/PayPal/Check:**

**WWW.PALMYRACOMMUNITYCENTER.COM**

**SAVE 10% ONLINE ONLY WITH 3 OR MORE CLASSES CODE: 3ORMORE10%**

**Checks: MUST Complete Registration & Select Offline Payable:** Palmyra Community Center Program Board

**EMAIL FOR FORM: [communitycenterprogramboard@gmail.com](mailto:communitycenterprogramboard@gmail.com)**