

Portsmouth Community Education
Portsmouth Middle School
155 Parrott Avenue
Portsmouth, NH 03801

PORTSMOUTH COMMUNITY EDUCATION

FALL 2002
OCTOBER 15 – DECEMBER 19
603-436-7100 EXT. 281

New This Semester

- Belly Dancing
 - Shaker Footstool
 - Home Landscaping
 - Intro to Access Database
 - Smart Couples Finish Rich
 - Taekwondo
 - Discovering The Versatility of Herbs
 - Cooking As A Couple
 - Basket Making Basics
 - Beginners Acrylic Painting
 - Home Buying and Selling
 - Bountiful Brunch
 - Thanksgiving Gathering Basket
 - Festive Holiday Wreath
 - Intro to Kripala Yoga
- And many more . . .



**Portsmouth
Community
Education
Has Moved!**

We are now located at the
Portsmouth Middle School
on 155 Parrott Avenue
(across from the millpond)

Welcome to the Portsmouth Community Education Program!

Portsmouth Adult Education is pleased to offer a wide variety of non-credit workshops and courses for the Fall 2002 session. No need to look very far, there's something here for everyone!

It is our intention to offer enrichment classes to the community covering a broad spectrum of interests. Our instructors are extremely knowledgeable in the areas they teach, and are dedicated to making this a positive learning experience for all who enroll. Classes are conveniently located at the middle school and free parking is available.

If you are interested in taking a course that is not currently offered, please let us know and we will try to offer it in future semesters. If you have an area of interest, a hobby or a discipline that you would like to share with others, we would love to offer you the opportunity to teach. And, if there is any way you feel we can improve the adult education program, please let us know. We would love to hear from you!

Registration Information

Education and Enrichment courses are open to all adult members of the Seacoast community and neighboring towns. Please register early, as class space is limited. It's easy to enroll. Just use the coupon provided in this flyer, noting the courses or workshops you wish to attend. Mail the form along with your check or money order (no cash, please) to the office of Portsmouth Community Education, or drop it off at the main office of the middle school from 8 am to 3 pm, Monday through Friday.

Class Information

Location: Unless otherwise noted, all classes are held at Portsmouth Middle School, Parrott Avenue, Portsmouth, New Hampshire.

Registration: Students are urged to register no later than one week prior to the start of a class. We do not accept registrations over the phone. You are registered for a class only when your full payment for tuition is received by the Community Education office. **Unless you hear otherwise from us, please assume you are registered.**

Course fees are due when registering. Checks or money orders should be made payable to Portsmouth Community Education. Any material fees listed should be paid directly to the instructor during the first class, except where noted.

Refunds: Refunds will be issued only if a course is cancelled and students will be notified by Community Education if this is the case. If you do not hear from us, assume classes will be held as planned. *Refunds will not be issued for students who register for a class, but then do not attend.*

Cancelled Classes: Because we are a non-profit organization, it may become necessary to cancel classes due to inadequate enrollment. You can help to avoid this disappointment by sharing information about classes with friends and family, and by registering early. If a class is cancelled, registered students will be notified by phone and a full refund will be mailed within 2-3 weeks.

Incident Weather: We follow the Portsmouth School System cancellation schedule. If school is cancelled for day students, you may assume that evening classes will also be cancelled. Announcements will be made on the following local radio stations: WHEB, WERZ, WBZ, WOKQ, COOL 95.3, WTSN, WEVO, and WSTG.

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Directions to Portsmouth Middle School

From Route 95 North or South: Take Exit 5 and continue to traffic circle.

At The Portsmouth Traffic Circle: Take Route 1 Bypass South (toward Beaches/Hampton). Follow road to the third set of traffic lights. Move into the left hand lane. Turn left onto Greenleaf Avenue (Dodge dealership is on the right.) Continue straight after passing stop sign. Almost immediately, you will come to a set of traffic lights. Take a right at these lights onto **South Street**. Pass through one set of flashing yellow lights, and continue straight through the next traffic intersection (cemetery is ahead on the right.) At the next flashing yellow light, take a left onto Junkins Avenue. Continue passed the Portsmouth Municipal Complex located on your right. Travel over the causeway (water on both sides) and take your first left onto Parrott Avenue. The middle school is a large brick building with a gold cupola.

For directions from other locations, or for questions concerning the above directions, call 436-5781.

Portsmouth High School Veterans Diploma Program

If you are a veteran of World War II or the Korean War who left Portsmouth High School to enlist or were drafted into the service, and did not complete your high school education, you may now be eligible to receive your high school diploma under a new program established through the Portsmouth School Department. Qualified candidates may receive their graduation certification during the next ceremony held in June.

One requirement of this program is that all veteran candidates meet briefly with a Veterans Diploma Committee to share their experiences of leaving high school and joining the military.

If you know of an individual who qualifies for this program or if you would like more information, please contact Dr. Robert Lister, Assistant Superintendent of Schools at 431-5080. We ask that all requests for participation be made prior to June 1st of each year.



Financial Workshops

Investing for Beginners-Richard C. Miller

If you are considering getting serious about saving and wondering what your options and strategies are, if you are new to investing or, if you haven't ventured much beyond Savings Accounts and CD's, then this course is for you. Topics of discussion will include: compound interest and the impact of different investment rates of return; choosing proper investments based on goals, time frame and risk; understanding asset allocation; and spreading risk through diversification. The instructor will also discuss mutual funds vs. stocks; the risks of the stock market; building your first portfolio; and making the most of your retirement plans at work. This workshop is ideal for beginning investors or current investors who need a refresher on the basics.

**Wed. - November 6 - 1 Night
Room 306, 6:30-9:00 pm - \$10.00**

Investing for Beginners II-Richard C. Miller

Are you a beginning or current investor who needs a refresher on the basics? This workshop is a great follow-up to Investing for Beginners, as well as a nice course for those who need some investing updates. Topics of discussion will include: investment types; mutual funds, stocks, bonds, and CDs; how to open a stock investment or mutual fund account; how to evaluate mutual funds; and how to own investments while avoiding probate. Students will also explore annuities, dollar cost averaging, and growth investing.

**Thurs. - November 21 - 1 Night
Room 306, 6:30-9:00 pm - \$10.00**

Growth Investments With Guarantees-R. Miller

Learn how to avoid the stock market declines experienced in the past two years. New investments have been introduced that allow investors to participate in the growth of the stock market, yet are guaranteed not to lose money if the markets decline. Students will discuss the potential benefits, costs, and limitations of several new types of investments recently introduced to protect gains and avoid losses.

**Tues. - November 19 - 1 Night
Room 306, 6:30-9:00 pm - \$10.00**

Smart Women Finish Rich-Anne H. Murray, CLU

"Smart Women Finish Rich" is a fun and educational seminar that is designed specifically for women. The seminar is based on the best selling book by David Bach, and it will arm you with seven simple steps to help you achieve financial security and fund your dreams. During the seminar you will learn how to: put your money where your values are; figure out where you stand financially; discover how to save money using the power of the "Latte Factor" and build financial "baskets for your retirement, your security and your dreams."

**Tues. - October 15 - 1 Night
Room 309, 6:30-8:00 pm - \$10.00**

College Saving Strategies-Anne Murray, CLU

Confused about where to put money away for your children or grandchildren's college education? This workshop will provide you with the answers to the many questions you have on the best way to save for college. Attendees will learn detailed information about 529 plans, the education IRA, UGMA and UTMA accounts and other ways to save. Discover which savings plan has the best tax advantage for your situation. After this workshop, you will be able to make an educated decision on the appropriate savings vehicle to use to fund your child's or grandchild's education.

**Tues. - November 12 - 1 Night
Room 309, 6:30-8:00 pm - \$10.00**

Retirement Planning is for Everyone-John E. Spita

This information-rich seminar will introduce the student to the concepts and practices that will help them spend their retirement comfortably and in control of their finances. This workshop will explore a conservative approach to wise money management, as well as, help identify life-style issues facing retirees. Participants will learn to seek maximization of income and receive more from investments, Social Security, and retirement plans. The course will also show how to protect hard earned assets from erosion due to inflation and the possible cost of long term health care. An optional Retirement Planning workbook will be available for \$15 in class.

**Thurs. - November 14 to December 12 - 4 Weeks
(No class on November 28)
Room 309, 6:30-9:00 pm - \$40.00**

Estate Planning and Asset Protection-R. Miller

This one night workshop is designed for people who want to preserve assets for their spouse and the next generation. Topics of discussion will include: understanding and avoiding probate; what is included in your estate; fees and taxes payable upon death, living trusts and wills, and gifting strategies for children and grandchildren. The instructor will also explore long term care issues as well as paying for assisted living arrangements. Additional time will be set aside to discuss special issues for single people, second marriages, and non-married couples.

**Mon. - December 2 - 1 Night
Room 306, 6:30-9:00 pm - \$10.00**

Smart Couples Finish Rich-Holly Hunter

The goal of this one night workshop is to introduce couples to the various ways in which they can achieve their financial goals. Topics of discussion will include learning how to protect yourselves financially in good times and bad; how to really talk about money without fighting; how to take advantage of new 2002 tax laws; and how to identify your values and make prudent financial decisions as a team. Emphasis will be placed on discovering the three biggest retirement account mistakes couples make, and how to teach your children about money.

**Thurs. - October 24 - 1 Night
Room 312, 6:30-7:30 pm - \$10.00**

Wealth Management and Preservation During Retirement-Anne H. Murray, CLU

Managing money during retirement is completely different than managing money before retirement. Students will discuss the three rules necessary for managing money during retirement, while discovering the 4 pitfalls people have when distributing assets and how to avoid them. Attendees will learn how to create a spending plan that will maximize the assets they currently have, avoid unnecessary taxes and combat inflation.

**Tues. - October 29 - 1 Night
Room 309, 6:30-8:00 pm - \$10.00**

Understanding Long Term Care-Anne Murray, CLU

In this new workshop, participants will learn how to avoid the mistakes many people make regarding Long Term Care. Attendees will learn what the true costs of Long Term Care Coverage are; why 90% of Americans don't have Long Term Care Coverage; and why their Veteran's Administration (VA) benefits often fall short. Also discussed will be the least expensive way to get Long Term Care Coverage and the shortcomings of Medicare's Nursing Home Coverage. Most importantly, you'll discover simple (but often ignored) steps to protecting assets and financial independence.

**Tues. - December 3 - 1 Night
Room 309, 6:30-8:00 pm - \$10.00**

Planning for Retirement-Richard C. Miller

This is a one night workshop designed for those preparing to retire and for retirees themselves. Attention will be placed on discussing budgeting, understanding how you spend your money, Social Security benefits, how to determine how long your money will last, and understanding survivorship options. Some discussion will focus on using 401k and pension plans, Roth and IRAs, annuities, and life insurance coverage. In addition, the instructor will discuss retirement plans as an inheritance and selecting beneficiaries for your plans.

**Tues. - November 26 - 1 Night
Room 306, 6:30-9:00 pm - \$10.00**

Personal Growth and Enrichment

Introduction to Sign Language-Cindy Sauve

In this very popular course, participants will explore the basics of sign language by learning the manual alphabet, greetings (hello, good-bye), some general words, and grammar structure. The workshop presenter has been associated with the deaf for 15 years and has taught many students to communicate with those dependent on sign language. Class discussion will also include information on deaf culture and the principles of sign language.

Wed. - October 23 to November 20 - 5 Weeks
Room 308, 6:30-8:30 pm - \$40.00

Conversational Sign Language: Beyond "Hi, how are you?"-Janet Matteucci

Students will expand their basic vocabulary to include topics of relevance to their lives, jobs, and interests. More grammar will be presented with enough practice to enable students to carry on a basic conversation without panicking when a Deaf person answers in sign. The instructor has been a sign language interpreter on and off for more than 14 years, and has a Master's Degree in Secondary Deaf Education.

Thurs. - November 14 to December 19 - 5 Weeks
Room 312, 6:30-8:30 pm - \$40.00

Falun Gong: Cultivation for Mind, Body and Spirit-David Li and Mingming Lui

Falun Gong (also known as Falun Dafa) is an ancient, advanced cultivation system of spiritual refinement and practice. Based on the essential nature of the universe (Truthfulness-Compassion-Forebearance) Falun Gong cultivates mind, body, and spirit. It has five simple, but powerful exercises including meditation. First made public in China in 1992, by Master Li Hongzhi, Falun Gong is practiced by over 100 million people worldwide in over 40 countries. In this two hour class, students will learn how to assimilate themselves to the universe, be a better person, increase their energy and improve their health. Falun Gong is not a religion. This workshop is easy to learn and suitable for all.

OR Mon. - October 21 - 1 Night OR Mon. - November 4 - 1 Night

OR Mon. - December 16 - 1 Night (choose one)

Middle School Library (2nd Floor), 6:30-8:30 pm - FREE,

however preregistration for class is required.



Meditation for the Cell Phone World-David Reece

Have you always wanted to meditate but thought it too difficult or time consuming to learn how? After all, how can you possibly set aside time to sit serenely in a quiet room? The desire is there, but who has the time? ThòPtruth is, the benefits of meditation can be truly life transforming and you don't have to be a reclusive monk to experience them. This class will teach you very simple and practical techniques for introducing meditation into your daily life. If you have the time it takes to make a cell phone call you have the time to meditate. In fact, it is possible to learn how to use your cell phone as a meditation tool.

Thurs. - November 14 and 21 - 2 Nights

Middle School Library (2nd Floor), 7:00-8:00 pm - \$10.00

The Key To Success-G. Bisplinghoff, Kinesiologist

Improve your memory, concentration, focus, and decision making with simple but powerful brain hemisphere integration tools that incorporate western concepts of brain functioning with eastern knowledge of the body's energy system. This course is an invaluable asset for those suffering from learning disabilities, dyslexia, or Attention Deficit Disorder. Students will receive a booklet for home reference. A materials fee of \$5 is payable to the instructor in class.

Thurs. - October 24 - 1 Night

Room 307, 6:30-9:00 pm - \$10.00

The Key To Success, Part II-Ginger Bisplinghoff, RN, Specialized Kinesiologist

This course continues to address learning disabilities, stress reduction and improved focusing with the emphasis on integration of forebrain and backbrain. Energy exercises that can be done in two minutes or less will be introduced. Anyone who wants less stress, more fun and more creativity can benefit from this workshop. Students will receive a booklet for home reference. A materials fee of \$5 is payable in class.

Thurs. - November 7 - 1 Night

Room 307, 6:30-9:00 pm - \$10.00

Dream Interpretation-Dr. Thomas Hensel

Come join us for this two part workshop which will focus on the exploration of dreaming and interpretation of dreams. Participants will discover that through their dreams they receive much pertinent information, designed to move them through their lives more smoothly. Students will also learn how to interpret these dreams and how to program their dream state to achieve quicker and easier processing of personal issues and life lessons.

Tues. - December 3 and 10 - 2 Nights

Room 313, 6:30-9:00 pm - \$25.00

Feng Shui for Beginners-Judith Roberts

Feng Shui ("fung schway") is the ancient Chinese art of placement. Students in this workshop will learn a modern rendition of this 3000 year old tradition, and how to balance the flow of energy (chi) into their surroundings. Participants will assess the strengths and weaknesses of their environmental spaces and discover ways to enhance career, relationships, and prosperity. The goal of the workshop is for students to know where they



function best and enjoy a more nourishing, supportive home or office. This workshop is suitable for home owners, business people, realtors, architects, and interior designers. A materials fee of \$3 is payable to the instructor.

Thurs. - October 24 to November 7 - 3 Weeks

Room 106, 6:30-8:30 pm - \$30.00

Feng Shui and the Impact of Geopathic Stress-Werner Brandmaier

Combining the Eastern knowledge of Feng Shui and the Western tradition of Geomancy and Dowsing enables us to understand the flow of Qi in nature and how to keep a balance. Emphasis will be placed on the subtle influences of earthlines and underground watercourses on our health. Besides the basic Feng Shui principles of energy in our houses, we will learn about Geopathic Stress zones and their effect on our health, signs in nature, and ways to detect these zones, as well as, methods to protect ourselves and our families.

Thurs. - November 21 - 1 Night

Room 308, 6:30-8:30 pm - \$10.00

A Joyful Life-Robert Coffey

What is happiness? It is defined as having, showing, or causing great pleasure or joy. The Dalai Lama would tell you that "happiness is the purpose of life, and that the very motion of our life is towards happiness." How to get there has always been the question. Why not partake on a journey to discovery in learning how to have a joyful life of your choosing? This course offers the opportunity to become conscious of your spirit; the journey to learn to slow down; and the chance to become aware.

Wed. - November 13 to December 11 - 4 Weeks

(No class on November 27)

Room 312, 7:00-8:00 pm - \$16.00

It's In Your Face-Ginger Bisplinghoff, Kinesiologist

Your face contains all the information needed to understand who you are, how you relate to others, and how others "see" and respond to you. This workshop will provide an understanding of facial features as they relate to your personality, and ultimately to your relationships. The instructor will also discuss how this information is useful in gaining a valuable perspective when dealing with people based on their facial features. This class promises to be fun, so register now! A workbook fee of \$5 is payable to the instructor in class.

Thurs. - November 21 - 1 Night

Room 307, 6:30-9:00 pm - \$10.00

It's In Your Face, Part II-Ginger Bisplinghoff, RN, Specialized Kinesiologist

Students will continue to learn new information about facial features not covered in the first workshop, as well as begin the process of pulling all the information together. The result is a better understanding of oneself, clearer communication, and healthier relationships. A workbook fee of \$5 is payable to the instructor in class. Students who have already taken *It's In Your Face, Part I* do not need to pay the workbook fee again.

Thurs. - December 5 - 1 Night

Room 307, 6:30-9:00 pm - \$10.00

It's In Your Face, Part III-Ginger Bisplinghoff, RN, Specialized Kinesiologist

You wanted more, and now we can offer it. Come join in this new workshop designed to teach the student how to enhance the structures and concepts already covered in both Face I and Face II. Participants will receive an advanced booklet created just for this course. A materials/accessories fee of \$5 is payable to the instructor in class.

Thurs. - December 19 - 1 Night

Room 307, 6:30-9:00 pm - \$10.00

Self Hypnosis-Self Discovery-Pauline M. Derby

Hypnosis is a natural state of profound physical and mental calm, inner peace, contentment, and happiness in which awareness may be vastly increased and memory powerfully enhanced. You may be interested to know that nearly everyone can learn how to use self-hypnosis to make specific changes, to stop unwanted habits, to reduce stress, to improve performance, and to control pain. In addition, you may be able to enhance your decision making process and increase your concentration. Students will explore the ways to develop their capacity for self hypnosis; learn the functions of the subconscious mind, how to "talk" to it, how to put themselves into a trance, and bring themselves back; and participate in guided imagery, visualizations, and concentration testing. The natural power you were born with is just waiting to be tapped...and its all within the power of your own mind.

Mon. - October 21 to November 4 - 3 Weeks

Room 309, 7:00-9:00 pm - \$25.00

Success After Forty-Dr. Elyse Barry

For many baby boomers, the definition of a successful life is changing as we mature. We may be contemplating downshifting or changing careers, desiring new or deeper relationships, or seeking renewed purpose and better balance. In this course, we will ask "How do I want to live?" Interactive exercises will be used to refine ideas about the changes you hope for, set some specific goals, and exploring what holds you back. With group support, you will begin to map out a process to translate your wishes into new ways of living.

Thurs. - October 17 to November 7 - 4 Weeks

Room 306, 6:30-8:00 pm - \$25.00

Computers

Creating a Mail Merge w/Microsoft Office-L. Horn

Are you manually addressing lots of envelopes and labels? Want a quick way to personalize a form letter to numerous people? This class will teach the participant how to create a database of names, addresses, etc. and use that to print mailing labels and personalized letters. If you are searching for ways to save time on your addressing chores, this class is for you! This course is intended for persons who are familiar with basic PC operations and Microsoft Word. A materials fee of \$10 for an instruction manual, is payable to instructor in class.

Wed. - October 23 to November 6 - 3 Weeks

Room 215, 6:30-8:30 pm - \$35.00

Learning Microsoft Word-Lisa Horn

This course is designed for people who are familiar with Microsoft Windows and want to use their computer to create basic letters and memos. Word processing procedures and techniques will include: opening, closing, saving and printing files; navigation techniques; formatting text and paragraphs; creating a new document and using templates; page setup options; getting help; plenty of time savers and shortcuts. Students should be familiar with PC's and the Windows '95 environment. A required manual will be provided by the instructor for \$10.00.

Mon. - October 21 to November 4 - 3 Weeks

Room 215, 6:30-8:30 pm - \$35.00

Microsoft Word '97: Level II-Lisa Horn

This newly developed class picks up where Introduction to Microsoft Word left off, covering more advanced features of the program including: working with paragraphs-spacing, lists, tabs, and tables; working with documents-views, breaks, columns, headers, and footers; and working with graphics-adding clip art, pictures, and Autoshares. Participants must have taken Intro to Word or possess equivalent knowledge. A materials fee of \$10 for a course manual, is payable to instructor on the first night.

Thurs. - October 31 to November 14 - 3 Weeks

Room 215, 6:30-8:30 pm - \$35.00

Learn to Surf the 'Net-Patrick Ganz

Students will learn how to use Netscape Communicator and Microsoft Internet Explorer to view sites on the World Wide Web. Skills to be discussed will include: working with a browser, entering addresses and using links, saving and retrieving sites, using search engines, downloading files and saving pages. Also included will be an overview of how to use e-mail to compose and send messages and attachments (please note: the AOL mail program will not be covered, due to the number of different providers available to the public.) Basic knowledge of PC's with familiarity to the Windows 95/98 environment is required.

Mon. - November 18 and 25 - 2 Nights

Room 215, 7:00-9:00 pm - \$30.00

Using Windows '95/'98-Kathleen Anania

In this workshop, students will learn to improve their skills in handling the basic features of the Windows environment. Students will practice working with the "desktop", opening, moving, resizing windows, using the taskbar, and creating shortcuts. Emphasis will be placed on learning to manage folders and files with Windows Explorer. This is an introductory course. Participants need only be familiar with mouse and basic keyboard operations. A materials fee of \$5 is payable in class.

Thurs. - October 17 and 24 - 2 Nights

Room 215, 6:00-8:30 pm - \$35.00

Intro to Microsoft Excel '97-Richard Wilder

This course is intended for students who would like to learn the basics of a numerical spreadsheet program that will allow the user to perform a large number of calculations easily and accurately. The course will cover entering data into a spreadsheet; performing arithmetic operations on rows of numbers; creating files containing budgets, sales, expenses, payments, and investments; and formatting cells to enhance readability and reports. A spreadsheet program is an absolute necessity for business (large or small) and is very useful in managing any household financial expenditure. Students are expected to have access to Excel software either at home or at work to support homework assignments. A materials fee of \$5 is payable to the instructor in class.

Thurs. - October 17 to November 7 - 4 Weeks

Room 216, 6:30-9:00 pm - \$65.00

Intro to the Access Database-Richard Wilder

Access is the database application of the Microsoft Office Suite package. It is a data management tool used throughout business and industry. Access knowledge can improve job performance. Students will learn concepts and terminology for databases. Activities will include workbook exercises to create a small database, enter data, create forms, print out reports, and perform queries for data searches. Basic computer skills (knowledge of Windows and PC operations) are necessary for this course. A mandatory workbook fee of \$30 is payable to instructor during first class.

Tues. - November 26 to December 17 - 4 Weeks

Room 216, 6:30-9:00 pm - \$65.00

EXCEL: Beyond the Basics-Richard Wilder

This newly created workshop is the perfect follow up to an Introduction to EXCEL seminar, and is designed for persons with basic spreadsheet capability. In this hands-on workshop, students will work with lists, advanced charts, intergration with Microsoft Word, data validation, financial and other functions, making macros, conditional formatting, multiple worksheets, the "lookup" function, and saving as a web page. A materials fee of \$5 is payable to instructor during first class. Students need to bring a floppy disk to each class.

Tues. - October 29 to November 19 - 4 Weeks

Room 216, 6:30-9:00 pm - \$65.00

Introduction to Computers (PC)-Patrick Ganz

Have you recently purchased a new computer, but don't really know how to use it? This course is designed for the novice user. Students will receive individual and group instruction with lots of support for the beginning user. Instruction will cover the basics of how to boot-up the computer, information about the computer's components/hardware and computer peripherals such as printers and scanners. Class instruction will also look at the Windows '95/'98 environment including desktop features, and learning how to access word processing software.

Tues. - October 29 -OR- November 26- 1 Night (choose one)

Room 215, 6:30-8:30 - \$15.00



Cooking Workshops

Cooking As A Couple-Julie-Cherie Haire

What better way to spend a romantic evening than to cook a delicious meal with your significant other. Not only will this class be imaginative and fun, but it will give couples the opportunity to develop a love of cooking together. Four different culturally themed nights provide a variety of dishes sure to tantalize everyone's palate. Participants need to bring a left over container to each class. **A materials fee of \$25 per couple is included in registration fee.**

Mediterranean Italian Night-Students will learn how to prepare a tomato frittata, roasted eggplant panini, arugula and feta salad, and either a classic eggplant parmesan or a broccoli rapinni and sausage pasta.

Mon. - November 18 - 1 Night
Room 224, 6:30-9:00 pm - \$45.00 per couple

Florida Key Lime Delight-Students will learn how to prepare a tequila-lime crab meat dip served with bread crisps, crispy salmon and potato cakes served with acorn salsa on a bed of red leaf lettuce, taboule cherry tomato lime salad, and a non-alcoholic white sangria.

Mon. - November 25 - 1 Night
Room 224, 6:30-9:00 pm - \$45.00 per couple

Night in the Deep South-Students will prepare a classic southern meal consisting of baby cucumber and green tomato salad, country fried (the real way) chicken, southern potato salad, turkey-bone collar greens, and sweet peach tea.

Mon. - December 2 - 1 Night
Room 224, 6:30-9:00 pm - \$45.00 per couple

Napa Valley Tour-Students will prepare either a filet of sole or cod with white wine and grape shallots, arugula and baby spinach salad with versha dressing, and braised artichokes with new red potatoes.

Mon. - December 9 - 1 Night
Room 224, 6:30-9:00 pm - \$45.00 per couple

Creative Cake Decorating-Melissa Venezia

In this four week course, participants will learn techniques in base icing, borders, and how to make beautiful flowers. Discussion will also be placed on special holiday cakes. In addition, students will learn how to use the different colors to design a cake perfect for every occasion. Participants should bring an 8 inch, single layer cake to every class with a small spatula, icing bag, and cake comb. In addition, students will need to purchase a basic cake decorating kit, which can be found (inexpensively) at most department or craft stores. **A materials fee of \$10 is included in registration fee.**

Tues. - November 5 to 26 - 4 Weeks
Room 224, 6:00-8:00 pm - \$42.00

Christmas Cookies-Suzy Gagnon

Cookies are always fun to make, especially during the holiday season. We will explore how to make a wide variety of cookie recipes, from the very simple to the more ornately decorated kind. Students will leave class with a tin full of new Christmas cookies and several old-time favorite recipes. This class promises to put you in the holiday spirit! Participants should bring an apron and a left over container to class. **A materials fee of \$15 is included in registration fee.**

Tues. - December 17 - 1 Night
Room 224, 6:00-9:00 pm - \$27.00

Candy Making-Cindy Sauve

What a great way to spend an evening this Fall! In this fun filled, hands-on workshop, participants will learn the creative art of candy making. A box of homemade chocolates make a wonderful gift any time of year. We will have fun dipping and using candy molds, and explore the many uses of candy melts. Some recipes that may be presented include: chocolate dipped cookies or brownies, peanut butter cups, caramel and nut clusters, and chocolate lollipops. Please come to class with a suitable container for samples. **A materials fee of \$10 is included in registration fee.**

Wed. - December 4 - 1 Night
Room 224, 6:00-9:00 pm - \$22.00

Exotic Cuisine World Tour-Mike Neely

In this unique one night workshop we will explore some of the savory flavors of the Caribbean nations, the American Southwest, and Latin American specialties. Recipes we will prepare will include an appetizer of citrus cured shrimp and scallop ceviche; a warm bourbon braised salad including kale, beet greens, baby swiss chard, and spinach; and an entree of calypso seasoned hanger steak covered with papaya-pineapple salsa served with black-eyed pea and sweet potato hash. Participants should bring an apron and a left over container to class. **A materials fee of \$15 is included in registration fee.**

Tues. - October 22 - 1 Night
Room 224, 6:00-9:00 pm - \$27.00

Good Food Basics-Cynthia Harriman

Eat well. Never feel hungry. Enjoy delicious food. Lose weight permanently. If all of these goals appeal to you, then this is the seminar for you! This course is ideal for anyone frustrated by fad diets and confusing misinformation regarding foods you love. The first night will be spent discussing the simple foundations of good nutrition. The second class will focus on learning how to shop as we roam the supermarket. On the last night we will cook some easy but delicious recipes, guaranteed to tantalize your tastebuds while still remaining healthy. Participants need to bring a left over container to the final class. **A materials fee of \$8 is included in registration fee.**

Thurs. - November 7 to 21 - 3 Weeks
Room 224, 6:30-9:00 pm - \$40.00

Bountiful Brunch-Suzy Gagnon

Everyone loves a brunch! Now you can learn how to create a beautiful mid-morning meal that will impress and satisfy your friends and family. Students will enjoy creating a variety of favorite brunch dishes such as quiches, tarts, baked french toast, and more. We will explore recipes from the more traditional to the slightly more exotic. Participants should bring a pie plate and a leftover container to class. **A materials fee of \$15 is included in registration fee.**

Mon. - October 28 - 1 Night
Room 224, 6:00-9:00 pm - \$27.00

Craft Workshops

Panel Lampshade-Stella Scammon

Students will learn to create a panel lampshade using either fabric, wall paper, or homemade paper with pressed flowers. If you would like to coordinate the shade to match a specific room decor, please bring 1/3 yard of fabric with you to class. In this workshop, students will make a six-sided shade ready to use at the end of class. Students should bring a towel, scissors, and 30 wooden clip clothespins to class. A materials fee of \$16 is payable to instructor in class.

Tues. - November 26 - 1 Night
Room 101, 6:00-9:00 pm - \$12.00



Pumpkin Centerpiece-Suzanne Bove

In this workshop, students will fill an artificial raffia pumpkin with golden yarrow, orange safflower, pencil cactails, a variety of wheat, Fall leaves, strawflowers, statice, eucalyptus, sunflowers, and daisies. The project may be completed with either a witch or a scarecrow. This centerpiece is a work of art that will look great from Halloween until Thanksgiving! A materials fee of \$20 is payable to instructor during class. Participants should bring a hot glue gun and shears.

Wed. - October 23 - 1 Night
Room 108, 6:30-8:30 pm - \$10.00



Holiday Tabletop Boxwood Tree-Suzanne Bove

Celebrate the holidays by decorating a "mini" Christmas tree, perfect for holiday display. Participants will create this wonderful tree with boxwood clippings, tiny ornaments, cinnamon sticks, baby's breath, pine cones, and holiday ribbon. Students may bring a string of tiny, battery operated lights to add to the tree if they wish. A materials fee of \$20 is payable to instructor during class. Please bring a hot glue gun and shears to this workshop.

Wed. - December 18 - 1 Night
Room 101, 6:00-8:00 pm - \$10.00

Shaker Tape Weaving Footstool-Cindy Sauve

Shaker tapes are heavy, woven cotton webbing strips used since the 1830s, by the Shaker community on their custom built chairs. In this workshop, student will learn to replicate a Shaker footstool using this weaving technique in the traditional checkerboard pattern. Shaker furniture epitomizes fine craftsmanship, and now you can learn how to build one for yourself! Students need to call instructor at 207-438-9035, at least one week prior to class to order their choice of colors. A standard cranberry and beige color pattern will be provided to anyone who hasn't called in advance. A materials fee of \$15, which includes a complete footstool kit, is payable in class.

Tues. - October 15 - 1 Night
Room 108, 6:00-9:00 pm - \$12.00

Introduction to Oriental Watercolor Painting and Calligraphy-Bruce Iverson

This course is for beginning students interested in learning and using tools and techniques of oriental watercolor painting and calligraphy. Subjects covered will include calligraphy and the painting of traditional models such as bamboo and plum blossom. No art experience is necessary. The instructor will provide all basic materials for use in class and additional supplies may be purchased during class. A materials fee of \$10 is payable to the instructor during class.

Thurs. - October 17 to November 21 - 6 Weeks
Room 101, 6:30-8:30 pm - \$50.00



Stenciled Floorcloth-Sally Muse

Students will stencil a 2x3' floorcloth, perfect for decorating as an accent rug in your home, or even as a unique gift. You may use your own stencils or the many styles provided by the instructor. Final varnishing will be done on your own. Instructor will provide paint, brushes, and stencils. Students need to bring paper towels, a yardstick, a pencil, a small container for water, and masking tape to class. There is a materials fee of \$15 payable to instructor. We have two workshop dates available this semester. Please select whichever date you desire.

Mon. - October 21 and 28 - OR - November 18 and 25
2 Nights for each workshop. Please select which date.
Room 101, 6:30-9:00 pm - \$20.00

Chair Caning: A Seven Step Weaving Process-Cindy Sauve

Have you ever wished you could refurbish a family heirloom or a favorite old chair? In this six week workshop, participants will learn the difference between various caning methods, explore weaving techniques, and be able to repair household chairs. If you have a chair that has a series of holes drilled around the edge of the seat, then the seven step weaving method of hand caning is appropriate. Students need to bring their chair and a tape measure to the first class, so that measurements can be taken to determine the correct size cane needed to complete the project. When you return for the next five weeks, please bring a bucket for water, a hand towel, a spray bottle, scissors, and an awl if you have one. The rest of the caning materials will be provided for a materials fee of \$20, payable in class.

Mon. - November 4 to December 16 - 6 Weeks
(No class on November 11)
Room 108, 6:00-8:00 pm - \$50.00

Chair Caning: Machine Caning-Cindy Sauve

If you are interested in learning the caning process but your chair has a groove running around the top edge of the seat, then this is the workshop you should enroll in. Students need to bring their chair and a tape measure to the first class, so that measurements can be taken to determine the right materials needed to complete the project. When you return for the second class in a few weeks, please bring a bucket for water, a hand towel, a spray bottle, scissors, a utility knife, and a small hammer. The rest of the caning materials will be provided for a materials fee of \$15, payable during first class.

Mon - December 2 and 9 - 2 Nights
Room 108, 6:00-8:00 pm - \$16.00

Hand Painted Rock Cottages-Cindy Sauve

With a little creativity and a little paint, participants will find that they can transform ordinary rocks into unique stone cottages. Students need to come to class with 3-4 rocks that are at least 5 inches in height, width, and depth with a flat bottom that sits solidly. They should look for a rock with vertical sides that would suggest walls and a slanting top that would suggest a roof. Students should avoid rocks that are rough or porous as these are difficult to paint on. The instructor will provide all the necessary instruction, paints and brushes to create a one-of-a-kind collectible. A materials fee of \$6 is payable in class.

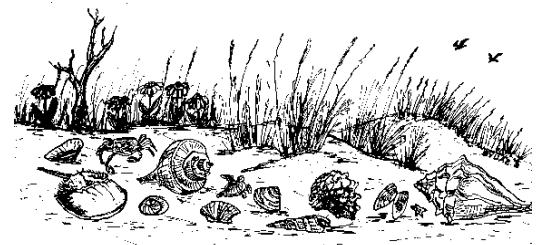
Tues. - October 22 - 1 Night
Room 101, 6:00-9:00 pm - \$12.00



Reverse Pen and Ink-Cindy Sauve

If you can trace--you can participate in this class! Students will learn how to work with India ink and a crow quill pen to create a reverse pen and ink drawing onto a glass surface. The finished project is suitable for framing, and looks beautiful in any home decor. The instructor will come to class with a variety of simple frames and mats available for purchase. Students need to bring a 5x7 or an 8x10 frame with glass in it to class if they want to select their own. A simple frame is best to use, so as not to distract from your finished artwork. This class is lots of fun, and you'll be surprised at the result you'll achieve, even with limited artistic ability. A materials fee of \$5 for special pen and ink, is payable to instructor during class.

Tues. - December 17 - 1 Night
Room 108, 6:00-9:00 pm - \$12.00



Eucalyptus and Cockscorb Wreath-Suzanne Bove

In this workshop, students will create a lovely wall accent perfect for welcoming guests into the home. To an 18 inch eucalyptus wreath we will add bright red cockscorb, dark pink heather, caspia, nigelia pods, white daisies, lotus pods, and a few birch twigs scattered throughout this lovely, lush wreath. Participants should bring a glue gun and scissors to class. A materials fee of \$25 is payable in class.

Tues. - November 12 - 1 Night
Room 101, 6:30-8:30 pm - \$10.00



Thanksgiving Gathering Basket-Suzanne Bove

Greet guests into your home with this traditional gathering basket adorned with a variety of wheats, millet, grasses, Fall foliage, gourds, Indian corn, pine cones, dried fruits, golden yarrow, and dried red pepperberries. What a magnificent Thanksgiving centerpiece for your table or mantle! There is a materials fee of \$25 payable to instructor. Please bring a glue gun and shears to class.

Tues. - November 19 - 1 Night

Room 101, 6:30-8:30 pm - \$10.00



Basket Making Basics-Kathy Couture

Learn the basics of basketmaking in the newly created, 3 week workshop. Two styles of baskets will be taught: a traditional market basket, and a round "beanpot" basket with a wire swing handle. Students will have the opportunity to add dyed reeds to their baskets for personalization. If time and interest allow, a third basket will be started which would demonstrate a new technique or style. Students need to bring a bucket, scissors, awl or screwdriver, spray bottle, old towel, a dozen spring-type clothespins, tape measure or ruler, and pencil to each class. A materials fee of \$20 will be payable to instructor in class.

Mon. - December 2 to 16 - 3 Weeks

Room 101, 6:00-9:00 pm - \$36.00



Beginners Acrylic Painting-Kathlyn Miller

This class will introduce you to the world of color and shapes using acrylic paint. Art is an expression of one's emotions and ideas. The object of this class is for the student to understand how to use color to produce Value, which then produces Form and Depth. Students will learn how to mix colors to get the effect they want and to apply paint using basic shapes and brush strokes. The class is an adventure...perhaps going to a place you've never been. We'll have fun along the way as we explore color and share expressions. In the end, you will be able to express your feelings in a final painting to be proud of. A materials fee of \$60, which includes: 6 tubes (2 oz.) paint, canvas pad, stretched canvas, 4 brushes, covered box for pallet, and a carrying case, is payable to instructor in class.

Tues. - October 22 to November 19 - 5 Weeks

Room 108, 6:00-9:00 pm - \$60.00



Festive Holiday Wreath-Suzanne Bove

Created by popular demand--this wreath will become a favorite holiday decoration because it will last from year to year. Students will take a 20 inch high quality, artificial balsam wreath and add boxwood, eucalyptus, pine cones, red berries, lovely fruit picks, and a holiday tapestry ribbon. These wreaths are so beautiful--you may want to make one as a gift and one for your own home! There is a materials fee of \$25 payable to instructor. Students should bring a glue gun and shears to class.

Tues. - December 10 - 1 Night

Room 101, 6:30-8:30 pm - \$10.00



Splint Stool-Cindy Sauve

Learn how to weave with splint by putting together a New England style footstool from an easy to use kit. Splint stools are designed using sturdy caning reeds and finished hardwoods as a base. Students must bring a small hammer to class to aid in the construction process, along with a bucket to soak the reed, sturdy scissors, and wood glue. Once the stools are built, we will learn how to weave with splint. Stools may be stained or painted to match any home decor. The weaving process will include plenty of hands-on instruction. Materials fee of \$15 will be payable to instructor in class.

Mon. - October 28 - 1 Night

Room 108, 6:00-9:00 pm - \$12.00



Cut N' Pierce Lampshade-Stella Scammon

An early American craft you will reproduce in one night. Choose a 5x9" shade and your choice of various designs and trim. Students will learn how to pierce and sculpt a one-of-a-kind lamp shade. Participants need to bring the following items to class: towel, 8"x10" piece of glass, masking tape, scissors, 12 wooden clip clothespins. Materials fee of \$16 will be payable to instructor in class.

Tues. - December 3 - 1 Night

Room 101, 6:00-9:00 pm - \$12.00



Scrapbooking-Kate Bucklin

Learn how to create fun and meaningful scrapbook photo albums in this relaxed, friendly workshop. Students will explore techniques for organizing, cropping, layout, mounting, journaling, and more. **Participants should bring 4-6 photographs of a single, related event to class.** There is a materials fee of \$10 payable to instructor during class.

Tues. - December 3 - 1 Night

Room 108, 7:00-9:30 pm - \$10.00



Colorful Garden Mosaics-Cindy Sauve

What could be more charming than a hand crafted stepping stone to adorn your garden or backyard. Students will learn how to make these decorative stones from start to finish. Participants need to bring a gallon bucket (or larger) to class along with plenty of creativity for decorating your stone. A materials fee of \$20 includes a kit of a 12 inch square reusable mold, a set of letters and numbers for personalization, a 7 pound bag of concrete mix and multiple pieces of cut glass for designing. Materials fee will be payable to instructor in class.

Wed. - December 11 - 1 Night

Room 108, 6:00-9:00 pm - \$12.00



Needle Tatting-Cindy Sauve

Needle Tatting is an ancient form of lace making, easily recognized by its graceful rings and loops. Once this project is complete, the lacework makes a beautiful accent to clothing, placemats, linens, or other various home decorations. If you like knitting or crocheting, you will really enjoy tatting. A materials fee of \$8 for tatting needle and thread is payable during workshop.

Wed. - December 18 - 1 Night

Room 108, 6:00-8:00 pm - \$10.00

All Occasion Cards and Envelopes-Joanna Bohn

In this easy, yet creative workshop, students will learn how to make beautiful cards with matching envelopes using everyday items such as: colored posterboard, paper, magazine pictures, photos and wrapping paper scraps. Once the cards are assembled, participants will explore different ways and techniques to decorate them including rubber stamping and stencilling. Students can expect to create and take home at least six different cards and envelopes at the completion of this workshop. Please bring the following items to class: pencil, ruler, scissors, gluestick. A materials fee of \$6 is payable to instructor during class.

Tues. - December 3 - 1 Night

Room 106, 6:00-8:30 pm - \$10.00

All Occasion Bags and Boxes-Joanna Bohn

In this wonderfully unique workshop, students will learn how to create beautiful gift boxes and bags using everyday items such as: colored posterboard, bows, ribbons, paper, yarn and cardboard. Once the boxes or bags are assembled, participants will explore different ways and techniques to decorate them including rubber stamping. Students can expect to create and take home at least six different boxes and bags at the completion of this workshop. Participants will also learn how to measure any size gift and make a gift box or bag to accommodate it. Please bring the following items to class: pencil, ruler, scissors, gluestick, and a yardstick. A materials fee of \$6 is payable to instructor.

Tues. - October 22 - 1 Night

Room 106, 6:00-8:30 pm - \$10.00

Creating a Floral Watercolor -Marina Forbes

This very basic, introductory course is designed to provide adult learners with a hands-on foundation in watercolor theory and practice. Students will learn how to render floral images using a variety of watercolor techniques demonstrated by the instructor. A list of required materials will be provided prior to the night of the workshop. Participants must bring these materials with them to class.

Wed. - November 13 - 1 Night

Room 108, 6:00-9:00 pm - \$12.00



Knitting is for Everyone-Ann Hogan

Knitting is both a creatively fulfilling as well as a physically relaxing experience. And, the resulting products are enjoyed by all who receive them. If you have ever wanted to learn how to knit, or if you already know how but would like to brush up on your skills, now is your opportunity. This workshop is designed to teach the basic skills of knitting such as: casting on, knitting, purling, increasing, decreasing, and binding off. In addition, seasoned knitters will find challenging patterns to peak their interest. The instructor will provide a variety of yarns for several projects. Students should bring two needles (size 6) or 4 double pointed needles (also size 6) to the first class.

Thurs. - October 24 to November 14 - 4 Weeks

Room 108, 7:00-9:00 pm - \$35.00

Knitting for the More Advanced-Ann Hogan

In this second knitting seminar, students will test their newly acquired skills by creating a pair of mittens. Students who have not taken the "Knitting for Beginners" workshop, but who have some knitting experience, are welcome to attend this course. Two adorable tea cozy patterns are available for anyone who wishes to try something unique and challenging. This project may be completed on two needles (size 6) or 4 double pointed needles (also size 6). The instructor will provide a variety of patterns, instructions, and of course plenty of guidance for any project the student undertakes. Participants should come to class with appropriate needles and one 4 ounce skein of worsted weight yarn.

Thurs. - November 21 to December 19 - 4 Weeks

(No class held on November 28)

Room 108, 7:00-9:00 pm - \$35.00

Harvest Wreath for Fall-Suzanne Bove

This wreath would make a splendid and colorful addition to an inside door or wall in any home. In this workshop, students will start with a 15 inch straw base and add preserved maple and oak leaves, eucalyptus, boxwood, golden yarrow, bittersweet, and Fall floral picks. Students will finish with several loop bows with raffia strips added. Participants need to bring a glue gun and scissors to class. A materials fee of \$20-\$25 is payable to the instructor during class.

Tues. - October 15 - 1 Night

Room 101, 6:30-8:30 pm - \$10.00



Schedule of Offerings

Course Title	Date	Time	Room	Cost	Course Title	Date	Time	Room	Cost
Access Database, Intro to	Nov 26 to Dec 17	6:30-9:00 pm	216	\$65	Knitting for the More Advanced	Nov 21 to Dec 19	7:00-9:00 pm	108	\$35
Acrylic Painting, Beginners	Oct 22 to Nov 19	6:00-9:00 pm	108	\$60	Latin Dancing	Oct 15 to Nov 5	8:00-9:00 pm	Caf	\$30
All Occasion Bags and Boxes	October 22	6:00-8:30 pm	106	\$10	Latin Dancing	Nov 19 to Dec 10	8:00-9:00 pm	Caf	\$30
All Occasion Cards and Envelopes	December 3	6:00-8:30 pm	106	\$10	Lawn Maintenance	October 17	6:30-9:00 pm	313	\$10
Are You An Emotional Eater?	November 20	6:00-8:00 pm	309	\$10	Mail Merge with Microsoft Office	Oct 23 to Nov 6	6:30-8:30 pm	215	\$35
Aromatherapy, The Art of	December 18	7:00-9:00 pm	224	\$10	Making Medicinals and Tinctures	November 6	7:00-9:00 pm	224	\$10
Astrology, Beginning	Oct 16 to Nov 6	6:30-8:30 pm	306	\$32	Massage, Intro to Therapeutic	November 4	6:00-9:00 pm	308	\$15
Ballroom Dancing	Oct 15 to Nov 5	6:00-7:00 pm	Caf	\$30	Meditation for Cell Phone World	Nov 14 and 21	7:00-8:00 pm	Libr	\$10
Ballroom Dancing	Nov 19 to Dec 10	6:00-7:00 pm	Caf	\$30	Mediterranean Italian Cooking	November 18	6:30-9:00 pm	224	\$45
Basic Coastal Navigation	Oct 16 to Dec 4	7:00-9:00 pm	101	\$25	Microsoft EXCEL, Introduction to	Oct 17 to Nov 7	6:30-9:00 pm	216	\$65
Basket Making Basics	December 2 to 16	6:00-9:00 pm	101	\$36	Microsoft EXCEL: Beyond Basics	Oct 29 to Nov 19	6:30-9:00 pm	216	\$65
Bath Salts and Powders, Creating	December 11	7:00-9:00 pm	224	\$10	Microsoft Word, Learning	Oct 21 to Nov 4	6:30-8:30 pm	215	\$35
Belly Dancing Basics	Oct 21 to Nov 4	7:00-9:00 pm	313	\$25	Microsoft Word, Intermediate	Oct 31 to Nov 14	6:30-8:30 pm	215	\$35
Boating Skills and Seamanship	Oct 16 to Dec 4	7:00-9:00 pm	Caf	\$25	Napa Valley Tour Cooking	December 9	6:30-9:00 pm	224	\$45
Bountiful Brunch Cooking	October 28	6:00-9:00 pm	224	\$27	Navigating the Food Label	November 13	6:00-8:00 pm	309	\$10
Boxwood Tree, Festive Holiday	December 18	6:00-8:00 pm	101	\$10	Needle Tatting	December 18	6:00-8:00 pm	108	\$10
Cake Decorating	November 5 to 26	6:00-8:00 pm	224	\$42	Night in the Deep South Cooking	December 2	6:30-9:00 pm	224	\$45
Calligraphy, Beginning	October 16	6:00-9:00 pm	307	\$12	Only Source of Info, The	December 12	6:30-8:30 pm	307	\$10
Candy Making	December 4	6:00-9:00 pm	224	\$22	Organization/Time Management	November 7 and 14	7:00-9:30 pm	313	\$20
Chair Caning: Machine Caning	December 2 and 9	6:00-8:00 pm	108	\$16	Oriental Watercolor Painting, Intro	Oct 17 to Nov 21	6:30-8:30 pm	101	\$50
Chair Caning: Seven Step Weaving	Nov 4 to Dec 16	6:00-8:00 pm	108	\$50	Panel Lampshade	November 26	6:00-9:00 pm	101	\$12
Christmas Cookies	December 17	6:00-9:00 pm	224	\$27	Plants for Landscaping	October 24	6:30-9:00 pm	313	\$10
Computers (PC), Introduction to	October 29	6:30-8:30 pm	215	\$15	Pumpkin Centerpiece	October 23	6:30-8:30 pm	108	\$10
Computers (PC), Introduction to	November 26	6:30-8:30 pm	215	\$15	Project Planning and Design	October 31	6:30-9:00 pm	313	\$10
Containers and Greenhouses	November 7	6:30-9:00 pm	312	\$10	Reiki I, Introduction to	November 7 to 21	6:00-9:00 pm	310	\$36
College Admissions, Six Steps	Oct 21 to Dec 2	6:30-8:30 pm	216	\$50	Reiki, What's and How's	November 4	6:00-8:00 pm	306	\$10
College Savings Strategies	November 12	6:30-8:00 pm	309	\$10	Reshape Your Plate	October 30	6:00-8:00 pm	309	\$10
CPR for Family and Friends	November 7	6:00-9:00 pm	306	\$12	Resume Writing	October 16 and 23	7:00-9:30 pm	216	\$20
Cut N' Pierce Lampshade	December 3	6:00-9:00 pm	101	\$12	Retirement Planning is for Everyone	Nov 14 to Dec 12	6:30-9:00 pm	309	\$40
Cyber-Dating: The 21st Century	October 17	6:30-9:00 pm	312	\$10	Retirement, Planning for	November 26	6:30-9:00 pm	306	\$10
Dance Exercise Class	Oct 15 to Dec 4	6:30-7:30 pm	Caf	\$84	Reverse Pen and Ink	December 17	6:00-9:00 pm	108	\$12
Daily Planner, Selecting and Using	November 19	7:00-9:30 pm	313	\$10	Rock Cottages, Hand Painted	October 22	6:00-9:00 pm	101	\$12
Dream Interpretation	December 3 and 10	6:30-9:00 pm	313	\$25	Russia, Making the Perfect Trip	December 4	6:00-9:00 pm	307	\$12
Eating Out w/o Bulging Out	November 6	6:00-8:00 pm	309	\$10	Russia Today, Inside	December 11	6:30-8:30 pm	307	\$10
Energy, Quick and Easy Boosts	October 28	6:00-9:00 pm	306	\$12	Salve Making	November 20	7:00-9:00 pm	224	\$10
Estate Planning/Asset Protection	December 2	6:30-9:00 pm	306	\$10	Scrapbooking	December 3	7:00-9:30 pm	108	\$10
Eucalyptus and Cockscomb Wreath	November 12	6:30-8:30 pm	101	\$10	Seduction, Sex and Stars	November 13	6:30-9:00 pm	306	\$10
Exotic Cuisine World Tour	October 22	6:00-9:00 pm	224	\$27	Self Hypnosis-Self Discovery	Oct 21 to Nov 4	7:00-9:00 pm	309	\$25
Falun Gong	October 21	6:30-8:30 pm	Libr	FR	Shaker Weaving Footstool	October 15	6:00-9:00 pm	108	\$12
Falun Gong	November 4	6:30-8:30 pm	Libr	FR	Sign Language, Introduction to	Oct 23 to Nov 20	6:30-8:30 pm	308	\$40
Falun Gong	December 16	6:30-8:30 pm	Libr	FR	Sign Language II	Nov 14 to Dec 19	6:30-8:30 pm	312	\$40
Feng Shui for Beginners	Oct 24 to Nov 7	6:30-8:30 pm	106	\$30	Smart Couples Finish Rich	October 24	6:30-7:30 pm	312	\$10
Feng Shui and Geopathic Stress	November 21	6:30-8:30 pm	308	\$10	Smart Women Finish Rich	October 15	6:30-8:00 pm	309	\$10
Florida Key Lime Delight Cooking	November 25	6:30-9:00 pm	224	\$45	Spanish, Conversational	Oct 16 to Nov 6	7:00-9:00 pm	312	\$40
French, Conversational	Oct 28 to Dec 9	6:30-8:30 pm	313	\$50	Splint Stool	October 28	6:00-9:00 pm	108	\$12
Garden Mosaic, Colorful	December 11	6:00-9:00 pm	108	\$12	Stencilled Floorcloth	October 21 and 28	6:30-9:00 pm	101	\$20
Growth Investments	November 19	6:30-9:00 pm	306	\$10	Stencilled Floorcloth	November 18 and 25	6:30-9:00 pm	101	\$20
Good Food Basics	November 7 to 21	6:30-9:00 pm	224	\$40	Study Skills, How to Improve	October 17	6:30-9:00 pm	307	\$10
Harvest Wreath	October 15	6:30-8:30 pm	101	\$10	Swing Dancing, Learn to	Oct 15 to Nov 5	7:00-8:00 pm	Caf	\$30
Hearing Loss and Hearing Aids	October 21	6:00-8:00 pm	106	\$10	Swing Dancing, Learn to	Nov 19 to Dec 10	7:00-8:00 pm	Caf	\$30
Herbs, Intro to	October 23	7:00-9:00 pm	224	\$10	Success After Forty	Oct 17 to Nov 7	6:30-8:00 pm	306	\$25
Holiday Wreath, Festive	December 10	6:30-8:30 pm	101	\$10	Surf the 'Net, Learn to	November 18 and 25	7:00-9:00 pm	215	\$30
Home Buying and Selling, Intro to	Oct 30 to Nov 20	6:00-9:00 pm	307	\$50	Table Setting, The Art of	December 9 and 16	6:00-9:00 pm	307	\$25
Infant/Child CPR	October 17	6:00-9:00 pm	309	\$12	Taekwondo, Intro to	Nov 13 to Dec 11	6:00-7:00 pm	Libr	\$25
Investing for Beginners	November 6	6:30-9:00 pm	306	\$10	Tai Chi	Oct 16 to Dec 11	7:30-8:30 pm	Libr	\$35
Investing for Beginners II	November 21	6:30-9:00 pm	306	\$10	Tai Chi Chi Kung	Oct 15 to Nov 19	6:00-7:30 pm	Libr	\$40
Italian I	Oct 21 to Dec 16	5:30-7:30 pm	310	\$65	Tea Blending, The Art of	November 13	7:00-9:00 pm	224	\$10
Italian II	Oct 21 to Dec 16	7:30-9:30 pm	310	\$65	Thanksgiving Gathering Basket	November 19	6:30-8:30 pm	101	\$10
Italian III	Oct 22 to Dec 10	5:30-7:30 pm	310	\$65	Understanding Long Term Care	December 3	6:30-8:00 pm	309	\$10
Italian IV	Oct 22 to Dec 10	7:30-9:30 pm	310	\$65	Watercolor, Creating a Floral	November 13	6:00-9:00 pm	108	\$12
Italian, Grammatical	Oct 23 to Dec 18	5:30-7:30 pm	310	\$65	Water Works: Irrigation Systems	November 14	6:30-9:00 pm	312	\$10
It's In Your Face	November 21	6:30-9:00 pm	307	\$10	Wealth Management	October 29	6:30-8:00 pm	309	\$10
It's In Your Face, Part II	December 5	6:30-9:00 pm	307	\$10	Wedding to Remember	Oct 30 to Dec 4	6:00-9:00 pm	313	\$60
It's In Your Face, Part III	December 19	6:30-9:00 pm	307	\$10	Windows 95/98, Using	October 17 and 24	6:00-8:30 pm	215	\$35
Joyful Life, A	Nov 13 to Dec 11	7:00-8:00 pm	312	\$16	Women of Russia: True Stories	December 18	6:00-9:00 pm	307	\$12
Key to Success	October 24	6:30-9:00 pm	307	\$10	Women, Power and Astrology	November 20	6:30-9:00 pm	306	\$10
Key to Success, Part II	November 7	6:30-9:00 pm	307	\$10	Yoga, Intro to Kripala	Nov 18 to Dec 9	6:00-7:30 pm	Libr	\$25
Knitting is for Everyone	Oct 24 to Nov 14	7:00-9:00 pm	108	\$35					

Portsmouth Community Education
 Portsmouth Middle School, Parrott Avenue, Portsmouth, NH 03801
 603-436-7100, extension 281

Fall 2002 Session

We've Moved!

All classes will now be held at the Portsmouth Middle School on Parrott Avenue (downtown-across from the millpond)

Name		Phone		Work No.	
Address					
City		State		Zip	
Course		Start Date		Course	
Course		Start Date		Course	
Course		Start Date		Course	
Course		Start Date		Course	
Tuition Ttl.					

Please make check payable to Portsmouth Community Education