

# WAKEFIELD PUBLIC SCHOOLS COMMUNITY EDUCATION

## FALL 2011

### Community Education Calendar

ALL Registration at HIGH SCHOOL Cafeteria

MONDAY, SEPTEMBER 12 . . . . . Registration, 7:30 p.m.  
TUESDAY, SEPTEMBER 13 . . . . . Late Registration 7:00-8:00 p.m.  
WEDNESDAY, SEPTEMBER 14 . . . . . Late Registration 7:00-8:00 p.m.  
MONDAY, SEPTEMBER 26 . . . . . Classes Begin

No classes October 10

### General Information

The Office of the Community Education Program is at the Wakefield High School. Call **246-6444** — Community Education has a 24 hour answering service.

#### **PARKING**

All classes should park in the rear of W.H.S. (SEE MAP ON BACK PAGE)

#### **SENIOR ADULTS (60+)**

All senior adults are allowed a 25% reduction.

**NO REDUCTION ON SEMINARS.**

**REGISTRATION  
& OPEN HOUSE  
SEPTEMBER 12  
7:30 P.M.  
HIGH SCHOOL CAFETERIA**  
An opportunity to meet instructors  
and discuss course content.

### — NOTIFICATION ONLY IN CASE OF CLASS CANCELLATION —

#### **REGISTRATION FORM**

FALL 2011

Registration fees must be included. Checks **must** be made payable to the TOWN of WAKEFIELD. If your course is cancelled, your registration fee will be promptly refunded. **Each Course MUST be paid with a separate check.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Course/s Desired: \_\_\_\_\_ Sec. \_\_\_\_\_ Tuition: \_\_\_\_\_

Date: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_

Registration for all classes may be completed by mail by filling out the registration form and sending it to:

**Director of Community Education**  
Wakefield High School  
60 Farm Street  
Wakefield, MA 01880

**COMPLETE  
COURSE  
LISTING  
INSIDE** ➔

### MAIL-IN REGISTRATIONS ACCEPTED

#### **JOIN US!**

Do you have a hobby, skill, talent, avocation, trade, interest, competency you might like to share with others and be paid for the pleasure? Courses can meet for as little as two hours or as many as twenty. Teaching experience not required. Please call (781) 246-6444 or write to: Wakefield Community Education, Wakefield High School, 60 Farm Street, Wakefield, MA 01880.

# **SEMINARS**

**For Seminars Use FRONT Entrance by Cafeteria**  
**PRE-REGISTRATION REQUIRED – NO SENIOR DISCOUNTS**

## **Chinese Medicine/Acupressure Exercises**

This course will cover topics such as how to prevent wrinkles, backaches, insomnia, headaches and catching colds with simple self-help acupressure and stretching. It also includes alternative ways to deal with weight problems, smoking cessation and pain management.

This five week program will be held on Mondays, OCT. 24 - NOV. 21; 7:30 pm-9:00 pm. H.S. Room 2116. Fee \$38/pp.

## **Get Fit Challenge**

8 week program includes nutritional guidance & circuit workout – Body Fat test – Weekly weigh-ins

Time/Place: 6:15-7:30 pm - Galvin Gym - 8 weeks, Sept. 26 - Nov. 21 Mondays - Fee: \$99

## **Lowering the Cost of Your Child's College Education** - Wednesday, OCTOBER 26, 7:00 pm.

H.S. Room 2116, Fee: \$20 per person/family. Pre-registration required.

## **How to Buy & Finance a Home**

Designed to offer tips and strategies for buying and refinancing. Includes Q&A sessions with attorney, appraiser, home inspector, realtor & loan officer.

ALSO INCLUDES THE DETAILS OF FHA LOANS & REVERSE MORTGAGES.

Time/Place: 6:30-9:00 pm - HS 2116 - Fee: \$20 p.p./couple - Wednesdays, OCT. 12, 19 & 26.

## **Financial Seminar**

Join Lena M. Maxwell in a frank discussion about money.

### **Eliminate Your Debt Without Harming Your Credit Score**

You will leave class with a complete, personalized debt-elimination plan.

12 page workbook required (\$8.00).

Monday, OCTOBER 3, 7:00-8:30 pm - HS 2116 - Fee: \$20 p.p. (+ workbook)

## **Life Management Through Hypnosis**

Explore how the techniques of hypnosis, especially self-hypnosis are incredibly useful in managing, enriching, and empowering your life.

Time/Place: 7:00-8:30 pm - HS 1249 - Fee: \$45 (+\$8 book) p.p. - 6 weeks - Thursdays, SEPT. 29 - NOV. 3.

ENTER AT REAR OF HIGH SCHOOL

## **Designs By Donahue**

Enjoy learning some basic crafting techniques to create keepsake quality gifts, accessories and holiday decorations.

Time/Place: 7:00-9:00 pm - HS 1307 - Fee: \$40 - 4 weeks - Wednesdays, SEPT. 28 - OCT. 19.

***For more information on any seminar, call Community Education.***

**ALL SEMINARS REQUIRE PRE-REGISTRATION**

**REGISTER BY MAIL/TELEPHONE — 246-6444x6975**

**ALL SEMINARS AT WAKEFIELD HIGH SCHOOL**

**www.wakefield.ma.us**

## **S.A.T (P.S.A.T) — Prep Class**

**Sundays, Sept. 11, 18, 25, Oct. 2, 9, Tuesday Oct. 11. 6-9 PM, 16 & 23**

**Wakefield Civic Center (Lower Level) 6:00-9:00 PM**

**Tuition: \$317 – Call 1-800-866-7287**

# PRE-REGISTRATION NECESSARY FOR ALL PROGRAMS

ALL CLASSES 8 WEEKS UNLESS SPECIFIED

## COURSES

### MONDAY

#### Choral Society

*Instructor:*  
Time & Place: 7:00-9:00 PM, H.S., Choral Area, **STARTING September 12**  
**OPEN REHEARSAL Sept. 12-Oct. 3 (FREE)**  
Fee: \$120 per year, \$60 per year (Students)

#### Chinese Medicine/Acupressure Exercises

*Time & Place:* 7:30-9:00 PM, H.S. 2116  
Fee: \$38 pp  
5 wks - Oct. 24-Nov. 21

#### How To Get Completely Debt Free

*Instructor:* Maxwell  
Time & Place: 7-8:30 PM, H.S. 2116 Oct. 3  
Fee: \$20 (plus \$8 text)

#### Getfit Challenge

*Instructor:* Pustorino  
Time & Place: 6:15-7:30 PM, Galvin Gym  
8 weeks, Sept. 26 - Nov. 21  
Fee: \$99

### MONDAY & WEDNESDAY

#### Volleyball

*Instructor:* Sherman  
Time & Place: 7:30-10 PM, Galvin Gym  
Mon./Wed., Sept. 12-Nov. 16  
Fee: \$30

#### REGISTER IN GALVIN GYM AT GALVIN MIDDLE SCHOOL

#### Hatha Yoga/Meditation

*Instructor:* Santosuosso  
Time: 6:30-7:30 PM

#### Session I

	Mon.	Wed.
Sept.	12 19 26	14 21 28
Oct.	3	5

#### Session II

	Mon.	Wed.
Oct.	12 19 26 31	12 19 26
Nov.	7	Nov. 2

#### Session III

	Mon.	Wed.
Nov.	14 21 28	16 23 30
Dec.	5	7

#### Session IV

	Mon.	Wed.
Dec.	12 19	14 21
Jan.	4 9	11 18

#### Session V

	Mon.	Wed.
Jan.	23 30	25 Feb. 1
Feb.	6 13	8 15

#### Session VI

	Mon.	Wed.
Feb.	27	29
March	5 12 19	7 14 21

**ALL CLASSES AT WOODVILLE SCHOOL CAFETERIA - REGISTER AT FIRST CLASS PER SESSION-All Classes \$64 - Seniors (60+) \$48**

### TUESDAY

#### Italian (Conversational)

*Instructor:* Stuto  
Time & Place: 7-9 PM, H.S. 1316  
Fee: \$80 - 8 weeks - Sept. 27-Nov. 15

#### Baby Sitting

*Instructor:* Thayer  
Time & Place: 6:30-8:30 PM, H.S. 1307  
Fee: \$50, Students \$25  
5 weeks - Sept. 27 - Oct. 25

#### Watercolor Painting

*Instructor:* Lowery  
Time & Place: 7-9 PM, H.S. 1243  
Fee: \$80 - 8 weeks - Sept. 27-Nov. 15

#### Sit & Sew

*Time & Place:* 7:00 PM, H.S. Library  
Oct. 11, Nov. 8, Dec. 13,  
Jan. 10, Feb. 14, March 13  
WALK-INS WELCOME  
\$5 per night

### WEDNESDAY

#### Photo/Digital 35 MM SLR

*Instructor:* Schopperle  
Time & Place: 7-9 PM, H.S., 1251  
Fee: \$60 - 6 weeks - Sept. 28-Nov. 2

#### Quilt Class

*Instructor:* Pederson  
Time & Place: 7-9 PM, H.S. 1314  
Fee: \$60 - 6 wks. - Sept. 28, Oct. 5, 12, 19, 26, Nov. 2  
Learn basics - Sewing Machine Req.

#### Lowering the Cost of College

Oct. 26, 7:00 PM, H.S. 2116  
Fee: \$20 pp/family

#### PRE-REGISTRATION REQUIRED

#### Floral Design

*Instructor:* Marino  
Time & Place: 7-9 PM, H.S. 1307  
Fee: \$30 (+\$20 per class for materials)  
3 wks. - Oct. 5, 12, & 19

#### Home Buyer Program

How to Buy and Finance a Home  
Time & Place: 6:30-9:00 PM, H.S. 2116  
Fee: \$20 pp/couple  
3 weeks - Oct. 12, 19, 26

#### PRE-REGISTRATION REQUIRED

#### Designs By Donahue

*Instructor:* Donahue  
Time & Place: 7:00-9:00 PM, H.S. 1307  
Fee: \$40/Materials \$5 for full program  
4 weeks - Sept. 28 - Oct. 19

### THURSDAY

#### Spanish Conversational

*Instructor:* Careno  
Time & Place: 7-9 PM, H.S. 1301  
Fee: \$80 - 8 weeks - Sept. 29-Nov. 17

#### Life Management Through Hypnosis

*Instructor:* Maher  
Time & Place: 7-8:30 PM, H.S. 1249  
Fee: \$45 (+\$8 book) Sept. 29-Nov. 3

### SUNDAY

#### S.A.T. Prep

*Instructor:* TBA  
Time & Place: 6-9 PM, Civic Center  
Sundays - 9/11, 9/18, 9/25, 10/2, 10/9, Tuesday  
10/11, 10/16, 10/23  
Fee: \$317

## COMPUTER COURSES WINDOWS BASED

### MONDAY

#### Intro to Access

*Instructor:* Webb  
Dates: 5 weeks Sept 26.-Oct. 31  
Time: 6:30-8:30 PM - Rm 1232 Fee: \$80

#### Browsing/Searching the Internet

*Instructor:* Webb  
Dates: 2 weeks Sept. 26 & Oct. 3  
Time: 6:30-8:30 PM Fee: \$32

#### Intro to PC Windows

*Instructor:* Gray  
Dates: 4 weeks Sept. 26-Oct. 24  
Time: 6:30-8:30 PM Fee: \$64

#### Intro to Microsoft Word

*Instructor:* Gray  
Dates: 4 weeks Oct. 31-Nov. 21  
Time: 6:30-8:30 PM Fee: \$64

#### Creating Brochures & Flyers

*Instructor:* Gray  
Dates: 2 weeks Nov. 28 & Dec. 5  
Time: 6:30-8:30 PM - Rm. 1232 Fee: \$32

#### Excel

*Instructor:* Cheever  
Dates: 3 weeks Sept. 26-Oct. 17  
Time: 6:30-8:30 PM - H.S. 1232 Fee: \$48

#### Powerpoint

*Instructor:* Cheever  
Dates: 3 weeks Oct. 24-Nov. 7  
Time: 6:30-8:30 PM - H.S. 1232 Fee: \$48

### TUESDAY

#### Setting Up and Using Email

*Instructor:* TBA  
Dates: 2 weeks Sept. 27 & Oct. 4  
Time: 6:30-8:30 PM Fee: \$16

#### Creating Resumes/M.S. Word

*Instructor:* Gray  
Dates: 2 weeks Sept. 27 & Oct. 4  
Time: 6:30-8:30 PM Fee: \$32

#### Letters-Labels-Envelopes

*Instructor:* Gray  
Dates: 2 weeks Oct. 11 & Oct. 18  
Time: 6:30-8:30 PM Fee: \$32

#### Quickbooks

*Instructor:* TBA  
Date: 3 weeks Nov. 1, 8 & 15  
Time: 6:30-8:30 PM-H.S. 1214 Fee: \$48

### WEDNESDAY

#### Digital Photos/Photoshop Elements

*Instructor:* Webb  
Dates: 3 weeks Sept. 28-Oct. 5, 12  
Time: 6:30-8:30 PM Fee: \$48

#### Create Your Own Web Page

*Instructor:* Webb  
Dates: 4 weeks Oct. 19-Nov. 9  
Time: 6:30-8:30 PM Fee: \$64

#### E-Bay-How to?

*Instructor:* Webb  
Date: 1 week Nov. 16  
Time: 6:30-8:30 PM Fee: \$16

### ALL CLASSES

**AT THE COMPUTER CENTER  
AT REAR OF HIGH SCHOOL**



# ***The Center for Performing Arts, Inc.***

## ***Adopt a Seat in our Brand New Theater!***

*The Center for Performing Arts, Inc. is delighted to announce that construction is well underway on a 275 seat, professionally equipped theater, on the site of the former Wakefield High School lecture hall. When it is completed, the theater will provide an excellent performance space for local groups to present concerts, plays, and lectures.*

*Don't miss a chance to become part of this worthwhile project and a part of Wakefield's history.*

### ***Adopt a seat!***

*Each of the 275 seats in the new theater will have an attractive brass plate mounted on the arm of the chair. Your name (business or personal) or the name of someone you want to honor or memorialize will be engraved on the plate. There is no extra charge for the plate or the engraving.*

***Adopt a seat for \$250.00***

For additional information, call 781-245-2022 or email [cpawakefield@aol.com](mailto:cpawakefield@aol.com).

