

# MEDFIELD COMMUNITY/ADULT EDUCATION PROGRAM

**Fall 2008**

## SCHOOL COMMITTEE

Debra Noschese, Chairperson

Susan Ruzzo

Tim Bonfatti

Carolyn Casey

Susan Cotter

## SUPERINTENDENT OF SCHOOLS

Robert C. Maguire

## DIRECTOR OF ADULT EDUCATION

Jon Kirby

## TUITION & ENROLLMENT

Registration fees are non-refundable and payable by **check to the Town of Medfield**. Tuition fees are listed in each course description. If registering for more than one course, please write a **separate check for each**. **A minimum number of students is required for each course to run.**

Note: If there is no school during the day, no classes will be held that evening.

## REGISTRATION

Registration forms & checks should be sent to:

Jon Kirby

Medfield High School

88R South Street

Medfield, MA 02052

## CAREER AND FINANCIAL PLANNING

### MAXIMIZE YOUR COLLEGE FINANCIAL AIDE

*Donald Anderson*

*Tuesday, October 21<sup>st</sup> from 7:00 – 9:00 pm*

*Medfield High School Room 126*

This one night workshop is a must for **all** parents of college-bound high school students, including freshman and sophomores. We will demystify the college financial aid process and teach you how to access the more than \$90 billion in financial aid dollars, monies that are even available to “high income” families and business owners. Strategies will be presented that will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time to set the strategies in place (Hint, best before junior year) and why if you wait until the financial aid deadline to file your forms, you may miss out on the full amount of aid you qualify for. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. **Bring a calculator and a basic knowledge of your income, taxes and assets. A free comprehensive analysis will be provided for those attending the class.**

Fee: \$25 person/couple

## **WHAT PARENTS NEED TO KNOW: STARTING THE COLLEGE**

*Christa M. Panciocco, CollegeBound Consultant*

*Debra M. McCauley, CollegeBound Consultant*

*Tuesday, October 7<sup>th</sup> from 7:00 – 8:30 pm*

*Medfield High School Room 115*

Applying and gaining acceptance to college in today's competitive market creates stress and anxiety for both students and their parents. Parents are often confused about the many steps their child needs to take in the process of applying to college. This one-night workshop will take parents through the college search and application process from start to finish. Join CollegeBound, a local college-consulting service with over 15 years of experience in higher education, to learn strategies for organizing your child's college search. We will address the importance of researching schools; making college visits, submitting applications (early action and early decision), and what colleges look for in an applicant. Parents will leave this workshop with a clear understanding of the college application process from their child's junior year through senior year of high school.

Fee: \$25 per couple/adults

## **COLLEGE SEARCH STRATEGIES FOR STUDENTS**

*Christa M. Panciocco, College Bound Consultant*

*Debra M, McCauley, College Bound Consultant*

*Tuesday, October 28<sup>th</sup>, 7:00 – 9:00pm*

*Medfield High School Room 115*

This one-night workshop will provide high school students with valuable information on the entire college search process. Learn how to narrow your school list, prepare your resume and application essays, and much more. High school juniors and sophomores are encouraged to attend this workshop.

Fee: \$25 per person (for students)

## **"Beyond Investment Illusions - What You Should Do Now"**

*Jay Butler*

*High School Room 112*

*Tuesday, October 21<sup>st</sup> 7:00 – 8:30pm*

Briefly, this course will help individuals become better informed and more sophisticated investors by learning from mistakes that others investors have made by following their natural reactions.

Fee: \$50 per individual/\$75 per couple

## **Heartsaver AED - CPR Class**

*Nancy Schiemer and Mary Patch, Medfield School Nurses*

*Dates: October 21<sup>st</sup> or November 13<sup>th</sup> 6:30- 9:00*

*Limited to 12 participants*

*Location: High School Guidance Office*

This American Heart Association Class includes:

Adult and child CPR (infant CPR is not included)

Use of an Automated External Defibrillator

Relief of choking in adults and children

You will receive a Heartsaver Workbook and a keychain CPR shield.

Fee: \$50

Supplies: \$30 (check for supplies should be made out to Mary Patch.)

## EXERCISE, SPORTS AND ACTIVITIES

### **VOLLEYBALL (CO-ED)**

*Annie Lewis*

*1st Session Starting Wednesday, October 22- December 17;*

*2nd Session Starting January 14- early May.*

*Time: 8:00-10:30 PM*

*Dale Street School Gym*

This program is designed for the Intermediate Player. Have fun and enjoy lively competition.

Players should have a basic knowledge of game play and rules.

FEE: 1st or 2nd Session: \$60.00, Full Season: \$100.00

### **BASKETBALL (men)**

*Paul Coutinho, Mondays & Thursdays beginning September 22<sup>nd</sup>, 9:00-10:30 pm*

*Blake Middle School Gymnasium*

An informal basketball program designed to relieve the strain of everyday routine.

FEE: \$75 for 10 weeks

### **BASKETBALL (women)**

*Wednesdays beginning September 24<sup>th</sup>, 9:00 – 10:30 pm*

*Blake Middle School Gymnasium*

An informal basketball program designed for women ranging from high school age to adult.

FEE: \$40 for 10 weeks

### **INDOOR SOCCER**

*Lenny Velichansky*

*Mondays beginning September 22<sup>nd</sup>, 8:30 – 10:00 pm*

*Dale Street School Gym*

An informal indoor soccer program designed for players from high school age to adult.

Fee: \$60

### **WEIGHT TRAINING AND FITNESS (co-ed)**

*Mondays - Fridays beginning Monday, September 22<sup>nd</sup>, 5:45 – 6:45 am*

*Medfield High School Fitness Center*

Kick start your day with a work-out to help you meet your fitness goals – warm up and stretching exercises, calisthenics, weight lifting, stationary bicycling, and jogging or a brisk walk on the rubberized track. Sessions are unstructured to enable you to choose your own level of activity. Showers available.

Fee: \$50

### **GOLF**

*Harry Rose*

*6 Mondays beginning September 22<sup>nd</sup>, 5:00 – 6:00*

*Needham Country Club*

Harry Rose, the assistant pro at Needham Country Club, will instruct you on the game of golf. From driving to putting and everything in between, Harry will work with you to

help you lower your score and enjoy the game. Whether a beginner or a scratch golfer, Harry's program is tailored to satisfy your golfing needs.

Fee: \$120

## INSTRUCTION

### SAT/PSAT PREP COURSE

*Lentz & Lentz*

*Mondays beginning September 8<sup>th</sup>, 6:30 – 9:30pm*

*Medfield High School Room 120*

This prep includes an eight-week program in the spring for juniors. The price includes course materials, practice testing sessions and look at the new essay section. Features include test-taking skills, short-cut math, reading interpretation, and speed reading improvement techniques. Class time is equally split between English and math.

Fee: \$324

# ..... REVOLUTION ..... ● ● ●

Trying to make sense of all those SAT preparation options?

Revolution Prep: a better course...half the price.

**Group Class: \$499**

*High School Room 120*

### **Fall Schedule (prep for the November 1st exam)**

Classes: Thursdays 6pm-9pm

Exams: Tuesdays 6pm-10pm

### **A Revolution Course Includes:**

- 200 point score improvement guarantee
- 6 three hour classroom lectures and 5 full length practice exams
- online access to test scores and detailed analysis
- personalized feedback on your essays
- customized homework assignments

### **SAT Solutions for Every Student**

We offer scholarships to meet the full need to any student who wishes to participate.

**CALL 1-877-REV-PREP or go to [www.revolutionprep.com](http://www.revolutionprep.com) to enroll.**

<b>Medfield - November SAT Prep</b>				
<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Location</b>	<b>Class# or Test #</b>
9/16	Tuesday	6-10PM	Medfield	Test 1
9/18	Thursday	6-9 PM	Medfield	Class 1
9/23	Tuesday	6-10PM	Medfield	Test 2
9/25	Thursday	6-9 PM	Medfield	Class 2
9/30	Tuesday	6-10PM	Medfield	Test 3
10/2	Thursday	6-9 PM	Medfield	Class 3
10/7	Tuesday	6-10PM	Medfield	Test 4
10/16	Thursday	6-9PM	Medfield	Class 4
10/21	Tuesday	6-10PM	Medfield	Test 5
10/23	Thursday	6-9PM	Medfield	Class 5
10/30	Thursday	6-9 PM	Medfield	Class 6

## **DRIVER EDUCATION**

*Bill Rehill*

*Session I: Monday and Wednesdays beginning October 1<sup>st</sup>, 5 – 7pm*

*Session II: Tuesday and Thursdays beginning December 2<sup>nd</sup>, 7 – 9pm*

*Session III: Monday and Wednesdays beginning January 26<sup>th</sup>, 5 – 7pm*

*Medfield High School Room 125*

This class provides the thirty hours of classroom instruction required for a reduction in car insurance. Upon request, arrangements can be made for the six hours of observation and six hours of driving instruction. Limited to 30 participants. Participants must be at least 15 years, 9 months old at time of the first class.

Fee: \$80

## **Food Healing / Weight Control: The Chinese Way**

*Aihan Kuhn*

*Tuesday, October 28<sup>th</sup>, 7pm - 9pm*

*Medfield High School Cafeteria*

The Chinese have used food for healing, balancing the body's energy system, and disease prevention for many centuries. Even now the old methods are still very popular in China. In this workshop, you will learn to avoid foods that cause energy blockage; to avoid eating certain foods that cause your illness to get worse; to eat food that is good for your body type (and identify your body type), and to eat foods that assist healing. In addition, you will learn to use appropriate methods to help to maintain appropriate weight and reduce excessive weight. For women, learning how to prevent breast cancer will be essential. You should not miss this important workshop.

Dr. Kuhn is a well-known Chinese Medical Doctor who has been studying, practicing and teaching natural healing for over 25 years. She has helped thousands of people recover from all kinds of ailments: from mental to physical, from internal to external, from male to female, from baby to elderly. Her approach is holistic and scientific. She is the author of "Natural Healing with Qi Gong" (published), "Tai Chi for Depression" (sold in her clinic), "Chinese Medicine and Natural Healing" (sold in her clinic), "Tai Chi Student Handbook" (sold in her clinic). Please visit website for details:

[www.ChineseMedicineforHealth.com](http://www.ChineseMedicineforHealth.com)

Fee: \$40

## **QI Gong for Hypertension**

*Aihan Kuhn*

*Tuesday, October 21<sup>st</sup>, 7pm - 9pm*

*Medfield High School Cafeteria*

Qi Gong has been used for healing and to prevent disease for thousand of years. It is still popular now due to its effectiveness. This particular Qi Gong, which has 8 movements, originally was discovered in a tomb 4000 years ago in China.

It has been professionally revised with physical exercise to present day needs.

By incorporating whole body movements and stretching and correct breathing you can feel the moving energy or “Qi” go through your body.

This moving energy is the key to healing hypertension and heart disease. Other benefits are: relieving stress, clearing junk from the mind and better focus, improving immune function and daily energy level, enhancing metabolism, and help in building a better outlook of life. It is a lifetime self-healing tool for all ages.

In this two hours introductory workshop, you will learn the Basics of Qi Gong, its relationship to Chinese medicine, how it works to assist in healing, become more familiar with energy medicine, and learn the steps of Ba Duan Jing Qi Gong.

Dr. Aihan Kuhn trained in both Western and Eastern medicine and has been practicing and teaching natural healing for over 25 years. With her expertise, experience and dedication, she has helped thousands of people with various problems including hypertension and heart disease. Dr. Kuhn is the author of “Natural Healing with Qi Gong”, “Chinese Medicine and Natural Healing” and “Tai Chi for Depression”.

For more information, visit web [www.ChineseMedicineforHealth.com](http://www.ChineseMedicineforHealth.com)

Fee: \$40

## **Relaxation Reflexology Workshop**

*Helen Chin Lui*

*Healing Place Medfield*

*258 Main St. Suite 2*

*Tuesday, October 14<sup>th</sup> 6:30 – 9:30*

In this 3 hour, hands-on Relaxation Reflexology workshop, you will learn how to apply Reflexology technique to the feet to relieve stress either on yourself or another person. You will also learn the short history and principles of Reflexology, and foot pathology. By the end of the workshop you will be able to give a mini-Relaxation Foot Reflexology session on yourself, family and friends. Please wear comfortable clothing, have very short nails, (no more than quarter inch long,) and bring a pillow and sheet. Expect to practice hands-on techniques on a partner.

Helen Chin Lui is a Reflexology and Reiki practitioner with more than five years of Reflexology and energy work experience. She is the founder and owner of the Healing Place in Medfield, MA. Come join with her and share her passion for reflexology.

Fee: \$49

## **RESEARCHING YOUR FAMILY HISTORY**

*Marian Pierre-Louis*

*Date: Monday, September 22, 2008 7:00 - 9:00 pm*

*Medfield High School Room 111*

Start researching your family history with this two-hour class. Learn what to do first, the correct way to record information and discover the myriad of resources available. This course will give an overview of the

most effective steps to follow in family history research and will discuss census records, vital records, immigration records and online databases.

Fee: \$25

## **IDENTIFYING OLD FAMILY PHOTOGRAPHS**

*Marian Pierre-Louis*

*Monday, September 29, 2008 7:00 – 9:00 pm*

*Medfield High School Room 111*

Do you have a box of old family photos tucked away in your attic or basement? Have you ever wondered who the people were or when the photos were taken? Are the photos 80 years old or perhaps even 150 years old?! You will learn the basics of dating old photos by photo type, clothing styles, hair styles and many other clues. Come rediscover your family! Bring your photos to class.

Fee: \$25

## **RESEARCH THE HISTORY OF YOUR HOUSE**

*Marian Pierre-Louis*

*Monday, October 6, 2008 7:00 – 9:00 pm*

*Medfield High School Room 111*

You can research the history of your house whether it is 20 years old or 150 years old. Marian Pierre-Louis will introduce where to find the deeds to your house, how to chain a deed, and locating other sources of information such as the US Federal Census records. Come learn some tricks to get the most out of your house history research. This talk is appropriate for both beginners and those who have some research experience.

Fee: \$25

## **DANCE CLASSES with BETTY HOOD CHA-CHA**

*Betty Hood*

*6 Thursdays, starting September 25th*

*7:00 - 8:00 p.m.*

*Dale Street School Cafeteria*

Add spice to your life! Cha-Cha is an exciting, syncopated Latin dance which originated in Cuba, and is also great exercise! In addition to Latin music, some popular/oldies music is appropriate for this dance. Leather-soled shoes are preferable.

Fee: \$90/couple

## **MAMBO/SALSA**

*Betty Hood*

*6 Thursdays, starting September 25th*

*8:15 - 9:15 p.m.*

*Dale Street School Cafeteria*

Get ready for your Caribbean vacation!! Salsa has similarities to Cha-Cha but is danced to faster music. You'll get a real work-out in this class! Leather-soled shoes are preferable.

Fee: \$90/couple

## **I HAVE MY DIGITAL PHOTOS...NOW WHAT?**

*Megan Sullivan*

*Creative Memories Consultant*

*Meets from 7:00 – 8:30*

*Wednesday October 22, 29 and November 5 and 12*

*Medfield High School Room 111*

This class is for you if you have hundreds (thousands?) of digital photos waiting to be organized, printed and displayed in albums, frames or hard-covered books. You will be introduced to the Creative Memories products that have been designed to manage your digital images. (The Creative Memories reputation was built on quality album products for traditional photos and those same high standards have guided the company as it leads the way in digital image management and display). In this class you will receive and learn how to use Memory Manager 2 (software that will help you organize, enhance and share your photos) and you learn about simple and quick ways to create traditional, slip-in albums and hard-covered books.

Session 1

Introduction to Memory Manager & Photo Organization

Session 2

Photo Editing Tools

Session 3

Generating Albums and Storybooks

Session 4

Project Progress, Storybook Creator Plus, advanced skills

Fee: \$ 60

Materials Fee: \$45