

Laconia Adult Education 2019 Winter/Spring Enrichment Catalog

Registration and detailed course descriptions available at: adultedaconia.weebly.com

Course Title	Day(s)	Start date	Times	# weeks	Cost	Location	Instructor Name
Arts & Crafts							
Sewing: Quilt As You Go	Tues	4/9/2019	6:30-8:30	4 weeks	*\$40.00*	LHS-605	Ardy Eaton
Mosaics: A New Modern Technique	Thurs	3/21/2019	6:00-8:00	4 weeks	*\$60.00*	LHS-509	Elizabeth Keefe
Pastel Painting	Thurs	1/31/2019	6:00-8:00	3 weeks	*\$40.00*	LHS-509	Elizabeth Keefe
Cooking							
Chinese Cooking	Thurs	3/7/2019	6:00-8:30	5 weeks	*\$60.00*	ctc-H220	Yan Li
Easy Cooking: Quick, Healthy & Delicious	Wed	1/30/2019	5:30-7:30	3 weeks	*\$30.00*	ctc-H220	Elizabeth White RD,LD
Authentic Thai Cooking	Tues	2/19/2019	6:00-8:30	5 weeks	*60.00*	cts-H220	Sophie Wentworth
Thai Vegetarian & Fusion Cooking	Wed	2/20/2019	6:00-8:30	5 weeks	*60.00*	cts-H220	Sophie Wentworth
Health & Wellness							
Acupuncture, Herbs, & Holistic Medicine	Tues	1/29/2019	7:00-8:30	1 week	Free	LHS-608	Brian Paterson, ND
Belly Dancing Fun & Exercise for Beginners	Mon	2/11/2019	6:15-7:30	10 weeks	\$65.00	LHS-Café	Andrea Aldrovandi
Holistic Roots to Healthy Living & Life Style Choices	Tues	2/5/2019	7:00-8:30	6 week	Free	LHS-608	Brian Paterson, ND
Line Dancing	Thurs	3/21/2019	6:30-7:45	5 weeks	\$45.00	LHS-Café	George Maloof
Mah Jongg Made Easy and Fun	Wed	1/30/2019	7:00-9:00	5 weeks	\$50.00	LHS-514	Sharon Fleischman
Naturally Beautiful (Loving the person you are)	Mon	2/4/2019	5:30-6:30	6 weeks	\$40.00	LHS-615	Dawn Sanchez
Better Posture Better Life	Mon	1/28/2019	5:30-6:15	4 weeks	\$45.00	Downtown Gym	Janine Page
T'ai Chi Chih	Wed	1/30/2019	5:30-6:30	8 weeks	\$70.00	ctc-H235	Nancy Frost
Yoga for Everyone: Beginning	Tues	1/29/2019	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Thurs	1/31/2019	5:00-6:15	8 weeks	*\$55.00*	ctc-H225	Bonnie Morin
Yoga for Everyone: Beginning	Tue & Thu	1/29/2019	5:00-6:15	8 weeks	*\$85.00*	ctc-H225	Bonnie Morin
Informational Classes/Seminars							
1st Time Homebuyer Seminar	Thurs	2/7/2019	6:00-8:00	1 week	Free	LHS-613	Donald McLelland
Estate, Wills, Trusts & Guardianship Planning	Tues	1/29/2019	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
Estate, Wills, Trusts & Guardianship Planning	Tues	2/12/2019	7:00-9:00	1 week	Free	LHS-613	Kristen Gardiner
Savvy Social Security & Medicare Planning	Wed	1/30/2019	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Smart Retirement Strategies	Wed	2/6/2019	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Wealth Planning 101	Wed	2/13/2019	6:30-8:30	1 week	Free	LHS-613	Greg Caulfied
Language							
Arabic Language and Culture	Thurs	2/7/2019	6:00-7:15	10 weeks	*\$45.00*	LHS-202	Najwa Hana
French for Beginners (Conversation & Culture)	Mon	1/28/2019	7:00-8:15	10 weeks	*\$50.00*	LHS-201	Marta Burke
Spanish for Beginners	Mon	1/28/2019	6:00-7:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level I	Mon	1/28/2019	7:00-8:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Spanish Intermediate Level II	Mon	1/28/2019	8:00-9:00	10 weeks	*\$45.00*	LHS-202	Mark Frattarola
Learning a skill							
Camera- Getting the most out of your Digital Camera	Tues	1/29/2019	6:00-8:30	3 weeks	\$75.00	LHS-611	Bob Levin
Lightroom/Photoshop	Tues	3/5/2019	6:00-8:30	3 weeks	\$75.00	LHS-611	Bob Levin
Dog Obedience: Beginning	Wed	3/13/2019	6:00-7:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: Advanced	Wed	3/13/2019	7:00-8:00	8 weeks	*\$70.00*	WHS	Carolyn Bancroft
Dog Obedience: AKC Citizen, Community, & Urban Certifications	Wed	3/13/2019	7:00-8:00	8 weeks	*\$75.00*	WHS	Carolyn Bancroft
Fly Tying	Mon	1/28/2019	6:30-8:30	9 weeks	*\$50.00*	LHS-509	Mike Cox
Genealogy: Research and Writing Your Family History	Wed	1/30/2019	6:30-8:30	4 weeks	\$30.00	LHS-203	Chuck North
How and Where to Sell Your Items Online	Wed	2/6/2019	6:00-8:00	3 weeks	\$25.00	LHS-614	Erica Hebert
Welding Basics: ARC, GAS, MIG & TIG	Tues	1/29/2019	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Welding Basics: ARC, GAS, MIG & TIG	Wed	1/30/2019	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Welding: Advanced MIG, TIG, Stick, Fabrication	Thurs	1/31/2019	5:30-8:30	10 weeks	*\$295.00*	LHS- Welding LAB	Rick Hewitt
Woodworking	Tues	1/29/2019	6:00-8:30	10 weeks	*\$110.00*	LHS-517	Ed Fellona

* * Additional Supply/book fee or pre-class requirement is additional in this course.

Check out our other great offerings: [A.B.E.- Free Adult Basic Education Tuesday & Thursday nights 6:00-8:30](#)
[Adult Diploma- Tuition based high school diploma program](#)
[HiSET \(Formerly GED\) Prep- Free Tuesday & Thursday nights 6:00-8:30](#)
[E.S.L.- Free for those learning English Tuesday & Thursday nights 6:00-8:30](#)
[A.D.D.- Free for Adults with Developmental Disabilities Tuesday & Thursday nights 6:00-8:30](#)

CHECK ONLINE FOR MORE DETAILED COURSE INFORMATION (Including materials, book fees or Labs)

REGISTER AND PAY ONLINE at: adultedaconia.weebly.com

Still have questions? Call Laconia Adult Education at 524-5712