

## **Merrimack School District Adult Education**

### **Class Descriptions WINTER 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@sau26.org](mailto:adult.education@sau26.org)

#### **Adult Education Drop In Crochet Program**

**6:30-9:00 PM**      **MHS 121**      **Wednesdays**      **1/29/2025**      **(9 weeks)**  
**NO CHARGE**

Need help with a current crochet project? Want ideas for a new crochet project? Drop-in Wednesday night, anytime 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 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.

#### **Beginners Meditation Class**

**6:30-7:30 PM**      **MHS Band Room**      **Thursdays**      **1/30/2025**      **(6 weeks)**  
**\$100.00**

Join Our Beginner's Meditation Class. Discover inner peace and well-being with our beginner-friendly meditation class. Learn mindfulness, loving-kindness, breathing techniques, sound meditation, and tea ceremony meditation. Enjoy expert guidance in a relaxed environment and start your journey towards a more balanced and stress-free life. Please bring a yoga mat if you have one, but it is not necessary. Taught by Bruce Philie

#### **Coming To Our Senses**

**6:30-7:30 PM**      **MHS 205**      **Thursdays**      **1/30/2025**      **(8 weeks)**  
**\$170.00**

If you are curious about what lies beyond the busy, thinking mind this 8 week class is for you. You will be introduced to the personal benefits associated with what there is available to you beyond thinking; making room for noticing what really matters. Connecting to life as it really is. Taught by Gloria Bry

## Classical Yoga

**6:30-7:30 PM**    **MES APR**    **Mondays**    **1/27/2025**    **(8 weeks)**  
**\$100.00**

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).

## Conversational Italian for Beginners

**6:30-8:00 PM**    **MHS 210**    **Tuesdays**    **1/28/2025**    **(6 weeks)**  
**\$150.00**

Did you know that studying a foreign language is one of the 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 term 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 I: The Basics

**##** This class has an additional materials fee.

**7:00-8:30 PM**    **MHS 121**    **Thursdays**    **1/30/2025**    **(8 weeks)**  
**\$80.00 plus materials fee**

Learn basic crochet stitches, how to read patterns and how to finish a simple project. Pace will be slow to allow for a lot of individualized instruction. All needed materials will be provided: **Material cost \$15 due to the instructor on the first day of class** (this is in addition to the class registration fee payable at time of enrollment). Taught by Pat Heinrich

## Crochet II: Beyond the Basics

**7:00-830 PM**                      **MHS 121**                      **Mondays**                      **1/27/2025**                      **(8 weeks)**  
**\$80.00** Pre-req: must have basic crochet knowledge.

Already know how to crochet? Learn new stitches and techniques while brushing up your skills by crocheting a decorative tote bag. Supplies needed: 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 or start personal projects of their own. Taught by Pat Heinrich

## Gentle Yoga and Sound Healing

**6:30-7:30**                      **RFS APR**                      **Tuesdays**                      **1/28/2025**                      **(6 weeks)**  
**\$125.00**

Join me for a different kind of yoga class that blends 40 minutes of gentle yoga with a 20-minute sound healing savasana, using Tibetan bowls, chimes, gong, tuning forks etc. to complete your practice. This unique experience promotes mindful movement followed by deep relaxation. Creating balance between body and mind. Please bring your own yoga mat. Taught by Amy Philie

## **NEW!** Gentle Yoga

**3:30-4:30**                      **RFS GYM**                      **Wednesdays**                      **1/29/2025**                      **(8 weeks)**  
**\$100.00 and for MSD employees a reduced rate of \$60.00!**

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).

## Healing Qigong

**6:15-7:15 PM**                      **TFS APR**                      **Tuesday**                      **1/28/2025**                      **(12 weeks)**  
**\$336.00**

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. Taught by Carol Lipkin

## **Next Phase Retirement Income Planning**

**6:30-7:45**                      **MHS 201**                      **Mondays**                      **1/27/2025**                      **(2 weeks)**  
**\$45.00**

Retirement planning is a complex process which includes many facets (income modeling, investments, healthcare, social security and tax planning). This course is designed to provide you with the key information you need to successfully navigate the retirement planning process. Taught by Donald M. Roy, CFP

## **Painting with Pastels**

**6:00-8:00 PM**                      **MHS 111**                      **Wednesdays**                      **1/29/2025**                      **(7 weeks)**  
**\$175.00**

Pastel is a dry pigment in the firm of sticks that can be used to create luminous paintings. No brushes to clean! This 7 week course starts off with guided winter scene and finishes with a project of your choice. Each student will bring their own supplies( see list below) . Taught by Diane Crespo, [www.dianecrespofineart.com](http://www.dianecrespofineart.com)

Supplies Needed:

- 48 count (or 96 count) Prismacolor Premier NuPastel Firm Pastel Sticks
- Vine charcoal (for drawing)
- Prismacolor Kneaded Eraser (largest size)
- Artist tape (drafting tape or blue paint tape is fine)
- Rag for hands (an old dish towel works great)

\*\*\*Sanded Paper will be supplied for \$3 per 9x12" sheet at first class

## **Yoga Dance**

**6:30-7:30 PM**                      **MES APR**                      **Tuesdays**                      **1/28/2025**                      **(10 weeks)**  
**\$215.00**

A unique approach to movement combining the time honored traditions of yoga with dance. This holistic approach to well-being provides a path for healing, wellness and transformation by using the joy of movement to tone muscles, build flexibility, endurance and cardio fitness. Please bring your own yoga mat. Meditation in motion...Taught by Gloria Bry.