

Milton Public Schools Adult Education Program
Spring 2017 Courses



Spring 2017 Registration Information

TO REGISTER ONLINE: Go to HYPERLINK www.tinyurl.com/miltonadulthood (payable by checking account or credit card). Online registration opens Monday, January 30th.

TO REGISTER BY MAIL: Complete the registration form below. Mail/drop off the form, along with a check payable to “Town of Milton,” to the following address by Friday, February 24th:

Sara Warner
Tucker Elementary School
187 Blue Hills Parkway
Milton, MA 02186

There will be NO walk-in registration nights for this term.

Cut and return by Friday, February 24th.

Spring 2017 Registration Form

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: _____ Email Address: _____

List the exact course name/s:

Course 1: _____ Course 2: _____

Course 3: _____ Course 4: _____

Total Amount Enclosed: \$ _____

*CHECKS ONLY PLEASE. Make check payable to “Town of Milton.”



MIND AND BODY

Yoga, Meditation, and Mindfulness for Self-Transformation

Instructor: Jeff Woods
Mondays, 7:30-9:00 PM
Dates: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10
Location: TBD

It is easy to get caught up in our daily demands and habitual thoughts and to end up, over time, feeling out of touch with something truer--with what is really important to us and with what we really wish to create in our lives. A lot of modern forms of yoga are primarily physical workouts and de-emphasize the more subtle ways a yoga practice can help us access those deeper, truer places within. In this course we will engage in a more complete yoga practice: a yoga practice that, while physical, will include various meditation and mindfulness techniques and will prioritize enabling participants to feel a deeper connection to what is most important to us and what we really want.

Led by yoga, meditation, and mindfulness teacher and Stanford and Harvard Divinity School alum Jeff Woods (www.jeffwoodsyo.com), this course will consist primarily of yoga practice, including breathing techniques, various types of still and moving meditation, and both one-pointed and global mindfulness practices. Classes will also include explanations of practical, easy-to-understand principles of yoga, mindfulness and meditation. All levels of students are welcome!

Zumba

Instructor: Adina O'Neill
Tuesdays, 6:30-7:30 PM
Dates: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16
Location: Glover Elementary School

Come join the party! Zumba® Fitness is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to

dance away their worries. It is based on the principle that a workout should be "Fun and Easy to Do" allowing Zumba® Fitness participants to stick to the program and achieve long-term health benefits in both body and mind. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body, maximizing caloric output, fat burning and total body toning. Best of all, you don't need any previous dance experience!

Group Health Coaching

Instructor: Mary Keohane
Wednesdays, 6:30-8:00 PM
Dates: 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/26, 5/3
Location: Milton High School

Are you struggling with meeting your health and wellness goals? Having difficulty staying on track with losing weight and eating well? Do you have poor sleep habits, or want to stop smoking? Explore reasons why you may be struggling with motivation while finding support with others who also want to achieve their maximum health. An integrative health coach is trained to bridge the gap between medical recommendations and action toward health goals. They work with the whole person, their individual concerns, and facilitate inquiry and personal discovery to help each student execute their own individual plan. Duke Integrative Medicine trained integrative health coach, Mary Keohane, will guide the group to discover where your strengths lay and how to channel those strengths to instill new habits on the road to maximum health.

Creative Hairstyling with Braids

Instructor: Judie Jean-Baptiste
Tuesdays, 7:00-8:30 PM
Dates: 3/7, 3/14
Location: Milton High School

Are you tired of styling your hair with the same old ponytail or bun? Then this class is for you! Come and learn creative hair braiding styles that you can do with different hair textures and hair lengths. Join us and learn more about hair braiding and get cool ideas for braiding your, your kids', or your friends' hair in no time. Please bring a comb and a hair mannequin, if you have one. Ages: 12 and over.

Anti-Aging Skincare Techniques and Applying Makeup Beautifully

Instructor: Deirdre Eschauzier
Mondays, 6:30-8:30 PM
Dates: 4/3, 4/10
Location: Milton High School

Students will learn the elements of proper care for their skin to combat major skin concerns with a focus on anti-aging. You will have the opportunity to try different products including microdermabrasion and perfect foundation matching using mineral powder and/or liquid foundation. The class will also be dedicated to proper makeup application including highlighting, contouring, application based on eye and face shape, and skin tone. Students will learn by actually applying the products to your face. Limit 12.



HOUSE & HOME

Planning Your Remodeling Project

Instructor: Richard Connolly
Mondays, 7:00-8:30 PM
Dates: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10
Location: Milton High School

Planning Your Remodeling Project provides homeowners a pathway to research and plan their remodeling projects from concept through completion. This course includes discussions with a building inspector, designer, building material, cabinetry, and plumbing fixture suppliers and others involved in the industry. The program emphasizes relationship-building over construction and the importance of knowing how to develop an effective network that meets or exceeds the homeowner's expectations for quality, price, and performance. Instructor Richard Connolly, a consumer advocate and construction consultant, is the author of *How To Avoid Building Or Remodeling Hell: The Consumer's Guide* and numerous articles in The Boston Sunday Globe.



FINANCES

Foundations of Investing

Instructor: Jackie Wilson
Wednesday, 6:30-8:30 PM
Date: 3/8
Location: Milton High School

Financial education is an important step in helping you achieve a better future. My workshop offers clear and practical investing education in a convenient and comfortable format. You'll gain a better understanding of key principles and strategies to help you reach your long-term goals. (Financial Advisor at Edward Jones)

College Costs: Planning and Funding Strategies

Instructors: Huy Tran & Peter Kong
Tuesdays, 6:30-8:00 PM
Dates: 3/7, 3/14
Location: Milton High School

With the cost of education rapidly increasing many parents find it challenging to strategically plan for their children's college fund. Learn about comprehensive strategies that will help save, grow, and protect your child's college fund.

Managing the Long-Term Care Risk

Instructor: Len May
Tuesday, 7:00-8:30 PM
Date: 4/25
Location: Milton High School

People are living longer, but living a long life doesn't guarantee that it will be a healthy one. At least 70% of people over age 65 will require long-term care services at some point in their lives. A well-thought-out plan for addressing the potential need for care is essential to the physical, emotional, and financial needs of you and your family. Appropriate for ages 48-70. Attendees will receive the 30-page class notes covering: What are the long-term care risks and consequences? What are the options to protect your savings and home? Can Medicare or Medicaid help? How do the traditional long-term care and the new hybrid insurance alternatives work, and which might be best for you? How do you develop a plan of action?

COLLEGE & CAREER SUPPORT



How to Find Your Next Career

Instructor: Lucy Meadows
Tuesdays, 7:00-9:00 PM
Dates: 3/28, 4/4, 4/11
Location: Milton High School

Cost: \$60
3 Weeks

Finding work that you love can be challenging! This class will help you learn a ten-step process for gaining clarity about your career. You'll explore your interests and take practical steps to move forward. You'll be able to share ideas with others in the same situation, and get handouts and recommendations on useful resources.

Getting into College the Easy Way

Instructor: Paul Hemphill
Wednesday, 7:00-8:00 PM
Dates: 3/8
Location: Milton High School

Cost: \$25
1 week

This course will offer a specific strategy on how to stand out in the college admissions office that will make any college want you in their next freshman class before they see your grades, test scores, or athletic ability.



COMPUTER & INTERNET SKILLS

How to Sell on eBay

Instructor: Ellen Pierce
Tuesdays, 6:30-8:30 PM
Dates: 3/7, 3/14, 3/21, 3/28
Location: Milton High School

Cost: \$75
4 Weeks

Turn those attic treasures into cash! This course will cover registering to sell on the eBay auction site. Participants will learn how to set up an eBay account, the techniques of the auction process, how to list an item for sale, and the steps to set up a secure online payment system. Please note: This class is for selling primarily smaller items such as collectibles, quality handbags, name brand jewelry and vintage items.

Microsoft Word I

Instructor: Bob Marotta
Tuesdays, 6:00-7:30 PM
Dates: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16
Location: Milton High School

Cost: \$150
10 weeks

Learn to use MS Word more efficiently. This course will cover many features of MS Word: Toolbar/Ribbons use, formatting, cutting, pasting, word processing, and other useful components. All skill sets and techniques presented in this course are applicable in every version of Word available today. This course is ideal for individuals who have assumed new positions or are looking to get back into the workforce. If you like, please bring your laptop to class.

Microsoft Excel I

Instructor: Bob Marotta
Tuesdays, 7:45-9:00 PM
Dates: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16
Location: Milton High School

Cost: \$150
10 weeks

This 10-session course will cover many features of MS Excel: Toolbar/Ribbon use, formatting, cutting, pasting, creating basic formulas, spreadsheet management, creating charts and graphs, etc. Students will also explore a number of great user-friendly tips; "hidden" keyboard commands and helpful work saving gems. When you have completed this course, you will be able to quickly and easily create and edit an existing spreadsheet into a well-organized, printer friendly document. This course is ideal for individuals who have assumed new positions or are looking to get back into the workforce. If you like, please bring your laptop to class.

File Management

Instructor: Bob Marotta
Monday, 6:00-9:00 PM
Date: 3/6
Location: Milton High School

Cost: \$35
1 week

Do you waste valuable time looking through your computer files searching for a certain document? This class will help you to explore your PC's "Filing Cabinet." You will create and name new file folders and develop an effective and efficient navigation system. All participants who have laptops are encouraged to bring them.



LANGUAGE

Intro to French

Instructor: Laure Knobloch Cost: \$150
 Mondays 6:00-7:30 PM 10 weeks
 Dates: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/24, 5/1,
 5/8, 5/15
 Location: Milton High School

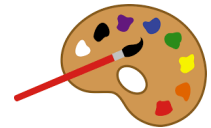
This course introduces the fundamental elements of the French language within a cultural context. The vocabulary and grammatical structures are presented through the use of body language and audio/visual techniques such as pictures, videos and songs, as well as written material. Students will learn to communicate in relatively natural and spontaneous speech and also develop basic reading and writing skills. Each lesson incorporates helpful information about daily life in France and the varied cultures within the world of French speakers.

Intermediate/Advanced French

Instructor: Athie Tschibelu Cost: \$150
 Tuesdays, 7:00-8:30 PM 10 Weeks
 Date: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2,
 5/9, 5/16
 Location: Milton High School

This is an intermediate/advanced level course designed for learners who have completed introduction courses to the French language. Using videos, podcasts, songs, visual as well as written documents, the course will aim at developing grammar, vocabulary and pronunciation while introducing learners to societies and cultures of the Francophone world. In the end, participants will be able to describe outings, express appreciation or dislike, talk about experiences using past tenses, describe outfits, talk about spectacles, entertainments and express desires.

ART



Knitting

Instructor: Debbie Neely Cost: \$120
 Wednesdays, 7:00-10:00 PM 10 weeks
 Dates: 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/26, 5/3,
 5/10, 5/17
 Location: Pierce Middle School

From beginners to advanced, learn how to knit any stitch. Make sweaters and blankets so perfectly that friends will wonder where you purchased them! Design your own project or work with a pattern. Independence is stressed and confidence encouraged.

Not Your Grandmother's Needlepoint

Instructor: Carol Skill Cost: \$130
 Tuesdays, 7:00-9:00 PM 6 weeks
 Dates: 3/28, 4/4, 4/11, 4/25, 5/2, 5/9
 Location: Milton High School

Intrigued by needlepoint? Come learn some basic stitches to immediately begin creating your own project. All materials for you to stitch a 4x4 needlepoint acrylic coaster will be supplied. Come ready to have fun and learn a new art to provide hours of enjoyment. Please bring a pair of scissors to class. Already a stitcher? Bring your canvas and fibers and join the fun!

Note: To see samples of Carol's work, please email Sara Warner at swarner@miltonps.org.

Are you interested in teaching a course during the Fall 2017 semester? We are always looking for new course ideas! Please contact Sara Warner at swarner@miltonps.org.

Non-Profit Org:
Milton Public Schools
Adult Education Program
187 Blue Hills Parkway
Milton, MA 02186

U.S. Postage
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Permit No. 185
Milton, MA

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TO REGISTER BY MAIL: Complete the registration form. Mail/drop off the form, along with a check payable to “Town of Milton,” to the following address by Friday, February 24th:

Sara Warner
Tucker Elementary School
187 Blue Hills Parkway
Milton, MA 02186

There will be NO walk-in registration nights for this term.

*Classes are not held on legal holidays or during school vacation weeks, and may be canceled due to weather. There are no classes when day school is cancelled.

*Classes will only take place if the minimum enrollment is met. Students and instructors will be notified of continuing or cancelled classes by Wednesday, February 29th.

*If you are unable to register online, please contact the Adult Education program at swarner@miltonps.org.

*The views expressed by the instructors do not necessarily represent the views of the Milton Adult Education program.