

Open to:
 Milford Residents (R)
 Non-Residents (NR)

Milford Community School Use Program

www.mcs.milford.ma.us

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Adult Education Winter 2019

Special Interests



Crochet 101

Basics of crocheting by creating small projects each week.

Alyssa Lombardi

Day: Wednesday, 9 weeks
 Starts: January 30
 Time: 7:00 – 9:00 PM
 Place: MHS, Room A-1
 Fee: \$125 (R), \$140 (NR)

Mah Jongg

Learn the basic American version of Mah Jongg.

Fran Morcone

Day: Tuesday, 6 weeks
 Starts: February 5
 Time: 6:30 – 8:30 PM
 Place: Memorial Hall
 Fee: \$50 (R), \$60 (NR)

Spring Floral Creation

Create a frame, bookmark and invitation enhanced by flowers.

Elaine McNanna

Day: Wednesday (One Night!)
 Starts: March 20
 Time: 6:00 – 8:30 PM
 Place: MHS, Room E-2
 Fee: \$50 (R), \$60 (NR)

Handbuilding Pottery Class

Discover the transformational qualities of clay and learn to build and decorate pieces.

Arti Bhola Goulatia

Day: Wednesday, 3 weeks
 Starts: January 30
 Time: 7:00 – 8:30 PM
 Place: MHS, Room E-1
 Fee: \$195 (R), \$215 (NR)

Painting in Acrylics Beginners and Intermediates

Learn composition and color theory working with acrylics.

Antonella D'Aloia

Day: Wednesday, 8 weeks
 Starts: January 30
 Time: 7:00 – 8:30 PM
 Place: MHS, Room E-2
 Fee: \$105 (R), \$115 (NR)

Clay Workshop

Start with a lump of clay and hand-build a beautiful one of a kind piece!

Arti Bhola Goulatia

Day: Wednesday (One Night!)
 Starts: February 13
 Time: 5:30 – 7:00 PM
 Place: MHS, Room E-1
 Fee: \$75 (R), \$85 (NR)

Small Businesses Search Optimized Web Hosting

Move your website higher up in the search engines

Daniel Gregory

Day: Wednesday, 3 weeks
 Starts: January 30
 Time: 6:30 – 8:30 PM
 Place: MHS, Room A-2
 Fee: \$60 (R), \$70 (NR)

Boating

About Boating Safety

Coast Guard Auxiliary provides instruction to boaters of all levels.

Phil Kubat

Day: Saturday (One Day!)
 Starts: March 23
 Time: 8:00 AM – 5:00 PM
 Place: MHS, C-8
 Fee: \$70 (R), \$80 (NR)

Paddle Craft

Understanding paddle crafts: including safety, legalities, emergencies and more.

Phil Kubat

Day: Wednesday (One Night!)
 Starts: April 10
 Time: 6:30 – 9:30 PM
 Place: MHS, Bistro
 Fee: No fee



Suddenly in Command

Incapacitated captain, you are now in command!

Phil Kubat

Day: Wednesday (One Night!)
 Starts: April 3
 Time: 6:30 – 9:30 PM
 Place: MHS, C-8
 Fee: No fee

Language

ESL - Survival English

English as a second language, day to day words & phrases.

Christine Cote

Day: Mon + Wed, 5 weeks
 Starts: January 28
 Time: 6:00 – 8:00 PM
 Place: MHS, Room A-3
 Fee: \$150 (R), \$165 (NR)



Health/Self-Help

Tilting Your Life Wheel

Learn to focus your time, energy & attention to bring balance & meaning to your life.

Susan Caplan McCarthy

Days: Tuesday
 Starts: February 12
 Time: 6:30 – 8:00 PM
 Place: MHS, Room A-1
 Fee: \$25 (R) \$35 (NR)



Survival Arabic

Egyptian colloquial Arabic to meet communication needs.

Mirette Abdelsayed

Days: Tuesday
 Starts: January 29
 Time: 6:00 – 8:00 PM
 Place: MHS, A-4
 Fee: \$100 (R), \$100 (NR)



Clearing Space at Home

Clearing the mental and emotional clutter that becomes physical clutter.

Susan Caplan McCarthy

Day: Tuesday (One Night!)
 Starts: February 5
 Time: 6:30 – 8:00 PM
 Place: MHS, A-14
 Fee: \$25 (R), \$35 (NR)

Red Cross CPR/AED

For workplace/community.

David Chaplin

Days: Tues & Thurs
 Starts: March 12 + 14
 Time: 7:00 – 9:00 PM
 Place: MHS, Room E-4
 Fee: \$60 (R), \$70 (NR)

Fitness/Health

Beginner Line Dancing

Get your body moving while you learn the basic steps for most line dances.

Alice Kinahan

Day: Mondays, 8 weeks
Starts: January 28
Time: 7:00 – 8:00 PM
Place: Memorial Hall
Fee: \$55 (R), \$65 (NR)



Winter Conditioning for Spring Sports

A strength, agility and conditioning circuit class.

Lisa Caruso

Day: Saturday, 8 weeks
Starts: February 2
Time: 8:30 – 9:30 AM
Place: Shining Star Gym
Fee: \$60 (R), \$70 (NR)

Total Body Fitness

Gain muscle, lose fat and boost your metabolism.

Jean Gillis

Days: Mon & Wed, 10 weeks
Starts: January 28
Time: 6:45 – 7:45 PM
Place: MHS, F-203
Fee: \$150 (R), \$165 (NR)

Cardio Tennis/Round Robin Play

Calorie burning cardio workout followed by game playing with coaching tips.

Lisa Caruso

Days: Saturday, 5 weeks
Starts: April 27
Time: 7:30 – 9:00 AM
Place: MHS Tennis Courts
Fee: \$75 (R), \$85 (NR)

Yogalates

Combine Yoga and Pilates moves to develop core strength and tone muscle!

Carol Dearborn

Days: Tuesday, 10 weeks
Starts: January 29
Tues: 7:00 – 8:00 PM
Place: MHS, F-203
Fee: \$85 (R), \$95 (NR)

Yoga for Every BODY

Breath awareness, balance, held asana, mindful meditation and restoration.

Marie Clemente

Days: Monday, 10 weeks
Starts: January 28
Time: 6:30 – 8:00 PM
Place: Shining Star Gym
Fee: \$100 (R), \$110 (NR)

Mindfulness, Meditation and Movement

Learn to quiet the mind while moving the body with fluidity and awareness.

Lisa Caruso

Days: Monday, 6 weeks
Starts: January 28
Time: 5:30 – 6:30 PM
Place: Shining Star
Fee: \$60 (R), \$70 (NR)

Learn to Run Easily with ChiRunning!

Practice the ChiRunning technique, build up your fitness, stamina and confidence.

Jean Gillis

Days: Tuesday, 8 weeks
Starts: April 16
Time: 5:30 – 6:30 PM
Place: MHS Track Flagpole
Fee: \$75 (R), \$85 (NR)

Learn to Walk Easily with ChiRunning!

Practice the ChiWalking technique, build up your fitness, stamina and confidence.

Jean Gillis

Days: Wednesday, 8 weeks
Starts: April 17
Time: 5:30 – 6:30 PM
Place: MHS Track Flagpole
Fee: \$75 (R), \$85 (NR)



Mindfully Mixed Yoga



Hatha yoga combining yoga and mindfulness.

Cindi Scrimgeour

Session 1

Day: Tuesday, 10 weeks
Starts: January 29
Time: 4:15 – 5:30 PM
Place: Memorial Hall
Fee: \$100 (R), \$110 (NR)

Session 2

Day: Tuesday, 6 weeks
Starts: May 7
Time: 4:15 – 5:30 PM
Place: Memorial Hall
Fee: \$60 (R), \$70 (NR)

STRONG

Combines body weight, muscle conditioning, cardio & plyometric training moves synched to original music.

Maria Fontana

Day: Tuesday, 6 weeks
Starts: January 8
Time: 7:00 – 8:00 PM
Place: Memorial Hall
Fee: \$65 (R), \$75 (NR)

Zumba

Zumba is a Latin-inspired dance-fitness program using different genres of dance.

Maria Fontana

Days: Tuesday, 10 weeks
Starts: February 26
Time: 7:00 – 8:00 PM
Place: Memorial Hall
Fee: \$85 (R), \$95 (NR)



Indoor Walking

The halls open for evening walks with distances marked off to help you keep track of your progress.

Days: Mon, Tues, Wed
Starts: January 14, 10 weeks
Time: 6:30 – 8:30 PM
Place: MHS Hallways
Fee: \$10 (R), \$10 (NR)

Pool

Water Aerobics

This low impact, high energy aerobic fitness class is a fun way to get the heart rate up and tone the body!

Susan Antonellis

Days: Mon, Wed, Sat
Starts: Year round
Mon/Wed: 6:15 – 7:15 PM
Sat: Varies
Place: MHS Pool
Fee: \$5 pay as you go!



Adult Swim Lessons

Beginner + Adv Beginner

Build comfort going under water, floating and swimming short distances.

David Chaplin

Days: Wednesday, 7 weeks
Starts: April 3
Time: 7:15 – 8:15 PM
Place: MHS Pool
Fee: \$75 (R), \$85 (NR)



Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open/Lap Swim 1:00 – 3:00 pm	Lap Swim 5:45 – 7:15 am	Swim Lessons 6:00 – 7:00 pm	Lap Swim 5:45 – 7:15 am	Swim Lessons 6:00 – 7:00 pm	Lap Swim 5:45 – 7:15 am	Swim Lessons 10:00 – 12:00 pm
	Water Aerobics 6:15 – 7:15 pm	Open Swim 7:00 – 8:15 pm	Water Aerobics 6:15 – 7:15 pm	Open Swim 7:00 – 8:15 pm		Lap Swim 1:00 – 2:00 pm
	Open Swim 7:30 – 9:00 pm	Lap Swim 8:15 – 9:00 pm	SPECIAL PROGRAMS (refer to website)	Lap Swim 8:15 – 9:00 pm	Special Events (refer to website)	Open Swim 2:00 – 4:00 pm

FREE - One Night Workshops

<p><u>Maximize Your College Financial Aid</u></p> <p><u>Dave Landry</u> Day: Tuesday Date: April 9 Time: 6:30 – 8:30 PM Place: MHS, A-1 Fee: No fee</p>		<p><u>Estate Planning Basics</u></p> <p><u>Amy Antonellis, Attorney</u> Day: Tuesday Date: February 5 Time: 6:30 – 8:30 PM Place: MHS, A-1 Fee: No fee</p>	<p><u>Selling Your Home: Strategies for Success</u></p> <p><u>David Hodgdon</u> Day: Wednesday Date: March 27 Time: 7:00 – 8:30 PM Place: MHS, A-1 Fee: No fee</p>
<p><u>Building a Strong Financial Future</u></p> <p><u>Paul Tamagni and Nathaniel Hahn</u> Day: Tuesday Date: January 29, 2019 Place: MHS, Room A-14 Time: 6:30 – 8:00 PM Fee: No Fee</p>	<p><u>21st Century Retirement Strategies</u></p> <p><u>Paul Tamagni and Nathaniel Hahn</u> Day: Tuesday Date: February 12, 2019 Place: MHS, Room A-14 Time: 6:30 – 8:00 PM Fee: No Fee</p>	<p><u>Social Security, Medicare and Your Retirement</u></p> <p><u>Paul Tamagni and Nathaniel Hahn</u> Day: Tuesday Date: February 26, 2019 Place: MHS, Room A-14 Time: 6:30 – 8:00 PM Fee: No Fee</p>	<p><u>Home Buying Seminar</u></p> <p><u>David Hodgdon and Michael Shain</u> Day: Wednesday Date: March 20, 2019 Place: MHS, Room A-1 Time: 7:00 – 8:30 PM Fee: No Fee</p>

Greater Milford Community Chorus

The Greater Milford Community Chorus is an adult chorus (ages 18+) and welcomes singers (soprano, alto, tenor and bass) from the greater Milford region. Members must have a fundamental understanding of music, enjoy singing a variety of musical selections and be available to attend weekly rehearsals. The membership fee is \$25 and there is \$20 refundable music fee.

GMCC begins rehearsals on Wednesday, January 2, 2019. Open rehearsals will be held January 2, 9, 16 and 23; membership closes January 23, 2019. Rehearsals are held from 7:00 to 9:30 pm at Memorial Hall Cultural Center, 30 School Street in Milford, MA. GMCC's spring concert, "Broadway Matinee," will take place on Sunday, May 5, 2019 at the Grand Ballroom in Milford Town Hall.

For more information email GreaterMilfordCommunityChorus@gmail.com or check our website at www.greatermilfordcommunitychorus.org.

GMCC is a not-for-profit organization, under the umbrella of the *Milford School Community Use Program* and is sponsored in part by the Milford, Mendon, Hopedale, Bellingham and Uxbridge Cultural Councils which are funded by the Massachusetts Cultural Council.



Massachusetts Cultural Council

*****ECRWSEDDM****

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Special Notices:

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Please visit www.mcs.milford.ma.us to connect to our online registration page. Also you can find detailed information for our Winter programs, **added classes**, pool programs including swim lessons, children's program information and to download a registration form. Please check the website cancellation board for cancelled classes. No classes if school is closed or cancelled.

Please note: Building and room locations may change. Please make sure to check the website for any program changes.

Office hours: Monday – Friday, 8:00 AM – 4:00 PM

A special thanks to the staff and students in the MHS Vocational Program who worked so hard to print these brochures and send them out to the Milford Community!!!

New Programs are always welcome.
Please email lmorcone@milfordma.com with ideas!

Milford Community School Use Program - Adult Education & Adult Recreation Registration Form

Course/Program _____

Day(s) _____ Time _____

Start Date _____ Amount Paid _____

Name _____

Address _____

Town _____ State _____ Zip _____

Daytime Phone _____ Cell Phone _____

Evening Phone _____

Email _____ @ _____

Due to the fact that the Milford Community School Use Program is self-sufficient and the number of participants determines whether a program will run, **no refunds** are available unless the class is filled or cancelled. No exceptions. Class determinations will be decided the Thursday before the start date.

No confirmations will be sent. Separate registration forms and checks are required for each course. Fees for Residents and Nonresidents are included in each course description. Senior Citizens (65 and older) pay a 10% discount off of the fee listed. (Sr. discount does not apply to water aerobics.)

Please make checks payable to: **Town of Milford - MCSUP**

Please mail to: Milford Community School Use Program
31 West Fountain Street
Milford, MA 01757-4098