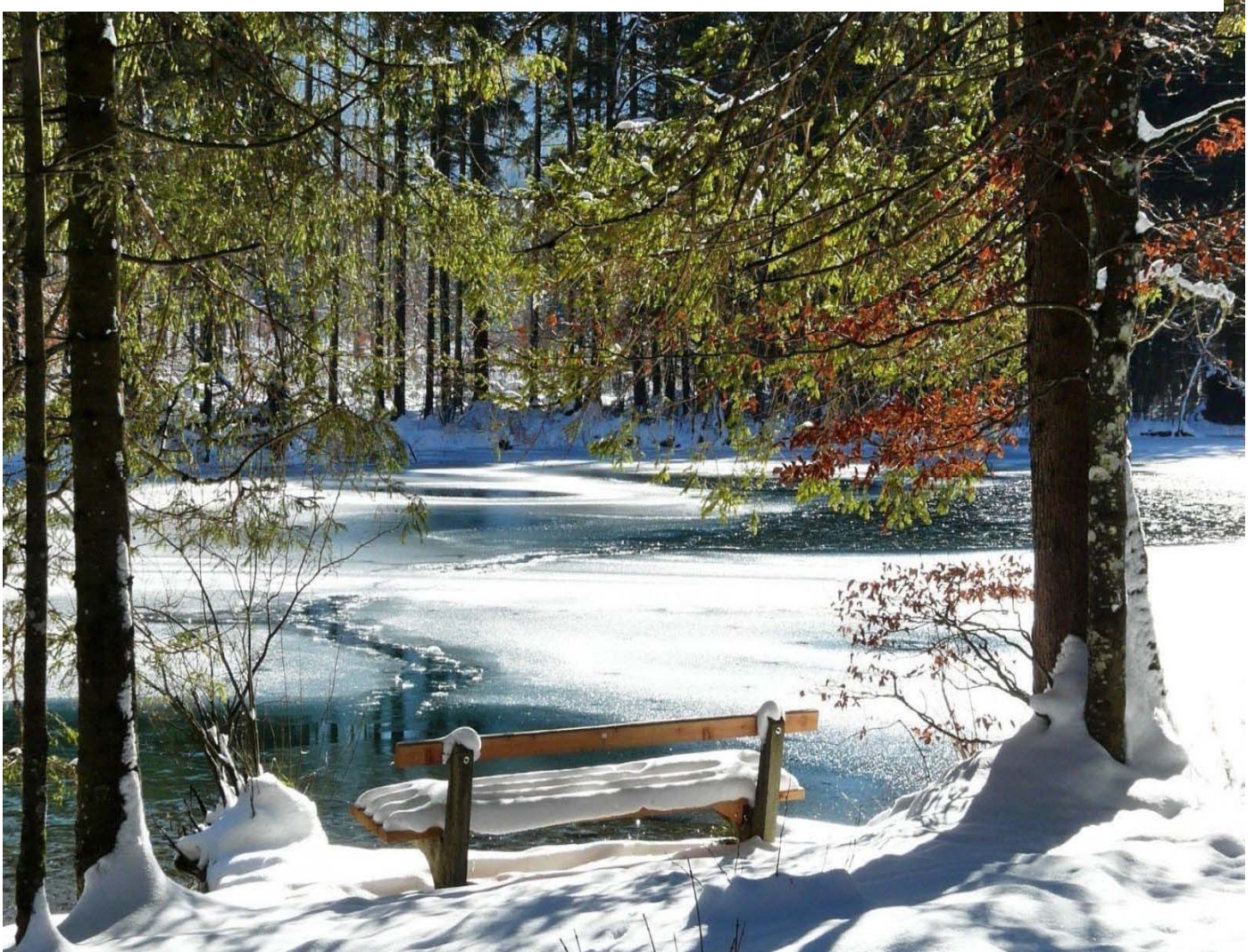


**DOVER SHERBORN COMMUNITY EDUCATION
WINTER ~ SPRING 2024
ADULTS & TEENS**



REGISTER AT:

[https://dscommed.communityroot.com/index/
registration](https://dscommed.communityroot.com/index/registration)

PHONE

508-785-0036 X 7516

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WINTER~ SPRING 2024

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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. Refund policy may be found on page 10. Thank you

() denotes number of classes.

V- VIRTUAL CLASSES

Lisa B. Sawin

WINTER ~ SPRING 2024

Welcome to our 2024 Winter ~ Spring Adult & Teen Education class offerings, a collection of virtual and in-person classes. 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 with descriptions may also be found at <https://dscommmed.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 DEMYSTIFYING SOCIAL SECURITY

Dan Williams **Fee: \$35.00**
Wednesday, 1/31 **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
V1-04	WEDS.	2/28	7:00PM	\$35.00

V1-02 LONG TERM CARE & ASSET PROTECTION

Dan Williams **Fee: \$35.00**
Wednesday, 2/7 **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
V1-06	WEDS.	3/6	7:00PM	\$35.00

V1-03 UNDERSTANDING MEDICARE

Dan Williams **Fee: \$35.00**
Tuesday, 2/13 **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.

V1-05 HOME BUYING WORKSHOP

Faina Shapiro
Tuesday, 3/5
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.

V1-06 SELL YOUR HOME WORKSHOP

Faina Shapiro
Tuesday, 3/26
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.

V1-07 REAL ESTATE INVESTING WORKSHOP

Faina Shapiro
Tuesday, 4/9
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.

1-08 MEDIUMSHIP GALLERY DEMONSTRATION~ Messages from Spirit

Cathy Ripley Greene
Thursday, 4/25
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.

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.

V2-01 HOW TO USE UBER FOR TRANSPORTATION INDEPENDENCE

Social Club Simple/Nicki Welsh
Thursday, 1/25
VIRTUAL

Fee: \$29.00
1:00-2:00PM

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 class, you will learn the basics and gain the knowledge on how to use Uber. Learn how to use UBER at major airports so that you can travel with confidence and without having to ask a friend for a ride as well as other appointments and errands. Open up your travel options with this fun and engaging class!

ADDITIONAL DATES/TIMES BELOW

CODE	DAY	DATE	TIME	FEE
V2-07	TUES.	5/21	1:00PM	\$29.00

V2-02 HOW TO PRESENT SOCIAL MEDIA ANALYTICS WITH EASE

Social Club Simple/Nicki Welsh
Tuesday, 2/6
VIRTUAL

Fee: \$29.00
1:00-2:00PM

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.! You will learn a step-by-step process so that you can get started today and confidently present and discuss how a post performed on social media.

ADDITIONAL DATES/TIMES BELOW

CODE	DAY	DATE	TIME	FEE
V2-08	THURS.	5/30	1:00PM	\$29.00

V2-03 GOOGLE SHEETS FOR AWESOME BEGINNERS

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Tuesday, 2/13 **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!

ADDITIONAL DATES/TIMES BELOW

CODE	DAY	DATE	TIME	FEE
V2-09	MON.	6/3	1:00PM	\$29.00

V2-04 HOW TO USE VENMO SAFELY IN 2024

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Thursday, 2/15 **1:00-2:00PM**
VIRTUAL

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called VENMO. Learn how to pay friends, businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up VENMO safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.

V2-05 SOCIAL MEDIA FOR BUSINESS

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Tuesday, 5/7 **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. Students will leave the class with action items they can easily implement themselves to see results for their business or within their company and organization. Students will also benefit from having a plan for the rest of their 2024 year and know how to be effective with their time on social media for maximum results for gaining new clients or customers.

V2-06 USING SNAPCHAT SAFELY IN 2024

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Tuesday, 5/14 **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.

V2-10 CREATE SOCIAL MEDIA CONTENT WITHOUT PANICKING

Social Club Simple/Nicki Welsh **Fee: \$29.00**
Tuesday, 6/11 **1:00-2:00PM**
VIRTUAL

Are you nervous to begin filming and posting your own social media content? Do you have a business, product or service, but panic at the thought of putting yourself on social media? Well in this beginner class, you'll learn helpful tips and strategies to create social media content with ease. You'll never have to worry about freezing up in front of a camera, all thanks to the helpful skills you'll be taking with you once your class is complete. We'll walk you through a step-by-step process so that you can get started today!

ARTS & CRAFTS

3-01 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.

3-02 PEBBLE ART WORKSHOP

The Orange Jellyfish
Thursday, 2/8
DSMS Room 106-Science Wing

Fee: \$79.00
7:00-9:00PM

Have you ever wanted to learn how to create a picture using materials found directly off the beach? During this 2 hour class you will create your own custom pebble art family picture using various styles of beach stones, driftwood and shells directly hand picked off local New England beaches. Each design may contain stones representing 2 to 6 people while being glued on cardstock and enclosed in a rustic gray frame. Stones and driftwood come in various shapes, sizes, and colors which allows for both adults and children to be represented within the picture. The frame color for all will be light rustic gray, the cardstock colors available for selection will be white, light crème or light blue. This class is truly a wonderful opportunity to create a sentimental piece for yourself or for a gift. Materials included in tuition.

ADDITIONAL DATES & TIMES BELOW

CODE	DAY	DATE	TIME	FEE
3-14	THURS	4/4	7:00PM	\$79.00

3-03 INTRODUCTION TO STAINED GLASS

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

Fee: \$132.00
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.

V3-04 INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE AGES 16+

Craig Coffman
Monday, 2/26
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.

3-05 SIX WEEK MOSAIC SESSION (6) AGES 16+

The Glass Bar
Tuesdays, 2/27 -4/2
60 Dedham St., Needham, MA

Fee: \$238.00
6:00-9:00PM

Great for beginners! During the six week session we will explore the ancient technique of Mosaic art. You will create beautiful mosaic masterpieces using a variety of techniques and materials. We're going to start off easy using only mosaic tile nippers to shape precut pieces of glass. Your first & "practice project" will use these techniques to design a trivet. In the following weeks, you will learn how to grout, more advanced cutting techniques using traditional mosaic pieces such as square tiles, penny rounds, beads and stained glass. You will design and create a 12X12 mirror. A \$35.00 materials fee is payable to the instructor at the first class.

V3-06 INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE Ages 13+

Craig Coffman
Tuesday, 2/27
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.

3-07 BEGINNERS MAH JONGG (8) AGES 18+ (6)

Lydia Bornstein
Thursdays, 2/29-4/11
DSHS Library
NO CLASS 3/28.

Fee: \$109.00
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 Mah Jongg card from the National Mah Jongg League. This class has a maximum of 12 students.

3-08 LANDSCAPE OIL PAINTING (6)– Includes

starter supply kit!

Rosemarie Morelli

Fee: \$219.00

Tuesdays, 3/5-4/9

6:30-8:30PM

DSHS Room 106

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.

3-09 WATERCOLOR PAINTINGS FROM PHOTO-GRAPHS (6)

Richard Denzer

Fee: \$179.00

Wednesdays, 3/6-4/10

7:00-9:00PM

DSHS Room 106

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.

3-10 SEASONAL GLASS FUSING INTRODUCTION~SPRING FLOWERS AGES 17+

The Glass Bar

Fee: \$69.00

Saturday, 3/9

4:00-5:30PM

60 Dedham St., Needham, MA

Join us for this special seasonal glass fusing 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.

V3-11 HOW TO PLAY PIANO BY EAR

Craig Coffman

Fee: \$59.00

Saturday, 3/16

1:00-3:30PM

VIRTUAL

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet music dependence. Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using ZOOM.

3-12 PANORAMIC SUGAR EGG WORKSHOP

Diane Cercone

Fee: \$79.00

Tuesday, 3/26

6:30-9:00PM

DSMS Room 106-Science Wing

Learn how to make panoramic sugar eggs! This class will start with the demonstration of how to make the egg shell. Then each student will be provided with a pre constructed egg to assemble and decorate inside and out in this fun beginner workshop for adults. Students will go home with a beautiful 5 1/2" long x 4" wide x 3 1/2" tall Easter egg. All supplies are provided. Tuition includes materials fee. No experience necessary. Limit to 12 students.

3-15 GLASS BOWL DRAPING AGES 16+

The Glass Bar

Fee: \$132.00

Sunday, 5/5

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.

FLORAL DESIGN CLASSES

Grab a friend, sign up for a flower class and walk into a beautiful experience. Come celebrate the art of floral design, It's a fun time and you'll create a beautiful floral design to take home for your own enjoyment or give away as a gift! No experience necessary, We suggest wearing comfortable clothing. **This semester our Floral Design classes will be held at Medway High School located at 88 Summer Street, Medway, MA 02053, Room 119-2.**

HEALTH & FITNESS

3-16 TOPIARY FLORAL DESIGN

Dawn Bagocious Fee: \$65.00
Thursday, 1/25 6:00-8:00PM
Medway HS Room 119-2

In this class you will learn about popular flower trends, colors and simple, yet elegant topiary designs. After this class, you will be able to create and arrange your own topiary with confidence. Materials fee included in the tuition.

3-17 DIY BRIDAL DESIGN

Dawn Bagocious Fee: \$65.00
Thursday, 3/7 6:00-8:00PM
Medway HS Room 119-2

Today's modern brides enjoy creating their own floral designs for their special day. In this class, you will learn how to make some basic pieces—a boutonniere, a wrist corsage and an arm spray arrangement. Materials fee included in the tuition.

3-18 LUCKY LEPRECHAUN FLORAL DESIGN

Dawn Bagocious Fee: \$65.00
Thursday, 3/14 6:00-8:00PM
Medway HS Room 119-2

Create a festive arrangement that will be a perfect centerpiece in your home with hues of green color, lucky coins and charms. It will bring a bit of an Irish smile to all when you see what you have created. Materials fee included in the tuition.

BOATING

4-01 BOATING SKILLS, SEAMANSHIP & BASIC NAVIGATION (12)

U.S. Coast Guard Auxiliary Fee: \$95.00**
Tuesdays, 2/27-5/21 7:00-9:00PM
DSHS Room 123
NO CLASS 4/16.

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.

In the event that we do not reach the minimum enrollment in this class there is the possibility that it will be presented virtually. We will notify you directly if this happens.

5-01 LINE DANCING (6)

Paul Hughes Fee: \$89.00
Mondays, 2/5-3/18 7:30-8:30PM
DSMS Gym
NO CLASS 2/19.

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.

5-02 CPR

Beth Oleson Fee: \$65.00
Monday, 3/18 6:30-9:00PM
DSHS Room 116

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.

5-03 INTRODUCTION TO CRYSTALS

Rita Glassman Fee: \$39.00
Tuesday, 3/19 6:30-8:00PM
DSHS Room 122

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 the cost of a pouch of crystals.

5-04 FIRST AID

Beth Oleson Fee: \$65.00
Wednesday, 3/20 6:30-9:00PM
DSHS Room 116

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.

5-05 BALLROOM DANCING (6)

Paul Hughes
Mondays, 4/8-5/20
DSMS Gym
NO CLASS 4/15.

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

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.

GOLF LESSONS ~ At the time of this printing we have been unable to secure golf lessons for the spring. If you like to be contacted in the event that we are able to schedule lessons please call us at 508-785-0036 x 7516 or email sawinlisa@doversherborn.org.

DOG OBEDIENCE

6-01 DOG OBEDIENCE (4)

Peter Townsend
Tuesdays, 3/5-3/26
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.

6-02. PET FIRST AID & CPR FOR CATS & DOGS- CERTIFICATION (2)

Laura McCallion
Wednesday, 3/13 Virtual
Thursday, 3/14 In Person
IN PERSON CLASS DSHS ROOM 122.

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. **This class is a combination of Virtual/In-Person.**

TEENS

V7-01 YOU CAN AFFORD COLLEGE IF...

College Funding Advisors
Thursday, 2/8
VIRTUAL

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

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.

THE ABOVE SESSION IS FOR PARENTS OF TEENS.

7-02 SAT/PSAT PREP (8)

Lentz & Lentz
Tuesdays, 3/5-4/30
DSHS Room 121
NO CLASS 4/16.

Fee: \$499.00
6:30-9:30PM

The SAT is changing starting MARCH 2024. This will be the first time in history that the new Digital SAT will be administered. Lentz & Lentz has all the information you need to prepare, including a brand-new Digital SAT Test Prep program specifically designed to help boost students' scores on this new test. A new test means students need a new tool kit for success. Designed to benefit students of all ability levels, this program is divided equally between English and Math and covers all facets of the new test. Class features: test taking techniques, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading and online lesson podcasts for supplemental review. The podcasts are extremely helpful especially for students with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. for supplemental review. Free extra help and live makeup sessions included in tuition: students can set up free extra help by making an appointment to meet with their instructor directly before or after class.

FOR INFORMATION AND TO REGISTER, CALL LENTZ & LENTZ at (845)-638-2826 OR VISIT www.LentzSATPrep.com.

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

TEST DATES 5/4 & 6/1

DOVER SHERBORN COMMUNITY EDUCATION

WINTER~ SPRING 2024

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 2024

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 directly by the instructor.

PLEASE NOTE: Our office is located on the Regional School campus– mail/correspondence should be sent to 157 Farm

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.

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.

Diane Cercone grew up just outside of Boston and has lived in and around the city her entire life. She worked as a court reporter in the Massachusetts Trial Court for over thirty years. Sugar eggs have been a spring ritual in her house since she was a little girl. She starting taking orders in 2021 when one of her eggs was on display at a friend's local bookstore. So many people asked her for eggs that she decided to get to work. A repentant foodie she can be seen ducking into local restaurants and bakeries in greater Boston, attending cooking classes or rolling out her mat at a local yoga studio.

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.

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.

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.

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.

The Orange Jellyfish, Kerry Consentino-Vilorio has been collecting materials found on local beaches since she was a child. In 2020 The Orange Jellyfish was established. Using the arts of the ocean she creates family pieces of Pebble Art. Pieces are kept in their original organic state for use. Visit her Instagram page, The Orange Jellyfish.

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

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

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