



Sharon Community Education

Spring 2022 Adult Education



- **In Person and Virtual Programs:
Days, Nights, and Weekends**
- **Online Career Skills and Training**

SharonCommunityEducation.com

Here Comes the Sun!



Welcome back to our third and final Adult Education session of the 2021/2022 school year. Over the course of this school year, we have successfully reintroduced our long-standing in-person classes and sports programs as well as adding some new ones! We thank all of our instructors and participants who came back and engaged in physical activities while wearing masks inside the school buildings. We are so appreciative of your support and cooperation of efforts to keep everyone safe! We look forward to another successful session of programming this spring.

Community Education is a branch of Sharon Public Schools and follow the health and safety protocols set by the schools for programs taking place in the buildings. On March 2, 2022, the School Committee voted to end the masking mandate for students, staff, and visitors within Sharon Public Schools on Friday, March 4, 2022 at 6:00 PM. This means that students, staff, visitors, and Adult Education participants will have the ability to choose whether or not they will wear a mask inside the buildings. We respect and support every individual's ability to decide for themselves, and their family, whether or not to continue wearing a mask inside the schools and expect that all participants will do the same. We work closely with Sharon Public Schools Administration as well as the Sharon Board of Health and will update health and safety policies with any changes as they become available. Any updates or changes will always be communicated via email to our users and posted on our website: www.sharoncommunityeducation.com.

We are very excited about this Spring session but we cannot help but look ahead to the upcoming school year and completion of the new Sharon High School, where our offices and multi-purpose program space will be located. Having our own dedicated program space will allow us the ability to schedule yoga classes, cooking demonstrations, lectures, and seminars during the day for community members who do not have availability or do not feel comfortable going out to attend programs held in the evenings. We are so fortunate to have the opportunity to serve a broader audience in the near future! Until then, be well, stay safe, and look after one another because, to quote the motto our team adopted nearly two years ago, "We are stronger together!"

Sincerely,

Sara, Erin, Barbara, Bridget, and Dan.

Sharon Community Education is a self-sustained branch of the Sharon Public Schools. We support all people who are interested in academic, social, and cultural development. Sharon Public Schools does not discriminate on the basis of age, color, disability, gender identity, homelessness, national origin, race, religion, sex or sexual orientation.

Follow us on Facebook: [Facebook.com/sharoncommunityeducation](https://www.facebook.com/sharoncommunityeducation)

Twitter: [@sharoncomm](https://twitter.com/sharoncomm)

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Ed2Go Online Courses



American Sign Language



DIY Bridal Designs

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Nature Classes



Money Smart for Older Adults



Instant Piano and Guitar Workshops

Community Education is dedicated to serving the community. Please continue to share your suggestions for programs you would like to see or if you would like to join our team of instructors, please contact us. We are always looking for new and interesting classes.

Be sure to check our website for the most up to date information. www.sharoncommunityeducation.com

Questions, Comments, Concerns, Ideas? Please do not hesitate to contact us: Sharon Community Education-Adult Ed.
Phone: (781) 784-1574 ext. 5 or Email: snorton1@sharonschools.net



Superintendent: Dr. Peter Botelho
Acting Assist. Superintendent: Dr. Meg Dussault
Assist. Director of Community Ed: Erin McCabe
Adult Program Manager: Sara Norton



To view our online catalog to learn more and complete registration, scan this QR barcode with your smart phone or tablet!

Advice & Personal Growth

Money Smart for Older Adults

Instructor: Dave Moses

The Money Smart for Older Adults course aims to raise awareness among older adults and their caregivers on how to prevent elder financial exploitation and to encourage advance planning and informed financial decision making. After completing this course, the participants will be better able to recognize and reduce the risk of elder financial exploitation; guard against identity theft; plan for possible loss of their ability to manage their finances; prepare financially for disasters; find other helpful resources for managing their money; and reporting financial exploitation.

CLASS DATE: Wednesday, 4/13/22

TIME: 6:30 - 8:00 PM

LOCATION: Sharon High School, Room 101

TUITION: *\$20.00

*Discounts do not apply to this class.

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

Instructor: Dave Moses

This workshop is designed to give an overview of Medicare and the choices that go into choosing the right Medicare plan. You will learn how you become eligible for Medicare and when to enroll. You will hear about Parts A, B, C, and D, what those mean, what each part covers, and what they do not. Discussion will also include what a Medicare Supplement or Medigap plan is and will compare and contrast those with Medicare Advantage plans. Participants will leave having a better understanding of Medicare and what to look out for when picking a plan for themselves.

CLASS DATE: Wednesday, 5/4/22

TIME: 6:30 - 8:00 PM

LOCATION: Sharon High School, Room 101

TUITION: *\$20.00

*Discounts do not apply to this class.



Helping Elderly Parents

Instructor: Ed2Go Instructors

Growing older is a part of life. Some aspects are joyful, some bittersweet, some frustrating, some frightening. You will learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help. You'll understand the impact of retirement, learn how to choose a nursing home, and be prepared to deal with death. You'll learn about financial and legal considerations, health issues, and family interpersonal relationships. You'll be introduced to special communication skills, observation methods, and coping mechanisms to ease the burden for everyone involved. You'll learn to handle most of the challenges you will face while coming to appreciate and cherish the privilege of the journey.

CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) format. Students have the flexibility to log in to the class anytime day or night.

TUITION: *\$100.00

*Discounts do not apply to this class.

Marriage and Relationships: Keys to Success

Instructor: Ed2Go Instructors

Meeting the right person is important, but knowing how to stay in love matters even more. In this course, you'll learn how to build a solid foundation for your relationship that will last far beyond "I do." You will start by reviewing the basic stages every relationship goes through, and you'll learn the importance of balancing your needs as an individual with your needs as a couple. You will gain key strategies for maintaining your relationship and great tips for "tune-ups" that help keep love alive. You'll also develop insights into the problems so many couples encounter in married life.

CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) or Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night.

TUITION: *\$115.00

*Discounts do not apply to this class.

Personal Finance *Online Course*

Instructor: Ed2Go Instructors

Do you have clear financial goals? Are you confident you will be able to retire someday? How can you be sure you are making the right investments? Do you know how to change your credit report to reduce your expenses and increase your financial security? Do you know how to keep good financial records? This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record keeping requirements, and much, much more.

CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) or Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night.

TUITION: *\$115.00

*Discounts do not apply to this class.

Google Business Profile: How to Set up and Maximize This Free Tool to Grow Your Business

Instructor: Dianne Needle

Looking for a new accountant, a real estate agent, a hairdresser, a lawyer, a dog groomer? Most consumers begin with a Google search. This one-night class will teach you how to set up the tool known as Google Business Profile (GBP formerly known as Google My Business) so it is maximized allowing your future clients to find you! GBP is a FREE tool and a MUST-HAVE for today's entrepreneur or business owner.

CLASS DATE: Thursday, 5/12/22

TIME: 6:30 - 8:30 PM

LOCATION: Sharon High School, Room 101

TUITION: *\$25.00

*Discounts do not apply to this class.

Blogging and Podcasting for Beginners ***Online Course***

Instructor: Ed2Go Instructors

Blogging and Podcasting for Beginners will teach you how to plan and create your very own blog and podcast. Through hands-on exercises, you will discover the benefits of using free web tools like Blogger, WordPress, Audacity, and YouTube. You will find that creating a blog and podcast is much easier than you ever imagined.

CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) or Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night.
TUITION: *\$100.00

*Discounts do not apply for this class.

Finding Your Calm in the Storm

Instructor: Heather Wise

Learn the top two evidence-based integrative mental-health therapies for reducing stress and feeling overwhelmed with certified wellness coach and meditation instructor, Heather Wise, MPH. Heather will discuss the effect of mindfulness and self-compassion practices and their impact on our physical and mental health, so you can leave with tools to find calm in the midst of stress. Whether this is your first introduction to mindfulness or you've been practicing mindfulness techniques for years, Heather will guide you in preparing your body and mind for incorporating moments of mindful self-compassion into your daily life for more resilience, well-being and emotional intelligence. There are two options for this class, please choose one.

CLASS DATE: Tuesday, 4/12/22
TIME: 6:30 - 8:00 PM
LOCATION: Sharon High School, Room 101
TUITION: *\$35.00

OR

CLASS DATE: Thursday, 4/14/22
TIME: 11:00 AM - 12:30 PM
LOCATION: Virtual Class
TUITION: *\$35.00

*Discounts do not apply to this class.



Introduction to Intuitive Eating *Instructor:* Heather Wise

Research shows that diets do not work. This is because they trigger self-shaming anytime we “cheat.” The results are temporary and often cause additional weight gain once the diet is finished. With intuitive eating we begin to shift our mindset around food from a mindset of self-discipline to self-compassion. This approach to feeling better about yourself, your habits and in your body is based on being kind, positive, and gentle with your body. When we are feeling good about ourselves and our bodies we are much more likely to do the healthy behaviors we want to be doing everyday - like nourishing our bodies with fresh, healthy foods. In this class we will learn how to be mindful of our body and our microbiome and tune into what our body needs to feel nourished, healthy, and strong.

CLASS DATE: Thursday, 4/28/22
TIME: 7:00 - 8:00 PM
LOCATION: Sharon High School, Room 101
TUITION:*\$29.00

*Discounts do not apply to this class.

The Brain-Gut Connection: How Food Affects Your Moods

Instructor: Heather Wise

Learn about the world of integrative mental health with certified integrative nutritionist, Heather Wise. Heather will discuss how our brain and gut communicate, and will educate you on “good mood” and “bad mood” foods, so that you can walk away with the tools to eat for your best brain! This class will cover the following:

- Nutritional psychiatry - The brain-gut connection
- How food speaks to the brain through our “second brain,” the gut
- How our gut speaks to our brain
- The Standard American Diet
- “Bad Mood” and “Good Mood” Foods
- Skip the food stress
- Actionable tips

CLASS DATE: Thursday, 5/19/22
TIME: 7:00 - 8:00 PM
LOCATION: Sharon High School, Room 101
TUITION:*\$29.00

*Discounts do not apply to this class.

Enrichment

Start Your Own Small Business

Instructor: Ed2Go Instructors

Learn how to take your dream of starting a business and put it into action. In this class, you will learn everything you need to know about starting a business. You will begin by discovering the tricks to picking the right opportunity for you. Next, you will learn how to develop proven marketing techniques to easily build sales. Since every business needs money, this course discusses traditional and nontraditional financing options. Finally, you will learn easy-to-implement employee-management procedures and how to write business policies that help you build your business.

CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) or Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night.
TUITION: *\$115.00

*Discounts do not apply for this class.

Beaver Brook Trail Exploration and Adventure

Instructor: Michael Scutari

Take a trip back in time to the Atlantic White Cedar forests of yesteryear, where towering Pine trees once mingled with massive oaks and american chestnuts, and all thrived in the glacial lacustrine sands deposited here 10,000 to 12,000 years earlier. The Beaver Brook Trail that winds its way through this unique natural area is a gem put in place by the Sharon Friends of Conservation and is waiting to be explored and appreciated.

CLASS DATE: Wednesday, 4/13/22
TIME: 10:00 AM - 12:00 PM
LOCATION: Beaver Brook Trail
TUITION:*\$35.00

*Discounts do not apply to this class.

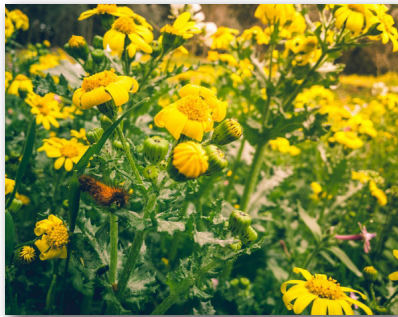


Spring Wildflowers of New England

Instructor: Michael Scutari

In this hands-on, adventurous class, we will traipse along the trails of Mass Audubon Moose Hill looking for beautiful spring wildflowers, hiding invasive plants, and the “rocks beneath their roots.” Learn how the local surface geology (and associated soils) are helpful to the growth of some plant species, yet discourages the presence of others. Limited to 10.

CLASS DATE: Wednesday, 5/25/22
 TIME: 10:00 AM - 12:00 PM
 LOCATION: Moose Hill Wildlife Sanctuary
 TUITION: *\$35.00
 *Discounts do not apply to this class.



The Botanical Trail of Sharon

Instructor: Michael Scutari

Through the amazing work of Sharon Friends of Conservation (SFOC), this fantastic, little known trail awaits to be discovered. From the lemony scent of spicebush flowers in April, to a plethora of small, native wildflowers in May, to the songs of neotropical migrant birds through the month of June, there is always something one can observe each season. To accompany our hike, SFOC even put together a guided video for all to watch with Mr. Scutari leading the way! Limited to 10.

CLASS DATE: Wednesday, 6/8/22
 TIME: 10:00 AM - 12:00 PM
 LOCATION: Moose Hill Wildlife Sanctuary
 TUITION: *\$35.00
 *Discounts do not apply to this class.

Lower Sugarbush South

Instructor: Michael Scutari

The large sugar maples in Mass Audubon Moose Hill’s Lower Sugarbush provide a wonderful habitat for some very special, sensitive animals, not to mention on of the last, original “crops” during the latter part of winter. Follow Beaver Brook down in elevation to an old logging trail, heading south to the farm fields. The outskirts of this wildlife sanctuary hold many surprises and are one of the quietest areas you will find in Sharon. Limited to 10.

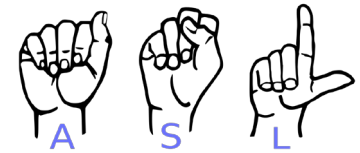
CLASS DATES: Wednesday, 5/4/22
 TIME: 10:00 AM - 12:00 PM
 LOCATION: Moose Hill Wildlife Sanctuary
 TUITION: *\$35.00
 *Discounts do not apply to this class.

Shrubland Habitat and the Powerline Corridor

Instructor: Michael Scutari

Meandering east-west through both Mass Audubon Moose Hill and TTOR Moose Hill Farm properties, is a unique wildlife corridor consisting of shrubland habitat- a powerline cut. The bear oak, northern bayberry, New Jersey tea, sweetfern, and other site-specific shrubs (and herbaceous plants) that comprise this area provide an essential nesting habitat for birds found in few other places. Venture along a wonderful trail with binoculars in hand to discover what lives here from season to season.

CLASS DATE: Wednesday, 5/18/22
 TIME: 10:00 AM - 12:00 PM
 LOCATION: Moose Hill Wildlife Sanctuary
 TUITION: *\$35.00
 *Discounts do not apply to this class.



American Sign Language

****Virtual Classes****

Instructor: Marianne Molinari

Join ASL teacher: Marianne Molinari for her 6-week virtual classes for Beginners, Advanced Beginners, and Intermediate level students. There are classes to fit most schedules and can earn you professional development points and certificates of completion. These classes are conducted live via zoom and not only cover ASL as a language, but also the culture of those who use it. This is a family friendly program that offers students the ability to learn ASL without the pressure of homework or exams. No prerequisites required! The instructor emails the zoom links weekly and students are welcome to attend multiple classes per week if a scheduling conflict arises or if they would like further review of that week’s lesson.

BEGINNER ASL:

DAY	TIME	DATES
Monday	5:30 - 7:00 PM	4/18/22 - 5/23/22
Tuesdays	10:00 - 11:30 AM	4/26/22 - 5/31/22
Thursdays	6:30 - 8:00 PM	4/28/22 - 6/2/22

ADVANCED BEGINNER ASL:

DAY	TIME	DATES
Wednesdays	6:00 - 7:30 PM	4/27/22 - 6/1/22

INTERMEDIATE ASL:

DAY	TIME	DATES
Mondays	7:30 - 9:00 PM	4/18/22 - 5/23/22

LOCATION: Virtual
 TUITION:*\$89.00 per class
 *Discounts do not apply to this class.

Music Lessons

Ukulele - Beginner

Instructor: Deb Sorgman

Join us for 8 weeks of musical fun and learn the fundamentals of playing the ukulele! From “standards” to current hits, the ukulele is the ideal instrument to play alone or with others. Parties, family gatherings, and quiet evenings at home will never be the same! No prior musical experience is necessary. Learn basic chords, rhythms, and strums that will enable you to play songs in no time! Participants will supply their own ukulele and tuner. Inexpensive beginner ukuleles are available online or from your local music store. They may also be available to rent at music shops or borrow from your local library. Please be sure that your ukulele is a soprano or concert model, since the tuning on tenors and baritones is different.

CLASS DATES: Tuesdays, 4/5/22 - 5/31/22 (8 Weeks) (No class 4/19)
TIME: 6:30 - 7:30 PM
LOCATION: East Elementary, Library
TUITION: \$79.00

Ukulele- Beyond Beginner

Instructor: Deb Sorgman

Join us for 8 weeks of more musical fun expanding your ukulele playing skills! We will review and build on the skills learned in Ukulele 1 and learn new skills including: additional chords, more strumming patterns, finger-picking, and movable chords. Participants should have their own ukulele and previously completed the Ukulele 1 class (or comparable class) and be comfortable playing songs with basic chords and strum patterns.

CLASS DATES: Tuesdays, 4/5/22 - 5/31/22 (8 Weeks) (No class 4/19)
TIME: 7:30 - 8:30 PM
LOCATION: East Elementary, Library
TUITION: \$79.00



Instant Piano for Hopelessly Busy

People **Virtual Class**

Instructor: Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Topics include:

- How chords work in a song.
- How to get more out of sheet music by reading less of it.
- How to form the three main types of chords.
- How to handle different keys and time signatures.
- How to avoid “counting.”
- How to simplify over 12,000 complex cords.

There are two dates available, please choose one:

CLASS DATE: Monday, 4/25/22
TIME: 6:30 - 9:30 PM
LOCATION: Virtual
TUITION: *\$59.00
*Discounts do not apply to this class.

OR

CLASS DATE: Tuesday, 6/28/22
TIME: 6:30 - 9:30 PM
LOCATION: Virtual
TUITION: *\$59.00
*Discounts do not apply to this class.

Instant Guitar for Hopelessly Busy

People **Virtual Class**

Instructor: Craig Coffman

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. Topics include:

- How chords work in a song.
- How to form the three main types of chords.
- How to tune your guitar.
- Basic strumming patterns.
- How to buy a good guitar (things to avoid).
- How to play along with simple tunes.

There are two dates available, please choose one:

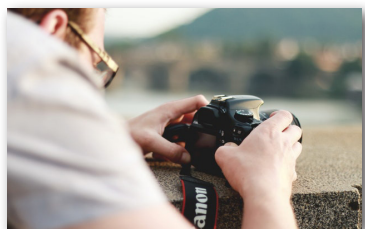
CLASS DATE: Tuesday, 4/26/22
TIME: 6:30 - 9:00 PM
LOCATION: Virtual
TUITION: *\$59.00
*Discounts do not apply to this class.

OR

CLASS DATE: Wednesday, 6/29/22
TIME: 6:30 - 9:00 PM
LOCATION: Virtual
TUITION: *\$59.00
*Discounts do not apply to this class.



Arts and Crafts



Digital Photography 101

Instructor: Kenneth Berman

Calling serious photography amateurs for this four-week digital photography course! Professional photographer, Kenneth Berman, will show you the basics of composition, lighting, and posing. Mr. Berman will show you how to take action shots, as well as indoor and outdoor photographs. This class will be a hybrid of classroom and outdoor, in-person meetings. Each class will be hands-on so be sure to bring your DSLR camera. Your camera should be good quality with a lens and flash.

CLASS DATES: Tuesdays, (4 Weeks)

DATE	TIME	LOCATION
5/17/22	6:00 - 7:00 PM	Sharon High School, Rm. 101
5/24/17	6:00 - 7:30 PM	Outdoor location TBD
5/31/22	6:00-7:30 PM	Outdoor location TBD
6/7/22	6:00-7:00 PM	Sharon High School, Rm. 101

TUITION:*\$75.00

*Discounts do not apply to this class.

Color Theory *Online Course*

Instructor: Ed2Go Instructors

Color plays an important role in visual communication, especially when designing websites. For web designers, understanding color theory is a key to creating a color palette for UI/UX projects. This self-paced course will teach you the fundamentals of color theory and how to apply this framework to your web design practice.

CLASS DETAILS: This class is offered in a Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night and complete the course at their own pace.

TUITION: *\$79.00

Floral Arrangement Workshops

Instructor: Dawn Bagocius of Dove Tales Floral Studio

Grab a friend and experience a fun and therapeutic class making a floral arrangement. It is a relaxing time and you will create a beautiful floral design to take home for our own enjoyment or give away as a gift! No experience necessary. The certified floral designer will provide instructions and materials. You'll take away some practical knowledge of flowers for every season and an experience created with you in mind. See the offerings below!

Spring Basket Floral Design

This will be a fabulous way to bring the Spring Season into your home. Learn how to professionally create a basket design with vibrant soft spring colors. Learn some simple tricks that take ordinary to extraordinary.

CLASS DATE: Monday, 4/4/22

TIME: 6:00 - 8:00 PM

LOCATION: Sharon Middle School, Cafeteria

TUITION: *\$75.00

*Tuition includes cost of all materials. Discounts do not apply for this class.



DIY Bridal Designs

Today's modern bride enjoys creating their own floral designs for their special day. In this class, you will learn how to make some basic pieces. A boutonniere, a wrist corsage and a centerpiece.

CLASS DATE: Wednesday, 5/11/22

TIME: 6:00 - 8:00 PM

LOCATION: Sharon Middle School, Cafeteria

TUITION: *\$75.00

*Tuition includes cost of all materials. Discounts do not apply for this class.

Creating Web Pages *Online Course*

Instructor: Ed2Go Instructors

Create and post your very own website using HTML. You will learn the best strategies for planning the content, structure, and layout of your website as well as creating pages with neatly formatted text, building links between the pages, and more! This course will also cover search engine optimization and powerful no-cost or low-cost web marketing strategies.



CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) or Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night.

TUITION: *\$115.00

*Discounts do not apply to this class.

How to Get Started in Game Development *Online Course*

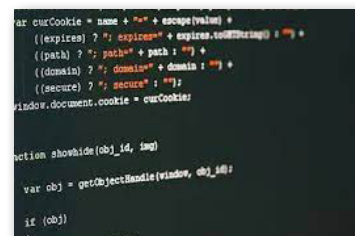
Instructor: Ed2Go Instructors

There has never been a better time to start a career in the game development industry. Games can be found on computers, the web, gaming consoles, and virtually every mobile tablet and phone. Industry forecasts indicate that gaming will be worth close to \$100 billion dollars in the next two years. Talented, creative, and enthusiastic people are in great demand in this industry. Whether you want to start your own independent game project in your basement or work with a small creative team or for a large game development studio, this course will prepare you to start developing your own games.

CLASS DETAILS: This class is offered in Instructor-Led (6 Weeks) or Self-Paced (90 Days) format. Students have the flexibility to log in to the class anytime day or night.

TUITION: *\$115.00

*Discounts do not apply to this class.



Start Your Own Arts and Crafts

Business

Online Course

Instructor: Ed2Go Instructors

If you have an art or a craft and you dream about starting your own home-based or small business, this is the course for you! You will learn to start your own arts and crafts business from a professional artist. You will learn to create your own unique business identity, and discover what makes marketing in the arts and crafts business different from marketing in most other enterprises and find a sales approach that fits your personality. You will learn how to find and get into the best craft shows, as well as design booths that really draw customers in. You will discover how to price your work effectively so you can set yourself up for success whether you are selling through craft shows, in galleries, online, or even in your own retail store.



CLASS DETAILS: This class is offered in Instructor-Led format (6 Weeks) Students have the flexibility to log in to the class anytime day or night.

TUITION: *\$115.00

*Discounts do not apply to this class.

Sports and Wellness

Vinyasa Yoga

Instructor: Rashmi Shetty

Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit “to place in a special way” Vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Participants should have a yoga mat or a large towel, and water. This class is appropriate for all levels.

CLASS DATES: Tuesdays, 4/5/22 - 6/7/22 (8 Weeks) (No class 4/19 & 5/24)

TIME: 7:00 - 8:15 PM

LOCATION: Sharon Middle School Fitness Room

TUITION: \$85.00

Zumba

Instructor: Anna McNamara

Dubbed the world’s largest fitness party, the 60-minute heart pumping, dance-loving goodness has an open invite to all. Participants of any skill and fitness level are welcome! You will get a good sweat on and leave with an endorphin rush that has you craving more. Depending on how much you exert yourself, expect to burn anywhere between 600-1000 calories!!!

CLASS DATES: Mondays, 4/4/22 - 6/6/22 (8 Weeks) (No class 4/18 & 5/30)

TIME: 7:00 - 8:00 PM

LOCATION: Heights Elementary Cafeteria

TUITION: \$99.00

Adult Tennis Lessons

Instructors at Brown/Billone Club

Experience the wonderful world of tennis! This program will introduce tennis to new players and help build on beginner skills in those with a little tennis experience. You will learn tennis by developing your hand-eye coordination, ball striking, control, and competitive skills. Students should bring their own racquet. Players will break down into groups according to their tennis ability.

CLASS DATES: Mondays, 4/25/22 - 5/30/22 (6 Weeks) (Club is open on Memorial Day)

TIME: 6:30 - 8:00 PM

LOCATION: Brown/Billone Club, 153 Chestnut St., N. Easton

TUITION: *\$225.00

*Discounts do not apply to this class.

Women’s Recreational Basketball

Instructor: Jennifer Weiner

Women (18+) are invited to play in a new recreational basketball league. No prior experience necessary, although this course will not be instructional. Players are expected to be familiar with the rules of the game and be ready to play and have fun!

CLASS DATES: Thursdays, 4/7/22 - 6/2/22 (8 Weeks) (No class 4/21)

TIME: 7:00 - 9:00 PM

LOCATION: Cottage St. Elementary, Gym.

TUITION: *\$59.00

*Discounts do not apply to this class.

Pickleball

Instructor: Jennifer Weiner

Pickleball is a fun and increasingly popular sport that combines elements of tennis, table tennis, and badminton. Anyone (18+) is invited to play in this recreational pickleball league. Players are expected to be familiar with the rules of the game, provide their own racquet/balls, and be ready to play and have fun!

CLASS DATES: Fridays, 4/8/22 - 6/10/22 (8 Weeks) (No class 4/15 & 4/22)

TIME: 6:30 - 8:00 PM

LOCATION: Cottage St. Elementary, Gym

TUITION: *\$55.00

*Discounts do not apply to this class.

Monday Badminton

Instructor: Yi Zhou

This Co-Ed class is for beginner to intermediate players looking to improve their skills. All play is in accordance with the rules of the Badminton World Federation (BWF). Please indicate “Monday” on the Registration Form. Please bring own shuttles.



Limited to 8. Ages 15+ welcome.

CLASS DATES: Mondays, 4/4/22 - 6/13/22 (8 Weeks) (No class 4/18, 5/9 & 5/30)

TIME: 7:30 - 10:00 PM

LOCATION: Heights Elementary, Gym

TUITION: \$95.00

Tuesday Badminton

Instructor: Ranjit Shetty

This Co-Ed class is for people familiar with the rules of the sport of badminton. This course is for beginners-intermediate-level players who wish to play and have a good time on Tuesday evenings. There will be pickup games in accordance with the Badminton World Federation (BWF) rules. Please indicate “Tuesday Night Badminton” on the registration form. Please bring your own shuttles. Limited to 8. Ages 15+ are welcome.

CLASS DATES: Tuesdays, 4/5/22 - 5/31/22 (8 Weeks) (No class on 4/19)

TIME: 7:30 - 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \$95.00

Badminton Intermediate

Instructor: Xiaodong Tian

This Co-Ed class is designed for players familiar with the rules of the sport of badminton, but who have little or no competitive experience. This is an instructional course for people who wish to gain some experience and sharpen their skills. All play is in accordance with the Badminton World Federation (BWF). Please bring your own shuttles. Limited to 8.

CLASS DATES: Wednesdays, 4/6/22 - 6/1/22 (8 Weeks) (No class 4/20)

TIME: 7:30 - 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \$95.00

Intermediate Volleyball

Instructors: Virginia Bradley & Jessica McSharry

This Co-Ed class is designed for players familiar with the rules of the sport of volleyball, but who have little or no competitive experience. This is an instructional course for people who wish to gain some experience and sharpen their skills. All play is strictly in accordance with the United States Volleyball Association ball-handling rules. Limited to 18 players ages 15+.

CLASS DATES: Mondays, 4/4/22 - 6/6/22 (8 Weeks) (No class 4/18 & 5/30)

TIME: 7:30 - 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \$95.00

Volleyball: Power

Instructor: Eric Wang

This Co-Ed class is for experienced players with well-developed ball-handling skills. All play is in accordance with USVBA rules. Although the class is administered as a "pickup" organization, all play is at the competition level (approximately level C). Players registering for the first time must have the instructor's approval. Important Note: Players with little experience should consider the Monday night Intermediate-Volleyball class. Ages 18+ welcome.

CLASS DATES: Tuesdays, 4/5/22 - 5/31/22 (8 Weeks) (No class 4/19)

TIME: 7:30 - 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \$95.00

Volleyball: Seasoned

Instructor: Denny Aldrin

This recreational class is for players with intermediate to advanced ball handling skills. This course is for individuals who wish to refine their skills and extend their appreciation of volleyball through pickup games. Coordinator approval will be required for new participants. Please specify "Volleyball-Seasoned" on the Registration form. Important Note: Players with little experience should consider Intermediate Volleyball on Mondays. This class is for advanced players only. Limited to 15.

CLASS DATES: Wednesdays, 4/6/22 - 6/1/22 (8 Weeks) (No class 4/20)

TIME: 7:30 - 10:00 PM

LOCATION: Sharon Middle School, Gym

TUITION: \$95.00



We still have space available for our cross-season basketball programs!

If you missed registration in January or were not available to participate, we still have space available in both Men's Basketball on Sunday mornings and Co-Ed Recreational Basketball on Monday nights. To register, call Sara Norton at (781) 784-1574 ext. 5 and she will calculate your prorated tuition for the remainder of the season. See the schedule below for both programs.

Men's Basketball

Instructor: Danny Faber

This program holds pickup games for Men 30+ years of age and is held at Sharon High School on Sunday Mornings from 8:00 to 10:00 AM until May 22, 2022. This group will not meet on April 17th for the Easter Holiday. Registration will be for the remaining dates in the season.

Co-Ed Recreational Basketball

Instructor: Steven Dennen

This program holds pickup games for Adults and is held at Cottage Street Elementary School on Monday Evenings from 7:30 to 10:00 PM until June 6, 2022. This group will not meet on April 18th or May 30th due to school closure. Registration will be for the remaining dates in the season.

Check out these great family friendly events coming up brought to you by Community Education!

STAR WARS: The Empire Strikes Back in Concert



Join Keith Lockhart and the Boston Pops as they present this classic film with live orchestral accompaniment. “You must feel the Force around you...” The battle for the galaxy intensifies in episode 5 of the unfolding saga. As Imperial Forces Launch an all-out attack on the Rebel Alliance, Han Solo and Princess Leia flee to Cloud City where they fall into a trap. Luke Skywalker journeys to Dagobah, where he trains under a wise Jedi Master

Transportation to and from Symphony Hall is provided and is included in the cost of the ticket. The bus will pick up from Sharon Middle School

(75 Mountain Street, Sharon) and depart promptly at 11:00 AM to ensure we arrive prior to the start of the 1:00 PM performance. This performance is open to all ages. Star Wars: The Empire Strikes Back was rated PG upon it’s original release but would be considered a PG-13 film by today’s rating standards. Parental discretion is advised.

DATE: Saturday, 6/4/22

TIME: 11:00 AM - 4:30 PM

LOCATION: Symphony Hall, Boston.

Cost: \$75.00 (Includes admission and transportation)

Covid protocols: Symphony Hall requires all guests over the age of two to wear a mask. All guests are required to provide proof they have been fully vaccinated against Covid-19 to be admitted. Unvaccinated guests must provide proof of a negative antigen test within 24 hours or a negative PCR test within 72 hours. Please ensure you bring either your negative test results (if unvaccinated), vaccination card, a picture of your card saved on your mobile device, or the QR barcode generated by Mass Department of Health holding the record of your vaccination doses. Any updates to Symphony Hall’s Covid Protocols will be communicated via email to registered guests.

Family Nature Class with Michael Scutari

Family Activity: Vernal Pool Exploration

Discover how vernal pools are formed and investigate the different organisms that inhabit these temporary bodies of water. Some years they fill up with water, some years they don’t. From Wood Frog egg masses and secretive Fairy Shrimp during the wettest years, to Predaceous Diving Beetles and various Water Bugs any year. How life exists here is just fascinating!

*This program is for children ages 9-13 and their parents/guardians.

DATE: Sunday, 4/24/22

TIME: 10:00 – 11:30 AM

LOCATION: Moose Hill Wildlife Sanctuary

COST: *\$30.00 per family

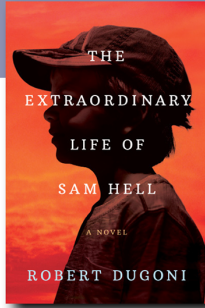


*Family pricing is for up to 3 members of a household and must include at least one parent or guardian.

Reservations can be taken online at www.sharoncommunityeducation.com, over the phone by calling Sara Norton at (781) 784-1574 ext. 5, or by visiting the Community Education office located at 77 Pond Street, Sharon. Reservations are not final until payment has been received and space is available on a first come, first served basis.

Refunds are provided only in the event of cancellation or over subscription. Covid protocols posted are accurate as of the date of this publication. Any updates in protocols will be posted to the Community Education Website and will be emailed to registered participants as they are made available.

2022 ONE BOOK, ONE TOWN
SHARON READS TOGETHER



The Extraordinary Life of Sam Hell

by Robert Dugoni

Program of Events

All free of charge

Registration required at the [One Book Registration link](http://OneBookOneTown.org) at OneBookOneTown.org

BOOK DISCUSSIONS

Wednesday, March 9th, 6:30 - 8 PM
and Thursday, March 17th, 1:30 - 3 PM.

Sharon Public Library, 11 North Main Street

Facilitated by Susan Eggimann
(susan.eggimann@ocln.org),
Information Services Librarian.

In-person and limited to 20 people per group.
Registration begins March 1, 2022 at the library's
website: www.sharonpubliclibrary.org.

AN AUTOBIOGRAPHICAL PLAY BY DAVID HARRELL

Navigating a Two-Handed World...
Single Handedly

Sunday, April 10, 4 - 5:30 PM.
Available on Zoom.

Co-sponsored with the Sharon Commission
on Disabilities and with additional funding
from the Sharon Cultural Council.

Registration required at OneBookOneTown.org
by Thursday, April 7 or email
obotsharon@gmail.com for assistance.
Zoom link will be emailed to each registrant
by Friday, April 8. Writing contest winners
will be announced. The program will also be
broadcast live on Sharon TV, Channel 22.



AN EVENING WITH AUTHOR ROBERT DUGONI

Saturday, March 26,
7:30 - 9:00 PM.
Available on Zoom.

Registration required at OneBookOneTown.org
by Wednesday, March 23 or email
obotsharon@gmail.com for assistance.
Zoom link will be emailed to each registrant
by Friday, March 25. The program will also
be broadcast live on Sharon TV, Channel 22.

WRITING CONTEST CELEBRATORY READINGS AND AWARDS

Writing contest winners will tape their
Friendship entries on Zoom on Thursday
evening, April 28 for future broadcast on
Sharon TV, Channel 8.

PAINTING STONES TO INSPIRE KINDNESS

Family fun for all ages.

Saturday, April 30. Time slots
available between 1:30 - 3:30 PM

Beech Tree Park Gazebo at the
corner of Pond and Beach Street

Decorate stones with inspirational
messages and designs. Stones,
brushes, paints and pens will be
supplied. Keep, share, or hide
your creation! Help spread
kindness in our community.

Registration required at
OneBookOneTown.org by Wednesday, April 27
or email obotsharon@gmail.com for assistance.



WRITING CONTEST

Deadline: Tuesday, March 29

Write about **FRIENDSHIP**. All genres
accepted: memoir, fiction, poetry, essay.
All ages: child to adult. 350 word maximum.
Prizes awarded. Email submissions in the body
of the email (attachments will not be opened)
to obotsharon@gmail.com. Winning entries
will be announced at David Harrell's play
*Navigating a Two-Handed World... Single
Handedly*. Guidelines and additional
information at OneBookOneTown.org.

For more information, visit www.OneBookOneTown.org

Who Can Enroll?

Residents of Sharon and the surrounding communities, 18 years and over (unless otherwise stated in the course description) are welcome to enroll in our classes at the same tuition rate. Registration opens as soon as the catalog of classes is posted online and continues until 48 hours prior to the first meeting of any class as space permits.

How to Register? (Three Easy Ways):

1. ONLINE registration is available through www.sharoncommunityeducation.com
2. MAIL the registration form on the inside back cover of the catalog to: Office of Community Education, 77 Pond Street, Sharon, MA 02067. Include a personal check or money order (payable to Town of Sharon-Community Education).
3. DROP OFF your registration form to the Sharon Community Education office, 77 Pond Street, Sharon. For your convenience, you may put registrations forms and payment in our locked “drop-off” box affixed to the column by our front door after office hours.

*All check refunds will be subject to a service charge, in accordance with the Town of Sharon, Treasurer’s Office.

Confirmations:

Registrations will be confirmed via email from our registration system Community Pass. If you do not receive an email confirmation, please check your spam folder. If no email is provided, or the email cannot be clearly read, you will not receive any confirmation. If registering for a virtual class, the link will be provided via email with the confirmation within 48 hours of the start of the program.

Refund Policy Refunds of registration fees are given when a class is filled or canceled. Participants also have the option of receiving a credit, which can be used toward any other class or you may transfer into another class up to three days before that class is scheduled to begin as space allows. If COVID protocols force us to make a previously in-person class virtual, there will be no refunds as the class will be proceeding as scheduled. Refunds or Credits for in-person programs will be available if the program cannot be held virtually.

Course Cancellations/Substitutions Sharon Community Education is a self-supporting branch of the Sharon Public Schools. Classes that do not have sufficient enrollment to pay the cost of conducting the course cannot be held. Sharon Community Education reserves the right to cancel any course due to low enrollment or substitute for a listed teacher. If a class needs to be canceled due to low enrollment, you will be notified at least 2 business days prior to the start of class via email.

School Calendar/Inclement Weather

CLASSES will NOT be conducted if the regular school day is canceled or not in session. In case of inclement weather, please watch WBZ (TV 4) or WHDH (TV 7) for status of classes or updates. Changes will also be posted on our website and social media pages. Virtual classes will be held unless there are wide-spread power outages due to inclement weather.

Senior/Town Employee Discount Town employees will be eligible for an employee discount based on the policy voted by the Sharon School Committee on April 24, 1991. Senior Citizens (65 years of age and over) may enroll in courses for a fee of 50% off the full tuition as space permits, unless indicated in the course description as “*Discount does not apply to this class.” Tuition is only reduced, not the materials cost or fees. One, Two, or Three night classes are not discounted.

All programs are covered under the Town of Sharon’s Liability insurance policy while the programs are in session and occur on town property. Classes that take place outside of town property are covered under that location’s insurance policy.

Be sure to follow us on Facebook, Twitter, and Instagram!



Instructor Bio's

Denny Aldrin is a Sharon resident and avid volleyball player.

Dawn Bagocius is a Certified Floral Designer. She has earned certificates from Rittner's School of Floral Design in Boston, a certification in Advanced Floral Design from the Floral Design Institute in Portland, OR, has studied business at Bryant University and continues education at several Floral and business institutions. Dawn is a member of the Floral Design Institute and Blackstone Valley Chamber of Commerce.

Ken Berman has been a professional photographer for 35 years.

Craig Coffman is an experienced piano and guitar instructor, professional pianist and music director. His piano and guitar seminars, offered through Community Colleges and Community Education Programs, have been attended by over 30,000 students over the past 27 years. He is the author of "Chords are Key for Piano" and "Chords are Key for Guitar," as well as additional music education materials which are available online.

Steven Denneno has been a physical education teacher for many years in the Sharon Public School system. Prior to that Steven taught at the Mill River Union High School in North Clarendon, Vermont. Steven holds a Master's degree in Administration from Framingham State College and did his undergraduate studies at Castleton State College in Vermont. Steven possesses an extensive background in coaching college, high school and youth sports including soccer, basketball and track and field.

Danny Faber played high school basketball in Kentucky, and has served as the instructor for this course for several years. He coached Sharon travel basketball and AAU basketball for both men and women for 8 years, and was a player coach for the Green Team, a semi-pro basketball team out of Sharon.

Deirdre McCarthy has spent her academic and professional life as an educator of all things communication based within a creative context. Her 20+ years as a college professor have included a wide range of courses covering multiple subjects; the most intricate aspects of interpersonal

communication through the most public of public speaking as well as dramatic studies covering every aspect of performance such as TV, film, stage, and voice over. Deirdre was a lead coach of a top Boston studio before branching out on her own to launch Face2face pro. Deirdre grew up in Sharon and is excited to give back to the community!

Anna McNamara is a certified Zumba instructor who loves teaching Zumba classes. The reason is simple: Every class feels like a party!

Marianne Molinari received her American Sign Language Certificate from Northeastern University in 2002 and is registered with the Department of Education and a registered provider for ASL Professional Development. She has received numerous awards and certificates of recognition for her work in ASL education and as an ally to the deaf community. Marianne believes that ASL is a beautiful language and loves sharing her knowledge of the language and culture of those who use it.

Dave Moses, CFP is a Managing Partner of Statera Financial LLC in Walpole, MA. Dave has over 20 years experience as a Financial Advisor. Our practice focuses on the needs of those about to retire or who are already retired.

Dianne Needle is the CEO of The Needle Group, a local real estate company focused on residential real estate sales. As part of her company's branding and marketing strategy, Dianne has educated herself in all things "google" and "social media" to give her company a presence online to attract more buyer and seller clients and to showcase her products to a larger audience. Her strategies can be implemented by all entrepreneurs and small business owners to help grow their business.

Michael Scutari was a former Teacher Naturalist at Mass Audubon Moose Hill (2010-2020).

Faina Shapiro is a licensed realtor, property manager, and real estate investor. Beginning in January, 2022, Faina will host her own Real Estate talk show on channel 101.3 FM on Sundays at 11:00 AM.

Ranjit Shetty has played badminton since childhood. Badminton games can be fun and intense at the same time. It is a good workout.

Rashmi Shetty is a software professional with a passion for yoga. She has been practicing yoga for many years and believes yoga is a way of life and would like to share it with the community. Rashmi is a certified yoga instructor having completed 200 hours of training.

Deb Sorgman has taught Ukulele Lessons for Sharon Community Education since 2018 and belongs to a local Ukulele group.

Xiaodong Tian is a civil engineer with a passion for badminton. Like many Chinese, he started playing badminton as a little kid and kept playing as a hobby throughout his whole life. He enjoys the game that increases fitness, agility, strength, speed, and precision. More importantly, badminton is really fun. Xiaodong is looking forward to meeting new friends on the court.

Eric Wang is a Sharon resident and long time player of Volleyball: Power who has experience assisting program coordinators.

Jennifer Weiner lives in Sharon and thought it would be fun to organize a recreational basketball league for women.

Yi Zhou has been playing Badminton since high school for over 30 years. It is a fun and high demand sport.

ADULT EDUCATION SPRING 2022
REGISTRATION FORM

*Before filling out this form, be sure to check our website for any updates since the brochure was printed. This registration form must accompany your check, cash, or money order. (Separate form and payment for each course). PLEASE PRINT OR TYPE LEGIBLY.

DATE: _____

NAME: _____

DOB or Birth Year: _____

EMAIL (Registration confirmation will be sent via email): _____

ADDRESS: _____

CONTACT PHONE: _____

Senior Citizen (Age 65 or over. Check here if applicable): _____

Sharon Town Employee (Check here if applicable): _____ Department: _____

Please enroll me in the following course (Be sure to indicate day/date/session if applicable):

Total Enclosed \$ _____. Checks payable to: Town of Sharon - Community Education

Mail or bring registration and tuition to:
Office of Community Education
77 Pond Street
Sharon, MA 02067

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Sharon Town Employee (Check here if applicable): _____ Department: _____

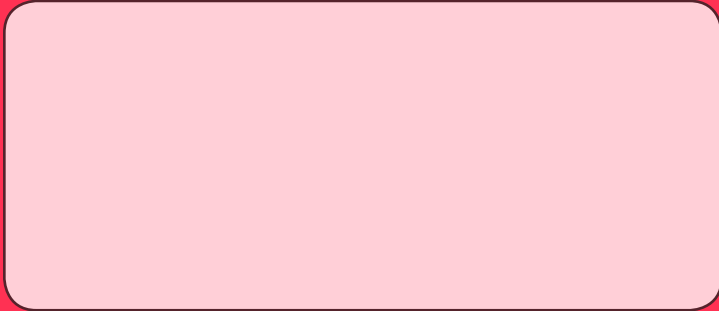
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Mail or bring registration and tuition to:
Office of Community Education
77 Pond Street
Sharon, MA 02067



Office of Community Education
Sharon Public Schools
77 Pond Street
Sharon, MA 02067



Sharon Community
Education

ONLINE **TEST PREP**



These **high-quality courses** are **taught by industry experts** and designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient, and highly interactive.

SAT/ACT Prep Bundle

Making the decision to attend college is probably one of the most important decisions you'll ever make, and your performance on college entrance exams is instrumental in determining your college choice. Universities and colleges throughout the U.S. require applicants to take the SAT or ACT as part of their evaluation package. This series will prepare you for both tests. This series will prepare you to excel in all sections of the undergraduate college entrance exams and provide you with the means to achieve your best potential score!

LSAT Preparation Series

The legal field continues to grow as areas like health care, environmental, and immigration law are booming. But before you can begin a career in any type of law, you will need to score well on the LSAT. You'll learn techniques for taking on analytical reasoning, reading comprehension, and logical reasoning questions, as well as the required writing sample for the admissions process.

GMAT Preparation

Applying to graduate business and management schools usually means taking the GMAT (Graduate Management Admission Test). GMAT Preparation Course is a must. Taking this course will provide you with test-taking techniques and methods for improving your score and saving time on all GMAT question types. You'll review the more familiar questions and learn how to approach question types that may be new to you, like critical reasoning and data sufficiency. You will practice on actual GMAT tests from previous years, which is the best way to prepare for any standardized test.

All courses are accessible 24/7 in either Instructor-Led (6 Weeks) or Self-Paced (3 Months) formats.

Enroll or view all our online courses at: www.ed2go.com/sharoned

Sharon Community Education
"Add a Little Class to your Life"