

ADULT EDUCATION CLASSES — FALL 2019

(It is assumed that some classes will have to have a materials cost over and above the tuition cost.)

Limit	Class	Start	Weeks	Time	Room	Teacher	Cost
Monday							
15	Archetypal Patterns/Akashic Records Advanced	9/16	8	6:30-8:30	MHS 208	M. Annutto	\$100.00
20	Classical Yoga	9/16	8	7:00-8:00	MES APR	D. Desilets	\$80.00
12	Gentle Yoga	9/16	10	5:30-6:30	MUES 122	J. Cushing	\$120.00
20	Retirement Income By Design	9/16	3	7:00-8:30	MHS 209	D. Roy	\$45.00
20	Strategies to Pay the College Bill	12/9	1	6:30-8:00	MHS 209	J. Wang	\$20.00
12	Ukulele Newbie (Certain Mondays)	9/16	6	6:00-7:00	MHS 129	M. Loce	\$125.00
12	Ukulele Songster (Certain Mondays)	9/16	6	7:30-8:30	MHS 129	M. Loce	\$125.00
Tuesday							
15	Ageless Yoga for Fun	9/17	6	6:30-7:30	MHS Band	K. Melconian	\$60.00
18	Chakra Vibration	9/17	8	6:00-7:30	MHS 205	G. Bry	\$140.00
18	Conversational Italian for Beginners	9/17	6	6:30-8:00	MHS 209	S. Ehrenstein	\$150.00
20	Creative Writing: Finding Your Market	9/24	1	6:00-8:00	MHS 249	M. Dennis	\$20.00
20	Foundation of Investing	10/8	1	6:30-7:30	MHS 204	P. Radford	\$10.00
15	How to Read Your Akashic Records—Beginner	9/17	8	6:30-8:30	MHS 208	M. Annutto	\$100.00◇
14	Painting with Pastels	9/17	7	6:30-8:30	MHS 111	D. Crespo	\$140.00◇
20	Preparing Your Estate	11/12	1	6:30-7:30	MHS 204	P. Radford	\$10.00
25	Tabata Yoga	9/17	10	6:45-7:45	MES APR	C. Maston	\$100.00*
15	Songwriting	9/17	6	7:00-8:00	MHS 201	T. Jann	\$80.00
Tuesday & Thursday							
10	Crochet: Basics	9/17	4	7:00-8:30	MHS 121	P. Heinrich	\$45.00†◇
10	Crochet: Beyond the Basics	10/15	4	7:00-8:30	MHS 121	P. Heinrich	\$45.00†
Wednesday							
18	Drop In Community Crochet Group	9/18	12	6:30-9:00	MHS 121	P. Heinrich	\$0.00
20	Financial Aid 101	9/18	1	6:30-8:00	MHS 209	J. Wang	\$20.00
15	Happiness: Life's Most Important Skill	9/18	5	6:00-7:30	MHS 205	G. Bry	\$85.00
15	How to Communicate With Your Angels	9/18	8	6:30-8:30	MHS 208	M. Annutto	\$100.00◇
Thursday							
20	Boot Camp	9/19	10	6:45-7:45	RFS APR	C. Maston	\$100.00*
18	Conversational German for Beginners	9/19	6	6:30-8:00	MHS 209	S. Ehrenstein	\$150.00
20	Creative Writing: Outlining Your Novels	9/19	8	6:00-8:00	MHS 206	M. Dennis	\$160.00
20	How to Create a Life You Love	9/26	4	6:00-8:00	MHS 269	S. Barker	\$90.00
15	Meditation Techniques	9/19	5	6:00-7:30	MHS 205	G. Bry	\$85.00
12	Understanding Grief and Loss	9/19	8	6:00-7:30	MHS 269	L. Fraser	\$120.00

* Sign up now for both Boot Camp & Tabata Yoga classes and the combined tuition is \$190.00.

† Sign up now for both Crochet: The Basics and Crochet: Beyond the Basics and the combined tuition is \$80.00

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

Room Locations:

MES is Mastricola Elementary School

MMS is Merrimack Middle School

RFS is Reeds Ferry School

MHS is Merrimack High School

MUES is Mastricola Upper Elementary School

TFS is Thorntons Ferry Elementary School

Need directions? Call me at 424-6213. Please leave a voicemail message, and I will return your call!

MOST CLASSES BEGIN THE WEEK OF SEPTEMBER 16, 2019!

Register By Mail Only — Registrations are due by Saturday, September 7th!

If daytime school or after school activities are cancelled, there will not be any adult night school. Listen to WZID 95.7 FM or to television Channel 9 for cancellations. Class cancellations will be made up by adding additional weeks.

■ ***Classes will not be held*** on the following dates unless specified otherwise:

Monday, October 14 — Columbus Day

Monday, November 11 — Veterans' Day

Wednesday-Friday, November 27 - 29 — Thanksgiving Break