

# The FCAAE Insider

## ❄ Winter Registration is OPEN ❄

### Contents

- Who Are We?
- From the Executive Director
- Did You Know?
- Inspiring Instructors
- Start Your New Year Right

### Who Are We?

FCAAE's vision is to inspire adults of all backgrounds to embrace lifelong learning as a pathway to personal growth and vibrant communities.

To accomplish this, we provide a diverse and evolving menu of high-quality adult enrichment classes as well as unique opportunities to share personal knowledge and talents.

### ? Did You Know?

Only **FCAAE** provides adults and families with access to Fox Chapel Area High School's swimming pool. We offer lap swim, aqua exercise, adult swim lessons, and recreational swim to help you stay fit, healthy, and happy.

**FCAAE** is the only school district affiliated adult education program in Western Pennsylvania that is *solely dedicated* to providing a wide range of adult learning opportunities for all adults using district facilities. It is not an additional thing we do...it is **WHAT** we do.

**FCAAE** is a 501(c)(3) non-profit



Invest in yourself, donate today

### From the Executive Director

Throughout 2023, the board and I have been engaged in strategic planning to ensure that we continue to thrive and meet your needs. Through survey responses, comments, class feedback, and our own research and conversations, we were able to evaluate FCAAE mainly through the eyes of our most important assets – our students and instructors. As we progressed through the strategic planning process, we reconfirmed our values. These values not only guide our decision making but also describe the positive and inclusive environment we work to create: *Welcoming. Connected. Caring.*

We are proud of the ways we – and you – have adapted and changed during our 61 years of existence. The pandemic posed unprecedented challenges, yet FCAAE

organization run by a **volunteer board**, and an Executive Director. We are an extension of Fox Chapel Area School District and provide all adults with access to their facilities, but receive no tax or district funds to underwrite our operations. FCAAE relies on your purchase of classes to fund our modest budget.



## What's Your Skill?

Cookie decorating was a new class for us this year. It was a big hit! Two classes sold out quickly! This new offering was added to the schedule when Pamela offered to share her talent with others.

*What would you like to share?*

**Teach For Us**

pivoted to offer online learning via Zoom so you could continue discovering and connecting even while in isolation. This change paved the way for the both online and in-person classes we continue to offer today.

I am excited about what the new year holds for all of us. With the winter months upon us, we are here for you. Our current semester provides many opportunities to keep in touch, stay healthy, and remain connected and active despite the weather.

During this holiday season, I want to express my sincere gratitude for your continued support. FCAAE is a testament to the power of ongoing education to transform lives. We hope you will "start your new year right" with FCAAE.

Happy Holidays!

**Sue Goodwin**, Executive Director

**Happy Holidays! Thank you to all who donate, support, register, and teach for FCAAE. We would not exist without you!**

## Inspiring Instructors: Chef Jonathan Holzer



Photo Credit: Sky Sight Photography in Greensburg.

If you've been to **The Hartwood Restaurant** anytime since 2011, you already know Chef Jon Holzer by his incredible Irish Soda bread or amazing Hartwood Cottage Pie. But are you aware that Chef Jon also shares his skills as an instructor for FCAAE! From gluten free alternatives to cozy winter dishes, Chef Jon delights both online and in person students, as he shows us how to prepare

some of his delicious meals. As he says, "All chefs are teachers in some form; we have to teach our staffs how to prepare new menu items. Many chef's prefer the recluse of the kitchen and not being in the spotlight. But for me, the opportunity to teach with FCAAE is a natural fit."

Chef Jon has been passionate about cooking since he was very young. As he explains, "I began my obsession with cooking at an early age and spent a lot of time in the kitchen." He has a well-rounded background in the restaurant industry, mostly locally. He worked during high school as a dishwasher and a cook. He went on to the Pennsylvania Culinary Institute and began his trek upward as a Sous Chef, Executive Sous Chef, Executive Chef and finally as Executive Chef and General Manager at Hartwood Restaurant.

When asked what his favorite dish to prepare is, he could not name one. Instead, he states, "I have always enjoyed the process of learning new cuisines and evolving dishes. A chef once told me to never learn just one dish or cuisine but to experience them all." He is certainly putting this advice into practice.

While creating new dishes, inspiration comes to him in many ways. As he says "It's a bit chaotic at times! Sometimes I think of a dish that I have cooked in the past, sometimes I create while reading through cookbooks, and sometimes while I'm simply looking at product that needs to be used. I enjoy walking through ethnic markets and looking at ingredients that I haven't experienced yet."

Chef's FCAAE classes are offered both online and in person. He enjoys both venues and he explained the benefits to both. "Online is nice because everyone is in the comfort of their own kitchen and can work at their own pace. The menu preparation time is more flexible. In person it is easier to interact and get a sense of whether the students are understanding and enjoying the class, but the menu selection must be chosen so that it fits into a 60 minute session."

"I think that any natural and balanced cooking is healthy. I strive to make meals that are simple and help to develop a student's ability to use different styles to get flavorful results." So whether a healthy vegetarian meal or meat and potatoes, the dish is healthful and fresh.

And when asked if he has any suggestions for our FCAAE aspiring chefs, Chef Jon advises us to "Have fun and don't be afraid to fail." ?

## Start Your New Year Right with FCAAE

### Learn a Foreign Language!

**French for Beginners and Beyond**  
**Spanish: Beyond Beginners**  
**Italian: Beyond Beginners**



A recent article from University of Cambridge suggests that learning a language, even as an adult, can improve brain functioning, changing the way your brain works. The article states that ..."everyone can benefit from language learning. It is arguably one of the most complex mental activities you can do. So, it's a powerful way to exercise your brain." But don't just take our word for it, read the article below.Ω

- [How Learning a New Language Changes Your Brain](#), Cambridge, April 2022.



## Take On Or Improve a New Skill!

**Woodworking for Women**  
**Hands in Clay - All Levels**  
**Oil Painting with Martha**  
**Learn to Play Mah Jongg**

Avoid the winter doldrums and get your creative juices flowing! Learn a new skill or improve an existing one. Get your hands in clay, make a wooden kitchen object, paint with

oils, play a strategic game. Many experts say that learning new skills expands your mind, improves your outlook on life, increases your confidence and happiness levels, and exercises your brain all at the same time. The following articles from reputable sources explain in detail. 🧠

- [Learning a New Skill Works Best to Keep Your Brain Sharp](#) NPR, May 2014.

## Get Fit!

**Fit Off Your Feet at Home**  
**At Home Women's Fitness**

Work out regularly from home with Beth Ryce. Improve your heart health and increase your energy level. Recordings are sent out immediately after the live Zoom class so you can work out when the time suits you, or continue working out (watch it again) throughout the week. Guaranteed to give you a good workout plus you'll feel invigorated. Open to all levels of fitness - even if you have physical constraints. Modifications will be offered during class. ?



- [13 Benefits of Exercise](#), Cleveland Clinic, December 2021



## Manage Stress and Improve Your Outlook!

**Gentle Vinyasa Yoga @ Home**  
**Chair TriYoga @ Home**

FCAAE recognizes the value of yoga for both the body and mind. Enjoy your choice of two yoga classes this season. Gentle Vinyasa Yoga and Chair TriYoga. Both of these courses are taught online and a recording of the class is sent out immediately following the class for you to use

throughout the week. If you miss the class session, the recording enables you to practice your yoga on your own time.

There are many benefits from practicing yoga regularly such as brain health,

improved body image, lowered blood pressure, and even weight loss when practiced regularly. Read this article to learn more. ?

- [Yoga: Benefits Beyond the Mat](#), Harvard Health Publishing, September, 2021

---

## Swim Your Winter Away!

***Lap Swim***

***Aqua Exercise***

***Family Recreational Swim***

***Swim Lessons for Adults***



While the current nine-week series is now underway, there is still limited availability. Start your New Year's resolution early. Swimming builds endurance, muscle strength and cardiovascular fitness. It also helps to maintain a healthy weight, healthy heart, and strong lungs. With colder weather settling in, it's easy to stay in and watch TV. But with FCAAE's unique access to the Fox Chapel Area High School pool, you can still get out and get moving. ♥

- [9 Health Benefits of Swimming](#), Cleveland Clinic, August 2023.



Share This Email



Share This Email



Share This Email

FCAAE | 611 Field Club Road | Pittsburgh, PA 15238-1603 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)