



Woburn Adult Evening School FALL 2015

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Recreation

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Classes Start October 6, 2015

Website: www.woburnrec.com

Fitness Classes

After Work Energizer

Thursday's (8 Weeks) • Starting October 8th
Time: 5:30-6:30pm • Room: WMHS Senior Cafe
Brenda Jo Hubbard, Instructor. This 45 minute class targets heart, muscles, coordination, and core strength. We will combine some aerobics with an endurance segment using your own body weight so no dumbbells are needed. Training these components will help you manage everyday tasks easier and with less effort. Bring your own mat for core work. You'll also have a blast with the simple, yet exciting cardio segment that will vary each week. Have fun and work at your own pace. All levels of fitness are welcome.
Cost...\$50

Barre Method

Tuesday's (10Weeks) • Starting October 6th
Time: 6:30-7:25pm • Room: WMHS Senior Cafe
Myra Green, Instructor. Barre is a fun, full body workout, great for all fitness levels. Come see what everyone is talking about! Based on Pilates, Yoga, sculpting and dance; Barre will tone your seat, abs, thighs and arms. You will strengthen your back and legs. Class may include the use props such as light weights, a small ball and flexband. Come get a great workout wearing comfortable clothes with water and your mat. **Cost...\$75**

Couch to 5k

Thursday's (6 Weeks) • Starting October 8th
Time: 6:00-7:00pm • Meet at WMHS by Football Field
James Fletcher, Instructor. The Couch to 5K program will meet weekly on Tuesday evenings for 1-hour sessions and include a brief of daily goal with running route, warm up, walk/run, cool down, stretch. All runners will be provided with a training schedule for the duration of the program and all around wellness tips designed to help all participants become healthier. This course is for beginners and veterans alike, with the goal of improving as a runner. The instructor will provide constant support and will be available for consultation outside of the 1-hour weekly sessions. **Cost...\$50**

Mat Pilates

Tuesday's (8 Weeks) • Starting October 6th
Time: 5:20-6:20pm • Room: WMHS Senior Cafe
Nicole Yates, Instructor. A body conditioning routine that helps build flexibility, long, lean muscles, and strength and endurance in the abdominals, legs, arms, hips and back. It enhances core strength and brings increased reach, flexibility, and agility. Please bring a mat with you to class. **Cost...\$50**

Mindflex Core & More

Tuesday (1 Night) • October 6th
Time: 7:30-9:00pm • Room: WMHS Senior Cafe
Myra Green/Vanessa Mulvey, Instructors. This workshop takes you on a fascinating exploration of the anatomy of sitting, and a Pilates workout to enhance your sitting posture. Combining anatomy with Pilates effectively builds essential core strength and improves the way you sit at your desk. This can be the key to releasing tension while relieving back, neck and arm discomfort. You will take home an improved roadmap for sitting and a series of Pilates based movements you can use for better posture and energy. **Mat Required Cost...\$25**

Total Body Conditioning

Thursday's (8 Weeks) • Starting October 8th
Time: 6:10-7:10pm • Room: WMHS Wrestling Room
Dorothy Larffarello, Instructor. Total Body Conditioning uses Weights, 5 to 8 pounds (shoulders, Biceps, Triceps) & Core (Planks & Situps) We work both upper & lower body together to give you a great workout. All Levels
Cost...\$50

Yoga Chair & Mat

Tuesday's (6 Weeks) • Starting October 6th
Time: 5:30-6:30pm • Room: WMHS Faculty Cafe
Janet Lees, Instructor. Certified instructor of Hatha Yoga Janet Lees will instruct you in basic Hatha Yoga poses. Designed for students needing extra care, using simple asanas to improve your strength, flexibility, and balance. This class allows movement on mat and chair. Developing breathing and balance. **Yoga mat, block, belt, and blanket are needed for this class.** "Start where you are" Pema Chodron.
Cost...\$50

Yoga with Katherine

Tuesday's (8 Weeks) • Starting October 6th
Time: 7:00-8:00pm • Room: WMHS Wrestling Room
Katherine Cota MacDonald, Instructors. Through restorative and flow yoga practice, Katherine teaches an array of client-centered classes. Weekly focal topics include breath work, detoxifying poses, stress relief, energy, improved sleep patterns, meditation, and more. Open to all skill levels. A great classical yoga class for beginners and those seeking rejuvenation in their practice. **Cost...\$50**

Zumba

Tuesday's (8 Weeks) • Starting October 13th
Time: 5:30-6:30pm • Room: WMHS Wrestling Room
Kyrie Barchard, Instructors. Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness-party that's moving millions of people toward joy and health **Cost...\$50**

Just For Fun!

Advanced Photography-Hands on Workshop

Thursday's (4 Weeks) • Starting October 8th
Time: 6:00-8:30pm • Room: WMHS D216
Domenico Pino, Instructor. Do you have a basic understanding of ISO, Aperture, and Shutter Speed in Manual Mode but need to practice to put your understanding to use? These sessions are designed to get you practice shooting - indoors and, weather permitting, outside while helping you understand what is going on in the camera. Four advanced topics will be covered.

1) Perfect Portraits – how to meter faces exactly, and how to set white balance perfectly for any light. We'll also learn how to read a histogram and when you should absolutely use it. 2) How to take pictures at blue hour – get spectacular results by knowing when and how to shoot the city in evening light – we'll go outside for this one at the 1st evening with good weather. 3) How to shoot Film Noir – "A style marked by a mood of pessimism, fatalism, and menace". Often called "low-key" because of (CONT.—>)

sharp dark shadows. We can use the lights in class and I'll also show you how to do this with a speedlight. The trick is to set the stage and get the metering right. This is where you learn to think in black and white.. 4) Under- standing Flash – Your flash has it's own metering system (besides the one in your camera). Learn how to use it to your best advantage. We'll cover simple fill, how to match indoor with outdoor lighting simultaneously, the effect of varying the ISO, techniques for using a speedlight (and why you should own one)/After a brief presentation, we'll practice as many of these as time allows. **You will need to bring a digital SLR to class (please bring your manual too). Optional equipment: Speedlight. Bring all your questions too.**
Cost...\$95

Basic Photography 1: From Snapshots to Great Shots

Tuesday's (4 Weeks) • Starting October 6th
Time: 6:00-8:30pm • Room: WMHS D119
Domenico Pino, Instructor. Photography begins by discovering what makes a compelling picture using any kind of camera, even a cell phone. The difference between a snapshot and a great shot primarily depends on understanding a handful of basic elements and applying a few simple concepts. Learn what are the most common errors in photography and how to avoid them. We'll discuss techniques for photographing people, events, scenes, and nature. I'll also share with you my favorite locations. Accept a challenge and we'll review, compare, and critique results in class. This course will set you on the path to creating beautiful images. You will be begin using presented material immediately, starting with the first session. **Cost...\$70**

Basic Photography 2: Getting Your DSLR off Auto Setting

Tuesday's (4 Weeks) • Starting November 10th
Time: 6:00-8:30pm • Room: WMHS D119
Domenico Pino, Instructor. "How did you do that?" That's what others will ask you after taking this class. You'll learn how to extend your photographic style, by understanding the exposure triangle: Speed Aperture and ISO, the tradeoff of blur, noise and depth-of-field, and your various camera shooting, metering and auto focus modes. All this and how to put it together to match your shooting style for specific situations such as events, performances, fireworks, flowers, landscape, running water, sports, and more. We'll discuss bokeh, white balance, when and how to use specific lenses and filters from polarized to neutral density, and cover why you should almost always use rear curtain synch when using flash. All students will receive a calculator that greatly simplifies understanding exposure. Classes include 3 workshops exercises and are small to allow for personal attention. Bring your camera, your manual, and all your questions. **Cost...\$80**



DATES AND TIMES

The Fall 2015 term begins **Tuesday October 6th**; dates and times that each course meets are listed with each course. The Adult Evening School may still be open if school has been cancelled. We will email you to confirm with you.

HOW TO REGISTER

1.) Log onto www.woburnrec.com and create an account. Helpful directions can be found under the How to Register tab on the left hand side of our website.
2.) You can also print out and mail in our paper registration form which can be found on the main page of our website.

LOCATIONS

WMHS: Woburn High School, 88 Montvale Ave
KMS: Kennedy Middle School, 41 Middle Street

ROOM ASSIGNMENTS

If a room assignment is not given in the brochure call the Recreation Office at 781-897-5805 to find out the room. ***NOTE: ROOMS CAN CHANGE***

Cake Decorating Basics

Tuesday's (8 Weeks) • Starting October 6th

Time: 6:30-8:30pm • Room: WMHS E117 + Kitchen
Cheryl Catanzano, Instructor. This course is for the beginner, or decorators looking to brush up on their skills. The student will learn how to bake the perfect cake for icing and make icing that works best with cake decorating tips. Students will learn to torte, fill and decorate cakes and other baked goods using piping bags. They will learn how to color icing, make beautiful flowers, borders, leaves and write on a cake. For the final class, students will utilize all of the skills they have learned to create a stunning final cake! ***Students will be providing their own baked goods for each class* Cost...\$120**

Creative Journaling

Thursday's (3Weeks) • Starting October 15th

Time: 6:30-8:00pm • Room: WMHS D217
Margaret F. Sears, Instructor. A journal can take many forms, of which writing is only one; it is a place for totally free expression. Come to this class to relax and enjoy exploring a variety of journaling techniques through creative arts such as poetry, visual art, storytelling, music and some writing. We will learn through different art modalities each week and you will leave with additional ideas to continue creative journaling on your own. No prior experience necessary. Please bring to class a 6"X9" spiral notebook with blank paper. **Cost...\$40**

Drawing, Painting, and Learning Art Seriously!

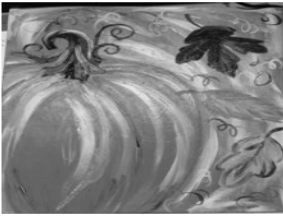
Thursday's (10 Weeks) • Starting October 15th

Time: 6:30-8:00pm • Room: WMHS D126
Joseph Leto, Instructor. If you're one of those people who loves to draw or paint but doesn't know where to begin, or would like to move up the artistic ladder to make some beautiful artwork to hang or sell, or who just loves art for the sake of it, this class is for you. Leto will show you how easy it is to learn the basics of art, what it is, to enjoy it, but also to gain the knowledge to grow with it as far as you like. There will be hands on and instructional classes, drawing and painting, ideas, assessments, creativity sessions, and more! Join with our "Drawing, Painting, and Learning Art!" class and Joe will show you how to progress in every part of your artistic journey. **Please start the first class by bringing some Medium grade Charcoal sticks, NOT charcoal pencils! Also bring a Sketch Pad around 11x14, a cloth like an old white sock, a kneaded eraser, and a notepad and pencil. Cost...\$120**

Fall Themed Instructional Paint Class

Tuesday (1 Class) • Starting October 20th

Time: 6:00-8:00pm • Room: WMHS D126
Suzanne Fee & Julie Dowd, Instructors. This fall themed painting will be the perfect addition to your fall or Thanksgiving decor. The painting process will be taught step by step in a relaxed environment. No experience necessary. Teens welcome!
Cost...\$25



Finding Bargain Treasures at Yard sales & Craigslist

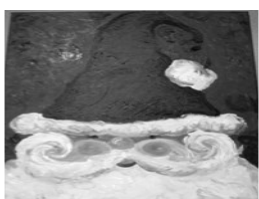
Thursday (1 Class) • Starting October 29th

Time: 6:00-9:30pm • Room: WMHS Learning Center
Victor Ausilio, Instructor. Do you like to hunt for bargains, treasures and other collectables? Do you like to find high end items to decorate your home or to sell for profit? If so then this class is for you! You will learn some great ideas and tips on how to find valuable items at yard sales and on Craigslist. And even better, you'll learn the best ways to get the most for your dollar! Come enjoy a fun filled and informative evening learning from someone who's been very successful at finding incredible deals on everything from valuable books to high end furniture to highly collectable items. He will share his years of experience for how he's found these treasures and how you can too. We will review things such as where to look for certain items, what to beware of, how to spot the most lucrative sales, best times to get bargains, How to beat others to the punch, tips and tricks on negotiating a better price and much more. **Cost...\$30**

Holiday Themed Instructional Paint Class

Thursday (1 Class) • Starting November 10th

Time: 6:00-8:00pm • Room: WMSH D126
Suzanne Fee & Julie Dowd, Instructors. This whimsical Santa painting will be a charming addition to your holiday decor. The painting process will be taught step by step in a relaxed environment. No experience necessary. Teens welcome!
Cost...\$25



Introduction to Furniture Making

Wednesday's (8 Weeks) • Starting October 14th

Time: 6:00-8:30pm • Room: KMS Woodshop
Anthony Chiuppi, Instructor. Students will design and plan out a project using basic drafting techniques. An introduction to power machinery and hand tools will take place and their uses will be applied to the construction of their projects. Basic joinery techniques will be discussed which will include mortise-and-tenon and dovetail joints. **Students will be responsible for the cost of materials. Cost...\$180**

Intro to Social Media

Thursday's (2 Weeks) • Starting November 19th

Time: 6:00-8:30pm • Room: WMHS D216
Domenico Pino, Instructor. Social Media is replacing email for sharing family photos and keeping in touch with your friends and family, whether they are across town or across the globe. If you've been wanting to get started with Facebook on your laptop or desktop, then this short course is just for you. We'll keep it simple so you can learn to: post messages and photos, share, follow, find friends, the basic etiquette of "like", understand your news feed, and manage your profile. **You'll need to bring a laptop for this class, with any internet browser installed. Cost...\$40**

New England's Wild, Wacky, Weird Weather

Thursday's (6 Weeks) • Starting October 15th

Time: 7:00-9:00pm • Room: WMHS E103
Frank SanFilippo, Instructor. Weather is the one topic that affects all of our lives. From simply messing with our plans, to causing all out catastrophe, weather touches all of us. And New England is home to some of the most interesting and volatile weather in the entire world. It is no exaggeration that "wait a minute weather" was born right here where we live. In this six week, exciting, interactive course, and through the use of discussion, videos, demonstrations and easy and fun hands-on experiments, you will discover how and why the weather works. We will also touch upon such "hot button" topics such as the Polar Vortex (which is always present) and Climate Change. Course includes a visit by a local meteorologist. Free refreshments provided by the host during the first session! **Cost...\$70**

Picture Framing Workshop

Thursday's (8 Weeks) • Starting October 8th

Time: 6:30-9:00pm • Room: WMHS D119
Larry Glickman, Instructor. The purpose of custom framing is to find the best frame and matting design to enhance the elements of artwork. You will design and frame your prints, graphics, photography, posters, fine art, and needlework in a do-it-yourself format. You will be guided through selection, measuring and cutting, single and double matting, mounting, jointing wood and metal frames and completing final assembly. Materials can be purchased at class. **Cost...\$90**

Business

Investments Made Simple

Tuesday's (2 Weeks) • Starting October 20th

Time: 6:00-9:00pm • Room: WMHS D216
James Balducci, Instructor. Learn about Mutual Funds, IRAs, 401 (k), 403 (b), Dollar Cost Averaging, 100% Principle, Interest Rates and Inflation. **Cost...\$30**

Understanding Stocks & Bonds

Tuesday's (2 Weeks) • Starting November 17th

Time: 6:00-9:00pm • Room: WMHS D216
James Balducci, Instructor. How to read and understand stock tables; Stock Splits; Price/Earnings ratio; corporate buy-backs; bonds; preferred stock and research of stocks. **Cost...**

Language

ESL1— Beginning Level

Tuesday & Thursday (8 Weeks) • Starting October 6th

Time: 6:30-8:30pm • Room: WMHS E104
Michaela Kerns, Instructor. This English as a Second Language Course is designed for adults who speak little or no English. Emphasis will be on basic conversation, pronunciation and proper grammar while learning about customs and holidays. All materials provided. ***Students will take a placement test if we have enough to run both classes* Cost...\$80**

ESL 2—Intermediate Level

Tuesday & Thursday (8 Weeks) • Starting October 6th

Time: 6:30-8:30pm • Room: WMHS E103
Susan Hartmere, Instructor. This course focuses on learning practical English Skills. Emphasis is on grammar (nouns, adjectives, adverbs and pronouns). Speaking and reading comprehension will also be covered in order to enhance the students conversational skills. ***Students will take a placement test if we have enough to run both classes* Cost...\$80**

Learning Italian

Tuesday's (6 Weeks) • Starting November 3rd

Time: 7:00-9:00pm • Room: WMHS Learning Center
Louis Tuzzolo, Instructor. Beginners from 7-8pm, Advanced from 8-9pm. All are welcome to stay for entire 2 hour period. Stress to be placed on standard conversational Italian. Learn how to talk to your Italian friends and relatives. Learn how to get around in Italy. If there is interest we will discuss Italian Holiday's, Foods, Songs and Dance. We can also talk about dialects of the different regions, which vary greatly from North to South Italy. **Cost...\$20**

Health & Wellness

An Introduction to Gluten Free Living

Thursday's (3 Weeks) • Starting October 22nd

Time: 7:30-8:30pm • Room: WMHS D217
Andrea Caplan, Instructor. An Introduction to Gluten Free living demystifies what living gluten free is really about. You learn where gluten can be found in foods naturally, where it can be typically added to foods, and ways to live a healthy and happy life without it. We discuss strategies for going grocery shopping, cooking tips, baking tips, and issues like cross contamination. Feel free to bring your questions. **Cost...\$50**

Food for Fuel

Thursday's (2 Weeks) • Starting October 29th

Time: 6:30-8:00pm • Room: WMHS D214
Dawn McGee, Instructor. Are you confused by all the different "healthy diets" that people try today? Are you frustrated with trying to figure out how to eat "clean and healthy"? Are you tired of not making the kind of progress with your health that you dream about? Then this seminar is for you. We can learn how to eat to fuel our bodies and still enjoy our food. I promise. During our 3 hours together, here is a short summary of what we'll cover: 1) We will touch on the 4 quadrants that contribute to a healthy lifestyle 2) Then we'll talk in more detail about the 6 foundational elements of the Health quadrant 3) We'll drill down more into the Food element 4) And finally, we'll wrap up with any questions and how people can learn more. **Cost...\$40**

How do I get rid of this Belly

Thursday's (2Weeks) • Starting October 8th

Time: 6:30-8:30pm • Room: WMHS Library
Terry Currier, Instructor. The reasons why we gain weight around the middle are many, and include gender, age, heredity, and hormonal responses to food and stress. This seminar explores these issues and provides solutions. Topics covered include nutrition, exercise, and stress management. It also introduces Emotional Freedom Technique (EFT), a simply but powerful energy technique for eliminating food cravings and defusing the stress and emotional discomfort that often fuels the desire to make unhealthy food choices.

This seminar ends with a group hypnosis session, utilizing the incredible power of the subconscious mind to make deep and lasting healthy lifestyle changes. Please bring a mat, blanket, and pillow for comfort. **Cost...\$50**

Hospice Volunteer Training

Tuesday's (3Weeks) • Starting October 13th

Time: 6:00-9:00pm • Room: WMHS Room TBD
Aimee Farrell, Instructor. Compassionate Care Hospice is offering a training course to prepare interested individuals to become Hospice volunteers. During this three-week course, you will be introduced to our interdisciplinary team members and receive training in the philosophy of hospice, end-of-life medical issues, family dynamics, communication, grief and loss, and spiritual care. Volunteers are supervised by a volunteer coordinator and supported by other members of the patient care team. Hospice volunteers can make a profound difference in someone's life in just one-to-two hours per week, engaging in activities which enhance the individual's quality of life such as writing letters, playing music, holding hands, or even just sitting quietly. Please join us for this fascinating and introspective exploration into hospice. **Cost...\$10**

Launch Your Wellness Campaign

Thursday's (3 Dates) • Starting October 8th,

Time: 6:30-8:00pm • Room: E121
Wayne Altman, Instructor. **Session One (10/8):** Learn the Five Dimensions of Wellness and find your entry point; Explore Nutrition Truths: expand your nutrition knowledge and learn how not to be fooled by the food industry. **Session Two (10/29):** Explore the keys to avoid overeating: mindful eating, embracing hunger, support, and CBT. **Session Three (11/19):** Learn the best tools to manage stress well; Brainstorm strategies to conquer the holidays while staying on your wellness path **Cost...\$50**

Take back your life: 7 Proven tips to reverse Diabetes

Thursday (1 Date) • Starting October 8th

Time: 6:00-7:30pm • Room: WMHS Learning Center
Dr. Geoff DePaula, Instructor. Research shows that people can reduce and even reverse diabetes and pre-diabetes through changes in lifestyle practices alone. Dr. Geoff DePaula will help people who have been diagnosed with diabetes or pre-diabetes to better understand their condition, and shift from simply managing it, to dramatically improving their health and quality of life. Dr. DePaula will share a proven, integrative approach to help you get your life back, by reducing the symptoms, health risks and limitations that often accompany diabetes/pre-diabetes. **Cost...\$15**