

**FALL 2017**

# *Tewksbury Public Schools Community Services Adult Education*

*139 Pleasant Street  
978-640-7831*

**ALL REGISTRATIONS MUST BE DONE ONLINE THRU COMMUNITY PASS. (SEE PAGE 4 FOR DIRECTIONS.)** YOU CAN STILL PAY BY MAIL OR ONLINE BUT **YOU MUST REGISTER ONLINE.** WE ARE NOT ACCEPTING PAPER REGISTRATIONS. IF YOU HAVE DIFFICULTY WITH THIS PLEASE CONTACT THE OFFICE . WE ARE HERE TO HELP! **NOTE: Courses will be closed one week before they are scheduled to start so we can prepare the instructor folder/roster. Please register early to avoid cancellations. Call us if you still wish to register and the course is no longer available online so we can see if it is still running.**

## **ED2GO**

*Check out our on-line course offerings.*

***Note: Enrollments for these classes must be done on-line at [www.ed2go.com/tewksbury](http://www.ed2go.com/tewksbury). These classes are separate from our regular adult ed classes held in the Tewksbury Public School buildings.***

**We offer a wide range of highly interactive courses that you can take entirely over the Internet. All of our courses are led by expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you.**

Whether you're looking for professional development or personal enrichment, these **six-week online courses** are the perfect way to learn a new skill or enhance your existing ones. You'll spend roughly two to four hours each week completing two engaging lessons in an enjoyable, interactive learning environment. Expert instructors develop and lead every course, and you'll be able to interact with them and with fellow students in lively online discussion areas. New sessions start every month, so you can sign up anytime. Upon completing a course with a passing score, you'll get an award of completion from your learning institution. **Ready to explore our catalog? Browse our catalog or check out our popular, new, and featured courses at [www.ed2go.com/tewksbury](http://www.ed2go.com/tewksbury)**

**If you have questions about course content, prerequisites, requirements, follow-ups, or instructors, you'll find the information you need by locating the courses that interest you. Click the course title to review the course details.**

If you have questions about registering, paying for, or transferring into or out of a course, please address them to:

**Tewksbury Public Schools, Office of Community Services**

**139 Pleasant Street**

**Tewksbury, MA 01876**

**978-640-7831 x218**

**[jlyons@tewksbury.k12.ma.us](mailto:jlyons@tewksbury.k12.ma.us)**

**BE SURE TO CHECK OUT OUR CHILDREN'S COURSES ON PAGE 11.**

## **COMMUNITY SERVICES ADULT EDUCATION DIVISION** ***FALL 2017 Calendar***

	M	T	W	TH
SEPT	18	19	20	21
	25	26	27	XOH HS
OCTOBER	2	XHS	4	5
	X	10	11	12
	16	17	18	19
	23	24	25	26
	30	31		
NOVEMBER			1	2
	6	7	8	9
	13	14	15	16
	20	21	X	X
	27	28	29	30
DECEMBER	4	X OH HS	6	7
	11	12	13	14
	18	19	20	21

**\*XWY-No Classes will be held at the Wynn M.S. on these dates due to open house**

**\*XHS -No Classes will be held at the High School on these dates due to open house or other events**

**\*X-no classes at all schools (there may be exceptions)**

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## ***POLICIES and GENERAL INFORMATION***

### **WHO MAY ATTEND:**

Enrollment in Community Services adult evening classes is open to anyone 18 years of age or older. Residents from other communities are welcome. (Anyone under 18 years of age, who wishes to enroll in an **ADULT** class, **must** attend with a parent/guardian, provided there is space available, and must have prior approval of the instructor. Students under 18 may attend a youth class, such as Babysitting Basics, without an adult.) Please register online for all classes, Adult or Child.

**REGISTRATION: All registrations must be done online. We are not accepting paper registrations unless you do not have access to a computer. If this is the case, you can come in and we will help you register on one of our laptops available in our office.**

### **REGISTER AND PAY ONLINE for Adult Ed. and Children's Courses**

- Go to our web site at **www.tewksbury.k12.ma.us** and click on **Community Services** and then **Adult Education**. Find the link to do online registrations.
- **Everyone with a child in the Tewksbury Public Schools has a family account, and an email with that information was previously emailed to all TPS families.** If you do not already have an account please create one under Community Pass to access the registration page. Once you have an account you will be able to register. **If it says you have an account and you do not know your login or password email Maura Rauseo at mrauseo@tewksbury.k12.ma.us or call her at 978-640-7831 x218. PLEASE DO NOT CREATE A NEW ACCOUNT.**
- Please enter all of your information. If more than one person in a family is registering for a class, each individual must be added to the account and registered separately. You will receive an email confirmation once you are registered.
- **Acceptable forms of payment include:** Mastercard, Visa, American Express, Discover and your Bank Account. (There is a 2.9% convenience fee for using a credit card and a \$.40 per transaction fee to use your checking account/routing number. Paying by EFT is under the Credit Card section.) You can also choose to "send payment" and mail it in or drop off a check at Community Services Adult Education, 139 Pleasant Street, Tewksbury, MA 01876
- **Enrollment is determined on a first come, first serve basis. Courses will be closed one week before they are scheduled to start so we can prepare the instructor folder/roster. Please call us if you still wish to register and the course is no longer available online so we can check to see if it is still running.**

### **TUITION, FEES, and METHOD OF PAYMENT:**

The tuition is listed with each course description. **There is a 2.9% convenience fee for all credit card payments and a \$.40 per transaction fee for EFT. Please do not send cash.** Checks should be made payable to the "Town of Tewksbury."

### **REGISTRATION FEE:**

Due to system constraints, we have waived the registration fee but courses will close a week before they are scheduled to run so please register early.

### **SENIOR CITIZEN DISCOUNT:**

Seniors (age 60 and over) will be granted a **10% discount on tuition fees** **except** for WHERE INDICATED IN THE COURSE DESCRIPTION. You must be over 60 to receive the senior discount. It will be automatically deducted if the birthday you enter at registration qualifies you for it.

### **REFUNDS:**

Tuition is refundable if there is insufficient enrollment and a course is cancelled. **Students withdrawing before or at the first class will be assessed a \$5.00 administrative fee. THERE ARE NO REFUNDS FOR WITHDRAWING BEYOND THE FIRST CLASS. If a class is cancelled, tuition will be refunded but any fees charged by invoice cloud (convenience fees) for paying online are non-refundable.**

**DATES of CLASS SESSIONS:**

The dates of class sessions are indicated with each course description. This schedule should be used only as a guide. **Students are advised to check with their instructor to confirm class meetings.**

**WHERE CLASSES ARE HELD and WHEN THEY BEGIN:** All evening classes are held at Tewksbury Memorial High School, unless otherwise noted. Any exceptions are listed with the course description.

**CLASS CANCELLATIONS:**

If the Tewksbury Schools are closed due to inclement weather, vacation, or holidays, the Community Services adult evening classes are also cancelled. In the event it is necessary to cancel classes for inclement weather developing during the day, the decision will be made by **3:00 p.m.** Please listen to radio stations **WBZ, WCAP, WCCM, and TV Channels 4, 5, 7, and 25** for cancellation announcements. Every attempt will be made to make up cancelled classes either at the end of the course schedule or by extension of remaining class hours. **Please do not call the School Department or the Police Department.**

**PLEASE NOTE:**

**If a class is cancelled due to the bad weather an effort will be made to send an email indicating this. You will also be notified via email ONLY if a class is cancelled completely so please check your email.**

***Some courses require the purchase of materials either from the instructor or a third party. This does not imply an endorsement of any product or service by the Tewksbury Public Schools.***

***BUSINESS/FINANCIAL MANAGEMENT*****MAXIMIZE YOUR COLLEGE FINANCIAL AID, Mr. Jim Hickey, Instructor****Course #1**

This one night workshop is a must for all parents of college-bound high school students, especially freshmen and sophomores. We will demystify the college financial aid process and teach you how to access the more than \$140 billion in financial aid dollars, money that is even available to “high income” families and business owners. Strategies will be presented that will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time to set the strategies in place (Hint: best before junior year) and why if you wait until the financial aid deadline to file your forms, you may miss out on the full amount of aid you qualify for. You will also learn about the entire college application and admission process.

**Wednesday**  
TMHS Rm. B107

**11/15**  
7:00-9:00 p.m.

**Tuition \$30.00**  
1 session

**EVERYTHING YOU WANTED TO KNOW ABOUT COLLEGE PLANNING BUT WERE AFRAID TO ASK****Mr. Jack Wang, Instructor****Course #2**

Preparing for college has never been more complex, and changes in admissions, financial aid, and financing only serve to muddy the waters. This workshop provides an overview of the college planning process. Attendees will have the unique opportunity to receive unbiased advice and insightful answers from subject matter experts. You will not hear this information from guidance counselors or financial aid officers!

**Wednesday**  
TMHS Rm. B107

**9/27**  
6:30-8:30 p.m.

**Tuition \$30.00**  
1 session

**SIMPLIFYING THE FAFSA, Mr. Jack Wang, Instructor****Course #3**

Even if you think you make too much money, you want to fill out the FAFSA. This workshop will guide you through the process and show you how to complete this application accurately and quickly. We'll talk about the information you'll need and setting up FSA ID. This workshop will help you avoid the common mistakes that cost you aid!

**Wednesday**  
TMHS Rm. B107

**10/18**  
6:30-8:00 p.m.

**Tuition \$30.00**  
1 session



**THE RETIREMENT GAME, Mr. Jack Wang, Instructor****Course #4**

Remember the game Life? It was a fun game that gave you a preview of future big events. Now that you're living your life, get a preview of retirement and the important issues you want to consider. Originally developed by the Center for Retirement Research at Boston College, we'll help guide a couple through college for the kids and retirement, and we'll see the impact of our decisions. We're playing for fun, but you'll leave with a better understanding and outlook as you think about your own retirement. Course is geared toward individuals or couples, aged 40-60. Price is \$15.00 for an individual or \$30.00 for a couple. Please register all individuals attending.

**Monday****10/23****Tuition \$30.00**

TMHS Rm. B107

6:30-8:30 p.m.

1 session

**HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE, Mr. Rick Spencer, Instructor****Course #see below**

With tuition costs at private universities rising above \$60,000 per year, it is more important than ever to plan ahead for the immense impact of college costs on a family's financial well-being. Presented by the co-founder of Develop Your College Game Plan, [www.dycg.com](http://www.dycg.com), this course will cover the most effective ways of saving for college and the best strategies for maximizing your need-based financial aid award. We'll share tips on how to get merit-based, institutional and private scholarship money. The course is imperative for parents of high school aged students and suitable for parents of students of all ages. It's never too early to start planning for college.

**Course #5 Wednesdays****10/11 & 10/18****Tuition \$30.00/each course****Course #6 Tuesdays****11/7 & 11/14**

TMHS Rm. B109

7:00-8:30 p.m.

2 sessions each course

**THE ABC'S OF RETIREMENT PLANNING Mr. Rick Spencer, Instructor****Course #see below**

Are you confused by all the terminology involved in saving and investing for retirement? Are you worried about whether or not you'll have all the money you'll need to live comfortably in retirement? Are you ready to start planning for the future but just not sure where to begin? This course will provide a plain English blueprint for building a substantial retirement nest egg. Topics covered will include setting a retirement budget, stock and bond market investing basics, how to properly manage your 401k plan, maximizing your Social Security benefits, planning to offset inflation in retirement and how income taxes affect your standard of living in retirement. Whether you're at or near retirement, just starting out or somewhere in between, this course will answer your questions and set you on the right track.

**Course #7 Tuesdays****10/10 & 10/17****Tuition \$30.00/each course****Course #8 Wednesdays****11/8 & 11/15**

TMHS Rm. B105

7:00-8:30 p.m.

2 sessions each course

**BANKING IN THE MILLENNIAL ERA, Amy LaMarche, Melody Anoli-Marcotte, and Corrine Lombardo, Instructors****Course #9**

The future of banking is changing. With the rising interest rates, bank fees, digital technology, and the online banks competing with the traditional brick and mortar banks, how do you and your family decide where to put your money? This class will review modern banking, and how to make a wise choice. We will compare the pros and cons of larger traditional banks, credit unions, online banking, community banks, and help you differentiate between mortgage brokers and mortgage lenders. With the current unpredictable economic environment this workshop will help you make educated decisions as you plan for your financial future.

**Thursdays****10/19 & 10/26****Tuition \$30.00**

TMHS Rm. B109

6:30-8:00 p.m.

2 sessions



## **HEALTH/PERSONAL DEVELOPMENT**

### **BASKETBALL - MEN'S, Mr. Dave Libby, Instructor**

**Course #10**

Enjoy the recreational and competitive challenge of playing basketball with adults. Teams will be assigned. All games will be officiated by IAABO Basketball Officials and game tee shirts will be provided. **YOU MUST REGISTER ONLINE. IF YOU COME THE FIRST NIGHT TO REGISTER, THERE WILL BE A LAPTOP SET UP FOR YOU TO REGISTER AT SO IT IS EASIER TO DO IT FROM HOME OR YOU MIGHT HAVE TO WAIT.**

**Tuesdays (or other days as scheduled) Note change of day to Tuesday**

**Tuition 130.00**

TMHS Gym

6:00-10:00 p.m

10 sessions

9/12 and 9/14 will be registration (you will still be asked to register online that night) and pickup games. Games begin on 9/19. To save time, please register online ahead of time. If you played basketball before you already have an account. Please do not create a new one. Check with Dave Libby for your login and password if you do not know it.

**Scheduled days - Dave Libby will email out a final schedule once completed.**

**Go by Dave Libby's schedule on his web page for dates/times. Tentative Schedule:**

**9/19,9/26,10/3,10/10,10/17,10/24,10/31,11/7,11/14,11/21**

**<http://www.leaguelineup.com/welcome.asp?url=tewksburymensbasketball&sid=441780357>**



### **BASKETBALL - WOMEN'S, Ms. Nancy Toland, Instructor**

**Course #11**

Enjoy the recreational and competitive challenge of playing basketball with other adult women. Teams will be formed according to skill level and ability. Participants can enjoy an excellent workout, "pick up style", in this program. **No Class 11/23.**

**Thursdays**

**10/5 to 12/14**

**Tuition \$80.00**

Wynn Middle School Gym

7:00-9:30 p.m.

10 sessions

### **BELLYDANCING 101 - ONE FUN NIGHT! Ms Carolisa of Moonlightdjs, Instructor**

**Course #12**

Have you always wanted to try Bellydancing? This class is perfect for "Girls Night Out" with friends to learn this **beautiful and joyous dance**. Fast & fiery to slow & smooth, this dance includes hip and core isolations \* figure 8's\* a Greek dance & dancing with beautiful swirling Veils --all set to a fantastic mix of familiar & world music! Increase flexibility, work all muscles (low impact) & feel great in this FUN & friendly class! Coin scarves and other bellydance supplies may be purchased from instructor at class (Veils may be borrowed). Wear comfortable, stretchy clothing such as yoga pants & top; thick sox or ballet-type slippers; bring water. **Women of all ages, generations, body types and fitness levels encouraged! No class 10/9.**

**Mondays**

**9/18 to 11/6**

**Tuition \$60.00**

TMHS Room D112

6:30-7:30 p.m.

7 sessions

### **EVENING WITH THE PSYCHIC, Ms. Joan Turner, Instructor**

**Course #13**

Enjoy yourself! A three-hour evening of psychic interpretation and readings. The Aura is the energy field around the body. Learn how to "see" Aura and read them. There will be an explanation of colors and symbol interpretations, as seen in the Aura. You will learn how to "read" drawn pictures and calculate your birth number and what that means for you. Each person will have an opportunity to have their Aura read (time permitting.) **(Class limit is 8.) (No walk-ins please.)**

**Monday**

**10/2**

**Tuition \$35.00**

TMHS Rm. B104

6:00-9:00 p.m.

1 session

### **EVERYONE IS PSYCHIC, Ms. Joan Turner, Instructor**

**Course #14**

Everyone is intuitive. Most people accept that to some degree. Most of us have had an unusual feeling or idea about something and then it came to pass. Or were you ever sure you knew what the outcome of a certain situation was going to be, and then that is exactly how it turned out? We've all had strong feelings and just times when "we knew" something with all certainty. It's not a coincidence, or random - we are spiritual beings having a human experience - intuiting is a natural process. One that throughout the years has been dismissed as mere fantasy. Let's talk about this very intriguing subject, share some stories and I will be conducting an ESP test to see how psychic "you" are. People make events successful! If you have friends/family who may benefit or be interested in this event please let them know.

**Monday**

**9/18**

**Tuition \$35.00**

TMHS Rm. B104

6:30-8:30 p.m.

1 session

### GETTING PAID TO TALK - MAKING MONEY WITH YOUR VOICE, *Voice Coaches Staff*

**Course #15**

An introduction to professional voice acting. Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We have created a new web-accessible page with detailed information specifically about our Getting Paid To Talk class. This page detailed information about class content, answers to common questions, and general information about the voice acting field. <http://www.voicecoaches.com/gptt>

**Thursday**  
TMHS Rm. B108

**12/21**  
6:30-9:00 p.m.

**Tuition \$35.00**  
1 session

### GOLF INTRO FOR ADULTS, *Mr., Barrie Bruce and Staff, Instructors*

**Course #see below**

Our Intro to Golf program is designed for the new to the game golfer with little or no golf experience. The basic fundamentals of the game will be taught in a relaxed, stress-free clinic-style setting. This program consists of five (5) one-hour lessons, spaced a week apart. Equipment and practice balls will be provided as needed. All you need to bring is a pair of sneakers and a good attitude. **NO SENIOR DISCOUNT.**

**Tuition \$179.00**

<b>Course #16</b>	<b>Saturdays</b>	<b>9/9-10/7</b>	<b>11:30AM</b>
<b>Course #17</b>	<b>Sundays</b>	<b>9/10-10/8</b>	<b>11:30AM</b>
<b>Course #18</b>	<b>Mondays</b>	<b>9/11-10/9</b>	<b>5:30PM</b>
<b>Course #19</b>	<b>Wednesdays</b>	<b>9/13-10/11</b>	<b>5:30PM</b>



### HEARTSAVER CPR/AED, *Mr. Steve Sentementes, Instructor*

**Course #see below**

Video based instructor led course that teaches adult, child, and infant CPR AED use. The course also includes how to relieve choking in adults, children and infants. This course is for anyone with limited or no medical training. Students will get a completion card at the end of the course. Please wear comfortable clothing. **Card is \$10, payable by check or cash to Pulserate, the night of class.** 11 separate one night courses are being offered.

**TMHS ROOM B109**

<b>Course #20</b>	<b>Thursday</b>	<b>10/5</b>	<b>6:00pm-10:00pm</b>
<b>Course #21</b>	<b>Monday</b>	<b>10/16</b>	<b>6:00pm-10:00pm</b>
<b>Course #22</b>	<b>Wednesday</b>	<b>11/8</b>	<b>6:00pm-10:00pm</b>
<b>Course #23</b>	<b>Thursday</b>	<b>11/30</b>	<b>6:00pm-10:00pm</b>
<b>Course #24</b>	<b>Thursday</b>	<b>12/7</b>	<b>6:00pm-10:00pm</b>
<b>Course #25</b>	<b>Monday</b>	<b>12/18</b>	<b>6:00pm-10:00pm</b>

**Tuition \$55.00**



### HATHA YOGA, *Ms. Amy Martin, Instructor*

**Course # see below**

Enjoy the benefits of yoga! Yoga tones muscles, improves joint function, fosters balance, and relaxes the mind. This Hatha Yoga course combines balancing, strengthening, and stretching postures, as well as breath work, to leave you feeling centered and relaxed by the end of class. An excellent introduction for those new to yoga, this course is also a fulfilling practice for those who practice yoga regularly. **You will need a yoga mat. Students should wear loose comfortable clothing and expect to be barefoot or wear socks. (Class Limit 20 each class. If the class is full the online system will not let you register.)** **No class 11/22.**

**Course #28 Mondays**  
TMHS A209

**10/16 to 12/18**  
5:45-6:45p.m.

**Tuition \$65.00**  
10 sessions

**Course #29 Wednesdays**  
TMHS A209

**10/11 to 12/20**  
5:45-6:45p.m.

**Tuition \$65.00**  
10 sessions

Please note: Lillian Beean is not offering her Yoga classes this Fall. Once Amy Martin's classes are full that is all the space we have for Yoga. Registration is first come, first served. Thank you.





**KAREN'S CARDIO AND MUSCLE WORKOUT, Ms. Karen Daley, Instructor****Course #30**

This class is a total body workout that focuses on every muscle group for all fitness levels, that will simultaneously improve your cardiovascular and muscle strength and endurance. Performed to motivating music, it incorporates cardio and a variety of strength conditioning exercises to always keep you on your toes and eager to see what is next. Wear comfortable workout clothes and sneakers. **Please bring a mat, weights, a towel, water, and a positive attitude. Guaranteed F-U-N!**

**No Class 10/19, 11/23.****Thursdays**

TMHS Rm. Dance Studio

**10/5 to 12/21**

6:15-7:15p.m.

**Tuition \$65.00**

10 sessions

**KEMPO KARATE AND JIU JITSU, Luis Guzman, Instructor****Course #31**

Discover your inner warrior. Learn Kempo Karate and Jiu Jitsu—a freestyle, adaptive form of martial art that combines classical forms with practical techniques. You will learn how to respond to different situations. In this exciting and interactive class, you will get a cardio workout, develop focus and concentration, and feel strong and confident. Basic hand strikes, kicks, blocks, takedowns and throws, and more will be covered. The class will end with breathing techniques to calm, refocus, and sharpen the mind and body. No prior experience required. Walk-ins welcome. **No Class 11/23.**

**Thursdays**

TMHS Rm. TBD

**10/5 to 11/30**

6:00-7:00p.m.

**Tuition \$125.00**

8 sessions

**MARTIAL ARTS/SELF DEFENSE WITH PRACTICAL RESULTS FOR ADULTS****Course #32*****Shihan Jeff and Shihan Deb, 5th Degree Black Belts, Instructors***

In today's world, self-defense is on everyone's priority list. This is a great workout with measurable results! Kempo Karate/Ju-Jitsu/Kung Fu is an outstanding workout activity. Be prepared to sweat!

**Thursday**

Wynn Middle School Gym

**12/21**

7:30-8:30 p.m.

**Tuition \$25.00**

1 session

**MEDITATION FOR BEGINNERS AND ADVANCED****Course #33**

Join us for a 6-week Meditation Class of beginner and advanced. Please bring a sitting cushion to class.

**Wednesdays**

TMHS B104

**10/4 to 11/8**

7:00-8:00pm

**Tuition \$50.00**

6 sessions

**REMOVING BARRIERS TO SUCCESS AND GOAL SETTING, Ms. Francine Tirreell, Instructor****Course #34**

In this class, you will determine what your definition of success is and how you measure it. You will identify what holds you back from being successful and explore the five energy blocks and determine how these affect your ability to achieve and accomplish your goals in your life at work and home. This class will be interactive to allow you to share your struggles and successes with others in the class. You will also be able to receive feedback from others in the group as well as the instructor on how to shift your energy to achieve what you want. You will leave this class with defined goals and a plan to achieve them.

**Tuesdays**

TMHS Room B107

**9/19 to 10/24**

7:00 to 9:00 p.m.

**Tuition \$50.00**

5 sessions

**TAI CHI DE-STRESS AND BALANCE YOUR LIFE, Sharon Pei, Instructor****Course #35**

Let this ancient art of cultivating and storing internal energy through slow, non-impact movements and relaxed breathing, bring you back to a place of calm. Harvard Women's Health Watch says of Tai Chi: "This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life....and you can get started even if you aren't in top shape or the best of health. There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And it can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery." Come to experience Tai chi to gain your life balance to be healthier and happier (after a hectic day). \*Instructor's note: Wear loose fitting clothes and soft soled shoes. **No class 10/18, 10/25, 11/22**

**Wednesdays**

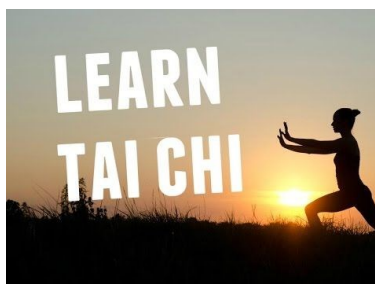
TMHS Room TBD

**9/20 to 12/13**

6:15-7:15 p.m.

**Tuition \$115.00**

10 sessions



**ZUMBA CLASSICS, Ms. Carolisa of MoonlightDJs, Instructor****Course #36****Move, Groove, Dance, Get Fit & have FUN!**

This FUN energizing workout combines easy dance moves with traditional exercise to burn calories; strengthens core & lower body. Get funky to a fantastic mix of “old school” dance & party classics to current, latin & world music. This class is **great for all levels including beginners and those new to exercise**; it’s easy to catch on! Moves & dances will be explained as needed. Adjust the workout to suit your level. We’ll add therabands to a few songs to target bi’s & tri’s. Includes a short segment on mats (optional) for core & cool down at the end of class. Bring a mat; therabands supplied. Best are sneakers with minimum tread such as aerobics, dance or well used sneakers. Bring water! **Dance off calories & have a blast in this FUN and friendly class!**

**Thursdays**  
TMHS D112

**10/12 to 11/16**  
6:30-7:30 p.m.

**Tuition \$50.00**  
6 sessions

**HOBBIES/CREATIVE ARTS****CROCHETING, Ms. Virginia Albrecht, Instructor****Course #see below**

Learn to crochet or improve your skills. Beginners will learn the basics - chain, single crochet, and double crochet. More experienced students can learn something new. Sample projects will include scarves, hats, and afghans. Depending upon the project, the instructor will give you a list of materials that you may purchase on your own. Please bring a skein of 4 ply, light color, yarn and any size crochet hook to class. (Note: 3 separate courses are being offered, two 5 week courses & 1 ten week course - see course numbers below. Option to attend 1st 5 weeks, 2nd 5 weeks, or all 10 weeks.) No class 10/3.

**Course #37** Tuesdays  
TMHS Library

**9/19 to 11/28**  
6:30-9:00 p.m.

**Tuition \$85.00**  
10 sessions

**Course #38** Tuesdays  
TMHS Library

**9/19 to 10/24**  
6:30-9:00 p.m.

**Tuition \$55.00**  
5 sessions

**Course #39** Tuesdays  
TMHS Library

**10/31 to 11/28**  
6:30-9:00 p.m.

**Tuition \$55.00**  
5 sessions

**DRAWING 1, Ms. Joan Turner, Instructor****Course #40**

This course is for those who have little or no drawing experience! We will be using Basic SHAPES to learn to draw and make our drawings look 3-dimensional, using shading and blending techniques. Students will be responsible for their own materials which include: 11X14 Spiral Bound 70lb smooth surface sketch pad, 3 drawing pencils, 2B 4B & 6B, kneaded rubber eraser, Berol Prismacolor Pencils - NOT Verithin - (set of 24), turpenoid for blending (clear, not yellow). Note: Supplies available at Michaels and AC Moore, Coupons always online.

**Mondays**  
TMHS B106

**10/16 to 12/4**  
6:30-8:30 p.m.

**Tuition \$70.00**  
8 sessions

**INTRO TO PIANO, Ms. Patricia Meuse, Instructor**

This is a class for those who want to learn, or relearn, the basics of keyboarding. Beginners with little or no experience will learn how to read music and play simple tunes. Comments from previous students include: “Many new challenges,” “Imparted knowledge is bestowed with a friendly and patient manner.” Students need a 3-ring binder and pencil for class. A keyboard or piano at home is not necessary. (Class limit is 12.) No class 11/1, 11/22.

**Wednesdays**  
TMHS Rm. B108

**9/20 to 12/6**  
6:30-7:30p.m.

**Tuition \$55.00**  
10 sessions

**QUILTING, Ms. Diane Fay, Instructor****Course #42**

**FOLLOW THE PATH QUILT** - This is an old fashioned type pattern, but always a goodie. Good chance to use those fabrics that have been sitting in your stash. No class 11/23.

**Thursdays**  
TMHS Library

**10/5 to 12/14**  
7:00-9:30pm

**Tuition \$90.00**  
10 sessions

# CHILDREN'S COURSES



## **BABYSITTING BASICS, Ms. Keri Barry, Instructor**

### **Course #43**

This practical class is for new or prospective babysitters. It will focus on how to safely care for and protect children. Other topics will include what to expect on the job, child-safe projects and toys, message taking techniques, stranger and fire safety, how to price yourself, proper discipline, and basic first aid. It will also include a hands-on section on feeding, diapering, and comforting babies. **Materials needed are a pen or pencil, notebook, and on the second week, bring a baby sized doll.** **(Class limit is 15.)**

Wednesdays  
TMHS Rm. B106

11/1 to 11/15  
6:30-8:30p.m.

Tuition \$50.00  
3 sessions

## **JUNIOR GOLF CLINIC, Mr. Barrie Bruce and Staff, Instructor**

### **Course# see below**

This clinic program is geared and staffed specifically for boys and girls, ages 6-15. Junior clinics are perfect for both beginning juniors and those who want to develop better golf skills. Clinics consist of five (5) one and a half hour lessons, covering safety, set up, the swing, irons, woods, the short game, and golf etiquette. Equipment and practice balls will be provided. We group the junior golfers in our clinic by age range, so students will be playing in age-related peer groups.

<b>Course #44</b>	<b>Saturdays</b>	<b>9/9-10/7</b>	<b>9:30am-10:45am</b>	<b>Tuition \$129.00</b>
<b>Course #45</b>	<b>Saturdays</b>	<b>9/9-10/7</b>	<b>2:00pm-3:15pm</b>	<b>Tuition \$129.00</b>
<b>Course #46</b>	<b>Sundays</b>	<b>9/10-10/8</b>	<b>9:30am-10:45am</b>	<b>Tuition \$129.00</b>
<b>Course #47</b>	<b>Sundays</b>	<b>9/10-10/8</b>	<b>2:00pm-3:15pm</b>	<b>Tuition \$129.00</b>



## INSTRUCTORS

**Ms. Virginia Albrecht** has been doing several different types of needlework for many years. These include crocheting and knitting. She has passed these skills on to many relatives and friends.

**Ms. Keri Barry** is a Health and Wellness educator with over 20 years of teaching and lecturing experience, has a BS in Business Administration, and owns her own bookkeeping firm. She has been teaching community health education courses for adults and children at Winchester Hospital Community Health Institute for over 20 years. She also previously taught for Northeastern University, the Ninety-Nine Restaurant Corporation, and for Greater Boston Association of EMTs.

**Mr. Barrie Bruce** has a BA from Tufts University and an MA from Boston State College. He was named Teacher of the Year (New England Section), PGA 2004, and Golf Magazine's Top 100 Teachers Award, 2005. Barrie has over 65 years of golf experience and has been the head teaching professional at the Billerica Country Club for 42 years. He has also been a member of the Professional Golf Association of America for the past 30 years. Barrie was also awarded the PGA's Presidential Plaque for contributions and achievements in the area of player development.

**Ms. Karen Daley** has been a certified fitness instructor for over 20 years. A former Adult Education instructor, Karen returns with experience in aerobics, muscle conditioning, step and spin classes. She has taught many classes throughout the Tewksbury area, including the Senior Center. She is the former owner of Karen's Muscle Madness.

**Ms. Diane Fay** has been a quilter for over 45 years and an instructor of quilting for over 40 years. She worked for many years at the New England Quilt Museum, and was a member of the Aquisitional and Curational Committee that acquired the museum's permanent antique quilt collections and curated some exhibits for the museum. Diane was also the co-founder of the Tewksbury Piecemakers Quilt Guild and served as its president for three years. She was a member and board member of the North Parish Quilt Guild, and has been published in Quilt Magazine.

**Mr. Luis Guzman** is a Martial Arts Instructor with a 4th Degree Black Belt in Nick Cerio's Style, a 4th Degree Black Belt in Kempo Karate and a 3rd Degree Black Belt in Shaolin Kempo Karate and Jiu Jitsu.

**Mr. Jim Hickey** is a CPA and Financial Advisor with offices in Tewksbury since 1990. Jim also has two daughters currently in college.

**Ms. Amy LaMarche** is a Market Manager for Salem Five Bank in Tewksbury. In this role she works closely with business owners to guide them in their banking and their personal finances. Her commitment to her clients as a banker and as the President of BNI Strategic Partners networking chapter has contributed to the growth and success of many local companies. Amy has presented financial literacy programs at high schools and local businesses over the past 5 years.



**Ms. Melody Anoli-Marcotte** is a Business Development Specialist and Licensed Life Insurance Producer for Salem Five Bank. She has been with Salem Five for 3 years and has over 20 years of experience in developing individualized plans to suit her clients. Her community outreach and dedication has helped many families in Tewksbury and surrounding towns.

**Ms. Corrina Lombardo** is a Customer Experience Manager at Salem Five Bank. She has worn many hats in her 20 years in the Retail Banking industry and is well known in the community for her experience at providing customer solutions.

**Mr. Dave Libby** is the Tewksbury Public Schools Finance and Operations Manager. He has been involved in men's basketball as a director, official, and participant for over 30 years.

**Ms. Carolisa** has over 15 years experience as a professional entertainer and dance teacher throughout New England. She teaches beginner through master classes in Zumba and Bellydance; Party Line Dance; and conducts workshops for company wellness, senior centers, womens "night out", events & parties, teen and kids' enrichment programs. She is also an experienced disc jockey with Moonlight Disc Jockeys of Billerica covering weddings, corporate and private functions, reunions, theme events, family and kids' parties.

**Ms. Amy Martin** is an experienced Registered Yoga Teacher (E-RYT 200). She is a Lead Yoga Teacher at Advanced Health Massage & Yoga in Billerica. She has been certified to teach prenatal, restorative, and chakra yoga, as well as yoga for seniors and children. She especially loves teaching beginner level yoga with an emphasis on gentle stretching and deep relaxation.

**Mr. Seth Monk** was born in Andover, MA. After graduating from college he ordained as a Buddhist Monk and spent 8 years in the monastery. In 2014 he spent 2 years traveling through India and Australia to further his practice. More at [www.sethmonk.org](http://www.sethmonk.org).

**Ms. Sharon Pei** has been teaching Tai chi and Qigong(a.k.a. Chikung) via local Adult Education Programs since 2005. She is passionate about this ancient Chinese martial art, and loves to share her knowledge and experience about Tai chi and Qigong with you via learning and practice to improve your balance of body and mind at large. Sharon grew up in China, and is bilingual. She also taught Chinese language and cultural classes. She graduated from a teacher's college and also has a M.L.S. degree. For more information about her, please visit her website: <http://www.taichi-universe.com/about-us>.

**Mr. Steve Sentementes** has 15 years of EMS experiences and 10 years of Firefighting experience in numerous situations of doing CPR. He recently became an instructor and loves to teach others what he has learned over the years, especially how to save a life properly. Steve's company is called "Pulserate CPR/AED".

**Shihan Jeff Davis & Shihan Deb Davis, 5th Degree Black Belts** have been instructing Fitness & Self Defense with Practical Results for over 25 years locally and at corporate locations. They are active members of the World Martial Arts Association. Since 1999 they continue to be recognized by national, regional and local associations for their dedication and commitment,



exemplary teaching, leadership in the community, and commitment to "Excellence" standards. They are presently chief instructors at The Self Defense Institute in Tewksbury. [www.tsdionline.com](http://www.tsdionline.com).

**Mr. Rick Spencer** has been a financial advisor for 14 years representing some of the top investment firms and insurance companies in the nation. A resident of Tewksbury for 24 years, he is a FINRA registered representative who helps area families negotiate the many challenges of planning for a comfortable retirement. He is a CFS Certified College Advisor and co-founder of Develop Your College Game Plan, a web-based college planning and financing resource.

**Ms. Francine Tirrell** is a certified coach that inspires her clients to fearlessly face and overcome any obstacles in their lives. She works with her clients to turn fears, resistance and obstacles into confidence, commitment and success. She helps her clients remove blocks and negative self-talk that hold them back from success. Website is [www.elpatransformations.com](http://www.elpatransformations.com)

**Ms. Nancy Toland** has run the Community Services Women's Basketball League for the past fifteen years. She helped run the Girls' Recreation Clinic Basketball League for five years and served on the Recreation Basketball Board for two years.

**Ms. Joan Turner** is well known for her work in intuitive development. In addition to many years of intuitive advice through personal card readings, group meditation, as well as customized personal meditation, she also speaks at intuitive/spiritual development workshops and personal growth seminars such as Intuitive Inclinations and Edgar Cayce's Association for Research and Enlightenment. Joan has also aided rescuers in their work.

**Mr. Jack Wang** is an independent Financial Coach with Longhorn Financial helping families with (1) saving more without having to spend less, (2) building a solid financial foundation, and (3) growing money safely. He has had his own practice since 2005. He has 2 children and 2 step children, ages ranging from 8 - 19. He is from Chelmsford originally, but now resides in Westford.



**You MUST register for classes online.**

Visit our web site at [www.tewksbury.k12.ma.us](http://www.tewksbury.k12.ma.us)

Go to Community Services and then Adult Education.

If you choose to pay by check it should be made payable to the

**TOWN OF TEWKSBURY**

**AND MAILED TO:**

**OFFICE OF COMMUNITY SERVICES**

**ATTN: ADULT EDUCATION**

**139 PLEASANT ST., TEWKSBURY, MA 01876**

**Please Note: If you pay by Credit Card, there is a 2.9% convenience Fee and if you pay by your checking account routing number there is \$.40 per transaction fee. All fees are non-refundable. To pay by checking acct, choose credit card and then in the drop down menu choose EFT.**

**This REGISTRATION FORM can only be used if you check with us first and we confirm you do not have a computer to register on your own. If that is the case we may have you come in to register on our computer in the office.**

**TEWKSBURY COMMUNITY SERVICES  
REGISTRATION FORM**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone( Day): \_\_\_\_\_

\_\_\_\_\_ Phone (Cell): \_\_\_\_\_

Course #	Course Title	Tuition
	<b>STOP YOU MUST REGISTER ONLINE!</b>	\$
1.		\$
2.		\$
3.		\$
	<b>Total Enclosed</b>	\$

**Courses will be closed one week before they are scheduled to start so we can prepare the instructor folder/roster. Please call us if you still wish to register and the course is no longer available online so we can see if it is still running. If a class is cancelled, tuition will be refunded but any fees charged by invoice cloud (convenience fees) for paying online are non-refundable.**

To mail a check send it to:

Office of Community Services  
139 Pleasant Street  
Tewksbury, MA 01876  
Attn: Adult Education

**We offer a 10% Senior Discount for those  
over the age of 60.**

**FOR OFFICE USE ONLY**

**Form of payment:**  
**Check/M.O. #** \_\_\_\_\_  
**Amount \$** \_\_\_\_\_  
**Date Received** \_\_\_\_\_

**NOTE:**

You are officially enrolled and your name is placed on the roster when you RECEIVE A CONFIRMATION VIA EMAIL .

You will be notified via email only if you are not in a class due to either over enrollment or class cancellation so please check your email.

<b>Tewksbury Public Schools</b> <b>Community Services</b> <b>139 Pleasant Street</b> <b>Tewksbury, MA 01876</b>	Non Profit Org US Postage Paid Tewksbury MA Permit 14
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## **TEWKSBURY PUBLIC SCHOOLS**

### **SCHOOL COMMITTEE**

**Arthy Bennett**  
**James Cutelis**  
**Dennis Francis**  
**Krissy Polemino**  
**Keith Sullivan**

### **SCHOOL ADMINISTRATION**

**Mr. Christopher Malone, Superintendent**  
**Ms. Sheri-Lynne Matthews, Business Director**

### **COMMUNITY SERVICES**

**John Lyons, Director**  
**Maura Rauseo, Financial Coordinator**  
**Susie Meuse, Assistant**