

**DOVER SHERBORN
COMMUNITY EDUCATION
FALL 2023
TEENS & ADULTS**



REGISTER AT:

<https://dscommed.communityroot.com/index/registration>

PHONE

508-785-0036 x 7516

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FALL 2023

(V=Virtual Class)

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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 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're registering for a virtual class.

Thank you

() denotes number of classes.

V- Virtual Classes

Lisa B. Sawin

FALL 2023

Welcome to our 2023 Fall 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: 508-785-0036 EXT. 7516.

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

Please note: Our office is located on the Regional School Campus. Any mail/correspondence should be sent to 157 Farm St., Dover, MA 02030.

USEFUL INFORMATION

V1-01 UNDERSTANDING MEDICARE

Dan Williams Fee: \$35.00
Wednesday, 9/13 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
V1-12	WEDS.	10/18	7-9PM	\$35.00
V1-16	WEDS.	11/15	7-9PM	\$35.00
V1-22	WEDS.	1/17	7-9PM	\$35.00

SOCIAL CLUB SIMPLE ZOOM CLASSES

PLEASE NOTE FOR ALL 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.

V1-02 USING SNAPCHAT SAFELY IN 2023

Social Club Simple/Nicki Welsh Fee: \$29.00
Thursday, 9/14 1:00-2:00PM
VIRTUAL

Have you been curious as to what Snapchat is exactly? In this workshop we will cover everything adults need to know about one of the most popular social media apps in the world You'll learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details. And how advertisers work to target audience members.

V1-03 A PARENT'S GUIDE TO TIK TOK

Social Club Simple/Nicki Welsh Fee: \$29.00
Tuesday, 9/19 1:00-2:00PM
VIRTUAL

Have you heard about the latest new app called Tik Tok? In this fun class we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their children stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media.

V1-04 HOW TO USE UBER FOR TRANSPORTATION INDEPENDENCE

Social Club Simple/Nicki Welsh Fee: \$29.00
Thursday, 9/21 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.

V1-05 CELL PHONES AND PARENTING– OH MY!!

Social Club Simple/Nicki Welsh Fee: \$29.00
Tuesday, 9/26 1:00-2:00PM
VIRTUAL

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on this popular social media app, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry.

V1-06 DEMYSTIFYING SOCIAL SECURITY

Dan Williams Fee: \$35.00
Wednesday, 9/27 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.

CODE	DAY	DATE	TIME	FEE
V1-19	WEDS.	11/29	7-9PM	\$35.00

V1-07 HOW TO PRESENT SOCIAL MEDIA ANALYTICS WITH EASE

Social Club Simple/Nicki Welsh Fee: \$29.00
Tuesday, 10/3 1:00-2:00PM
VIRTUAL

Expand your skills as you learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must for anyone of all ages, whether you're an employee, small business owner, volunteer, etc.! We'll walk you through a step-by-step process so that you can get started today and confidently present how a post performed on social media.

V1-08 MY KID WANTS TO BE A YOUTUBER– HELP!

Social Club Simple/Nicki Welsh Fee: \$29.00
Thursday, 10/5 1:00-2:00PM
VIRTUAL

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel. You'll learn how this hobby can become a practical career, safety practices, and even create fun videos! Parents will leave the class with helpful guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2023.

***Please note**, children must be 13+ and have parental permission to start a YouTube channel.*

V1-09 GOOGLE SHEETS FOR AWESOME BEGINNERS

Social Club Simple/Nicki Welsh Fee: \$29.00
Tuesday, 10/10 1:00-2:00PM
VIRTUAL

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets!

V1-10 ESSENTIAL ESTATE PLANNING

Tiffany Kudravetz Fee: \$35.00
Tuesday, 10/10 6:30-8:00PM
VIRTUAL

Did you know estate planning helps you while you're alive and not just for when you pass away? In this program, students will learn how Health Care Proxies, Health Care Directives, Durable Powers of Attorney, Wills, and Trusts can protect you and your family members including: the purpose of these documents; the roles of the appointed agents so you can determine the best person for the job; how to start conversations with your children and parents about their healthcare wishes; and how to manage these documents so you can access them when you need them most.

V1-11 YOU CAN AFFORD COLLEGE IF...

College Funding Advisors Fee: \$35.00
Thursday, 10/12 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.

V1-14 HOW TO CREATE A FAMILY RE-SOURCE FILE

Sandra Batra
Monday, 10/23
VIRTUAL

Fee: \$35.00
6:30-8:00PM

It's never too early to organize and consolidate all your important life details, but it can be too late! We experience events that change our lives, Do you ever think "what if?" What if something happens to you or your spouse, how would your family manage? Could your spouse or family step in and seamlessly manage everything until you are back on your feet?

V1-15 LONG TERM CARE & ASSET PROTECTION

Dan Williams
Wednesday, 11/1
VIRTUAL

Fee: \$35.00
7:00-9:00PM

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
V1-20	WEDS.	12/6	7-9PM	\$35.00

V1-17 SELL YOUR HOME WORKSHOP

Faina Shapiro
Wednesday, 11/15
VIRTUAL

Fee: \$29.00
6:30-9:00PM

If you are thinking about selling your home in the near future, this class is a must! Learn how to hire the right agent and what you need to know if you plan on selling without an agent. This class will also cover what's necessary to fix before listing and what isn't, what buyers want, and what costs are associated with selling. The importance of staging and cleaning your home before listing it will also be discussed.

1-18 MEDIUMSHIP GALLERY DEMONSTRATION~

Messages from Spirit

Cathy Ripley Greene
Thursday, 11/16
DSMS Choral Room

Fee: \$60.00
6:30-8:30PM

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.

V1-21 REAL ESTATE INVESTING WORKSHOP

Faina Shapiro
Wednesday, 12/6
VIRTUAL

Fee: \$29.00
6:30-9:00PM

Real Estate investing can be lucrative if you understand what you're undertaking, it can also set you up for failure if you don't. This class will teach you how to find the property that can be an additional income stream and how to avoid getting into trouble with tenants. Learn how to purchase an income-generating property in this competitive market, we will also discuss Massachusetts laws that every landlord needs to know to protect themselves. We will review proven tips on being a thoughtful and respected landlord, financing and property maintenance costs.

V1-22 HOME BUYING WORKSHOP

Faina Shapiro
Wednesday, 12/13
VIRTUAL

Fee: \$29.00
6:30-9:00PM

Spend an evening learning essential information, strategies and tips that will help to save money and avoid expensive mistakes. This workshop will provide a guide to help home buyers navigate a seller's market and understand how to make themselves competitive while saving money and differentiating themselves from the competition. Mortgage options, home buying costs and closing costs will be discussed. We will review the home buying timeline, buyer contracts, and disclosures to ensure you protect yourself as a buyer. By the end of this workshop you will have gained valuable advice that will help to alleviate the confusion when starting to look for a home.

ARTS & CRAFTS

2-01 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 each one hour lesson. Ten lessons in all.

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.

2-02 SEPTEMBER AUTUMN SUNFLOWER FLORAL DESIGN

Dawn Bagocius

Fee: \$69.00

Thursday, 9/21

6:00-8:00PM

DSMS Room 122

The long hot days of summer bring us beautiful sun and gardens filled with a wealth of beautiful blossoms. The Tuscan color palette is the inspiration for this design: deep blue, purple, vibrant burgundy red blossoms and bright yellow sunflowers. In this class, you will design a stylish Tuscan arrangement. Materials fee of \$45.00 included in the tuition.

2-03 LANDSCAPE OIL PAINTING— Includes starter supply kit!

Rosemarie Morelli

Fee: \$239.00

Tuesdays, 10/3-11/14

6:30-8:30PM

DSHS Room 106

NO CLASS 10/31.

This class is for both beginner and advanced artists who want to try oil painting without having to purchase expensive supplies for testing a new media. Learn how to paint a realistic landscape and/or seascape starting with understanding what makes a more interesting composition and where to best place a focal point or main subject on the canvas such as a pathway, barn, boat, tree, etc. Learn how to mix colors and control the paint; capture light and shadow; and expressively render a good likeness of trees, meadows, mountains, oceans, sand and simplify nature's chaos without having to draw every detail. Advanced artists will better their color mixing and temperature adjustments for stronger atmospheric depth, weather and light conditions such as fog, overcast skies and sunsets; and combine images from other photos of wildlife, objects, architecture and people to create their own unique scenes while maintaining a convincing unified look. Oil painting methods will be demonstrated from start to finish stages including wet on wet and dry brushing. Individual instruction is emphasized so that all levels will benefit from learning new skills at their own speed. Photo references are available and students may bring in their own. Bring to the first class: pencil, eraser, a roll of paper towels, and a canvas bag to carry your starter supply kit that will contain: 11x14 pre-stretched canvas, set of 6 tubes of oil paints, brushes, palette knife, disposable paper palette pad, tin turpentine cup and paint thinner. There is a discounted supplies fee of \$85.00/student included in the tuition.

2-04 WATERCOLOR PAINTINGS FROM PHOTOGRAPHS (6)

Richard Denzer

Fee: \$179.00

Wednesdays, 10/4-11/15

7:00-9:00PM

DSHS Room 106

NO CLASS 10/18.

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 at doversherborn.org > Students & Families > Community Education > Programs.

2-05 ENTRY LEVEL FLORIST JOB-What it takes to get into the floral industry (3)

Dawn Bagocius

Fee: \$69.00

Thursdays, 10/5,10/12 & 10/19

6:00-8:00PM

DSMS Room 122

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.

2-06 BEGINNERS MAH JONGG (8) AGES 18+ (6)

Lydia Bornstein

Fee: \$109.00

Thursdays, 10/12-11/16

6:30-8:30PM

DSHS Library

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.

**V2-07 INSTANT PIANO FOR HOPELESSLY
BUSY PEOPLE AGES 16+**

Craig Coffman Fee: \$59.00
Monday, 10/16 6:30-9:30PM
VIRTUAL

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.

**V2-08 INSTANT GUITAR FOR HOPELESSLY
BUSY PEOPLE Ages 13+**

Craig Coffman Fee: \$59.00
Tuesday, 10/7 6:30-9:00PM
VIRTUAL

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.

2-09 PUMPKIN & GOURD FLORAL WORKSHOP

Dawn Bagocius Fee: \$69.00
Thursday, 10/26 6:00-8:00PM
DSMS Room 122

Pumpkins and Gourds make excellent natural floral containers for festive autumn floral designs. In this class, you will create a beautiful arrangement in hollowed-out pumpkins/gourds and learn the techniques for assuring a long-lasting design. This centerpiece is perfect for Halloween decorating! Materials fee of \$45.00 included in the tuition

2-10 AUTUMN CANDLE CENTERPIECE

Dawn Bagocius Fee: \$69.00
Thursday, 11/16 6:00-8:00PM
DSMS Room 122

In this floral class you will create an Autumn/Floral arrangement that will be a perfect centerpiece in your home with rich seasonal colors, foliage's and fillers. This common design is a principal arrangement at florist locations. When you leave with the design you created it will keep your guests wondering where you purchased it. Materials fee of \$45.00 included in the tuition.

2-11 FABULOUS HOLIDAY WREATH

Dawn Bagocius Fee: \$69.00
Thursday, 11/30 6:00-8:00PM
DSMS Room 122

This is a fabulous way to begin the holiday season. Learn how to professionally create a holiday wreath from scratch using a variety of seasonal greenery. Your guests will be in awe when they arrive at your front door. Learn some simple tricks that take ordinary to extra-ordinary. Materials fee of \$45.00 included in the tuition.

2-12 ENGLISH BOXWOOD TREE

Dawn Bagocius Fee: \$69.00
Thursday, 12/7 6:00-8:00PM
DSMS Room 122

The beauty of a little Holiday tree will make the perfect eye catching décor. Using fresh English Boxwood, you learn to assemble your own Holiday tree. Decorations will be provided, however if you have a preference for something of your own style, please bring it with you. These popular tree arrangements last up to 8 weeks and make a fabulous statement on your table top for home or office.

HEALTH & FITNESS

3-01 GOLF LESSONS (5)

Harry Rose Fee: \$159.00
Thursdays, 9/14-10/12 4:00-5:00PM
Needham Golf Club 49 Green St., Needham

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.

3-02 GOLF LESSONS (5) 5:00PM START TIME

Harry Rose Fee: \$159.00
Thursdays, 9/14-10/12 5:00-6:00PM
Needham Golf Club
49 Green St., Needham

(SEE 3-01 FOR DESCRIPTION)

3-03 CPR

Beth Oleson
Wednesday, 10/11
DSHS Room Library

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

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 when payments are activated.

3-04 LINE DANCING (6)

Paul Hughes
Mondays, 10/16-11/20
DSMS Gym

Fee: \$89.00
7:30-8:30PM

Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! No need to have a partner! Please wear comfortable shoes with smooth soles. No sandals or flip flops.

3-05 BALLROOM DANCING (6)

Paul Hughes
Mondays, 10/16-11/20
DSMS Gym

Fee: \$89.00
8:30-9:30PM

Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, tango, Swing, Rumba, and Salsa/Cha Cha. No partner required. Please wear comfortable shoes with smooth soles. No sandals or flip flops.

3-06 FIRST AID

Beth Oleson
Wednesday, 10/18
DSHS Library

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

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 when payments are activated.

3-07 INTRODUCTION TO CRYSTALS

Rita Glassman
Tuesday, 11/7
DSHS Room 122

Fee: \$39.00
6:30-8:00PM

Have you noticed that crystals are everywhere these days? They come in many shapes, sizes, and beautiful colors and have been used for centuries back to the Roman civilization as amulets for luck, protection, wealth, manifestation, and spiritual healing. Loved by celebrities and carried in top spas of the world as well as hospital gift shops, they are used in jewelry by top designers and can be found on the shelves of yoga studios and on coffee tables. What is the lure? Come feel the powerful vibrations of these gemstones. Learn how to choose them, use them and

where to find high-quality, natural crystals from trusted sources. Tuition includes a pouch of crystals.

DOG OBEDIENCE

4-01 DOG OBEDIENCE (4)

Peter Townsend
Tuesdays, 10/3-10/24
DSMS Gym

Fee: \$159.00
7:30-8:30PM

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.

4-02 PET FIRST AID & CPR FOR CATS & DOGS—CERTIFICATION (2)

Laura McCallion
Wednesday, 10/11
Thursday, 10/12

Fee: \$89.00
6:00-9:00PM

Everyone loves their pets and wants to keep them happy and healthy. It's important to prepare for the unexpected emergency or accident. This class will give you the tools to be ready in an emergency. In this 6 hour class we will cover the following: What is pet first aid? Pet Parenting 101— Your pets Baselines Problem Prevention, 7 Dog Gone Good Tips, Vitals and Head to Tail Checks, Proper Handling, Restraint and Transport of an injured animal. Creating a Disaster Preparedness Plan, Choking Management, CPR vs CPR, Which style of CPR is appropriate for you pets, First Aid: Illness & Injuries including: Heat Stroke and Frostbite, Dehydration, severe Bleeding, Bandaging various body parts, Mouth & Lip Illness /Injuries Injected & Ingested Poisoning, Drowning, Snake Bites, Intestinal Distress Allergic Reactions and Bites/Stings, Shock, Seizures and Bloat. At the conclusion of class you will receive a Certification of Completion wall certificate and wallet card good for 2 years. We look forward to teaching you these valuable skills and helping you truly be your pet's best friend.

BOATING

5-01 BOATING SKILLS, SEAMANSHIP & BASIC NAVIGATION (12)

U.S. Coast Guard Auxiliary
Tuesdays, 9/12-12/5
DSHS Room 123
NO CLASS 11/21.

Fee: \$95.00
7:00-9:00PM

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 family pricing.

**An approximate materials fee of \$66.00 payable to the instructor at the first class. Checks made payable to U.S. Coast Guard Auxiliary Flotilla 52.

TEENS

6-01 SAT/PSAT PREP (8)

Lentz & Lentz

Tuesdays & 1 Wednesday

Tues., 9/12

Tues., 9/19

Tues., 9/26

Tues., 10/3

Tues., 10/10

Tues., 10/17

Tues., 10/24

Weds., 11/1***

DSHS Room 121

Fee: \$475.00

6:00-9:00PM

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.

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.

**If Dover Sherborn does not meet the minimum of 10 students the class may be combined and moved to a nearby community.

SAT DATE: 11/4/2023

To register or for more information:

Call Lentz & Lentz at

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

V6-02 WRITE YOUR COLLEGE ESSAYS (4)

Dr. Bruce Johnson

Thurs., 9/28

Fri., 9/29

Mon., 10/2

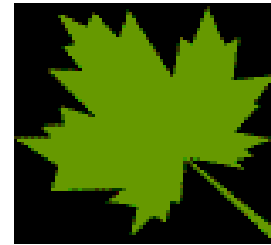
Mon., 10/9

VIRTUAL

Fee: \$525.00

4:30-6:30PM

Admissions officers read hundreds of applications– make sure yours stands out! This class will help you write your college essays with less stress and more success. Instructors will provide guidance thorough brainstorming, free writing and individual feedback. With in-class writing sessions and homework, coupled with timely feedback for revisions, you will learn to craft essays that memorable introduce you. Depending on need, we can focus on the personal essay or supplemental. Following the group sessions, each student can receive two more rounds of written feedback on drafts and two private online coaching sessions (20 minutes per session). Whether you have begun writing but are now stuck or you’ve yet to begin, we can help you create winning college essays!



EXTENDED DAY PROGRAMS

Did you know that Dover Sherborn Community Education oversees several different departments within the Dover Sherborn Regional school system? We are always looking to expand our teams for Extended Day programs located at the Elementary Schools in Sherborn and Dover.

These programs run in the afternoon after the school day ends based on the school year calendar.

- **Afternoon hours**
- **Competitive Pay**
- **Full and Part time opportunities**
- **Flexibility**
- **Fun working environment**

Interested in joining our team please contact Lisa Sawin, sawinlisa@doversherborn.org or 508-785-0036 x 7516.

DOVER SHERBORN COMMUNITY EDUCATION

FALL 2023

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

**Telephone: 508-785-0036 x 7516
E-Mail: sawinlisa@doversherborn.org
dscommed.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://dscommed.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 is located on 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 _____

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 advanced floral designer. Dawn has studied business at Bryant University and operates a floral studio by appointment only. www.dovetalesworldwide.com.

Sandra Batra, worked for Marketplace by John Hancock, where she created, marketed and sold life insurance products directly to consumers. In this role, she developed experience executing and managing estate plans, she now puts this knowledge to use creating customized life transition binders and Family Resource Files for clients.

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.

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. **Don Anderson** 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.

Rita Glassman has 20 years experience practicing energy, medicine, and Crystal healing. She is certified in Crystal Healing, in addition she has five Reiki Master certifications. She also has 10 years experience teaching about sports injury prevention.

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.

Paul Hughes is a Line & Ballroom Dance Instructor and teaches group classes at various senior, recreation, and community centers throughout MetroWest Boston. His mission, purpose, and passion in life is to offer something of value and meaning to others that will enhance and transform people’s lives for the better through sharing the many positive physical, mental, and social benefits of dancing.

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 firsthand undergraduate and graduate admissions committee experience.

Tiffany Kudravetz is an attorney with Generations Law Group specializing in Estate Planning, Guardianship, Conservatorships and Probate. She has lectured and written extensively on the national and local level on topics including child protection, grant management and volunteerism, she has also served as a Certified Public Interest Advocate.

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.”

Laura McCallion Laura McCallion is the Instructor and Founder of Four Footed Family. For well over 20 years, she has been teaching people how to help one another in the event of illness or an accident through traditional First Aid & CPR training. In addition to her life as a First Aid & CPR Instructor for both man and beast, she has been a Scuba Instructor for 23 years. Laura loves helping others learn how they can make their lives better and how to be there for others in need whether humans or animals.

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.

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. Beth has worked in research at Brigham & Women's and Dana Farber.

Peter Townsend, our dog trainer with over 25 years experience with training our furry best friends.

Harry Rose, a golf pro for over 25 years at Needham Golf Club. A Dover-Sherborn alum. Harry is a PGA professional who teaches all levels.

Faina Shapiro has been in real estate for almost a decade as a landlord, property manager, home stager, and realtor. A Certified Buyer Representative, Residential Remodeling Specialist, Certified Real Estate Negotiator, Relocation Certified, Luxury Certified,. She has her real estate License in Massachusetts and Rhode Island and also teaches classes on investing in real estate, home buying and selling workshops, home renovation, and property maintenance in different communities.

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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