

Milton Public Schools Adult Education Program
Fall 2015 Courses



Fall 2015 Registration Information

Online registration opens August 24th...Go to HYPERLINK "<http://www.tinyurl.com/miltonadulted>"
www.tinyurl.com/miltonadulted.

(Payable by checking account or credit card)

There will be NO walk in registration nights for this term. Please register online or mail/drop off the below registration form by Friday, September 18th to:

Stephanie Nephew
Tucker Elementary School
187 Blue Hills Parkway
Milton, MA 02186

Cut and return by Friday, September 18th

2015 Fall Registration Form

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: _____ Email Address: _____

List the exact course name/s and session (if applicable):

Course 1: _____ Course 2: _____

Course 3: _____ Course 4: _____

Total Amount Enclosed: \$ _____

*CHECKS ONLY PLEASE...Make checks payable to "Town of Milton"



FITNESS CLASSES...

Zumba

Instructor: Adina O'Neill Cost: \$85
 Thursdays 6:30-7:30PM 9 Weeks
 Dates: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5,
 11/19, 12/3, 12/10,

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!

Class will be held at Pierce Middle School.

Boot Camp

Instructor: Lori Casinghino Cost: \$135
 Monday/Wednesdays 6-7:00PM 10 Weeks
 Dates: Mon. 9/28, 10/5, 10/19, 10/26, 11/2,
 11/9, 11/16, 11/30, 12/7, 12/14 and Wed.
 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18,
 12/2, 12/9, 12/16

Boot camp classes consist of a warmup of foam rolling for muscles, active stretching, and core and metabolic exercises. The second portion of class consists of an interval circuit to increase heart rate and build muscle strength. Samples of exercises/equipment used are: kettlebell swings, TRX mountain climbers, dumbbell squat and press, resistance band skiers, medicine ball side slams, battling rope waves, bodyweight

spiderman push-ups, TRX RIP trainer rows and curls, wheel walks, Stability ball push outs, and many more!!

ART



Knitting

Instructor: Debbie Neely Cost: \$95
 Wednesdays 7-10pm 10 weeks
 Dates: 9/30, 10/7, 10/14, 10/21, 10/28, 11/4,
 11/18, 12/2, 12/9, 12/16

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

**Class will be held at Pierce Middle School.*

Introduction to Glass Fusing

Instructor: Michel L'Huillier \$115
 Tuesday 6:30-8:30 1 Week
 Date: 11/10

In this one-night workshop, you will learn the basics of glass fusing techniques and have fun playing with colored glass pieces, glass powders, frits, and stringers. Then, you will create 2 plates or bowls (one 8" and one 4") and decorate them using the techniques you have learned. Your instructor will fuse the glass in his kiln, then, during a second firing he will "slump" your creations over special ceramic molds to transform them into functional and decorative objects. A materials fee of \$85 is payable to the instructor for the materials and firings at the time of the class. Students should be sure to wear closed-toed shoes. Limited to 12 participants.

Taking Better Pictures I

Instructor: Bob Marotta Cost: \$115
Wednesdays 7:45-9:00PM 5 weeks and
2 hr field trip to Houghton's Pond
Dates: 9/30, 10/7, 10/14, 10/21, 10/28

This popular course fills up quickly! Everyone likes a great photograph! If taking great photos is what you are looking to do, then this is the course for you. This 5 session course and one 2 hour field trip to Houghton's Pond is designed to assist you in looking at some simple ways to enhance your photo taking techniques. These techniques can be used with any small point and shoot as well as with any of the new DSLR digital cameras now on the market. Topics to be covered but not restricted to: photo composition, shooting angles, camera controls and menu options discussion, camera types, accessories, photo software, etc. Taking great photos is easy and the best part is the grins on the faces of family and friends you share your great pictures with in person or on the web. Please bring your camera and your camera's user manual with you to every class.

Take Better Pictures II

Instructor: Bob Marotta Cost: \$85
Wednesdays 7:45-9:00pm 5 weeks
Dates: 11/4, 11/18, 12/2, 12/9, 12/16

This 5-session course is for folks who have a good understanding of how to take nice photographs and want to explore more ways to see things through the camera lens. Each week a technique/topic will be discussed. A weekly photo assignment will be given to practice what was discussed. Students will take pictures on their own time and post them to a class web site for discussion/critiquing the next class. Great way to explore what your camera can do beyond the AUTO setting, learn new techniques, etc. Learn all this and more in a relaxed and fun atmosphere. Please bring your camera and your camera's user manual with you to every class.

Welcome to the Open Studio

Organizer: Claire Canning Cost: \$30
Tuesday 6:00-9:00pm 10 weeks
Dates: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3,
11/10, 11/17, 12/1, 12/8

The open studio offers artists of all mediums a supportive environment to polish their skills, learn from others, and enjoy an evening of creating your art. As "open studio" implies, artists work at their own speed using their choice of techniques. There is no traditional teacher, we learn from each other. Whether your talent is charcoal drawing, watercolor painting, or mosaic art the open studio welcomes all artists, from beginners to professional. Please bring your own supplies.



Gain Computer Skills...

Intro to Computers

Instructor: Bob Marotta Cost: \$115
Wednesdays 6:00-7:30pm 8 weeks
Dates: 9/30, 10/7, 10/14, 10/21, 10/28, 11/4,
11/18, 12/2

Looking for a beginning computer class where you can have fun and not feel like you are the only one who doesn't know how to use a computer? If so, this is the class for you! Using your personal computer should not be intimidating. This 8-session course is designed for beginners who are looking to learn the basics. Find answers to many of your "how do I" questions. This is an easy, fun course that you will find yourself at ease while you explore your computer. Students will learn user friendly techniques to explore the Internet for various types of information. Students will also create their own email account. If you like, please bring your laptop to class.

Intro to Microsoft Word

Instructor: Bob Marotta Cost: \$195
Tuesdays 6:00-7:30pm 10 weeks
Dates: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3,
11/10, 11/17, 12/1, 12/8

Learn to use MS Word more efficiently. MS Word is probably the most popular word processing program in the world today. This 10 session course will cover many features of MS Word: Toolbar/Ribbons use, formatting, cutting, pasting, word processing, and other useful components. When you have completed this course you will have a better understanding of how to use the many features contained within this powerful program. 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.

Intro to Microsoft Excel

Instructor: Bob Marotta Cost: \$195
Mondays 6:00-7:30PM 10 weeks
Dates: 9/28, 10/5, 10/19, 10/26, 11/2, 11/9,
11/16, 11/30, 12/7, 12/14

MS Excel is probably the most popular, most used spreadsheet program in the world today. 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.

Microsoft Excel Part 2

Instructor: Bob Marotta Cost: \$85
Mondays 7:45-9:00 5 weeks
Dates: 10/19, 10/26, 11/2, 11/9, 11/16

This 5-session class is for folks who are very comfortable with Excel and want to explore a few additional features not covered in the EXCEL I class. Topics to be covered but not limited to: Professional spreadsheet layouts, creating formulas, linking spreadsheets to share information, locking spreadsheets to protect formulas, etc. If you like, please bring your laptop to class.

Mail Merge-How to Get the Word Out!

Instructor: Bob Marotta Cost: \$35
Mondays 7:45-9:00 2 weeks
Dates: 9/28, 10/5

Microsoft Word will be used to complete this 2-session course. Mail merge is a powerful "tool" that can be used by business professionals, fundraising coordinators, and teaching aids, or for planning events, completing homework assignments, etc. No need to buy specialty software – Microsoft Word can do it all with ease. After completing this 2 session course you will be able to create data tables, use existing Excel files and merge your data list(s) to assist you with all of your mailing needs; Business template form letters, Mailing labels, Invitation notices, and Envelopes. If you like, please bring your laptop to class.



LANGUAGE & CULTURE

How to Make Sense of the World

Instructor: Ron Israel Cost: \$115
Wednesdays 7:00-8:30PM 8 Weeks
Dates: 9/30, 10/7, 10/14, 10/21, 10/28, 11/4,
11/18, 12/2

The course is intended to help its participants better understand the problems that are changing the face of our planet and consider different options (right, left, center) being put forward to solve them. We will examine such problems as global warming, technology, religious extremism, and more. Although the subject matter is serious, the course will be given in an open and friendly-spirited way.

Intro to French

Instructor: Cost: \$145
Tuesdays 6:00-7:30pm 10 weeks
Dates: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3,
11/10, 11/17, 12/1, 12/8

Is your child in the French Immersion Program?
Are you planning on traveling to a French
speaking country? This course will teach you the
basics of this beautiful language.

Anti-Aging Skincare Techniques and Applying Makeup Beautifully

Instructor: Deirdre Eschauzier Cost: \$45
Mondays 7:00-8:30pm 2 weeks
Dates: 9/28, 10/5

Students will learn the elements of proper care
for your 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.

How to Buy & Sell on EBay

Instructor: Ellen Pierce Cost: \$55
Wednesdays 6:30-8:30PM 4 weeks
Dates: 9/29, 10/6, 10/13, 10/20

Turn those attic treasures into cash! This course
will cover registering to buy and sell on the EBay
auction site. Participants will learn how to set up
an EBay account, the techniques of the auction
process and how to list an item for sale. Steps to
set up a secure online payment system will also
be covered.

Jump Start Your Career Transition

Instructor: Lucy Meadows Cost: \$45
Wednesdays 7:00-9:00PM 2 weeks
Dates: 10/14, 10/21

Are you looking for more satisfying work? This
course will help you think about the essential
elements of a successful search. It's not just
about a good resume—you need to take steps to
be clear and confident. We'll talk about what it
takes, and get you moving on the right path. The
instructor is a certified professional coach
specializing in Career Coaching. One client said:
"Coaching with Lucy has been nothing short of
transformational for me personally as well as
professionally." Lucy's website is
www.lmeadows.com

**Are You Interested in Teaching a Course
During the Spring Semester?
We are always looking for new course ideas!
Please contact Stephanie Nephew at
snephew@miltonps.org**

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

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Milton, MA

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Stephanie Nephew
Tucker Elementary School
187 Blue Hills Parkway
Milton, MA 02186

*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.

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

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

