Adult High School Diploma

The Adult High School Diploma Program offers the opportunity for current and previous high school students to earn an accredited Salem School District high school diploma. The goal of this program is to empower students to obtain a diploma by providing quality learning opportunities with a focus on academic, career, and life skills. Small class sizes and a focus on individual learning needs make this program ideal for students who would like to continue their education outside of the traditional classroom. This program is designed for those who would like to return to school after prolonged absences, those who need to recover credits for graduation or those experiencing other challenges in completing their high school diploma. Courses will be offered in Social Studies and English, as well as some electives.

Each semester courses are offered that will meet the graduation requirements for an alternative high school diploma. The cost per credit is $160. There is a one-time registration fee of $40 required of all students. Each student must supply his or her high school transcripts for review and meet with Katherine Costa, Director of Continuing Education, to develop an individualized plan of study. Transcripts can be obtained from your former high school(s) and mailed to:

Salem High School
School for Continuing Education
44 Geremonty Drive
Salem, New Hampshire 03079

Fall semester will start the week of September 10, 2018
Each individual class will meet from 5:00-8:00 for 15 sessions.
Students may register for more than one class per session.
Attendance is expected at all classes.

Pathways for Extended Learning (PEL)
Pathways for Extended Learning (PEL) is designed for students 21 years and older with developmental disabilities. This program is built on the belief that people with developmental disabilities deserve opportunities to stay engaged and active in their community as well as continue to learn and grow. Instruction is offered in basic academic and daily living skills with an emphasis on increasing and maintaining these important abilities. Each student works at his or her own pace in a caring, supportive classroom staffed by experienced teachers and classroom aides. The application process will include an intake interview to determine program fit as well as provisional diagnostic class placement to determine final acceptance. Student placement will be determined by the Continuing Education staff. Please contact or call the Office of Continuing and Alternative Education at 603-893-7074 for more information. Space is limited.

Adult Basic Education

Free classes for students 18 years of age and older:

- **Adult Basic Education**
  We have teachers specializing in Reading, English (grammar and writing) and Math to help you build skills for career advancement or preparation for college.

- **HiSET™ Preparation**
  Are you looking to earn the NH Certificate of High School Equivalency? Our teachers will work with you to develop a personal learning plan to prepare for the HiSET™ exam.

- **English as a Second Language (ESL)**
  Our ESL program offers two classes. The beginning level is for adults who have limited or no prior experience with English. The second level focuses on building higher level reading, speaking and writing skills. Both levels will also provide students with the necessary skills for workplace success.

Classes meet at Salem High School on Mondays and Wednesdays from 6:00-8:30 p.m.

*** Official HiSET™ Testing Center ***

Earn a New Hampshire High School Equivalency Certificate by passing the HiSET™ exam (formerly earned by passing the GED®).

State testing fee is $100.00.
The HiSET™ exam covers five subject areas: Language Arts/Writing; Language Arts/Reading; Social Studies; Science; and Mathematics.

2018 Paper-Based HiSET™ Exam Schedule

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Time</th>
<th>Registration Deadline</th>
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<tbody>
<tr>
<td>October 23 &amp; 25</td>
<td>4:00-9:00 p.m.</td>
<td>October 19</td>
</tr>
<tr>
<td>December 11 &amp; 13</td>
<td>4:00-9:00 p.m.</td>
<td>December 7</td>
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</tbody>
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Call 603-893-7074 for an appointment or further information. $100 testing fee must be paid at registration. You must be a resident of New Hampshire.

HiSET™ Practice Test
First and Third Thursday of every month, 4-9 p.m.
$15 testing fee must be paid prior to test date.
All HiSET™ payments must be Cash or Money Order Only.

Daytime ESL classes will be held at Soule Elementary School Monday and Wednesday mornings from 10:00-11:30. Please contact the Continuing Education Office for more information and to register.
**FITNESS AND NUTRITION**

**Gen Baudin - Certified Pilates Instructor and Trainer**

**Body Sculpting Boot Camp:**
Utilize hand-held weights and bands for resistance training to enhance muscular development and strength. Sculpting drills have cardio interspersed between sets. Students are required to bring a set of hand weights and an exercise mat to class. Class meets Tuesday and Thursday.

8 weeks, starting Tues., 9/11/18, 6:00-7:00 p.m. $100

**Pilates 1**
Learn modifications and progressions perfect for every fitness level. You will improve strength and flexibility, develop and tone your core, and tone your limbs without adding excess bulk. Exercise mat required. Class meets Tuesday only.

8 weeks, starting Tues., 9/11/18, 7:00-8:00 p.m. $65

**Beginner/Intermediate Tai Chi**
Greta Nilsen/Oriental Healing Arts

**Beginner Tai Chi**
Tai Chi is an ancient Chinese Martial Art, an excellent form of exercise and meditation in motion. Tai Chi strengthens the immune system by increasing strength and flexibility, and balancing energy. Practicing Tai Chi can improve physical health and reduce stress. Learn Qi-Gong routines as well as the Modified Yang Style Short Form in a format.

12 weeks, starting Wed., 9/12/18, 5:00-6:00 p.m. $125/$85 seniors

**Intermediate Tai Chi**
Pre-requisite: Beginner Tai Chi. Intermediate Tai Chi will include a more advanced level of the Modified Yang Style Short Form, and additional Qi-Gong routines. Instruction on how Tai Chi can move toward effortless movements which are executed in a smooth, flowing and non-strenuous manner promoting awareness, health, and longevity.

12 weeks, starting Wed., 9/12/18, 6:00-7:00 p.m. $125/$85 seniors

**Jacki Sorenson’s Aerobic Dance**
Arlene Descheneau

Jacki’s Aerobic Dance is a medically approved, progressive, aerobic course that is choreographed for the non-dancer. The program firms your body and strengthens your cardiovascular system. Monitor your heart rate and participate at a level that is comfortable for you. Instructor is certified and CPR/AED trained. Wear comfortable sneakers, bring an exercise mat and water. HAVE FUN, GET FIT! Class meets twice weekly.

10 Weeks, starting Mon., 9/17/18, 6:00-7:00 p.m. $135/$110 seniors

**NEW!! Nutrition for Real Life**
Courtney Eaton – Registered Dietician

Join Courtney Eaton, Registered Dietitian-Nutritionist as she coaches you through various nutrition and wellness topics. Topics include: The Carb Addiction, Dining Out Healthfully, Grocery Shopping on a Budget, Sports Nutrition, The Skinny on Fats, Disease Risk Assessment and Portion.

8 weeks, starting Tues., 10/16/18 6:00-7:30 p.m. $100/$80 seniors

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**YOGA AND MEDITATION**

**Basically Yoga**
Barbara Scott - Certified Yoga Instructor and Trainer

Use Yoga postures and breathing to stretch muscles, reduce tension, increase circulation and improve balance and strength. Wear loose clothing; bring a yoga mat, 2 yoga blocks, yoga strap and water. Please specify class time when registering.

10 weeks, starting Mon., 9/10/18 4:00-5:15 p.m. $80/$65 seniors
10 weeks, starting Mon., 9/10/18 5:30-6:45 p.m. $80/$65 seniors

**NEW!! Mindful Monday**
MaryBeth Murray

Multiple studies have shown how beneficial meditation can be to your health and overall happiness. Have you tried to start a practice and had difficulties quieting the chatter in your mind? Please join us for discussion and guided meditation. Bring a mat, cushion or blanket and a journal for note taking.

7 weeks starting Mon., 9/10/18 6:00 to 7:15 p.m. $80/$70 seniors

**NEW!! Slow Flow Yoga**
Marybeth Murray

This is a class for beginner and experienced yogis. Focus will be on postures (asanas) and breath work (pranayama) combined to create a meditation in motion. An emphasis on self-acceptance and approaching your practice with non-judgement will leave you feeling centered and strong. Bring your own mat and blocks.

6 weeks, starting Wed., 9/12/18, 6:00-7:15 p.m. $70/$60 seniors

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**ARTS AND CRAFTS**

**Adventures in Knitting**
Joanne Masiello

We can work on a NEW project together, or you may bring an uncompleted project for help in finishing. Want to learn a new technique...just tell me and we will! Supplies are not included, please contact the instructor with any supply questions at jmlm157@msn.com

10 weeks, starting Wed., 9/12/18, 6:00-8:00 p.m. $100/$80 seniors

**Pottery**
Gigi Johnston

Basic skills will be taught, including pinch, slab, coil, and wheel work. Projects will be both decorative and functional. Pieces will be high fire glazed. Please understand, this is not studio time for production. Storage and kiln spaces are very limited.

10 weeks, starting Thurs., 9/13/18, 6:00-9:00 p.m. $175

**Stained Glass 101-Copper Foil Methods**
Freeda Ostis

Learn basic stained glass design and construction (Copper Foil Method) as you create an approx. 8” X 10” stained glass window. We will cover design basics, glass cutting methods and construction processes as you create your own design or fashion one we provide. Course fee includes supplies to make one panel, there will be an additional expense for specialty glass.

6 weeks, starting Tues., 9/18/18, 5:30-8:30 p.m. $125
COMPUTER SKILLS

Accounting and QuickBooks
Maureen Ariel
This course starts with basic accounting terminology and understanding. We will continue developing accounting understanding using QuickBooks software. Students will learn invoicing, payroll, purchase orders, and financial reports. Limited enrollment.

13 weeks, starting Tues., 9/11/18, 6:00-8:30 p.m. $199

MS Office-Word, Excel, & PowerPoint
Maureen Ariel
This course will include an overview of MS Word, Excel, and PowerPoint. You will become familiar with Microsoft Word and learn basic word processing skills. In Excel you will learn how to manipulate and format a basic spreadsheet. In PowerPoint you will be creating a basic slideshow.

13 weeks, starting Mon., 9/10/18, 6:00-8:30 p.m. $199

NEW!! Google Basics
Eric Bird
This class offers an introduction to basic Google applications and tools through hands-on activities. Using digital documents, slides, email, spreadsheets, and more, students will learn how these powerful tools can enhance collaboration and communication in work and personal projects.

5 weeks starting Wed., 10/10/18, 6:00-8:00 p.m. *no class on 10/31/18. Class will end 11/7/18 $80

MUSIC AND LANGUAGE

Introduction to Guitar
Kevin Neenan
Have you got an old guitar you never learned to play? Or a new one you don’t know what to do with? Learn about your guitar, the basics of playing, simple songs, and some music theory. You’ll be playing the first night. Course lesson book included in tuition fee.
No amplified guitars please.

8 weeks, starting Mon., 9/17/18, 6:30-8:00 p.m. $95/$75 seniors

Basic and Intermediate Spanish
Cecelia Scheinman
The Basic Spanish course will go over beginning vocabulary and useful Spanish verbs. It will focus on the conversational aspects of the language. Students who sign up for the Intermediate class should have a basic knowledge of Spanish and understand simple phrases and vocabulary.

$100/$80 seniors

Basic Spanish 10 weeks starting Tues., 9/18/18, 6:00-8:00 p.m.
NEW!!! Intermediate Spanish 10 weeks starting Thurs., 9/20/18, 6:00-8:00 p.m.

German: Beginner Level 1
Mikaela Noreng
An interactive class to explore the German language and culture for beginners. In an engaging environment you will learn how to use common words concerning yourself and your families, read basic vocabulary and use simple phrases and sentences to describe familiar people and places. Text book included in the cost of the class.

13 weeks, starting Tues., 9/11/18, 6:00-8:30 p.m. $125/$100 seniors

PERSONAL ENRICHMENT

New To Medicare Workshop
Kathleen Turner, MEL, CIRS-A/D, Medicare Specialist
This is a workshop for those individuals thinking about retiring and/or are within six months of their 65th birthday. Learn about Original Medicare, Part A, B, and Supplemental/Part D coverage. Participants will also learn about Med Advantage Plans and how to choose what is right for you.

Two workshops available that meet for one night. Please specify which workshop when registering.

Workshop One: Tues. 11/13/18, 6:00-8:00 p.m. $25
Workshop Two: Tues. 12/11/18, 6:00-8:00 p.m. $25

NEW!! Downsizing
Jill Braceland, Managing Change
This seminar is designed to offer organizing strategies to start your downsizing efforts. Establish your project priorities, learn what supplies you might need, and set realistic time constraints. Leave with an action plan.

One Night Seminar: Wed.,9/26/18, 6:30-7:30 p.m. $30

Telling My Story the Write Way: Intro to Journal Writing
Jill Braceland, Managing Change
Explore various techniques used in journal writing. Start your own journal or discover new ways to expand your current journal writing.

Two Night Seminar: Wed. 10/24/18 and Wed. 10/31/18, 6:30-8:00 p.m. $45

Leave A Legacy
Jill Braceland, Managing Change
Leave A Legacy is for anyone who wants to record some precious memories. It will give structure to writing his-stories and her-stories.

• Write memories of your life with topics of your own choosing.
• Learn a process that is easy and can be done individually.
• Generate a journal that can be duplicated by your family.

Three Night Seminar: Wed. 10/3/18, 10/10/18 and 10/17/18 6:30-8:00 p.m. $45

Every Picture tells A Story
Jill Braceland, Managing Change
Learn techniques on how to work through that box of photographs we all have. We will explore integrating the stories behind the pictures.

One Night Seminar: Wed. 11/7/18, 6:00-8:00 p.m. $60
Classes are open to all area residents 16 years of age or older. All courses are subject to minimum enrollments, so sign up early!

If fewer than the minimum number of students enroll in any course, the course may be cancelled.

NOTE: Please register by mail. Due to class size restrictions, walk-in registrations may not be available on the first class night.

Location: All classes are held at Salem High School, 44 Geremonty Drive, Salem, NH unless otherwise noted.

Registration: Persons wishing to enroll in any enrichment course must register at least one week prior to the start date. We do not accept registrations over the phone. Tuition fees are due upon registration. Checks or money orders should be made payable to Salem Continuing Education. Residents 65 years of age and older receive a discounted tuition fee for some classes. The senior fee, where applicable, is listed in the course description.

Refund Policy: A refund minus a $10 administrative fee will be issued if a student withdraws at least one week prior to the first class. Refunds will not be issued to students who register for a class, but do not attend.

Registration Form

Mail to: School for Continuing Education
44 Geremonty Drive
Salem, New Hampshire 03079

Checks or money orders payable to: SALEM CONTINUING EDUCATION.

Upon receipt of registration and payment, you will be enrolled. Students will be notified only if a course is cancelled or already filled; otherwise, students will not receive confirmation of enrollment and should attend the first class.

Name: ___________________________ Phone: ___________________________ Email: ___________________________
Address: ___________________________ Town: ___________________________ State: ___________ Zip: ___________

Please be specific with course information and write a separate check for each course.

Course: ___________________________ $ ___________________________
Course: ___________________________ $ ___________________________
Course: ___________________________ $ ___________________________

Total Enclosed: $ ___________________________