

# The FCAAE Insider



## From the Executive Director

Summer is here! It's time to kick back, relax, soak up some sun, and rejuvenate...

For FCAAE, it's also a time to reflect on our academic year. Thanks to the support of Fox Chapel Area School District and all of you, we once again offered three semesters of diverse, high-quality programming.

Join me in celebrating our year in numbers:

- 211 classes were offered - 36 were brand new topics.
- 1,550 total class registrations.
- 200 brand new students were welcomed to our program.
- 62 years strong!

These numbers are impressive on their own, but they become even more remarkable because FCAAE is the only school district-based adult education program in all of southwestern Pennsylvania to offer this wide range of adult enrichment programming.

Our community gem continues to shine brightly. Remember, *FCAAE exists for you* so let us know what else you want to learn. We look forward to welcoming you back this fall! In the meantime, enjoy the photo gallery below of our year in pictures!

**Sue Goodwin**, Executive Director

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**FCAAE is a program for ALL...**  
**Please help to make it a program for ALWAYS!!**

**Donate  
Today**

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## The Year In Photos

We can't share photos from every class (after all, there were 211!) but here are a few highlights for your viewing pleasure...

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***"Once again, I am awed by the classes offered [by FCAAE], the variety, and the teachers."***  
***Connie M.***

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**Printmaking with Fruits and Vegetables** was a fun and creative class with beautiful outcomes!!



**Furniture Refinishing** was a hit this year! We all have things that we love, but that need love.

**Tree Pruning Workshop** students learned valuable tips from arborist Jake Milofsky, with [Tree Pittsburgh](#),



**Pickleball** is a favorite. We offered both lessons and round robins - and when we filled all classes, we created another section!



*"This was an excellent class for those that want to learn a bit more about strategy and get feedback on one's current style of play." Emily R.*

**Cooking classes** were delicious this year. From Caribbean to Middle Eastern, we offered many delicious cooking options throughout the year.






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**Woodworking for Women!** Students made kitchen spoons using wood shop equipment at Fox Chapel Area High School.




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**"These [FCAAE] classes are great and such an asset to our community." Jan A.**

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**Sumi-E Asian Painting** was taught for the first time at FCAAE, and it resulted in beautiful designs combining ancient eastern art and your own creativity.



Not only do you learn and cook, you also get to eat what you made. Plus take home any leftovers!!

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**CPR** Learn it and you have the ability to save lives. Once finished with this class you'll have more comfort in stepping-up to do CPR.




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**SWIM!** Lap Swim, Family Recreational Swim, Private Swim Lessons, & Aqua Exercise are offered regularly. FCAAE is the only organization that provides community access to the FCAHS pool.





*"...The pool is beautiful. I loved [the class] and plan to register for the same program next fall. I wish I had done this years ago..." Janis F.*

**Gin Glorious Gin**, hosted by **Lucky Sign Spirits**, explored the fascinating history and flavors of gin. Snacks and drinks were provided.



**Basketball for All!** Men and women played weekly pick-up games. Fun, camaraderie, exercise, cardio!!



Popular classes, **Wheel Throwing Pottery** and **Hands in Clay**, provide skill, focus time, camaraderie, and some agree that it's therapy time, too!

We also offered a **Limoncello** making class that was well attended and delicious! All left with two bottles in hand!



Learning **Mah Jongg** is popular. This

season a group of learners created their own Mah Jongg group and they play together regularly now.

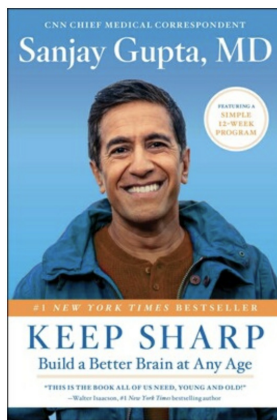


**"...it was incredibly well run, exceptionally well taught."**  
Connie M.

**"I've been able to enjoy a great deal of personal fulfillment by taking Hands in Clay. Artistic expression is important...It is nice to be able meet new people who are interested in [pottery]." Stacy D.**

**Thank you for a great year. We look forward to the next one. Have a great summer! Watch your email in late summer for the fall "Registration is Open" announcement.**

## Looking for summer reading?



Ah, summer is here. Time to pick up a book and head to the beach or pool, or just relax on your patio. And if traveling, don't you always need a good book to read? Whatever your plans, include this in your list of books. You may recognize *Sanjay Gupta* as the Chief Medical Correspondent at CNN. He is also a neurosurgeon at Grady Hospital in Atlanta, plus he teaches at Emory University School of Medicine. **Keep Sharp** is a great book to have on hand to answer those questions about aging and the brain. Let's face it, we all think about it, no matter our age. Dr. Gupta provides scientific data in common language - no need to be a neurosurgeon to understand what he's saying. It's a great read and a great reference book.

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



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