

Offering exciting enrichment courses FOR ADULTS.



at Minnechaug Regional
High School

New Beginnings!!

Classes begin the week of February 22, 2010.

Questions - Call 599-1831

Computer Offerings

New Offering!!!

Important Info:

- * Register by mail, using the registration form on the reverse side.
- * Unless you hear from us, you ARE enrolled in the course. NO confirmation will be sent. Please note the room number(s) for future reference.
- * A 20% discount off all course offerings is available to all senior citizens (over the age 60).
- * All registrants should understand that it may be necessary to cancel any course in which the initial enrollment falls below six students.
- * ENTER/EXIT through the first set of doors to the left of Minnechaug's main entrance.

- * Please pay by check. Checks should be made payable to HWRS D and mailed to:

Minnechaug Reg. H.S.
621 Main Street
Wilbraham, MA 01095
Attn: Ned Doyle

- * Questions??

Call 599-1831.

Intro to Computers/Internet

NO EXPERIENCE NECESSARY!! Finally, a class designed for the novice. All you ever wanted to know about computers and then some: Basic functions, terminology, applications, and how to use the keyboard and the mouse. Build your comfort level with technology – receive hands-on instruction in the “Windows” environment, enter and exit programs, and create simple projects with ease. Learn about the internet - - web mail, web searching, blogging, browsers, and databasing. Seniors are welcome and pay only \$108.

Instructor: Joe Pasquini
Date: Tuesdays 2/23-4/13
Time: 6-8 PM
Cost: \$135
Room: Media Center in “J” Hall



Microsoft Office Suite

This course will provide participants hands-on experience with the complete MS Office Suite, to include Word (word processing), Excel (spreadsheets), Access (data base), PowerPoint (mini-presentations), and Publisher (publications). Students should have keyboarding skills and a basic knowledge of how to operate a computer.

Instructor: Joe Pasquini
Date: Wednesdays 2/24-4/14
Time: 6-8 PM
Cost: \$135
Room: Media Center in “J” Hall

Digital Imaging

Now that you've taken your digital pictures, learn about all of the amazing things you can do with them on your computer. Using the Adobe Photo Elements software, you will put them into digital photo albums, correct errors from poor shooting conditions, enhance the lighting or colors, make collages and slide shows, prepare them for e-mail or the web, print them, ... the list of possibilities goes on. Some computer experience is recommended to get the most out of this course.

Instructor: Karen Kielb
Date: Wednesdays 2/24-4/14
Time: 6-8 PM
Cost: \$135
Room: Media Center in “J” Hall

¡Hablamos Español!

Beginning Spanish for Adults!

Have you been thinking how useful it would be to be able to communicate in Spanish on the job? Do you like to vacation somewhere where Spanish is spoken? Did you study Spanish in high school or college but realize you have forgotten it all? This class will focus on some thematic vocabulary and basic grammatical patterns in Spanish. Emphasis will be on acquisition of conversational skills, pronunciation, and some important differences between English and Spanish. There will also be room for requests for help on specific topics. ¡Vamos a conversar!

Instructor: Alice Bradford
Date: Wednesdays 2/24-4/14
Cost: \$100
Time: 6:30-8 PM
Room: H-13

Returning Favorites!!

Italian for Travelers -

Ciao! Whether you are contemplating going to L'Italia Bella (beautiful Italy) for the first time, are an experienced traveler, or are interested in an introductory Italian language course, this is an opportunity to acquire sufficient Italian language skills to easily and successfully navigate through customs, airports, train stations, restaurants, hotels, banks, ATMs, etc. Become familiar with the idiosyncrasies of this foreign culture prior to your trip. Basic Italian grammar will be included

Instructor: Carol Sibilia
Date: Thursdays 2/25-4/15
Cost: \$100
Time: 6:30-8 PM
Room: D-12

College Enrichment Courses –

The New Beginnings Program is offering college enrichment programs. Minnechaug and STCC have entered into a very exciting agreement, allowing you to take numerous, online, instructor-lead enrichment courses. How great is this – you can sign up and take these affordable courses right from the comfort of your home. The diversity of these course offerings is incredible. Check out this small sampling of course titles:

Numerous computer courses
Creating Web Pages
Learn how to buy & sell on eBay
Prep Courses for GED, SAT, GMAT, GRE, LSAT
Accounting fundamentals
Speed Spanish
Introduction to Stock Options
Introduction to PC Troubleshooting
Numerous certification courses are available for those interested in a career change.



To learn more and to check out all offerings/costs, visit:
<http://www.ed2go.com/a-minnechaug>

Health & Fitness

Yoga

During this course, the student will learn a series of yoga postures designed to create awareness through the mind-body connection – increasing flexibility, strengthening, trimming and toning of the body. The student will also learn breathing and relaxation techniques to help reduce stress in everyday life. These classes are NOT recommended for women beyond their first trimester of pregnancy. **Please bring a pillow and blanket to each session and wear non-restrictive clothing.**

Instructor: Lisa Bullen
Date: Thursdays 2/25-4/15
Time: 6:30-7:30 PM - *All Levels*
Cost: \$70
Room: Media Ctr in "J" hall



Strength Training (at WNEC)

This class is designed to improve your muscle strength, bone density, balance, and flexibility. We use a variety of exercises with hand-held weights, providing you with a total body-muscle conditioning workout. We emphasize proper form and safety and provide modifications for those with individual limitations. This class is suitable for all ages/abilities and will challenge each fitness level. *Questions, please call the YMCA at 596-2749.*

Date: Tues & Thurs 2/23-4/8
Time: 8:30-9:15 AM
Cost: YMCA Members - N/C;
 Non-members \$83



Water Aerobics (at WNEC)

A soft water workout is great for those requiring low-impact activity. Work your body through "full range of motion" water exercises using the large muscle groups to burn fat and tone up. Excellent workout with minimal joint stress! *Questions, please call the YMCA at 596-2749.*

Date/Time:
 Mon, Wed, Fri 8:30-9:15 AM
 2/22-4/9

Tues & Thurs 9:30-10:15 AM
 2/22-4/8

Cost: YMCA Members - N/C;
 Non-members -
 2X per wk \$83; or 3X per wk \$124

Fun & Leisure

Ballroom Dancing

This may be our most popular adult offering. Don't miss out on the fun!! A must for couples. Learn to social dance from a "Pro". This course is for beginners and is well suited for all beginning skill levels. Participants will learn the **WALTZ** and the **SWING**. Try this special offering, you'll love it!! **COUPLES ONLY PLEASE.**

Instructor: Frank Camerota
Date: Tuesdays 2/23-4/13
Time: 6-7 PM
Cost: \$135/couple
Room: Small Caf



Beading Basics - I/II

Relax and enjoy the art of beading, as we learn to make bracelets, earrings, and necklaces. Beads and findings will be available for purchase at each class or bring your own. All tools will be provided. This is a multi-level (beginner and intermediate) course. Each class will be tailored to the individual needs of the student. This is also a great class for those people who already bead but would like to learn a few new techniques or need to finish old projects. If you have any questions, contact the instructor at mcplpanda@charter.net.



Instructor: Michele Pandolfi
Basic I: Thurs. 2/25-3/18 - Cost \$70
Basic II: Thurs. 3/25-4/15 - Cost \$70
Time: 6-8 PM
Room: D-10

Take better PHOTOGRAPHS!!

Do you have a digital "point and shoot" camera but are intimidated by all the settings? During this five-week course, you will become a pro at using your camera, and you will learn basic photography skills, such as perspective and how to "see the light". You will also learn how to be creative and have fun with your camera! By the end of this class, you'll know when to use the auto setting and when to get creative and best capture all your future memories. So join us for the fun!!



Instructor: Suzanne Larocque of Sleaque Images
Date: Tuesdays 2/23-3/30
Time: 6-7:30 PM (no class 3/9)
Cost: \$65
Room: Media Center in "J" Hall

Course Registration Form

Questions?? Please call 599-1831.

Please pay by check. Checks should be made payable to HWRSD and mailed to:

Minnechaug Reg. H.S.
 621 Main Street
 Wilbraham, MA 01095
 Attn: Ned Doyle

Name (please print) _____

Address _____

Work/Day phone _____ Home/Evening phone _____

Email address _____

Course 1 _____ Dates _____ Time _____ Cost

Course 2 _____ Dates _____ Time _____ Cost