

Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035  
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FALL  
2019

# FOXBOROUGH ADULT EDUCATION



**Driver's Education Classroom Instruction:** Please see the driver's education section in this brochure for session and registration information or visit [www.TEACHERSDRIVINGACADEMY.com](http://www.TEACHERSDRIVINGACADEMY.com)  
**All classes are held at the Foxborough High School in Room #122 unless otherwise stated.**  
Students **must** be 15 years and 9 months of age at the time class begins per Mass RMV law.

Registration is **on-line only**. Fee: \$100 for 30 hours of classroom instruction and Driver's Education certificate.

## SPANISH

Gain confidence in your Spanish speaking ability. This class will be taught in a kinesthetic (lots of movement), social, and fun way and will be 100% Spanish! All levels are welcome and will be challenged appropriately to show growth. Come with a positive attitude and open mind.

Instructor: Señora Pratt

Tuesdays, 9/24-12/10  
6:30-7:30 p.m.  
Fee: \$60  
Ahern Room 117



## FLUID ACRYLIC POURS

Join in to learn techniques and tips to create abstract paintings without any prior experience. Each participant will make two different pours on heavy watercolor paper resulting in multi-colored abstract designs. Please wear clothes that welcome messy play.

Bring 2 large metal roasting pans, or 2 boxes (pizza boxes work well) that will each fit a 10" x 14" piece of artwork, to carry home.

*Instructor: Maria Mendonca*

Wednesday, 10/23  
6:00-9:00 p.m.  
Fee: \$30  
Ahern Room 101



Visit instructor's website to see samples of Fluid Acrylic Pours at [www.exploreartfulhealing.com](http://www.exploreartfulhealing.com)

## INSIDER SEWING, INTERMEDIATE LEVEL

Get away from fast fashion! Create valuable wardrobe pieces that reflect your unique personality. Elevate your sewing skills with the help of an industry insider, a professional technical designer. Learn secrets that bridge traditional home sewing and commercial garment production. Find out which details justify a hefty price tag and add these touches to your own creations. Learn techniques and concepts that you will utilize in all your future projects, including an introduction to patternmaking. 10 weeks

Sewing machines not required in this class. List of suggested supplies will be given in class.

Instructor: Suzanne Paquette, AS, BFA

Wednesdays, 9/25-12/4  
7:00-9:00 p.m.  
Fee: \$120  
Ahern Room 157

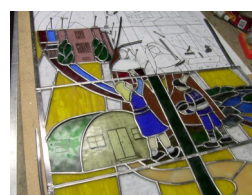


## STAINED GLASS II

This course is for students with previous experience in Stained Glass. The instructor will assist with the project of your choice. Grinders and pattern books available in class. Bring your hand tools.

*Instructor: Theresa McCann*

Thursdays, 9/26-12/5  
6:30-9:00 p.m.  
Fee: \$100  
Ahern Room 117



# Health & Wellness

## **STEP AEROBICS & ZUMBA DANCE**

*For beginner and intermediate fitness levels*

Variety is the spice of life! The choreography is easy-to-follow (not to be confused with easy) and repetitious. Great workout! 25 minutes of Step Aerobics and 25 minutes of Zumba Dance with 10 minutes of warm-up and cool down stretch.

Please bring a mat.

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Mondays & Wednesdays 9/23-12/11

6:15-7:15 p.m.

Fee: \$120

Ahern Old Gym



## **Body Sculpt Express**

*For beginner and intermediate fitness levels*

Sculpt, strengthen, and tone your body in this delightful upbeat class. An awesome workout from head to toe!

Please bring a pair of dumbbells of your comfort level, a Stability ball, and a mat.

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Tuesdays & Thursdays, 9/24-12/10

6:15-7:15 p.m.

Fee: \$120

Ahern Old Gym

## **YOGA, STRETCH, & DE-STRESS**

*For beginner and intermediate fitness levels*

This class is designed for those who need to de-stress, stretch and loosen up their tight muscles, relax, and feel good. Class ends with 10 to 15 minutes of guided relaxation imagery meditation.

(Yoga blocks recommended but optional).

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Tuesdays & Thursdays, 9/24-12/10

7:30-8:30 p.m.

Fee: \$120

Ahern Old Gym



## **KRIPALU YOGA**

(No previous experience needed)

Yoga promotes the union of the mind, body, and spirit. Classes begin with warm-up movements and breathe awareness, and continues with yoga postures that stretch, strengthen, and balance the body and mind.

Participants should bring a beach towel or blanket in addition to a yoga mat. Additional yoga props will be provided. 10 weeks, 75 minutes a class

*Instructor: Lisa Cohen*

Tuesdays, 9/24-12/10

6:30-7:45 p.m.

Fee: \$100

Room 152 Music Room

## **COED COMPETITIVE VOLLEYBALL**

I LOVE VOLLEYBALL AND I WANT TO LEARN MORE

An intermediate skills class for players comfortable with the basics of the game and are looking to take it to the next level. Each week we will touch on a different skill area followed by competitive scrimmage to practice what was taught.

Prior volleyball experience helpful

Limit of 20 players

Sign up early!

*Instructor: Rick Sigrist*

Mondays, 9/23-12/16

7:00-9:00 p.m.

Fee: \$40

Ahern New Gym



## **BOOTCAMP**

Total body workout to improve cardiovascular fitness, muscular endurance, strength, tone, and flexibility. Different exercises every night. You will never be bored, but you will lose weight and enjoy the process! Bring a mat.

*Instructor: Sheila Sweeney, BS, ACE & AFAA*

Mondays & Wednesdays, 9/23-12/11

7:30-8:30 p.m.

Fee: \$120

Ahern Old Gym



# BUSINESS AND FINANCE



## **MAKING A PLAN-CREATING A ROAD MAP TO COLLEGE FUNDING**

Investing in a college education is one of the BIGGEST investments a family can make! Making a plan and sticking to it is important. The focus of this class is to help you and your family be better prepared to take advantage of the opportunities available to you, as well as avoid some of the common mistakes made in the 'saving for college' process.

The class is designed to help parents and grandparents of children of ALL ages and will be interactive. Come with your questions!

*Instructor: Ryan Van Weezel, CRPC, AIF*

Thursday, 10/10  
7:00-8:30 p.m.

Fee: **Free, registration required**  
Ahern Library

## **Long-Term Care Planning – Understanding the Issues and Solutions**

Long-Term Care Planning might include insurance to cover some, or most of the care, but it has gotten more complicated than ever. Long-term care insurance is now built into many different types of financial products, and it can be very difficult to know where to start looking. Most professional financial planners turn to a long-term care insurance specialist for the expertise, so they can help their clients. If you have experienced long term care issues in your family, then you know the hardships a family can go through. You may want to explore ways to make sure your own immediate family can avoid this. This class explores the different ways this coverage can be purchased, how they work, and what the pitfalls are that you should be aware of. Whether it is an old fashioned traditional plan, or a hybrid plan that guarantees the money is returned back, one way or another, and other variations of that, you will have an opportunity to learn about this without sales pressure.

*Instructor - Mark Baron is a long term care planning specialist, and supports hundreds of financial professionals, who depend on his expertise to guide them in making recommendations to their clients. He has been on several local radio shows and has been in demand to run seminars throughout the region. Mark lives in Canton, and is licensed in several states across the country.*

*Instructor: Mark Baron, CLTC*

Tuesday, 10/22  
7:00-9:00 p.m.

Fee: \$20 per individual/\$25 per couple  
Ahern Library Classroom



## **Financially Preparing For a Successful Retirement**

Come learn about key strategies to better prepare for retirement and address the core risks retirement presents. Key areas that will be discussed are; life-time income planning, long-term care planning, investing in retirement, and legacy planning.

*Instructor: Dick Howell, Financial Advisor,  
The Bulfinch Group*

Wednesday, 10/2  
7:00-9:00 p.m.

Fee: \$20 per individual/\$30 per couple  
Ahern Library classroom

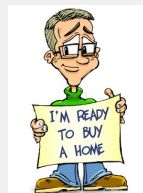
## **Home Buying Seminar**

If you are planning on buying a home or condo in the next year, this class is for you. It will take you through the home buying process from start to finish. You will be shown how to get pre-approved, how to write an offer, what to look for in a home inspection, what to expect at your closing, etc. Learn about the entire process. You will also get a free credit report. This one night class is FREE and very informative.

*Instructor: Matt Sousa*

Tuesday, 10/8  
7:00-8:30 p.m.

Fee: **Free, registration required**  
Ahern Library



## **Home Selling Seminar**

Come and learn how to sell your house in a down market. You will learn tips on staging, open houses, buyer philosophy, the appraisal process, and why these are important. You will learn how to price your house properly. You will also be given tips on what to fix versus what not to fix in your home. If you are thinking of selling your property in the next year you should learn a lot in this FREE, one night course.

*Instructor: Matt Sousa*

Tuesday, 10/22  
7:00-8:30 p.m.

Fee: **Free, registration required**  
Ahern Library

## The A, B, C's & D of Medicare Planning

The planning for proper healthcare in retirement is becoming more and more complex. Understanding what plans will provide the best coverage is only part of the challenge. It is estimated the cost of healthcare, excluding long term care, for a couple during retirement will be approximately \$250,000. It is critical that part of retirement planning is to understand the Medicare options you have available to you to access quality healthcare. Equally important is to understand the financial ramifications of the decisions you will be asked to make. This class will review how to approach both the selection and considerations of choosing the appropriate coverage and how to best plan financially for the associated costs.

*Instructor: Lori Howell, Principal,  
Howell Medicare Advisors LLC*

Thursday, 10/10  
7:00-9:00 p.m.  
Fee: \$20 per individual/\$30 per couple  
Ahern Library Classroom

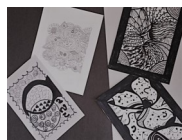
## ABSTRACT WATERCOLOR & ZENTANGLE ART

Through guided instruction, participants will experiment intuitively with watercolors on heavy cardstock creating a full spectrum of painted papers. Once dry, the painted papers will be ready for zentangling (doodling) abstract designs. This process will take you back into childhood when doodling was fun and relaxing. There are no mistakes.

All materials included in fee.

*Instructor: Maria Mendonca*

Wednesday, 10/30  
6:00-9:00 p.m.  
Fee: \$30  
Ahern Room 101



Visit instructor's website to see samples of Abstract Watercolor & Zentangle Art at [www.exploreartfulhealing.com](http://www.exploreartfulhealing.com)

**Make Checks Payable to: Foxborough Adult Education**  
**You are enrolled as soon as we receive your Registration Form!**

Participant Name \_\_\_\_\_  
Daytime Phone # \_\_\_\_\_  
Address: \_\_\_\_\_  
E-mail address: \_\_\_\_\_

**Detach &  
Mail to:**

**Foxborough Adult Education  
Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035  
Extended Services 508-698-3858  
FALL 2019 Brochure**

Course Name: \_\_\_\_\_ Fee: \_\_\_\_\_

2nd Course Name: \_\_\_\_\_ Fee: \_\_\_\_\_

3rd Course Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

No confirmation is sent out.

I, \_\_\_\_\_ hereby release and agree to hold harmless the Town of Foxborough, its officers, employees, contract employees and agents from any claims, causes of action or liability arising from or relating in any way to any injuries that I might sustain from participation in the listed activities, including such claims or causes of action that I may now have or hereafter acquire.

Signature of Participant \_\_\_\_\_ Date: \_\_\_\_\_

# Teachers Driving Academy

## Drivers Education Classroom Instruction 2019-2020 School Year



Foxborough Adult Education is pleased to partner with Teachers Driving Academy to offer students a great program, at a great price, with the added convenience of taking classes right at school!

- \$100.00 for 30 hours of classroom instruction and the Driver's Education certificate
- Students must be 15 years, 9 months per Mass RMV rules at the time class begins
- No hidden fees & no charge for the required parent class
- Choose a session that best fits your schedule and register on-line at:  
<https://tds.ms/OE/Custom/studentTeen?companyId=HYa59LY5iH8&cr=30cra&param=30cra&loc=fox>

All classes are held at Foxborough High School unless notified otherwise. If you have any questions, call TDA @ 877.TDA.DRIV or email TDA @ [info@teachersdrivingacademy.com](mailto:info@teachersdrivingacademy.com)  
Road lessons & make up classes must be coordinated directly with TDA.

### FALL 2019 #1

Monday, September 23*	6:00-8:00 p.m.
Tuesday, September 24	5:00-9:15 p.m.
Wednesday, September 25	5:00-9:15 p.m.
Monday, September 30	5:00-9:15 p.m.
Tuesday, October 1	5:00-9:15 p.m.
Wednesday, October 2	5:00-9:15 p.m.
Monday, October 7	5:00-9:15 p.m.
Tuesday, October 8	5:00-9:15 p.m.
<i>* Parent &amp; Student Class: Monday, September 23<sup>rd</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### DECEMBER VACATION 2019 #2

Monday, December 9 *	6:00-8:00 p.m.
Tuesday, December 10	3:00-7:15 p.m.
Wednesday, December 11	3:00-7:15 p.m.
Thursday, December 12	3:00-5:00 p.m.
Monday, December 23	8:00-2:30 p.m.
Thursday, December 26	8:00-2:30 p.m.
Friday, December 27	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, December 9<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### FEBRUARY VACATION 2020 #3

Monday, February 3*	6:00-8:00 p.m.
Tuesday, February 4	3:00-7:15 p.m.
Tuesday, February 18	8:00-2:30 p.m.
Wednesday, February 19	8:00-2:30 p.m.
Thursday, February 20	8:00-2:30 p.m.
Friday, February 21	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, February 3<sup>rd</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### EARLY SPRING 2020 #4

Monday, March 9*	6:00-8:00 p.m.
Tuesday, March 10	3:00-7:15 p.m.
Wednesday, March 11	3:00-7:15 p.m.
Monday, March 16	3:00-7:15 p.m.
Tuesday, March 17	3:00-7:15 p.m.
Wednesday, March 18	3:00-7:15 p.m.
Monday, March 23	3:00-7:15 p.m.
Tuesday, March 24	3:00-7:15 p.m.
<i>* Parent &amp; Student Class: Monday, March 9<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### APRIL VACATION 2020 #5

Monday, April 6*	6:00-8:00 p.m.
Tuesday, April 7	3:00-7:15 p.m.
Tuesday, April 21	8:00-2:30 p.m.
Wednesday, April 22	8:00-2:30 p.m.
Thursday, April 23	8:00-2:30 p.m.
Friday, April 24	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, April 6<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### SUMMER 2020 #6

Monday, June 8*	6:00-8:00 p.m.
Monday, June 22	8:00-2:30 p.m.
Tuesday, June 23	8:00-2:30 p.m.
Wednesday, June 24	8:00-2:30 p.m.
Thursday, June 25	8:00-2:30 p.m.
Friday, June 26	8:00-12:30 p.m.
<i>* Parent &amp; Student Class: Monday, June 8<sup>th</sup> 6:00-8:00 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	
<i>(can change with snow make-up days per FHS)</i>	

### SUMMER 2020 #7

Monday, July 6*	8:00-2:30 p.m.
Tuesday, July 7	8:00-2:30 p.m.
Wednesday, July 8	8:00-2:30 p.m.
Thursday, July 9	8:00-2:30 p.m.
Friday, July 10	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, July 6<sup>th</sup> 12:30-2:30 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

### SUMMER 2020 #8

Monday, August 3*	8:00-2:30 p.m.
Tuesday, August 4	8:00-2:30 p.m.
Wednesday, August 5	8:00-2:30 p.m.
Thursday, August 6	8:00-2:30 p.m.
Friday, August 7	8:00-2:30 p.m.
<i>* Parent &amp; Student Class: Monday, August 3<sup>rd</sup> from 12:30-2:30 p.m.</i>	
<i>Both Students and Parents, counts as part of the 30 hour program.</i>	

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*All dates are subject to change pending any changes to the  
Foxborough Public Schools calendar*

FOXBOROUGH ADULT EDUCATION  
Ahern Middle School  
111 Mechanic Street  
Foxborough, MA 02035

A Self-Supporting Organization

ADDRESS SERVICE REQUEST

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
FOXBOROUGH, MA  
PERMIT #40

REGISTER EARLY by  
September 9, 2019



Postal Customer  
Foxborough, MA 02035

MAIL-IN YOUR REGISTRATION  
CLASSES FILL QUICKLY!  
Walk-In Registration is on Monday, September 9th from  
6:00-7:00 p.m.  
at the Ahern Middle School (enter through door #12)  
Please note: CLASSES WILL BEGIN THE WEEK OF  
SEPTEMBER 23RD!

The Foxborough Adult Education Program is entirely self-supporting!

Fees pay all expenses and must be paid in full at the time of registration. Some courses require an additional fee (indicated in class description) to be paid on the first night of class. **We accept checks only, no cash.**

Fees are the same for residents and non-residents. Senior citizens (65 and older) pay half price for all classes except technology and one-night courses.

Due to fiscal limitations, when minimum enrollments have not been reached, courses will be cancelled. If you registered for a class that has been cancelled, you will be notified and will receive a full refund. **There is no refund for non-attendance.**

**Please note that no confirmation is sent out. If you don't hear from us, your class is running as scheduled!!!**

In the event of class cancellation, due to weather or an instructor's illness, an additional make-up class will be held at the end of the session. **Cancellation notices will be on Cable channel 8 or on 508-698-3858.**

**NOTE: All classes are held at the Ahern Middle School, unless otherwise stated. Please enter through door #12 for all classes.**



Avoid Disappointment!  
Register Early!