

Winter Spring 2016 Adult Education Classes

ACADEMIC SKILLS AND HIGH SCHOOL EQUIVALENCY PREP

FREE classes to improve confidence and skills in math, reading, and writing for employment and test taking. Exeter Adult Education is a *HiSET*® Testing Center. **Ongoing enrollment begins January 11th, 2016 in Exeter.** Call [603-775-8459](tel:603-775-8459) to schedule a time to register.

Day classes: EXETER: Monday, Wednesday, and Friday, 9:00 a.m. - 12:00 p.m.
RAYMOND at Lamprey Health: Wednesday, 9:30 a.m. - 12:00 p.m.

Evening classes: EXETER: Monday and Thursday, 6:30-9:00 p.m.

ADULT HIGH SCHOOL DIPLOMA CLASSES

Evening high school credit courses for adults needing to complete the requirements for a high school diploma or for refresher and college preparation (including Algebra and Chemistry). Appointment for course registration is required. Call the office for more details. Limited scholarships available. **Classes begin January 2016.**

Each course meets one night per week from 6 to 9 p.m. for 15 weeks beginning in September or January.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

Day classes: Monday, Wednesday, and Friday, 9:00 - 11:00 a.m.
Ongoing enrollment begins on Monday, 1/11/16, at 9:00 a.m.

Evening classes: Monday and Thursday, 6:30 - 9:00 p.m.
Ongoing enrollment begins Monday, 1/11/16, at 6:30 p.m.

Enrollment is ongoing. Call if you can't attend registration or need more information.
ESOL CLASSES ARE FREE.

ADULT CAREER PATHWAYS

Many adults want or need to return to school for job advancement or a career change but have rusty skills or lack of confidence. Exeter Adult Education's career and college transition services include opportunities for you to:

- Find out what skills you need to strengthen for future success.
- Improve skills through math, writing, reading and/or computer classes.
- Try the ACCUPLACER® college entrance exam.
- Meet with a counselor to develop a career plan.

ADULT LEARNER SERVICES PROGRAM of ROCKINGHAM COUNTY

Offers adults FREE, confidential, one-to-one or small group instruction in reading, writing, math, high school equivalency prep, ESOL and citizenship.

For TUTORING or to VOLUNTEER as a tutor, contact the Coordinator at 603-775-8458.

**For a complete listing of courses, times, and costs, call and request a brochure or go online at:
adulthood.sau16.org**

Unless indicated, all classes meet at:



30 Linden Street, Exeter, NH 03833
(603) 775-8457

(Courses are open to residents and non-residents.)

SEE REVERSE SIDE FOR A COMPLETE LISTING OF ADULT ENRICHMENT COURSES.

Find us on

facebook

**ENROLL
EARLY!**

EXETER ADULT EDUCATION - COMMUNITY ED/ ENRICHMENT PROGRAM

Course space is limited. Must be at least 18 years old to enroll in enrichment classes. If a course is cancelled or full, students will be notified; otherwise, students WILL NOT receive notification of enrollment and should attend the first class. Refunds will not be given unless a course is cancelled.

**FOR COMPLETE DESCRIPTIONS, MOST CURRENT SCHEDULE AND TO REGISTER VISIT OUR WEBSITE:
adulthood.sau16.org**

| COMPUTER/TECHNOLOGY COURSES | DAY | DATE | TIME | COST |
|--|----------|-------------------------|------------------|------|
| Introduction to Computer Basics | Thursday | 4 weeks, beginning 3/3 | 5:30 - 7:00 p.m. | \$85 |
| Intermediate Computer Basics | Thursday | 4 weeks, beginning 3/3 | 7:15 - 8:45 p.m. | \$85 |
| Email and Internet Basics | Monday | 2 weeks, beginning 3/7 | 6:00 - 8:00 p.m. | \$45 |
| Google Drive | Monday | 4 weeks, beginning 3/21 | 5:30 - 7:30 p.m. | \$85 |
| Introduction to Excel | Tuesday | 5 weeks, beginning 3/1 | 6:00 - 8:00 p.m. | \$95 |
| Intermediate Excel | Tuesday | 5 weeks, beginning 4/5 | 6:00 - 8:00 p.m. | \$95 |
| Introduction to Digital Photography-Level I | Tuesday | 6 weeks, beginning 3/1 | 6:00 - 9:00 p.m. | \$90 |
| Introduction to Digital Photography-Level II | Tuesday | 6 weeks, beginning 4/12 | 6:00 - 9:00 p.m. | \$90 |
| Mail Merges and Labels | Monday | 2 weeks, beginning 4/18 | 5:30 - 7:30 p.m. | \$50 |
| Introduction to Word | Thursday | 5 weeks, beginning 3/31 | 5:30 - 8:00 p.m. | \$95 |
| Group Organizing Made Easy | Monday | 3 weeks, beginning 5/9 | 5:30 - 7:30 p.m. | \$70 |
| Introduction to PowerPoint | Thursday | 2 weeks, beginning 5/12 | 5:30 - 8:00 p.m. | \$50 |

| COOKING COURSES | DAY | DATE | TIME | COST |
|--|----------|-------------------------|------------------|------|
| Italian Pasta Making | Thursday | 4 weeks, beginning 3/3 | 6:00 - 8:30 p.m. | \$85 |
| Italian Sauces | Thursday | 3 weeks, beginning 3/31 | 6:00 - 8:30 p.m. | \$65 |
| Italian Dessert and Cookies | Thursday | 3 weeks, beginning 5/5 | 6:00 - 8:30 p.m. | \$65 |
| Daytime Tea Tasting and Traditions | Tuesday | 2 weeks, beginning 3/15 | 1:00 - 3:00 p.m. | \$45 |
| Baking the French Way | Tuesday | 4 weeks, beginning 3/1 | 6:00 - 9:00 p.m. | \$85 |
| Healthy Gourmet French Cuisine | Tuesday | 4 weeks, beginning 3/29 | 6:00 - 9:00 p.m. | \$85 |
| Tea Tasting and Traditions | Thursday | 2 weeks, beginning 3/31 | 6:00 - 8:00 p.m. | \$45 |
| Frugal, Easy and Tasty Meal Plan It Workshop | Tuesday | 1 night, 5/3 | 6:00 - 8:00 p.m. | \$30 |
| Frugal, Easy and Tasty Meal Prep It Workshop | Tuesday | 1 night, 5/10 | 6:00 - 8:00 p.m. | \$45 |
| Frugal, Easy and Tasty Meal Cook It Workshop | Tuesday | 1 night, 5/17 | 6:00 - 8:00 p.m. | \$45 |

| HEALTH & WELLNESS COURSES | DAY | DATE | TIME | COST |
|--|----------|--------------------------|---|-----------------|
| Introduction to Ballroom Dancing | Monday | 8 weeks, beginning 2/8 | 6:30 - 7:30 p.m.(new) 7:30 - 8:30 p.m.(continuing) | \$90/ couple |
| Wellness Yoga | Tuesday | 10 weeks, beginning 2/9 | 6:30 - 8:00 p.m. | \$95 |
| Wellness Yoga | Thursday | 10 weeks, beginning 2/11 | 6:30 - 8:00 p.m. | \$95 |
| Tai Chi | Tuesday | 6 weeks, beginning 3/1 | 6:30 - 7:30 p.m. | \$40 |
| Horses, A Beginner Guide to Care and Enjoyment | Thursday | 4 weeks, beginning 3/10 | 2:00 - 4:00 p.m. | \$135** |
| Heartsaver Adult CPR/AED | Monday | 1 night, 2/29 or 3/21 | 6:00 - 9:00 p.m. | \$50 |
| American Heart Association First Aid | Monday | 1 night, 3/7 or 3/28 | 6:00 - 9:00 p.m. | \$50 |
| Introduction to Falun Gong | Monday | 1 night, 4/18 | 6:30 - 8:30 p.m. | \$10 |

| HAND CRAFT COURSES | DAY | DATE | TIME | COST |
|--|-----------|-------------------------------|------------------|-----------|
| Sewing | Wednesday | 6 or 10 weeks, beginning 2/10 | 7:00 - 9:00 p.m. | \$55/90** |
| Painting with Pastels | Monday | 6 weeks, beginning 3/7 | 6:30 - 8:30 p.m. | \$85 * |
| Build Your Own Terrarium | Thursday | 1 night, beginning 3/10 | 6:00 - 8:30 p.m. | \$30 |
| Introduction to Cold Process Soap Making | Monday | 1 night, 3/14 or 4/11 | 6:00 - 8:30 p.m. | \$40 |
| Balms, Butters and Bath Bombs | Monday | 1 night, 3/28 | 6:00 - 9:00 p.m. | \$40 |
| Rug Braiding | Tuesday | 3 weeks, beginning 4/12 | 6:30 - 8:30 p.m. | \$50 |
| Chair Cane and Rush Seating | Monday | 3 weeks, beginning 4/18 | 6:30 - 8:30 p.m. | \$55 * |
| Make Your Own Kokedama | Monday | 1 night, 5/9 | 6:30 - 8:30 p.m. | \$25 |

| PERSONAL & PROFESSIONAL DEVELOPMENT | DAY | DATE | TIME | COST |
|---|----------------|--------------------------|-------------------|----------------------------|
| Basic Conversational Italian I | Monday | 10 weeks, beginning 2/29 | 5:30 - 7:00 p.m. | \$125 |
| Basic Conversational Italian II | Monday | 10 weeks, beginning 2/29 | 7:00 - 8:30 p.m. | \$105 |
| Beginning Guitar | Tuesday | 8 weeks, beginning 3/1 | 6:00 - 7:00 p.m. | \$90 |
| Reading and Understanding the NT Corinthian Letters | Tuesday | 10 weeks, beginning 3/1 | 7:00 - 8:00 p.m. | \$25 |
| Comparative Religion | Tuesday | 6 weeks, beginning 3/8 | 6:30 - 8:30 p.m. | \$90 |
| Boating Safety and Certification | Tuesday | 5 weeks, beginning 3/8 | 6:30 - 8:30 p.m. | \$50/single \$70/couple |
| Marketing Your Business | Thursday | 2 weeks, beginning 3/10 | 6:00 - 8:00 p.m. | \$75 |
| Introduction to Genealogy | Monday | 3 weeks, beginning 3/14 | 6:00 - 8:30 p.m. | \$65 |
| Starting and Running Your Own Business | Thursday | 2 weeks, beginning 3/24 | 6:00 - 8:00 p.m. | \$75 |
| Finding Your Purpose in Today's Workforce | Monday | 2 weeks, beginning 3/21 | 6:00 - 8:00 p.m. | \$60 |
| Advanced Conversational Italian with Literature | Tuesday | 10 weeks, beginning 3/1 | 6:30 - 8:30 p.m. | \$125 |
| Daytime Advanced Conversational Italian w/Grammar | Thursday | 10 weeks, beginning 3/3 | 11:30 - 1:30 p.m. | \$115 |
| Daytime Conversational Spanish I | Thursday | 5 weeks, beginning 3/3 | 12:30 - 2:30 p.m. | \$110 |
| Daytime Conversational Spanish II | Thursday | 5 weeks, beginning 4/7 | 12:30 - 2:30 p.m. | \$90 |
| Introduction to Conversational French | Tuesday | 6 weeks, beginning 2/9 | 5:30 - 7:00 p.m. | \$100 |
| Advanced Conversational French | Tuesday | 6 weeks, beginning 2/9 | 7:15 - 8:45 p.m. | \$80 |
| Daytime Hospice Volunteer Training | Tuesday | 7 weeks, beginning 4/12 | 1:00 - 3:30 p.m. | \$0 |
| Building a Successful Team | Thursday | 3 weeks, beginning 4/14 | 6:00 - 8:00 p.m. | \$95 |
| Understanding Choices For Social Security | Tues. or Thur. | 1 night, 4/5 or 3/10 | 5:30 - 6:30 p.m. | \$15 |

*Supplies needed for these courses. Supply list available on our website: adulthood.sau16.org or call the office.

**These classes do not meet at the Tuck Campus. Call the office between 8:30 a.m. & 3:00 p.m. for details.