Souhegan High School

Fall 2013 Evening Enrichment Courses & Workshops

General Information:

Check http://www.sprise.com/shs for a detailed schedule and courses descriptions.

To register:

Call 673-9940 ext "5317" during school hours or email mpaul@sprise.com to register. Course size is limited to space available. The courses will be filled with the first registered and payments before the first class will secure your seat. The cost of the course is based on the number of weeks the course meets and residence in the SHS School District.

All courses and workshops meet at Souhegan High School – 412 Boston Post Rd. Amherst, NH 03031.

Please check the start date!

Monday

Yoga I: Moving Into Peace

Teacher: John Silva
Dates: Monday 6 weeks
9/23, 9/30, 10/7, 10/21, 10/28, 11/4
Times: 5:15 – 6:45pm
Cost: $50.00 for residents, $60.00 for non-residents

We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has over 15 years of yoga experience, including 5 years as a certified Kripalu Yoga Teacher.

Yoga II: Moving Into Peace

Teacher: John Silva
Dates: Monday 6 weeks
9/23, 9/30, 10/7, 10/21, 10/28, 11/4
Times: 7:00 – 8:30pm
Cost: $50.00 for residents, $60.00 for non-residents

We will focus primarily on yoga postures and breath work, working toward engaging body, mind, and spirit in our practice. Classes will last 90 minutes, the last part of which will be a relaxation period. The course is appropriate for all levels of experience, especially beginners. Participants should bring a yoga mat and block and optionally a throw or blanket for relaxation. The instructor has over 15 years of yoga experience, including 5 years as a certified Kripalu Yoga Teacher.

Dine Around Europe

Teacher: Elizabeth Skipper
Dates: Monday 6 weeks
9/23, 9/30, 10/7, 10/21, 10/28, 11/4
Time: 6:00 – 9:00pm.
Cost: $100.00 for residents, $110.00 for non-residents.
Lab fee for ingredients is paid directly to the instructor.

Cook and dine around Europe, with stops in France, Italy, Germany, Switzerland, Austria, and Holland. This six week cooking class will feature a different cuisine each evening. You'll recognize some of the well-known dishes like quiche, Wienerschnitzel, and chicken Marsala, but have you ever tried kaassoep, geschnetzeltes, or flädlesuppe? We'll do all these and more – you're sure to discover some new favorites!

Class will be a mix of demonstration and participation, depending on the number of students. As always, there will be plenty of astuces (expert tips and tricks) sprinkled throughout.

The instructor is Elizabeth Skipper, an accomplished personal chef and culinary teacher, of The Everyday Epicure LLC in Amherst. www.theeverydayepicure.com

Hypnosis for Life Enhancement

"Re-Programming Your Mind for Success"
Teacher: Lois Hermann, from Amherst Hypnosis Center (603-553-6144)
Dates: Monday 6 weeks
9/30, 10/7, 10/21, 10/28, 11/4, 11/11
Time: 6:30 – 8:00pm
Cost: $77.00 for each participant

Are you struggling to lose weight? Feeling tired or unhealthy? Overwhelmed with your To-Do list? Are you hard on yourself, or others? Are you frustrated with family, kids, or your spouse? Would you like an escape from the madness? Here's your opportunity to take charge of your life through this amazingly fun, relaxing and empowering course!

Register now to become part of this fun-filled and insightful class where you will learn life skills that improve the way you respond to daily challenges. Discover how to use the power of your mind to enhance your personal, social, and professional skills. Transform your thoughts to create a life of health, wealth and happiness.

This class is designed to help YOU achieve the goals you desire. Depending on the class interests, we will focus on a variety of topics during the six weeks, including: lowering stress, losing weight, building incredible confidence, simplify and organizing your life, generating financial abundance, enjoying improved health, and creating more passion in your relationships. If you want to feel unbelievably good this spring, register today. Come and enjoy the beginning of a new chapter in your life.

Lois Scheffler is a Certified Hypnotist through the National Guild of Hypnotists and has extensive training in Neuro-Linguistic Programming (NLP), Reiki, and Feng Shui. She also has forty years as a multi-registered medical professional. Because of her extensive background in medicine, education, corporate leadership, and diverse cultures, Lois's clients receive tailor-made programs that address their specific needs. This "Life Enhancement" program is designed to help you jumpstart your success.

Fitness: Strength Training for Beginners

Teacher: Armand Chery
Dates: Monday 6 weeks
9/23, 9/30, 10/7, 10/21, 10/28, 11/4
Time: 6:00-7:00pm
Cost: $50.00 for residents, $60.00 for non-residents

Bring: Bottled water and light comfortable workout clothes

If you are looking for a way to ease yourself into Strength Training, this class is for you. This joint-friendly class will combine Cardiovascular, Strength and Flexibility training to help you achieve a total body workout in a group setting. The results: motivation, excitement, a leaner, toner, lighter and healthier you. Join the fun and enjoy an exhilarating workout with your friends.

Tuesday

Watercolor Painting

Teacher: Kevin Dadoly
Dates: Tuesday 8 weeks
9/24, 10/1, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19
Time: 7:00 - 9:00pm
Cost: $90.00 for residents and $100.00 for non-residents

Join Kevin Dadoly as he instructs this popular studio course designed to enhance and challenge all levels of watercolor artists from the beginner to the exhibiting artist! Expect to explore all types of painting techniques, and subject matter, in an enjoyable and positive environment.

Wednesday

Conversational French in Amherst

Teacher: Armand Chery
Dates: Wednesday 6 weeks
9/25, 10/2, 10/9, 10/16, 10/23, 10/30
Time: 7:00 – 8:00pm
Cost: $50.00 for residents and $60.00 for non-residents

The focus of this class is to learn the alphabet, pronunciation, noun, pronoun, verbs, helping verbs, adjectives, numbers, how to form basic sentences and hold a simple conversation. This class is designed to make conversational French less intimidating and more enjoyable in a relax atmosphere. The instructor is a native French speaker and has over 35 years of experience.

Armand Chery is a native French speaker who has been living in the US for the past 34 years. He has been teaching French for the past 38 years both at the High School and College levels and is also fluent in Haitian Creole and Spanish. French and Fitness are Armand's passions and he enjoys teaching as you will get to discover through his teachings. If you have questions Armand can not answer, he will go the extra mile to find that answer for you.

Pottery Studio

Teacher: Mary Salmon
Dates: Wednesday 6 weeks
9/25, 10/2, 10/9, 10/16, 10/23, 10/30
Time: 7:00 – 9:00pm
Cost: $70.00 for residents and $80.00 for non-residents
$20.00 lab fee for supplies.

6 Weeks of studio experience creating with clay. Pinch, coil, and slab construction as well as wheel throwing. Decorative glaze and texturing techniques will be explored.

T-Shirt Quilt Class

Teacher: Jean Cannon
Dates: Wednesday 6 weeks
9/25, 10/2, 10/9, 10/16, 10/23, 10/30
Time: 7:00 – 9:00pm
Cost: $70.00 for residents and $80.00 for non-residents

Are your bureau drawers, closets, and storage boxes filled with your favorite

T-shirts from school, sports, camp, vacations, concerts, etc. that you just can't part with? Come to this T-Shirt Quilt class and learn how to turn these treasures into a warm, comfy, quilt that will be great for curling up with on a cold winter night. This class will focus on making the quilt top only. If there is enough interest a second class will be offered, to teach you how to quilt this T-shirt treasure, or you will be given information on how to have this quilt finished by a professional quilter.

You will need a portable sewing machine in good working order, basic sewing supplies, and approximately 1 dozen t-shirts. This number is somewhat flexible. This, along with other fabric requirements, tools, and supplies will be discussed at the first class. Some sewing experience will be helpful, but not necessarily quilting experience.

Thursday

Stained Glass Creations

Teacher: Susanna Ries
Dates: Tuesday 6 weeks
9/26, 10/3, 10/10, 10/17, 11/7, 11/14
Time: 6:00-8:30pm
Cost: $80.00 for residents and $90.00 for non-residents

Come enjoy the art of making stained glass panels, lamps, and ornaments. Get ready for the holidays and make some handmade glass presents this year. I will supply all tools and some glass. You may

need to buy some material at a local glass shop ($50.00 min). Whether you are a beginner or an experienced glasser, come share your creative ideas and work together in a fun-filled class environment.

Susanna Ries has been teaching stained glass for 4 years and creating original stained glass for 21 years.

ADVANCED IRRIGATION
603-249-5958
978-692-7375
www.advanced-irrigation.net

JOSEPH RACZEK, O.D.
GENERAL OPTOMETRY
CONTACT LENSES
• New Patients Welcome • Convenient Hours
• All types of Frames & Lenses • Most Insurance Accepted
www.drraczek.com
380 Nashua Street, Milford, NH • 673-7428
Community Based Family Eye Care Since 1986

No Fumbles!
Don't hurt yourself! Let an expert handle your pesky projects so you can take in a little football!

The Town Plier LLC
Home Repairs / Maintenance / Odd Jobs
Painting / Carpentry • Doors / Windows
Fully Insured • Free Estimates / Since 1996
CALL 529-3609 • WWW.THETOWNPLIER.COM

Blue Sky POWER WASHING
Hot Water Soft Washing
Over 3500 Homes Served
603.594.WASH (9274)
BlueSkyPowerWashing.com

Hot Tub Repairs
Fast, professional repairs for all major brands.
www.SeasonalStores.com
Click on Sales/Specials for weekly specials, or Hours for this month's store hours. *Swimming Pools, Patio Furniture, Hot Tubs, Pool Tables, Bars & Stools, Grills & Smokers.*
Seasonal SPECIALTY STORES
120 Route 101A
Amherst, NH
(603) 880-8471

Creating a Healthier You... One Smile at a Time.

Cara A. Coleman, DMD
Coleman Family Dental Care
Dr. Cara A. Coleman offers:
• Free Consultations
• Implant and Cosmetic Dentistry
• Low dose X-rays
• Help with cavities and bleeding gums
• Tooth colored fillings and crowns
• Dentistry for the Whole Family
1 Overlook Drive, Rte. 101 A, Suite A#3, Amherst • 673-4102
www.colemanfamilydentalcare.com

Incredible Special Buy!

ONLY $950.00
Hand-Woven
Fine Nain 9 x 12
Compare Reg. Price $7900.00
Mir Sultan Oriental Rugs
Est. 1975
(603) 472-8200
280 Route 101, Bedford, NH
www.mirsultanrugs.com
Mon - Sat 9 am - 5 pm
Sundays Noon- 4 pm

Amherst Garden Center & Flower Shop, Inc.
Customer Appreciation Sale
15% OFF
All in-stock plant material NOW THRU SEPTEMBER 22!
New products are arriving daily to the **Farm Stand** including Jake's Ice Cream and A&E Coffee, just to name a few... check it out!!
305 Route101 • Amherst • 603.673.3008 • fax: 603.673.6224
Open Daily • Visit our website: www.amherstgardencenter.com
Please visit and support our partners providing products and services for sustainable living and enjoyment.

Nature's time to plant!
SRH Landscape Design, LLC
amherst, nh ■ 603.801.4136 ■ srhlandscapedesign.com
Plan now for all your fall landscaping projects... then escape from the ordinary next spring