

Portsmouth Community Education

Spring 2011

February 14 to April 20

603-431-5080 x444



New Programs:

- Eldercare Workshops
- Heartsaver Pediatric First Aid
- The Highly Sensitive Person Trait
- Mandala Meditation
- Gardening with Children
- Weaving Rag Rugs
- Biscotti Sampler
- Effective Resume Writing

Not School Sponsored

Welcome to the Portsmouth Community Education Program!

Portsmouth Adult Education is pleased to offer a wide variety of non-credit workshops and courses for the Spring 2010. No need to look very far, there's something here for everyone! If you have any questions concerning our classes, please call 431-5080 X444 and leave a message. Someone will return your call in a timely manner.

It is our intent to offer enrichment classes to the community covering a broad spectrum of interests. Our instructors are extremely knowledgeable in the areas they teach, and are dedicated to making this a positive learning experience for all who enroll. Classes are conveniently located at the Portsmouth Middle School and plenty of free parking is available.

If you are interested in taking a course that is not currently offered, please let us know and we will try to offer it in the future. If you have an area of interest, a hobby or a discipline that you would like to share with others, we would like to offer you the opportunity to teach. And, if there is any way you feel we can improve the adult education program, please let us know. We would love to hear from you!

REGISTRATION INFORMATION

Education and Enrichment courses are open to all adult members of the Seacoast community and neighboring towns. Children between the ages of 12 and 17 will be permitted to participate in our programs provided that they are accompanied by an adult who also registers and pays for the course.

Please register early, as class space is limited. It's easy to enroll. Just use the form on the back of the brochure, noting the courses or workshops you wish to attend. Mail the form along with your check or money order (no cash, please) to the office of Portsmouth Community Education, or drop it off at the main office of the Middle School from 8 am to 3 pm, Monday through Friday.

CLASS INFORMATION

LOCATION: All classes are held at Portsmouth Middle School, Parrott Avenue, Portsmouth, New Hampshire.

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 Community Education office. Unless you hear otherwise from us, please assume you are registered.

Course fees are due when registering. Checks or money orders should be made payable to Portsmouth Community Education. **Registration costs cover all materials fees as well as the course instruction fee.**

REFUNDS: Refunds will be issued only if a course is cancelled and students will be notified by Community Education if this is the case. If you do not hear from us, assume classes will be held as planned. **Refunds will not be issued for students who register for a class, but then do not attend.** If you need to cancel your registration and notify us more than one week prior to the class start date, a refund will be issued.

CANCELLED CLASSES: Because we are a non-profit organization, it may become necessary to cancel classes due to inadequate enrollment. You can help to avoid this disappointment by sharing information about classes with friends and family, and by registering early. If a class is cancelled, registered students will be notified by phone and a full refund will be mailed within 2 – 3 weeks.

INCLEMENT WEATHER: We follow the Portsmouth School System cancellation schedule. **If school is cancelled for day students, you may assume that evening classes will also be cancelled.** Announcements will be made on the following local radio stations: WHEB, WERZ, WBZ, WOKQ, COOL 95.3, WTSN, WEVO, and WSTG.

REGISTRATION FORM IS ON BACK PAGE.

NEED ANOTHER REGISTRATION FORM?

Visit us at www.cityofportsmouth.com, and select School Department.

All registration fees include materials costs. No need to bring your checkbook to class!

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DIRECTIONS TO THE PORTSMOUTH MIDDLE SCHOOL

From Route 95 North or South: Take Exit 5 and continue to traffic circle.

At the Portsmouth Traffic Circle: Take Route 1 Bypass South (toward Beaches/Hampton). Follow road to the third set of traffic lights. Move into the left hand lane. Turn left onto Greenleaf Avenue (Dodge dealership is on the right). Continue straight after passing stop sign. Almost immediately, you will come to a set of traffic lights. Take a right at these lights onto **South Street**. Pass through one set of flashing yellow lights, and continue straight through the next traffic intersection (cemetery is ahead on the right). At the next flashing yellow light, take a left onto **Junkins Avenue**. Continue past the Portsmouth Municipal Complex located on your right. Travel over the causeway (water on both sides) and take your first left onto **Parrott Avenue**. The Middle School is a large brick building with a gold cupola.

For directions from other locations, or for questions concerning the above directions, call 436-5781.

ROCKINGHAM COMMUNITY ACTION PORTSMOUTH ADULT BASIC EDUCATION PROGRAM

Classroom instruction for learners 18 years and older in need of adult basic education (ABE) literacy skills in reading, writing and math; pre-GED and GED preparation; or English for speakers of other languages (ESOL) is offered by Rockingham Community Action.

ABE/GED PREP CLASSES: Tuesdays, Wednesdays & Thursdays 9:00am – 12 noon and Tuesday & Thursday 5:30 – 8:30 pm.

English Classes: Level 1 Day Class Tuesdays & Thursday 9:00 am – 12 noon; Level 2 Day Class Wednesday & Fridays 8:45-10:45 am; Afternoon Class Wednesdays 12:00 – 2:00 pm; Evening Class Tuesdays & Thursdays 5:30 – 8:30 pm

All classes are held at the Community Campus, 100 Campus Drive, Portsmouth (near Water Country) from September through May each year. ABE and English classes are free. GED Prep scholarship support available. Limited childcare during class time.

Call to set up registration appointment, (603) 422-8233 or adulthoodeducation@rcaction.org.

PORTSMOUTH HIGH SCHOOL VETERANS DIPLOMA PROGRAM

If you are a veteran of World War II or the Korean War who left Portsmouth High School to enlist or were drafted into the service, and did not complete your high school education, you may now be eligible to receive your high school diploma under a new program established through the Portsmouth School Department. Qualified candidates may receive their graduation certification during the next ceremony held in June.

One requirement of this program is that all veteran candidates meet briefly with a Veterans Diploma Committee to share their experiences of leaving high school and joining the military.

If you know of an individual who qualifies for this program or if you would like more information, please contact the Superintendent of Schools at 431-5080. We ask that all requests for participation be made prior to June 1st of each year.



Health, Fitness and Well Being

GETTING THE CONVERSATION STARTED: AN ELDER CARE WORKSHOP

Anne Romney

This 2-hour workshop is designed to help families begin the all-important conversation with aging loved ones regarding their safety and planning for their future. We will look at when and how to get an elder to stop driving and how to know when their living situation needs adjustment. The design of this class is to allow participants the chance to share some of their challenges, to gain greater understanding of elder care issues, and to leave with information, resources and an “action plan” for the next step. A materials fee of \$5 has been included in the registration fee.

Tues. – April 5 – 1 Night

Rm 307, 6:30 – 8:30pm – \$20

ALZHEIMER’S – WHERE ARE WE GOING NOW? : AN ELDER CARE WORKSHOP

Anne Romney

This course will look at Alzheimer’s/Dementia and the extreme challenges facing families affected by this bewildering disease. This interactive workshop is designed to help participants who are caring for a person with Alzheimer’s or dementia by providing information about the disease, identifying the emotional challenges that impact the family and looking at long term care concerns and options. The format allows participants the chance to share some of their unique stories – and to recognize that there is healing in the telling. The goal is for participants to leave with an “action plan” for the next step. A materials fee of \$5 has been included in the registration fee.

Tues. – April 12 – 1 Night

Rm 307, 6:30 – 8:30pm – \$20

THE HIGHLY SENSITIVE PERSON TRAIT

Ellen Ronka

According to psychologist and researcher, Elaine Aron (PhD), 20% of the population has what she dubbed the “Highly Sensitive Person” trait. Such individuals tend to experience more distress at stimuli such as loud noises, strong scents, hunger, pain, and temperature variations. They also react more strongly to emotionally charged events, whether positive or negative, and find themselves exhausted by life changes and activities such as multi-tasking in busy environments and attending loud parties. This has led HSP’s to be unfairly labeled as shy, difficult, “high maintenance,” and “too sensitive,” leading them to believe they are defective. But there are wonderful benefits to being an HSP – they tend to have deep inner lives, a heightened awareness to aesthetic beauty, tend to be tuned into subtle changes in the environment, and others tend to find them wise, empathetic and intuitive. The key to living life fully as an HSP is accepting and managing your inherent challenges by avoiding the overstimulation that regularly threatens your equilibrium and calm, while appreciating and maximizing the unique strengths your sensitivity affords you. Taught by a licensed clinical mental health counselor, this class will cover the basic characteristics of the HSP trait and then move on to provide a forum for discussion on how best to manage the difficulties of navigating an overwhelming world. HSPs (and those who have the sometimes difficult task of loving them) will come away with new confidence that their experiences are normal and new tools to manage and appreciate their sensitivity better. A \$2 material fee has been included in the registration fee.

Wed. – April 6 – 1 Night

Rm 307, 6:00 – 8:30pm – \$25

HEARTSAVER PEDIATRIC FIRST AID

Gail Klanchesser

New! This American Heart Association course teaches basic First Aid principles and what to do in the first few minutes of an illness or injury to children until advanced help arrives. This OSHA approved workplace course is designed for those working or volunteering with children from infants to teenagers. Heartsaver Pediatric First Aid cards will be mailed to each student following successful completion of the program. A materials fee of \$5 which

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covers costs of the card, gloves and hand-outs has been included in the registration fee. Students will have the option of purchasing a topic-related book the evening of the course.

*Tues. – February 22 – 1 Night
Rm 307, 6:00 – 9:00pm – \$26*

MANDALA MEDITATION: HOW TO INCORPORATE INTO YOUR DAILY LIFE

Kate Zamarchi

A personal mandala expresses your inner spirit, illuminates it and helps to bring you back to the center. They can express joy, gratitude and spiritual and emotional healing for yourself and others. In this class participants will be introduced to the process to create illuminated mandalas as well as some techniques to release negative energy. Guided meditations will take you on a beautiful journey into your own psyche, and from this place your mandalas will spring forth. Even those who think of themselves as non creatives will be amazed at what is expressed through them. No art experience is necessary. A material fee of \$10 is included in the registration fee.

*Mon. – February 21 – 1 Night
Rm 307, 6:30 – 9:30pm – \$31*

MANDALA: SOUL'S BLOOMING LIKE A FLOWER

Kate Zamarchi

Observe the Mandala found naturally in the formation of flowers... feel the energy replenish your spirit! A personally illuminated mandala will express the light within your soul. In this course, participants will review the structure of mandalas found in flowers and will learn to create a personally illuminated mandala through instruction and guided meditation. No art experience is necessary. Bring a ruler and compass to the class. All other materials will be provided. A material fee of \$8 is included in the registration fee.

*Mon. – March 7 – 1 Night
Rm 307, 6:30 – 9:30pm – \$29*

COMMUNITY MANDALA TO INSPIRE CREATIVITY

Kate Zamarchi

Join the instructor in the creation of a community mandala collage. With intention to inspire creativity this mandala will be donated to the Portsmouth community

and hung in a public building. During this class students will learn about the power of intention and will get a section of the mandala to build with a mixed media collage with drawing, paper, fabrics or found objects. Participants will be guided through a meditation to tap their creative spirit and then are free to express their creativity with their portion of the mandala. Each section will then be combined into a 24" x 24" Mandala. The second night will be focused on a ceremony to fill the mandala with intention to inspire creativity in the community. At this time the location for exhibiting the mandala will be announced. If you are inspired, please feel free to bring material to include in the mandala. All other materials will be provided. A \$5 materials fee is included in the registration fee.

Mon. March 21 – 6:30 – 9:00pm

Mon. March 28 – 7:00 – 8:00pm

2 Nights, Rm 307 – \$32

IT'S IN YOUR FACE, PART 2

Ginger Bisplinghoff

Students will continue to learn new information about facial structures and their functions in additions to beginning the process of putting all the information together. More emphasis on actual trait observation will be covered, as well. The result is a better understanding of oneself, clearer communication, and healthier relationships. It is advised, but not necessary, to have taken Part 1. A \$3 material fee has been included in the registration fee.

Wed. – March 16 – 1 Night

Rm 307, 6:00 – 8:30pm – \$22

SELF CARE AND THE HIGHLY SENSITIVE PERSON

Ginger Bisplinghoff

There are many gifts and challenges to being highly sensitive. This experiential course, instructed by an RN and Specialized Kinesiologist, will cover assessments and discussion of the highly sensitive person's characteristics and various recommendations for self-care. Simple energy exercises and flower essences will be presented as well. A \$5 materials fee has been included in the registration fee.

Thurs. – March 24 – 1 Night

Rm 307, 6:00 – 8:30pm – \$27

SCHOOL CLOSED:

FEBRUARY 28 – MARCH 4

REGISTRATION REMINDER:

Once you have sent in your registration and payment you will not hear from us unless a class is cancelled or full.

KRIPALU YOGA CORE

Deborah Levine

This is a multi-level class that combines Kripalu Yoga with core-strengthening from Pilates. All levels are welcome, including those with medical conditions, injuries or those who feel “out of shape.” Props and posture variations will be used as needed. Be prepared for a complete mind and body workout! Please bring a yoga mat, a small pillow and a light blanket to the first class.

Mon. – February 14 to March 28 – 6 Weeks

Library, 6:00 – 7:30pm – \$84

YOGALATES FOR THE 50+ CROWD

Deborah Levine

This beginner-friendly, progressive class, combines strengthening from Pilates with the floor and balance of Kripalu Yoga. If you have an injury, medical condition or simply getting older has gotten in the way before then come enjoy this safe and fun approach to working out! Postures will be modified to suit individual needs. Please bring a yoga mat, a small pillow and a light blanket to the first class.

Thurs. – February 17 to March 31 – 6 Weeks

Library, 6:00 – 7:30pm – \$84

HEARTSAVER FIRST AID

Gail Klanchesser

This American Heart Association course teaches basic First Aid principles and what to do in the first few minutes of an illness or injury until advanced help arrives. This is an OSHA approved workplace course. First Aid cards will be issued following successful completion of the program. A material fee of \$5 has been included in registration costs.

Thurs. – March 10 – 1 Night

Room 307, 6:00 – 9:00pm – \$26

HEARTSAVER AED

Gail Klanchesser

In this American Heart Association course students will learn CPR, how to use an Automated External Defibrillator (AED) and relief of choking in adults and children, as well as use of barrier devices. CPR cards will be issued after successful completion of the course. This program is physical and hands-on. Students should dress comfortably and bring a pillow or blanket to kneel on. Any student who may have difficulty

with the physical aspect of CPR should contact the instructor prior to the course for accommodations. A materials fee of \$11 has been included in the registration fee.

Wed. – February 23 – 1 Night

Room 306, 6:00 – 9:00pm – \$33

TAI CHI FOR HEALTH

Thomas Kennedy

Tai Chi is an ancient, internal martial art. Students in this class will learn a series of slow, graceful movements designed to increase flexibility, balance, attitude, relaxation, and to generally improve health and well being. These safe, easy stretches help reduce stress, and are a great exercise by themselves, or can serve to enhance your existing exercise program. This class is suitable for adults of any age or skill level. Participants need to dress comfortably.

Wed. – February 23 to April 20 – 8 weeks

Chorus Room, 6:30 – 7:30pm – \$60

HEAL YOURSELF/HEAL OTHERS

Erica Rock

In this four-week class you will be introduced to an energy that you can use to heal yourself and others at all levels: physical, emotional and spiritual. This class is Reiki and BEYOND. Energy includes the Reiki spectrum and a much more expanded spectrum that is inclusive to all healing modalities. This class is particularly helpful for global healing in this critical time of rapid shifting of the planets. A \$36 materials fee has been included in the registration price.

Thurs. – March 10 to 31 – 4 weeks

Room 223, 6:30–9:00 pm – \$115

THE MAGIC OF MUSCLE TESTING

Ginger Bisplinghoff

The only source of information about YOU ... is YOU! Learn about the biofeedback tool called Kinesiology or muscle testing, which makes it possible to identify and release emotional stress and negative beliefs. Experience a simple, powerful, self-help technique called FEEL, WANT, WILLING. Discover the Behavioral Barometer, a unique tool for identifying emotional patterns. A materials fee of \$3 has been included in the registration fee.

Tues. – March 8 – 1 Night

Rm 307, 6:00-8:30pm – \$22

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Business & Financial Workshops

EFFECTIVE RESUME WRITING

Andrea St. Jean

To succeed in today's competitive job market a candidate needs every advantage possible. Yet if you're like most people, your resume does not reflect your true worth. This workshop offers the knowledge you need to turn your resume into a dynamic marketing tool that makes the difference between getting an interview and a lost opportunity. Come learn how to define your "big picture" strategy and refine the details of your work history to develop a compelling resume that ends up on top of the pile. Please note that the second class will include a brief critique of each member's current resume.

Mon. – March 14 & 21 – 2 Nights
Rm 223, 7:00 – 8:30pm – \$25

FINDING THE WORK YOU LOVE

Andrea St. Jean

Are you at a career crossroads? Are you bored, dissatisfied, or unfulfilled in your current profession but unsure of what to do next? You are not alone. You can find a career that is rewarding by understanding your heart's desires, uncovering opportunities in the marketplace, and approaching a career change systematically. This dynamic workshop will challenge students to clarify values, talents, motivators, and personal type by examining life experiences and using the latest career assessment tools. It's difficult to be without direction. Come discover a career path – and a life – that feels in harmony.

Mon. – February 14 & 21 – 2 Nights
Rm 223, 7:00–8:30pm – \$25



THE BASICS OF SELLING ON E-BAY

Bobbi Miller

Do you have too much "stuff" at home? Want to make some extra cash? This authorized E-Bay course will teach you how to successfully sell on E-Bay. The course will take you through signing up with E-Bay and Paypal, writing a great E-Bay description, taking winning photos and shipping professionally once an item has sold. Taught by an authorized E-Bay Education Specialist. A materials fee of \$15 has been included in the registration fee.

Mon. – March 7 & 14 – 2 Nights or
Tues. – April 12 & 19 – 2 Nights
(Please specify which one)
Rm 216, 6:00 – 9:00pm – \$90



Computer Courses

MICROSOFT WORD LEVEL II

Lisa Horn

This course picks up where "Learning Microsoft Word" left off, covering more advanced features of Word including:

- Working with Paragraphs; spacing, lists, indents, tabs and tables;
- Working with Documents; view, breaks, columns, headers and footers;
- Working with Graphics; adding clip art, pictures and AutoShapes.

PREREQUISITE: Introduction to Word class or equivalent knowledge. Although PC's are used in

SCHOOL CLOSED:
FEBRUARY 28 – MARCH 4

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class, the class content is suitable for Mac users. If you are a Mac user and have a laptop, feel free to bring it and work on it instead of the PC. ****NOTE: Office 2007 (2008 for Mac) is NOT covered. Class is most suitable for users of Office 2000, XP or 2003 or their Mac equivalents.**** A materials fee of \$10 has been included in the registration fee. Students must bring a USB Flash Drive for course files.

Wed. – April 6 & 20 – 2 Nights
Rm 216, 6:00 – 8:30pm – \$50

INTRODUCTION TO MICROSOFT WINDOWS

Lisa Horn

In this workshop, students will learn to handle the basic features of the Windows XP environment. Students will practice working with the “Desktop”, opening, moving and resizing windows, using the taskbar and creating shortcuts as well as get an introduction to file management. Several Windows programs & customization options will also be explored. Basic mouse and keyboard skills are the only prerequisite for this class. A materials fee of \$10 has been included in the registration fee. ****NOTE: This is a Windows XP environment. Windows VISTA & Windows 7 are NOT covered.****

Wed. – March 9 & 16 – 2 Nights
Rm 216, 6:00 – 8:00pm – \$50

LEARNING MICROSOFT WORD

Lisa Horn

This course is designed for people who are familiar with Microsoft Windows and want to use their computer to create basic letters and memos. Word processing techniques using Microsoft Word will include:

- Opening, closing, saving and printing files
- Document navigation and text selection
- Formatting text & paragraphs
- Creating a new document – from scratch & using a template
- Plenty of Timesavers & Shortcuts

PREREQUISITE: students must have taken an Intro. to Windows class (or have equivalent knowledge) prior to taking this course. Although PC's are used in class, the class content is suitable for Mac users. If you are a Mac user and have a laptop, feel free to bring it instead of using the PC. A \$10 materials fee has been included

in the registration fee. Students must provide their own USB Thumbdrive. ****NOTE: Office 2007/2010 is NOT covered. Class is most suitable for users of Office 2000, XP or 2003 or their Mac equivalents.****

Wed. – March 23 & 30 – 2 Nights
Rm 216, 6:00 – 8:30pm – \$50



Languages

CONVERSATIONAL SPANISH I

Evelyn Greenlaw

Have you ever wanted to learn one of the most popular and frequently spoken languages around the globe? Planning on visiting a Latin speaking country on vacation this year? This course is ideal for students with little or no Spanish background, who wish to learn the language for travel or conversational purposes. Participants in this workshop will learn to communicate through basic grammar and simple vocabulary, necessary to introduce yourself and carry on a logical conversation. The text, Spanish in Ten Minutes a Day must be purchased prior to the first class. The book may be purchased at Barnes & Noble or online at Amazon.com.

Wed. – March 9 to April 13 – 6 Weeks
Rm 306, 6:30 – 8:30PM – \$90

LEARN ITALIAN I

Egizia Brown

This course is for those who would like to learn some basic Italian. No prior knowledge of the language is required. Class will use the text Learn Italian and teacher generated materials. The course will consist of grammatical lessons, as well as learning to get along as a tourist in Italy. Texts will be available for purchase from the instructor at the first class.

Mon. – February 14 to April 18 – 9 Weeks
Rm 308, 5:30 – 7:30pm – \$135

LEARN ITALIAN II

Egizia Brown

This course will finish the text Learn Italian, and will begin where the previous class finished. The class will concentrate on getting along comfortably in Italy and being able to carry on a conversation with others.

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Prerequisite to this course is Learn Italian I. Some knowledge of grammar will be expected and built upon. Texts will be available for purchase from the instructor at the first class.

Mon. – February 14 to April 18 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135

LEARN ITALIAN III

Egizia Brown

In this course students will speak entirely in Italian, with topics of discussion to be picked by consensus of class and/or teacher. This class is for the advanced student or one who has completed both Learn Italian I and II. Please bring an Italian dictionary to class. This is an excellent class to test newly acquired language skills or to improve on conversation. Texts will be available for purchase from the instructor at the first class.

Tues. – October 19 to December 14 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135

LEARN ITALIAN IV

Egizia Brown

This course is for students who would like an advanced lesson in Italian grammar. The text Prego will be used in addition to teacher generated materials. Students enrolled in this class should have previously taken Learn Italian I and II. Texts will be available for purchase from the instructor at the first class.

Tues. – February 15 to April 19 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135

GRAMMATICAL ITALIAN

Egizia Brown

This course was created for students who want to expand their knowledge of the Italian language in the areas of verb conjugation, study of tenses, structural components, grammar, and idioms. This course is suitable for the beginner as well as the more advanced students. No preliminary Italian is necessary. Much of the class time will be spent studying the written word, although there will be some verbal dialogue involved. Texts will be available for purchase from the instructor at the first class.

Wed. Feb. 16 – April 20 – 9 Weeks
Rm 308, 5:30 – 7:30pm – \$135

TRAVELING ITALIAN GRAMMAR & PHRASES

Egizia Brown

This course was created for students who are looking for some conversation, information about the language, and tourist necessities. No books will be used in this workshop. Instead, the instructor will provide handouts, language instruction, geography lessons, and personal stories regarding Italy and its attractions. No previous language experience is necessary. So if you are planning a trip or just wish to find out more about this beautiful locale, this is the class for you. Texts will be available for purchase from the instructor at the first class.

Wed. – February 16 to April 20 – 9 Weeks
Rm 308, 7:30 – 9:30pm – \$135

INDONESIAN LANGUAGE (BAHASA), ARTS AND CULTURE

Sandra Pontoh

This class is designed for the beginner and will introduce students primarily to the language known as “Bahasa” and a little bit of art and culture of Indonesia. At the end of the course, the student should be able to introduce him/herself and use Bahasa in situations such as making an appointment, telling time, shopping, asking and giving directions and so forth. There will be games, songs, music, dances, small discussions and writing exercises.

Mon. – February 21 to April 18 – 8 weeks
Rm 306, 7:00 – 9:00pm – \$125



**SCHOOL CLOSED:
FEBRUARY 28 – MARCH 4**

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LEARN FRENCH I

Marco Brucher

This course is designed primarily to familiarize participants with everyday situations and conversations they might encounter while travelling or living in France for a short time. It is designed for both beginners or those who have a basic knowledge of the language. The emphasis will be on oral communications, as well as understanding the cultural contexts within which this communication takes place. Exercises and activities will be designed to help participants maximize their exposure to the French language and cultural experience, as well as gain an understanding of contemporary French society. Students should purchase the text: Learn French the Fast & Fun Way, which is available at Barnes & Noble. A materials fee of \$15 has been included in the registration fee
Tues. – February 22 to April 19 – 8 weeks
Rm 306, 6:00 – 8:00pm – \$135

BASIC GERMAN I

Marco Brucher

This course is designed for students who have little or no knowledge of German. It will focus on basic vocabulary and phrases needed for travelling in a German speaking country or just to speak with a German friend. Emphasis will be placed on understanding the cultural context, as well as practical information needed for travelling in Germany, Switzerland and Austria. Students should purchase the text: Learn German the Fast & Fun Way, which is available at Barnes & Noble. A materials fee of \$15 has been included in the registration fee.
Thurs. – February 17 to April 14 – 8 weeks
Rm 306, 6:00 – 8:00pm – \$135

Special Interests

OUR BIG BACKYARD: GARDENING WITH CHILDREN

Christina King

Children can discover the world in a garden. Even the smallest of gardens can offer a hands-on learning experience. In this instructional workshop, adults will learn how to draw upon children's natural curiosity

with plants and nature. Discussion will include organic gardening basics such as how to plan, plant and care for our gardens. In addition, the instructor will steer participants towards some of the top gardening performers in the plant world that are wonderful for gardening with children.

Tues. – April 12 – 1 Night
Rm 101, 7:00 – 8:30pm – \$15

THE ART OF LETTING GO

Maggie McCauley

Are you thinking about letting go of some of your stuff, your job, a relationship or extra weight? This course will help you to take the necessary steps to release what is no longer serving you. Letting go is usually one of the biggest challenges we face. You will learn what keeps you holding on, why it's so challenging to let go and how to move on with grace and ease.

Thurs. – April 7 – 1 Night
Rm 307, 6:00 – 8:00pm – \$17

THE ART OF HAPPINESS

Maggie McCauley

Do you find yourself looking for happiness in your relationships, your career, or your “stuff” and not feeling fulfilled? There is a difference between pursuing happiness and being happy. In this class you will learn the keys to maintaining happiness no matter what the circumstances of your life.

Thurs. – April 14 – 1 Night
Rm 307, 6:00 – 8:00 pm – \$17

TRANSFORMING MONEY WORRIES INTO MONEY MIRACLES

Maggie McCauley

If you are through with being in money survival mode, frantically trying to fix everything only to have it get even worse, then its time to create a new way of dealing with money. Get ready for an eye-opening class that will take a sensitive, but realistic look at your relationship with money. Guaranteed to put you on the right track of what will be the beginning of many money miracles in your life.

Tues. – March 8 – 1 Night
Rm 223, 6:00 – 8:00pm – \$17

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FROM CHAOS TO PEACE: ORGANIZING YOUR WORKPLACE

Maggie McCauley

Your workplace is the hub of your productivity and creativity. Your bulging file cabinets, cluttered desk and inefficient systems drain your energy and cost you time and money. Learn how to set up an efficient workspace and create systems to manage your paper, email, finances and projects that will leave you feeling confident and accomplished.

Tues. – March 29 – 1 Night

Rm 307, 6:00 – 8:00pm – \$17

BUILDING GREEN

Ron Sauve

Everyone these days is talking about “Green.” We hear about building green, buying green, saving green. They say it is healthier, for us and for the planet. They even say that we must be green if we are to survive as a species. But what does it mean? It can sound complicated. Is it difficult to do? Or is it really easy to be green? Is there really anything we can do that will make a difference? And what about building or remodeling green? Isn’t that more expensive? Or will I really save money if I build green? The instructor will discuss all of these topics and more in this class. We will explore what we can do even in little ways to be greener. And we will see a little of what is involved in designing and building green.

Mon. – April 18 – 1 Night

Rm 101, 6:00 – 9:00pm – \$25

SPEEDY SODOKU

Jack Feeney

Do you like numbers? Do you enjoy the challenge of a puzzle? Can one really learn a puzzle solution strategy? A Speedy SODOKU workshop will allow you to develop strategies for a SODOKU puzzle solution without having to suffer the drudgery of multiple trial and error attempts. A material fee of \$4.95 includes the book Speedy SODOKU, written by the course instructor.

Wed. – April 20 – 1 Night

Rm 306, 6:30 – 8:30pm – \$20

REDUCE YOUR HOME ENERGY COSTS

Ron Sauve

There are many things you can do to lower the energy costs in your home. Learn how to treat your home

as a system and ways you can make it work more efficiently to save you money. The instructor brings years of experience in building and remodeling with particular emphasis on energy conservation and green building design. He tailors his seminar to the needs of the participants and everyone present will qualify for a free Home Energy Evaluation. A materials fee of \$2 has been included in the price.

Mon. – March 14 – 1 Night

Rm 101, 6:00 – 9:00pm – \$25

LEARN TO PLAY THE HARMONICA

Mike Rogers

This is a fun – filled class for the whole family! In one night, participants will learn how to play a song, various instrument techniques, and a little blues history on the harmonica. The instructors have been teaching and performing for over 30 years. He will happily introduce students eight years old and older to this delightful instrument. Course fee includes price of instrument as well as instruction. This night promises to be fun, fun, fun!

Thurs. – April 7 – 1 Night

Rm 108, 6:30 – 8:30pm – \$30

BALLROOM & SWING DANCING

Karen Landry of Just Dance

Have you been to one too many social functions and promised yourself you would learn how to dance? Well, now is the time to learn the fundamentals of American/Social Ballroom dancing. Introduces beginner level Foxtrot, Waltz and Swing. Each class will adapt to the overall class ability. These classes will give you the courage to get out on the dance floor and enjoy yourself!

Mon. – March 7 to April 11 – 6 Weeks

Cafeteria, 6:00 – 7:00 pm – \$48 (per person)



LATIN DANCING

Karen Landry of Just Dance

Come learn the latest Latin dance moves, straight from the Caribbean. Introduces Meringue, Rhumba, Salsa

SCHOOL CLOSED:

FEBRUARY 28 – MARCH 4

REGISTRATION REMINDER:

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and Bachata, and it gets you moving!!! Also taught in this class will be the basics to the Meringue, which is a simple eight count dance, and a dance that is a mixture of the Latin dances, the Salsa, which simply means hot and sassy!!! Each class will adapt to the overall class ability.

Mon. – March 7 to April 11 – 6 Weeks

Cafeteria, 7:00 – 8:00pm – \$48 (per person)

BOATING SKILLS & SEAMANSHIP U.S. Coast Guard Auxiliary

This course is a comprehensive course designed for both the experienced and novice boater. This 13th edition features all new, full-color graphics and updated text. To meet NASBLA requirements, Chapters 1 to 8 and Appendix A are taught with the addition of your state's specific boating laws. The following topics are covered: 1. Which Boat is for you; 2. Equipment for your boat; 3. Trailing; 4. Handling your boat; 5. Highways signs; 6. Rules you must follow; 7. Inland boating; 8. Boating safety. Students should bring a notebook and pencil to class. A materials fee of \$25 has been included in the registration.

Tues. – February 15 to April 19 – 8 Weeks

Library, 6:30 – 8:30pm – \$65



GIVE YOUR HOME THE WOW FACTOR FOR THE MARKET

Pauline Maloney

If you are in the market to sell your home, then this course may hold the key to your success! In this one-night program you will discover the secrets of attracting more buyers, selling in half the time of other comparable properties, while making 7% more than average market price. The instructor offers practical tips, before and after examples and an opportunity to mock stage a home.

Tues. – March 8 – 1 Night or

Thurs. – April 7 – 1 Night

(Please specify which night)

Rm 108, 6:00 – 8:30pm – \$20



Personal Growth and Enrichment

FALUN GONG

Marcus Gale

Falun Gong is an advanced chi-gong (energy) system originating in ancient China. It promotes energy flow in the body through five simple, easy to learn exercises. Practiced in over 60 countries worldwide, Falun Gong can improve the quality of life through increased physical energy and mental clarity. This introductory class will provide a brief overview of the system, plus a demonstration of the exercises.

Wed. – April 6 – 1 Night

Caf, 6:30 – 8:30pm – FREE

(Students must pre-register for class)

STORIES OF ERNEST HEMINGWAY

John Robinson

Have you ever dreamed of living in Paris and writing stories that will be read and cherished for generations? This course consists of reading and discussing the short stories of a modern master who did just that: Ernest Hemingway. Discussion questions will be chosen each week for selected stories, and specifics from the author's incredible life – along with colorful anecdotes from the Lost Generation of the 1920's Left Bank Paris – will also be included to enhance understanding, appreciation, and enjoyment. For anyone who loves writing and reading, this class is "a moveable feast." Students need to purchase the text:

The Complete Stories of Ernest Hemingway.

Tues. – March 8 to April 5 – 5 Weeks

TBA, 5:30 – 7:30pm – \$70

HONEYBEE KEEPING FOR FUN AND PRODUCT

Benjamin Potter

What's the buzz about Bee Keeping? Well, in this one night workshop, participants will learn all there is to know about hive functions and activities, the hierarchy of the queen bee, and the steps necessary to get started with this unique and fun hobby. The instructor will discuss the supplies and expense of getting set up; four season hive maintenance; multiple hive

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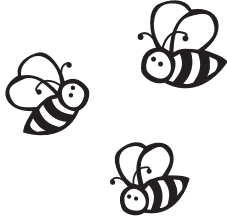
Visit us at www.cityofportsmouth.com, and select School Department.

All registration fees include materials costs. No need to bring your checkbook to class!

management; and the nuances of collecting the honey. In addition, the instructor will share amusing anecdotes from his vast years of experience in bee keeping and tips for enjoying this hobby.

Tues. – April 5 – 1 Night

Rm 310, 7:00 – 9:00pm – \$20



Craft & Cooking Workshops

A WATERCOLOR WORKSHOP: SPRING BOUQUET

Marina Forbes

This introductory 3-hour watercolor class is a hands on step-by-step workshop designed for adult learners who are either beginners or who have some experience with watercolor painting. Students will learn how to render beautiful floral images using a variety of watercolor techniques which will allow them to interpret the simplicity and softness of nature. Students must bring watercolor materials and tools to class. A list of materials will be sent to students a week prior to the start date.

Wed. – March 23 – 1 Night

Rm 108, 6:00 – 9:00pm – \$40

A WATERCOLOR WORKSHOP: GERANIUMS

Marina Forbes

Students in this beginner's course will learn how to produce beautiful floral images using a variety of watercolor techniques. This step-by-step program with allow budding artists to interpret the natural simplicity and softness of geraniums through a hands-on watercolor experience. Students must bring watercolor materials and tools to class. A list of materials will be sent to students a week prior to the start date.

Wed. – February 16 – 1 Night

Rm 108, 6:00 – 9:00pm – \$40

A WATERCOLOR WORKSHOP: FLORAL BOUQUET

Marina Forbes

This program is designed for intermediate learners who have some experience with watercolor painting or advanced learners. Through this workshop, students will master how to render beautiful floral images using a variety of watercolor techniques which will allow them to interpret the natural beauty of a floral bouquet. Students must bring watercolor materials and tools to class. A list of materials will be sent to students a week prior to the start date.

Mon. – March 28 – 1 Night

Rm 124, 6:00 – 9:00pm – \$40

PAINTING ON SEASHELLS

Marina Forbes

Participants this workshop will learn how to create delightful and whimsical art images (landscapes, florals or beautiful designs) on seashells. Adult learners, who are either painting beginners or have some experience working with acrylics, will produce authentic pieces of art on seashell using a variety of techniques and brushstrokes. The goal of this course is to capture the simplicity and softness of graceful art images on these unique natural surfaces. Students must bring watercolor materials and tools to class. A list of materials will be sent to students a week prior to the start date.

Mon. – March 14 – 1 Night

Rm 124, 6:00 – 9:00pm – \$40

BISCOTTI SAMPLER WORKSHOP

Suzy Gagnon

Come learn the secrets of successfully creating biscotti! These yummy treats store well, freeze well and make fantastic hostess gifts. Share them with family and friends over tea, coffee or soup and more. Students in this class will create both a sweet and savory, sampling everything from the traditional anise almond to chocolate dipped walnut to Parmesan cornbread varieties and more. Biscotti are a great treat with friends! Bring an apron, containers and a cookie sheet to class. A materials fee of \$15 has been included in the registration fee.

Wed. – March 23 – 1 Night

Rm 224, 6:00 – 9:00pm – \$40

SCHOOL CLOSED:

FEBRUARY 28 – MARCH 4

REGISTRATION REMINDER:

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PEANUT BUTTER: A DELICIOUS INTERNATIONAL FOOD

Suzy Gagnon

In this workshop, participants will explore the many different ways to include peanuts and peanut butter into a wide selection of everyday meals – both vegetarian and not. We'll try some classic desserts, and we will also create numerous dishes using peanut butter such as Senegalese Soup, Thai Satay, Southern Peanut Shrim, Creole Soup, and Peanut Stroganoff. We'll bake "breakfast cookies" that contain peanut butter, oats, and dried fruit – a perfect on the go breakfast! Participants should bring an apron and containers for leftovers. A materials fee of \$15 has been included in the registration fee.

Mon. – March 28 – 1 Night

Rm 224, 6:00 – 9:00pm – \$40

BREAKFAST FOR DINNER

Suzy Gagnon

Create different brunch or breakfast foods – hearty enough for a weekend family dinner. You will sample dishes such as make-it-your own quiche, healthy pumpkin pancakes, Cheese Fondue, baked stuffed French toast and many more! Participants should bring an apron and containers for leftovers. A materials fee of \$15 has been included in the registration fee.

Mon. – April 11 – 1 Night

Rm 224, 6:00 – 9:00pm – \$40

WEAVING RAG RUGS

Cindy Sauve

Learn how to make a rag rug by twining, which is a form of weaving that has been around for centuries longer than we have. It is surprisingly easy to learn, requiring only homemade equipment and scrap fabric to produce a sturdy rug. Materials of \$10 include a piece of foam board to make a simple loom and enough fabric to complete a placemat sized project.

Wed. – February 16 & 23 – 2 Nights

Rm 124, 6:00 – 9:00pm – \$55

CROCHET GRANNY SQUARES

Cindy Sauve

Granny squares aren't just for grannies! If you can crochet you can crochet a granny square. But today there are many, many different and interesting patterns for squares. Put them all together and make an

afghan or perhaps you would like to work with a very lightweight yarn and make a scarf. Bring your own yarn and a medium size crochet hook. Instructor will have crochet hooks to purchase if you don't have one.

Mon. – February 14 & 21 – 2 Nights

Rm 124, 6:00 – 9:00pm – \$45

REVERSE PEN & INK

Cindy Sauve

If you can trace you can do this! Students will work with black acrylic ink and a crow quill pen to do a reverse pen and ink framed drawing. Children's books work really well to start and there will be lots of fun and interesting choices but feel free to bring your own favorite characters. This is a very enjoyable and creative art form and you will be surprised at the result you can get even with limited artistic ability. Bring your creativity to class! A materials fee of \$10 includes the pen, ink and frame of your choice.

Tues. – February 22 – 1 Night

Rm 124, 6:00 – 9:00pm – \$33

PRESSED FLOWER ART

Cindy Sauve

It is amazing what you can do with pressed flowers and a little creativity. Bring some Elmer's glue to class and create your own pressed flower design suitable for cards or framing. The instructor will provide a variety of samples to choose from. Students will learn how to flatten flowers in a flower press. A materials fee of \$10 will include what you need to complete one or two projects of your choice. Flower presses will be available for purchase for an additional \$13.

Wed. – March 9 – 1 Night

Rm 124, 6:00 – 9:00pm – \$33

CANDY MAKING

Cindy Sauve

Come for a fun and delicious candy making workshop using chocolate candy melts. Students will work with caramels, peanut butter, mints, drop clusters in molds and dipping. Bring your own container so you can take home a box of candy you have made yourself, to impress your family and friends. A materials fee of \$12 covers all ingredients and use of candy molds.

Mon. – March 14 – 1 Night

Rm 224, 6:00 – 9:00pm – \$35

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MOSAIC BIRDBATH

Cindy Sauve

Time to start thinking about your garden! Learn how to create your own mosaic birdbath. Working on a small scale using a 10" clay pot as a base, students will have an opportunity to select and work with a variety of broken ceramic tile or tumbled stained glass pieces. Grout will be used to finish off the project. A materials fee of \$15 covers all materials to complete a birdbath you design yourself.

Mon. – April 18 – 1 Night

Rm 124, 6:00 – 9:00pm – \$38

CHOCOLATE TASTING EXPERIENCE: AN INTRODUCTORY WORKSHOP

Suzy Gagnon

In this workshop, participants will explore the many different chocolates on the market today. What makes a “good” chocolate? What percentage cacao is your favorite? Where your favorite chocolate is made? Are there health benefits to eating the “right” chocolate? During the evening, participants will sample and rate approximately 30 different chocolates. Suggestions for further exploration and study will be provided. A material fee of \$15 has been included in the registration fee.

Wed. – February 23 – 1 Night

Rm 224, 6:30 – 9:00pm – \$40

LEARN THE BASICS OF KNITTING

Jean Bitomski

Knitting is both creatively fulfilling as well as a physically relaxing experience. And, the resulting products are enjoyed by all who receive them. If you have ever wanted to learn how to knit, or if you already know how but would like to brush up on your skills, now is your opportunity. This workshop is designed to teach the basic skills of knitting such as: casting on, knitting, purling, increasing, decreasing, and binding off. Students should be able to complete a couple scarves during the course of this workshop. The instructor will provide a variety of patterns for several projects. A materials fee of \$15 for knitting needles and practice yarn, is included in the registration.

Mon. – February 21, March 7 to 21 – 4 Weeks

Rm 108, 6:00 – 8:00pm – \$75



ADVANCED KNITTING SKILLS

Jean Bitomski

In this second knitting seminar, students will test their newly acquired skills by creating a pair of mittens. Students who have not taken the “Basic of Knitting” workshop, but who have some knitting experience, are welcome to attend this course. Knitting veterans will have the opportunity to reinforce their skills while learning more complicated knitting strategies. Students should come to class with size 5 and 7 straight 10” needles and one 4 ounce skein of worsted weight 4-ply yarn. The instructor will provide a variety of patterns, instructions and of course plenty of guidance for any project the students decide to undertake.

Mon. – March 28 to April 18 – 4 Weeks

Rm 108, 6:00 – 8:00pm – \$60

SCHOOL CLOSED:

FEBRUARY 28 – MARCH 4

REGISTRATION REMINDER:

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Portsmouth Community Education
Portsmouth Middle School
155 Parrott Avenue
Portsmouth, NH 03801

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Portsmouth Community Education, 155 Parrott Ave., Portsmouth, NH 03801
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