

Adult Basic Education

Salem Adult Basic Education offers the following classes:

*Adult Remedial Programs in Reading, Math and English (Pre-GED)

*Program for Adults with Developmental Disabilities

*English for Speakers of Other Languages (ESOL)

FREE TUITION

Classes meet on **Mondays and Wednesdays** from 6:30-9:00 p.m.

Open enrollment throughout the semester

Adult Learner Services of Greater Derry

Adult Learner Services provides free tutoring in basic reading, writing, math, GED prep, and English for Speakers of Other Languages. Please call Kathy Mercer at 432-1907 for information or to volunteer.

Adult High School Diploma

The Adult High School Education Program offers a "second chance" for adults and out-of-school youth to earn a certified Salem School District Adult High School Diploma. Spring Term will start February 1, 2010. Classes meet 5:30-8:30 p.m. Call 603-893-7074 to schedule an appointment.

English

American Authors..... Wednesday
Reading Skills through Short Stories Wednesday
Literature and the Movies Tuesday
Literature of Rock and Roll Monday
Pop Culture and Literature..... Tuesday
Sports Literature Monday

Social Studies

Economics (.5 credit course) Wednesday
NH History (.5 credit course)..... Wednesday
Pop Culture and Literature..... Tuesday
US History..... Monday

Science

Biology with lab Tuesday
Chemistry with lab..... Wednesday

Math

Basic Algebra Monday

Electives

Life Skills with lab..... Tuesday

Official GED® Testing Center

Salem High School is an official testing center for the General Educational Development Test (GED). State Testing fee is \$65.00.

The GED test covers five areas:

Language Arts: Writing Skills, Social Studies, Science,
Language Arts: Reading, and Mathematics.

GED Practice Test

- First Thursday of every month, 4-9 p.m.
- \$15 testing fee must be paid prior to test date
- All students under 18 must take the Practice test

Cash or Money Order Only

Spring 2010 GED Test Schedule

Testing Dates	Time	Application Deadline
January 18 & 19	4:30-9:00 p.m.	January 15
February 15 & 16	4:30-9:00 p.m.	February 12
March 15 & 16	4:30-9:00 p.m.	March 12
April 19 & 20	4:30-9:00 p.m.	April 16
May 17 & 18	4:30-9:00 p.m.	May 14

\$65 Testing Fee must be paid by Application Deadline

Cash or Money Order Only

Call 603-893-7074 for an appointment or further information.

IMPORTANT NOTICE

The GED Tests will change in the future.

Test-takers are advised to complete and pass all sections of the GED Tests as soon as possible.

ENRICHMENT PROGRAM

Arts and Crafts

Basic Crochet

Sharon Cortez

Learn basic crochet stitches. Students will construct a dish cloth and a granny square, or pick an easy afghan pattern. Bring size J crochet hook and 1 skein each of cotton yarn and acrylic yarn to class. 6 weeks, starting Mon. 3/1/10, \$50 6:30-8:30 p.m.

Canvas Floorcloth

Mary Manning

You can paint or stencil a canvas floorcloth as a beautiful decorative accent for your home. Finished size will be 2'x3'. Acrylic decorative paints will be used. Cost of canvas is included in course fee. Supply list available. 6 weeks, starting Tues. 2/16/10, \$60/\$40 seniors 7:00-9:00 p.m.

Chain Bracelet

Sandra Kavanaugh

Suitable for first time students or for those with previous experience. In this class, students will learn how to use silversmithing tools and techniques to make a sterling silver bracelet and a pair of earrings.

Week 1: Design and make a pair of earrings to learn techniques. Design and plan your bracelet from three different options.

Weeks 2-5: Create your own bracelet using a combination of soldering and wire techniques. Finish it with a standard clasp or learn how to create your own. Cost of materials included in course fee. 5 weeks, starting Thurs. 3/4/10, \$80/\$60 seniors 6:00-9:00 p.m.

Creative Paper Arts

Caroline Evans

Create beautiful and unique cards and gifts using paper and a variety of other materials. Beginning and advanced paper crafters will discover new and interesting ideas. Bring scissors and colored pencils. Cost of materials included in course fee. 4 weeks, starting Wed. 3/31/10, \$55/\$40 seniors 6:30-8:30 p.m.

Heirloom Embroidery

Marcia Harris

Create a beautiful hand-made gift or a treasure for keeping. You will learn traditional stitches and how to select thread colors, and complete a set of pillow cases. Cost of materials included in course fee. 6 weeks, starting Mon. 2/8/10, \$60/\$40 seniors 7:00-9:00 p.m.

Lettering for Scrapbookers

Caroline Evans

Add a personal touch to your scrapbook pages by creating unique titles and journaling. Bring scissors, ruler and colored pencils. Cost of materials included in course fee.

3 weeks, starting Mon. 5/3/10, \$35/\$25 seniors 6:30-8:30 p.m.

Painting in Watercolor

Marcia Harris

For beginners, or those of you who want to refresh your skills, this course is for you! Supply list will be discussed the first class night. 9 weeks, starting Wed. 2/10/10, \$80 6:30-9 p.m.

The Beauty of Knitting

Joanne Masiello

"A Knitter's Garden"

New knitters will learn the basics. Those with more experience will receive assistance with an on-going project or try something new! Learn how to read patterns/abbreviations. Bring to class #9 or #10 needles for sampler projects and smooth, worsted weight yarn in a solid color. 10 weeks, starting Tues. 2/9/10, \$75 6:30-8:30 p.m.

Culinary

Creative Cooking

Kathleen Schader

Slimsational Solutions, LLC

Cost of ingredients is included in course fee

Fast and Healthy Winter Meals: Fast, easy, hearty and healthy meals for that hurry-up weeknight dinner rush - perfect for the winter season.

2 weeks, starting 2/9/10, \$50/\$35 seniors 6:00-9:00 p.m.

Girl's Night Out: Flavors of the Mediterranean. Prepare culinary favorites from the tapas of Spain to the crepes of France and the delicate pasta dishes of Italy.

2 weeks, starting 3/2/10, \$50/\$35 seniors 6:00-9:00 p.m.

Cook Yourself Thin for Spring: Slim down with this combination weight loss/cooking class. One hour of nutrition and fitness information for weight loss, 2 hours of cooking. Learn portion savvy menu strategies, techniques for low calorie cooking: grocery store tour, smart snack ideas and more!

4 weeks, starting 3/16/10, \$80/\$60 seniors 6:00-9:00 p.m.

Flavors of Asia: Taste classic Asian favorites like dim sum and pot stickers, Mu Shu Pork and great weeknight stir-fries.

2 weeks, starting 4/13/10, \$50/\$35 seniors 6:00-9:00 p.m.

Seafood Savvy: Prepare delicious seafood recipes using techniques such as poaching, grilling, cooking in parchment paper packets and more.

2 weeks, starting 5/4/10, \$60/\$45 seniors 6:00-9:00 p.m.

Fresh Tastes for Summer: Prepare crab cakes, summer salads, great grilling techniques and more:

2 weeks, starting 5/18/10, \$50/\$35 seniors 6:00-9:00 p.m.

Computer Courses

Computers Made Easy, Part 1

Pat Good

A concise beginner's course to learn the basic skills, starting up and shutting down the computer, moving a mouse, creating files and folders, sending e-mail, and Internet use. **Mondays and Wednesdays.**

12 sessions, starting Mon. 2/8/10, \$100 6:00-8:30 p.m.

***There is no senior citizen discount for this course.**

Location: Woodbury Middle School, Main Street, Salem

Computers Made Easy, Part 2

Pat Good

Follow-up course for students with previous computer experience or those continuing on after "Computers Made Easy, Part 1". Go deeper on hardware, software, file management, e-mail, and the Internet.

7 weeks, starting Tues. 2/9/10, \$80 6:00-8:30 p.m.

***There is no senior citizen discount for this course.**

Location: Woodbury Middle School, Main Street, Salem

Microsoft Office "Lite"

Debra Wilmarth

An overview of Microsoft Office applications - Word, Excel, PowerPoint and Publisher - and how they work together. Students must have basic computer skills.

12 weeks, starting Mon. 2/8/10, \$179 6:30-9:00 p.m.

Microsoft Excel

Debra Wilmarth

"Crunch" numbers from all kinds of data. Learn to create charts & spreadsheets, sort data, filter, formulas, macros and manage lists. Basic knowledge of windows operating system required.

12 weeks, starting Tues. 2/9/10, \$179 6:30-9:00 p.m.

Microsoft Word

Madonna Kenny

Students will learn the daily, practical personal/business uses of Word, then progress to creating templates and forms, and adding graphics. Knowledge of windows operating system is required.

12 weeks, starting Tues. 2/9/10, \$179 6:30-9:00 p.m.

Quickbooks Pro

Nelia Benjamin

NJB Accounting Solutions

Accounting software for entrepreneurs and small businesses.

Computer and accounting basics required. Limited enrollment.

10 weeks, starting Wed. 2/10/10, \$179 6:30-9:00 p.m.

Health, Fitness and Well Being

Basically Yoga

Barbara Scott

Certified Yoga Instructor and Trainer

Use yoga posture to stretch muscles, reduce tension, increase circulation and improve balance and strength. Yoga mat is required.

10 weeks, starting Mon. 2/8/10, \$80 4:00-5:15 p.m.

10 weeks, starting Mon. 2/8/10, \$80 5:30-6:45 p.m.

Location: Walter Haigh Elementary, School St., Salem

Body Sculpting

Gen Baudin

Utilize hand-held weights and bands for resistance training to enhance muscular development and strength to change the shape of your body. Sculpting drills have cardio interspersed between sets. Students are required to bring 5, 8 and/or 10 lb. hand weights. Classes meet Tues. and Thurs.

16 sessions, starting Tues. 2/9/10, \$105 6:45-8:00 p.m.

Change Your Office - Change Your Life!

Margaret Donahue

Feng Shui Connections

Learn how to arrange your office or business for optimal success.

Create a work space to help you thrive, according to the principles of feng shui. Learn about desk placement, best directions, the impact of electronics, the power of intention and much more.

1 session, Tues. 4/13/10, \$20 6:00-9:00 p.m.

Finding Grace in Our Everyday Life

Trudie Young, Certified Instructor

Nurture yourself and blossom with the six graces of Gratitude, Simplicity, Order, Harmony, Beauty and Joy.

3 weeks, starting Thurs. 2/11/10, \$30 6:30-8:30 p.m.

Gentle Yoga

Mary Van Abs

Pathways Gentle Yoga is excellent for beginners or for getting started again. You will integrate movement and breathing to increase flexibility and strength resulting in stress reduction. Wear comfortable clothing and bring a mat, blanket or large towel to class.

12 weeks, starting Thurs. 2/11/10, \$80 4:00-5:15 p.m.

Introduction to Feng Shui

Margaret Donahue

Feng Shui Connections

Feng Shui is the Chinese Art of Placement. It is the practice of arranging your environment to enhance your life. If you are trying to improve relationships, health or prosperity, find a new job, or simply make life easier for yourself, feng shui may help. This program is an introduction to the principles of feng shui and enable you to begin to apply it to your own home and business space. Recommended reading: *The Western Guide to Feng Shui* by Terah Kathryn Collins.

6 weeks, starting Thurs. 3/4/10, \$45 6:30-8:30 p.m.

Jacki Sorensen's Dance Aerobics

Leslie Altobelli

Come join a medically approved, progressive aerobic course that is choreographed for the non-dancer. It features a variety of motivating music and challenging steps to help you firm your body and strengthen your cardiovascular system. Pace yourself through class by monitoring your heart rate and participating at a level that is comfortable for you. Instructor is certified and CPR trained. Bring an exercise mat to class, and be sure to wear your sneakers and bring some water. Classes meet on **Mon.** and **Wed.**

16 sessions, beginning Mon. 2/8/10, \$105 6-7:15 p.m.

On the Ball

Gen Baudin

Tone, tighten and shape all areas of your body using a "resist-a-ball". This class is for all levels of ability. Students are required to bring a "Resist-a-Ball" and mat to class.

8 weeks, starting Tues. 2/9/10, \$60 5:30-6:45 p.m.

Pilates 1

Gen Baudin

Certified Pilates Instructor and Trainer

Learn modifications and progressions perfect for every fitness level. Be challenged as you improve strength and flexibility, develop and tone your core, and tone your limbs without excess bulk. Exercise mat is required.

8 weeks, starting Thurs. 2/11/10, \$60 5:30-6:45 p.m.

Tai Ji for Health & Wellness

Brenda DeNoyer Girolamo, NCLMT

When doing tai ji your mind, breathing and movements all become highly balanced in harmony. Tai Ji is the "state of balance" and Tai Ji Chuan is a dancing form used to reflect *in movement* the "state of balance" *in mind*. Wear comfortable clothes and supportive shoes.

12 weeks, starting Tues. 2/9/10, \$80 7:00-8:30 p.m.

The Self-Care Path to Wellness

Brenda DeNoyer Girolamo, NCLMT

Self care is the foundation of health care. Understanding the mind-body communication system is a powerful art on the self care path to wellness. This class is ideal for those interested in learning how to recognize the language of their symptoms and explore and integrate traditional medical options with additional wellness therapies.

4 weeks, starting Wed. 3/24/10, \$40 7:00-8:30 p.m.

Special Interests

Basic Dog Obedience

Jeffrey Payne

In this class, we will teach your dog to heel, sit, stay, come, and down; as well as work on behavioral issues. Proof of vaccinations is required. Owners will be expected to clean up after their dog.

6 weeks, starting Wed. 4/7/10, \$50 5:30-6:15 p.m.

6 weeks, starting Wed. 4/7/10, \$50 6:30-7:15 p.m.

CSI-Salem

SHS Biotech Club

Wish you understood more of what they do on "CSI"? Attend this informational workshop on DNA Fingerprinting. DNA printing lab will be offered the second week.

2 weeks, starting Tues. 4/6/10, \$10 7:00-8:30 p.m.

Digital Photo Processing Made Easy

Debra Wilmarth

In this class, you'll learn how to download your images from camera to computer and organize and manage your collection of photos.

We'll also discuss scanning your photos, and will review online resources for printing and photo sharing. Please bring your camera with charged batteries and laptop (optional) to each class.

5 weeks, starting Thurs. 2/11/10, \$60 6:30-9:00 p.m.

5 weeks, starting Thurs. 4/8/10, \$60 6:30-9:00 p.m.

Introduction to American Sign Language

Rose Gavin

Beginner 1: Students will learn the manual alphabet, numbers, 150 vocabulary words, small conversations, and deaf culture

8 weeks, starting Wed. 2/10/10, \$80 7:00-9:00 p.m.

Landscape Design

Paul Lynch

Outdoor Pride Landscaping

An examination of the nature of visual experience, the basic principles of design, and their direct practical applications to landscaping. Participants have the opportunity to produce an original landscape for their home. Cost of materials is included in the course fee.

9 weeks, starting Tues. 2/9/10, \$95/\$50 seniors 6:45-9:00 p.m.

Lawn Care

Lee Kavanaugh

SHS Grounds Keeper

A nice looking lawn should not require a lot of time of money. Come in and learn some new tricks. You'll receive instructions on how to bring in a soil sample, which you will be testing in class. Cost of supplies is included in course fee.

2 weeks, starting Tues. 4/6/10, \$35/\$20 seniors 6:00-9:00 p.m.

SAT Preparation - Verbal and Math

Jack Brouse/John Sytek

Review of concepts, test-taking approaches and practice questions will help students increase their understanding of the SAT. Classes will be held on Tues. and Thurs.

20 sessions, starting 2/9/10, \$125

3:00-5:00 p.m.

20 sessions, starting 2/9/10, \$125

5:30-7:30 p.m.

Seminar: How Money Works

Dan Campagna

The three root causes of the financial problems most families face are: 1. Failure to plan; 2. Being uninformed; 3. Being misinformed. This seminar will discuss the following issues: compound interest, credit card traps, how life insurance works, short and long term. savings strategies, and much more.

1 session Tues. 3/23/10, \$20

6:30-8:00 p.m.

Small Engine Maintenance

Lee Kavanaugh

SHS Grounds Keeper

Get your winter machines ready for storage and prepare your summer equipment for the upcoming season. First week will be information on how the machines work and how to care for them to extend their life, Second week - "stump the teacher with your questions!"

2 weeks, starting Thurs. 3/25/10, \$30

6:00-9:00 p.m.

Spanish for Beginners

Matthew Garbati

This course will teach you the basics of Spanish pronunciation, conversation and reading. Essential expressions and vocabulary will be practiced. Be prepared to speak lots of espanol! Required text: *Merriam Webster's English/Spanish Dictionary*.

13 weeks, starting Tues. 2/2/10, \$90

6:30-8:30 p.m.

Understanding Your Septic System

Lee Kavanaugh

Oliver Environmental, LLC

A healthy septic system is environmentally friendly and will give you many years of low cost use. You'll learn how it works and ways to protect it.

2 weeks, starting Tues. 3/9/10, \$30

6:00-9:00 p.m.

United States Coast Guard Auxiliary

Boating Course

You will learn safety and navigation rules for ocean and fresh water. Meet NH Marine Patrol and Coast Guard legal requirements with successful completion of the course and required testing. Cost of materials included in the course fee.

5 weeks, starting Mon. 4/5/10, \$65/\$45 seniors 6:30-9:00 p.m.

FYI: All NH boaters must have a boating certificate

You're On the Air

(How to Really Make it in Voice-Overs!)

Liz Solar

Voice-overs are hot today! You don't have to be an actor to get voice-over work. In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business. We'll discuss voice-over technique, talk about the numerous opportunities, the income potential, and the all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

1 session, Thurs. 4/15/10, \$20

7:00-9:00 p.m.

*Register early
as classes fill rapidly!*



Salem High School
School for Continuing Education
44 Geremonty Drive
Salem, New Hampshire 03079

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 23
SALEM NH 03079

Registration Form

Mail to: School for Continuing Education
44 Geremonty Drive
Salem, New Hampshire 03079

Checks or money orders payable to: **SALEM CONTINUING EDUCATION**. Upon receipt of registration and payment, you will be enrolled. **NO CONFIRMATION NOTICE WILL BE SENT.**

Amount enclosed: \$ _____

Name: _____

Address: _____

Town: _____ State: _____ Zip: _____

Phone: (home) _____

(cell) _____

Course(s): _____

**SCHOOL FOR CONTINUING EDUCATION
GENERAL INFORMATION**

Telephone: 603-893-7074 FAX: 603-893-7087

Classes open to all area residents 16 years of age or older. Students under the age of 16 must be accompanied by a parent registered in the same course. Please register early, as class seats are limited.

Location: Unless otherwise indicated in course description, classes are held at Salem High School, 44 Geremonty Drive, Salem, NH.

Registration: Students are urged to register no later than one week prior to the start of a class. We do not accept registrations over the phone. You are registered for a class only when your full payment for tuition is received by the Continuing Education office. Unless you hear otherwise from us, please assume you are registered. Tuition fees are due when registering. Checks or money orders should be made payable to **Salem Continuing Education**.

Senior Citizens: Students 60 years of age or older are granted a 50% discount on tuition fees, unless otherwise noted in course description.

Refund Policy: A refund minus a \$10 administrative fee will be issued if a student withdraws at least one week prior to the first class. **Refunds will not be issued to students who register for a class, but then do not attend.**

WEATHER CANCELLATION INFORMATION

Adult Basic Education and Enrichment classes will be cancelled when day school classes are cancelled due to weather conditions. Messages are posted on SSD TV6 and announcements are made on Radio Stations WFEA, WZID and WBZ, or may you log onto www.wmurchannel.com.

****EXCEPTION****

Adult High School Diploma classes are cancelled independently of day school. Please call 603-893-7074 to confirm any class cancellation.