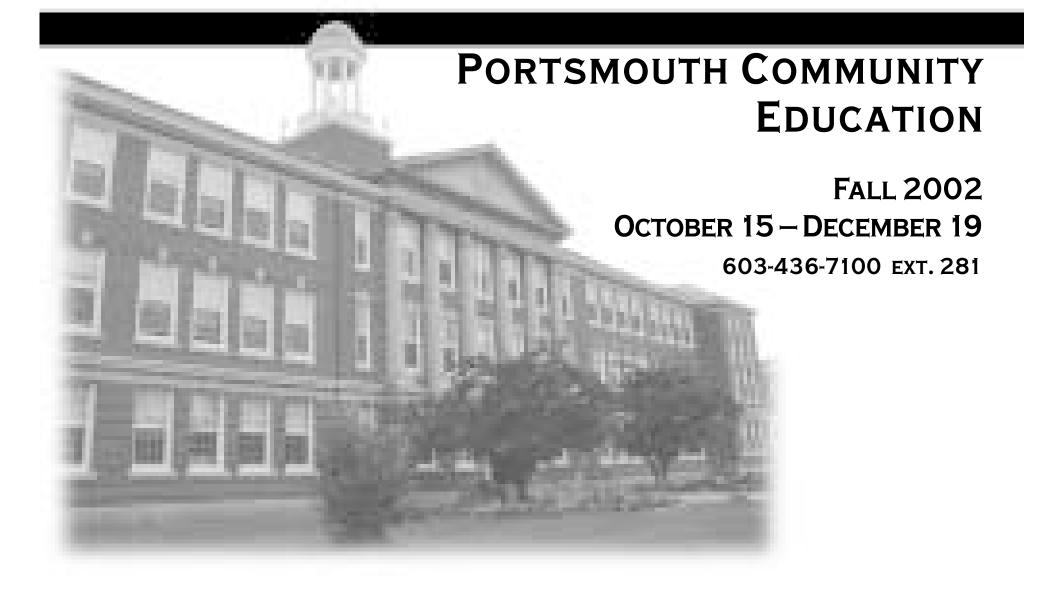
Portsmouth Community Education Portsmouth Middle School 155 Parrott Avenue Portsmouth, NH 03801



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

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- Thanksgiving Gathering Basket
- Festive Holiday Wreath
- Intro to Kripala Yoga

And many more . . .

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

Not School Sponsored

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 vou 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.

Inclement 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.

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 Superin tendent 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

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 vourselves 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

Where Would I Find?

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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

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

Health, Fitness and Well Being

Tai Chi-Thomas Kennedy

Tai Chi is an ancient, internal martial art. Students in this class will learn a series of slow, graceful movements designed to increase flexibility, balance, attitude, relaxation, and to generally improve health and well being. These safe, easy stretches help reduce stress, and are a great exercise by themselves, or can serve to enhance your existing exercise program. This class is suitable for any age or skill level. Please dress comfortably. *Wed. - October 16 to December 11 - 8 Weeks*

(No class November 27) Middle School Library (2nd Floor), 7:30-8:30 pm - \$35.00

Weight Management for Healthier Living-Elizabeth Anderson, Registered Dietician

In this four part "healthy eating" series, participants will be guided by a registered dietician into developing and enjoying fulfilling relationships with food. Class size is small so that oneon-one discussions and specific questions can be addressed. Sign up for one or enjoy all four parts on your way to a healthier body and attitude.

Reshape Your Plate to Manage Your Weight

The key to lifetime weight management and peace with "Food" is to simply stop dieting! In this one night workshop, participants will learn an easy way to feed the whole family without counting calories or fat grams or buying special foods. Get back to basic by starting to live and enjoy food again.

Wed. - October 30 - 1 Night

Room 309, 6:00-8:00 pm - \$10.00

Eating Out Without Bulging Out

Can't give up eating out? In this workshop, students will learn how to manage their weight while still enjoying restaurant food. In addition, participants will learn how to cope with the endless food temptations at work, at parties, or on vacation. *Wed. - November 6 - 1 Night*

Room 309, 6:00-8:00 pm - \$10.00

Navigating the Food Label and Grocery Store

"Fat Free", "Cholesterol Free"—it's so confusing! Finally learn how to read those mystifying food labels, and discover how you can shop "smart" at the grocery store. Students will explore how marketers try to influence the selections you put in your cart, and how to choose food that supports your health.

Wed. - November 13 - 1 Night Room 309, 6:00-8:00 pm - \$10.00

Are You An Emotional Eater?

This workshop is for lifetime dieters looking for lasting solutions to end the diet-binge cycle. Find out how to enjoy lasting peace with food, and learn how to stop dieting and depriving yourself of all your favorite foods.

Wed. - November 20 - 1 Night Room 309, 6:00-8:00 pm - \$10.00

Tai Chi Chi Kung-Sasha Wolfe

In this new course students will be exposed to a simple, easy to learn form of exercise that comprises only thirteen basic steps, yet has tremendous power to ease discomforts in the body. On a physical level this practice will help strengthen balance; provide movement to body, mind, and spirit; increase energy level, blood and oxygen flow; stimulate better organ function; and allow more restful sleep. On a spiritual level, this course will help strengthen and compliment individual belief systems, and promote a deeper sense of peace and greater compassion. The movements are gentle, and you need do only what you can. Please wear comfortable clothes and bring a pillow to sit on. **Tues. - October 15 to November 19 - 6 Weeks**

Middle School Library (2nd Floor), 6:00-7:30 pm - \$40.00

The Whats and Hows of Reiki-Roxann Cratty, Independent Reiki Master

This workshop provides an introduction to the ancient healing art of Reiki. Reiki is a Japanese word meaning Universal Life Energy. It is the laying of hands on or above a person to help accelerate the healing process by transferring energy that is needed to release physical, emotional or spiritual blocks to bring the body back into balance. Reiki is easy to learn, can reduce stress, relieve pain, and aid the body's own natural healing and balance. Learn where Reiki originated and how it works. A guided meditation will be provided to introduce students to the chakra system. Dress comfortably and bring a pillow/mat for use during meditation.

Mon. - November 4 - 1 Night Room 306, 6:00-8:00 pm - \$10.00

Introduction to Taekwondo-Paul Serrano

Taekwondo is the Korean art of self-defense. Loosely translated, the three characters Tae-Kwon-Do combine to mean "the way of

Quick and Easy Energy Boosts-Roxann Cratty

In this workshop, participants explore the different ways in which energy is lost and discuss the relationship between energy and overall health. Other topics for discussion will include: ways to recognize health signals of lost or blocked energy; what your chakras are and how they work; and solutions for bringing about well being. The second part of the evening will be spent learning 16 quick and easy ways of boosting your energy and concentration, exploring ways to keep from losing it in the future, and ways of increasing the abilities of your immune system. *Mon. - October 28 - 1 Night*

Room 306, 6:00-9:00 pm - \$12.00

Intro to Reiki I-Erica Rock

Reiki means "Universal Life Force Energy" that is all around us and flows within every living thing. It is considered one of the simplest, most powerful healing techniques which we have available to us on the planet. Furthermore, it is safe to use anytime or anywhere because it expresses pure and unconditional love. Reiki supports the body's natural ability to heal itself. Participants will receive a simple "attunement" and a certificate qualifying them as a Level one Reiki practitioner. Class size is limited, so register early. A materials fee of \$6 is payable to the instructor during class.

Thurs. - November 7 to 21 - 3 Weeks Room 310, 6:00-9:00 pm - \$36.00

Infant/Child CPR-Sandra Carlson, CNOR

Injuries are the leading cause of death and disability in children. The goal of this course is to raise awareness and to reduce the number of childhood deaths caused by injuries, breathing, or heart problems. In this workshop, participants will learn how to recognize an infant or child in distress; teach emergency measures to clear the airway; and how to perform CPR. Discussion will include how to perform a safety inspection at home, school or daycare facility. There is a \$25 materials fee for this class. payable in class. Thurs. - October 17 - 1 Night

Room 309, 6:00-9:00 pm - \$12.00

Everything you need to know about Hearing Loss and Hearing Aids-Stephen Little, M.Ed. and Lisa Tessier, M.A., CCC-A

This consumer education and health seminar will be a guide to understanding how different types of hearing loss inhibit clear communication and affect family relationships. Communication strategies will be taught for improved listening ability. Hearing aids: traditional and high tech solutions will be discussed including appropriate pricing, service expectations, benefits and limits of each type of aid. Problem solving for current hearing aid wearers will also be a workshop focus. If you are a current hearing aid wearer, you are encouraged to bring your aids and join in a problem solving discussion to learn how to get the best performance and longevity from your equipment. *Mon. - October 21 - 1 Night*

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

The Only Source of Information-Ginger Bisplinghoff, RN, Specialized Kinesiologist

The only source of information about you....is you! This is the philosophy behind kinesiology, a unique approach to wellness, prevention and stress management. Kinesiology uses a biofeed-back tool called muscle testing, which makes it possible to identify and release unresolved physical and emotional stress and negative beliefs that keep us from functioning up to our potential. Kinesiology has proven remarkably effective for relieving a wide variety of stress-related problems including depression, anxiety, addictions, phobias, dyslexias, allergies

and weight problems. An overview of kinesiology, as well as a hands-on demonstration will be presented. *Thurs. - December 12 - 1 Night*

Room 307, 6:30-8:30 pm - \$10.00

CPR for Family and Friends-Sandra Carlson, RN

Would you know what to do if someone had chest pains or was choking? This course will provide students with knowledge about the heart and circulatory system, anatomy, and physiology. Course information is provided according to the American Heart Association standards. Participants will learn how to recognize warning signs of heart attack or stroke, and what to do if they occur. Warning signals of respiratory distress and treatment for choking will also be discussed. There is a \$25 materials fee payable to instructor. Space is very limited, so register now! Thurs. - November 7 - 1 Night Room 309, 6:00-9:00 pm - \$12.00

Dance Exercise Class-Tia Pike This innovative health workshop is an eclectic mix of exercise, dance moves, and fun, fun, fun! Participants will meet three times a week to learn 13 simple, low impact dance routines which incorporate aerobic exercise, free weights, kick boxing, and floor work. A variety of popular songs will provide a mix of jazz, hip hop, kick boxing line dancing, and everything in between. Students will learn to use everyday items found in their home such as chairs and steps to continue their exercise regime at home. Get fit, look good, feel great and have a blast doing it!

Introduction to Kripala Yoga-Deborah Levine

Kripala yoga develops the body, mind and spirit in a compassionate and non-judgemental way. This introductory class is suitable for all levels of fitness, as the instructor will provide variations and modifications of posture suggestions as needed. Class time will include breathing techniques and warm-up exercises followed by posture flows and meditation, with a guided relaxation at the end. Students will leave this workshop feeling uplifted and centered. Participants should wear comfortable clothing that allows free movement, and bring a mat or blanket to sit on. to each class.

Mon. - November 18 to December 9 - 4 Weeks Middle School Library (2nd Floor), 6:00-7:30 pm - \$25.00

Languages

Learn Italian I-Egizia Brown

This course is for those who would like to learn some basic Italian. No prior knowledge of the language is required. Class will use the text Learn Italian and teacher generated materials. The course will consist of grammatical lessons, as well as learning to get along as a tourist in Italy. Cost of course does not include required text, which will be available from instructor. *Mon. - October 21 to December 16 - 8 Weeks* (*No class on November 11*)

Room 310, 5:30-7:30 pm - \$65.00

Learn Italian II-Egizia Brown

This course will finish the text <u>Learn Italian</u>, and will begin where the previous class finished. The class will concentrate on getting along in Italy and carrying on a conversation. Prerequisite to this course is Learn Italian I. Some knowledge of grammar will be expected and built upon. Cost of course does not include required text, which will be available in class. *Mon. - October 21 to December 16 - 8 Weeks* (No class on November 11)

Room 310, 7:30-9:30 pm - \$65.00

Learn Italian III-Egizia Brown

In this course students will speak entirely in Italian, with topics of discussion to be picked by consensus of class and/or teacher. This class is for the advanced student or one who has completed both Learn Italian I and II. Please bring an Italian dictionary to class. This is an excellent class to test newly acquired language skills or to improve on conversation. *Tues. - October 22 to December 10 - 8 Weeks Room 310, 5:30-7:30 pm - \$65.00*

Learn Italian IV-Egizia Brown

This course is for students who would like an advanced lesson in Italian grammar. The text <u>Prego</u> will be used in addition to teacher generated materials. Students enrolled in this class should have previously taken Learn Italian I, II, and III. Cost of course does not include required text, available from instructor. *Tues. - October 22 to December 10 - 8 Weeks Room 310, 7:30-9:30 pm - \$65.00*

Grammatical Italian-Egizia Brown

This new course was created for students who want to expand their knowledge of the Italian language in the areas of verb conjugation, study of tenses, structural components, grammar, and idioms. This course is suitable for the beginner as well as the more advanced students. No preliminary Italian is necessary. Much of the class time will be spent studying the written word, although there will be some verbal dialog involved. The text <u>Prego 5; College Edition</u> will be used in addition to teacher generated materials. Cost of course does not include required text (\$35), available from instructor.

Wed. - October 23 to December 18 - 8 Weeks (No class on November 27) Room 310, 5:30-7:30 pm - \$65.00

Conversational Spanish-Evelyn Greenlaw

Have you ever wanted to learn one of the most popular and frequently spoken languages around the globe? Planning on visiting a Latin speaking country on vacation this year? This course is ideal for students with little or no Spanish background, but who wish to learn the language for travel or conversational purposes. Participants in this workshop will learn to communicate through a basic introduction of grammar and vocabulary, necessary to introduce yourself and carry on

kicking and punching." However, Taekwondo also carries a much deeper meaning that cannot translate literally. It implies discipline of the mind, as well as the body. This course is designed for beginners and emphasis will be placed on the basics of movement, kicking, punching and blocking. Each class activity will include developing the discipline of mind and body necessary to embrace this art form. A \$40 materials fee for a uniform is payable to the instructor on the first night. Wed. - November 13 to December 11 - 5 Weeks (No class held on November 27) Middle School Library (2nd Floor), 6:00-7:00 pm - \$25.00

Intro to Therapeutic Massage-Nancy Whitford, LMT In this new workshop, participants will learn the techniques necessary to give a full body massage from a licensed massage therapist with seven years experience. Classroom instruction will include a video on various techniques and an actual hands-on demonstration of arm, hand and foot massage. Students should wear a sleeveless or short sleeved top and bring lotion or oil to class. A yoga pad or mat is also helpful. *Mon. - November 4 - 1 Night*

Room 308, 6:00-9:00 pm - \$15.00

Please dress comfortably and wear sneakers. *Mon/Tues/Wed. - October 15 to December 4 - 8 Weeks (No classes October 14, November 11 and 27) Cafeteria/Band Room, 6:30-7:30 pm - \$84.00*

Discovering the Beauty and Versatility of Herbs-Meredeth Lineweber

In this new six weeks series of lectures, participants will be introduced to the world of herbs and the many uses they provide for everyday living. Students will explore through discussion how herbal remedies can be used to alleviate or at least manage many common ailments. For example, Aromatherapy uses distinctive fragrances or pleasant odors of herbs to achieve desired personal results, such as stress reduction. Participants in this series will have the opportunity to take a look at herbalism from a healer's perspective. Sign up for one lecture or the whole series! A materials fee of \$5 per lecture is payable to instructor. Introduction to Herbs: Grow your own! - October 16 Making Medicinals and Tinctures - October 23 The Art of Tea Blending - November 13 Salve Making and How To Use Them - November 20 The Art of Aromatherapy - December 11 Creating Bath Salts and Powders - December 18 Wednesdays - Room 224, 7:00-9:00 pm - \$10.00 per lecture

a simple conversation. A required textbook, <u>Spanish in Ten</u> <u>Minutes a Day</u>, must be purchased from Barnes and Noble prior to first class.

Wed. - October 16 to November 6 - 4 Weeks Room 312, 7:00-9:00 pm - \$40.00

Conversational French-Jeanette MacDonald

This six week course will provide the foundation for learning the basics of this beautiful language through gradual assimilation of the vocabulary and sentence structure with customized conversational exercises. Students will learn greetings, basic needs expressions, types of foods, and places--all at a pace determined by the class. Join

us for learning in a fun and relaxed ambiance. This course is ideal for both beginners and those who haven't spoken the language recently.

Mon. - October 28 to December 9 - 6 Weeks Room 313, 6:30-8:30 pm - \$50.00

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, Dalun 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. *Mon. - October 21 - 1 Night <u>OR</u> Mon. - November 4 - 1 Night <u>OR</u> 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

Thurs. - October 24 - 1 Night Room 307, 6:30-9:00 pm - \$10.00

4

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

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 Autoshapes. <u>Participants must have taken Intro to Word or possess equivalent knowledge</u>. 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 <u>will not</u> 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 spread-sheet; 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*



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*

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

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 -<u>OR</u>- November 26- 1 Night (choose one) Room 215, 6:30-8:30 - \$15.00

Six Steps to a Successful College Admissions-Joseph K. Hill

This newly offered series of workshops is designed specifically for the college bound student and his/her parents. Students will learn how to maximize their chances of finding and getting into the best colleges; marketing themselves; writing the all important essays; using the internet to your advantage; determining college major; preparing for interviews; campus visits and financial aid. Students and parents have this unique opportunity to "break ground" in finding the right college, while sharing their anxieties and experiences with each other and the instructor. Attendees must have access to a computer with internet capabilities.

Mon. - October 21 to December 2 - 6 Weeks (No class on November 11) Room 216, 6:30-8:30 pm - \$50.00

Home Landscaping-Kevin Ness

Brand new for the Fall! This series of seminars will educate homeowners and people interested in entering into the business on the multiple facets of the landscaping world. Students may sign up for the entire series of lectures or for only those workshops that are of particular interest. Classes will feature demonstrations, video and slide presentations, guest speakers, and printed take home materials. Participants will learn how to design and implement a landscaping plan, plant material, construction, maintenance, and other aspects of the home gardening industry.

Lawn Construction and Maintenance Thurs. - October 17 - 1 Night Room 313, 6:30-9:00 pm - \$10.00

Plants for Landscaping and Gardening Thurs. - October 24 - 1 Night Room 313, 6:30-9:00 pm - \$10.00 Project Planning and Design Options Thurs. - October 31 - 1 Night Room 313, 6:30-9:00 pm - \$10.00 **Containers and Greenhouses** Thurs. - November 7 - 1 Night Room 312, 6:30-9:00 pm - \$10.00

Water Works-Irrigation Systems and Water Gardens Thurs. - November 14 - 1 Night Room 312, 6:30-9:00 pm - \$10.00

Organization/Time Management-R. Schnobrich

Do you need to get organized? Are you always late for appointments? Do you miss deadlines, birthdays, or other important dates? Then, this is the perfect workshop for you. Participants will learn organizational strategies and specific techniques to help regain control of their time and environment. This is an interactive and instructional course designed to empower the student both in their home life and their work life. By getting organized and staying organized you will work more efficiently to accomplish your personal and professional goals! Thurs. - November 7 and 14 - 2 Nights Room 313, 7:00-9:30 pm, \$20.00

Selecting/Using A Daily Planner-R. Schnobrich

We each have 24 short hours per day available to us. How do some people seem to accomplish so much and others so little? Join us as we work to better understand the concept of time management. Class discussion will include the various daily planners that are available, including paper planners and electronic organizers (PDAs). Students will explore how to use a daily planner effectively to accomplish more each day. The second portion of this workshop will encompass an interactive question and answer period. This course is an ideal follow-up to "Organization and Time Management," but its not required for students to have completed that course. Participants are encouraged to bring any existing planners they are currently using, but do not buy one if you don't already own one. Tues. - November 19 - 1 Night Room 313, 7:00-9:30 pm, \$10.00

Beginning Astrology-Kathleen Spitzer

Join us for an introduction to the fundamentals of an ancient and profound science. In this eight week introductory workshop, students will learn the symbolism and vocabulary of planets, signs, houses, and transits in the natal chart. In addition, participants will be able to cast a horoscope to reveal the Big Three: Ascendant, Sun and Moon signs which are the blueprints of personality. Begin the process of interpreting the influence of the universe on all life on Earth. Students need to provide date, time and place of birth at registration. Please bring a notebook to class

Wed. - October 16 to November 6 - 4 Weeks Room 306, 6:30-8:30 pm - \$32.00

Liven up your next get together! Break out of the boredom! This beginner class teaches the fundamentals of American/Social Ballroom dancing. Learn the basic steps to smooth dancing such as the Waltz, and the Foxtrot. Class emphasis will be on lead and follow. The main objective of this course is for everyone to acquire a sense of accomplishment and to realize the simple pleasure of dancing. Tues. - October 15 to November 5 - 4 Weeks OR (choose one)

Tues. - November 19 to December 10 - 4 Weeks Cafeteria, 6:00-7:00 pm - \$30.00

Tues. - November 19 to December 10 - 4 Weeks

Latin dancing-the music, the movement-it's hot, hot, hot! You've seen Ricky Martin, Jennifer Lopez and Enrique Iglesias

dancing on television. Now you can explore the latest dance

craze sweeping the nation. Students will begin with the basic

explore the technique of Latin motion of the hips and body.

Intro to Basic Belly Dancing-Julie-Cherie Haire

A basic course exploring the history, art, and techniques of belly dancing. Students will learn to tone, coordinate, and control your

stomach, arm, shoulder, and neck muscles, while having a great

time too! Enjoy the cultural music and beats of an age-old type

world over. A perfect course for anyone wanting to get back into

door) to each class. Recommended attire is a dance or aerobic

shape and feel sexy again. Students are required to bring an

inexpensive floor mirror (the kind you mount on the back of a

Women, Power and Astrology-Kathleen Spitzer

This one night workshop will explore the experience of being a

lunation cycle along with key planetary activity, in order to find

personal satisfaction in love relationships, career, motherhood,

feminine self. No prior knowledge of astrology is required for this

course. Students need to provide date, time and place of birth

and spiritual evolution. Come discover the power within your

Basic Coastal Navigation-United States Coast

This classroom based course will prepare and familiarize the

boat operator with the nuances of coastal navigation, voyage

final exam and chart project at the completion of workshop. A

In this one night workshop, students will be introduced to the

art of fine handwriting, and all they need to do is bring a pad of

lined paper to class. Participants will start with a basic lettering

style and work towards developing their own unique technique.

At the end of class we'll review the strokes for Old English and

practice forming the letters. Pens will be available during class

for purchase (\$7), or students may bring their own pen provided

materials fee of \$30 is payable during first class.

Wed. - October 16 to December 4 - 7 Weeks

Beginning Calligraphy-Cindy Sauve

planning, underway navigation, and proper usage of the Marine Magnetic Compass and Nautical Chart reading. There will be a

woman in today's world. Students will review the influences of the

of dance that has influenced more modern dance forms the

Tues. - October 15 to November 5 - 4 Weeks

Mon. - October 21 to November 4 - 3 Weeks

Room 313, 7:00-9:00 pm - \$25.00

Wed. - November 20 - 1 Night

Room 306, 6:30-9:00 pm - \$10.00

(No class held on November 27)

Room 101, 7:00-9:00 pm - \$25.00

Tues. - November 19 to December 10 - 4 Weeks

steps to the Cha-Cha and the Rhumba. The instructor will also

Learn Swing Dancing-Just Dance



Cafeteria, 7:00-8:00 pm - \$30.00

Latin Dancing-Just Dance

Cafeteria, 8:00-9:00 pm - \$30.00

<u>OR</u> (choose one)

OR (choose one)

leotard and sarong.

at registration.

Guard Auxiliary

Don't miss out on this recent dance craze! Participants will explore the basic turns and passes to this 1950's dance style that is making it's comeback. Learn the basics to both single and double step timing with both men's and ladies' turns, as well as open and closed dance positions. This class promises to be fun, fun, fun!

Room 313, 6:00-9:00 pm - \$60.00

The Art of Table Setting-Glendora Gaffney

Table setting is an artful arrangement of color, shape, and texture that appeals to the eye as well as the other senses. A simple adventure of your own personal style! In this workshop we will explore formal and informal settings, napkin folding, flatware selection, beverage wares, and dinnerware themes. Students will earn how to have fun with their everyday table settings, and how to throw artful and creative dinner parties. Mon. - December 9 and 16 - 2 Nights Room 307, 6:00-9:00 pm - \$25.00

Boating Skills and Seamanship-United States Coast Guard Auxiliarv

This comprehensive course is designed for both experienced and novice boaters, and is ideal for anyone who wishes to feel more comfortable on any floating vessel. The course consists of 6 two-hour lessons providing up to date knowledge for handling boats in all conditions, followed by a final exam on the last night. Upon completion of this course, certificates and cards will be given out which meet upcoming NH state requirements for boat operators, to show proof of successful completion of a "safe boating course." A materials fee of \$30 for a text and study guide is payable during the first class.

Wed. - October 16 to December 4 - 7 Weeks (No class held on November 27) Cafeteria, 7:00-9:00 pm - \$25.00

Women of Russia: True Lives, True Stories-Marina Forbes

In this unique workshop, the instructor who is a native of Russia, will present a spirited discussion of the complex role of women in contemporary Russian society and culture. Drawing on her own experiences growing up in the Soviet system and seeing the dramatic social and economic changes which have occurred since the fall of Communism, the instructor's insights into the challenges facing women in the "New Russia" are sometimes a little bit funny, sometimes a little bit sad, but always unmistakably Russian. In addition, the instructor will explore the real lives of Russian women from across the social spectrum, providing a unique anecdotal discussion that will provide participants with a rare insight into Russian culture. Wed. - December 18 - 1 Night

Room 307, 6:00-9:00 pm - \$12.00

Inside Russia Today-Marina Forbes

This interactive seminar offers an insightful and often humorous look at the social and cultural changes taking place in Russia since the fall of Communism in the early 1990's. Using a variety of poignant anecdotes drawn from her own experience, the instructor will take the student on a guided tour through the new reality which is emerging in her homeland. Wed. - December 11 - 1 Night

Room 307, 6:30-8:30 pm - \$10.00

Making the Perfect Trip to Russia-Marina Forbes

This interactive workshop is designed for people who are planning a trip to Russia in the near future. Whether you are planning a vacation, taking a business trip, or becoming involved in an international adoption or marriage, you will learn how to make the very most of your travel to this beautiful country. The workshop includes valuable travel hints, a quick review of the places to see that you shouldn't miss, some unique insights about Russia not found in any of the travel books, and a valuable discussion of a wide range of current social and cultural topics of special interest for travelers. Information about visas, specialty tours, and travel within Russia will also be explored and discussed. Wed. - December 4 - 1 Night Room 307, 6:00-9:00 pm - \$12.00

Ballroom Dancing-Just Dance

Finding Love-Dr. Elyse Barry In this fun and interactive class, you'll learn how to harness the

power of the internet as a tool for matchmaking. The goal of the workshop is to help maximize your success, minimize wastes of time and emotional energy, and have fun as you tap into a wealth of potential partners. Students will learn to create an appealing ad that gets them noticed by the right people. Class discussion will explore strategies for weeding through all the possible candidates, and talk about what to do after you've said hello. The issue of safety will also be discussed. Thurs. - October 17 - 1 Night

Cyber-Dating: The 21st Century Approach to

Room 312, 6:30-9:00 pm - \$10.00

A Wedding to Remember-Glendora Gaffney

Want to know how to plan a wedding the way you want, and stay within your budget? This course is the solution for those harried and anxious brides and grooms looking for a little advice before the "big day." Mothers, bridesmaids, and friends of the happy couple might also find this workshop enjoyable, as they help their loved ones finalize the wedding plans. Workshop discussion will cover flowers, music, photography, showers, rehearsals, attire, reception, contracts, legal affairs, and how to organize your time. Videos of successful weddings will be shown and take home materials will be available. Students need to bring a guest list and budget amount to first class. Weds. - October 30 to December 4 - 5 Weeks (No class on November 27)

Seduction, Sex and the Stars-Kathleen Spitzer

Come learn to differentiate the ways each zodiac sign handles love, courtship, confrontation, and intimacy. Students will discover how to put the zest back into their current relationship or how to recognize bad relationships beforehand. Astrology can improve your relationships with others and help to find the love you seek and the type you deserve. No prior knowledge of astrology is required for this course. Students need to provide date, time and place of birth at registration. Wed. - November 13 - 1 Night

Room 306, 6:30-9:00 pm - \$10.00

How to Write an Impressive Resume-Julie Haire

In this very informative workshop, participants will receive professional instruction on the art of successful resume writing. Students will learn how to form, type, and send resumes and cover letters based on important details form their work history. educational background, and specialized interests. Participants will explore ways to target specific audiences to fine-tune individual resumes to exact job specifications. Students need to bring a list of employment history and references to class. Wed. - October 16 and 23 - 2 Nights Room 216, 7:00-9:30 pm - \$20.00

Wed. - October 16 - 1 Night Room 307, 6:00-9:00 pm - \$12.00

it has a broad nib.

Intro to Home Buying and Selling-Sandy West

Real estate buying and selling is complex, involving many different types of people (realtors, banks, buyers, appraisers, lending agents), multi-faceted issues (logistics, taxes, escrow, title searches, advertising), and considerable amount of valuable time. In this new seminar, students will explore how to prepare their home for sale; how to creatively and quickly sell their current home; the pros and cons of using a real estate agent; and how to pick the "right " realtor for them. If they are looking to buy, participants will learn how to assess their current home situation and decide what type of home (size, location, price) they should be looking at , and what questions they should be asking when they view prospects. If students are attempting to sell their current real estate, they will discuss the proper steps they need to take to ensure a successful sale. This class is ideal for anyone who wants to learn more about real estate buying and selling for personal benefit, future speculation, or just individual interests.

Wed. - October 30 to November 20 - 4 Weeks Room 307, 6:00-9:00 pm - \$50.00

Improve Your Study Skills-Heather Olds

Any student can achieve better grades and improve their concentration skill with this one night workshop. This course was designed to improve the study habits of both adults and high school students in a relaxed, comfortable setting. Through quizzes, small group activities, and hands-on practice sessions, the course will cover the following topics: individual learning styles; organization/time management; note taking; reading for comprehension; test taking; and report writing.

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Thurs. - October 17 - 1 Night
Room 307, 6:30-9:00 pm - $10.00
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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 nonalcoholic 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 collard 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 vershae 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

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 cattails, 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



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-akind 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 Ňight

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



Eucalyptus and Cockscomb 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 cockcomb, 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

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

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Stencilled 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 - <u>OR</u> - November 18 and 25 2 Nights for each workshop. Please select which date. Room 101, 6:30-9:00 pm - \$20.00



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

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 oneof-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 then 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 Poom 108, 6:00-9:00 pm = \$12.00

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



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.

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*



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* Tues. - October 15 - 1 Night Room 101, 6:30-8:30 pm - \$10.00



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Schedule of Offerings

Schedule of Offerings									
Course Title	Date	<u>Time</u>	<u>Room</u>	<u>Cost</u>	<u>Course Title</u>	<u>Date</u>	<u>Time</u>	Room	Cost
Access Database, Intro to	Nov 26 to Dec 17	6:30-9:00 pm	216	\$65 \$60	Knitting for the More Advanced Latin Dancing	Nov 21 to Dec 19 Oct 15 to Nov 5	7:00-9:00 pm 8:00-9:00 pm	108 Caf	\$35 \$30
Acrylic Painting, Beginners All Occasion Bags and Boxes	Oct 22 to Nov 19 October 22	6:00-9:00 pm 6:00-8:30 pm	108 106	\$60 \$10	Latin Dancing	Nov 19 to Dec 10	8:00-9:00 pm	Caf	\$30 \$30
All Occasion Cards and Envelopes	December 3	6:00-8:30 pm	106	\$10 \$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 © 15
Ballroom Dancing	Nov 19 to Dec 10	6:00-7:00 pm	Caf	\$30 \$25	Mediterranean Italian Cooking Microsoft EXCEL, Introduction to	November 18 Oct 17 to Nov 7	6:30-9:00 pm 6:30-9:00 pm	224 216	\$45 \$65
Basic Coastal Navigation Basket Making Basics	Oct 16 to Dec 4 December 2 to 16	7:00-9:00 pm 6:00-9:00 pm	101 101	\$25 \$36	Microsoft EXCEL: Beyond Basics	Oct 29 to Nov 19	6:30-9:00 pm	216	\$65 \$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 © 10	Needle Tatting Night in the Deep South Cooking	December 18 December 2	6:00-8:00 pm 6:30-9:00 pm	108 224	\$10 \$45
Cake Decorating Calligraphy, Beginning	November 5 to 26 October 16	6:00-8:00 pm 6:00-9:00 pm	224 307	\$42 \$12	Only Source of Info, The	December 12	6:30-8:30 pm	307	\$43 \$10
Candy Making	December 4	6:00-9:00 pm	224	\$12 \$22	Organization/Time Management	November 7 and 14	•	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 \$10
Computers (PC), Introduction to Containers and Greenhouses	November 26 November 7	6:30-8:30 pm 6:30-9:00 pm	215 312	\$15 \$10	Project Planning and Design Reiki I. Introduction to	October 31 November 7 to 21	6:30-9:00 pm 6:00-9:00 pm	313 310	\$10 \$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		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 ¢10
Dance Exercise Class	Oct 15 to Dec 4	6:30-7:30 pm 7:00-9:30 pm	Caf 313	\$84 \$10	Reverse Pen and Ink Rock Cottages, Hand Painted	December 17 October 22	6:00-9:00 pm 6:00-9:00 pm	108 101	\$12 \$12
Daily Planner, Selecting and Using Dream Interpretation	November 19 December 3 and 10	•	313	\$10 \$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		6:30-8:30 pm	101	\$10	Seduction, Sex and Stars	November 13	6:30-9:00 pm	306	\$10 ©25
Exotic Cuisine World Tour	October 22	6:00-9:00 pm	224	\$27 FR	Self Hypnosis-Self Discovery Shaker Weaving Footstool	Oct 21 to Nov 4 October 15	7:00-9:00 pm 6:00-9:00 pm	309 108	\$25 \$12
Falun Gong Falun Gong	October 21 November 4	6:30-8:30 pm 6:30-8:30 pm	Libr 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 \$12	Splint Stool Stencilled Floorcloth	October 28 October 21 and 28	6:00-9:00 pm 6:30-9:00 pm	108 101	\$12 \$20
Garden Mosaic, Colorful Growth Investments	December 11 November 19	6:00-9:00 pm 6:30-9:00 pm	108 306	\$12 \$10	Stencilled Floorcloth	November 18 and 25	•	101	\$20 \$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		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 Home Buying and Selling, Intro to	December 10 Oct 30 to Nov 20	6:30-8:30 pm	101	\$10 \$50	Surf the 'Net, Learn to Table Setting, The Art of	November 18 and 25 December 9 and 16		215 307	\$30 \$25
Infant/Child CPR	October 17	6:00-9:00 pm 6:00-9:00 pm	307 309	\$30 \$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 ¢65	Thanksgiving Gathering Basket	November 19	6:30-8:30 pm	101	\$10 \$10
Italian III	Oct 22 to Dec 10	5:30-7:30 pm	310	\$65 \$65	Understanding Long Term Care Watercolor, Creating a Floral	December 3 November 13	6:30-8:00 pm 6:00-9:00 pm	309 108	\$10 \$12
Italian IV Italian, Grammatical	Oct 22 to Dec 10 Oct 23 to Dec 18	7:30-9:30 pm 5:30-7:30 pm	310 310	\$65 \$65	Water Works: Irrigation Systems	November 14	6:30-9:00 pm	312	\$12 \$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 \$10
Key to Success	October 24	6:30-9:00 pm	307 307	\$10 \$10	Women, Power and Astrology Yoga, Intro to Kripala	November 20 Nov 18 to Dec 9	6:30-9:00 pm 6:00-7:30 pm	306 Libr	\$10 \$25
Key to Success, Part II Knitting is for Everyone	November 7 Oct 24 to Nov 14	6:30-9:00 pm 7:00-9:00 pm	307 108	\$10 \$35		NUV TO LU DEC 9	0.00-7.30 pm		φΖΟ
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Portsmouth Community Education

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

Fall 2002 Session

All classes will now be held at the	Name		Phone	Work No.
Portsmouth	Address			
Middle School on Parrott Avenue (downtown-across from the millpond)	City	 	_ State	Zip
	Course	 Start Date	_ Course	Start Date
	Course	 Start Date	_ Course	Start Date
	Course	 Start Date	Course	Start Date
	Course	 Start Date	Course	Start Date
	Tuition Ttl.		_ Please make check payable to Portsmo	outh Community Education