

*Register Early!
Classes Begin Monday, October 5*

*Groton-Dunstable
Community Education*

Fall 2015



Jump into Fall with Our New Class Offerings!

**Groton-Dunstable
Community Education**

P.O. Box 426

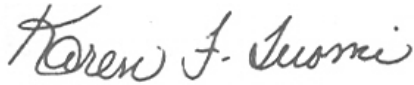
Groton, Ma. 01450

(978) 448-8471

ktuomi@gdrsd.org

Dear Friends of Community Education,

As the hot, hazy, humid days of summer slowly leave and the hint of Fall creeps into the air, it is time to think about doing something just for yourself!! What better way to fill the Fall/Winter evenings than learning about a topic that has always interested you. Please take a moment to review our course catalog which is filled with new and exciting courses along with some of our past favorites. I am sure you will find one that is designed just for you. Looking forward to seeing you soon.



Karen Tuomi, Director
Groton-Dunstable Community Education



Policies & Registration Procedures

Groton-Dunstable Community Education is a self-supporting department of the regional school system. Residents of the area are welcome to enroll in any of the courses listed in this brochure. There is no residency requirement. It is the policy of the Groton-Dunstable Regional School District not to discriminate on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness in its educational programs, activities, or employment policies as required by Title IX of the 1972 Education Amendments, Chapter 622 of the Acts of 1971, and Section 504 of the Rehabilitation Act. Also, students will not be excluded for reasons of marriage or pregnancy. Requests for information about these laws and/or grievance procedures should be directed to the Office of the Superintendent, Groton-Dunstable Regional School District, (978) 448-5505, ext. 200.

TERM DATES: Unless otherwise noted, the **Fall term begins on October 5 and continues until December 21, 2015.** Daytime and evening classes are offered for adults. Classes will not be held on legal holidays or if school is closed due to vacation schedules or inclement weather. "NO SCHOOL" announcements will be carried by the following radio stations, WBZ 1030 and WCAP 980 Lowell, as well as local television stations.

CLASS LOCATIONS: Notification of class locations will be done either by mail or email **AFTER** registration information has been received. Classes will be held in either the Regional High School, 703 Chicopee Row or the Middle School buildings North and South located on Rte 119 in Groton Center or PTYC at 348 Main Street, Groton. Courses might also be scheduled at the Swallow Union School in Dunstable.

CANCELLATIONS: GDRSD reserves the right to cancel all courses, workshops, programs, and other events for which there is insufficient enrollment. If necessary, GDRSD may also reschedule programs, change instructors, change course locations, and take other administrative actions as necessary. Refunds are not automatically warranted based on these changes.

REGISTRATION PROCEDURE: A registration form can be found on page 11 of this booklet. Please complete **ONE** registration form and submit a **SEPARATE CHECK** for each class. Checks should be made out to **GDRSD** and mailed to the address below. Register early because class sizes are limited and are filled on a first-come, first-serve basis. Please register at least one week before class is scheduled. Decisions are made about whether or not to hold a class one week in advance of the start date and is based on the amount of participants registered. One or two registrations may make the needed difference to meet minimum enrollment requirements. **Confirmation** is made via email whenever possible to reduce costs. Please check your email approximately one week prior to the start of class.

SENIOR DISCOUNTS: Senior Citizens (age 60 or over) may request a 10% reduction in tuition by supplying proper identification.

REFUNDS: Refunds will be made in full if a class is cancelled due to low enrollment or if it is oversubscribed. **NO REFUNDS WILL BE MADE FOR ABSENCES OR WITHDRAWAL.** If a class is cancelled due to instructor illness, every effort will be made to contact students by telephone or e-mail and reschedule the class. by telephone or e-mail and reschedule the class.

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ARTS AND CRAFTS

SEWING

8 Tuesdays, starts October 6
6:30 to 8:30 pm
\$89

This class is geared toward the individual with a keen interest in learning how to sew. During our first class we will discuss the specifics such as appropriate fabrics to use for projects, parts of the machine, how to read a pattern, sewing notions, etc. During the week between our first and second week, you will have time to purchase a pattern, notions and fabric.



There will be a number of apron patterns to choose from for the first project. Please familiarize yourself with your machine and make sure it is in working order. Bring a notebook and your enthusiasm to the first class. It is not necessary to bring your machine to the first class. Experienced sewers are welcome to attend and work on a project of their choice.

Instructor: SANDIE HERSH.

“CRASH COURSE” IN WATERCOLOR PAINTING

1 Monday, October 5
7:00 to 9:00 pm
\$29

Learn the basics of watercolor painting in one evening, while having fun! You will learn techniques such as wet, dry on dry, basic color mixing techniques, experimental techniques, and more. Please bring inexpensive beginner set (such as Reeves) which includes basic set of colors, a pallet, brushes, water container, and at least 90 lb. watercolor paper. Check paint labels, lead, cadmium, and cobalt chemicals are not allowed in the classroom.



Instructor: GINGER HUGHES, Local artist and teacher.

BASICS OF DRAWING

7 Thursdays, starts October 8
6:45 to 8:30 pm
\$125

Let's learn how to hold that pencil and draw that straight line! Seven weeks of fun-filled art tutorials; you will learn about values, shade and light, perspective, and much more. Required materials—willow charcoal, graphite pencil, knitted eraser, and a big sketch pad. Let's create our own masterpiece!



Instructor: MARZIA HUBBARD

is a native Italian artist and experienced instructor.

BUSINESS AND FINANCE

EXTREME COUPONING

1 Thursday, October 22
6:30 to 9:00 PM
\$39

Do you want to learn how to save up to 50-100% on groceries including meat, dairy, seafood, organic food, produce, and more? In this class you will also be taught how to save on back to school items, household goods, clothing, medications, office supplies, customized items, and more! This is done every day in our local stores and you can learn how to do it too! Don't just survive in this difficult economy, but thrive! Come learn the tricks of the trade and start saving your hard earned money today!! As a suggestion, please bring a non-perishable food item(s) to be donated to the local food pantry.

Instructor: ELIZABETH LAHENS, has an Associates and Bachelors degree in Paralegal Studies from Johnson and Wales University. She has gotten a \$375 grocery bill down to ZERO with coupons and you can do it too! Visit her website: www.extremecoupons.com



**REGISTRATION
INFORMATION
AND FORMS
ON PAGES 9-11**



**FOR MORE INFORMATION,
PLEASE VISIT OUR WEBSITE AT:
WWW.TINYURL.COM/GDPTYCENTER**

COLLEGE GUIDANCE FOR THE STUDENT AND FAMILY

YOU CAN AFFORD COLLEGE IF...

1 Monday, October 26
7:00 to 9:00 pm
\$30 per family

Financial Aid goes to the families who plan in advance—ideally before December 31st of the child's **sophomore year** of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by **understanding** the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the years before college. **REMEMBER: Procrastination equals less financial aid.** All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at: www.collegefundingadvisors.com.
Instructor: MARCIA SULLIVAN.



Instructor: ILENE RODMAN, MEd School Counseling and Sport Psychology, a MA Certified School Counselor, Ilene has more than 15 years experience as a High School Guidance Counselor.

Examining the Essay

1 Monday, October 26
7:00 to 8:00 pm
\$19

The college application essay is frequently a determining factor for admission, but often the one part of the application most put off by students. In this session, we will discuss ways to go about writing the essay, the dos and don'ts of the college essay, as well as other tips concerning writing and the college application. We will examine some essay prompts, including the changes to The Common Application.

Instructor: ILENE RODMAN.

**PROGRAM
QUESTIONS?
CALL 978-448-8471**

Choosing a College: Search and Selection

1 Thursday, October 8
7:00 to 8:00 pm
\$19

The complexities of the college search and selection processes can be more than a bit overwhelming. How does one go about narrowing the field of thousands of options to just the right school? What about student-athletes, special education students or other specific circumstances? What are the changes in The Common Application and should a student apply early? Between translating transcripts and interpreting standardized tests, sorting through all the mail and visiting campuses, stress levels increase and communication decreases. This session aims to demystify the postsecondary planning process to help students and their families once again look forward to this exciting time in their lives.

Instructor: Ilene Rodman.

Old Tests, New Tests, and Changed Tests, Oh My!

1 Tuesday, November 17
7:00 to 8:00 pm
\$19

Most current high school students have been taking standardized tests since elementary school. Whether it is an MCAS, PARCC, Stanford 9, or other exam, it is routine for some of them by now—except the stakes are higher. With College Board unveiling the brand new SAT and PSAT, what does that mean for students? What about the ACT? What if a student needs accommodations or just isn't a good test taker in general? This session will include addressing the changes in the tests, comparing tests and discussing how testing factors into the postsecondary educational process.

Instructor: ILENE RODMAN.



DANCE CLASSES

BEGINNER BALLROOM DANCE

6 Tuesdays, starts November 3

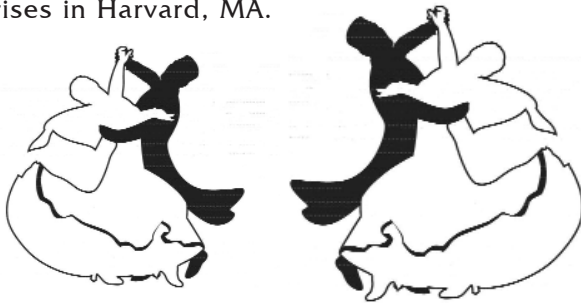
7:00 to 8:00 pm

\$45

*CLASSES HELD AT DL DANCE STUDIO,
60 WILLOW RD, AYER, MA.

Learn the basic moves of ballroom dancing in a fun and relaxed atmosphere and be the hit of the next wedding or function. The class is taught in a rotation system so singles (or those with spouses who won't leave the couch) are most welcome at our classes. Wear comfortable clothing and shoes that slide (sneakers stick!). Bring a bottle of water and your friends! No other special equipment is necessary.

Instructor: DONNA SHEA, of DL Dance Enterprises in Harvard, MA.



BEGINNER LINE DANCING

6 Mondays, starts November 4

6:30 to 7:30 pm

\$45

*CLASSES HELD AT DL DANCE STUDIO,
60 WILLOW RD, AYER, MA.

Line dancing is not just for cowboys (and cowgirls!) anymore. If you can do the Electric Slide or the Cotton Eye Joe, you can line dance! We'll teach you right from the beginning steps to all kinds of music (country, pop, Latin, and more)! Get out of the chair and meet new friends as well as burn the same number of calories as a low-impact aerobic class and not even know you're exercising. Wear shoes with soles that will slide easily (sneakers stick!) and bring a bottle of water. No other special equipment is necessary and no partner is needed.

Instructor: DONNA SHEA, of DL Dance Enterprises in Harvard, MA.



FITNESS AND HEALTH

TOTAL BODY WORKOUT BEGINNER'S EDITION

10 Mondays, starts October 5

10:15 to 11:15 am \$120

Just getting started? Just getting back? This class is for you!

Enter the world of fitness and boost your metabolism and burn more calories with this 60 minute class! Learn how to strength train safely for toning, revved up metabolism, and prevention of osteoporosis! The true solution to reducing belly fat begins with this 60 minute class! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. Remember that weight training is the magic bullet to successful weight control and **LOSING THE BELLY FAT!** As you increase your metabolism, your body will burn more calories 24 hours a day! Pilates is great for better posture, flatter abs, and stronger backs! Metabolism boosting and good health tips will be shared every week! Be ready to have fun! All that is required is a set of weights, a mat and water! This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely!



Instructor: SUSAN ROBBINS, 30+ years of experience and is ACE and CPR certified.

Senior Discount 10% (Age 60 or over)

FOREIGN LANGUAGE

TOTAL BODY WORKOUT WITH PILATES FOR AWESOME ABS:

10 Mondays, starts October 5
9:00 to 10:00 am \$120
Or
10 Thursdays, starts October 8
9:00 to 10:00 am \$120
Or
10 Wednesdays, starts October 7
6:30 to 7:30 pm \$120

Boost your metabolism and burn more calories with this 60 minute class!

You will strength train safely for toning, revved up metabolism, and prevention of osteoporosis! The true solution to reducing belly fat begins with this 60 minute class! The weight training segment includes the most effective moves to train your body to burn calories and release stored fat. Remember that weight training is the magic bullet to successful weight control and **LOSING THE BELLY FAT!** As you increase your metabolism, your body will burn more calories 24 hours a day! Pilates is great for better posture, flatter abs, and stronger backs! Metabolism boosting and good health tips will be shared every week! Be ready to have fun! All that is required is a set of weights, a mat and water! This class is perfect for the first time exerciser to the fitness enthusiast! You will be given individual attention to ensure that you are getting the most from your workout and exercising safely!

Instructor: SUSAN ROBBINS, 30+ years of experience and is ACE & CPR certified.



TAE KWON DO

Tuesdays, Classes are Ongoing
6:45 to 8:45 pm

\$45 per month, paid to instructor

This club teaches traditional Tae Kwon Do in a non-contact class. Students learn forms or Katas, techniques, sparring, and self-defense in each class. This is a family oriented club; anyone from first grade up is welcome. Classes are held in the Florence Roche School Gym.

Instructor: DON ROTA.



CONVERSATIONAL ITALIAN

6 Wednesdays, starts October 7
7:00 pm to 8:30 pm
\$109

Benvenuti! Join me in this fun-filled class of full immersion into the Italian language. We will read current news and articles from the most recent publications straight from abroad! The course is open to students with some Italian language background.

Instructor: MARZIA HUBBARD, is a native Italian artist and experienced Italian instructor.

ITALIAN FOR TRAVELERS

6 Fridays, starts October 9
6:45 pm to 8:30 pm
\$109

Traveling to Italy? Come and learn the essential survival tricks of the Italian language! The objective of this class is to provide a comprehension of the basic elements of grammar necessary in the conversational utilization of everyday situations such as alphabet, pronunciation, numbers and time, days and months of the year, greetings, and salutations. Topics covered will be essential encounters at the airport, train station, hotel, restaurant, and shopping, along with asking for directions and other traveling necessities. The Italian for Travelers (by Marzia Hubbard) course book is included. "Benvenuto e Buon Viaggio."

Instructor: MARZIA HUBBARD is a native Italian artist and experienced Italian instructor.



CONVERSATIONAL SPANISH

8 Wednesdays, starts October 7
6:30 pm to 7:30 pm
\$95

This introductory Spanish class is the perfect way to get to know the language through real life conversations. This session will center on conversation, with reading and some writing.

Instructor: VERONICA SALGADO, a native Spanish speaker and experienced teacher.

Interested in Teaching a Class?

We Love New Ideas!

Contact Us At:

Groton-Dunstable:

KTUOMI@GDRSD.ORG

HOME REPAIR

HOME SOLAR ELECTRICAL ENERGY SYSTEMS

2 Thursdays, October 29 and November 5
6:00 to 8:00 pm
\$39

Electrical energy costs in NE have risen substantially and are expected to increase this year. The instructor will teach homeowners how to assess the economic feasibility of installing a Solar Photovoltaic System at their residential property in order to reduce electrical energy costs. Topics discussed will include site survey and forecasts, economic and power company considerations, structure and load evaluation, available technologies, costs, contractors, savings, and payback period.

Instructor: JOHN CHAVIER has a B.S. in Electrical Engineering Technology and technical experience assessing energy management, safety systems, and electrical/electronic systems projects.

HOME ELECTRICAL REPAIR

2 Tuesdays, October 6 and October 13
6:00 to 8:30 pm
\$49

The instructor will provide demonstration and explanation of practical methods to repair small electrical problems and upgrades not requiring a permit. Topics discussed will include electrical code requirements; safety issues; equipment, tools, and materials; appliances and load types; fixtures, receptacles, and switches; communications and television.

Instructor: JOHN CHAVIER has a B.S. in Electrical Engineering Technology and technical experience assessing energy management, safety systems, and electrical/electronic systems projects.



REGISTER EARLY!

Complete one registration form per student and include one check per course, payable to GDRSD.

By Mail: Mail the registration form and payment to:

GROTON-DUNSTABLE
COMMUNITY EDUCATION
PO BOX 426
GROTON, MA 01450

In Person: You may register in person at the Peter Twomey Youth Center, 348 Main Street, Groton. *Behind the Middle School N. building.

REGISTRATION
INFORMATION
AND FORMS
ON PAGE 9-11

PROGRAM
QUESTIONS?
CALL 978-448-8471

Please go to our website for
printable registration forms
and course information!
www.tinyurl.com/GDptycenter



create **Groton-Dunstable** crafts
Community Education imagine
dance exercise **Classes start October 5!**
learn **Come Join the Fun!**

Music

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

1 Wednesday, October 21
6:00 to 9:00 pm
\$79

Ever want to play a musical instrument but never had a lesson? You can learn enough in one workshop to unlock your hidden musical talent. You don't need years of weekly lessons. Here you'll learn the system the pro's use—chords. You'll learn the chords needed to play almost any song. You will learn how to play several songs in class, and then perfect your technique at home using a home study CD. Total beginners should request the free pamphlet after registering for the class.

Instructor: VALERIE LYONS

Is a certified instructor trained by the creator of the Instant Piano system.



HOW TO PLAY THE PIANO BY EAR

1 Wednesday, November 4
6:00 to 9:00 pm
\$79

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the Instant Piano class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and

free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. **Tuition includes required materials fee of \$30.00 for the How to Play Piano by Ear book and practice CD.**

Instructor: VALERIE LYONS

Video Production

BASIC VIDEO PRODUCTION

4 Mondays, starts November 9
2:00 to 4:00 PM OR
6:30 to 8:30 PM
LIMIT: 15
No Charge

Learn all of the basics of video production for field and studio shooting. We'll go over the fundamentals of camera work including operation, composition, and exposure. You'll learn about audio for different locations using various microphones, and go over different scenarios for interesting and appealing television lighting. No experience necessary. All ages welcome.

Instructor: BOB COLEMAN

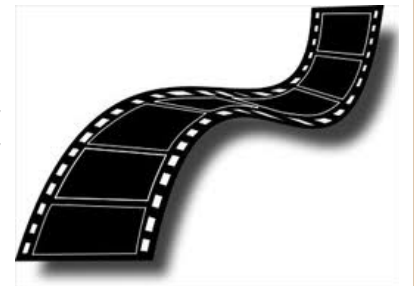


INTRO TO VIDEO EDITING

2 Mondays, December 14 and 21
2:00 to 4:00 PM OR
6:30 to 8:30 PM
LIMIT: 15
No Charge

Computers have made it possible to edit video digitally and there are many powerful editing programs, which can do far more than cut and dissolve between shots. In this course, we will go over the basic concepts behind digital editing. We will give demonstration of the many capabilities of our edit suites, which use the Final Cut Pro editing software. All ages welcome.

Instructor: BOB COLEMAN



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**CLASSES HELD THRU
MONDAY OCTOBER 5 -
FRIDAY, DECEMBER 21**

PLEASE...REGISTER PROMPTLY FOR COURSES

We must make decisions about whether or not a class will be held about a week in advance of the start date. Sometimes just two or three registrations make the needed difference to meet minimum enrollment requirements. On the other hand, some classes fill up early and a prompt registration will ensure your space in the class. Either way, registering early is the best way to avoid disappointment.

REGISTRATION INFORMATION

CLASS LOCATIONS: Notification of class locations will be done either by mail or email **AFTER** registration information has been received. Classes will be held in either the Regional High School, 703 Chicopee Row or the Middle School buildings North and South located on Rte 119 in Groton Center or PTYC at 348 Main Street, Groton. Courses might also be scheduled at the Swallow Union School in Dunstable.

REGISTRATION PROCEDURE: Registration forms are found on page 14 of this booklet. Please complete ONE registration form and submit a **SEPARATE CHECK** for each class. Checks should be made out to **GDRSD** and mailed to the address below. Register early because class sizes are limited and are filled on a first-come, first-serve basis. Please register at least one week before class is scheduled. Decisions are made about whether or not to hold a class one week in advance of the start date and is based on the amount of participants registered. One or two registrations may make the needed difference to meet minimum enrollment requirements. **Confirmation** is made via e-mail whenever possible to reduce costs. Please check your e-mail approximately one week prior to the start of class.

We **WELCOME** great **TEACHERS**

and are **ALWAYS** looking for course

proposals for:

COMPUTER, COOKING, HOBBIES, or

any other class **IDEAS**

you might have.

CALL:

978-448-0398

OR

E-mail:

KTUOMI@GDRSD.ORG



MAIL REGISTRATION

You can mail your registration form and check to:

**GDRSD Community Education,
P.O. Box 426
Groton, Ma 01450**

or drop off in person at:

**The Peter Twomey
Youth Center,
348 Main Street, Groton.**

Please go to our website for
printable registration forms
and course information!
www.tinyurl.com/GDptycenter

REGISTRATION INFORMATION

Complete one registration form per student and include one check per course, payable to GDRSD. You can mail your registration form and check to **GDRSD Community Education, P.O. Box 426** or drop off in person at: **The Peter Twomey Youth Center, 348 Main St, Groton.**

Classes are not held on legal holidays or if school is closed due to vacation or inclement weather. If the instructor cancels a class, you will be notified by e-mail or phone.

Refunds will be made in full if a class is cancelled due to low enrollment or due to a medical condition that prevents attendance.

NO REFUNDS made for absences or for withdrawals made less than one week prior to start of class.

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE AT:

WWW.TINYURL.COM/GDPTYCENTER

**Register Now!
Classes Start
Monday, October 5, 2015!**

Senior Discount 10%

GROTON-DUNSTABLE REGIONAL SCHOOL DISTRICT STATEMENT OF NON-DISCRIMINATION

It is the policy of the Groton-Dunstable Regional School District not to discriminate on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, disability, or homelessness in its educational programs, activities, or employment policies as required by Title IX of the 1972 Education Amendments, Chapter 622 of the Acts of 1971, and Section 504 of the Rehabilitation Act. Also, students will not be excluded for reasons of marriage or pregnancy. Requests for information about these laws and/or grievance procedures should be directed to the Office of the Superintendent, Groton-Dunstable Regional School District, (978) 448-5505, ext. 200.

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We Love New Ideas!**

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In Person: You may register in person at the Peter Twomey Youth Center, 348 Main Street, Groton. *Behind the Middle School N. building.

CHECK OUT OUR NEW CLASS OFFERINGS!

**TOTAL BODY WORKOUT:
BEGINNERS EDITION**

BASICS OF DRAWING

**CHOOSING A COLLEGE:
SEARCH AND SELECTION**

COLLEGE: EXAMINING THE ESSAY

**COLLEGE: OLD TEST, NEW TESTS, AND
CHANGED TESTS, OH MY!**

REGISTRATION FORM

REGISTRATION FORM

NO REFUNDS WILL BE MADE FOR ABSENCES OR WITHDRAWAL

LAST NAME

FIRST NAME

MAILING ADDRESS

ZIP

HOME PHONE #

CELL PHONE #

EMAIL ADDRESS

(CONFIRMATION IS MADE VIA EMAIL 1 WK. PRIOR TO FIRST CLASS)

PLEASE PRINT CLEARLY

COURSE TITLE

FEE

COURSE DATE(S)

TIME

COURSE TITLE

FEE

COURSE DATE(S)

TIME

SENIOR DISCOUNT (15%)

PLEASE SUBMIT A SEPARATE CHECK FOR EACH COURSE

CHECKS SHOULD BE MADE PAYABLE TO GDRSD

GROTON-DUNSTABLE COMMUNITY EDUCATION

PO BOX 426

GROTON, MA 01450



QUESTIONS? PLEASE CALL 978-448-8471

Groton-Dunstable Regional Schools
P.O. Box 729
Groton, MA 01450

Non-Profit Org
US Postage Paid
Ayer, MA
Permit 20

DATED MATERIAL
PLEASE DO NOT DELAY

Register Now!
Classes Start Monday, October 5, 2015!

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(978) 448-8471

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P.O.B 426
Groton, Ma. 01450
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