

The City of Concord
Parks and Recreation Department's

ADULT ACTIVITIES GUIDE



**Concord's New City Wide Community Center
opening information included**

603-225-8690

www.concordparksandrec.com

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MISSION STATEMENT

Concord Parks and Recreation is committed to engaging our community with safe, fun, inclusive opportunities to enhance health and wellness by providing programming, parks and recreation facilities.

VISION STATEMENT

Concord Parks and Recreation's vision is to: create cutting edge and sustainable recreational resources to connect our community through education, programs and innovative partnerships to ensure an active city to live, work and play.

CORE VALUES

Engaged • Fun • Diverse

Concord's New City Wide Community Center

After more than a decade of planning and a year of construction, the City of Concord's new community center will open on Monday, June 11, 2018. The facility located at 14 Canterbury Road in Concord and is connected to Keach Park. The new center features the following amenities:

- * Four Program Rooms, Two Exercise Rooms
- * Senior Lounge
- * Concord Public Library - Heights Branch
- * The Harriet Dame Auditorium with small stage
- * Teaching/Prep Kitchen
- * Locker Rooms
- * Multi-purpose High School Size Gym
- * Two outside courtyards
- * Offices for the Parks and Recreation Department



Community Center Hours of Operation

Summer Hours: Monday, June 11 to Sunday, September 16.

Monday – Wednesday: 7 am to 6 pm

Thursday: 7 am to 8 pm

Saturdays: 8 am to 1 pm

Sundays: closed

The new community center will have extended hours starting the week of September 17, 2018.

Many of the rooms at the new community center are available for rent. Please call our office at 603-225-8690 for details.

CONCORD PUBLIC LIBRARY'S HEIGHTS BRANCH



The Concord Public Library's Heights Branch is located in the new City Wide Community Center at 14 Canterbury Road.

At the new Heights Branch, library patrons will have access to a rotating collection of books, movies, music, Chrome books and other devices. Patrons will also discover a variety of programming ranging from family story-time to How-to Tech workshops.

For more information and to stay in the know, follow the Concord Public Library on Facebook (@ConcordPublicLibrary), Instagram (@concordnhlibrary), and Twitter (@ConcordNHLib).

Library Hours for the new Heights Branch
will begin on Tuesday, June 12, 2018

Tuesdays: 10 am to 4 pm,
Thursdays: 2 pm to 8 pm,
Saturdays: 9 am to 12 noon



HOW DO YOU REGISTER?

Resident/Non Resident

To qualify for residency rates you must reside in Concord or Penacook (no PO boxes). If registering for the first time, you must show proof of residency (Photo ID, car registration etc). There is an additional fee for non-residents participating in any of our programs.

Register via paper form

- 1) Register with us directly by stopping by the Parks & Recreation Office located at White Park, 1 White Street until new community center opens.
- 2) Visit our website, www.concordparksandrec.com and download the registration form, fill it out and mail, fax, or bring it in with your check, cash or credit card (Mastercard/Visa).

Register online

In order to register online, you must have registered at least once via the paper registration form (see above). Once you have registered, our staff will provide a temporary username and password. After receiving your username and password you will be able to register online at www.concordparksandrec.com

Please Note:

- Please Register Early - all classes and programs have limited space. Registrations are taken on a first come, first served basis and may fill up before listed deadlines.
- Please complete the registration form in full. Be sure to include the program code number. Full payment is required at time of registration.

Photo Policy

We may take photographs and/or video for Department marketing purposes only. If you do not want to be photographed, please note this on your registration form.

Refund Policy

Refunds are issued when the participant enrolled in the program has a note from their physician's office stating they are not able to participate in a program because of a medical condition or the entire class session was canceled by the Parks and Recreation Department.



Mail



Fax



Online



In Person

Ways to Register

SUMMER CONCERTS

This year's Summer Concert Series is brought to you by:

* Walker Lecture Fund, * Coca Cola
and the Concord Parks and Recreation Department

Concerts are free because of the generous donations from our sponsors. We accept donations at each music performances. Monies collected will be used towards the 2019 concert series.

TUESDAY NIGHTS CONCERTS - NEVERS BAND

Concerts begin at 7:00 p.m.

DATE	LOCATION
June 12	Eagle Square
June 19	Kiwanis Riverfront Park - (Arena)
July 4	Memorial Field (July 4 concert begins at 7:45 p.m.) Rain Date is July 5th
July 10	State House
July 17	Rolfe Park
July 24	Keach Park
July 31	State House

Rain Location For Nevers Band: South Congregational Church.

THURSDAY NIGHTS AT EAGLE SQUARE

DOWNTOWN CONCORD

Concerts begin at 7:00 p.m.

DATE	BAND
July 12	The Sky Blue Boys & Cookie
July 19	Shanna Stack Band
July 26	Club Soda
August 2	Freese Brothers Big Band
August 9	60's Invasion
August 16	TBA

KEACH PARK
Thursday, August 9
Hokuto Taiko Dojo Drumming
6 - 8 p.m.



ART



Rena Rockwell is an artist, writer, and Reiki Master. She lives and works in historic Hillsboro Center on Loon Pond, where she is creatively inspired by nature and the changing seasons. Rena creates vivid watercolors and acrylic paintings of local New England and its' people. She has studied with Raymond Descoteaux, Lisa Cry, JM Rogers, and Peter Etril-Snyder. She is represented by The Village Gallery in York, Maine. Visit her web site: rockwellpaintings.blogspot.com

Art Around Concord- Ages 18+

Instructor: Rena Rockwell

Come draw in the great outdoors with artist, Rena Rockwell, on warm summer evenings. Relax in the beauty that is around us every day and see it in a new light. Drawing and painting is seeing. There is only one place to see light, color, and form as it really is and that is outdoors where the light is natural and the subject is three dimensional. We will draw, or if you choose, paint, at four different locations in and around the Concord area. Contact the instructor with your desired medium: colored pencil, graphite pencil, pen & ink, watercolor, or acrylic.

When: Mondays 6:30 - 8:30 p.m., 6/25, 7/2, 7/9 & 7/16

Rain Dates: Tuesdays, 6/26, 7/3, 7/10 & 7/17

Locations: St. Paul's Cathedral Garden, Eagle Square, Dimond Hill Farm, and Beech Hill Farm

Cost: \$75 Residents, \$85 Non-Residents

Code: 600104-1

Watercolor I - Ages 18+

Instructor: Rena Rockwell

To gaze upon a watercolor is to lose yourself in the beauty of the medium with its luminous washes and vibrancy. Learn the art of applying watercolor from Rena, an accomplished artist, and you will experience the joy of creating in this medium. Learn alongside others who share your excitement about watercolor and have fun creating art you never thought possible. You will be guided through every step, so come, relax, and have fun. You may contact the artist with questions. To do so, contact the main office for information.

When: Wednesdays, 9/19 - 10/24 6:30 - 8:30 p.m.

Location: City Wide Community Center

Cost: \$90 Residents, \$100 Non-Residents

Code: 600105-1

ART

Drawing with the Right Side of the Brain- Ages 18+ Instructor: Rena Rockwell

Do you want to draw, but think you can't? Do you draw, but wish you could draw better? Everyone can draw. It is a learnable, teachable skill. Come to this class and learn to draw using the right side of your brain. Rena will teach you how to make the shift to the right side by doing drawing exercises, which take you through all the stages of drawing to the gestalt or whole ability. This is a fun class where students learn how their own brain functions and learn how to "see as an artist sees." Drawing is seeing.



When: Mondays 6:30 - 8:30 p.m., 9/17 - 10/29
Location: City Wide Community Center
Cost: \$125 Residents, \$135 Non-Residents
Code: 600108-1



Peter Clive has been a professional artist for 40 years. Painting figure narratives has been the focus of his work for most of his career. His work has been reviewed in The New York Times and Newsday and reproduced in American Artist Magazine. The vast majority of his work has always been on canvas. Over the years he has produced countless preliminary drawings, and studies for his paintings.

You can see his work at: petercliveartist.com

Beginner Acrylics - Ages 18+ Instructor: Peter Clive

This course is designed to introduce or expand the acrylic artist's conceptual understanding of the basic elements and techniques of working in this medium. We will emphasize integration of color, setting up the special or perspectival relationship of the objects to be included in the composition as well as approaches to paint handling.

When: Thursdays, 6:00 - 8:00 p.m., 9/20 - 10/25
Locations: City Wide Community Center
Cost: \$90 Residents, \$100 Non-Residents
Code: 600101-1

ART

Carol Emery Phenix is a landscape figure and portrait painter, but from early youth her primary artistic interest has been the illustration of imaginative fiction. She has painted a number of covers for books of young adult fiction, and has been published in two HarperCollins JRR Tolkien tribute books and several adapted works including the 1998 Tolkien Calendar. Carol has a BFA in Illustration from the New Hampshire Institute of Art in Manchester, NH.



Oil Painting Basics - Ages 18+

Instructor: Carol Emery Phenix

If you have been wanting to try your hand at oil painting, or if you already paint but would simply like to review some basic principles, this class will meet you “where you’re at”. We will explore some of the fundamental principles used by artists to depict and interpret the natural world. We will be looking at light and color to see how it interacts with form and atmosphere, and use class exercises to help demonstrate those principles. This will contribute to the creation of more compelling paintings in any genre or style. During the second half of the course we will complete an in-class still life.

When: Tuesdays, 5:30 - 8:00 p.m., 9/18 - 10/23

Locations: City Wide Community Center

Cost: \$90 Residents, \$100 Non-Residents

Code: 600102-1



Introductory Drawing - Ages 18+

Instructor: Carol Emery Phenix

80% of drawing is just “lookin’ and seein’”. This class will introduce the basic foundations of drawing, upon which every style builds. We’ll begin with simple contour (line) drawings and progress to full tonal (utilizing shading) drawings; and employ exercises to help you “draw what you see instead of what you think you see”. We will introduce the basics of drawing perspective; touch on landscape and portraiture, and finish up with a final drawing of students personal choice.

When: Wednesdays, 5:30 - 8:00 p.m., 9/19 - 10/24

Locations: City Wide Community Center

Cost: \$90 Residents, \$100 Non-Residents

Code: 600103-1

COOKING

Lorraine LoRusso is a dual citizen, American-Italian and has cooked using family recipes for 40 years. She spent time in the kitchen with her grandparents, mother and aunts, learning the secrets to great tasting Italian food. She's a 28 year resident of Concord and, besides cooking, enjoys leading small groups of people on travel adventures throughout Italy.



Lorraine is the author of "How to Cook Like a Real Italian", 2016, and "Legendary Locals of Concord", 2015.

Old World Italian Cooking - Ages 18+ Instructor: Lorraine LoRusso

Lorraine learned how to make classic Italian dishes from her grandparents and mother. In this class we learn to make different types and flavors of pasta by hand. We talk about the culinary differences between Northern Italy and Southern Italy. We prepare, cook and eat authentic Italian foods using traditional five-course meals. From Antipasti, first and second course and, of course, dolce – desserts!

A fun evening of food and conversation – the Italian way.

Participants will receive copies of all recipes used in the class.

When: Wednesdays, 6:00 - 8:00 p.m., 9/19 - 10/24

Locations: City Wide Community Center

Cost: \$150 Residents, \$160 Non-Residents

Code: 600501-1



Gourmet Cupcakes - Ages 18+

Instructor: Lorraine LoRusso

Spend an afternoon creating decadent cupcakes with oodles of chocolate, caramel and fluffy frosting! These (surprisingly) easy to make treats will have all your friends and family impressed!

Locations: City Wide Community Center

Cost: \$25 Residents, \$35 Non-Residents

Code: 600502-1 - 9/29, Wednesday, 1:00 - 2:30 p.m.

600502-2 - 10/13, Wednesday, 1:00 - 2:30 p.m.

DOG OBEDIENCE TRAINING



Maurice Regan runs Companion Dog Training. He has put obedience titles on his last three dogs, winning a trial with each dog. In the past, he conducted dog obedience classes for Concord Community Education and Blue Seal Feeds. He has been a judge for 4H obedience trials. Maurice is a college professor who lives in Pembroke.

Basic Dog Obedience - Ages 18+ Instructor: Maurice Regan

This eight week obedience course will teach your dog to heel on your left side on a loose leash, sit and down on a single command and hold that position when you walk away, and come when called when on a long line. Your dog will also learn to hold a stand when examined by others and to “out” or leave distractions when requested.

Additionally, you will learn techniques to stop your dog from jumping on humans and barking and lunging at other dogs.

You and your dog will learn all the exercises to qualify for the American Kennel Club’s Canine Good Citizen certification.

Materials

One dog over the age of 12 weeks.

A large link chain or a rolled nylon slip collar 1.5 to 2 inches larger than your dog’s neck. (The collars are mistakenly called “choke” collars. We do not choke dogs.)

A 6 foot leash, leather or nylon, of suitable thickness for your dog’s weight.

A 15 foot long line, generally nylon (this is going to get dirty), of suitable thickness for your dog’s weight.

Optional, but strongly recommended, a variable stimulation, vibrating e-collar from either the www.collarclinic.com or www.sportdog.com

When: Mondays, 6:30 - 7:30 p.m., 9/17 - 11/19 (no class 10/8 & 11/12)

Locations: City Wide Community Center

Cost: \$100 Residents, \$110 Non-Residents

Code: 600903-1

FILM CLASS



Josh Hardy is a local filmmaker/videographer who has been working with ConcordTV since 2013. He holds a degree in Communications from Colby-Sawyer College and has worked crew on numerous independent short films around New England.

Filmmaking Essentials - 14+

Instructor: Josh Hardy

Like our popular youth video camps, this class will tackle elements of filmmaking, but more in-depth, for student filmmakers looking to hone their skills and craft.

Class 1: Screenwriting: learn the screenwriting format by focusing on plot, character and dialogue to create a short film script to be fast-tracked into production.

Class 2: Filming: learn shot composition, lighting, audio, and directing.

Class 3: Editing: Now that filming is complete, learn how to construct your film elements into a finished piece with cuts, transitions, music and more.

Class 4: Discussion: This session will wrap-up the process. We will discuss how to enter into film festivals, other distribution methods, and view your completed films.

When:

Tues, 5:00 - 7:00 p.m., 9/18, 9/25, 10/2 & 10/9 - showcase date TBA)

Locations: City Wide Community Center

Cost: \$163 Residents, \$173 Non-Residents

Code: 353853-1



FITNESS

Jodi Cornell is a certified Personal Trainer and Group Exercise instructor through AFAA and NASM agencies. She has been instructing a variety of classes (Pilates, barre, PIYO, seniors fitness, boot camp...) since 2014 in neighboring towns to Concord. Her true passion for fitness is found in her customized boot camp classes



Boot Camp - Ages 18+

Instructor: Jodi Cornell

Boot camp class is 45 minutes of fast, high intensity, sweaty fun- you'll laugh your way through class with a lighthearted atmosphere- but certain to achieve that "oh so good burn". Each class is different, using a variety of equipment and formats (from hiit, to circuits, to weight training) challenging your body in new ways every time. Classes are held at the City Wide Community Center.

When: Wed, 5:00 - 5:45 p.m.

Cost: \$60 Res, \$70 Non-Res

Dates **Codes:**

8/8 - 9/12 600401-1

9/19 - 10/24 600401-2

Location:

City Wide Community Ctr.

When: Sat, 8:15 - 9:00 a.m.

Cost: \$60 Res, \$70 Non-Res

Dates **Codes:**

8/4 - 9/8 600402-1

9/22 - 11/3 600402-2 (no class 10/6)

Location: City Wide Community Ctr.



Karen Jenovese holds a B.S in Exercise Science with a minor in Health. In addition to her education she holds a variety of fitness and health related certifications including AAFA group fitness and AAFA personal trainer. With her many years of experience Karen can seamlessly modify any workout to fit the level of participants.

20/20/20 Workout - Ages 18+

Instructor: Karen Jenovese

Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge?

When: Tuesdays, 7:30 - 8:30 a.m.

Locations: City Wide Community Center

Cost: \$60 Res, \$70 Non-Res

Dates **Code:**

7/24 - 8/28 600403-1

9/18 - 10/23 600403-2

FITNESS



Alison Murphy is a 200-hour Registered Yoga Teacher. She completed her training at Sharing Yoga in Concord, NH, in May of 2014. Her interest in yoga is because of its unique ability to help individuals look inward to calm the mind, and at the same time, strengthen the body physically through the postures. Alison teaches classes around Concord to all ages and abilities. Alison also runs Concord Handmade, a mobile shop and holiday pop-up shop, and lives in Concord with her family.

Gentle Yoga -18+

Instructor: Alison Murphy

Gentle Yoga is a 60 minute class designed for students that prefer a slower paced, easier yoga class. Gentle Yoga will include breathing and relaxation techniques as well as both standing and seated postures. This class is suitable for students who've completed the Beginner Yoga series or have a basic understanding of yoga postures. Please bring a yoga mat to class.

When: Tuesdays, 10:00 - 11:00 a.m., 9/18 - 10/23

Locations: City Wide Community Center

Cost: \$42 Residents, \$52 Non-Residents

Code: 600405-1



Lunchtime Yoga - 18+

Instructor: Alison Murphy

Lunchtime yoga is a dynamic, half hour class that packs in the yoga. Class will be both energizing and relaxing. This is an all levels class, appropriate for those new to yoga as well as experienced yogis. Please bring a yoga mat to class.

When: Tuesdays, 12:00 - 12:30 p.m., 9/18 - 10/23

Locations: City Wide Community Center

Cost: \$25 Residents, \$35 Non-Residents

Code: 600404-1

FITNESS

Debra Ceriello E-RYT 200, RYT 500, YACEP, is a registered yoga teacher with Yoga Alliance since 2010. After completing her 200 hour teacher training in 2009, Debra began teaching beginners as well as all level yoga classes at a local studio. She continued her education at the Himalayan Institute in Honesdale, PA to receive her 500 hour teaching training certificate in 2015. Currently with over 2,000 teaching hours, Debra continues to instruct yoga and meditation classes at local studios, gyms, wellness programs, community education programs, and local businesses.



Yoga All Levels - Ages 18+ Instructor: Debra Ceriello

Yoga is a lifelong study of physical and self-awareness. Through this practice we learn and cultivate methods that allow us to improve strength, flexibility, range of motion, balance, relaxation, clarity, joy, peace and so much more. Come join us as we experience the many benefits of yoga and why so many health professionals are recommending yoga for health and de-stressing.

Please dress in unrestrictive comfortable clothing, bring a water bottle and yoga mat. Yoga is practiced in bare feet or you can bring 'yoga' socks with sticky pads on the soles.

When: Thursdays, 6:00 - 7:00 p.m., 9/20 - 10/25

Locations: City Wide Community Center

Cost: \$60 Residents, \$70 Non-Residents

Code: 600407-1

Yoga & Meditation - Ages 18+

Instructor: Debra Ceriello

Each class consists of breath awareness, centering, warm ups, and movement through postures. Class is completed with guided or self-guided relaxation techniques followed by a brief, quiet meditation. Come join us as we experience the many benefits of yoga and why so many health professionals are recommending yoga for health and de-stressing.

Please dress in unrestrictive comfortable clothing, bring a water bottle and yoga mat. Yoga is practiced in bare feet or you can bring 'yoga' socks with sticky pads on the soles.



When: Wednesdays, 6:00 - 7:00 p.m., 9/19 - 10/24

Locations: City Wide Community Center

Cost: \$60 Residents, \$70 Non-Residents

Code: 600408-1

FITNESS

Cindy Gidley, a licensed Zumba instructor since 2014, is licensed to teach regular Zumba, Zumba Toning and Zumba Gold. As a member of the Zumba Instructor Network, she is consistently receiving new music and choreography from Zumba. In addition, she regularly attends instructor choreography sessions, in order to bring fresh new & exciting songs and routines to her classes. Cindy is very easy going and believes that every one of all shapes and sizes can benefit from Zumba.



When you come to a class, wear comfortable sneakers (the less tread the better) and light, breathable clothing. Remember to bring some water and a towel. Cindy is available to answer questions by contacting her through her website at <http://cindygidley.zumba.com/> and she would love to hear from you!



Zumba - 18+

Instructor: Cindy Gidley

Zumba is a dance fitness program that uses music and movement inspired by various styles of Latin and international rhythms. Each class includes a variety of music rhythms, assuring that the class is appealing to everyone and brings with it the feeling of a party.

It's fun, it's dynamic. Zumba integrates some of the basic principles of aerobic, intermittent and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. Each participant can easily modify all the moves to keep them at their own fitness level, so the workout can be as low or as high intensity as each person wants it to be. While the workout moves are based around dancing, you don't actually have to know how to dance in order to take a Zumba class. Come see why Zumba® Fitness classes are often called exercise in disguise.

When: Thursdays, 5:30 - 6:30 p.m., 9/20 - 10/25

Locations: City Wide Community Center

Cost: \$60 Residents, \$70 Non-Residents

Code: 600406-1



FITNESS & DANCE

Seraphim Afflick is a lifelong performer. She began performing at the age of five in her first Broadway production Les Miserable. From Broadway, off- Broadway, Disney, Regional theater companies and Europe she has been blessed to do what she loves most- Bringing joy to others through song, dance and acting. Some of her favorite roles to date are Christine in The Phantom of the Opera UK, Miss Saigon NYC/Tour, Evita in Evita and Audrey in Little Shop of Horrors NYC.



Bellydance Goddesses - Ages 18+

Instructor: Seraphim Afflick

Embrace your inner Goddess as you build your confidence while having fun getting healthy through the beauty of Bellydance. This is not your average dance/aerobics class! This is a one of a kind class designed to unite woman while building each other up through the beautiful art of Bellydance. Every skill level is welcome- every- body type is welcome-shy or extraverted- a truly unjudgmental space where we can empower you through dance. Bellydance attire welcome but not mandatory.

When: Tuesdays, 7:00 - 8:00 p.m., 9/18 - 10/23

Locations: City Wide Community Center

Cost: \$60 Residents, \$70 Non-Residents

Code: 600301-1

Country Sass Class - Ages 18+

Instructor: Seraphim Afflick

Can you have fun while losing weight? The answer is YES! With Country Sass class it changes your outlook on exercise because you will be looking forward to coming to class! You will enjoy great country music as you learn simple line dance inspired exercise-based routines. So, if you want to lose weight but have been waiting for a simple, fun program built on empowering you without complex pull- ups or hip-hop backflips... You're gonna LOVE Country Sass Class. Just bring your sass!



When: Thursdays, 7:15 - 8:15 p.m., 9/20 - 10/25

Locations: City Wide Community Center

Cost: \$60 Residents, \$70 Non-Residents

Code: 600302-1

FITNESS & WELLNESS

Yoga Hiking Series - Ages 18+

Instructor: Alison Murphy

Please join us for this fun and exhilarating series of Yoga hiking. These easy-moderate hikes will lead to open spaces ideal for an outdoor yoga class. Please bring a yoga mat or towel, bug spray and water. Participants can sign up for the hikes individually or for the full Yoga Hiking Series.

When: Tuesdays, 5:30 - 7:30 p.m.

Locations: City Wide Community Center

Cost: Individual Hikes Each \$15 Residents, \$25 Non-Resident

Yoga Hiking Series (5 hikes): \$60 Residents, \$70 Non-Residents

Locations/Codes:

May 22 - Oak Hill Trails vista, CODE: 600410-1

June 19 - Jim Hill River Walk- Daisy Beach, CODE: 600410-2

July 17 - Contoocook River Trails - dam overlook, CODE: 600410-3

August 14 - Winant Park vistas, CODE: 600410-4

Sept. 18 - Swope Trail - Penacook vista, CODE: 600410-5

Yoga Hiking Series (all 5 hikes): Code: 600410-6

Maggie Perez received her Health Coach Certification from the Dr. Sears Wellness Institute. The Institute is a leader in science-based health and wellness education that focuses on the four pillars of health; Lifestyle, Exercise, Attitude and Nutrition (L.E.A.N.). Maggie also received her Healthy Hands Cooking Certification from Healthy Hands Cooking, LLC. With this training, Maggie offers the support, mentoring and empowerment that clients need to improve their lives through nutrition and lifestyle changes.



L.E.A.N. Start Workshop for Adults/Parents - 18+

Instructor: Maggie Perez

This informative workshop offers fun and easy-to-implement tools, information and solutions that help families develop a lifetime of health with recipes that make nutrition easy, fun and affordable as well as ideas and activities that keep families moving. You will learn which foods are best for yourself and/or growing children, how to read nutrition labels, how to identify good vs. bad fats, how much protein the body needs and practical information for the entire family.

When: Tuesdays, 6:30 - 8:30 p.m., 9/18 - 10/2

Locations: City Wide Community Center

Cost: \$40 Residents, \$50 Non-Residents

Code: 600409-1

HYPNOTISM

Linda Abbott is a certified hypnotist and a member of the National Guild of Hypnotists. She has taught Self Hypnosis classes, as well as meditation and yoga in the Concord area for many years. As a Master Level Reiki practitioner and teacher of yoga and meditation, Linda offers a multi-faceted wealth of knowledge to assist her clients in meeting their goals. Linda takes the ancient health practices of Hypnosis, Reiki and Meditation and presents them in down-to-earth, everyday language to help ordinary people with everyday problems. Linda can be contacted at linda.abbott@comcast.net; www.linabbott.com; (603) 848-6682
Certifications: Thomas School of Hypnosis, Kripalu Yoga Center, Libby Barnett; Erica Rock - Reiki

Intro to Self Hypnosis- Ages 18+

Instructor: Linda Abbott

This class is for those who wish to learn Self Hypnosis to create change in their lives or to simply feel better. Students will learn to guide themselves into self hypnosis and experience hypnosis each session as a guided group. The relaxed state of hypnosis can improve your physical well being, reduce stress, and is proven to be very healthy.

When: Wednesdays, 6:00 - 7:30 p.m., 9/19 - 10/3

Locations: City Wide Community Center

Cost: \$50 Residents, \$60 Non-Residents

Code: 600902-1



Advanced Self Hypnosis- Ages 18+

Instructor: Linda Abbott

This class is for those who have taken Intro to Self Hypnosis. Students will learn how to write suggestions using deepening techniques. Students will learn how to breath deeply and foster other deepening techniques for going further into self hypnosis.

When: Wednesdays, 6:00 - 7:30 p.m., 10/10 - 10/24

Locations: City Wide Community Center

Cost: \$50 Residents, \$60 Non-Residents

Code: 600901-1

Language

Name: Lise M. Blais

Occupation: World Language Teacher, currently teaching French at Concord High School but has also taught Spanish and Latin. Certified in French and ELL, graduated from Notre Dame College and UNH Manchester



French I (Novice) - Ages 18+

Instructor: Lise Blais

Students will learn to speak, read, write, listen and comprehend French at the novice level. Practical everyday French vocabulary and themes will be introduced as well as grammatical structures needed to understand certain concepts. The culture of the francophone world will be discussed in order to further develop and appreciate its understanding when comparing and contrasting it to one's own. French will be used as much as possible during class and students will be speaking French from day one!

•Little or no previous knowledge of the French language is required.

Materials used: C'est à toi I, (2nd Edition) ISBN: 978-0-82196-015-8

When: Wednesdays, 5:30 - 7:00 p.m., 9/19 - 10/24

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600204-1

French II (Intermediate) - Ages 18+

Instructor: Lise Blais

Students will further develop their knowledge of basic, themed vocabulary and continue work on grammatical concepts needed to develop and understand the language. Reading, writing, listening, speaking and comprehension of the French language will continue to be practice as well as more in depth study of the francophone culture. French will be used as much as possible during class and students will be speaking French from day one!

•Some basic knowledge of the French language is required; at least two years of high school French is recommended.

Materials used: C'est à toi 2, (Second Edition) ISBN: 978-0-82196-017-2

When: Mondays, 5:30 - 7:00 p.m., 9/17 - 10/29 (no class 10/8)

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600304-1

Language

Gabriela Visco is a Spanish teacher at Concord High School. She received her BA at Instituto Inca-Cea in Santiago Chile and her M.A.T. from Rivier University in NH. Sra. Visco is originally from Chile and has been teaching for 12 years in the USA. In addition to teaching Sra. Visco likes to organize trips to Spanish-speaking countries with her students. Also, she enjoys running and dancing. Sra. Visco lives with her husband, three daughters and their cat Fluffy. Sra. Visco can be contacted at gvisco@sau8.org



Spanish I - Ages 18+

Instructor: Gabriela Visco

This class will provide a general introduction to the language and culture of Spanish-speaking world. The course will focus on the acquisition of basic vocabulary, language structure and grammatical skills that will enable the student to function effectively within realistic settings. Listening comprehension, understanding of Hispanic cultures, communication and speaking are emphasized. Students will work with textbook Realidades I.

When: Mondays, 5:30 - 7:00 p.m., 9/17 - 10/29, (no class 10/8)

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600201-1



Spanish II - Ages 18+

Instructor: Gabriela Visco

Students will have the opportunity to expand their knowledge of the Spanish language and their ability to communicate. Emphasis is on applying vocabulary, grammar and linguistics through listening, speaking, reading and writing activities while expanding their knowledge of the Spanish-speaking cultures around the world. Students will work with textbook Realidades II.

When: Wednesdays, 5:30 - 7:00 p.m., 9/19 - 10/24

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600202-1

Language

Lorraine LoRusso is a dual citizen, American-Italian who is bi-lingual and has spent lots of time in Italy. She's a 28 year resident of Concord and, besides cooking, enjoys leading small groups of people on travel adventures throughout Italy.

Lorraine is the author of "How to Cook Like a Real Italian", 2016, and "Legendary Locals of Concord", 2015.



ITALIAN

Italian Travels & Language - Ages 18+

Instructor: Lorraine LoRusso

Have you ever wondered about traveling to Italy and using the high-speed trains in Italy and Europe? In this class, learn about Italian culture through food, art, architecture and language. We'll see ancient sites, traveling virtually to Rome, Florence, Venice and Naples, with stops in Capri, Pompeii and several smaller towns. We will visit museums, galleries, parks and hear one of the most beautiful languages ever spoken. We will learn how to ask for directions, the best places to go for pizza and coffee, the culinary differences between Northern Italy and Southern Italy and sample some authentic foods. Students will learn travel tips, see the latest travel gadgets and hear current travel information. Includes handouts and maps.

When: Thursdays, 6:00 - 8:00 p.m., 9/20 - 10/25

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600203-1

ciao!



Language



Yulia Garvanovic was born and raised in Nizhniy Novgorod, Russian Federation. In 2008, she graduated from N.Novgorod State Linquistic University with a BA in Linguistics and Teaching English and moved to the USA. In 2014, she graduated from Southern New Hampshire University with a MS in Teaching English as a Foreign Language. She's been teaching English to immigrants and refugees at Second Start and NHTI since 2010.

Russian 1 - Ages 18+

Instructor: Yulia Garvanovic

This course is designed for students with no or almost no Russian language experience. By the end of the course, the students will be able to: 1) read simple dialogues and texts in Russian 2) pronounce Russian words correctly 3) make up and reproduce their own dialogues and simple stories 4) introduce themselves and greet people 5) introduce their family members and friends 6) tell where they live 7) ask for and give directions 8) describe people and things and 9) count to 10. The objectives can be modified to better meet the students' needs

When: Mondays, 6:00 - 8:00 p.m., 9/17 - 12/10 (no class 10/8)

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600206-1



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Л М Н О П Р
С Т У Ф Х Ц
Ч Ш Щ Ъ Ы Ь
Э Ю Я

Russian 2 - Ages 18+

Instructor: Yulia Garvanovic

This course is designed for students with some prior Russian language experience and who already knows the Russian alphabet and how to read in Russian, though maybe not fluently. By the end of the course, the students will be able to: 1) talk about their daily activities, 2) talk about work and study schedules, 3) tell where they live and used to live, 4) describe their house or apartment, 5) describe things with adjectives, 6) ask for and express opinions, 7) make comparisons, 8) tell time, 9) discuss mealtimes, 10) count to 100. The objectives can be modified to better meet the students' needs.

When: Wednesdays, 6:00 - 8:00 p.m., 09/19 - 12/5

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600207-1

MUSIC



Mel Epstein is a private music instructor with over 3 decades of teaching experience on a wide range of instruments. Aside from individual music lessons, Mel previously taught for a number of retail music stores and Adult Ed programs. He has also performed as accompanist in several different venues over that same time period. Mel has been involved with music in one manner or another since he was six years old and is the author of six music theory books, numerous technical articles and three songbooks edited for piano, guitar, mandolin, violin and banjo. To learn more about Mel please visit www.melepsteinmusic.com

[How to Play a Guitar 1 - Ages 18+](#) Instructor Mel Epstein

This course will introduce you to the 6 string acoustic guitar. It will familiarize you with its layout, strings, frets, notes and chords.

You will learn basic playing techniques, presented in a number of introductory songs. By the end of this course, you will be familiar with and able to play the early notes and beginning chords on a 6 string acoustic guitar.



Materials: "Early Fret/Note Identification for Guitar" by Mel Epstein - \$5; Hal Leonard "Guitar Method Book 1" by Will Schmidt (book-only) \$6.99 Note: Amazon.com carries this title.

When: Mondays, 5:30 - 6:30 p.m., 9/17 - 10/29 (no class 10/8)

Locations: City Wide Community Center

Cost: \$75 Residents, \$85 Non-Residents

Code: 600601-1

[How to Play a Harmonica 1- Ages 18+](#) Instructor: Mel Epstein

This course will introduce you to the common 10 hole (diatonic) harmonica. It will familiarize you with its layout, its holes and different sounds. You will learn basic playing techniques, with many exercises to increase your skill. By the end of this course, you will be comfortable with handling and playing a common 10 hole diatonic harmonica. Bring a 10 hole harmonica, in the key of C, with you (The key of the instrument is stamped onto the right end of the top cover).

Materials (to be purchased at the first class):
"The Ten Hole Harmonica" by Mel Epstein - \$10.

Note: Amazon.com carries this title.



When: Mondays, 6:45 - 7:45 p.m., 9/17 - 10/29 (no class 10/8)

Locations: City Wide Community Center

Cost: \$75 Residents, \$85 Non-Residents

Code: 600602-1

MUSIC

How to Play a Ukulele 1 - Ages 18+

Instructor: Mel Epstein

This course will introduce you to the popular (soprano) ukulele. It will familiarize you with its layout, strings and fingerboard. You will learn to play single notes, initial chords as well as strumming techniques. By the end of this course, you will be comfortable with handling and playing a soprano uke. The class runs for 6 weeks. Bring a ukulele with you.

Materials (to be purchased by the student before the first class):
Hal Leonard "Ukulele Method Book 1" Lil' Rev \$6.99 (book-only)
Note: Amazon.com carries this title.



When: Mondays, 8:00 - 9:00 p.m., 9/17 - 10/29 (no class 10/8)

Locations: City Wide Community Center

Cost: \$75 Residents, \$85 Non-Residents

Code: 600603-1

THE CITY AUDITORIUM

"The Audi", as it is affectionately called, hosts over 100 events each season, including lectures, dance recitals, pageants, concerts and ballet. For a listing of performances for the 2018-2019 season please visit www.theaudi.org or check out the Audi Event Calendar (located under The Audi) at www.concordparksandrec.com.

Please keep us in mind for your next performance, dance recital, lecture or meeting. For rental rates and information, please go to www.concordparksandrec.com or call Terri Stevenson at 603-225-8690.



PERFORMANCE ARTS



Brian Thon (pronounced 'TONE') is an international voice artist and national producer. He has worked behind the mic and behind the board in studios throughout the US, with up and coming voice talent to published authors and Rock and Roll Hall of Fame musicians. Brian has done voice-over work for pro sports teams, GE Healthcare, Fox News and more.

Voice Over Class- 18+

Instructor: **Brian Thon**

You have heard Brian Thon on TV and radio commercials! His voice can be heard on work from professional sports teams, Fortune 500 companies, GE Healthcare and Fox News. Hear him live as he illustrates how you could actually begin using your speaking voice for commercials, film and videos! This class could be the game changer you've been looking for.

When: Wednesday, 6:30 - 8:30 p.m., 10/17/2018

Locations: City Wide Community Center

Cost: \$25 Residents, \$35 Non-Residents

Code: 600904-1

Doris Ballard is the producer of Laughta in New Hampshire School of Comedy and has been performing comedy for more than 30 years. Local stand-up comedians will also be invited to drop by and provide feedback and tell their stories to the class.



Intro to Stand Up Comedy - 14 +

Instructor: **Doris Ballard**

This class will introduce teens and young adults to the basics of stand-up comedy and will conclude with an actual graduation showcase in front of a live audience. There will also be visits by comedians who have been successful locally.

When: Tuesdays, 5:00 - 7:00 p.m., 9/18, 9/25, 10/2 & 10/9 (plus a showcase date TBA)

Locations: City Wide Community Center

Cost: \$163 Residents, \$173 Non-Residents

Code: 353605-1

PHOTOGRAPHY

Joanna Novembrino has been teaching photography for over 20 years. After receiving her Certificate in Photography from the New Hampshire Institute of Art, she taught Black & White Darkroom I and II and two camera courses at the Institute for 11 years. Since 2002, she has taught basic and advanced photography courses at Concord Community Education. Joanna encourages her students to not only learn about their cameras and various photographic techniques, but also to use photography as an artistic medium for self-expression. In her professional career, Joanna worked as a Senior Technical Writer for several high-tech firms. She is currently the Vice President of the New Hampshire Art Association, and enjoys photography, oil painting, reading, and music.



[Digital Photography I - The Fundamentals - 18+](#)

Instructor: Joanna Novembrino

Stuck in AUTO mode? Mastering your camera's controls and understanding the properties of your lenses will unlock your creativity and make photography more fun. We will cover lenses, aperture, shutter speed, composition, and all the options on your camera's menu. This is a hands on class and each week we will critique class members' photos. You will need a memory stick for your images. Beautiful pictures are there for the taking.

When: Tuesdays, 6:00 - 9:00 p.m., 9/18 - 10/23

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600106-1

[Digital Photography II with basic Photoshop - 18+](#)

Instructor: Joanna Novembrino

You've moved beyond snapshots and understand your camera's controls, so now you're ready to explore photography's creative and expressive potential. Each week, you will have challenging (but fun!) assignments so you can stretch yourself creatively. We will discuss each other's photos and you will learn how to realistically enhance your photos with a few basic, but essential steps in Photoshop.

Prerequisite: Digital Photography I

When: Thursdays, 6:00 - 9:00 p.m., 9/20 - 10/25

Locations: City Wide Community Center

Cost: \$125 Residents, \$135 Non-Residents

Code: 600107-1

SENIORS

Concord Parks & Recreation looks forward to seeing you at our Senior Program. Please come visit us at the City Wide Community Center to learn more about the Senior Passport and to get a look at the Senior Lounge (pictured).



Senior Passport (60 yrs. and older)

Starting in June 2018 Concord Parks & Recreation will be offering the Senior Passport program. All registered Senior Program participants will receive their “passport” and use it to check in when participating in senior programming. The Senior Passport is FREE for Concord residents and is available to non-residents for a \$50.00 yearly fee.

The Senior Passport will provide FREE access to the following programs as well as the Senior Lounge on Mon, Wed and Fri from 9:00am-1:00pm. Sample schedule.

Monday	Wednesday	Friday
Knitting Group Walking Group	Walking Group Out to Lunch Club <small>*additional fees may apply</small>	Bridge Walking Group
Craft Club Walking Group	Walking Group Monthly Luncheon	Bridge Walking Group
Coffee Social Walking Group	Walking Group Adult Coloring	Bridge Walking Group
Trivia Walking Group	Walking Group Book Discussion	Bridge Walking Group

To register for your Senior Passport simply stop by the City Wide Community Center.

Want to know what’s going on?

Every month we publish a Senior Program Calendar, which can be found at the City Wide Community Center or by visiting our website (www.concordparksandrec.com) and viewing the Senior page. The calendar will list all Senior Programs for the month. Please note some programs do require advance sign up and a minimal fee.

SENIORS

Meet our Senior Coordinator:

Becky Bukowski has been working at Concord Parks & Recreation Senior Coordinator since November 2014. Becky came to work for Parks & Recreation after she retired from the NH Department of Health and Humans Services after 29 years of service. Becky can be reach either by phone 603-230-4982 or email rbukowski@concordnh.gov



Concord Parks & Recreation Senior Program will also offer the following programs in partnership with Concord Regional VNA:

Senior Health Clinics

The first Tuesday of every month 9:00-1:00pm beginning July 3, 2018

Senior Health Clinics

The third Friday of every month 9:00-1:00pm beginning July 20, 2018

Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. To schedule an appointment, please call (603) 224-4093, extension 5815.

A Matter of Balance Class

Tuesdays August 7, 2018 – September 25, 2018

To register for A Matter of Balance please call the VNA 224-4093 ext. 5815

SPORTS

Outdoor Pickleball

When:

Mondays, Wednesdays, Fridays 9 - 12 p.m.
Tuesday and Thursdays. 5 -7 p.m.

Location: Beaver Meadow Tennis Courts

Cost: Free



Please check out monthly senior calendar for Learn to Play Pickleball clinics. These clinics are free for Senior Passport Members.



Get Golf Ready Clinics - Ages 18+

Instructed by Beaver Meadow Golf Course Staff

These 4 week clinics are open to beginners golfers ages 18 & older.

Price includes one free 9 hole green fee at the end of the clinic.

Clinics are held at the Beaver Meadow Golf Course, however please register with the Parks and Recreation Department. These clinics usually fill up quickly.

Ladies Golf Clinics

Cost: \$99 for residents and non residents

Time: 6 - 7 pm

Session 1: Tuesdays, June 5 - 26 CODE: 440743-1

Session 2: Fridays, August 10 - 31 CODE: 440743-4

Co-ed Golf Clinics

Cost: \$99 for residents and non residents

Time: 6 - 7 pm

Session 1: Thursdays, June 7 - 28 CODE: 440743-6

Session 2: Tuesdays, August 14 -Sept 4 CODE: 440743-5

SPORTS

Archery- 18+*

Instructor: Dana White

*please note, youth lessons may be taking place alongside of adult lessons

Fridays - 9/7 to 10/19 (no class 10/5)

Beginners (9 meters) 5:30 - 6:30 p.m Code: 215130-1

Archery 1 & 2 (9 meters) 6:45 - 7:45 p.m. Code: 215330-1

Archery 3 & 4 (18 meters) 8 - 9 p.m. Code: 215530-1

Saturdays - 9/8 to 10/20 (no class 10/6/)

Beginners (9 meters) 2 - 3 p.m Code: 215730-1

Archery 1 & 2 (9 meters) 3:15 - 4:15 p.m. Code: 215930-1

Archery 3 & 4 (18 meters) 4:30 - 5:30 p.m. Code: 215530-2

Location: Green Street Community Center

Cost: \$79 Resident, \$89 Non-Resident



Tae Kwon Do - 18+ *

Instructor: Daniel Jung

*please note, youth lessons may be taking place alongside of adult lessons

When: Saturdays, 9/8 - 10/20, 10 - 11 a.m.(no class on 10/6)

Location: City Wide Community Center

Cost: \$80 Residents, \$90 Non-Residents

Code: 219730-2

Tennis League - 18+

Instructor: Pattu Pillai

This is an adult tennis Mens/Womens Intermediate Tennis League.

USTA rating 3.0. Please register at least 10 days in advance.

When

Tuesdays, 6:00 - 7:00 p.m., 6/12 - 7/17

Thursdays, 6:00 - 7:00 p.m., 6/14 - 7/19

Tuesdays, 6:00 - 7:00 p.m., 7/24 - 8/28

Thursdays, 6:00 - 7:00 p.m., 7/26 - 8/30

Code

CODE: 118514-2

CODE: 118514-3

CODE: 118514-5

CODE: 118514-8

Location: Memorial Field

Cost: \$55 Residents, \$65 Non-Residents

BEAVER MEADOW GOLF COURSE

Established in 1896

www.bmgc.golf 603-228-8954

Beaver Meadow Golf Course is an 18 hole course situated on 120 acres in Concord, NH. The City of Concord owns and operates the course.

The course is open to the public and features a full swing driving range, restaurant with two outdoor patios, full service Pro Shop with a year round PGA Class A Professional and an extensive teaching program for youth and adults. Small group and private lessons are available. The course also has a year round Indoor Golf Simulator suitable for lessons and ideal for play when the weather is poor.

2018 Membership Options	Price
Full Single	\$1,395
Full Family	\$2,350
Weekday Single (M-F)	\$ 895
Weekday Family (M-F)	\$1,595
Young Adult (ages 19 - 39)	\$ 900
Junior (under 19)	\$ 275
Collegiate (Full Time)	\$ 600
Senior (60+)	\$ 835
Twilight	\$ 995

Weekly Specials:

(\$80 includes golf + cart for 2)

Monday + Tuesday
Seniors (ages 60+)

Monday + Tuesday
after 1 p.m. (all ages)

Wednesday
Everyone

Thursday
Ladies' Day

Please visit our web site to book online tee times, information on daily rates, leagues and specials events.



During the winter months the Beaver Meadow Golf Course is transformed into a winter destination. The course adds a second indoor simulator for leagues, lessons and daily rentals. The city also maintains over 5K of groomed cross country ski trails and an ice skating pond at the course.

BEAVER MEADOW GOLF COURSE

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