

**Dover-Sherborn Community Education**  
**Winter/Spring 2009**

Telephone: 508-785-0722 Fax: 508-785-2239  
www.doversherborn.org/communityeducation

We hope you enjoy your newly formatted brochure. Keeping the economy in mind we have worked to bring you new pricing on many of our old favorites and our new classes. We hope you'll take advantage of this opportunity to enjoy an evening (or two...) out, close to home. As always we welcome your input and suggestions and appreciate your support. It is our goal to keep the "community" in Community Education. Best Regards, *Stephanie Greenblatt*, Director and *Lisa Sawin*, Program Administrator

**Current Policies - 2009**

**Non-Resident registration fee: \$5 payable only once per semester, if you are not a resident of Dover or Sherborn.**

**Payment:** We accept checks, credit cards (Visa, MC) & cash. **(SEPARATE CHECKS FOR EACH COURSE, PLEASE!)**

**Credit Cards:** Call (508) 785-0722 any time and leave information on our secure voicemail or Fax (508) 785-2239. **INCLUDE ALL INFORMATION ON THE REGISTRATION FORM.**

**Checks:** Please make **separate** checks for each class, payable to Dover-Sherborn Community Education, Box 692, Dover, MA 02030-0692. **Multiple Registrations:** When you register for more than one person, we need all information for each participant.

@ Dover Sherborn Reg. Schools, Administration Bldg, 157 Farm Street, Dover 9:00-4:00

**We don't confirm classes. We'll contact you if there's a problem. Please Keep Your Brochure For Referral.**

**Class Locations:** Dover-Sherborn High School (9 Junction Street, DSHS), The Caryl School Building (4 Springdale Ave), D/S Middle School (155 Farm Street, DSMS), Lindquist Commons (cafeteria, LCcafe) and certain offsite locations as noted in each course description.

**Handicapped Access:** All of our buildings are handicapped accessible. Call for assistance or more details.

**Weather Cancellations:** Whenever classes in Dover-Sherborn Public Schools are canceled, Adult Education classes are canceled. Cancellations are announced on local radio and television stations or you may call **(508) 785-0722** for a recorded message.

**Changes:** Community Education reserves the right to cancel classes that are under-enrolled, change times and locations, and substitute instructors.

**●●●●Course Refund Policy: Community Education reserves the right to determine if a refund is due and whether it will be course credit or refund of payment. No refunds will be granted for withdrawals made less than (5) five business days before the date a class is scheduled to begin. Course withdrawals made five (5) business days or more in advance of the beginning of a class may be subject to the above refund policy. ●●●●**

**Please note our new policy regarding materials fees! Check each class description for instructions.**

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**Winter/Spring 2009 Registration Form**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Town:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Work:** \_\_\_\_\_

Email: \_\_\_\_\_

MC/VISA # \_\_\_\_\_  
Exp. \_\_\_\_\_

Class #: \_\_\_\_\_ Class  
Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Class #: \_\_\_\_\_ Class  
Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Class #: \_\_\_\_\_ Class  
Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Non-residents please add \$5.00 per semester

I hereby release sponsors, Towns of Dover and Sherborn, its employees, agents and officers from responsibility for any and all associated losses, injury or damage resulting from participation in this activity.

Signature \_\_\_\_\_

*The Cooking Studio*  
*Karen Ucuz*  
*Cooking Studio Coordinator*

Welcome back into the kitchens with our Winter/Spring Cooking Studio. We have a wide range of classes including some old favorites and new offerings. There are classes to inspire you to spend an evening broadening your culinary interests. We have instructors who will motivate you to go home and try their recipes. Most classes are held in room 108, Dover-Sherborn High School, while others are held at the chef's restaurants so you can enjoy the full dining experience. Classes include sampling the chef's specialties created for you. We look forward to seeing you in our classes. Bon Appetit! **Please note an important change: All materials/ingredients fees must be paid by check, made payable to the instructors and must be received in the Community Education Office, PO Box 692, Dover, MA 02030, at least 5 days in advance of the class.**

***1-01 Oh No! The Boss is Coming to Dinner!*** - Learn how to always be prepared for the last minute special dinner party and be able to do it with flair. This class will include a complete menu from hors d'oeuvres to dessert including some of the instructor's favorites from her catering menus.

**Mon., 1/26, 7-9PM DS High School, room 108 Fee: \$25 by 1/20, \$35 after plus \$15 ingredients fee, payable by check, to instructor Melissa Thorndike.**

Instructor Melissa Thorndike has been a popular fixture on the MetroWest catering scene since 1992. Visit her website, [www.melissacatering.net](http://www.melissacatering.net)

***1-02 Braising the European Way @ Bistro 712*** - Chef/owner Sean Canny will demonstrate three dishes using the technique of braising. He'll make beef short ribs, coq au vin and chicken fricassee. Other offerings will include a winter root salad and his famous apple-pear-cranberry cobbler. **Mon., 2/2, 7-9PM Bistro 712, 712 Washington St. Norwood Fee: \$25 by 1/26, \$35 after, plus \$15 materials fee, payable by check to Bistro 712.**

Chef Sean Canny's bistro is a "TV Diner Gold Plate" and the Boston Globe gives it "Best of the new...a sophisticated find."

***1-03 An Evening at Sweet Basil with Chef David Becker*** - Our cooking section just wouldn't be the same without the return of this most popular class. Chef Becker opens his restaurant exclusively for us on the nights of these classes. The chef's menu will include Garlicky Roasted Chicken Noodle Soup, Old School Tableside Caesar Salad, Stuffed Pork Loin with Maple Demi Apple Polenta. **Mon., 2/9, 7-9:30PM at Sweet Basil's, 942 Great Plain Ave., Needham. Fee: \$70 if you register by 2/2, \$80 after**

***1-04 An Evening at Sweet Basil*** - Tonight's menu includes: eggplant/tomato panzanella salad and seafood fra diavolo. **Mon., 4/6, 7-9:30PM Fee: \$70 if you register by 3/30, \$80 after**

**1-05 Cake Decorating at Dessert Works** - Learn how to make a beautiful cake for any occasion with well known pastry chef Kristen Repa. She is opening her kitchen to us to share her talent. All aspiring pastry chefs will take home a 6" Dessert Works mousse-filled cake, Kristen's recipe for buttercream and enough buttercream to work with at home and a kit of decorating tips. **Sun., 3/1, 10AM-1PM at Dessert Works, 38 Vanderbilt Ave., Norwood Fee: \$39 by 2/23, \$49 after plus \$25 for the cake kit payable by check made out to Dessert Works**

Instructor Kristen Repa has been a pastry chef for more than 15 years working for The Catered Affair, Boston's Ritz Carlton and Konditor Meister in Braintree. Her shop has been featured on Phantom Gourmet and the Boston Globe Magazine.

**1-06 Fabulous Fruit Cascade Centerpieces** Learn how to create a gorgeous centerpiece for your next party that will be sure to impress! You'll make a three tiered creation covered with grape clusters, strawberries and fresh pineapple. Create fruit dip containers out of lemon, orange and pineapple rinds that will become part of the centerpiece. **Tues., 3/10, 7-8PM, DS High School, room 108 Fee: \$20 if you register by 3/3, \$30 after, plus \$10 for materials payable by check made out Sue Costanza**

Instructor Sue Costanza teaches Home Economics in Westwood.

**1-07 Authentic Chinese Banquet** - at Sichuan Gourmet in Framingham with Chinese food expert Frances Srulowitz. Dishes will include a traditional cold platter, crabmeat with asparagus soup, tangerine jumbo shrimp, special flavored duck, whole fish in a Sichuan chili bean sauce, beef and napa cabbage with spicy chili sauce, black beans with mushrooms and chicken sizzling rice. Frances will guide you through this feast and explain each course and its symbolism in the Chinese culture. **Mon., 3/23, 7:30-9:30PM Sichuan Gourmet, 771 Worcester Rd. (Rt. 9), Framingham Fee: \$39 (includes cost of meal, tax and tip; drinks not included) if you register by 3/16, \$49 after**

Instructor Frances Srulowitz has been teaching Chinese cooking for many years at the Cambridge Center for Adult Education. She studied Chinese cooking with the famous master Nina Simonds in Boston and in Taipei.

**1-08 Salt: Beyond Seasoning** - The ancient art of cooking meat and seafood in a salt crust is making a comeback. This method reduces cooking time while locking in flavors. In this class you'll see a demonstration of Chinese Beggar's Chicken, a whole marinated chicken stuffed with a pork and shitake mushroom filling, then wrapped in lotus leaves. The bird is then sealed in a pastry crust and roasted, which allows it to steam in its own juices. Also on the menu...Asian carrot salad and steamed lotus buns. **Thurs., 4/16, 7-9PM, DS High School, room 108 Fee: \$25 by 4/9, \$35 after, plus \$15 for ingredients payable by check to Maryanne Muller**

Instructor Maryanne Muller is a former corporate chef. She also works for the Zagat restaurant survey and is president of the Culinary Guild of New England.

**1-09 Step into Spring with Bountiful Vegetables** - When you think of vegetables do you think of Cream of Pea Soup with basil cream and fresh parmesan or Strawberry and Cream Shortbread Napoleon drizzled with dark and white chocolate? These are just two of the items on the menu in this class. Personal chef Meaghan Arnold will use all local produce for these and other delicious creations including roasted veggies with quinoa and Boston Bibb salad with roasted potatoes. **Thurs., 4/30, 7-9PM, DS High School, room 108 Fee: \$25 if you register by 4/17, \$35 after, plus \$15 for ingredients payable by check to Meaghan Arnold.**

Instructor Meaghan Arnold is a personal chef in the Metrowest area. She trained at the well known culinary program at Johnson and Wales in Providence.

**1-10 Spring in the North End Tour with Chef Daniele Baliani** - Meet at the Caffè dello Sport in the North End where your culinary journey will begin. Savor the sights and smells of one of Boston's most charming neighborhoods. You'll visit little known hideaways for the best nuts, coffee, cheeses, breads and meats. You'll enjoy a delicious bistro lunch accompanied by a private wine tasting. **Sat., 5/16, 10AM-2PM, meet at Caffè dello Sport, 308 Hanover St. North End Fee: \$85 if you register by 5/8, \$95 after.**

Chef Baliani hails from Le Cirque and Pignoli. He is a former North End resident who now owns My Befana in Soho.

## Vino

***Our popular wine tasting classes are back with wine master Bob Harkey, of Harkey's Fine Wines in Millis. Please note the new location. Classes will be held at Rossi's, 270 Exchange St. (Rt. 115), Millis, MA Limited to 19 students.***

***1-11 California Cabernet Sauvignon*** - Enjoy tasting wines from Napa Valley, Sonoma and Paso Robles to name a few 8 California Cabernet Sauvignons in all, to warm up the winter table. There will be various vintages and winemakers, all from one varietal.

**Wed., 3/4, 7-9PM Fee: \$50 if you register by 2/25, \$60 after**

***1-12 Best Buys in Red Wine*** - With times like these everyone needs a bargain. There are always great values in wines from around the world. We'll taste 8 delicious red wines that are great on their own or with a variety of foods.

**Wed., 4/1, 7-9PM Fee: \$50 if you register by 3/25, \$60 after**

***1-13 Best Buys in White Wine*** - In this class you'll taste 8 dry white wines from around the world with some unusual grape varieties that will amaze your palate.

**Wed., 5/6, 7-9PM Fee: \$50 if you register by 3/25, \$60 after**

## Your Artistic Side

***2-01 Winter Digital Photography*** - If your digital photos never make it out of your camera this class is for you. You'll learn camera basics, software applications, memory cards, technical jargon, website resources and how to take a really great photo.

**Wed., 5 classes, 1/28-3/4 (no class 2/18), 7-9PM DS Middle School computer lab, room 118**

**Fee: \$150 if you register by 1/20, \$160 after Limit: 8**

***2-02 Spring Digital Photography*** - Same as above

**Wed., 5 classes, 4/1-5/6 (no class 4/22), 7-9PM**

**Fee: \$150 if you register by 3/25, \$160 after Limit: 8**

Instructor Nancy Evans is a professional photographer who will share her skill and keen eye with you.

***2-03 Woodworking*** - Learn woodworking and make a project of our choice in this popular hands-on class. How about a picture frame or an end table? Perhaps you want to learn to cut dovetails.

Kate will help you design and build your project while teaching you about tool use, joinery, wood characteristics and more. No experience necessary. A letter listing materials needed will be sent prior to start of class.

**Tues., 5 classes, 1/27-3/3, 7-9PM no class 2/17 DSHS, room 107 Fee: \$100 if you register by 1/20, \$110 after Limit: 8**

Instructor Kate Taylor is a professional woodworker who makes furniture and smaller pieces. Visit her website [www.ktwood.org](http://www.ktwood.org) or email her at [ktay17@verizon.net](mailto:ktay17@verizon.net)

***2-04 Front Door Wreath*** - Grace your front door or any room in your home with a beautiful wreath filled with permanent life-like plush greenery and an abundance of flowers and berries including forsythia, natural pussy willows and more. **Tues., 3/31, 6:30-9:30, DSHS, room 106**

**Fee: \$25 if you register by 2/23, \$35 after plus a \$52 materials fee payable by check to Madeline DiCicco. Please bring a trigger glue gun, plenty of glue sticks and a pair of scissors.**

Instructor Madeline DiCicco is a professional floral designer. She does design work for Crabtree and Evelyn and other specialty stores. Her floral designs have been featured in Woman's Day Magazine, A Yankee Christmas and Oprah.

***2-05 Chair Seat Reweaving*** - Save your antique chairs from the dump! You'll learn caning, rush seats and Shaker tape techniques to help you decide what's best for your chair.

**Tues., 6 classes, 4/7-5/19, (no class 4/21), 7-9:30PM, DS High School, room 105 Fee: \$110 if you register by 3/31, \$120 after. Supplies may be purchased from the instructor at an additional cost. Limit 6 students**

Instructor Rob Gregg is a master chair refinisher who also makes great lemon scones which he'll share with his students.

***2-06 Wired Cabochon Necklace*** - Cabochons are flat backed stones or gems with no drill holes and smooth (usually unfaceted) surfaces. When they are caged by wire, they become beautiful, one-of-a-kind

wearable art pieces. In this class you will learn the wire working techniques used to create this project and will leave with a stunning pendant. **Thurs., 3/26, 6:30-9:30, DS High School, room 106 Fee: \$29 if you register by 3/19, \$39 after plus a \$15 materials fee payable by check to Anita Kratzsch.**

Instructor Anita Kratzsch has worked in the fashion industry for over 20 years. After receiving her BA in Fine Arts from Brandeis she continued her studies at the Boston School of Fashion Design and Worcester Center for Crafts. She is the owner of The New England Bead Company in Mendon. Visit her website: [www.nwebeadco.com](http://www.nwebeadco.com)

**2-07 Wired Bead Bracelet** - Create this fun to make and wear bracelet as you learn a unique method for enclosing beads with a swirl of wire. Apply this technique to future projects to give your designs another level of texture and detail.

**Thurs., 4/30, 6:30-9:30, DS High School, room 106 Fee: \$29 if you register by 3/19, \$39 after plus a \$15 materials fee payable by check to Anita Kratzsch.**

**2-08 Instant Piano for Hopelessly Busy People**

This class is for those of us who would like to play familiar songs. This and the course materials will build a complete foundation so you can play just about any song. Novices can request a pamphlet before the class that will give you the information you need to be able to get the full benefit. **Wed., 3/18, 6:30-9:30, DSMS choral room 203 Fee: \$35 if you register by Mar. 11, \$45 after plus a \$25 materials payable by check to Ed Korman. Materials include a chord study workbook and a 60 minute practice CD.**

Instructor Ed "FACE" Korman has been playing music since early childhood. He hopes to reach those who otherwise might not find the time to fulfill their desire, simply to be able to play music.

**2-09 Knitting Hats and Mittens** - Learn to knit hats and mittens on straight or circular needles.

You'll learn casting on, binding off, increasing and decreasing stitches, gussets, knitting in the round on double pointed needles or one circular needle, gauge and reading patterns. Suggested pattern and yarn: Yankee Knitter Hats and Mittens; worsted or bulky weight yarn. **Mon., 2/9 and 2/23, 7-9PM, DS High School library Fee: \$40 Limit:10**

Instructor Nancy Shulman is a former art teacher who has worked at Black Sheep Knitting for more than two years. She is an avid knitter and teaches at Black Sheep as well.

**2-10 Knitting UFOs (Unfinished Projects)** - Do you have a project on the needles and can't seem to finish? Or do you have a sweater that needs putting together? This class is designed to help you finish that project(s). We'll cover seaming, reading patterns, buttonholes, picking up stitches, blocking, casting on and binding off. Bring your project and the yarn needed for completion.

**Mon., 3/9, 7-9PM DS HS Library Fee: \$25 Limit: 10**

Instructor Nancy Shulman

***Your Pets***

**3-01 Dog Obedience** - Learn about dog psychology while teaching your best friend the essential commands every dog should know: heel, sit, stay, down and come. Your pet also will learn some fun tricks. Learn how to solve problem behavior and socialize your dog so you can be comfortable when he/she is around other dogs. Bring proof of current vaccinations, training collar and 6 foot leash. **Dog must be at least 4 months old. Tues., (5) 3/3, 10, 17, 4/7, 14, 7:30-8:30PM DSHS gym Fee: \$115 if you register by 2/24, \$125 after**

Instructor Janet Harris owns K9Kudos in Sherborn and has over 30 years experience working with dogs.

**3-02 Start a Dog Walking or Pet Sitting Business**

Pet accommodation services are growing in popularity as pet owners want caretakers for their pets while they're at work or away. Learn the ins and outs of starting your own business from a successful business owner. We'll discuss strategies for attracting clients, determining your service area, fee structure, marketing, networking and professional associations, business structure and licensing, insurance and additional services your could offer.

**Mon., 2/2, 7-8:30PM, DS High School, room 205 Fee: \$25**

**If you register by 2/23, \$35 after**

Instructor Bryna Davidow owns MetroWestDog.com, Metrowest's premier online pet directory, as well as Must Love Dogs, [www.must-love-dogs.net](http://www.must-love-dogs.net), a pet sitting and dog training business. She is a member of the Association of Pet Dog Trainers and is certified in dog training and pet massage.

**3-03 Dog-lish as a Second Language** - They bark, you yell and everyone gets frustrated. When it comes to communicating it often seems that humans are from Earth and dogs are from Pluto. But understanding how dogs communicate is the first step to deepening the bond between you and your pet. Explore how dog language, calming signals and touching techniques can strengthen or save your

relationship with your dog. Learn how to incorporate simple verbal and non-verbal communications techniques into your daily interactions with your best friend. **Mon., 3/2, 7-8:30PM, DS HS, room 205**  
**Fee: \$25 if you register by 2/25, \$35 after.**

Instructor: Bryna Davidow

### ***Useful Information***

***4-01 Home Staging*** - Learn successful strategies for staging your home to look its best before you put it on the market. You'll hear tips from guest speaker Sandra Bouchard, owner of Define by Redesign, who will discuss strong, targeted marketing plans, internet exposure and virtual tours. **Wed., 2/11, 7-9PM, DSHS, room 206** **Fee: \$20 if you register by 2/4, \$30 after**

Instructor Joleen Rose, CBRE of ERA Bay State Realty believes strongly that you never get a second chance to make a good first impression.

***4-02 Boating Skills and Seamanship*** - This course is designed for both the experienced and the novice boater. How do you know which boat is best for you? What is the proper way to trailer and handle your boat? We'll cover all the "highway" signs and the certificate you earn may help you cut insurance costs. Learn nautical terms, sailor's language, legal requirements, navigation aids and marlinspike seamanship. We'll also cover marine engines, weather, inland boating and medical hazards. **Tues., 12 classes, 2/24-5/19 (no class 4/21), 7-9PM DS HS room 205** **Fee: \$80 if you register by 2/10, \$90 after**  
Optional supplies will be available at an additional cost **Limit: 20**

Instructors are members of the US Coast Guard Auxiliary staff

***4-03 CPR Certification*** - Get yourself prepared for emergencies. Learn how to perform CPR on infants, children and adults. This course meets the requirements for anyone working in child care and is great for anyone wanting to be effective in emergency situations.

**Wed., 2/25, 6-9PM DSHS, room 205**

**Fee: \$65 if you register by 2/18, \$75 after** **Limit: 12**

Instruction provided by Life Saver's Training Staff

***4-04 Maximize Your College Financial Aid***-This one night workshop will demystify the college financial aid process and teach you how to access some of the millions of dollars available, some of which also is available to high income families and business owners. Strategies will be presented that will help protect your assets by maximizing eligibility for aid, effectively lowering your college costs. Bring a calculator and basic knowledge of your income, taxes and assets. **Mon., 3/23, 7-9PM, Dover Sherborn HS, room 206; Fee: \$20 if you register by 3/16, \$30 after.**

College Funding Advisors teaches this seminar

***4-05 The College Search*** -Yes you can...find the right school for your child. Minimize time, stress and cost. You will be walked through the admissions process. Learn the advantages you can have even if your child isn't a "top student." **Thurs., 1/22, 7-9PM, DS HS, room 206** **Fee: \$20/person; \$25/family if you register by 1/15, \$30 or \$35 after**

Instructor Larry Dannenberg of College Solutions, helps families choose the right colleges.

***4-06 The College Search*** - **Thurs., 5/7, same as above** **Fee: same as above, if you register by 4/30, \$30/\$35 after**

### ***Personal Best***

***5-01 Yes You Can! Lose the Weight You Want to Lose***

Hypnosis works. This class is designed to help participants understand the difference between the conscious and sub-conscious mind. We'll discuss the mind, hypnosis and how to use it to de-program and re-program your mind. The second hour is an actual hypnosis session with the goal of healthy, achievable weight loss. Bottled water will be provided.

**Mon., 1/26, 6:30-9PM, DS HS, library**

**Fee: \$45 if you register by 1/16, \$55 after** **Limit: 15**

Instructor Robin Patrick-Mayer is certified by the International Association Counselors and Therapists and the National Guild of Hypnotists.

***5-02 Hypnosis for Stress Management*** - Here's some help for your stress. This class will teach relaxation, using self-hypnosis. Learn to take back control of your life. You will learn several techniques

designed to calm, release and quiet your mind no matter the circumstances. The second hour is an actual hypnosis session. Bottled water will be provided. **Mon., 3/30, 6:30-9PM, DS High School, library**  
**Fee: \$45 if you register by 3/23, \$55 after Limit:15**  
Instructor Robin Patrick-Mayer

***5-03 Become A Better Writer*** - Whether you write for business or for personal reasons, this workshop will give you tips and techniques for mastering the writing process. You don't need to memorize grammatical rules or learn to diagram sentences. Instead, you can learn to edit your own work. Confident self-editing is the surefire way to becoming a better writer. Bring 10 copies of something you've written, up to 1 page in length, to share anonymously with the class.

**Thurs., 2/5, 7-9PM DS HS, room 206 Fee: \$25 if you register by 1/29, \$35 after Limit: 10**  
Instructor Marjorie Solomon has been a professional writer for 30 years. Previously she was a senior technical writer who now free lances. Locally you can read her work in Wellesley Weston Magazine.

### ***Move Your Body***

#### ***6-01 Beginner Belly Dancing***

Excellent for the body as well as the mind, Belly Dancing will improve posture and muscle tone. You'll burn calories and have fun while learning this exciting dance. This is a great stress reliever and increases flexibility.

**Tues., 3/17, 7-8:30PM, Lindquist Commons cafeteria Fee: \$15 for demo session; \$40 for four additional classes on 3/24, 3/31, 4/7 & 4/14. Register at first class**

Instructor Gypsy Phillips has more than 30 years experience teaching and performing. Her dance troupe, The Velvet Moon Gypsies performs in the area.

***6-02 Partner Dancing*** - You and your partner will learn the basics of leading and following in a variety of dances from smooth to Latin. You'll get a feel for the rhythms and patterns that will allow you to hit the dance floor for that next big social function while getting some great exercise. This class is sure to cure a bad case of two left feet. **Tues., 5 classes, 2/3-3/10, (no class 2/17), 7-8PM, Caryl School gym**  
**Fee: \$99 a couple if you register by 1/27 or 3/31, \$109 after**

Instructor Dick Gould trained at Arthur Murray International and with private coaches. He has taught with us for a number of years and has more than 20 years of dance experience.

***6-03 Partner Dancing*** **Tues., (5), 4/7-5/12, (no class 4/21) 7-8PM Fee: \$99/couple if you register by 3/31, \$109 after.**

***6-04 Pilates*** - A wonderful workout to get in shape focusing on core muscle strengthening. **Wed., 8 classes, 1/28-3/25, (no class 2/18); 9:30-10:30AM**

***6-05*** **Wed., (8), 1/28-3/25, (no class 2/18), 10:30-11:30**

***6-06*** **Wed., (8), 4/1-5/27, (no class 4/22), 9:30-10:30**

***6-07*** **Wed., (8), 4/1-5/27, (no class 4/22), 10:30-11:30**

***6-08*** **Fri., (8), 1/30-3/26, (no class 2/20), 9:30-10:30**

***6-09*** **Fri., (8), 4/3 - 6/5, (no class 4/10,24), 9:30-10:30**

**Caryl School, room 107 Fee: \$96/8 week session if you register 1 week prior to start date, \$106 after. Limit:15**

Instructor Allie Barret has taught Pilates for many years.

***6-10 Hatha Yoga for All*** - This is a great way to release physical and mental tension. The class begins with centering, taking the time to settle into your space and connect with your breathing. The poses teach alignment and help strengthen and cleanse the body. Gentle poses will warm the body and increase flexibility in preparation for deeper postures. Students are encouraged to work at their own level to enhance their own experience. The class ends with a short period of deep relaxation. **Thurs., 8 classes, 2/26-4/16, Caryl School, room 107, 9-10:15AM**

Instructor Kim Petrucci is a certified Yoga teacher through the National Yoga Alliance. She teaches Iyengar style yoga with influences from other Hatha yoga traditions such as Kripalu, Restorative and Bikram yoga.

***6-11 Hatha Yoga*** - **Thurs., (8), 4/30-6/18, 9-10:15 AM, Fee: \$96/8 week session if you register one week prior to start date, \$106 after. Limit: 20 Register for 2 sessions at one time for the discounted price of \$88 per session**

**7-01 Small Group Golf Lessons** - Lower your scores and your frustration on the golf course with golf lessons. Our supportive instructor will show you the basics of the game-grip, stance and swing, putting and chipping. **Mon., 2 classes only, 4/6, 4/13, 9:30-11:30AM, Glen Ellen Country Club Millis**

**7-02 Small Group Golf** - Mon., 4 classes, 4/2-5/18, 9-10AM

**7-03 Small Group Golf** - Mon., 4 classes, 4/27-5/18, 6:15-7:15PM **Fee: \$139 if you register 1 week prior to start date for each session, \$149 after**

### ***Parent/Child Connection***

**8-01 Parent/Child Television Workshop** - Parents and kids in grades 4-8 can explore this interesting and challenging technology with Cable Studio Director Michael Klein. You'll learn to produce your own videos and will get experience in camera work, directing, audio operation and more. No experience necessary. **Wed., 3 sessions, 1/28 -2/11, 6-7:30PM Lindquist Commons, DSCTV studio Fee: \$60/pair if you register by 1/21, \$70 after**  
Instructor Michael Klein

**8-02 P/C Gifts from the Heart** - Homemade gifts touch the hearts of both those who give them and those who receive them. We'll decorate wreaths, baskets, luxurious bath products and more. Adults are welcome on their own. **Thurs, 2/12, 6:30-9:30PM, LC café Fee: \$25 plus \$48 for materials payable by check to Madeline DiCicco**  
Instructor Madeline DiCicco (see page 4 for bio.)

**8-03 P/C Reef Fish** - This class is for children ages 5-7. Coral reefs are fascinating and colorful places. Join us as we take a closer look at the organisms that live in the reefs. **Sat., 2/28, 2-3:30PM, NE Aquarium Fee: \$60/pair if you register by 2/23, \$70 after; includes admission to the aquarium; class is held in the Boston Harborside Learning Lab at the Aquarium**

**8-04 P/C Water Discoveries** - This class is for children ages 8-12 and their parents. Quench your thirst for knowledge as we spend the afternoon experimenting with water. What makes it so amazing? We'll design experiments to learn a bit more about this substance that is essential for all forms of life on our planet.  
**Sat., 2/28, 2-3:30PM, details same as above**

**8-05 Balloon Fantasy** - Try your hand at making balloon hats, swords and simple animals with Gypsy Phillips. This class is for children aged 8 and older, accompanied by a parent or other adult. **Sat., 3/14, 11AM-12:15PM, Caryl School, library, enter at the back door Fee: \$20/pair if you register by 3/7, \$30 after**  
Instructor Gypsy Phillips is a balloon artist who entertains at parties big and small in the Metrowest area.

**8-06 Pasta! Pasta! Pasta!** - Home-made pasta is fun, fast, easy and economical. Students will prepare the dough and make angel hair pasta or fettucini plus raviolis with cheese filling and another surprise filling to try! Home-made tomato sauce will be provided so students can sample the "fruits" of their labor. For children 8 and older accompanied by a parent. **Mon., 3/16, 5-7PM, DS HS, room 108 Fee: \$50/pair if you register by 3/9, \$60 after**  
Instructor Sue Costanza teaches Home Economics in Westwood.

**8-07 P/C Lobsters** - This class is for children ages 8-12 and their parents. Join us as we learn more about lobsters and the past and future of the New England lobster fishery. Discover how new laws and enforcement impact this species. **Sat., 4/4, 2-3:30PM, NE Aquarium Fee: \$60/pair if you register by 3/27, \$70 after; includes admission to the aquarium; class is held in the Boston Harborside Learning Lab**

**8-08 P/C Sharks** - This class is for children ages 5-7 and their parents. Are sharks similar to humans? Compare your senses to sharks' senses as we uncover the not-so-scary truth about our favorite predators. **Sat. 4/4, 2-3:30PM, NE Aquarium Fee: \$60/pair if you register by 3/27, \$70 after**

**8-09 P/C Stir Fry with Sue** - Stir frying is one of the healthiest methods of cooking. It's also one of the oldest "fast foods". Sue will demonstrate and explain the basic but versatile fry recipes. Students will

select vegetables and/or meats to prepare their own delicious meal. For children 8 and older accompanied by a parent. **Wed., 5/13, 5-7PM, DS HS, room 108 Fee: \$60/pair if you register by 5/6, \$70 after**  
Instructor Sue Costanza

### ***High School Classes***

**9-01 - SAT Prep** - Experienced teachers focus on student-generated responses, comparative reading and calculator use. Learn verbal and math test-taking techniques and strategies. **Tues./Thurs., 6 sessions, 2/24-3/12, 6:30-9:30PM , DS HS, room 123 Fee: \$195, Dover and Sherborn residents, if you register by 2/13, \$205 after; Non-resident fee: \$275 /\$285; No guarantee course materials can be provided if you register after 2/13. Test Date: 3/14**  
Instructors KC Potts and Chris DuBose are current and former DS High School teachers

**9-02 Driver's Education** - This course covers the state required 30 hours of classroom instruction. The first class meeting of each session is the required class for parents to attend with their student. Students must be 15yrs. 9 mos. to register for this class. On-road instruction may be arranged directly with Teachers Driving Academy LLC for an additional fee, paid directly to TDA.

Mon., 1/12, 26, 2/2, 2/9, Tues. 1/20 and Wed., 1/14, 1/21, 1/28, 2/4, 2/11, 6-9PM, DS HS, room 122

**9-03 Feb. Vacation Driver's Ed.** - Wed., 2/11, Thurs., 2/12, 6-9PM and Tues-Fri., 2/17-2/20, 8:30-2:30. Please note for full day classes students must bring lunch as they will not be allowed to leave campus

**9-04 Apr. Vacation Driver's Ed.** - Wed., 4/15, Thurs., 4/16, 6-9PM and Tues. - Fri., 4/21-4/24 8:30AM-2:30PM Fee: \$99 if you register by 4/8, \$109 after

Fee: \$99/10 class session if you register 1 week prior to start date, \$109 after.

**4-04 Maximize Your College Financial Aid** -see p. 5

**4-05 The College Search**- see p. 5