

GOVERNOR WENTWORTH ADULT EDUCATION - Fall 2019

Course Name		# of Weeks	Days	Time	Location	Instructor	Cost
1 Mindfulness for Adults & Teens-A	Oct. 7	1	Mon.	6:30-8:00	TC-112	Helen Fernald	\$15
What is mindfulness and why is it considered one of the most important stress-relief practices of 2019? Helen Fernald, expert in body-mind techniques, will explain the nine tenets of mindfulness and participants will practice various easy ways to be more mindful each day.							
2 Mindfulness for Adults & Teens-B	Oct. 16	1	Wed.	4:00-5:30	TC-112	Helen Fernald	\$15
Same description as above.							
3 Daily Energy Routine	Oct. 21	3	Mon.	6:00-7:30	TC-112	Catherine Floyd	\$45
Learn the Daily Energy Routine and you will benefit in many ways: relief from pain and tension, sharpening memory, reduced effects of stress, strengthening immune system, increased stamina as well as enhanced overall health. You will be introduced to the 9 energy systems that support the human body and are vital to its existence. The basic principles of energy medicine are easy to learn and simple to use yet have a profound effect on your health and well being. Instructor Catherine Floyd is a Certified Eden Energy Medicine Practitioner.							
4 Navigating Through Harmful Skin Chemicals	Oct. 10	1	Thurs.	6:30-8:00	TC-108	Sabrina Reed	\$25
Join Sabrina Reed licensed Skin Therapist & Makeup Artist owner of The Farmers Wife Spa as she covers how to purchase products that are good for your skin without breaking the budget. Know what products on the market to avoid. Learn how to read product labels for Sunscreen, Makeup & Beauty Products. Learn how to make your own products at home & take home a body scrub. Cover the importance of Sunscreen & how to apply it. Important facts about skin & aging. Bring 1 product you use & we'll decipher the ingredients list!							
5 Learn How to Apply Natural Looking Makeup	Oct. 24	1	Thurs.	6:30-8:00	TC-108	Sabrina Reed	\$25
Here's your chance to learn which color palette best fits your skin tone., hair color & eye color. Learn how to apply contouring & what is the best coverage for your skin type. Know what chemicals to avoid buying makeup. Learn about makeup brushes. Find out how to apply a quick finished look with 5 products or less, within 10 minutes. Sabrina's Farmerswifespa.com is located in Gilford.							
6 Microsoft Office - EXCEL	Oct. 8	3	Tues.	6:00-7:45	TC-120	Doug Ball	\$40
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. An introduction to Pivot tables will also be covered.							
7 Digital Marketing Techniques for Local Business	Oct. 17	4	Thurs.	5:00-6:30	TC-117	Linda Kaye	\$55
Leverage your website, blog or social media to increase foot traffic. You've heard about opt-in, list building, lead nurturing, sales funnels, landing pages, etc. Come see how this can work for your local business. Enroll in this class only, or in conjunction with Websites for Local Business (below). Linda is the Creative services Director for InterActive Synergy, LLC. Interactivesynergy.com. No class Oct. 31.							
8 Websites for Local Business Owners	Oct. 17	4	Thurs.	6:30-8:00	TC-117	Linda Kaye	\$55
What makes a website user friendly and visible. Start a new website or learn how to enhance your existing site. If you don't have a site or access to your site, we'll provide a starter account. Here's your chance to evaluate what you already have or decide how your site should look. Enroll in this class only, or in conjunction with Digital Marketing (above). InterActive Synergy, LLC No class Oct. 31.							
9 Introduction to QuickBooks	Oct. 1	3	Tues.	6:30-8:30	HS-138	M.Blodget, CPA	\$90
How to get started using QuickBooks Accounting DESKTOP VERSION; basic setup, entering information, customizing and generating reports. Advanced features will also be introduced.							
10 Starting a Small Business in NH	Oct. 2	2	Wed.	6:30-8:30	TC-108	M.Blodget, CPA	\$60
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.							
11 Writing: Creative Ways to Tease Out What's Below the Surface	Oct. 3	4	Thurs.	6:00-7:30	TC-113	Barbara Bald	\$45
Any chance you have a niggling urge to write? Want to try some unique activities to stir your creative juices? Join us for four weeks of using prompts, poetry, art and music to unearth and express ideas you didn't know were clamoring to surface. No writing experience is necessary.							
12 What Walks While You Sleep?	Nov. 7	3	Thurs.	6:00-7:30	TC-113	Barbara Bald	\$35
Ever want to know what visits your backyard at night? What sleeps under your shed? Care to help children identify the tracks and signs							

of the animals with which we share the land? We will examine pelts, prints, track patterns, strides, straddle and resources to help decode stories on the land. No science experience is necessary.

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| 13 Getting the Most Out of Your Camera | Oct. 9 | 3 | Wed. | 6:00-8:30 | TC-117 | Bob Levin | \$55 |
| <p>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.</p> | | | | | | | |
| 14 Photography Field Trip & Editing Workshop (Saturday) | Oct. 12 | 1 | Sat. | 8:00-5:00 | see below | Bob Levin | \$125 |
| <p>You have a basic understanding of your digital camera & you are ready to take the next step. We'll start in the morning and travel up through the White Mountains area shooting landscapes & foliage. In the afternoon we'll head to Bob's studio to edit our photos. Lightroom/Photoshop is one of the premier photo editing softwares available. Topics will include: Creating a Catalog, Organizing, Folders, Collection, Editing workflow, round tripping to Photoshop, Exporting Images for printing, Facebook and Instagram. This is a hands on workshop. Participants will need a computer. If you do not have software you can download a 30 day trial. <u>The workshop will take place at 2 Birch Lane, Tuftonboro.</u> If you have any questions please call (603) 387-7144.</p> | | | | | | | |
| 15 Same Class as Above | Oct. 19 | 1 | Sat. | 8:00-5:00 | see above | Bob Levin | \$125 |
| 16 Mobile Photography- Getting the most out of your cell phone or iPad | Oct. 29 | 1 | Tues. | 6:00-8:30 | TC-104 | Bob Levin | \$25 |
| <p>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.</p> | | | | | | | |
| 17 Same Class as Above | Nov. 6 | 1 | Wed. | 6:00-8:30 | TC-104 | Bob Levin | \$25 |
| 18 Cutting the Cable | Oct. 2 | 1 | Wed. | 6:00-8:00 | TC-113 | Bob Levin | \$25 |
| <p>You've heard about cutting the cable. Is it feasible for your situation? We'll cover: what you need, subscription service & 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.</p> | | | | | | | |
| 19 Same Class as Above | Nov. 13 | 1 | Wed. | 6:00-8:00 | TC-113 | Bob Levin | \$25 |
| 20 How to Play a Harmonica - 1 | Oct. 1 | 5 | Tues. | 5:30-6:30 | TC-112 | Mel Epstein | \$50 |
| <p>This course will introduce you to the common 10 hole (diatonic) harmonica. It will familiarize you with its layout, its holes and different sounds. You will learn basic playing techniques, with many exercises to increase your skill. By the end of this course you will be comfortable with handling and playing a common 10 hole diatonic harmonica. Materials: A 10 hole harmonica in the key of C. (The key of the instrument is stamped on the right end of the top cover.) "The Ten Hole Harmonica" by Mel Epstein - \$10.00 (to be purchased at the first class)</p> | | | | | | | |
| 21 How to Play a Ukulele - 1 | Oct. 1 | 5 | Tues. | 6:30-7:30 | TC-112 | Mel Epstein | \$50 |
| <p>This course will introduce you to the popular (soprano) ukulele. It will familiarize you with its layout, strings and fingerboard. You will learn to play single notes, initial chords, as well as strumming techniques. By the end of this course you will be comfortable with handling & playing a soprano uke. Materials: A ukulele. Hal Leonard "Ukulele Method Book 1" Lil'Rev (book only) Note; Amazon.com carries this book. (to be purchased before first class) "Intro Exercises and Songs for the Ukulele- TAB Format" Mel Epstein - \$10.00 (to be purchased at the first class)</p> | | | | | | | |
| 22 How to Play a Guitar - 1 | Oct. 1 | 5 | Tues. | 7:30-8:30 | TC-112 | Mel Epstein | \$50 |
| <p>This course will introduce you to the 6 string acoustic guitar. It will familiarize you with its layout, strings, frets, notes and chords. You will learn basic playing techniques, presented in a number of introductory songs. By the end of this course you will be familiar with and able to play the early notes and beginning chords on a 6 string acoustic guitar. Materials: A guitar. Hal Leonard "Guitar Method Book 1" by Will Schmidt (book-only is fine, Available a Amazon.com (to be purchased before the first class). "Intro Exercises for the Guitar- TAB Format" by Mel Epstein - \$5.00 (to be purchased at the first class).</p> | | | | | | | |
| 23 Sea Glass Art | Oct. 17 | 1 | Thurs. | 5:30-7:30 | TC-108 | Cathy Clifford | \$55 |
| <p>Let your creativity flow as you create your own 8 X 10 Sea Glass work of art. Come and create something beautiful. Choose from an array of shells, glass and stones. All supplies are included. Class is good for men and women and ages 10 and up. Grab a friend and enjoy this new craft. Email: adulteducation@sau49.org for pictures. Facebook: Cathy L. Clifford, Artist</p> | | | | | | | |
| 24 Sea Glass Jewelry | Nov. 5 | 1 | Tues. | 5:30-7:30 | TC-108 | Cathy Clifford | \$55 |
| <p>Come create several stone and sea glass pendants. All wrapped with wire and beads. Take your new craft home and create many more. If you have any special pieces to wrap, make sure you bring them. All supplies included. Email: adulteducation@sau49.org for pictures.</p> | | | | | | | |
| 25 Paint The Town - "Island in Lake" | Oct. 17 | 1 | Thurs. | 5:30-7:30 | AC-147 | Susie MacDonald | \$35 |
| <p>Everything you need to create your own painting. Includes: step by step instruction, 16"X20" stretched canvas, paint brushes. We'll bring the inspiration. You bring the fun! Painting will be a beautiful island in a lake. Email: adulteducation@sau49.org for a picture.</p> | | | | | | | |

- 26 Sketching with Watercolors, Pen and Ink** **Oct. 1** **1** **Tues.** **6:00-8:00** **TC-108** **Jan H. Croteau** **\$35**
 In this class we will learn the basics of making simple sketches with pen and ink and then adding watercolor to make them come to life. You will learn some easy calligraphic styles of writing to add to your sketch book as this is a beautiful way to record trips abroad as well as walks in your own backyard. Learning to make watercolor journals of your life will be something you treasure doing for years to come. Materials cost: \$29. includes small watercolor sketch book, watercolor paint set, & ink pen for you to keep. Due at the class.
- 27 Basket Weaving with Theresa - A** **Oct. 7 & 9** **Mon. & Wed.** **6:00-8:30** **HS-130** **Theresa Hlushuk** **\$35**
 This class is for any level. You will be creating a beautiful Bean Pot Basket using the continuous-weave method. This basket is a round-bottom basket and its design is a reproduction of an old basket made in Pennsylvania of rye straw. This is a popular beginner's basket and looks particularly well hanging on a hearth by its wired handle or decorating a tabletop. There will be an additional \$20. fee for materials payable to the instructor. **Class size is limited to 6.**
- 28 Basket Weaving with Theresa - B** **Oct. 21 & 23** **Mon. & Wed.** **6:00-8:30** **HS-130** **Theresa Hlushuk** **\$35**
Same Class as Above - NOTE this class will only be offered after the above class is full.
- 29 Eggshell Mosaics** **Oct. 8** **3** **Tues.** **6:00-8:00** **HS-135** **Naoko Sears** **\$40**
 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.
- 30 Lone Star Quilted Wall Hanging or Quilt** **Oct. 15** **4** **Tues.** **5:30-8:30** **TC-108** **Dotty Burrows** **\$75**
 Learn to do a hard quilt the easy way. Instructor will provide foundations, students will provide fabric. Foundation material will cost \$10. pp, payable to the instructor the first night. Materials list will be provided after registering. Some sewing at home may be needed. Instructor also has larger fusible foundation for a double or queen size quilt. Contact adulthoodeducation@sau49.org to make that request.
- 31 Gina's Italian Cookies** **Oct. 21** **1** **Mon.** **5:00-7:30** **TC-114** **Gina Aponte** **\$35**
 You're in for a real treat as Gina Aponte will be sharing her favorite, tasty cookies with you. There will be some hands-on participation as well as demonstrations. Sesame Cookies - with a hint of citrus these biscuit cookies are a true Italian classic. Venetian Cookies - This has the colors of the Italian flag. With two layers of jam and topped with a chocolate coating, this is always a crowd pleaser. Cranberry-Pistachio Biscotti - A twice baked cookie with pistachio & cranberries. It gets shaped into a log, then sliced and re-baked to give it some crunchiness. There will be cookies to take home! Gina moved to this area from NY & missed her Italian-American bakery. She started baking for friends & family who encouraged her to sell to the public. She has sold at farmers' markets & sells seasonally at neighboring locations. Check out Gina's Cucina!
- 32 Decorate Cakes Like a Pro** **Oct. 10** **6** **Thurs.** **6:00-8:00** **TC-114** **Virginia Tremblay** **\$65**
 Ok, you may not be a professional, but by the end of this class you will certainly be able to impress and wow your friends and family with beautiful creations! The first week will cover: cake baking tips, types of frostings, tools and how to put together and use the cake decorators bags. The instructor will provide cupcakes for you to decorate with fall flowers. On each of the following 5 weeks, you will learn how to frost a cake, types of fillings, borders, writing, and decorating techniques. Each week will feature a fall-themed cake: sunflower, autumn tree, scarecrow, pumpkin and turkey. On those weeks, you will need to bring the cakes and frosting to class. **For the first class please purchase a Wilton Deluxe Decorating Tip Set (46 piece) (2104-1368) available at Amazon or Walmart for \$16.99 Note: No class October 31st.**
- 33 Barbie Cake for Kids** **Oct. 28 & 29 - Mon. & Tues.** **5:30-7:30** **TC-114** **Virgina Tremblay** **\$35**
 Here's the chance for your child to learn some basic cooking skills, frosting techniques, and cake decorating skills while creating a fantastic Barbie doll cake. Please take note: this is a two night class Oct 28 & 29. On the first night students will prepare and bake the cakes. On the next night, they will frost and decorate their cake and go home with a wonderful finished product to be proud of. **Students will need to bring 2 boxes of cake mix (same flavor for both), a 2 quart ovenproof mixing bowl, and an 8" round pan, a Barbie doll Or doll of similar size, and an apron.**
- 34 Kids Cooking Class** **Oct. 5** **1** **Sat.** **10:00-11:30** **Camp Belknap** **Chef "Rango"** **Free**
 Join Chef Wilfredo "Rango" at Camp Belknap for this class featuring how to make homemade muffins including their tasty variations. This is a free class sponsored by YMCA Camp Belknap. Class size is limited to 10. Ages 7-12. A parent is welcome to stay for the class, but it is not required. **Camp Belknap is located at 35 Chase Point Road, Mirror Lake.**
- 35 The Tao of Gingerbread House Design + Construction** **Nov. 21** **1** **Thurs.** **6:00-8:00** **General Wolfe** **Amy Knapp** **\$30**
 With Gingerbread Amy learn to make a gingerbread house without the usual drama and be prepared for the Gingerbread House Jubilee on Dec. 8. You will leave with a gift-worthy house and the skills to make more for years to come. **Class limited to 10. The Barn at The General Wolfe is located at 518 South Main Street, Wolfeboro.**
- 36 Pumpkin & Blooms Flower Arrangement & More** **Oct. 29** **1** **Tues.** **5:30-7:00** **Flowers** **Pam Allen** **\$40**
 Everyone will create a lush, fresh flower arrangement just in time for Halloween. In addition practice making holiday and finishing touches for your home. We'll help you visualize your table for the holidays. **Linda's Flowers is located at 91 Center Street in Wolfeboro.** Pam Allen is Teleflora NH/VT Unit President.

- 37 The Dirt on Dirt** Oct. 10 1 Thurs 6:00-7:30 TC-112 Susan Poirier \$15
 What do plants, shrubs, vegetables, and lawn grasses really need to grow well? What practices can we employ to improve the dirt beneath our feet? What is the best soil for growing things? Where does fertilizer come into play? What do the numbers on fertilizer containers really mean and how useful are they? The answers to these questions will be discussed by Master Gardener Susan Poirier as she helps you to turn your dirt into beneficial soil.
- 38 4 Week Financial Workshop Plan** Oct. 2 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 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.
- 39 Adult Learn to Swim** Oct. 2 7 Wed & Th 6:00-6:45 below Mary Ann Murray, WSI \$75
 Experienced, certified Red Cross Swim instructor offers this great opportunity for beginner adult swimmers. No Melanie Fink, MSC
 experience necessary, just a desire to learn to swim. This is a great chance to cross swimming off your "Bucket List", fun and educational.
The Windrifter Resort Pool is located next to the Kingswood Golf Course. **Class size limited to 6. No class Oct. 31.**
- 40 Adult Swim Lessons** Oct. 2 7 Wed & Th 6:45-7:30 below Mary Ann Murray, WSI \$75
 Experienced, certified Red Cross Swim instructor offers these lessons to adults who would like to improve their Melanie Fink, MSC
 strokes for competition, or just plain enjoyment and exercise, If you would like to do a triathlon or biathlon but were fearful of the swim portion of the race, if you would like to exercise in the water and are just not comfortable or never really learned basic swim strokes, then this class is for you. Join us at the **Windrifter Resort Pool** next to the Kingswood Golf Course! **Class size limited to 6. No class Oct. 31.**
- ***The following classes are all at Yoga 4 Life Studio, 615 Center Street, Wolfeboro. FMI call 569-9642.**
- 41 Yoga Pilates with Pam** Sept. 30 6 Mon. 5:30-6:30 *** Pam Swanick \$55
 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.
- 42 Beginner Buti Yoga** Oct. 2 6 Wed. 10:30 *** Rachel Craveiro \$55
 A dynamic yoga practice combining primal movements, cardio dance, and deep core engagement.
- 43 Tai Chi for Beginners** Oct. 3 6 Thurs. 2:30-3:30 *** Eric Chamberlain \$55
 Learn the basics of Tai Chi from a master who has taught this ancient practice for many years. He will gently guide you though 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.
- 44 Tai Chi for Continuing Students** Oct. 3 6 Thurs. 3:30-4:30 *** Eric Chamberlain \$55
- 45 Yoga4Fascia** Oct. 3 6 Thurs. 5:30-6:30 *** Rachel Craveiro \$55
 Focusing on tuning into the myofascial meridians throughout the body to facilitate a deep stretch and fascial release. Gentle stretching class.

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), Lakes Region Tech. Center (TC), Arts Center (AC).

Registration Info.: 1. By mail to Adult Ed. Program, 384 S. Main St., Wolfeboro, NH 03894. Or drop off at Kingwood Regional High School.

2. GWRSD assumes no responsibility for accidents or injuries or for any personal property left in the building.

3. For further information or to offer a class call 539-8132, 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