

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 —

Acoustic Guitar Strummers (6 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 rhythms, and a desire to collaborate with others! Health benefits from playing guitar in a group with others include increased relaxation and enhanced creativity. Goals include discussion of guitars, regular usage of song/chord charts in a variety of music styles, player history and more. This class is directed by professional guitarist and educator Mike Loce, who is also available for private instruction. Learn about Mike : www.mikeloce.com Class runs January 27, February: 3, 10, March: 2, 16, 23

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 (12 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 (14 weeks)

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

Crochet: The Basics (8 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 (8 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.

Drawing Class Back to Basics (6 Weeks)

Working from still lifes and photographs we will explore value, line and composition through drawing, using pencil, charcoal and conte. This class is great for beginners and anyone wanting to get back into drawing. What to bring: pink pearl eraser (papermate brand), hand held pencil sharpener, Drawing pencils- 2H, HB, 2B, 6B or 8B, vine or willow charcoal (soft, thin & thick-a few of each), charcoal stick (soft, dark,'generals' brand is good), conte sticks-white, black, sanguine (one of each is fine). A fee of \$5.00 payable to the instructor on the first night of class will cover paper supplied at first class. Taught by Diane Crespo.

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. 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.

Magic You Can Do (7 Weeks)

A seven week fun class where you will learn mental magic and easy to do sleight of hand. Magic with cards, coins, rope and other props will be taught. You will be astounding friends and family after every class where you will be learning several effects. All props will be supplied. Students will be eligible to join the Society of American Magicians. Taught by Don Sanborn.

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 Pastel Boot Camp (3 Weeks)

Learn how to paint without using brushes. Pastels are a dry stick of pigment, the same pigment used in oil paint. We will finish a painting by the end of the session. Everyone will be working on the same image and demonstrations will be

provided to guide through the process. This class is good for an extension of the drawing class and for beginner and intermediate level and anyone who is getting back to art after an absence. What to bring: set of 48 or 96 Prismacolor Nupastel color sticks (best price might be on dickblick.com), and a rag for your hands. A fee of \$9.00, payable to the instructor on the first night of class will cover paper and other items. Taught by Diane Crespo.

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.

Standing Guard: Protect What You've Worked For

(1 Week)

Share strategies designed to help guard valuable assets and protect pre- and post-retirement income. Discusses impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/LTC protection, and healthcare cost concerns. Taught by Perry Radford.

Strategies to Pay the College Bill

(1 Week)

Intended for the family of high school seniors, this workshop will review all of the different ways to pay the college bill that will be arriving soon! We'll review the different options, such as Federal vs private loans, student vs parent loans, payment plans, potential other strategies and discuss the pros and cons of each. You'll get ideas on how to figure out which methods are best for your family. Sending your student to college is one of the biggest financial decisions you'll make in your life. What you decide WILL have an impact on your financial future. Join us to learn the information so you can make the right choices for your family! Taught by Jack Wang.

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.

Tax-free Investing:

It's not what you make, It's what you keep! (1 Week)

Overview of tax-advantaged investments such as muni bonds (muni/UIT/mutual funds), IRAs (traditional/ Roth/ 401k/403b) and/or life insurance. Taught by Perry Radford.

Ukulele Songster

(6 Weeks)

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) Class runs January 27, February: 3, 10, March: 2, 16, 23.

***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, JANUARY 11th!