A Note to the Community:

The renovations at Salem High School have been completed and the building is truly a state-of-the-art facility. This Spring, I encourage you to look at our Community Enrichment classes and see how our program is growing. We will be offering cooking classes in the new Culinary Arts kitchen for the first time since the renovation. You will also notice that we have expanded our computer offerings to better serve the community. To those of you who continue to take classes with us we appreciate your support. For those who have not previously taken a class, I encourage you to try a class. Best wishes for a happy and productive 2019.

- Katherine Costa Director of Continuing Education

High School Completion Program

Salem Continuing Education offers 2 pathways to a high school credential. To start the process students will need to call 603-893-7074 to make an appointment with the director to discuss which option is best for them.

1. Students can take the HiSET exam and receive a high school equivalency from the State of NH.
2. Students can take Adult High School diploma classes to earn a Salem High School Diploma.

HiSET™ Test and Preparation

HiSET has replaced the GED and is now the test administered for a NH High School Equivalency. Salem Adult Education is an official HiSET testing center and offers paper-based testing 5 times a year. The official HiSET exam fee is $125 and a government issued ID is required. Students must be NH residents to take the test at this location. Test preparation classes are offered at no charge to students. Students should follow these steps to earn a high school equivalency:

1. Take a free practice test to determine if skills need improvement.
2. Enroll in test preparation classes to build basic skills and practice test content.
3. Take official practice test to see if skill level is high enough to pass the exam.
4. Register for official HiSET exam by going to the hiset.ets.org website.

2019 Paper-Based HiSET™ Exam Schedule

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Time</th>
<th>Registration Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 19 &amp; 21</td>
<td>4:00 - 9:00pm</td>
<td>March 15</td>
</tr>
<tr>
<td>April 16 &amp; 18</td>
<td>4:00 - 9:00pm</td>
<td>April 12</td>
</tr>
<tr>
<td>May 14 &amp; 16</td>
<td>4:00 - 9:00pm</td>
<td>May 10</td>
</tr>
</tbody>
</table>

Preparation classes will help students improve math skills in the areas of algebra, geometry and problem solving. Writing and reading classes will cover writing organization and structure as well as comprehension, vocabulary and critical thinking skills. All students will be encouraged to take advantage of computer-based learning opportunities.

Classes meet at Salem High School on Monday and Wednesday evenings from 6:00-8:30pm and from September to May. Classes are free and admission is ongoing.

Adult High School Diploma

Salem High School offers an Adult High School Diploma Program for current and previous students to earn an accredited Salem School District High School Diploma. Small class sizes and a focus on individual learning needs make this program ideal for students who would like to return to school after prolonged absences, those who need to recover credits for graduation and those experiencing other challenges in completing their high school diploma. Students who are under 18 will need permission from their school district to attend. Classes are offered September through December and February through May. Most classes meet once a week for 15 weeks. Cost is $160 per class with a $40 registration fee.

To participate in this program students should follow these steps:

1. Request a copy of transcript from the last high school attended. This will be reviewed by the Adult Education Director.
2. Meet with the director for a credit assessment and to develop a plan of study.
3. Register for credit classes.

Online courses are available in most subject areas.

English as a Second Language (ESOL/ESL)

The ESL program at Salem High School offers two classes for adults 18 years and older. 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. Workshops and special events are held throughout the year.
Classes meet at Salem High School on Monday and Wednesday evenings from 6:00-8:30pm and run from September to May. Classes are free and admission is ongoing.

**Tutoring available for adults.**

*****Volunteers Needed*****

*If you can read, speak English or do math, you can help an adult who can’t!*

There are adults in your community who need to improve the skills necessary to advance on the job, help children with homework, or participate in community activities. You could help an adult pass the HiSET, learn to read, do math, or speak English.

Volunteer Tutors work one-to-one with adult students at a mutually convenient time and public place. Tutors will receive orientation, training, and support from the coordinator of Adult Learner Services of Greater Derry.

If you are interested, please contact:

Jennifer Hodgdon at 603-432-1907 or als.greaterderry@yahoo.com.

---

**Pathways for Extended Learning**

Pathways for Extended Learning is a program for students 21 years or older with developmental disabilities. The mission of this program is to provide opportunities for students to stay engaged in their community and continue to learn and grow. Instruction is offered in basic academic and daily living skills. The application process includes:

1. Intake interview with the director to determine program fit.
2. Conditional placement in a class based on ability to participate in activities.
3. Final placement will be determined by the Continuing Education program staff.

---

**Community Enrichment Courses**

Please note that February Vacation dates are 02/25/19 - 03/01/19 and April Vacation dates are 04/22/19 - 04/26/19. No classes will be held on these dates.

---

**Arts and Crafts**

**Adventures in Knitting**
Joanne Masiello

This semester we will be constructing an ear flap hat and a summer weight “top down” sweater. Students may also bring an uncompleted project for help in finishing. Supplies are not included in the tuition cost. Please contact the instructor with any supply questions at jmlm157@msn.com.

10 weeks, starting Wed., 03/06/19, 6:00-8:00pm $100/$80 seniors

**New! The Essentials of Essential Oils**
Anna Benedict

This course will introduce students to the basics of essential oils, where they come from, and why they are so popular today. Essential oils can be used to strengthen, soothe, and support your immune system and beyond. This class offers “make and take” projects for you, your pet, your home and your garden. All glassware and oils are included in the cost of the class.

6 weeks starting Wed., 02/13/19, 6:00-7:30pm $125

---

**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 a studio time for production. Storage and kiln spaces are very limited. Supply cost included in class fee.

10 weeks, starting Thurs., 02/07/19, 6:00-9:00pm $190

**New! Pysanky: The Ancient Art of Ukrainian Egg Decorating**
Christina Vogel

Participants will learn how to decorate eggs in the world renowned Ukrainian tradition. Christina Vogel, a first-generation American of Ukrainian descent, will lead 6 classes that teach various techniques as well as the history behind this beloved pre-Christian tradition. At the conclusion of the program, each participant can expect to go home with several completed decorated eggs and the supplies and skills necessary to continue decorating independently. Space is limited. Supply cost included in class fee.

6 weeks, starting Thurs., 03/07/19, 6:00-8:00pm $120
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. Supply cost included in class fee.
6 weeks, starting Tues., 02/19/19, 5:30-8:30pm $160

Accounting and QuickBooks
Maureen Ariel

This course starts with basic accounting concepts and terminology. Then moves on to developing accounting understanding using QuickBooks software. Students will learn invoicing, payroll, purchase orders, and financial reports. Limited enrollment. Cost of book included in the class fee.
12 weeks, starting Tues., 02/12/19, 6:00-8:30pm $225

New! Desktop Publishing
Sharon Lally

Students will learn basic and intermediate skills using Microsoft and Adobe InDesign. These page layout applications can be used to create various business or personal documents such as flyers, newsletters, brochures, postcards, etc. Enhance the document quality and gain better control of where images and text are placed on the page. Basic PC and keyboarding skills required. Students will need to provide flash drive to store files.
10 weeks starting Wed., 02/13/19, 6:00-8:00pm $150

New! Introduction to Computer Basics
David Hasbany

A basic computer course for those with little or no experience. Learn about the different types of computers, how to use a mouse and how to access different software programs. Students will also set-up an email account and learn internet basics. The features of the keyboard will also be introduced.
3 weeks starting Tues., 03/05/19, 4:30-6:00pm $65/$50 seniors

Microsoft Word and Power Point: Introduction
Maureen Ariel

This intro class will cover the basics of word processing for personal and professional use and is designed for students with limited experience. Students will learn how to navigate and perform common tasks such as opening, editing, formatting documents as well as inserting graphics, saving and printing documents. The basics of Power Point will include how to create slides, add graphical elements, and the use of basic formatting tools. Basic keyboarding and PC skills necessary. Book price included in the class fee.
6 weeks, starting Mon., 02/11/19, 6:00-8:00pm $150

Microsoft Word and Power Point: Advanced
Maureen Ariel

This class is for students who have a basic knowledge of Microsoft Word and Power Point and want to learn advanced skills. Students will learn how to organize content using tables and charts, customize formats using styles and themes, use mail merge to create letters and envelopes as well as use templates to automate document formatting. Power Point will include using advanced features to include how to customize design templates, work with media and animations, use Smart Art and design a slide show. Keyboarding and PC skills necessary. Book price included in the class fee.
6 weeks starting Mon., 04/01/19, 6:00-8:00pm $150

New! Personal Social Media Production
Tom Giarrosso

This class will give tips and tricks to improve the quality of personal pictures and videos for use on Social Media. Tom Giarrosso, with over 30 years of media production experience, will help maximize use of social media, improve the quality of pictures and videos as well as reach a wider audience. Utilizing your personal equipment such as camera, phone or video recorder, you will learn techniques to make your posts standout on Facebook and Instagram.
2 weeks starting Thurs., 03/28/19 & 4/4/19, 6:00-8:00pm $50

All images released to public domain and obtained from openclipart.org
**NEW** Cooking and Culinary Arts

NEW!!! COOKING with Chef Jeff Bratz, Culinary Arts Teacher in the new state-of-the-art kitchen at Salem High School

Baking Fundamentals
Jeff Bratz

This 3-week class will cover the fundamentals of baking bread. Topics will include baking terminology, tool and equipment use, formula conversions, functions of ingredients and the use of proper flours. Students will learn how to shape dough and make several different types of yeast breads. Class fee includes $30 material cost.
3 weeks starting Mon., 02/04/19, 6:00-8:00pm $75

Basic Kitchen Skills
Jeff Bratz

This 4-week class will introduce the student to basic safety and sanitation, terminology and meal planning. Cooking methods such as sautéing, deep frying, grilling and braising will be covered. Knife techniques will also be included. This will be an opportunity for adults learning to cook or experienced cooks who want to learn something new. No cooking experience necessary. Class fee includes $30 material cost.
4 weeks starting Mon., 03/04/19, 6:00-8:00pm $100

Nutritious Vegetarian Cooking
Jeff Bratz

This 3-week class will help demystify vegetarian cooking and provide guidelines for healthy meal preparation. Great class for adults who are looking to eat more meatless meals and incorporate vegetarian options. Nutritional needs, balancing flavors and meal planning will be included. Class fee includes material cost.
3 weeks starting Mon., 04/01/19, 6:00-8:00pm $80

Community Favorites
The following classes fill up quickly
Register early to guarantee a spot
Accounting and Quickbooks
Microsoft word
Tai Chi
Stained Glass
Guitar

Fitness and Nutrition

Basicly 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., 02/11/19, 4:00-5:15pm $80/$65 seniors
10 weeks, starting Mon., 02/11/19, 5:30-6:45pm $80/$65 seniors

Beginner Tai Chi
Greta Nilsen/Oriental Healing Arts

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, 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., 02/13/19, 5:00-6:00pm $125/$85 seniors

Body Sculpting Boot Camp
Gen Baudin - Certified Pilates Instructor and Trainer

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.
6 weeks, starting Tues. & Thurs., 03/05/19, 6:00-7:00pm $120

Gentle Yoga (Beginner Friendly)
Patti Kondel

This gentle yoga class is practiced on a mat or in a chair. Your breath, synchronized with simple poses and stretches, helps to loosen joints and build muscle for increased flexibility, strength, balance, and circulation. Along with standing, seated and supine poses, we’ll explore meditation and visualization techniques that promote relaxation. Scientific studies have endorsed yoga as a great way to improve health and wellness!
8 weeks, starting Tues., 02/12/19, 5:30-6:30pm $60

Intermediate Tai Chi
Greta Nilsen/Oriental Healing Arts

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., 02/13/19, 6:00-7:00pm  $125/$85 seniors

**Nutrition for Real Life**  
Courtney Eaton-Registered Dietician

Join Courtney Eaton, Registered Dietician-Nutritionist as she coaches you through various nutrition and wellness topics. Each topic is a separate class and runs for only one night. Sign up for all topics and receive a discount on tuition. Topics include:

- **Carbohydrates are NOT the Enemy**  
  Carbohydrates are the body’s primary fuel source, so why does every fad diet want to eliminate them?  
  One Night Seminar: Tues., 03/12/19, 6:00-7:00pm  $20

- **Plant-Based Diet**  
  Is veganism/vegetarianism truly healthier than an omnivorous lifestyle?  
  One Night Seminar: Tues., 03/19/19, 6:00-7:00pm  $20

- **Gluten Free Living**  
  The facts, the fad, the food, and what is gluten anyway?!  
  One Night Seminar: Tues., 03/26/19, 6:00-7:00pm  $20

- **Demystifying Different Diets**  
  Paleo, ketogenic, intermittent fasting, the raw food diet, low-carb, and low-fat: What do they all mean and which is healthiest?  
  One Night Seminar: Tues., 04/02/19, 6:00-7:00pm  $20

- **Meal Planning and Grocery Shopping**  
  How to prepare healthy meals without hours of preparation and without breaking the bank.  
  One Night Seminar: Tues., 04/09/19, 6:00-7:00pm  $20

- **Knowing Your Numbers**  
  We will explore the healthy ranges for blood cholesterol, blood sugar, vitamins, minerals, and how to improve these values.  
  One Night Seminar: Tues., 04/16/19, 6:00-7:00pm  $20

  If you sign up for all 6, receive a $20 discount  
  (That’s one free class!!!!)

- **Pilates 1**  
  Gen Baudin - Certified Pilates Instructor and Trainer  
  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.  
  6 weeks, starting Tues., 03/05/19, 7:00-8:00pm  $75

- **New! Tap Dancing**  
  Patti Kondel  
  Tap dancing is incredibly fun at any age! Steps consist of shuffles, flaps, turns, and small jumps; it’s an effective form of exercise! Movies like La La Land have inspired people to revisit this wonderful American art form. Get heart-healthy and come explore the various styles of Buck and Wing, Soft Shoe, and Musical Theater. Students are responsible to bring tap shoes to class. If student doesn’t have tap shoes, regular hard-soled shoes may suffice.  
  8 weeks, starting Tues., 02/12/19, 7:30-8:30pm  $75

- **Vinyasa Flow Yoga**  
  Patti Kondel

  Vinyasa is an energetic, fluid style of yoga designed to strengthen your core, and lengthen the main muscles in the body. Sun Salutations, synchronized to your breath, provide a great cardiovascular benefit. We’ll explore seated, standing, and supine stretching along with balance poses, concluding with deep relaxation.  
  Class is open to all. You work within your personal comfort level.  
  8 weeks, starting Tues., 02/12/19, 6:30-7:30pm  $60

**Music and Language**

- **Advanced Beginner Guitar**  
  Kevin Neenan

  This class is for students who have taken the previous class or have the ability to read music, tune a guitar and basic guitar knowledge. Course will expand into chord structure and theory, timing, strumming and picking hand technique. No amplified guitars please.  
  In-class book purchase may be needed for additional $20.  
  8 weeks starting Mon., 03/04/19, 6:30-8:00pm  $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.  
  Basic Spanish:  
  10 weeks starting Thurs., 02/07/19, 6:00-8:00pm  $100/$80 seniors  
  Intermediate Spanish:  
  10 weeks starting Tues., 02/05/19, 6:00-8:00pm  $100/$80 seniors

- **Mandarin Chinese**  
  Snow Shu

  Mandarin is the second-most popular language in the world with over 1.2 billion speakers. Snow Chu, a native speaker, will teach the spelling of the Chinese traditional characters, basic conversation, numbers and simple phrases. Included will be the 4 word wisdom


Identify techniques that will help you organize your personal time. How we underestimate time. Tips on how to stop procrastinating and being overwhelmed will also be discussed.

One Night Seminar: Thurs., 04/04/19, 6:00-8:00pm $45

Registration and Policies

Enrichment classes are open to both residents and non-residents of Salem who are 16 years of age or older. Some classes will offer a discounted tuition for seniors age 65 and older. The senior fee, where applicable, is listed in the course description. Persons wishing to enroll in any enrichment course are encouraged to register at least one week prior to the start date.

REGISTRATION OPTIONS:
1. Mail in a completed registration form with payment.
2. Call the Salem Adult Education Office and use a credit card to pay over the phone (a small fee will be applied to the cost of the class).
3. Come in person to the Continuing Education office located at Salem High School between the hours of 9:00am - 6:00pm Monday through Thursday and 8:30am - 3:30pm Friday. Registrants will need to bring valid ID and be asked to sign-in at the Main Office entrance on Geremonty Drive during school hours (7:00am - 2:20pm)

NOTE: Due to class size restrictions, walk-in registrations may not be available on the first class night. Tuition fees are due upon registration.

NOTE: Early Bird Special applies to all enrichment courses.

PAYMENT METHODS:
Cash, check, money order, or credit card.
Checks or money orders should be made payable to Salem Continuing Education. Please note that if a credit card is used for payment a small processing fee will be applied to the tuition cost.

REFUNDS:
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. A course may be cancelled if there is insufficient enrollment and the minimum students needed to run the course is not met. If a course is cancelled for this reason then all students who have registered for the course are notified and a refund is made.

NOTIFICATION:
Students will be notified ONLY if a course is cancelled, has insufficient enrollment or is already filled. Otherwise, students will NOT receive confirmation of enrollment and should attend the first class.

CLASS CANCELLATIONS:
Classes will not meet during the week of February 25th and April 22nd due to school vacations. If a class is cancelled due to weather then the cancelled classes will be rescheduled.

SPECIAL NEEDS:
If you are a person with a disability who requires accommodations in order to participate in any program please contact the Continuing Education Office at 603-893-7074.

LOCATION:
All classes will be held at Salem High School, 44 Geremonty Drive, Salem NH 03079 unless otherwise noted. When students arrive to evening classes they should enter through the Performing Arts entrance. Signs will be posted the first night of class to indicate which room the class is being held in.

Interested in teaching a class? Have a special skill that you want to share with the community? We are always looking for new instructors and ideas. Contact the Salem Adult Education Office at 893-7074 or email katherine.costa@sau57.org

SCHOOL FOR CONTINUING EDUCATION 603-893-7074 OR EMAIL katherine.costa@sau57.org

---

Navigating Italy: Language, Travels and Culture
Nancy Antonietti

This class is designed for those who wish to learn how to converse using Italian in common travel situations such as family relationships, meeting people, ordering food, getting directions, making reservations and purchases. Included will be useful conjugations of verbs and select vocabulary. Students will also learn about culture and customs of Italy.

8 weeks starting Thurs., 02/21/19, 6:00-8:00pm $120/$100 seniors

---

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: Tues., 03/26/19, 6:30-8:00pm $30

---

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.

Two Night Seminar Thurs., 03/21/19 & 3/28/19, 6:00-8:00pm $75

---

New To Medicare Workshop
Kathleen Turner, MEd
I & R, Medicare Specialist
Rockingham ServiceLink

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.

One Night Workshop Tues., 04/02/19, 6:00-8:00pm $25

---

Taming the “To Do” List
Jill Braceland, Managing Change

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the “To Do” list, and...
“Loved the accounting refresher and love Quickbooks! I look forward to using what I have learned in the future.” (Accounting and Quickbooks)

“Instructor was open, flexible and very helpful.” (Intro to Word)

“I loved this class. It was so much fun! It definitely helped me improve as a guitarist. I’m sad it is over. Thank you for everything!” (Intro to Guitar)

“Teacher gave great explanations of all the poses. Precise and accurate instruction. Wish it could have been longer.” (Slow Flow Yoga)

“Class was a lot of fun, creative environment. Fun and informative instructor. Loved seeing project through from start to finish.” (Stained Glass)

“Course did help me improve balance. Instructor was helpful with individual needs.” (Tai Chi)

“Instructor provided lots of tidbits of info about weight loss and fat. Outside resources were helpful as well.” (Nutrition)

“The teacher is great. She makes sure to take time to see if you understand everything. Teacher was able to meet everyone’s level and was able to explain and answer all questions.” (Beginning and Intermediate Spanish)

SCHOOL FOR CONTINUING EDUCATION
Telephone: 603-893-7074, Email: Katherine.Costa@sau57.org

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: ____________________________ $ ____________________________

Payment Method: ___Check ___Money Order ___Cash ___Credit Card
Credit Card Number: ____________________________ Exp Dt: ______ CVV (3-Digit number on back of card): ______

Total Enclosed: $ ____________________________
New Classes at Salem Adult Education

- Cooking with Chef Jeff Bratz
- Desktop Publishing
- Essential Oils
- Ukrainian Egg Painting
- Italian Language and Culture
- Mandarin Chinese
- Vinyasa Yoga
- Tap Dancing