

Fall 2015 Evening Enrichment Courses & Workshops at SHS

General Information: Check <http://www.sau39.org/shs> for a detailed schedule and course 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!

One night workshops with Elizabeth Skipper, The Everyday Epicure LLC
(Dates to be announced)

Easy as Pie

Yes, pie is easy. It's easy to make a cardboard crust, one that won't roll out, or shrinks, or is soggy. It's also easy, once you know how, to make a pie crust that's flaky and delicious. In this class, everyone will make their own apple pie to take home and bake right away or freeze for a special occasion. Of course, we'll bake one during class to enjoy, too. Bring a peeler, paring knife, rolling pin, and apron for a fun class. Limited to 10 students. A materials fee of \$12 is payable to the instructor at class time.

Quick and Easy Homemade Pasta

There are pastas you can easily make without needing a pricey pasta machine. We'll make potato gnocchi and picci, an Italian spaghetti-like pasta, and appropriate sauces to go with them. Roll up your sleeves, get your hands in the dough, and learn to make something delicious and different! Limited to 10 students. A materials fee of \$12 is payable to the instructor at class time.

Knife Skills

Good cooking begins with the basics, and knife skills are essential. Make your time in the kitchen easier and faster. Learn the three must-have knives, how to use them, and how to keep them maintain them. We'll cover the basic cuts - chop, dice, mince, slice, and julienne - and make minestrone, ratatouille, and salad with the results. Limited to 8 students. A materials fee of \$12 is payable to the instructor at class time.

Dinner in Tuscany Couples/Date Night Come on out for a week-night date, cook together, and enjoy a delicious Italian meal. On the menu will be bruschetta, involtini di maiale, polenta, and ciambellone, a Tuscan ring cake. Main squeezes and friends are equally welcome. Limited to 8 students. A materials fee of \$12 is payable to the instructor at class time.

Fitness: Strength Training for Beginners

Teacher: Samantha Devine
Dates: Monday 6 weeks September 21, 28, October 5, 19, 26, November 2
Time: 6:00-7:00pm
Cost: \$60.00 for residents, \$70.00 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.

Watercolor Painting

Teacher: Kevin Dadoly
Dates: Tuesday 8 weeks September 22, 29, October 6, 13, 20, 27, November 3, 10
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.

An Inner Journey with Chakra Energy

Teacher: Gloria Bry
Dates: Tuesday 8 weeks September 22, 29, October 6, 13, 20, 27, November 3, 10
Time: 6:00-8:00pm
Cost: \$80.00 for residents and \$90.00 for non-residents

You are invited to embark on a journey of self-discovery. Your body has an energy system where body, mind and emotion connect. There are seven major centers that symbolize this connection. In this introduction eight week series, you will learn how this subtle energy system flows through you. You will develop insight into where your

Chakras are, their meaning and purpose as well as the benefits of exploring this powerful energy as a vehicle to well being. As we journey through each Chakra (one per week) we will:

- Balance and align energy patterns
- Wake up your Chakra energy through simple yoga poses and chanting
- Release your creative energy to bring you closer to your high self
- Create a deep sense of relaxation
- Experience corresponding vibrational tones and colors
- Integrate what you learn into your everyday life
- Learn about the crystal rock connection to vibrational energy.

Your teacher, Gloria Bry, has developed a series of rich experiences for you to be able to connect to each of these powerful energy centers that are at the essence of who you are. Included in the class will be simple yoga moves, opportunities to develop your meditation skills and

music dedicated to enhance your ability to connect to your chakras and yourself. Gloria Bry has over twenty years experience in the body, mind, spirit connection. Her experience includes involvement in naturopathic healing, Hatha yoga, Kundalina Yoga, Somatics as well as metaphysical training. Gloria is a certified Yoga/Dance instructor. She earned her Bachelor of Science degree in Behavioral Science as well as Training and Development.

2Young2Retire

Teacher: Sandy Demarest
Dates: Tuesday September 22, 29, October 6, 13, 30, 27
Time: 6:30-8:00pm
Cost: \$70.00 for residents and \$80.00 for non-residents

Join the longevity revolution. Thanks to medical advances people can expect to live longer lives into their 90's and beyond. How will you find the answers to make these bonus years more vibrant and meaningful to you? By examining key issues, such as money, wellness, career, community service, leisure

and entrepreneurship, participants will discuss the value of designing a Life Plan filled with possibilities for the next chapter of their life. This 6 week program covers the following topics:

- Retirement Mindset: Embracing the realities of the Longevity Revolution
- Money: The unresolved issues that could be getting in the way
- Wellness: Transitioning with extreme vitality
- Work: Reworking work- how much, when, where
- 101 Cool Business Ideas to Spark Your Imagination
- Volunteering: The value of community service
- Leisure: Getting the balance right

Mandalas for Self Awareness and Healing

Teacher: Janet Kersio Wilson
Dates: Thursday 8 weeks

September 24, October 1, 8, 15, 22, 29, November 5, & 12
Time: 6:00-8:30pm

Cost: \$80.00 for residents and \$90.00 for non-residents

No previous art experience is required or recommended. Participants will learn the following basic art techniques:

- Watercolor resist
- Light-filled mandalas using white pastels on charcoal drawing paper
- Guided Imagery & Visualization for personal centering and healing
- Discovering your own inner Intuitive Artist

Trained as an Art Therapist, Artist and Learning Specialist, Janet Wilson provides intuitive art readings and instruction for children, teens and adults using a mindfulness centering practice, imagery and music.

By making basic Mandala drawings (pictured above) for personal empowerment, we will be using Guided Imagery Meditations to

awaken and align our inner energy (chakras). Then, by becoming the art we create, we access the inner meaning of these drawings for personal guidance and growth. Join us for our 8-week journey into manifesting your dreams.

Understanding and Conquering Stress

Teacher: Gloria Bry
Dates: Thursday October 22 and October 29 2 weeks
Time: 6:00-7:30pm
Cost: \$25.00 for residents and \$30.00 for non-residents

With the demands of every day living, we all experience moments when we become overwhelmed. Stress seems to creep into our lives without invitation. Through discussion, handouts and class participation in this two-week class, you will learn how to identify your stressors as well as learn how to manage your stress by creating your own, individualized stress management plan.

Gloria Bry has over 20 years of experience in teaching, supporting and empowering people through stressful times. She earned her BS degree in Behavioral Science and Training and Development.



Fall Classes Begin September 15
Online registration opens August 24th

Classes * Workshops for 3yrs to Adult
Afterschool * Homeschool and Adults

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