

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 cancelled 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 \$10.00 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 e-mail:

adult.education@sau26.org

— COURSE DESCRIPTIONS —

Ageless Yoga For Fun

(6 Weeks)

Experience the joy of yoga in a class that focuses on basic yoga moves for the entire body, laughter yoga, and yoga nidra. Come and rejuvenate your entire physical body with movements done while seated in a chair. You will experience increased strength, flexibility, and stamina in your whole body. Laughter yoga strengthens the immune system, reduces stress, and releases endorphins which promote an overall sense of well-being. Yoga nidra is a quieter guided meditative component in which 20 minutes is equivalent to a restful sleep of 2-3 hours. In an hour you can learn practices to improve your health and relieve stress while adding laughter and joy to your life. Taught by Kathy Melconian.

Archetypal Patterns and the Akashic Records—Advanced Study*

(8 weeks)

This is an advanced class for accelerate understanding and use of your Akashic Records. In order to register for this class, please note, you must have completed the Introductory to Reading your Akashic Records class from a prior session. The scope of our practice and time will be spent entering the Akashic Records to gain personal insight for healing and transformation. We will be exploring the most common Archetypes that show up and influence how we experience our life. These Archetypes hold specific patterns of survival, beliefs and behaviors that can impact our life in positive and negative manners. This class is for those of you that would like to dust off and hone their previous skills as they explore an archetypal dimension in their records. (*prerequisite -Intro to the Akashic Records) Taught by Meg Annutto.

Boot Camp

(10 Weeks)

We will work cardio and strength for a full body workout each class. Come prepared to sweat and shed those calories. The class format will change each week to keep it interesting. Everyone can do this class; you work at a pace that is good for you, but you will be pushed to find your full potential. Please bring hand weights 3-8 lbs., resistance band, mat and water. Taught by Cyndi Maston.

Chakra Vibration - An inner Dynamic

(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 life. Learn about the crystal rock connection to vibrational energy. Taught by Gloria Bry.

Classical Yoga

(8 Weeks)

This gentle to moderate style class will include asana (poses), Pranayama (breathing techniques), relaxation and meditation. You will be encouraged and supported to move at your own pace. Variations and modifications will be offered for beginners, as well as for more experienced students. Please bring a yoga mat. Taught by Deb Desilets.

Community Crochet Drop In Program

(12 weeks)

For people who crochet: Need help with a current 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 charitable projects. Patterns and project support provided. Instructor, Pat Heinrich facilitates the program. For more information, email her at: heinrich03054@comcast.net. No registration is necessary.

Conversational German 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 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.

Creative Writing: Finding Your Market

(1 week)

Learn the tools to find where to submit your writing pieces for publication. In this class you will learn about different free and paid websites that will help you search out your perfect writing market. We

will also cover the standards of submission guidelines, author bios, and the cover letter. (Artists welcome as some of these sites are for art submissions as well.) Class will be held in a computer lab or you may bring your own device to work with. Taught by Author and Editor, Marinda Dennis.

Creative Writing: Outlining Your Novels

(8 weeks)

Learn how to fill in the holes of writing before you even begin. In this class you will learn how to outline our novel and each of the scenes you have planned as well as finding your theme and perfecting your pitch. Taught by Author and Editor, Marinda Dennis.

Crochet: The Basics

(4 weeks)

Learn the basic crochet stitches, how to read patterns, how to assemble and 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 payable to Pat Heinrich (cash or check) on the first night of class. Taught by Pat Heinrich.

Crochet: Beyond the Basics

(4 weeks)

Crochet a "market" bag to brush up on your skills and/or learn new stitches and techniques. Supplies needed: 600 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.

Financial Aid 101

(1 Week)

This is not the same information presented in the guidance/NHHEAF financial aid session. If you don't know the rules, you can't win the financial aid game! We'll be going over strategies to get more aid and pay for college. We'll go over common questions such as how to save, options for paying, how to get more aid, and what factors are truly important. And most importantly, we'll be discussing how to avoid the unintentional mistakes that ruin your chances for aid! Taught by Jack Wang

Foundations of Investing

(1 week)

Foundations of Investing will cover the basic features of bonds, stocks and packaged investments, and the importance of asset allocation. Light refreshments will be provided. Taught by Perry Radford.

Gentle Yoga

(10 Weeks)

Rejuvenate your mind, body, and spirit with a program of gentle yoga exercises. This course offers a series of joint-freeing exercises combined with a strength building series. Please bring a yoga mat and wear comfortable clothing to class. Taught by Jeanne Cushing.

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. Through discussion, class participation and handouts in this five week class you will learn the science of happiness, the conditions that lead people to flourish and common obstacles that can get in the way. Happiness is available...please help yourself. Taught by Gloria Bry.

How to Communicate with Your Angels

(8 weeks)

Everyone is born with a natural ability to communicate with Angels. This class is specifically designed to introduce you to the Angelic realm in a very fun, safe, interactive, practical and spiritual manner. Each Angel has it's one essence as each holds a spiritual archetypal quality of God. Exploring these sacred qualities of the Angelic realm allows us to deepen our relationship with God and a better understanding of the lessons of our soul's purpose. During the class discussions, guided meditations and interactive exercises you will have many opportunities to discover the pathway of communication that works best for you. This class will also enhance your self-awareness, your intuitive confidence and spirituality.\$15 (cash or check) payment due at the first class (payable to Margaret Annutto) for purchase of Angelic Oracle Cards to be used in class exercises.

How to Create a Life You Love

(4 weeks)

Is there an area of your life you would like to improve or is your Soul nudging you toward a life with greater passion, meaning and purpose? During this class you will embark on a journey of self-discovery, gain greater clarity on your goals and dreams and learn 3 success principles to help you achieve your dreams faster. If you have been feeling stuck and you are ready to explore creating a life you would love living then you will not want to miss this informative class. Students should bring a notebook and pen. Taught by Sharon Barker.

How to Read your

(8 weeks)

Akashic Records—(Introduction)

Learn how to open the Akashic Records for yourself and others in this self-empowering workshop. Discover a more conscious and meaningful relationship with your soul. During class we will engage in guided meditations, journaling and group discussions that support a deeper understanding of the many reasons for accessing Akashic Records to enhance your daily life. We will be focusing on the "Pathway Prayer Process", developed by the acclaimed author, Dr. Linda Howe. The use of guided meditations, journaling and groups discussions as we experience the records will promote transformational self-awareness and personal insight. There will be many different exercises in class and in-home study that will compliment this course. As a group, we will explore the art of opening and reading the records for others during class time."How to Read the Akashic Records" by Linda Howe is required for the class and will be supplied to you at the first class for an additional cost of \$14.95(cash or check) to: Margaret Annutto is due at the time of our first class.

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 how to create peace and relaxation and make them a part of your life. Taught by Gloria Bry.

Painting With Pastels

(7 weeks)

Get creative and create a luminous painting without using paint brushes. This class is great for any level. For the beginner, you will learn to strengthen drawing skills while having fun with color. For intermediate level, you will continue to build up compositional skills while exploring more options with color. What to bring: set of 48 or 96 Prismacolor Nupastel color sticks (best price might be on dickblick.com) ,a rag for your hands and a printed image to paint from or choose from some images available at first class. A fee of \$9.00, payable to the instructor on the first night of class will cover paper and other items supplied at first class. Taught by Diane Crespo.
www.dianecrespofineart.com

Preparing Your Estate Plan

(1 week)

This presentation will help familiarize you with basic steps of estate planning, including the function of a will and the different types of trusts. Light refreshments will be provided. Taught by Perry Radford.

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 3 evenings, you'll develop a big-picture perspective on the variables, decisions, and tasks that contribute to a successful retirement income plan. In the process, you'll learn strategies to help you: Create a well-informed budget and retirement income model rather than relying on average rates of return, which can be a costly mistake*Draw a reliable income stream from your investments without depleting your assets or incurring unnecessary taxes and penalties*Manage risk with asset 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.

Songwriting

(6 weeks)

A weekly gathering of aspiring and experienced songwriters and rhyming poets to share and learn the art of songwriting in a fun and supportive setting. The objective is to help find inspiration and spark creativity while learning the basics of lyric writing and the steps needed to create original songs. Previous music or instrument training is helpful but not required. Tammy Jann is a Merrimack Singer/Songwriter and Poet who has written over 200 songs, one of the organizers of SONG (Songwriters of New Hampshire Group) for the last five years and an active member of online songwriting groups and challenges. Original songs and poems can be found at tammyjann.com.

Strategies to Pay the College Bill

(1 week)

Intended for parents of high school seniors, this class will review the different options to pay the college bill, ranging from loans to payment plans to other strategies that you may not have thought of. We'll review the pros and cons of each option so you can decide for your family which is best. Taught by Jack Lang.

Tabata Yoga

(10 Weeks)

Tabata Yoga will utilize the Tabata method alternating between work and rest in a sequence of eight repetitions. We will hold poses for 20 seconds then rest for 10 seconds. You will build strength, gain balance and work your core and more, finishing with stretching and relaxation. Experiencing the link between yoga and Tabata will bring more strength and endurance to your Yoga practice and your everyday life. Please bring a yoga mat and water to class. Taught by Cyndi Maston.

Ukulele Newbie

Certain Mondays

(6 weeks)

Sept. 16, 30, Oct. 7, 21, Nov. 4, 18

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)and his Ukestra: (www.ukestra.org).

Ukulele Songster

Certain Mondays

(6 weeks)

Sept. 16, 30, Oct. 7, 21, Nov. 4, 18

Keep on strumming and singing! The Songster class is for intermediate players of the ukulele who have already taken Mike's intro classes and/or already have ability to play songs and sing. Switching chords and strumming in time are required, as this program will start out with songbook playing. Source material and songs will be provided in a PDF format for members to print, and players are welcome to contribute to the set with charts for the others. Ukulele fun continues!! This class is directed by professional guitarist and educator Mike Loce, who is also available for private instruction. Learn more about Mike (www.mikeloce.com) and his Ukestra: (www.ukestra.org)

Understanding Grief and Loss

(8 weeks)

Our experiences of letting go, losing and seeing the other side. Has your life been touched by loss and grief? Do you know someone who is grieving but you don't know what to say or how to support them? Grief can take us down unfamiliar paths. I have learned it is wise not to travel alone. In this program we will create a safe and supportive environment to allow ourselves to explore our experiences of loss and grief relationally, professionally, physically, spiritually, culturally and socially. Through reading, group discussion and creative activities will look at this topic through many lenses and come to appreciate our experiences of letting go, losing and seeing the other side. Taught by Linda Fraser.

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

DON'T WAIT — REGISTER TODAY! • REGISTRATION CLOSSES ON SATURDAY, SEPTEMBER 7th!