

HOLLISTON ADULT EDUCATION

Fall 2008

Karen Piazza, Adult Education Director

Carol White, Community Education Director

Enrollment is open to all persons 16 years of age and over. Classes begin the week of October 13 and will be held at Holliston High School, Hollis St., unless otherwise noted. Classes will NOT be in session on the nights of November 11, 26 and 27. Room assignments will be posted on the first night of class. Class size is limited and registration is on a first-come, first-serve basis. Non-residents are welcome. Educators may earn professional development points (p.d.p.) upon completion of applicable courses in this brochure. For further information, call Karen Piazza at 508-544-1344 or Carol White at 508-429-0664.

To Register

Online Payment: To pay by credit card or electronic check, go to www.townofholliston.us and click on online payments and then Adult Education. This will be a secure site.

By Mail: Mail-in registration begins immediately upon receipt of this brochure. Mail the registration form included in this brochure with your check to: **Holliston Adult Education, Office of Community Education, Holliston High School, Central office, 370 Hollis Street, Room 701, Holliston, MA 01746.**

In Person: You may register at above address any day during school hours by bringing your registration form and payment OR register the first night of class, space permitting. Payment by check is preferred.

REGISTRATION IS ON-GOING THROUGHOUT THE ENTIRE PROGRAM.

Refunds in full will be granted for any course that must be cancelled due to under-enrollment or fee may be transferred to another class if there is space. Refunds for any reason other than cancellation of the course must be requested one week before the first class meeting. Otherwise, enrollees should report to their first class as designated. **PLEASE ASSUME YOU HAVE BEEN REGISTERED IF YOU ARE NOT CALLED.** Costs of all materials will be borne by the student. No classes are held if day classes are cancelled due to inclement weather or school holidays.

Additional brochures are available at all Holliston Public Schools, Fiske's General Store, Town Library, Town Hall, Senior Center or call 508-544-1344 or 508-429-0664 to have one mailed to you. The PDF form of this brochure is available online at www.townofholliston.us.

EVERYTHING YOU NEED TO KNOW ABOUT COMPUTERS

Eight "One-Timers" – See next page for details

"One-Timers"

FALL PRUNING & WINTERIZING FOR YOUR TREES & SHRUBS

With winter approaching, the fall is the time to "take time" with your trees and shrubs. Our "tree specialists" will show you how; with some lecture time inside and then you will move outside (dress appropriately) to have some hands-on, to learn the proper techniques for pruning your shrubs, bushes and trees. With the proper techniques used now in the fall – your stock will winter beautifully and have a great start for the growing season in the spring. Sometime will also be spent on soil amendments and the purchase of some plant species that are perfect for planting in the fall. Bring your handpruners & gloves to the; **Tree Specialist, 140 Washington St., Holliston**

Dave Ropes, Certified Arborist

Saturday, October 18, 10AM-12:30PM

\$30.00

AN EVENING WITH THE POLITICAL SCIENTIST: ELECTION ELEMENTS

With the election just a few weeks away and with all the media hype and political pundits waxing on, what is the real science of our political process? Come to this lively and interactive discussion facilitated by our local political scientist/professor, who has worked on both Democratic and Republican campaigns and will enlighten you on; the Electoral College vs the Popular Vote, blue states vs red states, the power of the president, congressional reform, lobbying, term limits and much more. Now more than ever, we as Americans need to be informed, in order to be involved in the process of reform. **HS Rm. 413**

Gary Donato, Ph.D.

Tuesday, October 21, 7-9:30PM



\$30.00

RETIREMENT IN THE 21ST CENTURY: HOPE IS NOT A STRATEGY

Retirement in the 21st century is different than anything that came before – Americans are living longer and our retirement years could span from 20-30! And to complicate matters further, inflation continues to erode the value of our nest egg. At just a 3% annual rate of inflation, that nest egg could fly away with expenses more than double of what they are today. Our two financial specialists will by no means try to sell you any products or services. Their mission for the evening is to enlighten you on how; the sequence of returns realized on your investments can have a far greater impact on your retirement outcome than the returns themselves, alternative ways to create a retirement

income stream and the most promising, new innovation in retirement planning – reverse mortgages. **HS Rm. 411**

Kathleen Smith, CFP® & Pat Kuehne, Senior Reverse Mortgage Advisor

Wednesday, October 22, 7-9:00PM

\$25.00

ENERGY EFFICIENCY OPTIONS FOR YOUR HOME

We have come to realize that our current sources of energy are not inexhaustible and now the race is on to find alternative energy options for our homes and our lives. Fortunately, these options are becoming more commonplace in the marketplace. This timely and valuable workshop will be offered by our Architectural Consultant & Planner with over 40 years experience in all phases of home building.

This eye-opener course will enlighten you on; energy efficient building codes, solar orientation, options available for solar electric and heating, heat pumps, geo thermal and much more. There will also be discussion on conservation methods in home construction, ventilation and mold issues and as well as, the use of items in the home that will help you lower your fuel bills. You cannot afford to miss this great offering. Bring your notebook and pen to **HS Rm 412**

Paul Crisafulli, Personalized Creative Additions

Tuesday, October 28, 7-9:00pm

\$30.00

For Online Payment by Credit Card or Electronic Check, go to www.townofholliston.us

The following 8 computer workshops can be taken sequentially or on their own to help make you knowledgeable in the operation and understanding of your PC. They will all be offered **Wednesday evenings beginning October 15th, from 6:30 - 9:30 PM. Your instructor, Steve Stern, is a computer consultant** with many years of teaching experience. All workshops will be held in the **High School Computer Lab at Holliston High School, 370 Hollis Street, Holliston**. Each night's cost is \$40. Take any two nights and pay \$75. Please be sure to designate your choices on your registration form with the appropriate discount for multiple nights.

INTRO TO COMPUTERS

This absolute beginner's class will cover the basics of using any personal computer. In addition to learning how to use the keyboard, mouse, floppy and CD drives, you will learn to open and close programs and create and print documents. Options for selecting and purchasing a computer will also be discussed.

HS Rm 303
Wednesday, October 15, 6:30-9:30pm \$40.00

FILE AND WINDOWS MANAGEMENT

Have you ever lost a file and have no idea how to find it? Or downloaded from the internet, digital camera or a scanner and have no clue as to where they went? Or you find them and they don't open for you? This course will help you to demystify all those problems and teach you to have full control over all the files and folders. How to email file attachments will also be covered. In addition, this class will cover using and customizing Windows to look and perform the way you want.

HS Rm 303
Wednesday, October 22, 6:30-9:30pm \$40.00

INTRO TO MICROSOFT WORD

This course will cover basic word processing techniques: creating, naming, saving, opening, closing, editing and printing documents. Page layout, selecting, deleting and formatting text, as well as spell and grammar checking will also be covered. The skills learned in the class can be used with any word processing program.

HS Rm 303
Wednesday, October 29, 6:30-9:30pm \$40.00

INTRO TO MICROSOFT EXCEL

Learn to use Microsoft Excel to quickly and easily organize personal, financial and business information. Create budget and expense sheets, address books, household inventory, recipe lists, music/video collections and more. This workshop will also include a short introduction to Microsoft Access. The skills learned in this class can be used with computer programs such as Microsoft Office, Microsoft Works, Lotus 123 and Lotus Approach.

Basic mouse & keyboarding skills required **HS Rm 303**
Wednesday, November 5, 6:30-9:30pm \$40.00

INTERMEDIATE MICROSOFT WORD

This class is for those who have taken Introduction to Microsoft Word or understand general word processing techniques and wish to go beyond the basics. Topics will include working with graphics, clip art, text effects, headers & footers, cutting, copying & pasting, tables, columns, envelopes & labels, page and print setup, file types and file management. Customizing and automating Microsoft Word, as well as sending Microsoft Word documents as e-mail attachments will also be covered.

Basic mouse and keyboarding skills required.
HS Rm 303
Wednesday, November 12, 6:30-9:30pm \$40.00

INTERMEDIATE MICROSOFT EXCEL

This class is for those that have taken Intro to Microsoft Excel and Microsoft Access or understand the fundamentals of Microsoft Excel and wish to go beyond the basics. Topics will include working with formulas, worksheets, templates, graphs, charts and graphics. Customizing, formatting, sorting, automating Excel and sending Excel documents as e-mail attachments will also be covered.

Basic mouse and keyboarding skills required. **HS Rm 303**
Wednesday, November 19, 6:30-9:30pm \$40.00

CREATE YOUR OWN WEBSITE

Did you know that you can create a website for business or personal use for a total cost of \$50 a year and that you don't need to learn any kind of technical computer language or buy any special programs? In this beginner's class, you will learn how to create a website from start to finish including; using Microsoft Frontpage and other programs to create your website using a scanner or digital camera, registering your website and publishing your website on the internet.

Basic keyboarding and mouse skills required. **HS Rm 303**
Wednesday, December 3, 6:30-9:30pm \$40.00

THE INTERNET INC PLUS VIRUS PROTECTION & SECURITY

If you are ready to start "surfing the net" then this class is for you. All participants will connect to the Internet and learn to send and receive e-mail, access any Internet address, use search engines to find people and information, and download and print from the Internet. Special emphasis will be on Anti-Virus protection, and Internet security, as well as options and equipment needed to connect to the Internet from home.

HS Rm 303
Wednesday, December 10, 6:30-9:30pm \$40.00

EFT: HOW TO TAP INTO EMOTIONAL FREEDOM

The Emotional Freedom Technique or EFT is a powerful tool for releasing negative emotions and beliefs. Also known as "tapping", EFT works like emotional acupuncture to quickly, gently and easily remove the negative emotions and beliefs that are at the root of some of our problems and pain. Our certified EFT practitioner and wellness nurse will show how you can practice EFT on yourself and others to help you gain that emotional freedom to overcome the stress and anxiety of everyday life and in some cases to help you alleviate many physical symptoms. This tool for healing can be easily learned by anyone with some powerful and long lasting results. EFT has a proven 90% success rate.

HS Rm. 409
Tina Marian, RN, BSN, EFT-ADV
Wednesday, October 29, 7-9:00pm



\$30.00

STARTING THE COLLEGE SEARCH

This one night seminar will be invaluable for parents of all high school students; who are starting the college search process, want to find the right fit for their child and who want to find ways to minimize what they pay. Offered by a college search firm with over 40 years experience; you will be guided through the admissions process, how to choose the school that is the right fit for your child, learn how merit money works and how you can better your position and as well as, how financial aid is given. Starting the process early can offer advantages for all types of students, for business owners, divorced parents and home-schooled children. Don't wait until your child is a senior to start the college search process.

HS Rm 412
Larry Danenberg
Wednesday, October 29, 7-9:00pm \$25pp/\$40couple

FINANCIAL DOLLARS & SENSE: HIGH SCHOOL THRU COLLEGE & BEYOND

This one night workshop offered by a CPA will be invaluable to help educate our young citizens on the basics of financial responsibility. Some of the areas to be covered are; the smart use of credit cards, what is a credit score and why is it important, the importance of creating a budget and how to use it, checking accounts, savings accounts, retirement funding (IRAs, 401Ks, etc.) and investments and how they would grow over time. Some discussion will also be on; compounding and it's effect on your financial health (savings positive, credit negative), life cycles and how they affect your financial decisions and much more. Handouts will be provided.

HS Rm. 407
Steve Hocheiser, CPA
Wednesday, November 5, 7-9:00pm



\$25.00

WINETASTING: BATTLE OF THE AMERICAS'

Did you know that when it comes to growing grapes and the pleasure of sipping wine - that latitude matters? During this enlightening and entertaining winetasting facilitated by our experienced wine pourer, you will experience red and white wines from the worlds' northern and southern latitudes. Our winetasting battle of the Americas' will take you from the northern latitudes of California and Oregon to the southern latitudes of Chile and Argentina. Smell and taste how a Pinot Noir from California will taste quite different from the same varietal grown in Argentina. Come and see why the terrior (the sum of the parts of the vineyard) and the geography makes a huge impact on your experience of wine tasting/drinking. Along with several varietals from both latitudes, you will also be offered some light food pairings. Come; prepared to do battle, be educated, have fun!

Mastro's Wine, 1566 Washington St., Holliston
Roger Warner
Monday, November 17, 7-9:00pm



\$30pp/\$50couple

"One-Timers" Continued...

EVERYTHING BUT THE TURKEY: THANKSGIVING DE-STRESSED

Is the thought of preparing a Thanksgiving feast for family and friends, causing you anguish because you are not sure how to "get it all together" and to serve in a timely fashion? Our chef, former food stylist and restaurant owner, will guide you through the process of planning, shopping and orchestrating your fabulous feast. Followed by a hands-on demo and food prep of some traditional favorites with a contemporary twist of; pumpkin soup, cornbread, caramelized vegetables, sweet potato soufflé, stuffing and more. Come, learn how to take the stress out of your holiday meal planning, bring an apron, containers to take home some goodies plus an ingredient fee of \$12 payable to your instructor. **Holliston Senior Center, 150 Goulding St.**

Laura Ziman, M.Ed.

Thursday, November 20, 7-9:30pm



\$30.00

HOLIDAY ENTERTAINING WITH HORS D'OEUVRES

Did you know that the word Hors D'oeuvres means "little meals" in French? And what a wonderful way to entertain for the holidays (or any time) than with these petit meals. Our chef and food stylist will introduce you to some easy and healthy offerings from around the world that might include; potato latkes, phyllo dough w/different fillings, middle eastern fare and more. She will also give you tips on what ingredients to keep on hand for unexpected guests and what could be frozen and still be fresh tasting when served. There will be hands-on for all students so come prepared with an apron, containers for goodies and an ingredient fee of \$15 payable to your instructor. You will also be given handouts of all the recipes. **Holliston Senior Center, 150 Goulding St.**

Laura Ziman, M.Ed.

Thursday, December 4, 7-9:30pm



\$30.00

Tuesday Evenings

DRAWING WITH PENCIL: FROM STILL LIFE TO REAL LIFE

Our award winning artist who shines in the mediums of pastel and pencil, welcomes all levels of drawing experience from beginners and beyond. You will be encouraged to develop your own personal style while learning the techniques of; linear sketching, shading and perspective. Come and release the artist within and have fun with the basics of drawing from still life to real life! You will start by drawing setups of objects and then onto drawing from real life and from each other. Sketching is a wonderful artistic expression that can travel well anywhere. Please bring to the first class; 9"X12" or smaller sketch pad, #2 pencil, eraser & black, razor point pen or you can email your instructor; midnight12@gmail.com w/any questions. **HS Rm. 405**

Stella Perlov

4 weeks starts October 14, 7-9:00pm



\$45.00



Visit Us on the Town Web Page to Register: www.townofholliston.us



Don't delay! Send this form in today or register in person at Holliston High School any school day

HOLLISTON ADULT EDUCATION REGISTRATION FORM

Name _____

Address _____

Telephone (Home) _____ (Work) _____

Course Title _____ Tuition _____

Course Title _____ Tuition _____

Bring this form to Holliston High School any day during school hours, or make check payable to Holliston Adult Ed. and mail to Holliston Adult Education, Office of Community Education, Holliston High School, Central Office, 370 Hollis Street, Rm. 701, Holliston, MA 01746

Senior citizens (62+) and students (16+) deduct \$10 if course is over \$25

**Holliston Adult Education offers two, 8-week terms each year:
SPRING (March and April) and FALL (October and November)**

YOGA FOR RELAXATION

Perfect for all age levels and experience, this class will be for students who would like to learn how to relax and de-stress. Our yoga instructor of 28 years experience will show you simple but powerful postures to practice that will be easy to incorporate into your everyday routines. After an hour of practicing relaxation poses, you will be guided through voice and music into total peace and quiet. Hints on eating sensibly will also be given. Wear comfortable loose clothing, bring a mat or blanket & water. Come and find your happy place at **Miller School, Multi-Purpose Room**

Janet Ferreri, M.Ed.

6 weeks starts October 14, 7-8:30PM



\$85.00

ZUMBA: SPICY MOVES FOR FUN & FITNESS

Do you want to keep in shape and feel fit but the thought of just doing exercise is not appealing? Then Zumba, the hottest, new fitness dance craze could be for you. Zumba combines high energy, motivating Latin and international music with some unique moves and body sculpting combinations that can melt away fat and get you fit! Not only is Zumba great for the body but also for the soul. Studies show that moving your body to music can be incredibly uplifting and euphoric. Zumba is perfect for all ages and fitness levels. Come and get your "happy feet" moving with Zumba's aerobic steps. Your fitness instructor and personal trainer suggests that you come dressed in comfortable clothing w/your sneakers or hip shoes (hint; no thick treads on bottom) to **HS Wrestling Room**. You can email **Janice; bardenjanice@comcast.net** for questions on footwear.

Janice Barden, ACSM Certified Personal Trainer

4 weeks begins October 21, 7:30-8:30pm



\$50.00

Wednesday Evenings



GUITAR FOR BEGINNERS

It is never too late to learn how to play a musical instrument. Here is a great opportunity to learn guitar with other beginners and therefore saving yourself the expense of private lessons. You will be guided, by our local teacher and accomplished guitarist, through the elements of reading musical notation, playing of chords, strumming, fingerpicking and how to properly tune your instrument. Handouts will be provided. **For questions concerning the proper guitar, call Carlton @**

508-429-4955. Bring your guitars to HS Rm 110

Carlton Zeigler

5 weeks starts October 15, 7-9pm

\$75.00

Don't delay! Send this form in today or register in person at Holliston High School any school day

HOLLISTON ADULT EDUCATION REGISTRATION FORM

Name _____

Address _____

Telephone (Home) _____ (Work) _____

Course Title _____ Tuition _____

Course Title _____ Tuition _____

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INTRO TO INDOOR ROCK CLIMBING

Come and discover why indoor rock climbing is the hottest new sports craze. In this four week introduction to the techniques and fundamental skills of bouldering and indoor rock climbing, you will learn; the proper setup and safety protocol for "top roping", proper equipment use, rope skills and secure belaying procedures. And as well as; basic commands used by climbers, how to conserve energy, principles of movement and much more. Climbing facilitates the development of; self confidence, body awareness, coordination, strength and well-being while strengthening the role of group dynamics in challenging situations. Come and experience the thrill and challenge of rock climbing and come away with skills to help you face real life challenges ahead. All equipment will be provided. Our experienced rock climbing, co-facilitators suggest you come to **high school gym dressed in comfortable, loose clothing.**

Rich Boles & Glen D'Avanzo
4 weeks starts October 29, 6-8:00pm



\$105.00

SIMPLICITY STUDY CIRCLE

Do you wish you could simplify your life? Do you find our consumer culture unfulfilling? Do you worry about its effect on our planet? Are you overwhelmed by your schedule and or, too much clutter and lack of organization in your life? Do you envision another holiday season coming and vow not to overdo again this year? Whatever brings you, this course will help you discover what really brings you joy and to start creating a life filled with simple pleasures. We will explore the concept of voluntary simplicity, together to help each other find the tools for simplifying our lives, one step at a time. Please bring notebook and pen to **HS Rm. 407**

Janet McKetchnie
2 weeks starts October 22, 7-9:00pm



\$40.00



**If you have an idea for a new course
or you want to teach a course,
call Karen at 508-544-1344
or Carol at 508-429-0664**

Go to HollistonNetNews.com
for your town calendar

All classes will be held at the Holliston High School,
370 Hollis St., Holliston unless otherwise noted.
Class assignment will be posted on the night of first class.

Setup & Printed by
Minuteman Press - Marlborough

Thursday Evenings

POSITIVE PILATES

Pilates is a method of exercise that was developed by Joseph Pilates in the 1800's for ballet dancers to help build strength without adding bulk. Today, Pilates is the preferred exercise to help strengthen your power or core area. It is a total body workout that restores muscular balance while strengthening the abs and lower back, gives you longer, leaner muscles, improves coordination and circulation and helps flatten abdominals. Your instructor with over 11 years experience in facilitating Pilates exercise will help you to achieve a heightened mind/body awareness that is safe for all fitness levels. Wear comfortable clothing, bring water, mat or thick towel to **HS Wrestling Rm**

Allie Barrett
6 weeks starts October 16, 7-8:00pm

\$75.00

MINDFUL MEDITATION 101: FOR ALL AGES

Stress is a part of our modern life and meditation is a natural and practical way to fight the effects of everyday living. Whether you suffer from hypertension, high blood pressure, headaches or just want a natural way to help you find some peace of mind and calm in your life then Mindful Meditation offered in this four week series of simple techniques can be invaluable. Offered by our local chiropractor, who has been practicing yoga his adult life, each week will focus on a different kind of meditative practice that can be done daily and will give you the skill set to keep practicing for the rest of your life – anywhere you are. Handouts will be given. Wear loose comfortable clothing & bring mat/towel. **Miller Multi-Purpose Room, Woodland St., Holliston**

Harold Goldberg, D.C.
4 weeks starts October 23, 7:30-9:00pm



\$45.00

HOW TO OPTIMIZE YOUR COMPUTER

In this valuable workshop, you will learn how to keep your computer running smoothly for a windows-based system. The operating system manages the hardware and software resources of a computer. Offered by our certified Microsoft instructor, you will learn how to make your computer run better, quicker, more efficiently and how to clean up viruses. You will also learn how to use the tools to protect your computer from pop-ups and internet spyware. Lastly, the course will discuss areas typically involved in maintenance tasks such as; defragging the hard drive, disc cleanup, firewalls, streamlining your startup applications and uninstalling unused applications. This instruction will be done in lecture style with a power point presentation and as well as, hands-on if you can bring in a laptop. There will be additional laptops available from the instructor to use. Bringing in a laptop is not a requirement for this class. **HS Rm. 303**

Jonathan Shapiro
2 weeks starts November 6, 7-9:00pm



\$60.00

**Register in person at Holliston High School
any day during school hours, OR by mail with
form included in this brochure, OR online @
www.TownofHolliston.us**

HOLLISTON ADULT EDUCATION
Office of Community Education
Holliston High School, Central Office
370 Hollis Street, Room 701
Holliston, MA 01746

NON-PROFIT ORGANIZATION
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**RESIDENT
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