



2023 WINTER/SPRING FAMILY/COMMUNITY WORKSHOP SCHEDULE:

Basics of Self Defense in collaboration with Trinity Karate Outreach

Friday, January 27, 5:45PM-7:15PM

While we hope that we would never need to use self-defense tactics, it is important to ensure that we could defend ourselves should the need arise. Because of limited space, this workshop requires an advanced RSVP and payment to guarantee your spot by Monday, January 23. This experience is best suited for families with children 8+ who can focus and engage in this activity.

Workshop Lead: Master Brian Arrington

Location: ECM Youth Classroom (1017 French Street)

Course Cost: \$2.00/Person OR \$5.00/Family

Open Pickleball Play & Instruction in collaboration with Church of the Cross

Saturdays, January 28 and February 25, 10:00AM-12:00PM and Friday, March 10, 6:00PM-8:00PM

Pickleball was invented in 1965 near Seattle, Washington by three dads whose kids were bored with their usual summertime activities, but in recent years, this sport has taken off in its popularity and enjoyed by all ages and skill levels, even reaching a professional level. RSVP in advance and join us for both an introduction to rules and the game for beginners as well as open play for experienced players. This workshop is best suited for families with children 8+ who can focus and engage in this activity.

Workshop Lead: RoseMarie Croce and UU Pickleball students interested in helping

Location: Church of the Cross (5901 Millfair Road)

Course Cost: NA

Fire Cider Fermentation in collaboration with Wild Field Urban Farm

Monday, January 30, 6:00PM-7:30PM

In this workshop, participants will learn how to make and take home their own batch of fire cider, a vinegar tonic combining a variety of ingredients, such as, apple cider vinegar, garlic, onions, ginger, horseradish, and herbs. This flavored vinegar can be drizzled on salads or roasted vegetables, or added to marinades and sauces, and it offers a host of immune support benefits. Because of limited space and securing supplies this workshop requires advanced RSVP and payment to guarantee your spot by Tuesday, January 24th and is best suited for families with children 12+.

Workshop Lead: Miss Stephanie Ciner

Location: ECM Youth Classroom (1017 French Street)

Course Cost: \$8.00/Person (includes 32 oz. Mason jar with lid and band) \$5.00/Person (if supplying your own)

DIY Card Making

Thursday, February 23, 5:30PM-7:30PM

Making your own greeting cards is not only cost effective, but so much fun. Get creative as you let those special people know how much you care with your original designs. Because of limited space, this workshop requires an advanced RSVP by Monday, February 20. It is best suited for families with children 10+ who can focus and engage in this activity.

Workshop Lead: Miss Brenda Crolli

Location: ECM Youth Classroom (1017 French Street)

Course Cost: NA

Auntie Elaine's Homemade Soft Pretzels and Donuts

Friday, February 24, 5:30PM-7:30PM

Every family needs a good soft pretzel and donut recipe to pull out for cozy winter weekends at home. Join Auntie Elaine (not to be confused with Auntie Anne's) for this baking workshop where we will make different flavored soft pretzels and donuts and eat them together. Because of limited space, this workshop requires an advanced RSVP by Monday, February 20. It is best suited for families with children 8+ who are able to follow instructions and safely engage in these activities.

Workshop Lead: Miss Elaine Ghazinour

Location: ECM Youth Classroom (1017 French Street)

Course Cost: NA

Paper & Print Making in collaboration with Grounded Print Shop

Saturday, March 11, 1:00PM-3:00PM

Just like our after school course, but within an abbreviated afternoon, participants will learn how to make paper from a variety of recycled materials and creatively design them. Enjoy this artistic and sustainably-focused workshop as we explore the process of hand-made paper and printing. This workshop requires advanced RSVP and payment to guarantee your spot/s by Monday, March 6. This experience is best suited for families with children 8+ who can focus and engage in this activity.

Workshop Lead: Miss Ashley Pastore

Location: Grounded Print Shop (1902 Cherry Street)

Course Cost: \$5.00/Person

Introduction to Chess for Beginners & Challenge Chess for Experienced Players

Saturday, April 1, 10:00AM-12:00PM

Did you know that learning chess can support the development of higher-order thinking skills—like problem solving, decision making, planning, and even creativity. Chess training and practice also helps improve general cognitive ability and scholastic achievement. This workshop will introduce the game to beginners and allow for experienced players to challenge one another. RSVP in advance. This experience is best suited for families with children 8+ who can focus and engage in this activity.

Workshop Lead: Mr. Franklin Curlin

Location: ECM Youth Classroom (1017 French Street)

Course Cost: NA

LIVE Birds of Prey Presentation in collaboration with Tamarack Wildlife Center

Saturday, April 1, 12:00PM-2:00PM

Get up close and personal with some of Pennsylvania's magnificent birds of prey and learn about their characteristic features, discover their adaptations, and explore their critical role in our environment. Through interactive activities learn what you can do to help birds of prey and the world we share. Because of limited space and securing meals, this workshop requires an advanced RSVP and payment to guarantee your spot by Monday, March 27. This experience is best suited for families with children 6+ who can focus and engage in this activity.

Workshop Lead: Miss Melissa Goodwill

Location: ECM Youth Classroom (1017 French Street)

Course Cost: \$2.00/Person OR \$5.00/Family (includes Wegmans Sub Lunch)

FAMILY/COMMUNITY WORKSHOP DETAILS:

- Urban University is not just a youth program. Our aim also includes building a strong community focused on engaging our youth and families together.
- When families spend time having fun, learning and growing together, they create strong bonds and build trust thereby creating a positive community.
- Much planning and detail goes into each of our workshops to account for organization fees, facility space, materials, food, etc., therefore, we ask that you consider your schedules carefully when reserving a spot for any of these events. Your commitment and communication is greatly appreciated.