

**Nashua Center for Lifelong Learning**  
**FALL 2025 ENRICHMENT CLASSES**  
**Held at Nashua High School South & North**  
**September 2025 THROUGH January 2026**  
**Jacalyn Lesser, Director**

Class Name	Date	Weeks	Location	Time	Instructor	Non-Nashua Residents pay Higher Fee
<b>Monday Classes are held at NHS South</b>						
See Adult diploma Schedule						
<b>Tuesday Classes are held at NHS South and North (no class on November 4 and 11)</b>						
Pottery & Ceramics	9/16/25 - 1/13/26	14	NHS SOUTH	2:30-5:30	Robin Peringer	\$225/\$250 +\$60 lab
Pottery & Ceramics	9/16/25 - 1/13/26	14	NHS SOUTH	5:30 – 8:30	Robin Peringer	\$225/\$250 +\$60 lab
Pottery & Ceramics	9/16/25 - 1/20/25	14	NHS NORTH	5:30 – 8:30	Rod Coffin	\$225/\$250 +\$60 lab
<b>Wednesday Classes are held at NHS North (No class October 8th)</b>						
Biology	9/17/25-1/21/25	15	NHS NORTH	3:00 – 6:00	Neeta Masand	\$150/\$200
Pottery & Ceramics	9/17/25-1/14/26	14	NHS NORTH	2:15-5:15	Rod Coffin	\$225/\$250 +\$60 lab
Pottery & Ceramics	9/17/25-1/14/26	14	NHS NORTH	5:30-8:30	Rod Coffin	\$225/\$250 +\$60 lab
<b>Thursday Classes are held at NHS North (no class October 9th)</b>						
Pottery & Ceramics	9/18/25-1/15/26	14	NHS NORTH	5:30 – 8:30	Jerrie Lajeunesse	\$225/\$250 +\$60 lab
Chemistry	9/17/25-1/21/25	15	NHS NORTH	3:00 – 6:00	Suzanne Taylor	\$150/\$200
Wood working	10/23/25-12/18/25	8	NHS NORTH	5:00-8:00	Mike Wenger	\$175/\$200 +\$60 lab
Yoga for Beginner and Intermediate Level	9/25/25-12/11/25	10	NHS NORTH	6:00 – 7:00	Carol Coleman	\$125/\$150
Reiki 1	11/6/25 - 11/20/25	3	NHS NORTH	5:30 - 8:30	Corrine Krycki	\$75/\$100

**Fees are payable at the time of registration.** Make checks payable to the Nashua School District. A \$25 processing fee will be charged for returned checks. We do not accept credit card payments. Full refunds are granted if the course is canceled or if requested before the second class meeting.

Nashua High School North, Room A106  
8 Titan Way, Nashua, NH 03063

Nashua High School South, Room A2003  
36 Riverside Street, Nashua, NH 03062

**(603) 966-2420**

## COURSE DETAILS

### **BIOLOGY - NHS NORTH – Wednesdays**

In this introductory life science course, students cultivate an understanding of biology through inquiry-based investigations while exploring the following topics: evolution, cellular processes, DNA, genetics, ecology, energy pathways in plants and animals and interactions among organisms.

### **CHEMISTRY - NHS NORTH – Thursday**

Students learn modern concepts in the lab developing skills such as mass measurements, analysis of data and samples, synthesis of compounds and model building. Students will study nomenclature, equation and formula writing, physical and chemical properties, the mole concept, and energy relationships.

### **All Occasion Handmade Cards - NHS NORTH - Thursday**

In this class we will make a variety of handmade greeting cards using innovative tools and techniques. You will be so proud of yourself and have beautiful cards to share with your family and friends. Each class is a party where we create and enjoy each other's company. All supplies (except adhesives) are included for a \$30 fee. Please bring a double sided tape or craft glue along with scissors to each class.

### **POTTERY & CERAMICS – NHS SOUTH – Mon. afternoon & Tue. eve. & NHS NORTH – Tue., Wed., & Thurs. eves.**

Contact Adult Education if you wish to add your name to the wait list. Students will create many pieces, explore a variety of surface decoration techniques, learn how to throw on the potter's wheel and about firing in a kiln. Well thought out forms, designs and functional uses along with good craftsmanship are emphasized. All classes have wait lists.

### **REIKI - NHS NORTH - NHS North -Thursday**

Discover the ancient art of Reiki, a gentle yet powerful healing technique that channels universal life force energy to promote balance and well-being. In our Reiki 1 training, you'll learn the foundational principles of Reiki, including hands-on healing techniques, energy cleansing, and awaken your inner healer.

### **Wheel of the Year Celebration - NHS NORTH - Thursday**

Join us for a transformative Winter Solstice Workshop, also known as Yule, as we celebrate the longest night of the year and welcome the return of light. This immersive experience is designed to guide you through reflective practices, mindfulness exercises, and creative activities that honor the cyclical nature of life. Together, we'll explore the themes of letting go, renewal, and setting intentions for the coming year. Connect with a like-minded community and find inspiration in the magic of the season. All are welcome to this beautiful journey of self-discovery and rejuvenation.

### **Woodworking - NHS North - Thursday**

In this 10 week class students will be shown the basics of working with wood. From design and making a materials list, to cutting and sanding, to assembly and finishing, students will be exposed to different kinds of wood as well as hand and power tools all while stressing safety.

### **YOGA - NHS NORTH – Thursdays**

A flowing Vinyasa style of yoga focusing on breathing, stretching, and strengthening as we move the entire body. All levels welcome. Please bring a yoga mat.