

Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035  
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WINTER  
2017

# FOXBOROUGH ADULT EDUCATION



**Driver's Education Classroom Instruction:** Please see the driver's education section in this brochure for session and registration information or visit [www.TEACHERSDRIVINGACADEMY.com](http://www.TEACHERSDRIVINGACADEMY.com)  
All classes are held at the Foxborough High School in Room #122 unless otherwise stated.  
Students must be 15 years and 9 months of age at the time class begins per Mass RMV law.

Pre-registration Fee: \$80, walk-in registration fee \$90.

## **ARTFUL HEALING EXPRESSIONS**

Amaze yourself with original pieces of art and inspirational messages that can take the form of an affirmation, a framed piece of art or memoir. You will design many unique textured papers using liquid watercolors, various textured objects, glue and heavy stock paper to construct a collage. Favorite or original quotes will be added to your collage, or you may choose to write a one-page memoir and create an artful healing experience. There will be enough textured papers to make additional collages if time permits. Come and enjoy a sense of inner calm, satisfaction, and blissfulness as you design wonderful keepsakes for yourself and your family. No experience necessary.

*Instructor: Maria Mendonca*



Mondays, 1/23, 1/30, 2/6  
6:30-9:00 p.m.  
Fee: \$75 (includes \$20 materials fee)  
Room 157

## **Introduction to Microsoft Office 2016 and Office 365 Fundamentals**

This 10 week class will get you started with the basics: MS Word, MS Excel and MS PowerPoint.

By the end of the session you will be able to create, edit and format professional looking text documents, create and format presentations using graphics, and create basic spreadsheets using formulas, complete with graphs.

While this is an introductory class, a basic understanding of computers is assumed.

In addition, we will briefly touch on some of the other MS Office products.

Register now. Class size is limited.

*Instructor: Ronald A. Porat*

Wednesdays, 1/25-4/5  
7:00-9:00 p.m.  
Fee: \$100  
Ahern Lab TBA



## **Introduction to Ayurveda Workshop**

Ayurveda is "the science of life", the oldest practiced health-care system in the world. The two main guiding principles of Ayurveda are that the mind and the body are inextricably connected and that nothing has more power to heal and transform the body than the mind. The Ayurveda approach is about aligning with the cycles of nature rather than struggling or trying to force things to go our way. When in balance, you naturally desire only that which nurtures your health and life. You flow in harmony with your body's natural rhythms, getting restful sleep, feeding your senses with experiences, tastes, touch, aromas, sounds, and sights that uplift and nourish you.

See our *Health & Wellness* section for the second workshop, 'Ayurvedic Daily Routine'.

*Instructor: Lisa Cohen*

Thursday, 3/2  
7:00-9:00 p.m.  
Fee: \$40 per workshop or \$70 for both  
Ahern Library Classroom

## **GUITAR**

Improve your guitar playing in this two hour class.

### **You will learn:**

- The 35 most commonly used chords in open position
- Chord switching exercises to help you make smooth transitions
- Strumming patterns with ties and rests to spice up your rhythm playing

It is suggested that students have two years of guitar playing experience; including the ability to read chord diagrams.

Bring an acoustic or electric guitar. (Please tune your guitar ahead of time).

*Instructor: Chris Carter*

Wednesday, 1/25  
6:00-8:00 p.m.  
Fee: \$40  
Ahern Room 152



# Health & Wellness

## STEP, KICK, DANCE & ZUMBA

*For beginner and intermediate fitness levels*

Variety is the spice of life! Choreography is easy-to-follow (not to be confused with easy) and repetitious. Please bring a mat.

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Mondays & Wednesdays, 1/23-4/5

6:15-7:15 p.m.

Fee: \$120

Ahern Old Gym



## Ayurveda Daily Routine Workshop

*Prerequisite: Introduction to Ayurveda is strongly recommended.*

An *Ayurveda Daily Routine* ('Dinacarya') teaches us to ride nature's waves so we can effortlessly float through each day. Small healthy habits we perform consistently on a daily basis can have immense accumulative benefit in our life. Dinacarya is the foundation of health, happiness, and spiritual advancement. A steady routine consistent with the rhythms of nature supports health. By understanding the functioning of the human body as it relates to the Ayurveda Clock, one can make mindful choices throughout the day that will help to bring balance, support health, and boost mental and physical focus and immunity.

*Instructor: Lisa Cohen*

7:00-9:00 p.m.

Thursday, 3/9

Fee: \$40 per workshop or \$70 for both  
Ahern Library Classroom

## Pilates & Sculpt with Weights

*For beginner and intermediate fitness levels*

Improve your muscle tone and strength with conditioning exercises, Pilates, and sculpting with weights. An awesome workout!

Please bring a pair of dumbbells of your comfort level and a mat.

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Tuesdays & Thursdays, 1/24-4/6

6:15-7:15 p.m.

Fee: \$120

Ahern Old Gym

## YOGA FIT

*For beginner and intermediate fitness levels*

Reduce stress and relax with limbering, posing, stretching, and breathing exercises. Improve your core strength, balance, flexibility, focus, breathing, and peace of mind. Class will focus on feeling good physically and mentally. Please bring a large towel and a yoga mat. (Yoga blocks recommended but optional).

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Tuesdays, 1/24-4/4

7:30-8:30 p.m.

Fee: \$60

Ahern Old Gym



## COED COMPETITIVE VOLLEYBALL

FUN...EXERCISE...INSTRUCTION...NEW FRIENDS

If you ever played volleyball in the past then it is time to play again! Instructor lead competitive play will facilitate skill improvement and knowledge of the game by USVBA rules. This class always fills up fast, so sign up early and get back in the game or just sharpen your skills.

Prior volleyball experience helpful.

This class is very competitive!

Limit of 20 players

*Instructors, John Zarrella & Rick Sigrist*

Mondays, 1/23-4/3

7:00-9:00 p.m.

Fee: \$40

Ahern New Gym



## YOGA FOR A HEALTHY SPINE

*For beginner and intermediate fitness levels*

"Easy does it." If you suffer from neck, back, or hip pain this class is for you. We will limber, stretch, and strengthen all the muscles associated with improving the health of your spine and related muscles. Class will end with relaxing meditation. Please bring a large towel and a yoga mat.

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Thursdays, 1/26-4/6

7:30-8:30 p.m.

Fee: \$60

Ahern Old Gym

# BUSINESS AND FINANCE



## COLLEGE FINANCIAL AID

Take control of the financial aid process. Funding a college education (or 2 or 3) will undoubtedly be one of the largest financial investments of a family's lifetime. Colleges and high schools suggest that the process is fairly easy. The college financial aid forms and the need-based formula can be as complicated and difficult as the current tax code. Parents of college bound high school students need to be aware that timing is essential. January 1 of the JUNIOR year is key! This comprehensive session will walk you through the entire process of financial aid for both public and private institutions. Parents of sophomores need to plan and prepare; parents of juniors need to plan, prepare and act; and parents of seniors are a year behind so action is necessary immediately! Learn how to pick colleges that give the most FREE money with fewer loans! (Choose one night.)

*Instructor: Dan Sullivan*

Tuesday, 1/31  
7:00-8:30 p.m.

or

Wednesday, 3/22  
7:00-8:30 p.m.

Fee: **Free, registration required**  
Ahern Room 117

## Introduction to Long-Term Care Planning

Long-term care is a normal part of the aging process. What would your family do if you suddenly needed significant care tomorrow that lasted for years? Part of a solid retirement plan should include a plan for long-term care.

This class will review types of care, the role of Medicare and Medicaid, types of insurance, and what to look for when evaluating policies. We will compare traditional long-term care policies with newer types, including plans that add life insurance, if no care is needed.

People are living longer, which is dramatically increasing the incidences of Alzheimer's and dementia, which require longer periods of care. This information will put you in a better position to make educated decisions about your future.

*Instructor: Mark Baron, CLTC*

Tuesday, 3/7  
7:00-9:00 p.m.

Fee: \$20 per individual/\$25 per couple  
Ahern Library

## FINANCIAL STRATEGIES FOR A SECURE RETIREMENT

This workshop will look at the big picture for developing a hierarchy of spending and investing your money and strategies that provide a better outcome, regardless of investment performance. Learn special rules to manage your 401(k), 403(b), and pension as you approach retirement, and what mistakes people make with target funds. Find out why investment strategies must be different in retirement and when a Roth IRA makes sense. We will explore the hype around annuities and you will learn about forgotten financial pitfalls and alternative ways to preserve your nest egg against long-term care costs.

*This is a **not-to-be-missed** opportunity to review your retirement finances.*

*Instructor: Dick Howell, Financial Advisor, The Bulfinch Group*

Tuesdays, 1/24 & 1/31  
7:00-9:00 p.m.

Fee: \$20 per individual/\$25 per couple  
Ahern Library

## Home Buying Seminar

If you are planning on buying a home or condo in the next year, this class is for you. It will take you through the home buying process from start to finish. You will be shown how to get pre-approved, how to write an offer, what to look for in a home inspection, what to expect at your closing, etc. Learn about the entire process. You will also get a free credit report. This one night class is FREE and very informative.



*Instructor: Matt Sousa*

Monday, 1/23  
7:00-8:30 p.m.

Fee: **Free, registration required**  
Ahern Library

## Home Selling Seminar

Come and learn how to sell your house in a down market. You will learn tips on staging, open houses, buyer philosophy, the appraisal process, and why these are important. You will learn how to price your house properly. You will also be given tips on what to fix versus what not to fix in your home. If you are thinking of selling your property in the next year you should learn a lot in this FREE, one night course.

*Instructor: Matt Sousa*

Monday, 1/30  
7:00-8:30 p.m.

Fee: **Free, registration required**  
Ahern Library

### STAINED GLASS ART

This class is for the student who has hands-on experience with Stained Glass. The instructor will assist each student with the project of their choice. Pattern books will be available.

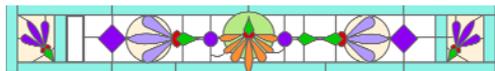
*Instructor: Theresa McCann*

Thursdays, 1/26-4/6

6:30-9:00 p.m.

Fee: \$100

Ahern Room 157



### STAGE YOUR HOME TO SELL

Get ready for the Spring Real Estate Market! Learn how to stage your home so that you will sell faster and for more money. Staging is a home sellers secret weapon in any real estate market. I will walk you through simple steps to help your home stand a part from other homes on the market. If you would like to submit a picture of a room in your house that we can discuss during class, please e-mail 4 pictures from different angles to [interiorsbymarianne@comcast.net](mailto:interiorsbymarianne@comcast.net)

*Instructor: Marianne Cherico*

Wednesday, 2/8

7:00-9:00 p.m.

Fee: \$40

Ahern Library Classroom

### COUNTRY LINE DANCE

Learn simple low impact country and party line dances, such as *Fireball, Mambo #5, Watermelon Crawl, Boot Scootin', Boogey, Redneck Girl*, and more. Come join the fun!

*Instructor: Sheila Sweeney, BS,  
ACE & AFAA*

Wednesdays, 1/25-4/5

7:30-8:30 p.m.

Fee: \$60

Ahern Old Gym



### WEIGHT LOSS CHALLENGE

This class is for anyone who has a desire to improve their HEALTH and lose weight using improved nutrition and lifestyle habits. This year make your New Year's resolution a healthier YOU!

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Mondays, 1/23-4/3

7:30-8:30 p.m.

Fee: \$60

Ahern Old Gym

**Make Checks Payable to: Foxborough Adult Education  
You are enrolled as soon as we receive your Registration Form!**

Participant

Name \_\_\_\_\_

Daytime Phone

# \_\_\_\_\_

**Detach &  
Mail to:**

**Foxborough Adult Education  
Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035  
Extended Services 508-698-3858  
WINTER 2017 Brochure**

Course Name: \_\_\_\_\_ Fee: \_\_\_\_\_

2nd Course Name: \_\_\_\_\_ Fee: \_\_\_\_\_

3rd Course Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

No confirmation is sent out.

I, \_\_\_\_\_, on behalf of myself and my minor child if my minor child is a participant in the activities listed in this form, hereby release and agree to hold harmless the Town of Foxborough, its officers, employees, contract employees and agents from any claims, causes of action or liability arising from or relating in any way to any injuries that I or my child might sustain from my or my child's participation in the listed activities, including such claims or causes of action that I may now have or hereafter acquire (either independently or as a parent of said child) or that my child has or hereafter may acquire.

Signature of Participant or Minor Participant's Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

# Teachers Driving Academy

## Drivers Education Classroom Instruction

### 2016-2017 School Year



Foxborough Adult Education is pleased to partner with Teachers Driving Academy to offer students a great program, at a great price, with the added convenience of taking classes right at school!

- \$80.00 for 30 hours of classroom instruction
- Students must be 15 years, 9 months per Mass RMV rules at the time class begins
- No hidden fees & no charge for the required parent class
- Book driving lessons 'online' @ TDA's website [www.teachersdrivingacademy.com](http://www.teachersdrivingacademy.com)

Choose a session that best fits your schedule and register early. Classes held at Foxborough High School (unless notified otherwise). If you have any questions, call TDA @ 877.TDA.DRIV or email @ [info@teachersdrivingacademy.com](mailto:info@teachersdrivingacademy.com) or [leightonk@foxborough.k12.ma.us](mailto:leightonk@foxborough.k12.ma.us)

#### FEBRUARY VACATION 2017, Session #3

Monday, February 6*	6:00-8:00 p.m.
Tuesday, February 7	3:30-7:45 p.m.
Tuesday, February 21	8:00-2:30 p.m.
Wednesday, February 22	8:00-2:30 p.m.
Thursday, February 23	8:00-2:30 p.m.
Friday, February 24	8:00-2:30 p.m.

*\*Parent & Student Class:* Monday, February 6th from 6-8:00 p.m.  
Both Students and Parents, counts as part of the 30 hour program.

#### SUMMER 2017, #6

Monday, June 5*	6:00-8:00 p.m.
Monday, June 19	8:00-2:30 p.m.
Tuesday, June 20	8:00-2:30 p.m.
Wednesday, June 21	8:00-2:30 p.m.
Thursday, June 22	8:00-2:30 p.m.
Friday, June 23	8:00-12:30 p.m.

*\* Parent & Student Class:* Monday, June 5th from 6:00-8:00 p.m.  
Both Students and Parents, counts as part of the 30 hour program.

#### EARLY SPRING 2017, Session #4

Monday, February 27*	6:00-8:00 p.m.
Tuesday, February 28	3:00-6:15 p.m.
Wednesday, March 1	3:00-6:15 p.m.
Monday, March 6	3:00-6:15 p.m.
Tuesday, March 7	3:00-6:15 p.m.
Wednesday, March 8	3:00-6:15 p.m.
Monday, March 13	3:00-6:15 p.m.
Tuesday, March 14	3:00-6:15 p.m.
Wednesday, March 15	3:00-6:15 p.m.
Monday, March 20	3:00-7:15 p.m.

*\*Parent & Student Class:* Monday, February 27th from 6-8:00 p.m.  
Both Students and Parents, counts as part of the 30 hour program.

#### SUMMER 2017, #7

Monday, July 10*	8:00-2:30 p.m.
Tuesday, July 11	8:00-2:30 p.m.
Wednesday, July 12	8:00-2:30 p.m.
Thursday, July 13	8:00-2:30 p.m.
Friday, July 14	8:00-2:30 p.m.

*\* Parent & Student Class:* Monday, July 10th from 12:30-2:30 p.m. (module #1) Both Students and Parents, counts as part of the 30 hour program.

#### SUMMER 2017, #8

Monday, August 7*	8:00-2:30 p.m.
Tuesday, August 8	8:00-2:30 p.m.
Wednesday, August 9	8:00-2:30 p.m.
Thursday, August 10	8:00-2:30 p.m.
Friday, August 11	8:00-2:30 p.m.

*\* Parent & Student Class:* Monday, August 7th from 12:30-2:30 p.m. (module #1) Both Students and Parents, counts as part of the 30 hour program.

#### APRIL VACATION 2017, #5

Monday, April 3 *	6:00-8:00 p.m.
Tuesday, April 4	3:30-7:45 p.m.
Tuesday, April 18	8:00-2:30 p.m.
Wednesday, April 19	8:00-2:30 p.m.
Thursday, April 20	8:00-2:30 p.m.
Friday, April 21	8:00-2:30 p.m.

*\* Parent & Student Class:* Monday, April 3rd from 6:00-8:00 p.m.  
Both Students and Parents, counts as part of the 30 hour program.

*All dates are subject to change pending any changes to the Foxborough Public Schools calendar.*

**Road lessons & make up classes must be coordinated directly with TDA. Make \$80 check (\$90 for walk-ins) payable to Foxborough Adult Education and mail registration form to: Ahern Middle School, c/o Adult Education, 111 Mechanic Street, Foxboro, MA 02035.**

**Class Cancellation and make up:** If Foxborough High School is closed or released early due to inclement weather, Drivers Education class will be cancelled for that day/evening. Your TDA instructor will notify you of a make up class date.



### Foxborough Adult Education/TDA Registration Form

(please print all information clearly)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Cell #: \_\_\_\_\_ Home Tel #: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Parents/Guardians: \_\_\_\_\_  
 Permit #: (if already have one) \_\_\_\_\_

\_\_\_\_\_ February Vacation #3

\_\_\_\_\_ Early #4

\_\_\_\_\_ April Vacation #5

\_\_\_\_\_ Summer #6

\_\_\_\_\_ Summer #7

\_\_\_\_\_ Summer #8

FOXBOROUGH ADULT EDUCATION  
Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035

A Self-Supporting Organization

ADDRESS SERVICE REQUEST

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
FOXBOROUGH, MA  
PERMIT #40

REGISTER EARLY by  
January 17, 2017



Postal Customer  
Foxborough, MA 02035

MAIL-IN YOUR REGISTRATION  
CLASSES FILL QUICKLY!  
Walk-In Registration is on Tuesday, January 17th from  
6:00-7:00 p.m.  
at the Ahern Middle School (enter through door #12)  
Please note: CLASSES WILL BEGIN THE WEEK OF  
JANUARY 23RD!

The Foxborough Adult Education Program is entirely self-supporting!

Fees pay all expenses and must be paid in full at the time of registration.

Some courses require an additional fee (indicated in class description) to be paid on the first night of class. **We accept checks only, no cash.**

Fees are the same for residents and non-residents. Senior citizens (65 and older) pay half price for all classes except technology and one-night courses.

Due to fiscal limitations, when minimum enrollments have not been reached, courses will be cancelled. If you registered for a class that has been cancelled, you will be notified and will receive a full refund. **There is no refund for non-attendance.**

**Please note that no confirmation is sent out. If you don't hear from us, your class is running as scheduled!!!**

In the event of class cancellation, due to weather or an instructor's illness, an additional make-up class will be held at the end of the session. **Cancellation notices will be on Cable channel 8 or on 508-698-3858.**

**NOTE: All classes are held at the Ahern Middle School, unless otherwise stated. Please enter through door #12 for all classes.**



**Avoid Disappointment!**

**Register Early!**