



DOVER SHERBORN COMMUNITY
EDUCATION
WINTER~SPRING 2023
ADULT & TEEN CLASSES

REGISTER ONLINE AT:
dscommed.communityroot.com

PHONE
508-785-0036 x 7516

If you see a class that you'd like to take, please register right away. Many classes fill up early, or we may have to cancel a class due to low enrollment, only to receive last minute calls that would have enabled us to run the class. We normally cancel classes one week prior to the scheduled start date to be considerate of our instructors regarding purchasing of materials. Payments are processed one week prior to the scheduled start date. PLEASE make sure that your email address is correct when registering, especially if you are registering for a virtual class.

Thank you

() denotes number of classes.

V- Virtual Classes

Lisa B. Sawin

Winter~Spring 2023

Welcome to our 2023 Winter Spring Adult and Teen Education class selections. A collection of virtual and in-person offerings. Some virtual classes are shared with other communities.

Please feel free to call the office with any questions at 508-785-0036 EXT. 7516.

Registration for classes and descriptions can also be found at <https://dscommmed.communityroot.com/index/registration>.

Please note: Our offices have moved to the Regional School Campus. Any mail/correspondence should be sent to 157 Farm St., Dover, MA 02030.

ARTS & CRAFTS

1-01 GUITAR LESSONS (10)

Luigi Grasso

Fee: \$599.00

Dates/times to be chosen between instructor and the student.

Have you ever wanted to learn to play the acoustic guitar? Did you know that many studies have shown that learning to play an instrument will stimulate your brain? This 10-week course with Luigi Grasso, an instructor with years of experience in all styles of music, will guide you through the one hour lessons. These classes will be one-to-one lessons in person. In a very concise and easily obtained manner, you'll learn to read music, rhythms and basic chords; Luigi will help you put it all together, and help you to learn several songs from beginning to end!

Beginners and Beyond welcome!

The instructor will reach out to you once you have registered to set up a day/time that is convenient for both student and instructor to meet. Lessons are taught in your own home.

1-02 GLASS BOWL DRAPING AGES 16+

The Glass Bar

Fee: \$129.00

Sunday, 1/15

5:00-7:00PM

60 Dedham St., Needham, MA

Expand your knowledge of glass fusing while designing your very own fused glass bowl. Learned techniques include cutting straight lines, curved lines, and circles. You will learn intermediate glass fusing knowledge, such as working with cold glass sheets, remnants, and frits. You'll also gain an in-depth perspective at kiln working. Using this knowledge you will brainstorm a design, and bring your idea to life! Material costs included in the tuition.

ADDITIONAL DATES/TIMES BELOW

| CODE | DAY | DATE | TIME | FEE |
|------|-----|------|-------|----------|
| 1-08 | SUN | 2/12 | 5-7PM | \$129.00 |
| 1-19 | SUN | 3/12 | 5-7PM | \$129.00 |
| 1-25 | SUN | 5/14 | 5-7PM | \$129.00 |
| 1-27 | SUN | 6/11 | 5-7PM | \$129.00 |



1-03 ENTRY LEVEL FLORIST JOB-What it takes to get into the floral industry (3)

Dawn Bagucius
Wednesdays, 1/25, 2/1 & 2/8
DSMS Room 122

Fee: \$69.00
6:00-8:00PM

This introductory series of 3 classes will give a basic understanding and knowledge of floral care, general pricing, and how to advance in the floral industry. This class will not certify you to become a designer, however, if you do not have experience and always wanted to work in a Florist Business or learn more about the industry this provides a great foundation. After this series of 3 classes you will have completed 6 hours of training, feel more confident to apply for an entry level position and will have advanced your skills to become a certified floral designer. There is no hands-on designing in this class~ please see brochure for some DIY floral design classes. Class 1~ Introduction to types of floral trades and operations. Class 2~ Overview of floral tools, and seasonal preparations. Class 3~ Introduction to general pricing or arrangements, entry level positions and how to advance to become a certified designer.

1-04 BEGINNERS MAH JONGG (8) AGES 18+ (8)

Lydia Bornstein
Thursdays, 2/9-4/6
DSHS Library
NO CLASS 2/23.
Snow Make up Day 4/13.

Fee: \$129.00
6:30-8:30PM

Learn the American version of Mah Jongg! An ancient Chinese tile game of skill and chance, for all ages, in the Rummy family, and is typically played with four people. The game is sociable, competitive, exciting and addictive, one that improves your memory and it's lots of fun. In this class, you will learn what the tiles are and how to play the game using many strategies. Most people are able to play at any American Mah Jongg table after completing this class. Once you've learned the rules, the possibility to excel is limitless and no two games are ever the same. Tuition includes a 2022 Mah Jongg card from the National Mah Jongg League. This class has a maximum of 8 students.

1-05 CREATE MOSAIC JEWELRY~LADIES NIGHT OUT Ages 18+

Cheryl Cohen
Friday, 2/10
Cheryl Cohen Mosaic Art Center, 360 Woodland St., Holliston, MA 01746.

Fee: \$49.00
7:00-9:30PM

Cheryl will take you step-by-step through the process of creating mosaic pendants or a pair of earrings using a putty technique, which involves pressing glass, beads and more into an epoxy putty. You can use glass, tile, shells, rocks and more to create your unique piece of art. They make special keepsakes and amazing gifts! All supplies to create one pendant/or pair of earrings are included in the class fee, and silver-plated bases and chains will be available at an additional cost. You do not have to bring anything, however, if you have a single earring, or small sentimental item(s), feel free to bring them and Cheryl will let you know what can be incorporated into your design. No previous jewelry or mosaic experience needed!

CREATE MOSAIC JEWELRY~LADIES NIGHT OUT~ continued

ADDITIONAL DATES/TIMES BELOW

| CODE | DAY | DATE | TIME | FEE |
|------|-----|------|----------|---------|
| 1-17 | FRI | 3/10 | 7-9:30PM | \$49.00 |
| 1-23 | FRI | 5/5 | 7-9:30PM | \$49.00 |



1-06 SEASONAL GLASS FUSING INTRODUCTION~TWINKLING TREE AGES 17+

The Glass Bar
Saturday, 2/11
60 Dedham St., Needham, MA

Fee: \$89.00
4:00-5:30PM

Join us for this special seasonal class and make a festive creation. Students will learn the basics of glass fusing including glass cutting, grinding, and designing of a 2-dimensional piece. We'll have fun experimenting with different shapes, textures, and mediums of glass to inspire our creation. All materials included in the tuition.



FEBRUARY GLASS FUSING~ TWINKLING TREE

1-07 INTRODUCTION TO STAINED GLASS

AGES 17+

The Glass Bar

Sunday, 2/12

60 Dedham St., Needham, MA

Fee: \$159.00

1:00-4:00PM

During this 3-hour course, our experienced instructors will guide you through the creation of this floating geode panel. You will learn the historic steps of the American Copper Foil technique of Stained Glass. Learned techniques include copper foiling, soldering, polishing, and patina. There will be a glass cutting demonstration at the beginning of class, though you will be working from a precut kit of glass. All materials are included in the tuition.



1-09 TEA TASTING

Paul Angiolillo

Wednesday, 3/1

DSHS Teachers Room

Fee: \$25.00

7:00-8:30PM

Tea is the most popular drink in the world— it's popularity keeps growing as more and more people discover its stimulating qualities and healthful benefits. Not bad for a modest, nonflowering camellia plant (*camellia sinensis*).

There are hundreds of kinds of teas, depending on the variety, climate, and ways of harvesting, curing, and drying the plant— rich, aromatic Chinese Yunnans and Keemuns, malty Indian Assams, delicate Darjeelings, crisp Ceylons, and plummy oolongs, as well as green teas, white teas and new ones from places like Nepal and Kenya. We'll sample at least eight fine loose-leaf teas and discuss them. Sweet and savory snacks will complement the tastings. Bring a favorite mug or cup and learn to brew the perfect cup of tea. All materials are included in the tuition.

1-10 WATERCOLOR PAINTINGS FROM PHOTOGRAPHS (6)

Richard Denzer

Wednesdays, 3/1-4/12

DSHS Room 106

NO CLASS 3/15.

Fee: \$179.00

7:00-9:00PM

Beginner or experienced watercolorist, teen or retired, can develop creative talent in this painting class. New topics will be introduced each week including the choice of materials, Composition, drawing, value studies, basic washes, masking and common watercolor techniques, including dry brush will be covered in this class. All styles are discussed and encouraged. The instructor specializes in tightly rendered, realistic work. Please bring some photographs you would like to paint.

Recommended Supplies List may be found on our website: www.doversherborn.org, under Community Education, Adult Programs.

V1-11 INSTANT PIANO FOR HOPELESSLY

BUSY PEOPLE AGES 16+

Craig Coffman

Monday, 3/6

VIRTUAL

Fee: \$59.00

6:30-9:30PM

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Being a ZOOM class you will be able to sit at your piano or keyboard at home and take this class with no pressure at all. The class includes an online book and online follow up video lessons so that you will be able to continue to practice and study on your own. Also included, a recording of the class and an optional periodic online Q&A session.

Topics include:

- How chords work in a song.
- How to get more out of sheet music by reading less of it.
- How to form the three main types of chords.
- How to handle different keys and time signatures.
- How to avoid “counting”.
- How to simplify over 12,000 complex chords.

V1-12 INSTANT GUITAR FOR HOPELESSLY

BUSY PEOPLE Ages 13+

Craig Coffman

Tuesday, 3/7

VIRTUAL

Fee: \$59.00

6:30-9:00PM

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. The class includes an online book and follow-up video lessons so that you will be able to continue to practice and study on your own. Also included, a recording of the class and an optional periodic online Q&A session.

Topics include:

- How chords work in a song.
- How to form the three main types of chords.
- How to tune your guitar.
- Basic Strumming Patterns.
- How to buy a good guitar (things to avoid).
- How to play along with simple tunes.

1-14 DRAW A PORTRAIT OF YOUR FAVORITE PERSON (6)

Rosemarie Morelli
Tuesdays, 3/7-4/11
DSHS Room 106

Fee: \$169.00
6:30-8:30PM

Do you ever wish you could draw a portrait of your mother, grandfather, child, friend, or perhaps your favorite celebrity? You will learn how to observe your subject and draw the head, neck, shoulders and facial features to achieve a better likeness. Class instruction starts with drawing from 3D models that will prepare students to render their own portrait project with the goal of completing by the end of the 6-week session. Bring in a photo(s) of your subject on the first day of class. You may work from your photo print, ipad or laptop. The larger the image to be viewed the better. This is a beginner class. Advanced students will also benefit from the individualized instruction and critiques to refine their skills.

Bring drawing supplies to class: Strathmore or Canson 18" x 24" pad of charcoal paper or drawing paper, Large clip-board to hold the 18" x 24" pad, 1 box each of Winsor Newton Soft Vine Charcoal and Hard Vine Charcoal. 2 kneaded erasers, 1" x 4" sandpaper block (optional), #4B, 3B or 2B graphite pencils(s) and pink eraser. All can be ordered on line at www.DickBlick.com or your local Michaels.

1-15 LUCKY LEPRECHANS FLORAL DISPLAY

Dawn Bagocius
Wednesday, 3/8
DSMS Room 122

Fee: \$90.00
6:00-8:00PM

Join us for this class celebrating the "Luck of the Irish" creating a festive arrangement that will be a perfect centerpiece in your home with hues of green, lucky coins and charms. It will bring a bit of an Irish smile to all who see what you have created. All materials are included in the tuition.

1-16 CHARCUTERIE BOARD WORKSHOP

Jessy Nejm
Thursday, 3/9
DSMS Room 106-Science Wing

Fee: \$69.00
6:30-8:00PM

Join Jessy from Around the Plate in Medfield for a fun Charcuterie Board workshop. Class includes all the ingredients you need to create your own culinary masterpiece including, a gourmet selection of 3 artisan cheeses, charcuterie meat, nuts, dried fruits, seasonal fruits, jam, artisan crackers, and accouterments. Step-by-step you will learn about each ingredient as you design a delicious charcuterie board. Jessy will share her top tips and tricks. All you need to bring is your readiness to get creative and have some fun! All materials are included in the tuition.



1-18 SEASONAL GLASS FUSING INTRODUCTION~SPRING FLOWERS AGES 17+

The Glass Bar
Saturday, 3/11
60 Dedham St., Needham, MA

Fee: \$89.00
4:00-5:30PM

Join us for this special seasonal class and make a festive creation. Students will learn the basics of glass fusing including glass cutting, grinding, and designing of a 2-dimensional piece. We'll have fun experimenting with different shapes, textures, and mediums of glass to inspire our creations. All materials are included in the tuition.



MARCH GLASS FUSING- SPRING FLOWERS

V1-20 PUBLIC ART: It's History~and Many Current Forms and Expressions

Paul Angiolillo
Tuesday, 3/14
VIRTUAL

Fee: \$20.00
6:30-8:00PM

Sculpture and other public art has been making the headlines a lot lately: revered monuments have been toppled, with contemporary sculptures replacing them, political statements appear on traditional billboards and are projected onto buildings, temporary, environmental-themed art "pops up" in urban plazas, and fine new works of traditional commemorative sculptures are commissioned. Whatever your take on these diverse expressions, one thing is clear: they're playing an important role in our society. We'll take a wide-ranging look at public art- monumental, political, environmental, whimsical, "art for art's sake," and more. What makes them succeed or not? Where is the art form headed? Join a casual, lively discussion about public art, its history, and its current role in our culture.

This is a combined virtual class with Lexington.

1-21 SPRING BASKET FLORAL DESIGN

Dawn Bagocius
Wednesday, 3/22
DSMS Room 122

Fee: \$90.00
6:00-8:00PM

This will be a fabulous way to bring the Spring season into your home. Learn how to professionally create a basket design with vibrant soft Spring colors. Learn some simple tricks that take ordinary to extra-ordinary. All materials are included in the tuition.

1-22 FANATIC FUSING WORKSHOP (4) AGES 17+

The Glass Bar

Fee: \$329.00

Tuesdays, 4/4-5/2

6:00-9:00PM

60 Dedham St., Needham, MA

NO CLASS 4/18.

Love Glass Fusing? Ready to dive into something bigger? Join us for our fantastic fanatic fusing workshop. This session meets consecutive Tuesday nights. We're going to cover a lot during this session. Our first session will cover basic skills such as cutting and grinding. Throughout the weeks we will discuss more complex techniques. We will spend the next few weeks exploring and experimenting with these techniques as you create many pieces that you will cherish forever. Returning students will be challenged to expand their knowledge. This is your opportunity to grow and define your skill set. No experience necessary. All materials are included in the tuition.



1-24 CITRUS FLORAL DESIGN

Dawn Bagocious

Fee: \$90.00

Wednesday, 5/10

6:00-8:00PM

DSMS Room 122

The vibrant colors in lemons and limes are perfect to pair up with flowers. In this class, we will be combining these elements that will make your backyard deck look amazing and ready for summer weather. All materials are included in the tuition.

1-26 SEASONAL GLASS FUSING INTRODUCTION~SUMMER WAVE 17+

The Glass Bar

Fee: \$89.00

Saturday, 6/10

4:00-5:30PM

60 Dedham St., Needham, MA

Join us for this special seasonal class and make a festive creation. Students will learn the basics of glass fusing including glass cutting, grinding, and designing of a 2-dimensional piece. We'll have fun experimenting with different shapes, textures, and mediums of glass to inspire our creations.

JUNE GLASS FUSING ~ SUMMER WAVE



USEFUL INFORMATION

V2-01 DEMYSTIFYING SOCIAL SECURITY

Daniel Williams

Fee: \$35.00

Wednesday, 2/1

7:00-9:00PM

VIRTUAL

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table.

- When should I file for benefits?
- What are the advantages and disadvantages of filing at age 62 or deferring to age 70?
- How does the November 2015 change in the rules affect me?
- How can I make sure I am taking advantage of available spousal, survivor or divorced benefits?
- How much of my Social Security will be subject to income tax?
- What potential changes are in store for Social Security and how might they affect my claiming decision?

These questions and many more will be answered in this very important class.

ADDITIONAL DATES/TIMES BELOW

| CODE | DAY | DATE | TIME | FEE |
|-------|-------|------|-------|---------|
| V2-04 | WEDS. | 3/1 | 7-9PM | \$35.00 |
| V2-08 | WEDS. | 3/29 | 7-9PM | \$35.00 |

V2-02 LONG TERM CARE AND ASSET PROTECTION

Dan Williams

Fee: \$35.00

Wednesday, 2/8

7:00-9:00PM

VIRTUAL

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques.

- How can I protect my home?
- What is the penalty for giving assets away?
- Are my assets protected if I put them in a trust?
- When is long-term care insurance worthwhile to consider?
- What if my loved one is already in a nursing home, can they still protect their assets?

All these questions and more will be clearly answered in this very important class.

ADDITIONAL DATES/TIMES BELOW

| CODE | DAY | DATE | TIME | FEE |
|-------|-------|------|-------|---------|
| V2-05 | WEDS. | 3/8 | 7-9PM | \$35.00 |

V2-03 UNDERSTANDING MEDICARE

Dan Williams

Fee: \$35.00

Wednesday, 2/15

7:00-9:00PM

VIRTUAL

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+.

- How are parts A, B,C and D integrated?
- What is Medicare Advantage?
- What are the pros and cons of HMO's, PPO's and Medigap Plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

ADDITIONAL DATES/TIMES BELOW

| CODE | DAY | DATE | TIME | FEE |
|-------|-------|------|-------|---------|
| V2-06 | WEDS. | 3/22 | 7-9PM | \$35.00 |
| V2-09 | WEDS. | 4/5 | 7-9PM | \$35.00 |

2-07 MEDIUMSHIP GALLERY DEMONSTRATION~ Messages from Spirit

Cathy Ripley Greene

Fee: \$60.00

Tuesday, 3/28

6:30-8:30PM

DSMS Choral Room

What if you knew your loved ones were not really gone? Join Cathy Ripley Greene and experience first hand this Mediumship Gallery Demonstration, one of our most popular classes! Experience the amazing connection with Spirit through the art of Mediumship. Cathy has been making direct connections with those who have passed and brings messages from Spirit for many years. This class includes an introduction and explanation of how Mediumship works, then Cathy, while prompted by Spirit, will make connections for some of those in attendance. This is a group session and as such, she cannot guarantee everyone will receive a connection. Cathy promises that every effort is made to connect with as many communicating from Spirit as time allows. As Spirit loves to uplift us, the evening promises some laughter, a few tears and healing for all. Join us for an evening you will long remember.

V2-10 YOU CAN AFFORD COLLEGE IF...

College Funding Advisors

Fee: \$35.00

Thursday, 4/27

7:00-9:00PM

VIRTUAL

Financial Aid goes to families who **plan and act** in advance- before December 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 why 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 families who **act** in the early years of high school.

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 their website www.collegefundingadvisors.com.

SOCIAL CLUB SIMPLE ZOOM CLASSES

PLEASE NOTE FOR THE FOLLOWING SOCIAL CLUB SIMPLE CLASSES:

~Each class recording will be sent to all registered students so that they do not have to attend at the exact designated time. Follow-up support is also included from the instructor and students are encouraged to reach out with questions at any time before or after the class has concluded.

V2-11 EASE INTO SOCIAL MEDIA

Social Club Simple/Nicki Welsh

Fee: \$29.00

Tuesday, 5/2

1:00-2:00PM

VIRTUAL

Do you want to gain a better understanding on exactly what social media is all about? This class will go over step-by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave social media savvy as ever! No prior experience required.

V2-12 PODCASTS FOR BEGINNERS

Social Club Simple/Nicki Welsh

Fee: \$29.00

Tuesday, 5/9

1:00-2:00PM

VIRTUAL

Have you heard about Podcasts and would like to learn more? In this class you will learn all about how to listen to these digital audio shows online, select favorite topics and even learn about any subject. You'll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as a fun form of entertainment!

No prior experience required. Learn how to download a Podcast app, understand the different categories to choose from, how to subscribe to a Podcast you enjoy and how to listen to them while in your home, car, or out for a walk.

V2-14 SOCIAL MEDIA FOR BUSINESS

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Thursday, 5/11 **1:00-2:00PM**
VIRTUAL

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skill set or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

V2-15 GROW YOUR BUSINESS WITH INSTAGRAM

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Tuesday, 5/16 **1:00-2:00PM**
VIRTUAL

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. You'll learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

V2-16 TWITTER FOR BEGINNERS

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Thursday, 5/25 **1:00-2:00PM**
VIRTUAL

Have you been curious as to what Twitter is exactly? In this class we'll go over all the basics you need to know about one of the largest social media platforms in the world. You'll learn how to create a profile, read what others are saying, how to send a Tweet, and more. Whether you are a curious observer or you would like to become a user yourself, this is the class you need to stay up to date in today's digital world.

V2-17 HOW TO USE UBER FOR TRANSPORTATION INDEPENDENCE

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Tuesday, 5/30 **1:00-2:00PM**
VIRTUAL

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this training workshop, students will learn the basics and gain the knowledge on how to use Uber if needed. We'll also cover how to use Uber at major airports so that you can travel with confidence and use Uber anywhere in the world (without having to ask a friend for a ride). No experience required and training materials will be provided for each attendee.

BOATING

3-01 BOATING SKILLS, SEAMANSHIP & BASIC NAVIGATION (12)

U.S. Coast Guard Auxiliary **Fee: \$95.00**
Tuesdays, 2/28-5/23 **7:00-9:00PM**
DSHS Room 123
NO CLASS 4/18.

This class is designed for both the experienced and novice boater. How do you know which boat is best for you? What is the proper way to trailer and handle your boat? We will also cover the "highway signs." The certificate you earn may help you cut your insurance costs. Learn nautical terms, sailors' language, legal requirements, navigation aids and marlin-spike seamanship. Also covered marine engines, weather, inland boating and medical hazards.

Valid course in all 50 states. Children 12+ may attend with a parent— call for pricing.

**An approximate materials fee of \$56.00 payable to the instructor at the first class. Checks made payable to U.S. Coast Guard Auxiliary Flotilla 52.

DOG OBEDIENCE

4-01 DOG OBEDIENCE (4)

Peter Townsend **Fee: \$159.00**
Tuesdays, 3/7-3/28 **7:30-8:30PM**
DSHS Gym

Learn about dog psychology while having fun with your furry companion. Teach your best friend the essential commands all dogs should know: heel, sit, stay, down, come, as well as some tricks: spin, sit up, roll over. Learn how to solve some common behavior problems: Jumping, barking, begging, pulling on the leash, etc. Dogs must be at least 4 months old. **Bring proof of vaccination to the first class.**

Sorry no children under 10 or dogs with a history of aggression toward people or other dogs will be allowed.

PLEASE NOTE: There is a **NO DOG** policy in effect on school grounds, an exception is being made for this class only.

HEALTH & FITNESS

5-01 CPR

Beth Oleson **Fee: \$65.00**
Thursday, 4/27 **6:30-9:00PM**
DSHS Room Library

This course covers CPR for adults, children and infants. Also included is Choke Save. A must for coaches, teachers, parents, Scout Leaders, Camp Counselors, high school students, etc. Certification cards will be e-mailed to you upon completion of the class. * Combine CPR with First Aid and pay \$110.00 for both classes. Discount will be applied as a credit posted to your account prior to activating the First Aid tuition payment. (2nd class)

5-02 FIRST AID

Beth Oleson
Thursday, 5/4
DSHS Library

Fee: \$65.00
6:30-9:00PM

TEENS

LOOKING AHEAD TO COLLEGE APPLICATIONS

Dr. Bruce Johnson
VIRTUAL

Fee: \$28.00
6:30-7:45PM

See grade/class schedule below

The ASHI Basic First Aid course helps students develop basic first aid knowledge, skills, and the confidence to respond. The first aid training program is an excellent choice for both the community and workplace setting, and conforms to the AHA and ARC Guidelines Update for First Aid. Good for parents, scout leaders and daycare providers.

*Combine CPR with First Aid and pay \$110.00 for both classes.
See payment details 5-01 CPR.

An evening for high school students and/or parents who are pondering what preparation is worthwhile when looking forward to college applications in the years ahead. Whether currently a freshman, sophomore or junior students can invest in worthwhile preparation while also avoiding unnecessary and debilitating worry. We'll share our expertise, drawn from coaching high school students through all steps in the arduous yet ultimately rewarding process of creating winning college applications.

5-03 GOLF LESSONS (5) 4:30PM START TIME AGES 17+ (5)

Harry Rose
Thursdays, 5/4-6/1
Needham Golf Club 49 Green St., Needham

Fee: \$159.00
4:30-5:30PM

This class is perfect for learning the game or to improve on yours. Don't miss the opportunity to take golf lessons from a pro. Let PGA Professional, Harry Rose help you lower your scores and frustration on the golf course. Learn all the basics including putting and chipping. Let Harry take you from the green, back to the tee and everything in between.

V6-01 JUNIORS Wednesday, 1/18

V6-02 FRESHMAN & SOPHOMORES Tuesday, 1/24

6-03 SAT/PSAT PREP (8)

Lentz & Lentz
Tuesdays

Fee: \$475.00
6:00-9:00PM

3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25 & 5/2.
DSHS Room 121

5-04 GOLF LESSONS (5) 5:30PM START TIME AGES 17+(5)

Harry Rose
Thursdays, 5/4-6/1
Needham Golf Club 49 Green St., Needham

Fee: \$159.00
5:30-6:30PM

Designed to benefit students of all ability levels, this program is divided equally between English and Math and covers all facets of the SAT and the PSAT. This program will also assist students taking the ACT. Class features: test tacking techniques, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading and online podcast for supplemental review. The podcasts are extremely helpful to all students, especially those with cognitive and perceptual disabilities.

Extra help at no charge, course materials included, free access to missed lesson podcasts, live make ups at nearby high schools and two complimentary refresher sessions during the spring are included in the tuition. Previous SAT and PSAT type problems are used in conjunction with our own copyrighted curriculum.

(SEE 5-03 FOR DESCRIPTION)

5-05 EXPLORE BOSTON'S GREENWAY- - And Its Many Attractions AGES 17+

Paul Angiolillo
Saturday, 5/20
Instructor will email you the meeting spot.

Fee: \$25.00
1:30-3:00PM

Winding through the heart of Boston, accessible from several T stations, the 1.5 mile Greenway beckons with many attractions: spectacular landscaping with seasonal plantings, seven different fountains (one inside a labyrinth), a hand-carved carousel of indigenous New England animals, plenty of sitting areas for people-watching, crafts, the Armenian Heritage Park, with a reflecting pool and giant sculpture, and, not least, works of contemporary art. Join us for a 1.5 hour walk through this local gem, exploring its many features, including a half dozen changing exhibits of art that include The Wall, the largest mural site in New England: a three-story "canvas" that becomes a bold new painting each year. Led by a local sculptor, we'll check it out, finishing up in a park near the North End and Haymarket.

The above class is combined with Concord-Carlisle.

Lentz & Lentz teachers have been specifically trained to teach this program and all of their instructors have a background in teaching. They also allow students the flexibility to attend live make up classes. Positive scores on the SAT, PSAT & ACT could translate into thousands of dollars in scholarships and savings. Class size ranges between 10-18 students.

To REGISTER or for more information:

Call Lentz & Lentz at

1-845-638-2826 or visit www.LentzSATPrep.com.

SAT TEST DATE: Saturday, 5/6.

DOVER SHERBORN COMMUNITY EDUCATION

WINTER~SPRING 2023

Elizabeth McCoy, Superintendent
Lisa. B. Sawin, Program Director
www.doversherborn.org

Telephone: 508-785-0036 x 7516
E-Mail: sawinlisa@doversherborn.org
dscommmed.communityroot.com

Current Procedures 2023

Payment: We accept checks, credit cards (Visa or MC) & cash. **(SEPARATE CHECKS FOR EACH COURSE PLEASE.)**

On Line Registration : <https://dscommmed.communityroot.com/index/registration>.

Checks: Payable to Dover Sherborn Community Education, separate checks for each course please, mail to 157 Farm St., Dover, MA 02030.

Class Confirmation: You will not receive a confirmation. We will contact you with any conflicts or changes. Upon registering in Community Root you will receive a transaction number which is your confirmation.

Number of Class Sessions: Classes meet once unless multiple sessions are noted in parenthesis beside the course headline. i.e. (8).

Class Locations: (1) Dover-Sherborn High School (DSHS) 9 Junction St., Dover, (2) D/S Middle School (DSMS) 155 Farm St., Dover, and certain offsite locations as noted in each course description.

Handicapped Access: All of our buildings are handicapped accessible. Call for assistance or more details.

Weather Cancellations: Whenever classes in Dover-Sherborn Public Schools are cancelled, Adult Education classes are cancelled. Cancellations are announced on local radio and television stations or you may call 508-785-0036 X 7516.

Changes: Community Education reserves the right to cancel classes that are under enrolled, change times, and possible substitute instructors.

Course Refunds: Community Education reserves the right to determine if a refund is due or whether it will be a course credit or refund of payment. **No refunds will be granted for withdrawals made less than five (5) business days before the date a class is scheduled to begin.** Course withdrawals made (5) five business days or more in advance of the beginning of a class will be reviewed on an individual basis.

REMEMBER: When registering use your email address that you will be using for the Virtual class. This is how you will be contacted with your ZOOM link by the instructor.

PLEASE NOTE: Our office has moved to the Regional School campus– mail/correspondence should be sent to 157 Farm St., Dover, MA 02030.

NAME _____

ADDRESS _____ TOWN _____ ZIP _____

HOME PH: _____ CELL: _____

EMAIL: _____

MC/VISA# _____ EXP: _____

CLASS # _____ CLASS NAME: _____ FEE: _____

CLASS # _____ CLASS NAME: _____ FEE: _____

CLASS # _____ CLASS NAME: _____ FEE: _____

I hereby release sponsors, Towns of Dover, Sherborn, the regional Schools, its employees, agents and officers from responsibility for any and all associate losses, injury or damage resulting from participation in this activity.

SIGNATURE _____ DATE _____

Paul Angiolillo, a long-time tea connoisseur who has worked at Upton Tea Exports in Holliston, MA. In addition Paul has been sculpting for over a decade.

Dawn Bagocius, owner *Dove Tales Floral & Art Studio, LLC*, Mother/Grandmother first and foremost. Dawn has 35 years' experience consulting & building teams in direct sales & corporate program management. Certified Floral Designer from 2 State accredited schools as well as certified as an advance floral designer. Dawn has studied business at Bryant University and operates a floral studio by appointment only. www.dovetalesworldwide.com.

Lydia Bornstein, after playing Mah Jongg socially for 2 years, Lydia started teaching it at her synagogue in 2017 as she wanted to share the fun and build a community of Mah Jongg Players. After building her group to over 60 people, all in-person Mah Jongg at the synagogue stopped in 2020. Being at home Lydia had time to develop her passion into a small teaching business and founded Mah Jongg Next Generation in April of 2020. www.mahjonggnextgeneration.com.

Cheryl Cohen, has been creating mosaic art for 20 years, and teaches mixed media mosaic art to adults and children at her studio, Cheryl Cohen Mosaic Art Center at 360 Woodland Street in Holliston. Cheryl lives in Hopkinton, MA. She has a bachelor's degree in occupational therapy and a master's degree in education. As an occupational therapist she specialized in working with school age children with special needs for over 25 years.

Craig Coffman, President— Seminar Instructor-Instant Piano-Instant Guitar. Craig has successfully taught Instant Piano and Guitar to over 30,000 students in 15 states and also overseas.

College Funding Advisors, specializes in assisting parents/guardians in trying to lower the cost of a college education. **Dick Man** is the instructor.

Richard Denzer has been painting for more than 30 years and currently runs Curb Appeal Portraits, providing custom, commissioned watercolor house portraits of local homeowners and realtors.

The Glass Bar located in Needham at 60 Dedham St. The Glass Bar is Boston's only glass school that specializes in Dichroic Glass, Glass Fusing and Stained Glass. Jordan Fuller is one of the owners of the Glass Bar.

Luigi Grasso, a guitarist, vocalist and teacher based in Boston, MA. Luigi attended Berklee School of Music majoring in Professional Music. Since 1996 he has offered in home private lessons acoustic and electric guitar in Boston, the North Shore and Metrowest. All levels and styles are taught and he will customize your lessons to best achieve your musical goals in a professional and productive manner.

Cathy Ripley Greene has been described as "energetic, self-motivated, intuitive, and enlightened". Her life's work is to make the world a better place by helping others become more in tune with their source of spirit and inspiration.

Dr. Bruce Johnson, founder BKJ College Application Consulting, has a doctoral degree from Harvard, taught in the Dept. of Education at Bogazici University in Turkey and recently retired from Tufts University near Boston. He has many years of first-hand undergraduate and graduate admissions committee experience.

Lentz & Lentz, offers courses specializing in the SAT, PSAT and ACT with locations throughout New York, New Jersey, Connecticut, Massachusetts and Rhode Island. "We have been successfully preparing students using our copyrighted curriculum and practice SAT and ACT tests for over forty years."

Rosemarie Morelli, is an experienced art instructor, having taught drawing, illustration and painting to children and adults of all levels since 1990 from her studio. She has more than 25 years exhibiting and selling paintings in galleries, solo shows and juried exhibitions in New England, and more than 30 years as a graphic designer professionally. RosemarieMorelliArtStudio.com.

Jessy Nejm, founder & owner of Around the Plate, Medfield, MA. Jessy is a professional chef and recipe creator. She began her culinary adventure after leaving the financial corporate world for the kitchen and finding her passion for cooking with her two boys. She dreamt up Around the Plate back in 2018. Seeing how busy life is she thought why not create a way for families to spend less time in the kitchen and more time at the table, by offering pre-cooked meals, catering and cooking classes.

Beth Oleson, a Community Health Educator with over 25 years experience teaching Public Safety courses. A certified American Heart Instructor & American Safety and Health Instructor as well. Has worked in research at Brigham & Women's and Dana Farber.

Peter Townsend, our dog trainer with over 20 years experience with training our furry best friends.

Harry Rose, a golf pro for over 20 years at Needham Golf Club. A Dover-Sherborn alum. Harry is a PGA professional who teaches all levels.

U.S. Coast Guard Auxiliary Flotilla 52, established in 1939 by Congress. Their mission is to promote and improve recreational boating safety. They provide trained crews and facilities to the Coast Guard and enhance safety and security of our ports, waterways and coastal regions. They support the Coast Guard operational, administrative and logistical requirements. www.cgaux.com.

Nickie Welsh, Social Club Simple, helping adults utilize technology to improve their lives in a positive way. They believe technology can help anyone, no matter what age or background. If you or someone you know has ever become frustrated when trying to use technology or experienced "technology overwhelm" then Social Club Simple is for you.

Daniel Williams, CLU,CHFC,CFP®, a certified financial planner and co-founder of The Dover Group. A frequent speaker on retirement and has been named as one of Boston's top planners in *Boston Magazine*.

Dover-Sherborn Community Education
157 Farm Street
Dover, MA 02030
www.doversherborn.org

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