

Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035

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FALL  
2018

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.

Registration is **on-line only**. Fee: \$100 for 30 hours of classroom instruction and Driver's Education certificate.

### **STAINED GLASS II**

This class is for students with experience working in Stained Glass. The instructor will assist with the project of your choice. Grinders and pattern books available in class.

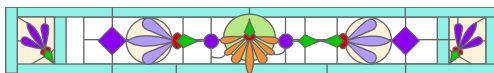
*Instructor: Theresa McCann*

Thursdays, 9/27-12/6

6:30-9:00 p.m.

Fee: \$100

Ahern Room 117



### **ABSTRACT WATERCOLOR & ZENTANGLE ART**

Through guided instruction, participants will experiment intuitively with watercolors on heavy cardstock creating a full spectrum of painted papers. Once dry, the painted papers will be ready for zentangling (doodling) abstract designs. This process will take you back into childhood when doodling was fun and relaxing. There are no mistakes. All materials included in fee.

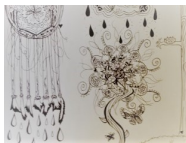
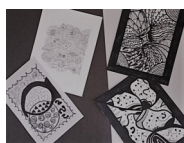
*Instructor: Maria Mendonca*

Wednesday, 10/17

6:00-9:00 p.m.

Fee: \$25

Ahern Room 157



### **DANCE**

A beginner level Ballet and Jazz combo class. This class offers the basics of Vaganova Ballet Barre, the same style used by the Boston Ballet and traditional Jazz stylings seen on Broadway stages.

Come join us for 10 weeks of fun!

*Instructor: Victoria Kerchoff*

Mondays, 9/24-12/17

7:30-9:30 p.m.

Fee: \$100

Ahern Cafeteria



### **Intro to Microsoft Office 16 (Microsoft Office 365)**

This will be an introductory class to MS Word, Excel and PowerPoint. We will discuss the different options that Microsoft has to sell their software. Then we will discuss Word, Excel, and PowerPoint in detail, how to use them, what is different about Office 16 vs. older versions and some tricks to use and traps you might encounter. We will talk a bit about the other programs offered with the MS Office Suite, OneNote, Publisher, Outlook, and Access. We will also touch on some open source (read: free) Microsoft alternatives, such as LibreOffice (Open365) and Apache's OpenOffice.

A basic knowledge of how to use a computer is assumed.

*Instructor: Ron Porat*

Tuesdays, 9/25-12/11

7:30-9:00 p.m.

Fee: \$125

Ahern Lab B



### **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, 11/8

6:30-8:30 p.m.

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



# Health & Wellness

## **STEP AEROBICS, KICK & DANCE**

*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. Great workout! Please bring a mat.

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

Mondays & Wednesdays 9/24-12/12  
6:15-7:15 p.m.  
Fee: \$120  
Ahern Old Gym



## **Body Sculpt Express**

*For beginner and intermediate fitness levels*

Improve your muscle tone and strength with conditioning exercises. An awesome workout to sculpt your entire body!

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

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

Tuesdays & Thursdays, 9/25-12/11  
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 yoga mat. (Yoga blocks recommended but optional).

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

Thursdays, 9/27-12/6  
7:30-8:30 p.m.  
Fee: \$60  
Ahern Old Gym



## **GENTLE YOGA**

*For beginner and intermediate fitness levels*

This class is designed for those who need to de-stress, relax, loosen up their tight muscles, and feel good. The stretches and poses are easy on the body and are most helpful and healing for those who suffer from arthritis, fibromyalgia, stress, and chronic pain. "Easy does it" is the mantra for this class. Please bring a yoga mat. (Yoga blocks recommended but optional).

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

Tuesdays, 9/25-12/11  
7:30-8:30 p.m.  
Fee: \$60  
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*

6:30-8:30 p.m.  
Thursday, 11/15

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



## **COED COMPETITIVE VOLLEYBALL**

I LOVE VOLLEYBALL AND I WANT TO LEARN MORE

An intermediate skills class for players comfortable with the basics of the game and are looking to take it to the next level. Each week we will touch on a different skill area followed by competitive scrimmage to practice what was taught.

Prior volleyball experience helpful.  
Limit of 20 players  
Sign up early!

*Instructor: Rick Sigrist*

Mondays, 9/24-12/17  
7:00-9:00 p.m.  
Fee: \$40  
Ahern New Gym



## **WEIGHT LOSS SUPPORT & CHALLENGE**

You are not alone! Get the structure and support you need to lose those unwanted excess pounds. Weekly discussions and hands-on learning. Topics will include healthy eating, meal prep and planning, accountability, goal setting, cardiovascular exercise, strength training, importance of flexibility and more.

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

Wednesdays, 9/26-12/5  
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, 10/2  
7:00-8:30 p.m.

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

## Long-Term Care Planning – Understanding the Issues and Solutions

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, regardless of what was going on in your lives right now? People are living longer, which is dramatically increasing the incidences of cognitive issues. And these conditions require longer periods of care. This information will put you in a better position to make educated decisions about your future. The long-term care insurance products have gotten more complicated than ever. This class will clear up the confusion, cover the different products out there, and help you understand where they fit. We will compare traditional long-term care policies with newer types, including combination plans that return the premiums if care is not needed. You will leave with a much better understanding.

*Instructor: Mark Baron, CLTC*

Thursday, 10/25  
7:00-9:00 p.m.

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



*Mark Baron is a specialist in long term care planning, and serves on advisory committees, locally and nationally. Mark has had regular appearances on WBZ and several other local media outlets. He has taught the certification class in Massachusetts that insurance agents are required to complete, and he assists hundreds of financial and legal professionals with their clients.*

## RETIREMENT RISKS...ARE YOU PREPARED?

Retirement these days can span 30+ years and naturally over such a long period of time you will be confronted by uncertainty and risk. The key is planning for the foreseeable risks that may jeopardize a successful retirement. This class will cover the key risks and identify potential strategies to address them.

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

Tuesday, 10/2  
7:00-9:00 p.m.

Fee: \$20 per individual/\$30 per couple  
Ahern Library classroom

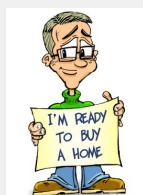
## Home Buying Seminar

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*

Tuesday, 9/25  
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*

Tuesday, 10/2  
7:00-8:30 p.m.

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

## The A, B, C's & D of Medicare Planning

The planning for proper healthcare in retirement is becoming more and more complex. Understanding what plans will provide the best coverage is only part of the challenge. It is estimated the cost of healthcare, excluding long term care, for a couple during retirement will be approximately \$250,000. It is critical that part of retirement planning is to understand the Medicare options you have available to you to access quality healthcare. Equally important is to understand the financial ramifications of the decisions you will be asked to make. This class will review how to approach both the selection and considerations of choosing the appropriate coverage and how to best plan financially for the associated costs.

*Instructor: Lori Howell, Principal,  
Howell Medicare Advisors LLC*

Tuesday, 9/25  
7:00-9:00 p.m.  
Fee: \$20 per individual/\$30 per couple  
Ahern Library Classroom

## COUNTRY LINE DANCE

Enjoyable night out dancing to popular Party & Country Line Dance routines. In this class you will learn new dances and get a refresher course for older dances! Come join the fun! Where comfortable clothes and footwear.

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

Mondays 9/24-12/17  
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 # \_\_\_\_\_  
Address: \_\_\_\_\_  
E-mail address: \_\_\_\_\_

**Detach &  
Mail to:**

**Foxborough Adult Education  
Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035  
Extended Services 508-698-3858  
FALL 2018 Brochure**

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

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

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

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

No confirmation is sent out.

I, \_\_\_\_\_ 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 might sustain from participation in the listed activities, including such claims or causes of action that I may now have or hereafter acquire.

Signature of Participant \_\_\_\_\_ Date: \_\_\_\_\_



# Teachers Driving Academy

## Drivers Education Classroom Instruction 2018-2019 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!

- \$100.00 for 30 hours of classroom instruction and the Driver's Education certificate
- 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
- Choose a session that best fits your schedule and register on-line at:  
<https://tds.ms/OE/Custom/studentTeen?companyId=HYa59LY5iH8&cr=30cra&param=30cra&loc=fox>

All classes are held at Foxborough High School unless notified otherwise. If you have any questions, call TDA @ 877.TDA.DRIV or email TDA @ [info@teachersdrivingacademy.com](mailto:info@teachersdrivingacademy.com)  
Road lessons & make up classes must be coordinated directly with TDA.

### FALL 2018 #1

Monday, September 24*	6:00-8:00 p.m.
Tuesday, September 25	5:00-9:15 p.m.
Wednesday, September 26	5:00-9:15 p.m.
Monday, October 1	5:00-9:15 p.m.
Tuesday, October 2	5:00-9:15 p.m.
Wednesday, October 3	5:00-9:15 p.m.
Tuesday, October 9	5:00-9:15 p.m.
Wednesday, October 10	5:00-9:15 p.m.
<i>* Parent &amp; Student Class: Monday, September 24<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### DECEMBER VACATION 2018 #2

Monday, December 3 *	6:00-8:00 p.m.
Tuesday, December 4	3:00-7:45 p.m.
Wednesday, December 5	3:00-7:45 p.m.
Thursday, December 6	3:00-5:00 p.m.
Wednesday, December 26	8:00-2:30 p.m.
Thursday, December 27	8:00-2:30 p.m.
Friday, December 28	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, December 3<sup>rd</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### FEBRUARY VACATION 2019 #3

Monday, February 4*	6:00-8:00 p.m.
Tuesday, February 5	3:00-7:15 p.m.
Tuesday, February 19	8:00-2:30 p.m.
Wednesday, February 20	8:00-2:30 p.m.
Thursday, February 21	8:00-2:30 p.m.
Friday, February 22	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, February 4<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### EARLY SPRING 2019 #4

Monday, March 4	6:00-8:00 p.m.
Tuesday, March 5	3:00-7:15 p.m.
Wednesday, March 6	3:00-7:15 p.m.
Monday, March 11	3:00-7:15 p.m.
Tuesday, March 12	3:00-7:15 p.m.
Wednesday, March 13	3:00-7:15 p.m.
Monday, March 18	3:00-7:15 p.m.
Tuesday, March 19	3:00-7:15 p.m.
<i>* Parent &amp; Student Class: Monday, March 4<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### APRIL VACATION 2019 #5

Monday, April 1 *	6:00-8:00 p.m.
Tuesday, April 2	3:00-7:15 p.m.
Tuesday, April 16	8:00-2:30 p.m.
Wednesday, April 17	8:00-2:30 p.m.
Thursday, April 18	8:00-2:30 p.m.
Friday, April 19	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, April 1<sup>st</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### SUMMER 2019 #6

Monday, June 3 *	6:00-8:00 p.m.
Tuesday, June 18	8:00-2:30 p.m.
Wednesday, June 19	8:00-2:30 p.m.
Thursday, June 20	8:00-2:30 p.m.
Friday, June 21	8:00-2:30 p.m.
Monday, June 24	8:00-12:30 p.m.
<i>* Parent &amp; Student Class: Monday, June 3<sup>rd</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	
<i>(can change with snow make-up days per FHS)</i>	

### SUMMER 2019 #7

Monday, July 8 *	8:00-2:30 p.m.
Tuesday, July 9	8:00-2:30 p.m.
Wednesday, July 10	8:00-2:30 p.m.
Thursday, July 11	8:00-2:30 p.m.
Friday, July 12	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, July 8<sup>th</sup> 12:30-2:30 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### SUMMER 2019, #8

Monday, August 5 *	8:00-2:30 p.m.
Tuesday, August 6	8:00-2:30 p.m.
Wednesday, August 7	8:00-2:30 p.m.
Thursday, August 8	8:00-2:30 p.m.
Friday, August 9	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, August 5<sup>th</sup> from 12:30-2:30 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

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

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  
September 10, 2018



Postal Customer  
Foxborough, MA 02035



**MAIL-IN YOUR REGISTRATION  
CLASSES FILL QUICKLY!**



Walk-In Registration is on Monday, September 10th from  
6:00-7:00 p.m.

at the Ahern Middle School (enter through door #12)  
Please note: CLASSES WILL BEGIN THE WEEK OF  
SEPTEMBER 24TH!

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!**