

## **Merrimack School District Adult Education**

### **Class Descriptions Winter 2024**

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.

#### **##Ceramics (Hand building)**

## This class has an additional materials fee.

**6:00-8:00 pm      MUES Art Room      Wednesdays      2/7/24      (8 weeks)**

Create functional pottery using various hand building techniques with kiln fired Clay!

During this 8-week session, choose projects that interest you as we explore slab, pinch pot, and coil techniques as well as different surface treatments. This class is suitable for complete beginners as well as those with experience. A \$50.00 materials fee is due to the instructor on the first day of class (this is in addition to the class registration fee payable at time of enrollment). Materials fee covers cost of items such as clay, glazes and basic tools which can be purchased at the first class.

Taught by Tracy Gruber

#### **Classical Yoga**

**6:30-7:30 PM      MES APR      Mondays      1/29/24      (10 weeks)**

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).

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

**6:30-9:00 PM      MHS 121      Wednesdays      1/24/24      (approx. 14 weeks)**

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: [heinricho3054@comcast.net](mailto:heinricho3054@comcast.net). No registration is necessary.

#### **Conversational Italian for Beginners**

**6:30-8:00 PM      MHS 210      Mondays      1/29/24      (6 weeks)**

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 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**

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

**7:00-8:30 PM      MHS 121      Thursdays      2/15/2024      ( 8 weeks)**

Learn the 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 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: Beyond the Basics**

**7:00-8:30 PM      MHS 121      Mondays      1/29/2024      ( 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

### **Next Phase Retirement Income Planning**

**7:00-8:45      MHS 201      Mondays      1/29/24      (2 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

### **Self Care in Everyday Life-You Deserve It**

**6:00-7:00 PM    MHS 205    Mondays    1/29/24    (8 weeks)**

In this class, you will be introduced to the positive, life-changing practice of self-compassion and how important it is to the quality of your life. You will learn simple tools that offer heightened awareness of what compassion for self is and what it is not, as well as practices designed to increase your health and well-being, develop courage, experience less stress and expand your appreciation of yourself and others. These new learnings will become an integral part of your everyday life. Taught by Gloria Bry.

### **YogaDance**

**6:30-7:30 PM    MES APR    Wednesdays    1/31/24    (8 weeks)**

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.