

GOUACHE
Lee Su, Artist



New art class!

Register early, space is limited!

This exciting class with gouache, also known as bodycolor to J.M.W. Turner and Matisse, explores the medium's unique properties of being both a transparent and an opaque watercolor; it is easy to set up and clean up. This course caters to everyone, from those who have never held a brush to artists who would like to gain from new experiences. The individual attention provided by the instructor will enable anyone to follow along, develop new skills, and most of all, enjoy making art using your own hands.

Instructor will email a list of materials prior to class and provide a handout on the first night. Please bring materials that you may already have.

Lee Su is an accomplished artist and instructor. Lee studied at the Rhode Island School of Design and has taught for more than a decade. He has exhibited from Arlington, MA to Rome Italy and is currently online at <http://www.lee-su.com/classes.php#gouache>

Wednesday, Sept. 21-Nov. 30 **10 weeks**
6:30-9:00 p.m. (no class Nov. 23) **Class Limit: 10**
Bromfield Art Room **Fee: \$ 219.00/session**

*Strategies for Positive Parenting
with Susan Tordella*

CUT DOWN the YELLING IN YOUR FAMILY
Susan Tordella

With four children born in seven years, Susan Tordella was not the best parent until she took a positive parenting workshop that changed how she spoke to her children and how they responded. Laugh, learn and share in this workshop on how you can follow Susan's journey from yelling, nagging, threatening and punishing to using family meetings, encouragement, mutual respect and natural and logical consequences. These easy to learn strategies for tots-to-tweens will lower your blood pressure and guilt, and raise the confidence and self-esteem of every member of your family.

The author of "Raising Able: How Chores Empower Families," Susan Tordella has led parenting workshops based on Adlerian psychology for more than a decade, saying, "You teach what you most need to learn." Her four children now ages 23-30 call home often, but not for money. Visit her blog at www.raisingable.com, and hear Susan every Monday morning on WCAP 980 as The Parenting Expert.

Susan has taught scores of parents the Raising Able Family Management System.

Tuesday, October 4, 2011 **1 Night**
7:00-9:00 p.m. **Fee: \$25**
Bromfield Room TBA **Maximum: 25**

Planning to register for a class? Send your form in early to reserve a spot! Classes may be full or even cancelled if everyone waits until the last minute!

ZUMBA®™

Get in shape and have fun doing it!

Deb Oliva, Certified Zumba Instructor

Zumba is a Latin-inspired, easy-to-follow, calorie-burning dance fitness class. Fast and slow rhythms are combined in an aerobic/fitness approach using Latin and international music and dance moves. You don't need to know how to dance. Come have fun and experience "exercise in disguise"!

Tuesdays, starts Oct. 4 **6 weeks**
7:00-8:00 p.m. **Fee: \$65**
Congregational Church of Harvard, 5 Still River Rd.

PHOTOSHOP FOR PHOTOGRAPHERS In the PC Lab

David Margaretos, Professional Photographer

This course is designed to instruct digital photographers of all levels on how to use Adobe Photoshop to edit, manipulate and enhance their digital images. Learn the basics and advanced techniques to produce perfect photographs or to create artistic renditions. Students will follow along as various tools and techniques are demonstrated and, therefore, should have basic skills in using a "Windows" based software application.

Thursdays, Oct. 27, Nov. 3, 10 & 17 **4 weeks**
7:00-9:00 p.m. **Fee: \$80**
Bromfield Computer Lab 197

Dave specializes in commercial, portrait and wedding photography. He teaches courses in digital photography, PHOTOSHOP™, and other areas of photography.

CARING FOR YOUR AGING PARENTS
When is the right time to have a conversation?

When to begin and what to do.

Anne Marie Rowse

This program will focus on services available for aging parents including covered services, private care and the importance of advocacy and support for the caregiver. Housing and homecare options will also be covered. As our population ages, the more informed we are, the better prepared we will be. Questions? Email Anne Marie at amarowse@charter.net

Anne Marie Rowse is principal of Senior Care Advisors, a private geriatric care management company. She is a member on the Friends of the Harvard Council on Aging and is the town of Harvard Representative to Minuteman Senior Services. Anne Marie is on the board of Corporators at Emerson Hospital She has BS in Rehabilitative Counseling, a Nursing Home Administrator license, a Certified Care Manager and has an MBA.

Thursday, October 6, 2011
7:00-8:30 p.m. **Class Limit: 15**
Bromfield Room TBA **Fee: \$15.00 or \$20/couple**

HOOPing for FUN and FITNESS Sign up early! Don't miss out on this fun class!

Heidi Delisle, Certified Hoop Dance Instructor



Learn to (hula) HOOP for fun and fitness....Come and be a kid again! Everyone can be successful with the right size HOOP. Class will include basic instruction, a fitness routine for practice, a progression of cool hooping moves, simple tricks, and music to inspire your inner young person! Hooping is a relaxing and enjoyable way to exercise that provides aerobic benefits and helps to develop core strength. A wide variety of adult size, professional quality, weighted hoops will be available for use during class. Or for an optional \$30 materials fee you may custom order your own practice hoop at the first meeting. Come join us for a workout that will keep you motivated and moving!

Heidi Delisle is a certified Hoop Dance instructor and regularly hoops with the Boston Hoop Troop. She is founder of "HOOP the World" a project that benefits the Cystic Fibrosis Foundation

Wednesdays, September 28-November 16 7:00-8:00 p.m. Class Maximum: 15 8 wks
HES Gym Fee: \$75.00/session

New to Yoga? Haven't done yoga for awhile?
Try one free class with MaryLu Hildreth, any
Monday from Sept. 12 through Oct. 3, 2011

GENTLE/BEGINNER YOGA

MaryLu Hildreth, RYT 500



Stretch your body - relax your mind! This class is for new students or continuing students who like the pace of a gentle class. We'll work with basic postures inviting each person to find the degree of stretch that feels right for them. Additional instruction to help adapt movements to accommodate special conditions (a bad back or knee, for example) lets each student work in their safety zone. Using breath and relaxation techniques to slow the mind down and free us momentarily from the hectic pace of our everyday lives will help relieve stress. Please bring a mat or blanket to class.

Mondays, Oct. 17-Dec. 19, 2011
(No class Oct. 31) 9 weeks Fee: \$108.00
Harvard UU Fellowship Building, 7 Elm St.

BEGINNER SALSA

Monique Dorian

Looking for a new way to get your daily cardio work out in? Well we have your answer! Our beginner salsa class introduces you to the rhythm and timing of salsa music, as well as the techniques of leading and following. You will learn basic footwork, dance positions, and connections between partners. We will teach you fun and easy dance patterns all while getting some cardio exercise into your day! No dance experience required. No partner required. Just wear comfortable clothing that you can move your hips in and a water bottle.

Wednesdays, starts Sept. 28 8 weeks
Beginner class 6:30-7:30 p.m. Fee: \$80.00

Classes are held in Harvard at Louise Dorian's home studio. Directions are sent upon registration.

BEGINNER LINE DANCE

DL Dance Enterprises Staff



Line dancing is not just for cowboys (and cowgirls!) anymore. If you can do the Electric Slide or the Cotton Eye Joe, you can line dance! And even if you haven't tried, we'll teach you right from the beginning steps to all kinds of music (country, pop, Latin and more)! Get out of the chair and meet new friends as well as burn the same number of calories as a low-impact aerobic class and not even know you're exercising! Wear shoes with soles that will slide easily (sneakers stick!) and bring a bottle of water and your friends! No other special equipment is necessary and no partner is needed!

Which session works best for you?

Session I Mondays, Sept. 12-Oct. 17, 2011

Session II Mondays, Nov. 7-Dec. 12, 2011

7:00-8:00 p.m.

6 weeks sessions

Fee: \$40.00/Session

DL Dance Studio, 280 Ayer Rd., Harvard

BEGINNER BALLROOM DANCING

DL Dance Enterprises



Learn the basic moves of ballroom dancing in a fun and relaxed atmosphere and be the hit of the next wedding or function! We will focus on two different styles of ballroom dance in each six week session. The class is taught in a rotation system so singles (or those with spouses who won't leave the couch) are most welcome at our classes. Wear comfortable clothing and shoes that slide (sneakers will stick!) and bring a bottle of water and your friends. No other special equipment is necessary!

Which session works best for you?

Session I Tuesdays, Sept. 13-Oct. 11, 2011

Session II Tuesdays, Nov. 1-Dec. 13, 2011

7:00-8:00 p.m.

6 weeks sessions

Fee: \$40.00/session

DL Dance Studio, 280 Ayer Rd., Harvard

**SUNDAY AFTERNOON YOGA or
THURSDAY EVENING YOGA**



Louise Dorian

End your day with a relaxed body and clarity of mind. We will begin with gentle stretching and pranayama breathing exercises to open the body, release tension and blocked energy that can make you feel tired and drained. Then we will move into yoga postures, carefully stretching at deeper levels to promote deeper release of physical and emotional tension. The class is designed for beginners and intermediate students. It is taught in a meditative style with detailed instruction and variations so all students can move at their own pace and feel comfortable.

**Sundays, 5-6:30 p.m. 8 weeks \$100/session
starts Sept. 25**

**Thursdays, 7-8:30 p.m. 8 weeks \$100/session
starts Sept. 29**

MORNING YOGA

Louise Dorian

While the kids are in school, take this opportunity to focus, center and nourish yourself. We will begin with gentle stretching and practice different ways of breathing (pranayama) to open the body and release tension and blocked energy that can make you feel tired and drained. Then we will move into yoga postures, carefully stretching at deeper levels and promoting deeper release of physical and emotional tension. At the end of class you will feel ready to begin the rest of your day with a relaxed body and clarity of mind. The class is designed for beginner and intermediate students. It is taught in a meditative style with detailed instruction and variations so all students can move at their own pace and feel comfortable.

Session I: Wednesdays, starts Sept 28

Session II: Thursdays, starts Sept. 29

Session III: Fridays, starts Sept. 30

9:15-10:45 a.m. (each session) 8 weeks/session

Fee: \$100/session

All classes with Louise Dorian are taught in her Harvard home studio. Directions sent upon registration.

PRENATAL YOGA



Louise Dorian

This class prepares you for an active and natural birth. Gentle postures, breath work, vocal toning and meditation teach you to cultivate flexibility, calmness and confidence, preparing you for your labor and childbirth. By being calm and flexible, you will ease the birthing process and increase the joy of giving birth. You will also have more vitality and a new awareness of the changes in your body, a body that is now home for two. This awareness will deepen and enrich your relationship with your baby.

**Saturdays, starts October 1
10-11:30 a.m.**

**8 weeks
Fee: \$104**

LATIN DANCERCISE

Louise Dorian

Why go to a regular exercise class when you can dance to some of the most beautiful rhythms in the world and lift your spirit! Salsa is a fiery dance originating in Cuba and has become extremely popular for all ages. It's sister dances include cha cha, merengue, bachata and samba. Included in this upbeat "get your calories burning" class are the basic steps to these dances, styling, techniques and lots of hip shaking. Presented in stand alone format, no partners. Let's dancercise!

**Tuesdays , 10-11 a.m. 8 weeks Fee: \$96
starts Sept. 27**

All classes with Louise Dorian are taught in her Harvard home studio. Directions sent upon registration.

YOUR PERSONAL TRANSFORMATION: A Home Study Program

No time to go to class?

Learn to control your metabolism and physical appearance for the rest of your life!

Try this Home Study

Marie O'Malley

Program

Each week participants will receive a packet of materials via email containing healthy eating strategies with menu suggestions, recipes, and logs as well as detailed workout guidelines (including photos of the exercises). With the healthy eating strategies you'll have boundless energy to sail through your days. Learn to eat to support a healthy metabolism instead of going on another diet! Simple 30 minute exercise programs that can be done at home or at a club are designed to train your body to release stored fat. Forget the 5 mile walks! They just don't work!

Skip the exhausting high intensity cardio. It can actually slow your metabolism down. Get the technology that works to reduce stubborn belly fat. The exercise programs layer from one workout to the next for spectacular results. By regularly changing the exercise stimulus your body never adjusts so the results are exceptional and you'll never get bored. The materials can be used for the rest of your life as a complete cycle of workouts. You can eat more, lose weight and get fit! This program is for anyone seeking positive physical change.

Starts week of October 3, 2011

8 weeks

Fee: \$55

HAPPY HEART QIGONG: Energy Movement Meditation Inspired by Lao Tzu

Master Qigong Instructor Robin Bonazzoli, MAc, LicAc, DiplAc, MQP

Qigong is a Chinese health-promoting system using beautiful flowing or still postures, breathing, light visualization, and spiritual contemplation. This fall's qigong series was developed by renowned Beijing martial arts coach & modern Qigong Master Jun Feng Li.



Breathe in the universal healing vitality. Release your stress, worries, and fears. Relax into natural movement. Become agile, flexible, and strong. Reveal yourself in divine contemplation. Flow into creative grace. Awaken your heart and soul to love! "If you want to be healthy and live to 100, do qigong!"—Dr. Mehmet Oz

Master Qigong Instructor Robin Bonazzoli, MAc, LicAc, MQP specializes in body-restructuring to help students to open into and deepen their physical, emotional and spiritual harmony. She has 3 decades of experience in qigong, tai chi and other martial arts with Asian masters, including teachings acquired through travels to China and a discipleship during 11 years in Japan. Visit Robin's website at www.countrywellhealing.com

Mondays, starts September 19th
7-8:45 pm

Location: Congregational Church of Harvard, 5 Still River Rd., Harvard

10 Weeks
Minimum: 10 students
Fee: \$200

ENJOY FALL IN NEW ENGLAND! Outdoor fun with STILL RIVER OUTFITTERS!

See full course descriptions on our website at

<http://www.psharvard.org/parentandcommunity/index.html>



Mommy/Daddy and Me Kayaking, Fridays, October 14, 21 and 28, 2-3:30 p.m.

\$108/Adult-Child pair, or \$85/accompanying adult

Developed by Still River Outfitter, Inc. to address the growing number of active adults starting families. In addition to basic paddling skills and safety considerations, we help parents adapt our proven strategies to comfortably paddle with a toddler. Taught in stable recreational kayaks. This class is appropriate for parents and their child between 1 and 5.

Introduction to Kayak, Fridays, October 14, 21 & 28, 5:30-7:30 p.m.

\$98/participant

This 6 hour program emphasizes safety, enjoyment and skill acquisition in stable "recreational" kayaks. An introduction to safe and efficient paddling is a relevant for learning the foundation skills for paddling all types of kayaks. Designed for adults, but children ages 10-15 are welcome to participate with a parent.



Fall Foliage Kayak Trip on the Concord River, Sunday, October 16, 2:00-5:00 p.m.

Enjoy the beauty of fall in New England from a different perspective. An experienced guide will lead you down the river at a leisurely pace. No experience is necessary.

\$77/person over age 15, \$36/person ages 6-15, Age 5 and under FREE!

HOOFBEATS FOR ADULTS

Elizabeth Kleinfeld, Century Mill Stables



Whether you are an adult getting back into riding, or a first time rider, this course is for you! Century Mill Stables offers an introduction or re-introduction into horses and riding. This fun, one hour class will start with grooming and tacking up your horse and end with a group riding lesson. Our licensed, up-beat instructors and happy, well-trained horses will make sure you have a positive riding experience. Century Mill Stables is conveniently located just 3 minutes from I495 and has an indoor ring for classes to run in all weather.

Session 1 Sundays, Sept. 11, 18, 25 & Oct. 2

Session 2 Sundays, Oct. 9, 16, 23 & 30th

Session 3 Sundays, Nov. 6, 13, 20, & Dec. 4

Noon-1:00 p.m.

Century Mill Stables, Bolton

4 classes
Maximum: 6
Fee: \$165/session

Space is limited, and registration closes one week prior to class, so register early.

GETTING PAID TO TALK - Making Money with Your Voice

An Introduction to professional voice overs
Voices Coaches Staff

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all - important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We have created a new web-accessible page with detailed information specifically about our Getting Paid To Talk class. This page detailed information about class content, answers to common questions, and general information about the voice acting field. <http://www.voicecoaches.com/gppt>

Tuesday, October 11 **1 night**
6:30-9:00 p.m.
Bromfield Room TBD **Fee: \$25.00**

Register Early! Space is limited!

MAXIMIZE YOUR COLLEGE FINANCIAL AID *Marcia Sullivan, College Funding Advisors*

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

Wednesday, October 19, 2011 **1 Night**
or Tuesday April 5, 2011
7:00-9:00 p.m. **Fee: \$18.00**
Bromfield Room 194 **or \$28/couple**

EVERYTHING YOU WANTED TO KNOW ABOUT DIVORCE, but were afraid to ask

Barry S. Harsip, Esquire
Mr. Harsip is a divorce and family law attorney

This course will provide an overview of the divorce process, from the initial filing through the negotiation and settlement, or trial, of the divorce action. We will focus on the issues addressed in a divorce and the remedies available through the court system as well as outside of court. In addition, we will discuss the post-divorce enforcement and modification of the divorce judgement. There will be a substantial question and answer period. All materials are included in tuition.

Thursday, Nov. 10 **1 night**
7:00-9:00 p.m.
Bromfield Room TBD **Fee: \$15.00**

INTRODUCTION TO THE ALEXANDER TECHNIQUE

Elizabeth Ann Drakeley, M.S. M.AmSAT

Come learn about the 100 year old method for improving health, functioning and performance. The Alexander Technique has been in the news lately: Victoria Beckham started studying to remain poised in stilettos; The British Journal of Medicine reported an 85% lasting reduction in the number of days of back pain through lessons in the Alexander Technique; Google started offering lessons to it's employees after noting that absenteeism at Victorinox was reduced by more than 42 per cent due to an Alexander Technique program. Whatever you do - walking, running, bending, or simply sitting at a computer - you're "using" yourself. Unfortunately we all develop unique patterns of tension that interfere with the optimal 'use' of ourselves. This misuse often leads to stress, pain and diminished ability to perform everyday and skilled activities. The Alexander Technique is a practical method used by people of all ages to improve their use, reduce stress and experience lasting relief from chronic pain. This class will introduce the history, principles and applications of the Alexander Technique.

Includes one group lecture and a private lesson to be scheduled with the Instructor.

Elizabeth Ann Drakeley has worked in the field of medical research for over 10 years. She earned her Master's Degree in Biostatistics from Harvard University School of Public Health in 1988. Her interest in health and functioning led her to the Alexander Technique in the early 90's. She was certified to teach by the Alexander Technique Training Center in 2002.

Pick which date works best for you!

Wednesday, Oct. 5, 2011 **1 night***
or Tuesday, Nov. 29, 2011
7:00-8:30 p.m. ***(plus private session)**
Bromfield School Room TBA **Fee: \$25.00**

Looking for a fun activity the family can do together? How about Tae Kwon Do?
The **Tae Kwon Do Karate Club** meets on Tuesday nights in Harvard.
Contact Peter at peter.girouard.harvard@gmail.com

Visit our website:

<http://www.psharvard.org/parentandcommunity/index.html>

Additional classes are in the works!

Coming soon: Photographer's Salon with Jonathan Pike



On-Line Classes with Ed2Go

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

1. To see all the courses we offer, visit our Online Instruction Center at: www.ed2go.com/harvardaded
2. Click the **Orientation** link and follow the instructions to enroll and pay for your course. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course. *This step is critical!* You cannot access your course until you complete orientation.
3. Payment can be made by mailing a check made payable to: Town of Harvard, 39 Massachusetts Avenue, Harvard, MA 01451 or by using the **Online Payment Center** at www.psharvard.org.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with the name and password you provided during orientation.

Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for access to complete course descriptions, student evaluations, instructor biographies, requirements, and other info.

Just a sample of the hundreds of courses available:

Designing Effective Websites	Microsoft Word	Microsoft Excel
DreamWeaver	Microsoft Excel	Microsoft PowerPoint
InDesign	Microsoft Publisher	
Java 2 Programming	Real Estate Investing	
Illustrator	Introduction to QuickBooks	
Computer Skills for the Workplace	Quicken	
Web Page Design	Creating a Successful Business Plan	
Photoshop	Accounting Fundamentals	
Making Movies with Windows Vista	Project Management Fundamentals	
Breaking Into Sitcom Writing	Praxis I Preparation	
Get Paid to Travel	A to Z Grant Writing	
Become a Veterinary Assistant	Creating the Inclusive Classroom	

And many more!

www.ed2go.com/harvardaded Experience the convenience of on-line learning!

Planning to register for a class? Send your form in early to reserve a spot! Classes may be full or even cancelled if everyone waits until the last minute!

IMPORTANT INFORMATION

Don't wait until the last minute to register! You might find the class is already full, or if everyone waits until the last minute it may even be cancelled!

Our instructors need to know how many students to plan for! Please, register early!

E-mail (jcavanaugh@psharvard.org) or give us a call (978-456-4118) to check availability!

Deadline Date is one week prior to the class registered for start date. Harvard Community Education reserves the right to cancel any course that does not meet sufficient enrollment at least one week prior to the start date. If a class is cancelled due to insufficient enrollement your check will be returned.

Course Fees are stated in the course description. Senior Citizens (age 65 and up), Town employees may take a 15% discount on the course fee (unless otherwise noted). No discount on Bus trips.

Payments should be for the appropriate fee and checks made out to: **Town of Harvard/Adult Ed. Separate checks** should be made out for each **course** taken. There will be **NO REFUNDS** for any withdrawals. Checks will be returned only if the class is cancelled.

Enrollment for Adult Education Courses is on a first-come, first-served basis. Students should consider themselves enrolled unless otherwise notified.

Course Locations are at The Bromfield School, 14 Massachusetts Avenue unless otherwise noted in the course description.

Room Assignments, Announcements, etc. are subject to change.

Cancellation of class will occur if Harvard Public Schools are closed during the day due to inclement weather. If weather conditions become severe later in the day, the cancellation will be announced on WBZ (1030AM). Classes will be rescheduled at a later date.

Smoking, alcohol, illegal substances and weapons are not permitted in school buildings or on school grounds per State Law. Please observe the law.

Harvard Community Education does not discriminate on the basis of race, national background, religion, gender, economic status, political party, age, handicap and other human differences in admission to, access to, treatment in or employment in its programs or activities. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Pam DeGregorio, Director of Special Education, Harvard Public Schools, 978-456-4143.

Name _____

Address _____ Town _____ Zip _____

Phone:(H) _____ (W) _____

Email Address _____
(please print clearly)

Class: _____

Class: _____

*Non-resident fee: add \$3.00 per course

If you register for more than one class, please submit a **separate check** for **each class** (in case one class is cancelled).

Thank you!

Harvard Community Education
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Harvard, MA 01451
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