

**Silver Lake Regional
High School**

**Adult Education Courses
Winter/Spring 2019**



260 Pembroke Street
Kingston, MA 02364
781-585-3844

Please see course descriptions below.
Registration information on the last page.

◆ OSHA GENERAL INDUSTRY COURSE

This 10hr. program by the *Occupational Safety and Health Administration* provides health and safety training for those entering or employed in general industry related fields. Successful completion of the course results in a *10hr. Certification Card*.

Instructor:	Don Arsenault	
Thursdays	6:00-8:00pm	5 weeks
Room 1637	Begins Feb. 28th	\$85

◆ AUTOMOTIVE FUNDAMENTALS

This is a hands-on course in basic auto repair and preventative maintenance. Included will be an overview of all of the systems of an automobile, highlighting minor repairs and fluid checks needed for long-term ownership. An oil change of your car is included.

Instructor:	Stephen Woolson	
Thursdays	6:00-8:00pm	8 weeks
Automotive Shop	Begins Feb 28th	\$150

◆ WOODWORKING

This woodworking course appeals to beginners and experts and is primarily student driven. You will have the option to build a planned project or you can come in with your own plans/ideas for a project. The instructor will work with you to help develop a material list and plans for assembly for your project as well as provide guidance/assistance as you build your project. This is a great course if you have an interest in woodworking but don't have the tools, the expertise or the space to build. Students will be responsible for all materials; material lists for first project will be discussed during the first class as well as a review of safety procedures in the shop. Storage space is not available at the school and students are asked to bring their own safety glasses and tape measure.

Instructor:	Jim Kenney	
Thursdays	6:00-8:00pm	8 weeks
Carpentry Shop	Begins Feb 28th	\$150

◆ WELDING

This welding class will cover OXY acetylene cutting, SMAW (flat and vertical), GMAW (flux core, spray transfer and short circuit). Program will run 5 weeks for a total of 20 hours.

Instructor:	David Grennell	
Tues & Thurs	6:00-8:00pm	5 weeks
Welding Shop	Begins Feb 26th	\$250

◆ BASIC KITCHEN KNIFE SKILLS

Enhance your skills in the kitchen. Learn the five basic knife skills every enthusiastic cook should know! Easily chop, dice, julienne, chiffonade, and slice vegetables and herbs like a pro. Learn how to sharpen and hone your knife and properly use common kitchen tools. If this class fills, a second will be offered the following week.

Instructor:	Chef Joanne Jewell Crossley	
Wednesday	4:00-6:30pm	1 session
Culinary Kitchen	February 27th	\$40

◆ ADVANCED KNIFE SKILLS

Get ready to take your basic knife skills to the next level. Learn how to properly section a whole chicken, tenderize and butterfly the breast. Practice the basics of carving and filleting. This is a hands on class.

Instructor:	Chef Joanne Jewell Crossley	
Wednesday	4:00-6:30pm	1 session
Culinary Kitchen	March 13th	\$40

◆ WORLD CUISINE

Learn to prepare new world cuisines from India, the Middle East, China and Mexico. Taste exciting dishes each week in this hands on class. (Knife skills class recommended)

Instructor: Chef Joanne Jewell Crossley
Wednesday 4:00-7:00pm 4 weeks
Culinary Kitchen Mar. 20, 27 Apr. 3, 10 \$160

◆ SUSHI 101 - (THE BASICS)

Learn the ingredients and tools necessary to prepare Maki sushi rolls in this fun, hands-on cooking class. Take home your new skills and impress your family & friends! (Knife skills class recommended)

Instructor: Chef Joanne Jewell Crossley
Wednesday 4:00-7:00pm 1 Session
Culinary Kitchen April 24th \$50

◆ THE THRILL OF THE GRILL

Learn the basics of grilling. Get tips on preparing proteins, fruits and vegetables for the open flame. Create tasty appetizers, entrees and desserts that will please any palate. This hands on class will get you ready for backyard BBQs & entertaining. (Knife skills recommended)

Instructor: Chef Joanne Jewell Crossley
Wednesdays 4:00-7:00pm 2 weeks
Culinary Kitchen May 1st and May 8th \$80

◆ CHICKEN FARMING

This class will give you insight into how to raise chickens based on 60 years of experience as a chicken farmer.

Instructor: Rui Santos—Owner of Santos Family Farm
Thursdays 7:00-8:00pm 4 weeks
Room 1653 Begins Feb 28th FREE

◆ SEWING (HOLIDAY STOCKING PROJECT)

This class covers basic stitching to make lined Christmas stockings (for any holiday or pets too). Some quilting techniques are used as well. Make at least one, possibly two stockings. Materials are not included and are purchased separately and students must bring sewing machine.

Instructor: Pam Krause
Thursdays 4:00-6:00pm 6 weeks
Room 1615 Begins Feb. 28th \$60

◆ INTRODUCTION TO AutoCAD

The focus of this class will be to introduce students to two-dimensional Computer Aided Drafting (CAD).

Instructor: Robert Freitas
Thursdays 6:00-8:00pm 10 weeks
Room 1636 Begins Feb. 28th \$175

◆ FLOWER ARRANGING

This flower-arranging workshop is for personal enrichment. Using fresh flowers, students explore the basic concepts of flower arrangement while developing personal flair and creativity. Students learn tricks for creating sophisticated floral pieces to enhance any special occasion. Week 1 features a floral creation done in a vase and week two will be a basket arrangement that students take home. *Flowers and materials are included in the cost of the class.*

Instructor: Christine Merritt
Thursdays 6:00-8:00pm 2 sessions, 2 weeks
Horticulture Shop Session 1: Feb. 28, Mar. 7 or Session 2: Mar. 21, 28 Cost: \$100

◆ GOLF FOR BEGINNERS AND INTERMEDIATES

New golfers will be instructed on grip, stance and swing; intermediate golfers who are having difficulty with slices, hooks, ground balls, or other swing flaws will learn how to hit the ball straighter and further. Students will also learn the fundamentals of chipping and putting. The class will take place in the gym for long and short game instruction and in a classroom for course management, etiquette and club selection. As a coach of SL golf teams past and present and a volunteer instructor with the Plymouth North JV team and Plymouth Boys and Girls Club, I am familiar with golfers of all abilities.

Instructor: Kathy Drane
Thursdays 6:00-7:30pm 3 weeks
High School Gym March 14, 21, 28 \$50

◆ "I CAN DO THAT"- A Simple Guide to Self-Empowerment

This class is for people looking to improve their overall health and wellbeing. Join chiropractor Susan Waletkus and nurse practitioner Amy Hatch for a fun interactive session to create your toolbox for achieving and maintaining physical, spiritual and emotional well-being. This mission is to put HEALTH back in Health Care. The charge for this class is a bag of nonperishable groceries that will be donated to the food pantry.

Instructors: Dr. Susan F. Waletkus DC & Amy Hatch CPNP
Tuesday 6:00-8:00pm 1 session
Library March 5th (Cost: See Above)

◆ GENTLE YOGA

This gentle yoga class will help participants improve flexibility and strength while allowing some time to clear minds and bring some calm and peace into life. Stretching and moving through yoga poses while focusing on proper alignment, linking breath to movement, and lubricating joints will improve your sleep and strengthen your body. Yoga mats are available if needed, bring a blanket to use as a support if possible.

Instructor: Michelle Chaffee
Thursdays 5:00-6:00pm 10 weeks
Middle School (Rm 344) Begins Feb 28th \$50

◆ CREATIVE WRITING

The Creative Writing class is for writers of all levels. Students will work constructively with the instructor and their peers in an effort to complete short works of fiction. Bill McStowe is the Creative Writing teacher at Silver Lake Regional High School. His stories and poems have appeared in print and digital magazines, anthologies, and podcasts.

Instructor: Bill McStowe
Thursdays 7:00-8:00pm 4 weeks
Library Begins March 4th \$30

◆ KEEPING A NATURE JOURNAL: Discover New ways to See Your Own Backyard (and Beyond)!

Do you love looking out the window, hiking, tending the garden, or something in-between? From scientific discovery to creative art to casual doodling (in word or pictures), nature journals are a way to discover, re-create, and/or express your own relationship with the natural world.

You don't need to be an artist, writer, scientist, or photographer to enjoy the process and benefits of nature journaling (through any of those talents are very welcome)! Come join us for a fun and relaxing class as we explore types of journals (great and small) and participate in some practical (indoor) exercises to get on-track to regular nature journaling. All levels of experience welcome.

This two-session class will provide you with an interesting and rewarding new or renewed hobby. The instructor Roz Kubek is a poet and casual nature lover.

Note: Participants should provide their own journal or notebook or can contact the instructor at roz.kubek@gmail.com to purchase one at cost prior to the first meeting.

Instructor: Roselyn Kubek
Thursdays 6:30-8:00pm 2 weeks
Room 1611 March 7th and 14th \$20

◆ **POP –UP BOOK DISCUSSION (Non-Fiction): *A Stranger in the Woods***

(The Extraordinary story of the Last True Hermit) by Michael Finkel

Class Description: Many of us dream of escaping modern life. Have you fantasized about leaving it all behind you? Have you read the newspaper stories about “The Maine Hermit?” Or do you just want to read or re-read something interesting and thought-provoking and talk about it with a new group of people? The book group will meet twice – Once before and once after reading the non-fiction best seller *A Stranger in the Woods (The Extraordinary story of the Last True Hermit) by Michael Finkel*.

In session one, we will meet each other, the author, be introduced to the book, themes, and read/discuss supplementary materials related to the topic. Participants will have the next three weeks to read the book before meeting for an interesting, lively, and focused book discussion led by retired English department Head, Roz Kubek. Sessions are not pro-rated, but it is possible to attend only the discussion portion. Note: Participants must provide their own copy of the book available at most public libraries or on Amazon.

Instructor: Roselyn Kubek
Thursdays 6:30—8:00pm Feb 28th 2 sessions
Room 1611 6:30—8:30p Mar 21st \$25

◆ **SPRING AHEAD: Enjoying the Poetry of Spring!**

Class Description: It is always a long winter in New England! Why not break into spring with a fun evening of reading, enjoying, discussing classic and modern poems about spring? Poetry will include Wordsworth’s uplifting “Daffodils,” Dickinson’s “Hope is the Thing with Feathers,” McKay’s “After the Winter” and more. Raise your spring spirits! No experience or pre-reading necessary. One session. Instructor Roz Kubek is a published poet and a former English Department Head.

Instructor: Roselyn Kubek
Thursday 6:30—8:30pm 1 session
Room 1611 April 4th \$ 15

◆ **POP –UP BOOK DISCUSSION (FICTION): *The Stone Angel*** by Margaret Laurence.

Class Description: According to Goodreads: “Vivid, evocative, moving, *The Stone Angel celebrates the triumph of the spirit, and reveals Margaret Laurence at the height of her powers as a writer of extraordinary craft and profound insight into the workings of the human heart.*” In her best-loved novel and Canadian classic, *The Stone Angel*, Margaret Laurence introduces Hagar Shipley, one of the most memorable characters in fiction. She’s acerbic, witty, stubborn, querulous, self-reliant – and, “at ninety, with her life nearly behind her – Hagar Shipley makes a bold last step towards freedom and independence.” This wonderful novel toggles from the present to the past until Hagar’s life story unfolds before her and the reader.

In session one, we will meet each other, the author, be introduced to the book, themes, and read/discuss supplementary materials related to the topic. Participants will have the next three weeks to read the book before meeting for an interesting, lively, and focused book discussion led by retired English department Head, Roz Kubek. Sessions are not pro-rated, but it is possible to attend only the discussion portion

Note: Participants must provide their own copy of the book available through public libraries or on Amazon or other sellers.

Instructor: Roselyn Kubek
Thursdays 6:30—8:00pm Mar 28th 2 sessions
Room 1611 6:30—8:30pm Apr. 25th \$ 25

◆ **EKG TECHNICIAN**

You can become an EKG technician and get both your classroom and hands-on experience in this course. You will learn cardiac anatomy and physiology, causes of heart disease, how to operate EKG monitors and Holter monitors, pacemaker rhythms, how to read and interpret EKG recordings and how to communicate effectively with physicians and medical staff. Completing this class, which is recognized by the American Medical Certification Association (AMCA) and the American Society of Phlebotomy Technicians (ASPT), will waive the mandatory six-month clinical experience required. Students must complete this course with an average grade of 70% or higher. Textbook information is provided on our website and in your confirmation email.

Instructor: Marcus Loureiro, CEKGT Instructor
Thursdays 6:00-10:00pm 10 weeks
Room 1613 Begins Feb 28th \$600

Registration Information:

Class Schedule:

Classes meet in Silver Lake Regional High School unless otherwise noted. No classes will meet the week of April 15 –19. Classes will not be held if Silver Lake is closed during the day due to inclement weather.

Enrollment:

- Classes are filled on a “first -come/first-serve” basis.
- All courses must have sufficient enrollment to cover the cost of offering the course. Courses without sufficient enrollment will not run and anyone who registered will be contacted and refunded.
- Once you have sent your registration form and payment, please plan to attend the first scheduled class day. You will only be notified should your class be cancelled or overenrolled.

Refund Policy:

Refunds will be given in full if a class does not run due to insufficient enrollment. There will no refunds after the 1st class meeting. Courses and instructors do not represent the views of the Silver Lake Regional School District.

Payment:

Personal check, cash or money order

Checks made out to: Silver Lake Regional High School.

Materials:

The student provides materials used in most classes. Any specific information will be provided in the first class meeting.

Questions:

Office of Career & Technical Education: 781-585-3844 Ext 2005 or you can email at Ikalinowski@slrsd.org

Adult Education Registration Form

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Cell:** _____

Email address: _____

Course Title: _____ **Fee:** _____

Payment Options: personal check, cash, money order

Mail completed registration form and payment to:

Silver Lake Regional High School

Adult Education

260 Pembroke Street

Kingston, MA 02364

OR

Walk in Registration: Monday - Friday

8:00am – 2:30pm, Main Lobby Kiosk

Silver Lake Regional High School