

GOVERNOR WENTWORTH ADULT EDUCATION - Fall - 2018

Course Name	Start Date	# of Weeks	Days	Time	Location	Instructor	Cost
1 Microsoft Office - EXCEL This class will introduce you to the basics of creating Excel spreadsheets. Using the concept of creating templates you will be able to use your spreadsheets over and over again but for different tasks. Topics will include: using program short cuts, sorting information, using formulas, linking pages and protecting your work.	Oct. 2	3	Tues.	5:00-6:30	TC-120	Doug Ball	\$35
2 Introduction to QuickBooks How to get started using QuickBooks. Desktop Version: basic setup, entering information, customizing and generating reports. Advanced features will also be introduced.	Oct. 2	3	Tues.	6:30-8:30	HS-138	M.Blodget, CPA	\$90
3 Starting a Sm. Business in NH Learn some basics of starting a small business in NH. Topics will include: choosing the type of tax entity, registering your business name, hiring independent contractors & employees, insurance and filing requirements. Strategies for managing your business will also be introduced.	Oct. 3	2	Wed.	6:30-8:30	HS -138	M.Blodget, CPA	\$60
4 Beg. German 2-The Next Level This class will be a quick review of the Beginner German & then cover more advanced techniques. A beginner German class is not required, but some experience is needed. Note: No class Oct. 31.	Oct. 17	5	Wed.	4:00-5:15	MS-TBA	Rick Davidson	\$45
5 Adult Executive Function Problems Executive Functions are skills we are born with that help us achieve goals & solve problems. Do you have problems: 1-forgetting car keys, doing tasks, etc); 2-with procrastination; 3-with cluttering; 4-memorizing new information; 5-remembering to do more than 1 task at a time, 6-achieving even though you are bright? If you have 3 or more of these problems, this class can help you. Note-No class Nov. 6.	Oct. 23	3	Tues.	7:00-8:00	TC-104	Jerry Hess	\$30
6 Getting the Most Out of Your Camera - A With camera prices dropping the Digital Camera has become more affordable for aspiring photographers. The buttons & menus allow you technical control and creative control. This class is for students who want to take good pictures & not get bogged down with all the techno bobble. Class will include discussion & demonstration on how to control the settings of the camera. To get the most from this class bring your camera and a fully charged battery, memory card and the manual. Class limited to 8 students.	Oct. 3	3	Wed.	4:00-6:30	TC-117	Bob Levin	\$55
7 Getting the Most Out of Your Camera - B Same description as above except change of time.	Oct. 3	3	Wed.	6:30-9:00	TC-117	Bob Levin	\$55
8 Digital Pictures - Editing and Organizing - A You understand your digital camera & now you're ready for the next step. The course is for the entry level use or hobbyist to learn the basics of editing & retouching. We'll discuss software packages (Photoshop, Lightroom, etc). Projects include eliminating unwanted elements, using layers, color correction, saving for print & web, resizing and much more. Class limited to 8 students. No Class Oct. 31.	Oct. 24	3	Wed.	4:00-6:30	TC-117	Bob Levin	\$55
9 Digital Pictures - Editing and Organizing - B Same description as above except change of time.	Oct. 24	3	Wed.	6:30-9:00	TC-117	Bob Levin	\$55
10 Mobile Photography- Getting the most out of your iPhone or iPad This class will be based on iPhone & iPad, but android phones and tablets are very similar. Learn to use the built in apps for taking and editing photographs. Using various free and low cost apps to control the camera and more	Nov. 15	1	Thurs.	4:00-6:30	TC-112	Bob Levin	\$25
11 Mobile Photography- Getting the most out of your iPhone or iPad Same description as above except change of time.	Nov. 15	1	Thurs.	6:30-9:00	TC-112	Bob Levin	\$25
12 Cutting the Cable - A You've heard about cutting the cable. Is it feasible for your situation? We'll cover: what you need, subscription services & how it all works. Does it save you money? Discussion about Smart TV, Amazon Prime, Apple TV, Hulu, MLB, NBA, NFL, NHL. Streaming services and the set up.	Oct. 15	1	Mon.	4:00-6:00	TC-112	Bob Levin	\$20
13 Cutting the Cable - B Same description as above except change of time.	Oct. 15	1	Mon.	6:15-8:15	TC-112	Bob Levin	\$20
14 Cutting the Cable - C Same description as above except change of date and time.	Oct. 29	1	Mon.	4:00-6:00	TC-112	Bob Levin	\$20
15 Cutting the Cable - D Same description as above except change of date and time.	Oct. 29	1	Mon.	6:15-8:15	TC-112	Bob Levin	\$20

16 All About Chords	Oct. 2	6	Tues.	4:30-5:30	TC-112	Mel Epstein	\$60
<p>This course will introduce you to the area of music known as harmony. You will learn how chords are built from scales and intervals, the various chord types & 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. Materials: Harmony by Mel Epstein - \$15. To be purchased at the first class. Note: No class Nov. 6th.</p>							
17 How to Play A Ukulele 2	Oct. 2	6	Tues.	5:45-6:45	TC-112	Mel Epstein	\$60
<p>This course continues on from Ukulele 1. It will introduce you to new notes, new sets of chords, more sophisticated melodies & more strum patterns. You will additionally learn to play a number of popular songs. By the end of this course you will know your way well among the initial set of notes & chords. You will have become an advanced beginner! Bring a ukulele with you. Materials to be purchased before the first class: Hal Leonard "Easy Songs for Ukulele" by Lil' Rev (book only \$7.99). If not already owned, Hal Leonard "Ukulele Method" Book 1, Lil' Rev \$6.99 (book only). Amazon carries these titles. Uke Song/Exercise Pack by Mel Epstein \$10. To be purchased at the first class. No class Nov. 6th.</p>							
18 How to Play a Musical Keyboard 2	Oct 2	6	Tues.	7:00-8:00	TC-112	Mel Epstein	\$60
<p>This course will introduce you to playing from written music. It will build on your previous understanding & fingering skills developed in the initial How to Play a Keyboard course. You will improve your cross-hand coordination. By the end of this course you will be reading & playing from written music. Material to be purchased before the first class: Faber & Faber Accelerated Piano Adventures for the older Beginner Lesson Book 1 (FF 1205) \$8.95. Amazon carries this title. Bring your portable electronic keyboard to class.</p>							
19 Paint the Town - Sunflowers	Oct. 18	1	Thurs.	5:30-7:30	AC-147	Susie MacDonald	\$35
<p>Everything you need to create your own painting. Includes: instruction, 16"X20" stretched canvas, paint & apron. We'll bring the inspiration... You bring the fun! Painting will be beautiful sunflowers. Email us at adulthoodeducation@sau49.org or call 569-4361 and we'll email you a picture.</p>							
20 Paint the Town-Sunset Over a Lake	Nov. 5	1	Mon.	5:30-7:30	AC-147	Susie MacDonald	\$35
<p>Everything you need to create your own painting. Includes: instruction, 16"X20" stretched canvas, paint & apron. We'll bring the inspiration... You bring the fun! Painting will be beautiful sun over a lake. Email us at adulthoodeducation@sau49.org or call 569-4361 & we'll email you a picture.</p>							
21 Basket Weaving with Theresa - A	Oct. 1 & 3		Mon. & Wed.	6:00-8:30	HS-131	Theresa Hlushuk	\$35
<p>This class is for any level. You will create a bowl-shaped basket with a wooden base. Uses for this basket are endless. This basket will be woven using the "stop & start" method and you will be able to choose from three colors to weave throughout the basket: green, blue, and cranberry. Reed materials come from the inner core of the Rattan Vine from South East Asia. This basket size will vary depending on your weave. There will be an additional materials fee of \$30. payable to the instructor. Class size limited to 6.</p>							
22 Basket Weaving with Theresa - B	Oct. 15 & 17		Mon. & Wed.	6:00-8:30	HS-131	Theresa Hlushuk	\$35
<p>This class is exactly the same as the above class - but different dates. <u>NOTE: This class will only be offered if the above class is full.</u></p>							
23 Eggshell Mosaics	Oct. 2	3	Tues.	6:00-8:00	TC-121	Naoko Sears	\$40
<p>Learn the basics of the beautiful art of Eggshell Mosaics. Topics will cover caring for eggshells, the painting of eggshells, choosing the picture you like and the actual creation of your own eggshell mosaic and framing. Naoko has created these works of art for many years and has extensively exhibited at shows and fairs throughout the area. Learn the basics of a new craft! A \$10. materials fee will be payable directly to the instructor the first night.</p>							
24 Knitting For Beginners	Oct. 9	4	Tues.	6:00-7:30	HS-134	Fern Downing	\$45
<p>Learn to knit by choosing a simple project from which you can learn basic techniques of knitting. Students choose projects based on experience. With knitting done between classes, project(s) can be completed within the 4 weeks. Projects include: Dish cloth: cast on, knit, increase, decrease. Japanese Knotted Bag: knitting with 4 needles (in the round), cast on, knit, purl, Kitchener stitch. Hat: cast on, knitting in the round, knit, purl, decreasing. All projects are for beginners. There will be a \$10. supply fee payable to the instructor the first night. All supplies will be provided.</p>							
Quilting:							
25 Table Runner - Colorwash - easy	Oct. 2	2	Tues.	5:30-8:00	HS-135	Roberta Davidson	\$40
<p>Sewing 'strip sets' make this 52" X 21" runner easy to create. Knowledge of rotary tools and sewing machine necessary. This would make a lovely holiday gift. For a picture please email - adulthood@sau49.org, or call 569-4361. A supply list will be sent after registering.</p>							
26 Fold and Stitch Wreath - easy	Oct. 18	2	Thurs.	5:30-8:30	HS-135	Roberta Davidson	\$45
<p>Using only three different fabrics will give this lovely 21" wreath a sparkle any time of year. This would also make a great table topper. Some supplies will be provided for this class. For a picture please email- adulthood@sau49.org, or call 569-4361. A supply list will be sent after registering.</p>							
27 "Zappy Do" Wall Hanging - med.	Oct. 29	2	Mon.	5:30-8:00	HS-135	Roberta Davidson	\$40

with caution & ease so that you can truly learn from your experience & have a foundation to be able to move on to a continuation class later on.

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| 40 Chair/Therapeutic Yoga | Oct . 2 | 6 | Tues. | 3:30-4:30 | *** | Kris Kellar | \$60 |
| A gentle, therapeutic seated yoga facilitating lifestyle changes for all abilities...even those who have not exercised in years. A subtle yoga that addresses each muscle group & system of the body, enhancing flexibility & movement, reducing stress & leaving you a sense of well being. | | | | | | | |
| 41 Step Aerobics | Oct. 1 | 6 | Mon. | 6:45-7:45 | *** | Gretchen John | \$60 |
| Have fun moving into choreographed series of movements using the step. Always a warm up and cool down that include stretching exercises, arm strengthening and core work. | | | | | | | |
| 42 Fit Beats - A | Oct . 2 | 6 | Tues. | 6:45-7:45 | *** | Courtney Carrier | \$60 |
| A dance-based cardio workout with routines that draw from a range of styles. Classes incorporate a variety of music types including Pop, Jazz, Latin, Bollywood, African, and Country. All dance and fitness levels are welcome. | | | | | | | |
| 43 Fit Beats - B | Oct. 4 | 6 | Thurs. | 6:45-7:45 | *** | Courtney Carrier | \$60 |
| Same as above description - change of date and time | | | | | | | |
| 44 Combine #42 & #43 (above) | | | | | *** | Courtney Carrier | \$99 |
| 45 Introduction to BodyPump | Sept. 17 | 6 | See Below | 5:45-6:30 | Olympia Gym | David Bechard
Kris Kenison | \$75 |
| BODYPUMP is a barbell workout for anyone looking to get lean, toned & fit-fast. Using light to moderate weights with lots of repetition BODYPUMP gives you a total body workout. <u>Scientifically proven</u> moves & techniques. Lots of encouragement, motivation & great music. All helping you to achieve much more than on your own! Leave class challenged & motivated and ready for more!
Dates: Mon, Sept. 17, 24, Oct. 1, 8, Wed. Oct. 10, Mon. Oct 15, Wed, Oct. 17, Mon. Oct. 22. Located at 6 Varney Rd., Wolfeboro. | | | | | | | |
| 46 Pen Making on the Lathe | Nov. 1 | 1 | Thurs. | 6:00-7:30 | HS-153 | Tom Loonam | \$35 |
| An introduction to pen making. Create your own writing instrument. Everyone will take home a finished pen! | | | | | | | |
| 47 4 Week Financial Workshop Plan | Oct. 10 | 4 | Wed. | 5:30-6:30 | TC-104 | Brian Laing | \$15 |
| Edward Jones believes financial education is an important step in helping you achieve a better future. This workshop offers clear & practical information. Topics to be discussed: Oct. 10 - Foundations of Investing, Oct. 17 - Stocks: The nuts and bolts, Oct. 24 - Focus on fixed income and Nov. 7 - An investors tour of mutual funds. Note: No class Oct. 31st. | | | | | | | |

**Ad. Ed.
Reg. Fee**

ADULT EDUCATION INFORMATION: Please use the registration form below. Space is on a first come, first serve basis. GWAE reserves the right to cancel a course, substitute teachers, or make changes to the time & location, but efforts are made to keep the course as advertised.

Course locations: Kingswood Reg. HS (HS), Kingswood Middle School (MS) & Lakes Region Tech. Center (TC).

*****Yoga 4 Life Wellness Studio is located at 615 Center Street. **Olympia Gym is located at 6 Varney Road**

REGISTRATION INFORMATION:

1. By mail to Adult Ed. Program, 384 S. Main St., Wolfeboro, NH 03894. Or drop off at Kingwood Regional High School.
2. Classes can be canceled if a minimum enrollment is not reached. PLEASE mail or sign up early.
3. GWRSD assumes no responsibility for accidents or injuries or for any personal property left in the building.
4. Cancelling your attendance for a class less than 48 hours prior to the first night, may result in no be refund unless the opening can be filled.
5. For further information or to offer a class call 569-4361 fax: 569-9243 or email: adulthoodeducation@sau49.org.

YOU WILL BE NOTIFIED IF A CLASS WILL NOT RUN. PLEASE SUPPLY YOUR TELEPHONE # & EMAIL BELOW!
CLASSES WILL NOT RUN IF SCHOOL IS NOT IN SESSION.

Name _____ Tel. No. _____

First Course # _____ Title _____ Cost _____

Second Course # _____ Title _____ Cost _____

Email address _____

Whenever possible we will confirm your registration & send directions to the class via email.

Make check payable to: Governor Wentworth Adult Education or GWAE.

Mail to: Adult Ed., LRTC (Lakes Region Technology Center), 384 South Main Street, Wolfeboro, NH 03894
