

# GOVERNOR WENTWORTH ADULT EDUCATION - Spring - 2019

Course Name	# of Weeks	Days	Time	Location	Instructor	Cost	
<b>1 Stress Reduction Techniques for Illness and Treatment</b> Are you or someone you know dealing with a diagnosis or illness? Helen Fernald, specialist in stress reduction, will guide participant through several simple body-mind practices that can be used in conjunction with any treatment. This class is also helpful to anyone in search of calm.	May 8	1	Wed.	6:30-8:00	TC-112	Helen Fernald	\$15
<b>2 Stress Reduction Techniques for Caregivers</b> Are you a professional caregiver or someone helping an ill family member? Helen Fernald, specialist in stress reduction, will guide participants through several simple body-mind practices that can be used in any challenging situation. This class is also helpful to anyone in search of inner peace.	May 13	1	Mon.	6:30-8:00	TC-112	Helen Fernald	\$15
<b>3 Microsoft Office - EXCEL</b> 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.	Apr. 3	3	Wed.	5:00-6:45	TC-120	Doug Ball	\$35
<b>4 Introduction to QuickBooks</b> How to get started using QuickBooks Accounting: basic setup, entering information, customizing and generating reports. Advanced features will also be introduced.	Apr. 2	3	Tues.	6:30-8:30	HS-138	M.Blodget, CPA	\$90
<b>5 Starting a Sm. Business in NH</b> 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 growing your business will also be introduced.	Apr. 10	2	Wed.	6:30-8:30	TC-108	M.Blodget, CPA	\$60
<b>6 Inside There Are Stories Creative Writing</b> Within each person many memories are stories, longing to surface in a creative way. This course invites you to help them find their way out. This workshop in <u>not</u> an examination of how to write memoir; rather, it is an exploration of ways to stir memory and niggly your creative urge. Participant will use prompts, poetry, art and music to unearth express ideas and stories they don't even know they are itching to write. No writing experience is necessary. In fact, sessions are designed for folks who want to write and either don't feel they know how to write or know where to begin. <b>Note: No class Apr. 24.</b>	Apr. 3	6	Wed.	6:30-8:00	TC-113	Barbara Bald	\$75
<b>7 Adult Executive Functions &amp; ADHD</b> Do you or someone you know have difficulty with memory, organization, procrastination or impulsivity? This class can help you. Week #1 will be a discussion of Executive Functions and ADHD. In Weeks #2 & #3 each person will have a computer to research techniques to improve these difficulties and other areas causing trouble. <b>Note: No class Apr. 25.</b>	Apr. 18	3	Thurs.	7:00-8:00	TC-112	Jerry Hess	\$30
<b>8 Getting the Most Out of Your Camera</b> 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 babble. 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.	Apr. 30	3	Tues.	4:00-6:30	TC-117	Bob Levin	\$55
<b>9 Same Class as Above</b>	Apr. 30	3	Tues.	6:30-9:00	TC-117	Bob Levin	\$55
<b>10 Same Class as Above</b>	May 1	3	Wed.	4:00-6:30	TC-117	Bob Levin	\$55
<b>11 Same Class as Above</b>	May 1	3	Wed.	6:30-9:00	TC-117	Bob Levin	\$55
<b>12 Cutting the Cable</b> 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 & the set up.	Apr. 2	1	Tues.	4:00-6:30	TC-108	Bob Levin	\$20
<b>13 Same Class as Above</b>	Apr. 2	1	Tues.	6:30-9:00	TC-108	Bob Levin	\$20
<b>14 Same Class as Above</b>	Apr. 4	1	Thurs.	4:00-6:30	TC-108	Bob Levin	\$20
<b>15 Same Class as Above</b>	Apr. 4	1	Thurs.	6:30-9:00	TC-108	Bob Levin	\$20
<b>16 Lightroom/Photoshop</b> Taking your photo processing to the next level. Lightroom/Photoshop is one of the premier photo editing softwares available. Topics will include: Creating a Catalog, Organizing, Folders, Collections, Editing workflow, round tripping to Photoshop, Exporting Images for printing, Facebook, Instagram. This course is a lecture/demonstration course. If you have a laptop with software installed you are welcome to bring it.	May 2	3	Thurs.	4:00-6:30	TC-117	Bob Levin	\$55

<b>17 Same Class as Previous Page</b>	<b>May 2</b>	<b>3</b>	<b>Thurs.</b>	<b>6:30-9:00</b>	<b>TC-117</b>	<b>Bob Levin</b>	<b>\$55</b>
<b>18 Mobile Photography- Getting the most out of your cell phone or Ipad</b>	<b>Apr. 9</b>	<b>1</b>	<b>Tues.</b>	<b>4:00-6:30</b>	<b>TC-104</b>	<b>Bob Levin</b>	<b>\$25</b>
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 powerful editing capabilities.							
<b>19 Same Class as Above</b>	<b>Apr. 9</b>	<b>1</b>	<b>Tues.</b>	<b>6:30-9:00</b>	<b>TC-104</b>	<b>Bob Levin</b>	<b>\$20</b>
<b>20 Same Class as Above</b>	<b>Apr. 11</b>	<b>1</b>	<b>Thurs.</b>	<b>4:00-6:30</b>	<b>TC-104</b>	<b>Bob Levin</b>	<b>\$20</b>
<b>21 Same Class as Above</b>	<b>Apr. 11</b>	<b>1</b>	<b>Thurs.</b>	<b>6:30-9:00</b>	<b>TC-104</b>	<b>Bob Levin</b>	<b>\$20</b>
<b>22 Improvisation</b>	<b>Apr. 2</b>	<b>5</b>	<b>Tues.</b>	<b>5:30-6:30</b>	<b>TC-112</b>	<b>Mel Epstein</b>	<b>\$50</b>
This course will introduce you to a variety of approaches to improvising music. These approaches include basic aspects of music, such as scales, modes, chords and chord combinations and series. Options are presented in a graduated and understandable sequence. By the end of class you will have gained a large library of resources by which to imaginatively & competently improvise. Materials: Improvisation by Mel Epstein \$20. to be purchased the first night. <b>Note: No class April 23rd.</b>							
<b>23 How to Play a Ukulele 3</b>	<b>Apr. 2</b>	<b>5</b>	<b>Tues.</b>	<b>6:35-7:35</b>	<b>TC-112</b>	<b>Mel Epstein</b>	<b>\$50</b>
This course continues on from Ukulele 2. It will review and finish "Ukulele Method Book 2 by Lil' Rev, Hal Leonard's "Easy Songs for Ukulele" & "More Easy Songs for Ukulele". Enjoy both strumming & playing melody. Bring your ukulele. Please purchase the above materials before class (available from Amazon). <b>Note: No Class April 23rd.</b>							
<b>24 Song Writing</b>	<b>Apr. 2</b>	<b>5</b>	<b>Tues.</b>	<b>7:40-8:40</b>	<b>TC-112</b>	<b>Mel Epstein</b>	<b>\$50</b>
This course will study the components of a song and present many specific approaches to writing a good one. Key traits, song structure, inspirational sources, musical aspects and song writing strategies will all be examined through this course. By the end of class you will have gained a much more thorough understanding of a song and have a significant set of resources to use in your own songwriting efforts. Materials: Song Writing by Mel Epstein \$20. to be purchased the first night. <b>Note: No class April 23rd.</b>							
<b>25 Drawing for Complete Beginners</b>	<b>Apr. 4</b>	<b>3</b>	<b>Thurs.</b>	<b>5:30-7:00</b>	<b>AC-136</b>	<b>Liese Gauthier</b>	<b>\$35</b>
Do you know how to hold a pen? If so, you are qualified to take this drawing class. We will focus on exercises and quantity, not outcome. Your drawings will be ugly and awkward, but you will learn valuable drawing skills that will help you learn how to see like an artist, think like an artist, and enjoy drawing. You will find your line, use different drawing materials, let go of expectations and learn that drawing is fun. There will be an additional materials fee of \$15. to be paid to the instructor.							
<b>26 Paint the Town - Abstract Trees by the River.</b>	<b>Apr. 18</b>	<b>1</b>	<b>Thurs.</b>	<b>5:30-7:30</b>	<b>AC-147</b>	<b>Susie MacDonald</b>	<b>\$35</b>
Everything you need to create your own masterpiece (16" x 20" stretched canvas), paint & apron, plus step by step instruction. Join us for a fun evening of creative painting. We'll bring the inspiration. You bring the fun! Email us at <a href="mailto:adulthoodeducation@sau49.org">adulthoodeducation@sau49.org</a> or call 569-4361 and we'll email you a picture.							
<b>27 Paint the Town - White Birches</b>	<b>May 13</b>	<b>1</b>	<b>Mon.</b>	<b>5:30-7:30</b>	<b>AC-147</b>	<b>Susie MacDonald</b>	<b>\$35</b>
Everything you need to create your own painting. Includes: step by step instruction, 16"X20" stretched canvas, paint & apron. We'll bring the inspiration. You bring the fun! Painting will be beautiful of White Birch Trees. Email us at <a href="mailto:adulthoodeducation@sau49.org">adulthoodeducation@sau49.org</a> or call 569-4361 & we'll email you a picture.							
<b>28 Basket Weaving with Theresa - A</b>	<b>Apr. 1 &amp; 3</b>	<b>Mon. &amp; Wed.</b>		<b>6:00-8:30</b>	<b>HS-131</b>	<b>Theresa Hlushuk</b>	<b>\$35</b>
This basket is for any level! You will be creating an Apple Basket featuring a double bottom, continuous weave, and a 12" Round Oak Swing Handle. You will use reed material from the inner core of the Rattan Vine from South East Asia. The plain weave basket measures 12" in diameter and 7" in height. There will be an additional fee of \$30. for materials payable to the instructor. <u>Class size limited to 6.</u>							
<b>29 Basket Weaving with Theresa - B</b>	<b>Apr. 8 &amp; 10</b>	<b>Mon. &amp; Wed.</b>		<b>6:00-8:30</b>	<b>HS-131</b>	<b>Theresa Hlushuk</b>	<b>\$35</b>
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>							
<b>30 Eggshell Mosaics</b>	<b>Apr. 2</b>	<b>3</b>	<b>Tues.</b>	<b>6:00-8:00</b>	<b>HS-135</b>	<b>Naoko Sears</b>	<b>\$40</b>
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.							

- 31 Learn to Knit** **Apr. 11** **4** **Thurs.** **6:00-7:30** **HS-135** **Fern Downing** **\$45**  
Interested in learning to knit but don't know where to start with supplies or yarn? What project is well suited for your level of knowledge? This beginner's class will provide you with the guidance to get you started. For \$10, the instructor will provide a simple kit w/needles, yarn & pattern for a project. Together we'll pick a project based on your ability. With knitting at home, the project can be completed over the 4 weeks of class. Choices include: dishcloth, small Japanese Knot Bag, cowl, or hat. **Note: No class Apr. 25.**
- 32 Beginning Quilting I** **Apr. 16** **1** **Tues.** **5:30-8:00** **TC-108** **Dotty Burrows** **\$25**  
Learn to use quilting tools, brush up on sewing machine use, and make a pot holder or mug rug. Bring your sewing machine, fabric scissors, and quilting pins. Teacher will supply other equipment for you to use and materials for your project for a \$5.00 fee payable to the instructor at the class.
- 33 Beginning Quilting II** **Apr. 30** **2** **Tues.** **5:30-8:00** **TC-108** **Dotty Burrows** **\$50**  
Make a seasonal table runner or placemats using piecing & appliqué techniques. Bring your sewing machine, scissors, seam ripper, quilting pins, fabric (a list will be provided after registering). Teacher will supply batting for participants.
- 34 Beginning Sewing** **Apr. 10** **4** **Wed.** **5:30-8:00** **TC-108** **Dotty Burrows** **\$60**  
Have a sewing machine & don't know how to use it? Want to make a tote bag or beach bag, or custom laundry bag? Pajama pants or boxer shorts from colors or fabric prints you really love? Come to these classes & learn about your machine and get hooked on sewing. A materials & supply list will be provided after registration. Weeks 1 & 2 - Get to know your machine and make bag you will use for the ages. Weeks 3 & 4 - Get more practice with your machine and learn to lay out a pattern and make a pair of pajama pants or Boxer shorts. **Note: No Class Apr. 24.**

### Italian Cooking of the Southern

**Regions** A series of 3 classes covering the foods of Lazio, Campagna, Basilicata & Puglia. Participants will be invited to share travel stories and sample the foods we prepare together. **A materials fee will be payable directly to the instructor at EACH class.**

- 35 Class I - Orecchiette (little ears)** **Apr. 3** **1** **Wed.** **5:00-7:00** **TC-114** **Nadine San Antonio** **\$35**  
The popular pasta eaten in Basilicata & Puglia. We will make the pasta and prepare a sauce of winter squash and soft, fresh cheese. This will be accompanied by roasted stuffed sweet peppers. **\$5 materials fee.**
- 36 Class II - Contorni Di Verdure - vegetable side dishes** **Apr. 10** **1** **Wed.** **5:00-7:00** **TC-114** **Nadine SanAntonio** **\$35**  
We will work with some of the lesser known vegetable preparations. Artichokes-a typical spring vegetable in Rome, Stuffed Escarole(Campagna), Chicory with Fava Beans (Puglia), Finocchio (fresh fennel). **\$5 materials fee.**
- 37 Class III - Dolce (desserts)** **Apr. 17** **1** **Wed.** **5:00-7:00** **TC-114** **Nadine SanAntonio** **\$35**  
2 kinds of **Biscotti** - pistachio & chocolate and almond & anise seed, **Salame De Re** - a chocolate roll w/crushed biscotti, and another version with mini marshmallows, **Semifreddo** - a Neapolitan favorite. **\$10. materials fee.**
- 38 Grilling Pizza** **May 7** **1** **Tues.** **5:30-7:30** **TC-114** **Renee Tetreault** **\$35**  
Do you love grilling? Do you love Pizza? Do you want to combine these two wonders into one simple, culinary masterpiece? Then join us as we combine different flavors for a unique twist on an old classic while transforming boring leftovers into a delicious mouth-watering slice of pizza pie sure to impress even the pickiest of eaters. There will be a variety of sauces and topping options including Pesto, BBQ, white pizza, and Gluten free! Final products will be enjoyed by all!

### CAMP

- 39 Fundamentals of Food** **May 15** **2** **Wed.** **5:30 - 7:30** **BELKNAP** **Chef "Rango"** **\$25**  
Let Chef Wilfredo "Rango" at Camp Belknep be your guide as you expand your knowledge of food & cooking. Learn recipes, techniques and taste different regional dishes. The goal is to give you the instinct & confidence for that ultimate experience in the kitchen. You will be given a lesson plan and recipes. The classes will always be festive, fun and knowledgeable; cooking should be a joyful freeing experience. **Materials fee \$10. payable the first night. Camp Belknep is located at 11 Chase Point Road, Mirror Lake.**
- 40 Cooking For Kids** **May 11** **2** **Sat.** **10:00-11:00** **BELKNAP** **Chef "Rango"** **FREE**  
Let Chef Wilfredo "Rango" at Camp Belknep teach your child the joy of cooking. In this hands-on class where they will learn fun and healthy breakfast and lunch recipes which they can enjoy making for themselves and your family. A parent/adult is welcome to stay for the class, but is not required to do so. **Class is for Ages 7-12. Limited to 10. Class is sponsored compliments of Camp Belknep. Camp Belknep is located at 11 Chase Point Road, Mirror Lake.**

- 41 Thai Cooking** **May 2** **3** **Thurs.** **5:30-8:00** **TC-114** **Sophie Wentworth** **\$60**  
Your chance to learn about traditional Thai cooking techniques, adjusting the flavor and spice levels to fit your sensitivity. These Thai dishes are in CNN travel "World's 50 the most delicious foods". The instructor grew up in Thailand and learned many of her skills from her mother, and offered cooking classes in Thailand. There is a \$40. food fee payable to the instructor at the first class. Bring container to take some home!
- 42 Plants Made For The Shade!** **Apr. 9** **1** **Tues.** **6:00-7:30** **TC-108** **Susan Poirier** **\$15**  
Planting your garden in those less than sunny areas. While most gardeners are aware of the many wonderful sun loving plants, they often draw a blank when it comes to shady areas. Are there plants beyond hostas and impatiens? Not only are there many wonderful plants for darker areas of the yard but shade and woodland gardens make for lovely restful places to work and relax. Master Gardener Susan Poirier will offer suggestions for choosing a site, planning, and growing where the sun is reluctant to shine.

<b>43 Create Your Own Fire Pit!</b>	<b>May 2</b>	<b>2</b>	<b>Thurs.</b>	<b>5:00-7:30</b>	<b>TC-128</b>	<b>Scott Meserve</b>	<b>\$35</b>
Good weather is finally here. Now here's chance to help create your very own fire pit. Learn the basics of mig welding and the use of a hand grinder. The fire pit will be approximately 36". Materials fee of \$30. payable to the instructor the first night. Limit: 6. Email us at <a href="mailto:adulthoodeducation@sau49.org">adulthoodeducation@sau49.org</a> or call 569-4361 and we'll email you a picture.							
<b>***The following classes are all at Yoga 4 Life Studio, 615 Center Street, Wolfeboro. FMI call 569-9642.</b>							
<b>44 Beginner Yoga Pilates w/Pam</b>	<b>Apr. 2</b>	<b>6</b>	<b>Tues.</b>	<b>5:30-6:30</b>	<b>***</b>	<b>Pam Swanick</b>	<b>\$55</b>
Pilates is a core workout that targets all muscle groups and breath work. Weights and Pilates balls are used to strengthen and stretch our bodies to keep us fit and aligned. All levels.							
<b>45 Tai Chi for Beginners</b>	<b>Apr. 4</b>	<b>6</b>	<b>Thurs.</b>	<b>2:30-3:30</b>	<b>***</b>	<b>Eric Chamberlain</b>	<b>\$55</b>
Learn the basics of Tai Chi from a master who has taught this ancient practice for many years. He will gently guide you through each movement 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.							
<b>46 Step Aerobics with Gretchen -A</b>	<b>Apr. 1</b>	<b>6</b>	<b>Mon.</b>	<b>6:45-7:45</b>	<b>***</b>	<b>Gretchen John</b>	<b>\$55</b>
Have fun moving into choreographed series of movements using the step. Always a warm up and cool down that includes stretching, exercises, arm strengthening and core work.							
<b>47 Step Aerobics with Gretchen -B</b>	<b>Apr. 3</b>	<b>6</b>	<b>Wed.</b>	<b>6:45-7:45</b>	<b>***</b>	<b>Gretchen John</b>	<b>\$55</b>
Same description as above. - Different date.							
<b>48 Combine Step Aerobics #46 &amp; #47 above</b>							<b>\$99</b>
<b>49 Chair Yoga - Therapeutic</b>	<b>Apr. 2</b>	<b>6</b>	<b>Tues.</b>	<b>3:30-4:30</b>	<b>***</b>	<b>Kris Kellar</b>	<b>\$55</b>
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.							
<b>50 Chair Yoga - Active Chair</b>	<b>Apr. 4</b>	<b>6</b>	<b>Thurs.</b>	<b>12:30-1:30</b>	<b>***</b>	<b>Pam Swanick</b>	<b>\$55</b>
Basic yoga movements on and with the chair, both standing and seated to work on balance, flexibility and breathing. Each class ends with meditation.							
<b>51 Restorative Meditation</b>	<b>Apr. 2</b>	<b>6</b>	<b>Tues.</b>	<b>6:45-7:45</b>	<b>***</b>	<b>Kelly Libby</b>	<b>\$55</b>
Tune into your body's innate wisdom to heal, center and balance through gently guided meditation and restorative yoga poses.							
<b>52 Golf Lessons - Adults</b>	<b>June 11 +/-</b>	<b>5</b>	<b>Tues.</b>	<b>5:30-6:30</b>	<b>TBA</b>	<b>Warren Tickle</b>	<b>\$120</b>
Adult Beginner lessons (equipment provided), covering putting, chipping, irons, woods, and rules.							
<b>53 Golf Lesson - Juniors</b>	<b>June 11 +/-</b>	<b>5</b>	<b>Tues.</b>	<b>4:30-5:30</b>	<b>TBA</b>	<b>Warren Tickle</b>	<b>\$120</b>
Golf for pre-adolescents (juniors). Introduces children to golf (equipment provided). Course will cover all phases of the game.							
<b>54 Golf Lessons for the Family</b>	<b>June 11 +/-</b>	<b>5</b>	<b>Tues.</b>	<b>6:30-7:30</b>	<b>TBA</b>	<b>Warren Tickle</b>	<b>2=\$200</b>
Lessons for the family, designed for parent & child, or couples.							
<b>55 4 Week Financial Workshop Plan</b>	<b>Apr. 3</b>	<b>4</b>	<b>Wed.</b>	<b>5:30-6:30</b>	<b>TC-104</b>	<b>Brian Laing</b>	<b>\$15</b>
Edward Jones believes financial education is an important step in helping you achieve a better future. This workshop offers clear & practical investing education in a convenient & comfortable format. Topics will include: Foundation of Investing, Stocks: The Nuts & Bolts, Focus on Fixed Income & An Investors Tour of Mutual Funds. <b>Note: No class Apr. 24.</b>							<b>Ad. Ed. Reg. Fee</b>

**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), and Lakes Region Tech. Center (TC).**

**\*\*\*Yoga 4 Life Wellness Studio is located at 615 Center Street, Suite 3, beside Auto Care.**

**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. For further information or to offer a class call 569-4361 fax: 569-9243 or email: [adulthoodeducation@sau49.org](mailto: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.**

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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