

# THINGS YOU SHOULD KNOW ABOUT OUR PROGRAM...

The **Merrimack Adult Education Program** is open to all residents of Merrimack and surrounding communities who are over 18 years of age and are not participating in a public day school program. Exceptions will be considered on an individual basis. The **Merrimack School District** does not discriminate on the basis of race, creed, color, sex or ethnic origin in its educational programs, activities, or employment practices.

**Refunds** are granted fully if the class is canceled due to a lack of enrollment. If it is necessary for an individual to withdraw prior to the first class and there is sufficient enrollment in the class to cover the cost of the instructor, a refund will be given - less a \$10 processing fee. **NO REFUNDS WILL BE GIVEN ONCE CLASSES HAVE STARTED.**

**Returned Check Policy:** A \$10.00 fee will be assessed for all checks that are returned due to insufficient funds or any other reason. These checks will not be redeposited. A new check must be issued for the original amount plus the \$10.00 fee. If the second check is returned, tuition and an additional \$10.00 must be paid in cash.

**Class cancellation announcements will be made on WZID FM 95.7 and WMUR Ch. 9 TV.**

Your suggestions for expanding the Adult Education Program are always welcome. If you would like to request a course or would like to be an instructor, please call **424-6213** or email:

[adult.education@sau26.org](mailto:adult.education@sau26.org)

## COURSE DESCRIPTIONS

### Ukulele Newbie

(7 weeks)

Why not play the ukulele? This program is for beginners who have just obtained an instrument, where participants will review basic concepts such as holding the instrument, tuning, forming chords, and learning how to strum rhythms. A goal of this class is to learn to play 2/3-chord simple songs in a group format. All the necessary musical foundations are presented in a relaxed and entertaining manner by professional educator and musician Mike Loce. Mike is available for private teaching in Merrimack to catch up on these topics. Chord charts, rhythm foundations and song material will be provided as PDF files for printing and bringing to the group. Learn more about Mike Loce: ([www.mikeloce.com](http://www.mikeloce.com)) and his Ukestra: ([www.ukestra.org](http://www.ukestra.org)).

### November Guitar Strummers

(5 weeks)

So you play guitar. But do you jam with other folks? If you do, would you like to develop this skill more? Music is a language. Join this class with your instrument and enjoy its unique sound with others in a fun and educational song circle. Experience and develop techniques that you can build on from your existing guitar playing skill. The only requirements are an acoustic guitar (6 and 12 string welcome), familiarity with playing chords and strumming, and a desire to collaborate with others! Since this class runs in November, holiday songs for your family may be featured in classes 4 and 5. Health benefits from playing guitar in a group with others include increased relaxation and enhanced creativity. Goals include discussion of guitars, usage of song/chord charts in a variety of music styles and more. This class is directed by professional guitarist and Merrimack educator Mike Loce, who is also available for private instruction. Learn about Mike: [www.mikeloce.com](http://www.mikeloce.com)

### Classical Yoga

(10 weeks)

This beginner to moderate class will include poses, breathing exercises, mindfulness and relaxation techniques. You will be encouraged and supported to move at your own pace. Modifications and variations will be offered for beginners, as well as for more experienced students. Please bring your own yoga mat. Taught by Deb Desilets, Certified yoga teacher (500 hrs).

### Self Care in Everyday Life-You Deserve It

(8 weeks)

In this class, you will be introduced to the positive, life-changing practice of compassion. You will learn simple tools that offer heightened awareness of what compassion for self is and what it is not as well as exercises designed to increase your health and well-being, develop courage, experience less stress and expand your appreciation for yourself and others. These gifts can become an integral part of your everyday life. Taught by Gloria Bry.

### Chakra Vibration

(8 weeks)

You are invited to embark on a journey of self-discovery. Your body has an energy system where body, mind and emotion connect. There are seven major centers that symbolize this connection. In this introductory series of classes, you will learn about how this subtle energy system flows through you. You will develop insight into where your Chakras are, their meaning and purpose, as well as the great benefits of exploring this powerful personal energy as a vehicle to well-being. As we journey through each Chakra (one per week) we will: Balance and align energy patterns\*Wake up your chakra energy through yoga poses and chanting\*Release your creative energy to bring you closer to your highest self\*Create a deep state of relaxation\*Experience corresponding vibrational tones and colors\*Integrate what you learn into your every day energy\*Learn about the crystal rock connection to vibrational energy. Taught by Gloria Bry.

### Meditation Techniques

(5 weeks)

Would you like to find peace and tranquility and see beyond the content of thought? Join us as we explore and practice together various Meditation techniques designed to quiet your mind. You will learn to create peace and relaxation and make them part of your life. Taught by Gloria Bry.

### Happiness: Life's Most Important Skill

(5 weeks)

Recent research has found that increasing your level of happiness leads to a multitude of personal rewards. In this class we will explore the research. Along the way, you will learn helpful tools to assist you on the journey called your life. Taught by Gloria Bry.

### Retirement Income By Design

(3 weeks)

Are you retired or planning to retire soon? Would you like to understand how to turn your investments into a steady income stream that can support you for a lifetime? Then this is the class for you! In three evenings, you will develop a big picture perspective on the variables, decisions and tasks that contribute to a successful retirement income plan. In the process you will learn strategies to help you \*Create a well-informed budget and retirement income model rather than relying on the average rate of return\*Draw a reliable income stream from your investments without depleting your assets or incurring unnecessary taxes and penalties\*Manage risk with assessment reallocation and insurance planning\*-Make Medicare and Social Security decisions that serve you\*Leave a legacy that supports the people or causes you care about. Taught by Donald M. Roy, CFP.

### Boot Camp

(10 weeks)

This is an interval training class that mixes strength and cardio exercises for a full body workout. With a new workout every week these classes are designed to push participants harder than you push yourself and keep it interesting. You will leave class feeling energized and strong. Please bring a mat, 3-5lb dumbbells, resistance band and water. Taught by Cyndi Maston.

### Tabata Yoga

(10 weeks)

A one hour yoga experience for all levels. During this class we will move through yoga poses that challenge your strength, balance, flexibility and end with relaxation. Please bring a mat and water. Taught by Cyndi Maston.

### Magic You Will Do!

(7 weeks)

A fun class where you will learn magic with sleight of hand and mental mysteries. After the very first class, you will be able to entertain your friends and family with cards, coins, rope and other readily available props. Several magical effects will be taught every night. All supplies are included. Students will be eligible to join the Society of American Magicians, the organization of choice for Houdini and David Copperfield. Taught by Don Sanborn.

### Understanding College Admissions and Financial Aid in 2021

(1 week)

For parents of college bound students, this workshop will share tips and secrets of college admissions and financial aid. This workshop will be presented by Nancy Steenson, of Steenson College Coaching and Jack Wang of the Smart College Buyer program.

Nancy will discuss how colleges will be evaluating students in this rapidly changing landscape. She will address myths and misconceptions about the SAT optional trend, GPA, and extracurriculars. She'll also discuss how students can set themselves apart with the essay, recommendations, and connecting with colleges virtually.

Jack will discuss how schools look at financial aid and the differences between the formulas, what factors are most important and when they are considered, and most importantly, how to get more aid to lower the ever-rising cost of college. He'll discuss strategies and tips whether you have a high school senior or a freshman.

The information presented goes beyond what you'll likely hear from your school counselor and NHHEAF. Nancy and Jack have helped hundreds of families throughout the US with admissions and financial aid to help find, get into, and pay for the right college for your student.

### Conversational German for Beginners

(6 weeks)

Did you that studying a foreign language is one of best ways to keep your brain sharp? Are you interested in opera, art and/or German food and culture? Are you planning on taking a trip soon or in a few years to Deutschland? Whatever the reasons, this fun and highly conversational 6-week class will provide you with a glimpse into the German language. The structure of the first 6-week term will allow for students to go on to a second and third terms respectively during the following semesters. Lessons content will cover: pronunciation guide, basic expressions and greetings, ordering in a coffee shop, days of the week and calendar, seasons and months of the year, numbers from 1-100, basic vocabulary and phrases. Susi Ehrenstein is a foreign language instructor who is teaching German and Italian in the Southern New Hampshire area. She is providing all class materials from her college textbook, workbook and lab manual with a lot of cultural references.

### Conversational Italian for Beginners

(6 weeks)

Did you know that studying a foreign language is one of best ways to keep your brain sharp? Are you interested in high fashion, opera, art and/or Italian food and culture? Are you planning on taking a trip soon or in a few years to Bella Italia? Whatever the reasons, this fun and highly conversational 6-week class will provide you with a glimpse into one of the most beautiful languages in the world. The structure of the first 6-week term will allow for students to go on to a second and third terms respectively during the following semesters. Lesson content will cover: pronunciation guide, basic expressions and greetings, ordering in a coffee shop, days of the week and calendar, seasons and months of the year, numbers from 1-100, basic vocabulary and phrases. Susi Ehrenstein is a foreign language instructor who is teaching Italian and German in the Southern New Hampshire area. She is providing all class materials from her college textbook, workbook and lab manual with a lot of cultural references.

### Crochet: The Basics

(4 weeks)

Learn the basic crochet stitches, how to read patterns, and how to finish a simple project. Pace will be slow to allow for lots of individualized instruction. All needed materials will be provided. Material cost of \$10.00 is due to the instructor on the first night of class. This class runs for 8 sessions held on Tuesdays and Thursdays—The FIRST class is on a Thursday. Taught by Pat Heinrich.

### Crochet: Beyond the Basics

(4 weeks)

Crochet a "market" tote bag to brush up on your skills as well as learn common decorative crochet stitches and new techniques. Supplies needed: 800 yards of worsted (#4) weight cotton yarn and an H or I crochet hook. There will be time for students to bring in projects and patterns of their own as well. Taught by Pat Heinrich.

### Community Drop In Crochet Program

(10 weeks)

Need help with a current crochet project? Want ideas for a new project? Drop-in Wednesdays anytime from 6:30 – 9:00 PM to see the possibilities. All one needs is a basic knowledge of crochet, a hook and some yarn. There is no charge, but participants are asked to help with the group's current community charitable projects. Patterns and project support provided. Instructor, Pat Heinrich facilitates the program. For more information, email her at: [heinrich03054@comcast.net](mailto:heinrich03054@comcast.net). No registration is necessary.

### Intro to Japanese for Beginners

(8 weeks)

Are you dreaming of a trip to Japan or are simply curious about the language and culture? Learn the basics of pronunciation, the kana/kanji writing systems, polite words/actions, greetings/introductions, numbers, common conversational questions/answers, asking directions, ordering in a restaurant, and more. Emphasis will be given to the spoken language and cultural exploration. Your sensei, Kate Leonas, is an experienced/certified educator who lived/worked in Japan and has many experiences to share!

**\* All book and material fees are paid to the instructor on the first night of class.**

**DON'T WAIT – REGISTER TODAY! • REGISTRATION CLOSING ON SATURDAY, SEPTEMBER 4TH!**

## REGISTER BY MAIL

Please make checks payable to: **MERRIMACK SCHOOL DISTRICT**  
Merrimack Adult Education Program  
PO Box 1325  
Merrimack, NH 03054

## REGISTER ONLINE

To register online: Go to [www.sau26.org](http://www.sau26.org)  
Click on **Adult Education** under **Quick Links**.

### REGISTER by Saturday, September 4, 2021.

You are enrolled when your registration and tuition are received. Payments may not be processed until after the class(es) has started. If you would like a confirmation, please include a stamped, self-addressed envelope. You will be notified if a class is canceled due to lack of registrations.

### QUESTIONS?

Contact Laura Bobbitt at 603-424-6213  
or by email at [adult.education@sau26.org](mailto:adult.education@sau26.org)

Name \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Course \_\_\_\_\_ Evening \_\_\_\_\_ Time \_\_\_\_\_  
Email Address \_\_\_\_\_  
Tuition \$ \_\_\_\_\_

Please Make A Separate Check For Each Class.

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Cell Phone \_\_\_\_\_  
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## POSTAL PATRON

NON-PROFIT ORGANIZATION  
ECRWSS  
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Merrimack, NH  
03054  
PERMIT NO. 64

**MERRIMACK ADULT EDUCATION PROGRAM**  
P.O. Box 1325  
Merrimack, New Hampshire 03054-1325

# ADULT EDUCATION CLASSES – FALL 2021

*It is assumed some classes have a materials /book cost above and beyond tuition. This will be listed in the class description.  
Material fees are payable to the instructor on the first day of class.*

Day	Start	Class Name	Weeks	Time	Room	Teacher	Cost
Monday	9/13	Classical Yoga	10	7:00-8:00	MES APR	D. Desilets	\$100.00
Monday	9/13	Retirement Income By Design	3	7:00-8:30	MHS 209	D. Roy	\$45.00
Monday	9/13	Chakra Vibration	8	6:00-7:30	MHS 205	G. Bry	\$225.00
Monday	11/1	November Guitar Strummers	5	7:00-8:00	MHS 129	M. Loce	\$110.00
Tuesday	9/14	Boot Camp	10	6:30-7:30	MMS Cafe	C. Maston	\$120.00*
Tuesday	9/14	Self Care in Everyday Life	8	6:00-7:30	MHS 205	G. Bry	\$225.00
Tuesday	10/5	Understanding College Admissions & Financial Aid	1	6:30-8:00	MHS 201	J. Wang	\$25.00
Tuesday	9/14	Conversational German for Beginners	6	6:30-8:00	MHS 209	S. Ehrenstein	\$150.00
Tuesday and Thursday	10/19	Crochet: Beyond the Basics	4	7:00-8:30	MHS 121	P. Heinrich	\$55.00**
Tuesday and Thursday	9/16	Crochet: The Basics	4	7:00-8:30	MHS 121	P. Heinrich	\$55.00**+
Wednesday	10/6	Ukulele Newbie	7	7:00-8:00	MHS 129	M. Loce	\$150.00
Wednesday	9/15	Community Drop In Crochet	14	6:30-9:00	MHS 121	P. Heinrich	\$0.00
Wednesday	9/15	Conversational Italian for Beginners	6	6:30-8:00	MHS 209	S. Ehrenstein	\$150.00
Wednesday	9/22	Introduction to Japanese for Beginners	8	6:30-8:00	MHS 201	K. Leonas	\$160.00
Wednesday	9/15	Meditation Techniques	5	6:00-7:30	MHS 205	G. Bry	\$135.00
Thursday	9/16	Magic You Will Do!	7	6:00-7:30	MHS 204	D. Sanborn	\$60.00
Thursday	9/16	Happiness: Life's Most Important Skill	5	6:00-7:30	MHS 205	G. Bry	\$135.00
Thursday	9/16	Tabata Yoga	10	6:30-7:30	MES APR	C. Maston	\$120.00*

\*Sign up now for both the Boot Camp and Tabata classes and the combined tuition is \$230.00.

\*\*Sign up now for both Crochet: The Basics and Crochet: Beyond the Basics for a combined tuition of \$90.00.

+These classes have an additional materials fee. Please see the course description on the other side for more information.

Merrimack Adult Education participants and instructors will follow the Merrimack School District policies and procedures. This includes the Use of Masks policy. Please see [www.sau26.org](http://www.sau26.org) for up-to-date information. Please be aware these policies are subject to change.

### Locations:

**MES** is Masticola Elementary School

**RFS** is Reeds Ferry Elementary School

**TFS** is Thorntons Ferry Elementary school

**MMS** is Merrimack Middle School

**MUES** is Masticola Upper Elementary School

**MHS** is Merrimack High School

Need Directions? Call me at 603-424-6213. Please leave a voicemail and I will return your call.

**Most classes begin the week of September 13th, 2021!**

**Register by Mail or Online! Registrations are due by September 4th, 2021!**

*If daytime school or after school activities are canceled due to weather or other reasons, there will not be any Adult Education classes held that same evening. Class cancellations will be made up.*

### Classes will not be held on the following dates:

Monday, October 11 (Columbus Day)

Thursday, November 11 (Veterans Day)

Wednesday-Friday November 24-26 (Thanksgiving Break)