

## Merrimack School District Adult Education

### Class Descriptions Fall 2025

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

#### Adult Education Drop In Crochet Program

6:30-9:00 PM      MHS 121      Wednesdays      9/24/2025      (approx. 14 weeks)  
*No Cost*

Need help with a current crochet project? Want ideas for a new project? Drop-in anytime 6:30 – 9 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.

#### Crochet I: The Basics

*This class has an additional materials fee.*  
7:00-830 PM      MHS 121      Thursdays      9/25/2025      ( 8 weeks)  
*\$80.00*

Learn 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 materials needed will be provided. Material cost \$15. Taught by Pat Heinrich.

#### Crochet II: Beyond the Basics

7:00-830 PM      MHS 121      Mondays      9/22/2025      ( 8 weeks)  
*\$80.00*

(Pre-req: must have basic crochet knowledge.)  
Already know how to crochet? Brush up your skills and learn new stitches and techniques while crocheting a decorative tote bag. You will need to bring: 600 yards of worsted/#4 weight cotton yarn (1 or 2 colors) and an H

or I crochet hook. There will be time for students to get help on and/or start new personal projects of their own. Taught by Pat Heinrich.

### Conversational German for Beginners

6:00-7:30 PM    MHS    Tuesday    9/23/2025    (9 weeks)  
\$225.00

Did you know that studying a foreign language is one of the 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 9-week class will provide you with a glimpse into the German language. 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.

### Gentle Yoga

6:30-7:30 PM    MES APR    Mondays    9/22/2025    (10 weeks)  
3:30-4:30 PM    RFS APR    Wednesdays    9/24/2025    (10 weeks)  
\$120 (\$75.00 for district employees)

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).

### Happiness - Life's Most Important Skill

6:30-7:30 PM       Thursdays    9/25/2025    (5 weeks)  
\$112.00

Join Kripalu certified instructor, Gloria Bry, in this class through discussion, lecture, reflection and take-home tools you will learn how happiness fuels success, uncover how we get in our own way, explore paths to lasting fulfillment, reset and restore through playful relaxation.

### Improv Comedy Class

6:30-7:30 PM                      Wednesdays                      9/24/2025                      (10 weeks)  
\$100.00

Do you want to set aside time in your week to laugh and be silly? Do you want to get better at listening, thinking on your feet, and being spontaneous? Do you idolize people like Amy Poehler, Andy Lamb, and Colin Mochrie? Join us and have fun opening up your comedic potential. We'll do warm ups, learn improv games, talk about saying "yes and", and put your ability to be vulnerable in front of strangers to the test! Throw off the shackles of your adult brain that tells you "you're not funny enough", and take a risk! What have you really got to lose? Classes will run through the fall, and finish with a performance on Dec 3 for family and friends.

### Qigong

6:30-7:30 PM                      Wednesdays                      9/24/2025                      (8 weeks)  
\$252.00

Qigong is translated as 'The Art of Cultivating Vital Energy'. 'Qi' meaning "subtle breath" or "vital energy" and 'Gong' meaning "skill" cultivated through steady practice. Dating back thousands of years, it was first documented in Taoist writings/traditions. With its focus on cultivating and maintaining personal health. With flowing movements, meditations, sounds and visualizations for healing. Qigong does not require a special place, clothing or yoga props, mats, bolsters, etc.... This wonderful healing movement meditation incorporates slow-flowing movement with deep rhythmic breathing while maintaining a calm meditative state of mind.

### Root to Rise: Build Confidence on the Mat

6:30-7:30 PM      MES APR                      Thursdays      10/2/2025                      (6 weeks)  
\$115.00

If you've ever felt nervous about stepping into a yoga studio, you're not alone, and this class is for you. Designed for beginners and those looking to strengthen their foundation, each session includes a 30-minute breakdown of essential poses; how to say them, understand them, and move through them, followed by a 30-minute guided flow. By the 6th and final class, you'll move through a full 60-minute yoga class with confidence and ease, ready to step into any studio.

### Successful Retirement Income Planning- The 6 Key Processes

7:00-8:45      MHS 201      Mondays      9/22/2025      (2 weeks)  
\$45.00

As you seriously start thinking about Retirement Planning there are 6 key planning areas you must make decisions on . Creating a Retirement Income model, Investment Planning for lifetime Income, Health care planning, Tax minimization planning , Social Security optimization and Estate planning . The course will cover each of the key areas and provide resources to be able to plan effectively for a successful retirement. Taught by Donald M. Roy, CFP

### YogaDance

6:30-7:30 PM      MES APR      Tuesday      9/23/2025      (10 weeks)  
\$215.00

Join Kripalu certified instructor, Gloria Bry, in this unique combination of yoga and dancing. Gloria uses yoga postures and joins them together with music, rhythm and dance to create a fun, joyful and energetic environment where you will experience the bliss of yoga in motion.