

Derry Center for Adult Studies

Derry Cooperative School District
 18 South Main Street
 Derry, NH 03038

**NON-PROFIT ORG
 U.S. POSTAGE
 PAID
 SALEM, NH
 PERMIT NO. 151**

WINTER/SPRING 2019 Schedule

Registrations accepted NOW and up to beginning of class. Beyond if availability allows – **Classes fill fast!**

Register with a friend and each take \$15 off – No Early Bird Discount

GENERAL INFO & REGISTRATION PROCEDURES

Barrie-jane Corey, Coordinator
 432-1245 derryadulthood@sau10.org
All students must be at least 16 years of age.

HOW AND WHEN TO REGISTER

BY MAIL: Complete the form, clip and mail with tuition & fees to:
 Derry Center for Adult Studies, 18 South Main Street, Derry, NH 03038

IN PERSON: Registration forms are available for pickup & drop off at the Superintendent’s Office, 18 South Main Street, Mon – Fri 8 AM – 4 PM – **IF PAYING CASH, PLEASE BRING EXACT. CHANGE NOT AVAILABLE.**

WHEN? NOW! Accepted anytime by mail or in person. **Early** registration is encouraged as classes fill quickly. **Open to Residents & Non-Residents.**

Registration confirmation WILL NOT be sent

PAYMENT: MC, VISA, DIS (\$2.50 CC fee) cash, money order, or check payable to: **Derry Center for Adult Studies** A \$20 fee is charged for checks returned due to insufficient funds. **Please bring exact amount when paying cash.**

TUITION, MATERIALS AND FEES: Tuition and material fees are listed with each course and are due at time of registration unless otherwise noted.

REGISTRATION DISCOUNT: Register with a friend and each take \$15 off. Cannot be combined with any other discount or when no discount offered. **No early bird.**

REFUND POLICY: NO REFUNDS unless a course is cancelled. If you need to cancel your registration, a refund minus a \$20 admin fee will be issued if a student withdraws at least 7 business days prior to the first class. **NO REFUNDS WILL BE ISSUED UNLESS WITHDRAWAL IS SEVEN (7) BUSINESS DAYS PRIOR TO START DATE. NO EXCEPTIONS TO POLICY.**

WEATHER & CANCELLATIONS: If Derry schools are closed or have early dismissal, all Adult Ed classes are cancelled, regardless if conditions improve. Cancellations are broadcast on WZID radio 95.7 FM and CH 6 TV. For on-line cancellations, go to www.WZID.com click on closings under news & weather. If in doubt, call the center at 432-1245. Cancelled classes made up at end of term.

Registration Form	Name:	Town:	Night/Date	Time	Cost	Less:	Plus if appl:	Credit Card fee:	Book/Material Fee:	Total Enclosed
	Address	Zip:								
	Home Ph:	Cell Ph:								
	Email:									
	Course (s)									
	VISA/MC/DIS #									
	EXP:	CVV: (security code on back)								
	NAME AS IT APPEARS ON CARD									
	SIGNATURE:									
	Please DO NOT staple payment to form.									

Adult Basic Ed & HiSET Prep (High School Equivalency)*

FREE adult (18 and over) remedial classes in reading, math and English as well as HiSET prep assistance
 Tuesday & Thursday 9:30AM – 12 PM at Marion Gerrish Community Center
 Tuesday & Thursday 6:30 – 8:30 PM at Gilbert H Hood Middle School

ESOL* – FREE adult classes (18 and over)

Tuesday & Thursday 9:30 AM – 12:00 PM at Marion Gerrish Community Ctr
 Tuesday & Thursday 6:30 PM – 8:30 PM at Gilbert H Hood Middle School

Please call 432-1245 for class information*

Admission is ongoing

Classes run September 11, 2018 – May 23, 2019

Adult Learner Services of Greater Derry – FREE adult (18+) tutoring in

reading, writing, math, ESOL, & HiSET prep. Volunteer tutors welcome as are tax deductible donations. For info & to register call Jenn Hodgdon at 432-1907.

HiSET Testing (formerly GED) Gilbert Hood Middle School Library

Check in at 5:00. Testing 5:15-9 PM each night \$20 per subtest and/or retest.
 Exact cash or MO (Derry Ctr Adult Studies) only payable at check in.
 \$40 fee for no show on appointment date or without cancellation within 24 hours of test.

Call 432-1245 to schedule. Must 1st create account at hiset.ets.org

Feb 19 & 21	Mar 27 & 28	Apr 17 & 18
May 15 & 16	June 12 & 13	

Pinkerton Academy Diploma and HiSet Certificates

PA offers evening courses for students who have withdrawn from HS and looking to earn high school credits. They also offer a HiSET prep program with on-going admission. Lynne Lonergan at 437-5200 x 1111 or lonergan@pinkertonacademy.org

COMPUTERS

One text used for ALL MS Office 13 classes – Purchase ONE only

All classes are held at Gilbert Hood Middle School– Room 226

Computer Basics

This course for beginner computer users covers terminology and basic skills such as printing, creating folders, saving documents, using email and sending/receiving attachments.
 3 weeks, Thus, begins 1/31 \$70 7-9 PM Hood MS

Nancy Hoffman

Computer Basics Continued Skills

Internet research skills, sending/receiving attachments, manipulating between multiple open apps such as the internet and MS Word are some topics covered.
 3 weeks, Thus, begins 3/7 \$70 7-9 PM Hood MS

Nancy Hoffman

NEW! Google “Drive”-ers Ed

In this class you will discover and explore all the Google apps that come free with having a Gmail account. Learn to harness the power of Google Drive: Docs, Folders, Forms and Spreadsheets. Google Drive offers 15G of free cloud space to store your information and access it from anywhere you can logon to your account.
 4 weeks, Mon, begins 1/28 \$60 7-8:30 PM Hood MS

Nancy Hoffman

Microsoft Excel - MS Office 13

In this 6 week course you will learn to create, save, edit, format, & navigate spreadsheets, create simple formulas, use help features, proofing tools, and print options. Learn to sort and filter data, insert tables, charts, & graphics, create advanced formulas, protect worksheets and use data validation.
 6 weeks, Wed, begins 1/30 \$195 +\$65 book fee 6-8 PM Hood MS

Sushmita Krovi

Microsoft Word - MS Office 13

Learn to create, edit and save documents, format characters and paragraphs, create headers and footers, move and copy text and to use help feature, proofing tools and printing options.
 3 weeks, Wed, begins 3/27 \$110 +\$65 book fee 6-8 PM Hood MS

Sushmita Krovi

Intro to PowerPoint - MS Office 13

Learn the basics of creating, formatting and proofing presentations. We will also work on inserting graphics, photos & animation.
 3 weeks, Thus, begins 4/4 \$110+ \$65 book fee 7-9 PM Hood MS

Nancy Hoffman

SPECIAL INTEREST

Intro to Adobe Photoshop Elements 13

Come learn the basics of this powerful photo editing software. Students will learn to import photos, edit, crop, resize, sharpen and add text as well as fix flaws, remove red eye, manipulate colors and work with layers.
 6 weeks, Mon, begins 3/11 \$95 7-9 PM Hood MS

Nancy Hoffman

NEW! Understanding Your DSLR Camera

Unsure of all the options available on your DSLR camera? Join professional photographer, Jill Kyle, to learn the fundamentals of digital photography & free up your time to be more creative. Once you understand how your camera works, you can create deliberately, instead of guessing. Bring your DSLR camera and printed manual to class. This class is not for point and shoot camera users. Not sure if your camera is a DSLR or a point and shoot? Visit www.jillkylephoto.com/derryadulthood for more details.
 8 weeks, Tues, begins 1/29 \$115 6-8 PM Hood MS

Jill Kyle*

Social Security Optimization & Pension Maximization

Walter Jezak *
 Filing for Social Security is one of the biggest financial decisions you’ll make; that’s why it’s the choice of a lifetime. At this seminar, you’ll learn many filing rules and strategies so you can make the choice that fits with your overall retirement income plan.
 1 night, Tues, 4/2 \$10 (no discount) 6 PM Hood MS Library

Walter Jezak *

Wardrobe Challenge

Are you tired of looking in your closet, not knowing what to wear? When we get dressed in the morning, we are sending a message out to the world about who we are as a person. What message are you sending? We will cover the following over the five weeks: 1) Closet cleanup, 2) Dress the body you have, 3) Incorporate your personal style, 4) Are you wearing the right colors?, and we will conclude on week 5 with a shopping trip! Come find your true style!!!
 5 weeks, Tues, begins 1/29 \$75 6-8 PM Hood MS

Sharon Jensen*

MUSIC

NEW! How to Play a Violin 2

This course continues on from Violin 1. It will work through the remainder of Essential Elements for String, Book 1. We will also work on many hand coordination exercises on the instrument. Bring a violin and a copy of Essential Elements for Strings – Book 1 Violin (book only) – available at Amazon for about \$6.99. Manual by Mel Epstein – Exercises for Improved Hand Coordination on the Violin.
 5 weeks, Wed, begins 2/6 \$75 + \$5 for manual 6-7 PM West Running Brook

Mel Epstein

NEW! All About Chords

This course will introduce you to the area of music know as harmony. You will learn how chords are built from scales and intervals, the various chord types and how to sequence and arrange chords. It is designed for those of you with some musical training or playing experience. By the end of this course, you will be able to understand chord types and choices in a piece of music and apply that knowledge to your playing. Manual by instructor Mel Epstein – Harmony.
 5 weeks, Wed, begins 2/6 \$75 + \$15 for manual 7:10-8:10PM West Running Brook

Mel Epstein

NEW! How to Play a Ukulele 3

This course continues on from Ukulele 2. It will review and finish Hal Leonard “Ukulele Method Book 2” by Lil’ Rev (book-only); Hal Leonard “Easy Songs for Ukulele” available at Amazon and Hal Leonard “More Easy Songs for Ukulele.” Enjoy both strumming and playing melody. Bring your ukulele. If not already owned, please purchase referenced books ahead of class.
 5 weeks, Wed, begins 2/6 \$75 8:10-9:10 PM West Running Brook

Mel Epstein

**The More the Merrier.....
 SIGNUP FOR A CLASS WITH A FRIEND
 & EACH TAKE \$15 OFF!!**

**(CANNOT BE COMBINED WITH OTHER OFFER OR
 WHEN NO DISCOUNT NOTED – NO EARLY BIRD)**

COMMUNICATION

From Writer to Author: The Path to Publication Jenna Brooks
 Taught by an award winning novelist, students have given this lively interactive seminar the nickname: “The Author Boot Camp” (and many of them are now also published). So pull your manuscript out of the desk drawer and let’s make your dream of being an author, a REALITY! See more at: theseminars.weebly.com
 6 weeks, Tues, 1/29 \$80 6-8 PM West Running Brook MS

A Muse Your Self Writing™ Denise Simpson*
 Have fun writing in a safe environment even if you think “I can’t write” or want to jump start your writing after you’ve been blocked. Discover your natural voice and learn a mind/body tool to combat the Inner Critic. All levels welcome. Discussions, exercises, and creative writing prompts will allow anyone to write in any genre. Bring a pen/notebook or laptop.
 6 weeks, Tues, 1/29 \$80 6:30-8:30 PM West Running Brook MS

After Awareness: The Domestic Violence Seminar Jenna Brooks
 The Domestic Violence Awareness campaigns were successful. Everyone is aware of these situations. So, what now? Presented by the author of the book, After Awareness, this discussion-based interactive seminar takes the next vital steps: teaching our children/teens how to reject abuse, helping the victims & addressing the root causes of DV in our culture. More @ theseminars.weebly.com
 6 weeks, Mon, 1/28 \$75 6-8 PM West Running Brook MS

Voice Overs – Now is Your Time! Rich Henkels*
 In what could be one of the most enlightening 2 hours you’ve spent, this class will show you how YOU could begin using your speaking voice for commercials, films, videos and more! You will learn about a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there. This is a business that you can handle on your own terms, on your own turf, in your own time and with practically no overhead. For 35 plus years, Rich Henkels’ distinctive sound and enthusiasm has become familiar in TV, radio, web-based, corporate and industrial voice over projects as well as live presentations. An Emmy Award winner, Rich knows the industry from both sides of the camera and microphone.
 1 night, Thus, 4/11 \$45 7-9 PM Hood MS

LANGUAGES

Conversational Spanish I Juana Moriarty*
 This class is for students with no previous knowledge of the Spanish language. Individual conversational needs are addressed. Bring notebook, binder & pen. Required text/CD’s: Living Language Spanish Complete Edition (available at Amazon) and a Spanish dictionary.
 10 weeks, Thus, begins 1/31 \$115 6-7:30 PM West Running Brook MS

Conversational Spanish, Continuing Skills Juana Moriarty*
 This course is for students who have some conversational Spanish skills and want to increase their proficiency. Bring notebook, 3 ring binder & pen.
 10 weeks, Mon, begins 1/28 \$115 6-7:30 PM West Running Brook MS

ARTS & CRAFTS

NEW! Watercolor Journaling 2 Susan Monty
 Students will build on the skills learned in Watercolor Journaling 1 to create expressive and unique journal pages. We will use watercolor and pen and ink to explore composition, design, text, borders and landscape elements such as clouds, trees, water and rocks. Students will be encouraged to work independently to create pages that are meaningful to themselves using the techniques introduced and practiced during class. New students welcome. Watercolor Journaling 1 helpful but not required. Please bring watercolor paper pad for practice, brush, palate with mixing space, pencil, fine point waterproof marker, blue painter’s tape. Other materials will be discussed at first class. Material fee includes paint and paper. See sample project at www.sau10.org under Adult Education

8 weeks, Wed, begins 1/30 \$90 + \$8 material fee 6:30–8:30 PM GHFMS

Pottery - Beginners/Intermediate Bruce Tonnesen
 We will cover the 4 basic methods of creating pottery...pinch pots, coil building, slab building & finally to the potter’s wheel. Bring an old shirt or smock, plastic bags from the cleaners & newspaper.
 10 weeks, Mon, begins 1/28 \$110 + \$50 clay fee 7-9 PM Hood MS

Paper Piece Quilting Jane Linzi
 Learn to make quilts and wall hangings with paper piecing, sometimes called foundation piecing. Sew your fabric right on the paper pattern to get precise points and perfect squares and triangles. Then, remove the paper to finish your quilt or wall hanging. Bring your sewing machine, rotary cutter, ruler, straight pins & fabric scraps to class. Supplies list available at sau10.org under Adult Education. A kit is required for first project. Please include fee with tuition.
 10 weeks, Wed, begins 1/30 \$110 + \$5 kit fee 6-8 PM Hood MS

Knitting for All! - New or Experienced Joanne Masiello
 This class is designed for, and open to, all levels of knitters. Beginners, please bring #9x10” straight needles and a skein of worsted weight wool in a solid color and I’ll supply a pattern. Intermediate knitters will do a Poncho/Shoulder wrap (see derryadulted.sau10.org for sample) & should bring #9x24/32” needles, circular needles and 900 yards of worsted weight or ARAN yarn. For added fee, Joanne will bring supplies. Student MUST get in touch with Joanne or visit shop to choose colors. Contact her at jmlm157@msn.com or 603-887-8550.
 10 weeks, Mon, begins 3/4 \$110 6-8 PM Hood MS

Wearable Quilts Suzan Cormier-Liu
 Wearable quilts? Yes, students will complete a wearable quilt jacket!! Students will focus on cutting and layout of the design then baste into desired position in class. Sewing down the pattern will be done at home each week. Bring a crew style sweatshirt in any color, 1 to 2 sizes larger than your normal size, which will become the foundation and backing for the quilted design. All fabrics provided by instructor and included in the materials cost. Samples of Suzan’s jackets can be viewed at sau10.org under Adult Education
 3 weeks, Tues, begins 1/29 \$60 + \$75 material fee 6-8 PM Hood MS

Metal Clay Open Studio Michela Verani*
 This class is open to all skill levels. If you’ve never worked with metal clay and would like to try it or if you’ve taken classes before and would like to continue, come on in!! Tools and techniques will be explained. Construction of simple and complex projects will be explained as well as firing and finishing of your pieces. Projects can range from simple earrings and pendants to complex hollow forms. Materials fee \$45 for 20gm silver metal and use of instructor’s tools.
 4 weeks, Tues, begins 3/5 \$80 +45 mat fee 6:30-9 PM Hood MS

Stained Glass 101 – Copper Foil Methods Freeda Ostis
 Stained glass isn’t just for professionals. While it does entail using a soldering iron, glass cutter and grinder, don’t let the tools and techniques deter you from the unique pleasure of creating your own masterpiece. This class shares the basic stained glass techniques from choosing how to cut a pattern to efficient soldering practices. You will learn the basic skills to eventually being able to build beautiful windows, lamp shades and more with your new found skills.
 6 weeks, Wed, begins 1/30 \$110 + \$50 mat fee 6-9 PM Hood MS

DANCE, EXERCISE & WELLNESS

Exercise & dance classes require moderate to increased levels of physical activity. Participants should be in good health without physical restrictions.

Jackie Sorenson’s Aerobic Dancing Arline Descheneau
 Jackie’s Aerobic Dancing is a medically approved, progressive, aerobic course that is choreographed for the non-dancer. The program firms your body and strengthens your cardiovascular system. Monitor your heart rate and participate at a level that is *comfortable for you!* Instructor is certified and CPR/AED trained. Wear comfortable sneakers, clothing and bring exercise mat and water. Have FUN, Get FIT!! Class meets 2 nights per week.
 10 weeks, Thus, begins 1/31 \$110 6:30–8 PM Grinnell ES Cafe

ZUMBA!® Jackie Penrod*
 Discover the latest dance exercise craze! Zumba® fuses Latin rhythms and easy to follow moves to create a dynamic fitness class. Every class is like a party!! Guaranteed to have a blast while burning calories!!! Bring lots of water!! Wear comfy clothing and shoes and sweat towel, if desired.
 10 weeks, Mon, begins 1/28 \$110 6:30 - 7:30 PM Barka ES

Basically Yoga Barbara Scott, RYT*
 Use yoga postures to stretch muscles, reduce tension, increase circulation, and improve balance and strength. Wear loose and comfortable clothing. Bring yoga mat, yoga strap & 2 blocks and water. Great for beginners
 10 weeks, Wed, begins 1/30 \$110 6:30-7:45 PM DVS Library
 10 weeks, Thus, begins 1/31 \$110 6:30-7:45 PM DVS Library

Ballroom Dancing/Swing/Latin** Betty Ashooh*
DANCE LIKE THE STARS!!!

Join the fun & learn the Foxtrot, Swing, Waltz, Rumba, & Cha-Cha. Wear comfortable shoes (no sneakers), bring a notebook.

Ballroom Classes are **\$165/couple** for 10 weeks at Gilbert Hood MS Dining Hall
 Bring along a New Couple to Ballroom & each couple can take \$15 off at registration.

Beginner Thus, begins 1/31 7:30-8:30 PM
Intermediate 1 Wed, begins 1/30 7:30-8:30 PM
Intermediate 3 Thus, begins 1/31 6:30-7:30 PM
Intermediate 4 Tues, begins 1/29 7:30-8:30 PM
Advanced 1 Tues, begins 1/29 6:30-7:30 PM
Advanced 2 Wed, begins 1/30 6:30-7:30 PM

Strength, Core and More! Jackie Penrod*
 A head to toe workout designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility, endurance and core strength. With the use of free weights (bring 3-5 lbs) & body resistance we will focus on all major muscle groups. Good for all fitness levels and easily modified! Bring mat, water & towel.
 10 weeks, Thus, begins 1/31 \$110 6:30-7:30PM Barka ES

Country Line Dancing Kim Carpentino
 Do you like country music? Are you looking for a new way to exercise? Or just a way to get out and meet a few new undiscovered friends? You can’t beat moving to the beat of country music. Have you ever seen a group of line dancers and wish you could do those steps? Seeing the camaraderie and laugh the way the dancers do when they nail the spin or mess it up? Join the fun learning some beginner line dances. We will learn 2/3 new dances & review previously learned ones each week.
 6 weeks, Tues, begins 3/5 \$55 or \$10 drop in 6:30-8 PM East Derry Mem El

Yoga for Beginners – Hatha style Cindy Maloof *
 Hatha yoga refers to a set of physical exercises, designed to align your skin, muscles, and bones. Postures are designed to open the many channels of the body – especially the main channel, the spine, so that energy can flow freely. It is a path toward creating and developing a balance of strength & flexibility. Bring attention to your breath & still your mind to be more present in each unfolding moment. Bring towel, mat/blanket, tie or strap, and water to class. Wear comfy clothes.
 10 weeks, Mon, begins 1/28 \$110 6:15-7:30 PM DVS Library
 10 weeks, Mon, begins 1/28 \$110 7:45-9:00 PM DVS Library

Journey Into Calm Marie Partner*
 Journey into Calm is an experiential class combining several types of Meditation, Qigong movement and Brain-Building strategies to enhance and improve your comfort and ease in both mind and body. You will gain greater energy, flexibility and vitality.
 6 weeks, Tues, begins 1/29 \$80 6:15-7:30 PM DVS Library

* Instructors are certified in their areas of expertise

Easy Tai Chi & Chi Gong Deborah Roy*
 Have fun and relax with this graceful exercise and moving meditation for all abilities and body types. In Tai Chi Easy, the traditional moves have been simplified to make them easier to learn and more enjoyable. Chi Gong (Qigong) consists of gentle movement, massage, breath work and meditation. These forms promote self-healing, and serve as a great introduction to these ancient healing arts. No special skills, training or equipment are needed.
 6 weeks, Wed, begins 3/6 \$80 6:30-7:30 PM Grinnell Cafe

Bowenwork Wellness™ Cindy Litch*
 This gentle non-invasive touch therapy developed in Australia, stimulates the body’s ability to heal itself, resulting in deep relaxation, better sleep, pain relief and recover from injuries. This class will be “hands on” learning that applies to different areas of the body to alleviate tension, joint pain, ease acid reflux and address overall health. Ltd. to 12 students. \$25 at 1st class for manual paid to instructor – please don’t include in tuition.
 2 weeks, Mon, begins 1/28 \$70 6:30-9 PM Hood MS

NEW! Primal Hatha Yoga Zsuzsa Belhazy-Kovacs*
 This simple, 75 minute class is designed to be a slow paced contemplative practice of mindfulness and yoga postures with awareness that moves with the flow of breath. It is structured to address grounding, stability, strength, flexibility and natural functional movement through a series of postures with therapeutic value to both who are healthy and those that struggle with health. Pace is slow and steady and modifications are offered as needed. Wear loose clothing and bring a mat, strap, block and water. Good for all levels. Questions? Email somatherapist@MoonDanceYoga.studio
 10 weeks, Thus, begins 1/31 \$110 6-7:15 PM DVS Music

Fusion Workout Brenda Caldwell*
 Strengthen, lengthen and increase flexibility with this complete workout. The combination mat class fuses together the technique of Pilates for back and core strengthening, leg toning Barre exercises and the physical and mental relaxation from Yoga stretches and poses. Ten weeks of variety resulting in a more energized fit body: The perfect way to unwind after a busy day. Modifications will be offered to suit individual needs. Please wear proper workout attire. Bring exercise mat and water.
 10 weeks, Tues, begins 1/29 \$110 6:30-7:30 PM Barka ES

Latin Style Dancing Juana Moriarty
 Looking to spice up your life? Come join us as we learn basic steps and fundamentals of Latin styled dancing in a friendly and fun environment! While the steps may look fast, it will be slowed down in this class so you can feel confident learning each step. So, check your inhibitions! Come exercise while you learn the basics of solo Latin dancing – no partner needed. Wear comfortable shoes.
 8 weeks, Tues, begins 1/29 \$110 6:30-8 PM Hood MS

NEW! Feldenkrais, SomaMoves® Zsuzsa Belhazy-Kovacs*
 SomaMoves is based on the Feldenkrais Method®’s group version – Awareness Through Movement® and mindfulness practice. It is NOT an exercise class & not strenuous. IT IS approachable for the general population and highly applicable for those with physical and cognitive difficulty. The method’s effectiveness comes from engaging the power of the mind/nervous system through gentle, low key movements thus through observation, recognition and differentiation allowing new, more efficient options to arise. Allows participants to move easier, lighter & efficiently; become more aware and change ingrained patterns to new ways to improve any function (physical, mental and social). No experience necessary. Wear loose clothing, bring mat and water.
 10 weeks, Thus, begins 1/31 \$110 7:45-9 PM DVS Music

<p>Course Location Key: DVS = Derry Village Elementary School BARKA Elementary School Hood MS = Gilbert H. Hood Middle School</p>
