Yoga and Exercise

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. Open to all levels. Wear loose clothing, and bring a mat, two yoga blocks, yoga strap, and water
10 Mondays, Begins September 16, 4:00-5:15 pm, $80. Seniors: $68.
10 Mondays, Begins September 16, 5:30-6:45 pm, $80. Seniors: $68.

Pilates
Gen Baudin, Certified Pilates Instructor
Learn modifications and progressions perfect for every fitness level. Through pilates, you will improve strength and flexibility, and develop and tone your core. Please bring a mat and bottled water.
8 Tuesdays, Begins October 1, 7:00-8:00 pm, $80. Seniors: $68.

Gentle Yoga
Patti Kondel
Scientific studies have endorsed yoga as a great way to improve health and wellness. 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. Please bring a mat and bottled water.
8 Tuesdays, Begins September 24, 6:00-7:00 pm, $80. Seniors: $68.

Slow Flow Vinyasa Yoga
Patti Kondel
Slow Flow Vinyasa Yoga allows students to create their own synchronized pace, while learning how to move, breathe, and stretch, while slowing down the speed. Breathing deeply, you'll move mindfully, building strength, flexibility and balance as you explore the details of each pose. Expect deep hip, back and leg openings with longer holds for increased mobility. For all levels. Please bring a mat and bottled water.
8 Tuesdays, Begins September 24, 7:15-8:15 pm, $80. Seniors: $68.

Body Sculpting Boot Camp
Gen Baudin, Certified Fitness 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. Open to all levels. Please bring a set of hand weights, mat, and bottled water.
16 Tuesday and Thursdays (meets 2x per week for 8 weeks), Begins October 1, 6:00-7:00 pm, $125. Seniors: $106.25.

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. This course is for students with yoga experience. Please bring a mat and bottled water.

Asana and Restorative Yoga
Gen Baudin, Certified Fitness Instructor and Trainer
This Vinyasa based class includes elements of Yin and Restorative Yoga. Class will begin with a peaceful restorative pose, followed by a gentle breath based grounding sequence to warm the body, move into stretching, and close with a series of restorative yoga postures and deep rewarding savasana. All levels and injuries are welcome and will be accommodated. Expect to leave class feeling relaxed and rejuvenated. Please bring a mat and bottled water.
4 Saturdays, Begins October 19, 10:00-11:15 am, $60. Seniors: $51.

Tai Chi
Greta Nilsen, Oriental Healing Arts Association
Tai Chi is an ancient Chinese martial art, and an excellent form of exercise and meditation in motion that improves physical health and reduces stress. Tai Chi strengthens the immune system by increasing strength and flexibility, and by balancing energy. The Beginning class will explore Qi-Gong routines as well as modified Yang-style. The Intermediate class is for those who have completed beginning tai chi. We'll study a more advanced level of the modified Yang-style short form and additional Qi-gong routines.
Beginning: 12 Wednesdays, Begins September 18, 5:00-6:00 pm, $125. Seniors: $106.25
Beginning: 12 Thursdays, Begins September 19, 5:00-6:00 pm, $125. Seniors: $106.25
Intermediate: 12 Wednesdays, September 18, 6:00-7:00 pm, $125. Seniors: $106.25

Jacki Sorensen Aerobic Dance
Arline Descheneau
Looking to firm your body and strengthen your cardiovascular system, and have fun at the same time? Jacki Sorenson's Dancing is a medically approved, progressive aerobic course that is choreographed for the non-dancer. This class offers a variety of motivating music and challenging steps. Open to all levels, you can work at a level that is comfortable for you. Please bring a mat and bottled water.
12 Mondays and Wednesdays (class meets 2x per week for 6 weeks), Begins September 30, 6:00-7:00 pm, $80. Seniors: $68.

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Microsoft Office: Word, Excel, and PowerPoint  
Maureen Ariel  
This course will provide an overview of Microsoft Office. We’ll cover Word and learn word processing skills such as creating tables, page layout, and design. In Excel, you will learn how to manipulate and format a basic spreadsheet, how to create workbooks, and insert formulas. The PowerPoint class will show you how to create a slideshow with inserting images and transitions. Join us for one or all three classes. A $66 textbook fee is included in the course fee (discounts do not apply).  
12 Tuesdays, Begins September 17, 6:00-8:30 pm, $236 ($170 plus $66 materials fee). Seniors: $210.50 ($144.50 plus $66).

Accounting and Quickbooks  
Maureen Ariel  
This course will begin with basic accounting concepts and terminology, and will move to understanding QuickBooks software. Students will learn about invoicing, payroll, purchase orders, and financial reports. A $44 textbook fee is included in the course fee (discounts do not apply).  
12 Mondays, Begins September 16, 6:00-8:30 pm, $214 ($170 plus $44 materials fee). Seniors: $188.50 ($144.50 plus $44).

Taxes Made Simple  
Cary Gladstone, Granite United Way  
Lean the basics of federal income taxes, including filing status, standard deductions compared to itemized deductions, tax credits, retirement savers credit, and more. We’ll discuss free filing options, and by the end of the workshop you’ll be able to prepare your own return, become IRS-certified, and have the option of volunteering in Granite United Way’s free program, VITA (Volunteer Income Tax Assistance). Please bring a notebook.  
1 Tuesday, November 12, 5:30-7:30 pm, $25. Seniors: $21.

Microsoft Excel  
Learn the fundamentals of creating Excel spreadsheets including data entry, formatting, and editing. This class will cover how to work with formulas and functions allowing the user to create charts and worksheets. Basic PC and keyboarding skills required. Please bring a USB to class.  
3 Saturdays, Begins October 19, 10:00 am-12:00 noon, $65. Seniors: $55.25.

Google Drive  
Hilary Massahos  
This course will cover Google Drive basics. We will go through each app in Google Drive, including docs, slides, spreadsheets, and folders. Students will be asked to create and submit an assignment using each of the apps covered to show their understanding.  
3 Saturdays, Begins October 19, 10:00 am-12:00 noon, $65. Seniors: $55.25

Computer Basics  
Dave Hasbany  
Do you need help learning how to use your computer? For those with little or no experience, this course will explore different types of computers, how to use a mouse, and how to access different software programs. We’ll learn the features of the keyboard and Internet basics, and how to set-up an email account.  
5 Wednesdays, Begins October 16, 4:30-6:00 pm, $65. Seniors: $55.25

Personal Social Media Production  
Tom Giarrosso  
Learn tips and techniques to help make your posts stand out on Facebook and Instagram. An experienced teacher with over 30 years of media production experience will help you maximize your use of social media, improve the quality of your pictures and videos, and reach a wider audience.  
2 Wednesdays, Begins October 16, 6:00-8:00 pm. $40. Seniors: $34.

New to Medicare Workshop  
Susan Deyoe, Program Director, Rockingham ServiceLink  
This workshop is for those thinking about retirement and/or 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.  
1 Tuesday, October 1, 6:00-8:00 pm, $25. Seniors: $21.  
1 Tuesday, December 10, 6:00-8:00 pm, $25. Seniors: $21.

Social Security Planning  
Walter Jezak and Ben Mitchell, Financial Planners, Baystate Financial  
Looking to enjoying retirement soon? Learn the nuances of planning for Social Security and the decisions you will have to make concerning it. We’ll answer questions such as at what age should you claim, how much should you expect, and do your decisions effect your spouse?  
1 Wednesday, October 9, 6:00-8:00 pm, $25. Seniors: $21.

Estate Planning  
Walter Jezak and Ben Mitchell, Financial Planners, Baystate Financial  
It’s never too early or too late to think about estate planning. Take a proactive approach to planning for efficient wealth transfer to your heirs. In this workshop, we’ll explore effective tax strategies and address important planning topics such as wills, trusts, and health care proxies.  
1 Wednesday, November 6, 6:00-8:00 pm, $25. Seniors: $21.

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Arts, Crafts, and Music

Improvisation and Character Development
Jennifer Genova
Step outside of your comfort zone and try something new. For actors of all levels, we will have fun working on improvisational skills, developing characters, building scenes, active listening, and public speaking. This workshop is a great opportunity to work on skills that are applicable far beyond the scope of the stage.
6 Tuesdays, Begins October 1, 6:00-8:00 pm, $80. Seniors: $69.

Acrylic Painting
The advantage of painting with acrylics is the versatility of use and relatively quick drying time. Learning acrylic painting is not as daunting as it may seem, and this course will introduce artists of all levels to the tools and techniques. Supplies not included, list available upon registration.
6 Mondays, Begins October 21, 6:00-8:00 pm, $80. Seniors: $68.

Pottery
Gigi Johnston
In this course, basic skills will be taught, including pinch, coil, and wheel work. Projects will be both decorative and functional, and pieces will be high-fire glazed. Storage and kiln space is limited. A $25 clay fee included in the course fee.
10 Thursdays, Begins September 19, 6:00-9:00 pm, $195 ($170 plus $25 materials fee). Seniors: $169.50 ($44.50 plus $25).

Essential Oils
Anna Benedict
Essential oils can be used to strengthen, soothe, and support your immune system and beyond. This course will introduce you to the basics of essential oils, and explore where they come from and why they are so popular. Students will make their own oils, as well as oils for pets, home or garden. A $45 materials fee is included in the course fee.
6 Wednesdays, Begins September 18 (skip 10/16), 6:00-7:30 pm, $130 ($85 plus $45 materials fee). Seniors: $117 ($72 plus $45).

Adventures in Knitting
Joanne Massiello
This Fall, new knitters will construct a headband and fingerless mitts. Continuing students or those with knitting experience, will work on a Lucy Bag (wool satchel, felted after knitting), or may bring an uncompleted project for help in finishing. Beginners, bring #9 straight needles x 10” long, a skein of worsted weight yarn (200 yards in a solid color). Patterns will be supplied. Those working on the Lucy Bag, bring #10x24” circs, 600 yards of 100% wool (either solid or multi colored). An $8 booklet fee is payable to the instructor. For supply questions, please contact jmlm157@msn.com.
10 Wednesdays, Begins September 25, 6:00-8:00 pm, $100. Seniors: $85.

Crocheting for All Levels
Mabel Cunningham
Expand your fiber art creativity! Whether you’re looking to learn how to crochet or to polish your existing crochet skills, this is the perfect class. Learn to read patterns while making useful items with others who share your interest. Individual instruction will enable you to advance at your own pace. Please bring light-colored worsted weight yarn and a G or H crochet hook. Patterns will be supplied by the instructor.
10 Wednesdays, Begins September 18, 6:00-8:30 pm, $110. Seniors: $93.50

Watercolor Painting
Join us for this watercolor basics course for beginners or those who wish to refresh their skills. We’ll learn painting techniques and use of materials through demonstration and in-class exercises. Supplies not included, list available upon registration.
6 Saturdays, begins October 19, 10:00 am-12:00 noon, $80. Seniors: $68.

Beginning Guitar
Kevin Neon
Do you have an old (or new) guitar that you’d like to learn to play? Join us to learn the guitar, including the basics of playing, simple songs, and music theory. We’ll have you playing by the end of the night! A $14 book fee is payable to the instructor at the first class.
8 Mondays, Begins September 16, 6:30-8:00 pm, $110. Seniors: $93.50.

“The beautiful thing about learning is that nobody can take it away from you.”
~ B.B. King

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Beginning Baking
Jeffrey Bratz
In this class, we will explore the fundamental baking skills needed to produce delicious pies, tarts, cookies, yeast breads, quick breads, custard creams, and garnishes. Open to bakers of all levels, we will learn and practice our skills using commercial-grade equipment in Salem High’s state-of-the-art culinary kitchen. The holidays are coming, get your bake on! A $30 food fee is included in the course fee (discounts do not apply).
5 Tuesdays, Begins October 1, 6:00-9:00 pm, $130 ($100 plus $30 food fee), Seniors: $115 ($85 plus $30)

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Personal Interest

**Nutrition 101**
Carolyn Travers, Nutritionist, Ideal Body and Weight Loss Center
What you eat affects your appearance, energy and comfort, and above all, your health. Become better educated to making good choices and looking healthier and younger. We’ll discuss which foods are best and which to avoid, which foods serve as medicine for the body, how to demystifying different diets, and more.
3 Thursdays, Begins October 10, 4:00-6:00 pm, $50. Seniors: $42.50

**Detox and Cleansing**
Dr. Patrice Malloy, Ideal Body and Weight Loss Center
You hear a lot about the supposed health benefits of a cleanse or detox, designed to eliminate toxins from your body. Can detox or cleansing programs actually remove toxins, improve your health, or help you lose weight? We'll discuss this question and more, plus the dos and don'ts of detoxification and cleansing and when you can do more harm than good.
3 Thursdays, Begins October 31, 4:00-6:00 pm, $50. Seniors: $42.50

**One Night Lecture: Solo Travel**
Stephanie Daniels, Leaps and Bound Travel
Traveling alone can be a wonderful adventure. If you’re about to embark on a journey or have given solo travel some thought, this lecture will provide useful tips and advice. We'll discuss how to travel safely, advantages of traveling solo, finding companies that cater to solo travelers, best places for solo travelers, and mistakes to avoid including the single supplement.
1 Wednesday, October 23, 6:00-8:00 pm, $10.

**Tarot Made Easy**
Sheila Lynch
In this course (using the Rider Waite Tarot Deck), you will learn the Tarot using an easy, intuitive method that will have you reading for yourself, and for family and friends in weeks. Most courses and books have you memorizing dozens of meanings for each card and it can become overwhelming. This course will help you make sense of it all...without a lot of memorization! A $25 materials fee for a Tarot deck and handouts is included in the course fee (discounts do not apply).
6 Mondays, Begins September 30, 6:30-8:00 pm, $75 ($50 plus $25 materials fee). Seniors: $67.50 ($42.50 plus $25)

**Taming the To Do List**
Jill Braceland, Managing Change
Do you need help organizing your personal time? This course will identify techniques to help you begin the process. We'll discuss priorities and timing, how to create a “to do” list, and how to stop procrastinating and feeling overwhelmed.
1 Monday, November 4, 6:00-8:00 pm, $25. Seniors: $21.25.

**Downsizing**
Jill Braceland, Managing Change
Downsizing may be the fresh start you need. If you are thinking about downsizing or are in the process, this course will help jumpstart your efforts. Learn how to create project priorities and set realistic time lines, and which supplies are needed. You'll leave with an action plan to put into place.
1 Monday, October 28, 6:00-8:00 pm, $25. Seniors: $21.25.

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**Fall 2019 Enrichment Programs**
- Fall 2019 term begins September 16, 2019.
- Register early so you are not closed out of your favorite course.
- Enrichment classes are open to residents of Salem and neighboring communities who are at least 18 years old.
- Early registration discount: register by September 3, 2019 and receive $10 off tuition for one enrichment course (excludes texts/materials, additional discounts do not apply).
- 15% senior discount for students ages 65 and over (excludes texts/materials, courses $10 and under).
- New: Saturday classes meeting 10:00 am-12:00 noon.
- All classes meet at Salem High, 44 Geremonty Drive. Entrance through Performing Arts entrance. Room numbers will be posted at the first class.
Test Prep

SAT: Preparing For the December 2019 Exam
Jack Brouse and John Sytek

Would you like to improve your SAT scores? This course will help students increase their understanding of the SAT exam. Math and verbal concepts and test taking approaches will be reviewed.

Section 01: 20 sessions, Tuesdays and Thursdays (meets 2x per week for 10 weeks), Begins September 24, 3:30-5:00 pm, $225
Section 02: 20 sessions, Tuesdays and Thursdays (meets 2x per week for 10 weeks), Begins September 24, 5:30-7:00 pm, $225

Enrichment Program
Registration Form: Fall 2019

To register:
Call: 603-893-7974 (with a credit card)
Mail/Visit: School for Continuing Education, 44 Geremonty Drive, Salem, NH, 03079.

Please submit a separate registration form for each student.

Name: ___________________________________________ Address: ___________________________________________

Town: _____________ State: _____ Zip: ___________ Phone: ____________________________

Email: ___________________________________________

Course Title: ____________________________________________ $ ____________

Course Title: ____________________________________________ $ ____________

Note: senior tuition is for students ages 65 plus.

Payment Method: ___: Check ___: Money Order ___: Cash ___: Credit Card (small processing fee applies)

Credit Card Number: _____________________________ Exp: __________

CVV (3-digit number on back of card): _______  Total Enclosed: $ __________

• Please make checks or money orders payable to: Salem Continuing Education.
• Upon receipt of registration and payment, you will be enrolled and should plan to attend the first class.
• Confirmations will not be sent out, and students will be notified only if a course is canceled or already filled.
• A course may be canceled if there is insufficient enrollment. In that instance, a full refund will be issued.
• If students withdraw at least five business days prior to the start of class, they may receive a refund (minus a $10 processing fee). The credit card processing fee is non-refundable.
• Once classes begin, no refunds will be granted. No refunds will be granted for missed or unattended classes.