

The City of Concord  
Parks and Recreation Department's

**NEW!**

# ADULT ACTIVITIES GUIDE

## Fall - Winter 2018-19



**Concord's New City Wide Community Center**

603-225-8690  
[www.concordparksandrec.com](http://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 opened 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

**Sunday** 8:30 a.m. - 3:00 p.m.(Nov-Feb) - Starting Nov. 4

**Monday - Thursday** 8:00 a.m. - 9:00 p.m.

**Friday** - 8:00 a.m. - 4:30 p.m.

**Saturday** 8:00 a.m. - 1:00 p.m.

**Saturday** 8:00 a.m. - 4:00 p.m.(starting on Nov. 3)

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

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 14 Canterbury Rd.
- 2) Visit our website, [www.concordparksandrec.com](http://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.

### 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](http://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.

### Class Cancellations

All classes have a minimum registration of 6 in order to run a class. Please be sure to register at least 10 days prior to the start of class otherwise the class may be cancelled due to low enrollment.

If a class is cancelled due to weather or instructor absence participants will be contacted via email as well as a phone call. Please be sure you provide us with your best contact information.

### 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.

# ART



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](http://petercliveartist.com)

## Pet Portraits in Acrylic - Ages 18+      **Instructor: Peter Clive**

Pets are such an important part of so many people's lives. You could find that painting a portrait of your pet to be a very rewarding experience. Working in acrylic, the participants will work from photographs of their pets. A painted portrait demonstration of the processes involved will start each class session. Paintings can be done on either canvas board or stretched canvas.

**When:** Thursdays, 6:00 - 8:00 p.m., 11/8 - 12/20 (no class 11/22)

**Locations:** City Wide Community Center

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

**Code:** 600109-2



## 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 perspective 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., 1/10 - 2/14

**Locations:** City Wide Community Center

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

**Code:** 600101-2



# 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.



## Portrait Drawing - Ages 18+

**Instructor:** Carol Emery Phenix

This 6-week course will introduce some basic principles of portrait drawing and will utilize exercises designed to acquaint students with the proportions of the head and face. We will also practice with a foam cast head model in order to study the effects of light and shadow. Finally, students will bring in photos of their own choosing to work from as a final personal piece.

**When:** Wednesdays, 6:00 - 8:00 p.m., 11/7 - 12/12

**Locations:** City Wide Community Center

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

**Code:** 600110-2

## Introductory Drawing - Ages 18+

**Instructor:** Carol Emery Phenix

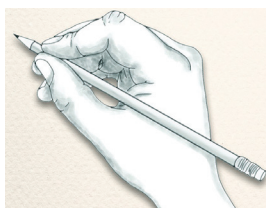
80% of drawing is just "lookin' and seein'". This class will introduce the basic foundations of drawing, upon which every style builds. We'll begin with simple contour (line) drawings and progress to full tonal (utilizing shading) drawings; and employ exercises to help you "draw what you see instead 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, 6:00 - 8:00 p.m., 1/9 - 2/13

**Locations:** City Wide Community Center

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

**Code:** 600103-3



# ART

Alice Pickett has been doing crafts “forever.” She also loves traditional arts. With the opportunity to learn Ukrainian Egg Decorating 25 years ago, she found a craft to stay with. Alice has been teaching it ever since. Besides the community classes, she has taught in schools, 4-H groups, retirement communities and was a visiting artist at the Riverbend Art Studio when it was in existence. She lives in Concord with her husband, multi-discipline artist RP Hale.

## Ukrainian Egg Decorating - Ages 16+

**Instructor:** Alice Pickett

Ukrainian Egg Decorating is a wax-resist style of using dye colors to apply traditional designs to an egg. This ancient craft uses symbols originally related to the agrarian world and then transferred to represent Christian symbolism. Sign up and create an imaginative and original tree ornament. There are two classes. The first week you will learn the skill and the next week you will expand on it. You will take home a completed decorated egg each night.

**When:** Wednesday, 6:00 - 8:00 p.m., 11/28 & 12/5

**Locations:** City Wide Community Center

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

**Code:** 600907-2

**Materials:** Bring a dozen large unblemished white eggs and wear old work clothes or bring an apron.





# DANCE

## Jim Clapp & Stephanie Merfield

Jim Clapp and Stephanie Merfeld have been ballroom dancing together since 2006, having started in this hobby locally at Let's Dance Studio in Concord. Quickly they became particularly enamored with Argentine tango and more recently, west coast swing, both of which encourage individuality and creativity of expression. Their philosophy of instruction is quite simple – they believe that like so much of life, communication between partners is the key to dancing. On the dance floor that communication is developed and maintained through connection, which they emphasize throughout their classes.



\*Partners must be listed at time of registration - (on the paper registration form or in the roster note area if registering online)

## West Coast Swing - Ages 18+ Instructors: Jim Clapp/Stephanie Merfield

A fun, “club dance”, suitable for a surprisingly wide variety of songs from country western, blues and pop. We will work on the basics - rhythm, dynamics, and “steps”. There really are only three basic steps.

**When:** Tuesdays, 6:00 p.m. - 7:00 p.m

**Locations:** City Wide Community Center

**Cost:** \$125 Res, \$135 Non-Res - prices are per couple\*

**Dates**

**Code**

11/6 - 12/11

600413-2

1/8 - 2/12

600413-3

Students should wear comfortable shoes that offer little friction to the floor, such as suede-soled dance shoes.



## Argentine Tango - Ages 18+ Instructors: Jim Clapp/Stephanie Merfield

We will explore this artistically expressive and intimate dance. Appropriate for beginning and intermediate level dancers. We will adjust instruction to meet the skill level of the student.

**When:** Tuesdays, 7:15 - 8:15 p.m.

**Locations:** City Wide Community Center

**Cost:** \$125 Res, \$135 Non-Res - prices are per couple\*

**Dates**

**Code**

11/6 - 12/11

600412-2

1/8 - 2/12

600412-3

Students should wear comfortable shoes that offer little friction to the floor, such as suede-soled dance shoes.



# 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.

### **Requirements:**

- 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 six 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](http://www.collarclinic.com) or [www.sportdog.com](http://www.sportdog.com)

**When:** Mondays, 6:30 - 8:30 p.m., 1/7 - 3/4 (no class 1/21)

**Locations:** City Wide Community Center

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

**Code:** 600903-3

# FITNESS



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.

10/10/10 Workout - Ages 18+      **Instructor: Karen Jenovese**

Are you ready for a new way to spend your lunch break? Three workouts in one! The 10/10/10 class is designed to give you the ultimate challenge and total body workout. Sweat through 10 minutes of cardio, 10 minutes of strength training, and 10 minutes of stretching and core work. Are you ready for the challenge?

<b>When:</b> Tuesdays, 12:00 - 12:30 p.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$30 Res, \$40 Non-Res	
<b>Dates</b>	<b>Code</b>
11/6 - 12/11	600414-2
1/8 - 2/12	600414-3



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?

<b>When:</b> Wednesdays, 8:30 - 9:30 a.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$60 Res, \$70 Non-Res	
<b>Dates</b>	<b>Code</b>
11/7 - 12/12	600403-2
1/9 - 2/13	600403-3

# 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. 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. Modifications are given so each person feels comfortable to work at their own level

**When:** Wed, 5:00 - 5:45 p.m.  
**Cost:** \$60 Res, \$70 Non-Res  
**Dates**                      **Codes:**  
11/7 - 12/12              600418-2  
1/9 - 2/13                600418-3  
**Location:**  
City Wide Community Ctr.

**When:** Sat, 8:15 - 9:00 a.m.  
**Cost:** \$60 Res, \$70 Non-Res  
**Dates:** 11/10-12/22 (no class 11/24)  
**Code:** 600419-2  
**Date:** 1/5 - 2/9  
**Code:** 600419-3  
**Location:** City Wide Community Ctr.

## DROP IN ON ONE OF OUR FITNESS CLASSES

ZUMBA

YOGA

POUND

BOOT CAMP

COUNTRY SASS CLASS

\$10 per class for residents  
\$12 per class for non-residents

20/20/20

Concord Parks & Rec

ALL CLASSES HELD AT THE CITY-WIDE COMMUNITY CENTER  
FOR CLASS DETAILS OR QUESTIONS – CALL 603-225-8690

Trish Manning began her career as an RN, received a degree in Behavioral Organization, expanded her interests and experience in health care to include holistic health practices and is a Reiki Master Teacher. She is a member of the International Association of Reiki Professionals (IARP). Trish received her certification as a Health Coach through the Institute for Integrative Nutrition, and is a member of the International Association of Health Coaches (IAHC). Trish's passion as a Health Coach is to educate, empower and inspire you on your unique journey to health and wellness. Trish can be contacted at [contact@guidedhealthjourney.com](mailto:contact@guidedhealthjourney.com); (978)290-0259; and at [www.guidedhealthjourney.com](http://www.guidedhealthjourney.com)



### Guided Health Journey Series - Ages 18+ Instructor: Trish Manning

In this Guided Health Journey series, Trish Manning will introduce you to a mind, body, and spirit approach to health and wellness. You will discover the food and lifestyle choices that are energizing and nourishing and begin the steps to create a life balance that really works for you.

**When:** Mondays, 6:00 - 7:30 p.m.

**Locations:** City Wide Community Center

**Cost:** \$25/per class Residents, \$35/per class Non-Resident

**Date/Class/Codes:**

November 26 - Staying in the Present Moment - The Gift of Mindfulness

Discover ways to cultivate mindfulness in everyday life.

**Code:** 600905-1

December 17 - Anti-Inflammatory Food and Lifestyle Choices - Learn how to reduce or prevent inflammation through food and lifestyle choices.

**Code:** 600905-2

January 28 - Take the First Step to Begin Your Personal Transformation

Participants will be guided to take a closer look at what nourishes you in all areas of life-both food and lifestyle and get tips on making better choices

**Code:** 600905-3

February 25 - Sleep Hygiene - Learn why sleep is essential for your health and get tips on creating a bedtime routine that is relaxing and will help you to repair and restore your body.

**Code:** 600905-4

# FITNESS

All Yoga Participants: Please dress in unrestrictive 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.



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.  
**Locations:** City Wide Community Center  
**Cost:** \$52 Res, \$62 Non-Res  
**Dates**                      **Code**  
11/6 - 12/11                362405-1  
1/8 - 2/12                   362405-2

## 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.

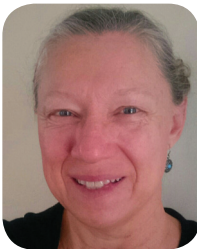


**When:** Tuesdays, 12:00 - 12:30 p.m.  
**Locations:** City Wide Community Center  
**Cost:** \$25 Res, \$35 Non-Res  
**Dates**                      **Code**  
11/6 - 12/11                600404-2  
1/8 - 2/12                   600404-3



# FITNESS

Debra Cериello 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.



## Yoga All Levels - Ages 16+

**Instructor:** Debra Cериello



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.

<b>When:</b> Thursdays, 6:00 - 7:00 p.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$60 Res, \$70 Non-Res	
<b>Dates</b>	<b>Code</b>
11/8 - 12/20 (no class 11/22)	600407-2
1/10 - 2/14	600407-3

## Yoga & Meditation - Ages 16+

**Instructor:** Debra Cериello

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.



<b>When:</b> Wednesdays, 6:15 - 7:30 p.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$62 Res, \$72 Non-Res	
<b>Dates</b>	<b>Code</b>
11/7 - 12/12	600408-2
1/9 - 2/13	600408-3

# FITNESS

## Yoga 101 - 16+      Instructor: Debra Ceriello

This class is for participants wishing to learn the basics of yoga as well as for those returning to the practice. Gain confidence as we learn movement through postures, awareness of breath, relaxation techniques and improve flexibility, strength, balance, and stress reduction.

<b>When:</b> Wednesdays, 5:00 - 6:00 p.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$60 Residents, \$70 Non-Res	
<b>Dates</b>	<b>Code</b>
11/7 - 12/12	600415-2
1/9 - 2/13	600415-3

Cindy Gidley, a licensed Zumba instructor since 2014, is licensed to teach regular Zumba, Zumba Toning and Zumba Gold. She regularly attends instructor choreography sessions, in order to bring fresh new & exciting songs and routines to her classes. 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/>.



## 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.

<b>When:</b> Thursdays, 5:30 - 6:00 p.m., 1/10 - 1/31 (4 weeks)	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$24 Residents, \$34 Non-Residents // Drop In Rate - \$10/Res \$12 Non-Res	
<b>Code:</b> 600406-3	

# FITNESS

## Pound Class - Ages 18+

Instructor: Cindy Gidley

POUND® is world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums.

Unleash your inner Rockstar and #MAKENOISE with us! Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized toning up, and rockin' out!

**When:** Thursdays, 5:00 - 5:30 p.m., 1/10 - 1/31 (4 weeks)

**Locations:** City Wide Community Center

**Cost:** \$24 Res, \$34 Non-Res // Drop In Rate - \$10/Res, \$12 Non-Res

**Code:** 600416-3



## Pound Class Sneak Peek - 18+

Instructor: Cindy Gidley

POUND® is world's first cardio jam session inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Unleash your inner Rockstar and #MAKENOISE with us! Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized toning up, and rockin' out!

**When:** Thursdays, 5:00 - 5:30 p.m., 12/6 & 12/13

**Locations:** City Wide Community Center

**Cost:** \$16 Residents, \$26 Non-Res // Drop In Rate - \$10/Res, \$12 Non-Res

**Code:** 600416-2

Looking for a particular class, but don't see it? Concord Parks & Recreation wants to hear from you. If you have an idea for a class or perhaps you teach a class, please email us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov).

# FITNESS - SENIORS

## Senior Fitness - Mondays - Ages 50+

**Instructor:** Rebecca Arnt

Join our community for a total-body workout - appropriate for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun! We will incorporate a chair for sitting and/or standing support.

<b>When:</b> Mondays, 10:00 - 11:00 a.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$30 Res, \$40 Non-Res	
<b>Dates</b>	<b>Code</b>
10/29 - 12/10 (no class 11/12)	600411-2
1/7 - 2/18 (no class 1/21)	600411-3

## Senior Fitness - Fridays - Ages 50+

**Instructor:** Rebecca Arnt

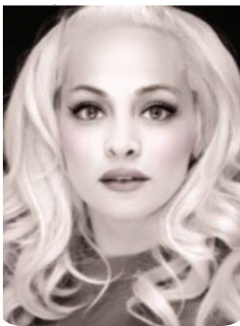
Join our community for a total-body workout - appropriate for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. This workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun! We will incorporate a chair for sitting and/or standing support.

<b>When:</b> Fridays, 9:00 - 10:00 a.m.	
<b>Locations:</b> City Wide Community Center	
<b>Cost:</b> \$30 Res, \$40 Non-Res	
<b>Dates</b>	<b>Code</b>
11/2 - 12/14 (no class 11/23)	600417-2
1/11 - 2/15	600417-3



# FITNESS

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.



## Country Sass Class - Ages 18+

**Instructor:** Seraphim Afflick

Can you have fun while getting in shape? The answer is YES! Country Sass will change 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. Just bring your sass! Men and women welcome.

**When:** Tuesdays, 7:00 - 8:00 p.m.  
**Locations:** City Wide Community Center  
**Cost:** \$60 Residents, \$70 Non-Residents  
**Dates** **Code:**  
11/6 - 12/11 600303-2  
1/8 - 2/12 600303-3

**When:** Thursdays, 7:00 - 8:00 p.m.  
**Locations:** City Wide Community Center  
**Cost:** \$60 Residents, \$70 Non-Residents  
**Dates** **Code:**  
11/8 - 12/20 (no class 11/22) 600302-2  
1/10 - 2/14 600302-3



# 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](mailto:linda.abbott@comcast.net); [www.linabbott.com](http://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., 11/7 - 11/21

**Locations:** City Wide Community Center

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

**Code:** 600902-2



## 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., 11/28 - 12/12

**Locations:** City Wide Community Center

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

**Code:** 600901-2



# HYPNOTISM

## Group Hypnosis for Mindfulness- Ages 18+

**Instructor:** Linda Abbott

This is group hypnosis. The group is guided into a deep relaxation and hypnotized each week for mindfulness in daily life. Each week a different aspect of mindful living is used in the hypnosis (relationships, work, day to day activities). Class begins with 15 minutes sharing and questions and is followed by a brief break and then 30 - 40 minutes of hypnosis. Students can come in comfortable clothes and be ready to relax

**When:** Wednesdays, 6:00 - 7:00 p.m., 1/9 - 1/23

**Locations:** City Wide Community Center

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

**Code:** 600906-3

## Language

All Language students should purchase course materials prior to start of class from local or online sources



**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. French will be used as much as possible.

•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., 1/9 - 2/13

**Locations:** City Wide Community Center

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

**Code:** 600204-3

# Language

All Language students should purchase course materials prior to start of class from local or online sources

## 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. French will be used as much as possible during class. Two years of high school French instruction 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., 1/7 - 2/18 (no class 1/21)

**Locations:** City Wide Community Center

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

**Code:** 600304-3

## French I, Level B (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. French will be used as much as possible during class and students will be speaking French from day one! This class will build on the French 1 class taught last session.

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

**When:** Mondays, 5:30 - 7:00 p.m., 11/5 - 12/17 (no class 11/12)

**Locations:** City Wide Community Center

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

**Code:** 600204-2

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

**PARLEZ  
VOUS  
FRANCAIS?**

## French II (Intermediate), Level B - Ages 18+      Instructor: Lise Blais

Students will further develop their knowledge of French focusing on reading, writing, listening, speaking and comprehension of the French language. French will be used as much as possible during class and students will be speaking French from day one! This class will build on the French 2 class taught last session.

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

**When:** Wednesdays, 5:30 - 7:00 p.m., 11/7 - 12/12

**Locations:** City Wide Community Center

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

**Code:** 600304-2

**Materials:** C'est à toi 2, (2nd edition) ISBN: 978-0-82196-017-2

# 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. Gabriela can be contacted at [gvisco@sau8.org](mailto:gvisco@sau8.org)



## Spanish I - Level 2 Ages 18+

**Instructor:** Gabriela Visco

Students registering for Spanish I, Level 2 should know the basics of Spanish, the conjugation of verbs in the present tense and basic vocabulary. Students should also be able to use the verb “gustar”

**When:** Mondays, 5:30 - 7:00 p.m., 11/5 - 12/17, (no class 11/12)

**Locations:** City Wide Community Center

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

**Code:** 600201-2 **Materials:** Students will work with textbook Realidades I

## Spanish II Level 2- Ages 18+

**Instructor:** Gabriela Visco

Students registering for Spanish II should feel comfortable conjugating verbs in the present tense, asking simple questions in Spanish, using verbs like “gustar”, and using irregular verbs in the past tense.

**When:** Wednesdays, 5:30 - 7:00 p.m., 11/7 - 12/12

**Locations:** City Wide Community Center

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

**Code:** 600202-2 **Materials:** Students will work with textbook Realidades II



## Beginner German - Ages 18+

**Instructor:** Paul Roy

This Beginner German Course could also be described as a “surviving in Germany”. The course is for those interested in visiting Germany, or learning fundamental German. The goal is to get the students speaking as quickly as possible while learning about the intricacies of German grammar, including word order and phraseology.

**When:** Mondays, 5:30 - 7:00 p.m.

**Locations:** City Wide Community Center

**Cost:** \$125 Res, \$135 Non-Res

**Dates**

11/5 - 12/17 (no class 11/12)

1/7- 2/18 (no class 1/21)

**Code:**

600205-2

600205-3

**Materials:** “German in 10 minutes a day” by Kristine K. Kershul, will be used for this class. Students can purchase the book at Gibson’s and receive 20% off when they mention they are taking Paul’s class.

# 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](http://www.melepsteinmusic.com)

## How to Read Music - Ages 18+ Instructor Mel Epstein

This course will acquaint you with the basics of written music. It is designed for those of you with some, little or no musical training. You will learn how notes relate to sounds, how rests relate to silences, how time relates to music and how to navigate your way through printed music. By the end of this course, you will be on the way to reading and understanding written music.

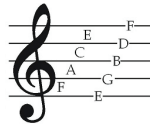
**When:** Mondays, 8:00 - 9:00 p.m., 11/5 - 12/17 (no class 11/12)

**Locations:** City Wide Community Center

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

**Code:** 600604-2

**Materials:** by instructor Mel Epstein – “The Basics of Music” and “Time and Rhythm” \$27 (to be purchased at the first class)



## All About Chords - Ages 18+ Instructor Mel Epstein

This course will introduce you to the area of music known as harmony. You will learn how chords are built from scales and intervals, the various chord types & how to sequence and arrange chords. It is designed for those of you with some musical training or playing experience. By the end of this course you will be able to understand chord types and choices in a piece of music and apply that knowledge to your playing.

**When:** Mondays, 8:00 - 9:00 p.m., 1/7 - 2/18 (no class 1/21)

**Locations:** City Wide Community Center

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

**Code:** 600607-3

**Materials:** “Harmony” by Mel Epstein - \$15. To be purchased at the first class.

# MUSIC

## How to Play a Ukulele 2 - Ages 18+

Instructor: Mel Epstein

This course continues on from Ukulele 1. It will introduce you to a variety of exercises and songs to increase your ease in moving around on the fingerboard.

**When:** Mondays, 7:00 - 8:00 p.m., 11/5 - 12/17 (no class 11/12)

**Locations:** City Wide Community Center

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

**Code:** 600605-2

**Materials:** You will become an advanced beginner on the ukulele. Bring your ukulele and please purchase ahead of class: Hal Leonard "Easy Songs for Ukulele" (book-only is fine; available at Amazon); Mel Epstein "Intro Exercises and Songs for the Ukulele" \$10 (to be purchased at the first class).



## How to Play a Ukulele 3 - Ages 18+

Instructor: Mel Epstein

This course continues on from Ukulele 2. It will introduce you to new notes, new sets of chords, more sophisticated melodies and more strum patterns. We will also learn a number of popular songs. You will become an advanced beginner on the ukulele.

**When:** Mondays, 7:00 - 8:00 p.m., 1/7 - 2/18 (no class 1/21)

**Locations:** City Wide Community Center

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

**Code:** 600606-3

**Materials:** Bring your ukulele and please purchase ahead of class: Hal Leonard "Ukulele Method Book 2" Lil' Rev (book-only); Hal Leonard "More Easy Songs for Ukulele" (available at Amazon)



## 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.

**When:** Mondays, 6:00 - 7:00 p.m.

**Locations:** City Wide Community Center

**Cost:** \$75 Res, \$85 Non-Res

**Dates**

11/5 - 12/17 (no class 11/12)

1/7- 2/18 (no class 1/21)

**Code:**

600601-2

600601-3

**Materials:** "Early Fret/Note Identification for Guitar" by Mel Epstein \$5 (to be purchased at the first class); Hal Leonard "Guitar Method Book 1" by Will Schmidt (book-only is fine; available at Amazon)



# 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.

## Digital Black & White Photography - 18+

**Instructor:** Joanna Novembrino

If you love the way black and white photography enhances the beauty of line, form, and structure in photographs, this is the class for you. We will cover the most important features of Photoshop, how to use RAW files, and how to bring out the full range of tones, from blackest black to paper white. Each week, we will also critique each class member's photos. This is a totally hands-on class, so bring your laptop and your camera each week. Prerequisite: Digital Camera 1 and/or Photoshop or Photoshop Elements loaded on your laptop, and (optional) Nik Collection (Photoshop plug-in).

**When:** Thursdays, 6:00 - 9:00 p.m., 11/8 - 12/20 (no class 11/22)  
**Locations:** City Wide Community Center  
**Cost:** \$125 Residents, \$135 Non-Residents  
**Code:** 600112-2

## 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 hand's 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.  
**Locations:** City Wide Community Center  
**Cost:** \$125 Res, \$135 Non-Res  
**Dates**  
11/6 - 12/11  
1/8- 2/12

**Code**  
600106-2  
600106-3

Participants must bring a laptop to class which has the Adobe Photoshop Creative Cloud software.



# PHOTOGRAPHY

## Digital Photography II - Ages 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 and express what is unique about your vision. We will look at each other's photos, discuss their strengths and weaknesses, and select the very best. In addition, you will learn how to realistically enhance your photos (every photo needs this) with a few basic, but essential steps in Photoshop. Prerequisite: Digital Photography 1 or knowledge of how to use your camera's controls.

**When:** Thursdays, 6:00 - 9:00 p.m., 1/10 - 2/14

**Locations:** City Wide Community Center

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

**Code:** 600107-3

Leslie Joyner is a self-taught Photoshop Guru. She completed an online Photoshop class, as well as continues to update her skills through Adobe tutorials, and has taken all of the photography classes offered through Continuing Ed and Concord Parks and Rec. She is a member of the Greater Concord Photo Club. She has previously photographed the local CAST (CHS theater program) productions and edited and photographed RMS school yearbooks.



## Image Editing in Photoshop CC - 18+    Instructor: Leslie Joyner

Students will be shown how to use the Adobe Photoshop interface and demonstrations on editing RAW and JPEG images. Students must have a basic understanding of loading and saving images and making global image edits. Class time will be spent learning Application bar, Tool bar and Panels/Palletes. We will cover making selections, global and specific changes, layer masking, free transform, expanding and filling a canvas, as well as adding special effects

**When:** Tuesdays, 6:00 - 9:00 p.m.

**Locations:** City Wide Community Center

**Cost:** \$125 Res, \$135 Non-Res

**Dates**

11/6 - 12/18 (no class 11/20)

1/8- 2/12

**Code:**

600111-2

600111-3

# 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)

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](http://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 Human Services after 29 years of service. Becky can be reached either by phone 603-230-4982 or email [rbukowski@concordnh.gov](mailto:rbukowski@concordnh.gov)



CONCORD REGIONAL  
VISITING NURSE  
ASSOCIATION

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

# DROP-IN PROGRAMS

## GYM & FITNESS CLASS DROP-IN

Concord Parks & Recreation has many options for those looking to drop-in and check out our programs. We offer drop-in opportunities for both gym activities and fitness classes.

Gym drop-in includes Pickleball, Adult Basketball and Adult Volleyball. Gym drop in programs are held at both the City Wide Community Center and Green Street Community Center

All of our fitness classes are also available for drop-in as long as the class registration isn't full. Fitness classes include Yoga, Boot Camp, Zumba, Pound, Country Sass Class and more!

3.00 resident  
4.00 non-residents

10.00 resident  
12.00 non-residents

Please check website [www.concordparksandrec.com](http://www.concordparksandrec.com)  
for locations and daily schedules



JOIN US FOR  
DROP-IN FUN!!

# SPORTS

## Archery- 18+\*

Instructor: Dana White  
\*please note, adult lessons may be taking place alongside of youth lessons

### **SESSION 1**

**Fridays** - 11/2 to 12/14 (no class 11/23)

Beginners (9 meters) 5:30 - 6:30 p.m Code: 315130-1  
Archery 1 & 2 (9 meters) 6:45 - 7:45 p.m. Code: 315530-1  
Archery 3 & 4 (18 meters) 8 - 9 p.m. Code: 315330-1

**Saturdays** - 11/3 to 12/15 (no class 11/24)

Beginners (9 meters) 2 - 3 p.m Code: 315730-1  
Archery 1 & 2 (9 meters) 3:15 - 4:15 p.m. Code: 315930-1  
Archery 3 & 4 (18 meters) 4:30 - 5:30 p.m. Code: 315140-1

### **SESSION 2**

**Fridays** - 1/11 to 2/15

Beginners (9 meters) 5:30 - 6:30 p.m Code: 315130-2  
Archery 1 & 2 (9 meters) 6:45 - 7:45 p.m. Code: 315530-2  
Archery 3 & 4 (18 meters) 8 - 9 p.m. Code: 315330-2

**Saturdays** - 1/12 to 2/16

Beginners (9 meters) 2 - 3 p.m Code: 315730-2  
Archery 1 & 2 (9 meters) 3:15 - 4:15 p.m. Code: 315930-2  
Archery 3 & 4 (18 meters) 4:30 - 5:30 p.m. Code: 315140-2

**Location:** Green Street Community Center

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



## Tae Kwon Do - 18+ \*

Instructor: Daniel Jung  
\*please note, adult lessons may be taking place alongside of youth lessons

**When:** Saturdays, 10 - 11 a.m.

**Locations:** City Wide Community Center

**Cost:** \$80 Res, \$90 Non-Res

**Dates**

11/3 - 12/15 (no class 11/24)

1/12- 2/16

**Code:**

319925-1

319925-2





## BEAVER MEADOW GOLF COURSE

Established in 1896

[www.bmgc.golf](http://www.bmgc.golf) 603-228-8954

Beaver Meadow Golf Course is an 18 Hole course situated on 120 acres in Concord NH. The course is open to the public and features a full swing driving range, restaurant, indoor golf simulators, full service Pro Shop with a year round PGA Class A Professional. The course offers year round teaching programs and leagues.

Please check the web site for fall greens fee pricing and information on becoming a member for the 2019 season. The outdoor regular season typically runs well into November (depending on weather).



### **Indoor Golf Simulator Information**

It takes approximately 1 hour per person to complete 18 holes. Playing time is also dependent upon the skill level of the players. Please try to arrive 15 minutes ahead of time to check in to allow time to change shoes and pay.

- Hourly rental is \$40 per hour (not per person)
- Advanced reservations are always accepted (minimum of one hour session).
- Walk-ins are welcome, pending simulator availability. It is always a good idea to call first to be sure we are open and have a simulator available for you. 603-228-8954.

**Indoor Adult Leagues forming now!** The course runs a winter league that starts in January. You and your partner will play a different course each week. For more information and to register please call the Pro Shop

**Golf Simulators Hours** of operation – beginning late November

Monday – Friday 10 am to 10 pm;

Saturdays 8 am to 10 pm and Sundays 8 am to 6 pm.