

FALL Walpole Recreation Department 2006 Teen, Adult & Senior Newsletter

135 School Street, Walpole MA 02081

Located in Blackburn Hall

Dear Walpole Residents,

Thank you for your continued support of the Walpole Recreation Department. This brochure contains programs that are catered towards the teen, adult and senior members of our community. A brochure containing our Preschool and Youth programs was sent out a couple of weeks prior to this brochure. If you'd like another copy, stop by the Recreation Department during office hours.

Thank you,
The Walpole Recreation Dept.

3RD ANNUAL WALPOLE ARTS & MUSIC FESTIVAL

Next to Blackburn Hall 10:00 a.m. - 4:00 p.m.
FREE Saturday, Oct. 14

Featuring artists/musicians/food vendors All ages welcome

The 3rd Walpole Arts & Music Festival is an eclectic event for children, adults, and seniors to admire artists of all types while they teach, learn, exhibit, and enjoy one another. Walpole will be host to painters, sculptors, musicians, puppeteers, jewelers, thespians, blacksmiths, poets, culinary aficionados, writers, and illustrators. Rain date is Sunday, October 15. If you are interested in volunteering at the festival, please contact the Arts Line at 50-660-7397 or Aicha Kelley at 508-668-0820.

FAMILY HIKES ON WALPOLE TRAILS

Various locations 10:00 a.m. - noon
\$5 per family Saturdays: See dates below
Walpole Trails Committee Members All ages
Pre-register

Walpole has a vast network of hiking trails open to the public. The Walpole Trails Committee would like to increase people's awareness of these trails. The Trails Committee and the Recreation Department are offering a series of family hikes to expose people to some of the trails in town. The hikes will be led by members of the Walpole Trails Committee and will be done at a leisurely pace to accommodate hikers of all ages. The hikes will be an opportunity to explore nature, look for interesting birds, plants and explore your town. Please bring a snack and water.

Class#:	Date:	Location:	Leader:
WFH1	Sept. 23	Bay Circuit Trail	Alf Wilson
WFH2	Oct. 21	Town Forest	Paul Shertick
WFH3	Nov. 11	Endean Trail	Gary Riggott



Walpole Recreation Department

135 School St.
Walpole, MA 02081

Main Line	508-660-7353
Secondary Line	508-660-7354
Fax	508-660-7398
Arts Line	508-660-7397

Website	www.walpole-ma.gov
Office Email	recreation@walpole-ma.gov

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SENIOR & FAMILY TRIPS

HORIZON'S EDGE CASINO BOAT Class#: OTG11
 Meets at Blackburn Hall Pickup at 9:00 a.m.
 \$26/person Wednesday, Sept. 20
 Card Tours Ages 55 and up
 Pre-register

Join us for this special sailing on board the Horizon's Edge Casino Boat leaving from Lynn, Massachusetts. You'll enjoy a wonderful buffet lunch, a 6-hour cruise, entertainment, and casino action. Over 225 slot machines, plus table games that include Blackjack, Poker, Roulette, and Craps. You must have a current, valid photo ID to board.

BOURNE SCALLOP FESTIVAL Class#: FT2
 Meets at Blackburn Hall Pickup at 9:00 a.m.
 \$49/person Saturday, Sept. 23
 Fox Tours All ages
 Reserve now

Come along on one of our tastiest adventures, a day filled with fresh air and fun, great food and good friends in Buzzards Bay Park. The Bourne Scallop Festival includes creative craft booths and exciting entertainment. You can choose from a traditional scallop dinner or a chicken entrée. Then, later in the afternoon, relax and enjoy a cruise on the Cape Cod Canal.

TURNING STONE RESORT Class#: OTG14
 Meets at Blackburn Hall Pickup at 7:00 a.m.
 \$129/person Tues., Oct. 24 - Wed., Oct. 25
 Card Tours Ages 55 and up
 Pre-register

A fall getaway to Upstate New York. The beautiful Turning Stone Hotel awaits you. Join us for this very special overnight getaway for bingo and casino action.

BEACON RESORT Class#: OTG16
 Meets at Blackburn Hall Pickup at 7:00 a.m.
 See prices below Sun., Nov. 26 - Mon., Nov. 27
 Card Tours Ages 55 and up
 Pre-register

Your group arrives at the Beacon Resort to enjoy entertainment along with our brand new holiday luncheon buffet. After lunch, we will have a Christmas party, featuring our all new Christmas show for 2006. Following the show, Santa Claus will be making a special appearance from the North Pole, and he will have a gift for everyone. In the late afternoon, you will have leisure time to relax in your room, take a dip in one of our two heated indoor pools, jacuzzis or enjoy a refreshing sauna. Dinner will take us into Dad's Dining Room for our Holiday Candlelight Buffet. Another great Christmas show featuring more exciting entertainment and an old-fashioned sing-a-long with the entire Beacon staff will round out the evening.

- * Double Occupancy \$149 per person
- * Single Occupancy \$184 per person

VIENNA CHOIR BOYS Class#: OTG13
 Meets at Blackburn Hall Pickup at 9:00 a.m.
 \$64/person Wednesday, Dec. 6
 Best of Times Ages 55 and up
 Pre-register

The Vienna Choir Boys form one of the oldest existing boys' choir in the world. For nearly five hundred years, they have been a symbol of Austria. From the time of their first visit to the United States in 1932, they have given thousands of concerts and become the most popular choir ever to tour the North America. Each season a new choir of boys carries on the rich traditions of Vienna's musical life, which traces its roots to such figures as Mozart, Haydn and Schubert. Alongside their touring, the Vienna Choir Boys reach an even wider audience through films, recordings and television appearances. In concert, they present superbly entertaining programs that feature short operettas (in costume) as well as a broad range of sacred and secular works, including the waltzes and polkas of Johann Strauss II.

NEW YORK CITY SHOPPING TRIP Class#: FNY
 Meets at Blackburn Hall Pickup at 6:30 a.m.
 \$45/person Saturday, Dec. 9
 Fox Tours All ages
 Reserve now

Depart in the morning onboard your luxury, VCR-equipped motorcoach on the way to New York City. The Rockefeller Christmas Tree will be on display for your viewing pleasure. Then you are on your own to enjoy "The Big Apple." Visit one of Broadway's exciting shows, attend one of New York's world famous museums, or enjoy shopping and sightseeing on Fifth Avenue. We will depart for home at 6:00 p.m. after a delightful New York holiday.

ACROBATS OF CHINA Class#: OTG17
 Meets at Blackburn Hall Pickup at 9:00 a.m.
 \$60/person Tuesday, Feb. 27
 Best of Times Tours Ages 55 and up
 Reserve now

Since 1984, The Incredible Acrobats of China have been amazing and thrilling audiences across North America and around the world. Highly skilled, rigorously trained, and superbly talented, these performers follow an unbroken tradition since 700 B.C. The trip will also include free time in the Casino, one \$15 food coupon good at most restaurants at Mohegan Sun or good for a full buffet in either the Seasons or Sunburst Buffet. Also included are two \$10 Free Bet Coupons good on the Big Six Wheel or the Sic Bo Dice Game.

Please note that there is a separate form (not included in this brochure) for each and every trip offered. Each form is available at the Recreation Department office or available to download from our website www.walpole-ma.gov

TEENS

DRIVER EDUCATION

WHS Room A246 See times below
\$60 R/ \$65 NR Mon. & Weds.: Sept. 25 - Nov. 15
Bill Rehill Ages 15 years / 10 months and older
Pre-register

Students will be provided with 30 hours of classroom instruction in Massachusetts Regulations for the operation of Motor Vehicles. Students must be 15 years and 10 months old at the start of the program. Road work is not included in this course. Registrations will be held at the Walpole High School main office from September 11 - September 22.

Class#:	Time:
EDE1	2:20 - 4:20 p.m.
EDE2	7:00 - 9:00 p.m.

JUNIOR GOLF LESSONS

Brookmeadow Golf Course See times below
\$95 R/ \$100 NR Weekly: See dates below
Brookmeadow Golf Staff Ages 10 - 14
Pre-register

These lessons are held at the Brookmeadow Golf Course and taught by their qualified staff. Equipment is available at no additional cost, but participants are encouraged to bring their own.

Class#:	Day:	Times:	Dates:	Ages:
YGL3	Fridays	4:45 - 5:45 p.m.	Sept. 22 - Oct. 20	10 - 14
YGL4	Sundays	1:30 - 2:30 p.m.	Sept. 24 - Oct. 22	10 - 14

SONGWRITING

Lower Blackburn Class#: TSS
\$48 R/ \$53 NR 1:00 - 3:00 p.m.
Justin Dias Saturdays: Sept. 30 - Nov. 18
Pre-register Grades 9 - 12

In this class you will form a band and learn the basics of songwriting. You will analyze other songs and different styles of music in order to help you understand the different parts of a song. With your "new" band, you will write a few original songs, create a band name and logo, and record and produce a demo CD (on indie label *JADIAS Records*). The final class will be a show that your band will play for family and friends in order to showcase your songwriting talents and to promote the sale of your CD.

HIRE A TEEN

This service is for teens 13 years and older. It's purpose is to help Walpole teens find jobs and to provide a service to adult residents in need of help, such as babysitting, yard work, painting, etc. If you are 13 years or older, stop by the Recreation Department to obtain a participation form and information sheet. Parent participation and approval is required. The rate of pay and hours of work, etc., will be negotiated between you and your employer(s).

WALPOLE YOUTH CONNECTION

Blackburn Hall 7:00 - 10:00 p.m.
Usually \$5 admission Fridays: See Schedule below
Walpole Youth Connection Grades 7 - 8
Call 660-7353 for more information

The Walpole Youth Connection, in conjunction with the Walpole Recreation Department, holds monthly dances at Blackburn Hall for all Walpole 7th and 8th graders. These dances feature a DJ, game room, soda, and candy.

To register as a member of Youth Connections, students must fill out an application form (available at WYC dances) agreeing to comply with all Walpole Youth Connection and Recreation Department rules. There is a registration fee and parent signatures are also required. In addition, parents must make a commitment to chaperone dances.

Fall and Winter Dance Dates:

Friday, Sept. 8
Friday, Oct. 6
Friday, Nov. 3
Friday, Dec. 1

OTHER ORGANIZATIONS

Please contact the following organizations directly for more information.

AMERICAN YOUTH FOOTBALL LEAGUE (508) 668-4425
Bob Norberg Ages 8 - 15
www.walpoleyouthfootball.org

KING PHILIP/WALPOLE YOUTH HOCKEY (508) 668-7536
Don Gross
www.kpwhockey.org

WALPOLE YOUTH BASKETBALL ASSOCIATION
Ken Chaisson
www.wyba.org

WALPOLE YOUTH SOCCER ASSOCIATION
Tom Brady
www.walpole.org/wysa

WALPOLE YOUTH LACROSSE (508) 660-7043
Bob Buckley Grades 1 - 8
www.wyll.org

OTHER WEBSITES

WALPOLE HISTORICAL SOCIETY
www.walpolehistoricalsociety.org

FRIENDS OF WALPOLE COMMUNITY ATHLETIC COMPLEX
www.walpolefields.com

ADULT EDUCATION

MULTIPLE DAY CLASSES

AEROBIC PATTERNS

Blackburn Hall
\$120 R/ \$125 NR
Mary Annati
Pre-register

Class#: AAP
9:10 - 10:10 a.m.
Mon. & Weds.: Sept. 11 - Dec. 13
Adults

Classes include a combination of exercise & easy to follow dance steps taught by a trained, certified instructor. Increase your fitness level & boost your self-esteem in a comfortable, non-competitive atmosphere. Registrants must bring an exercise mat & water.

GOLF LESSONS

Brookmeadow Golf Course
\$95 R/ \$100 NR
Brookmeadow Golf Staff
Pre-register

See times below
See schedule below
Adults

Lessons are held at the Brookmeadow Golf Course and taught by their qualified staff. Equipment is available at no additional cost, but participants are encouraged to bring their own.

Class#:	Day:	Times:	Dates:
AGL1	Wednesdays	5:30 - 6:30 p.m.	Sept. 20 - Oct. 18
AGL2	Saturdays	10:00 - 11:00 a.m.	Sept. 23 - Oct. 21
AGL3	Sundays	10:00 - 11:00 a.m.	Sept. 24 - Oct. 22

RETIREMENT PLANNING TODAY

WHS Cafeteria
\$79 R/ \$84 NR
Joe Connolly
Pre-register

6:30 - 9:00 p.m.
See schedule below
Adults

Due to recent tax law changes, an uncertain future for Social Security and the shift toward employee-directed retirement plans, the need for sound financial strategies has never been greater. In this course you'll learn how to create a plan to retire early, manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan, and adjust your estate plan to function properly under the new laws. This course includes a 235-page illustrated textbook.

Class#:	Dates:
ERP1	Thursdays: Jan. 25, Feb. 1 and 8
ERP2	Tuesdays: Jan. 30, Feb. 6 and 13

MONDAY CLASSES

BRIDGE FOR BEGINNERS

WHS Media Center
\$40 R/ \$45 NR/ \$30SR
George Vlachos
Pre-register

Class#: EBB
7:00 - 9:00 p.m.
Mondays: Sept. 25 - Oct. 23
Adults

This class includes theory and supervised card playing to bring beginners to an adequate level of play. All materials are included. No program on October 9.

DRAWING FOR THE BEGINNER

WHS Room 1141
\$72 R/ \$77 NR/ \$54 SR
Joe Knaus
Pre-register

Class#: EDB
7:00 - 9:00 p.m.
Mondays: Sept. 25 - Nov. 20
Adults

Learn basic drawing techniques in a fun and energetic environment. The basic drawing skills developed in this course will serve as a foundation of confidence for paintings down the road. You will learn composition tips to improve the layout of your image, and perspective to add depth. Other essentials such as light/dark contrast and thumb-nailing will help to create visually stimulating images for both the viewer and yourself. Materials needed are as follows: 18 x 24 drawing pad, pencils (HB and beyond), kneaded eraser and a ruler. No program on October 9.

DRUM CIRCLE

Lower Blackburn
\$6 R/ \$8 NR per class
Joe Donnelly, Jr.
Pre-register

7:00 - 8:00 p.m.
Mondays: See dates below
Grades 7 - 12 and adults

Professional drummer and drum circle veteran Joe Donnelly, Jr. will lead this unique program and teach you very simple rhythms to jam on. Please bring your own hand drum or percussion instruments. No prior musical or drumming experience is necessary... just come and have fun.

Class#:	Date:
MDC1	Sept. 25
MDC2	Oct. 23
MDC3	Nov. 27

INTERNET 101

WHS Computer Room 2304
\$60 R/ \$65 NR/ \$45 SR
Sheila Niland
Pre-register

7:00 - 8:30 p.m.
Mondays: See dates below
Adults

Come and discover the workings of the internet. This class is designed to teach you the basics such as information about the web, surfing, browsers, e-mail searching and terminology, and instant messaging. No computer experience is required; this is a novice-level class. No program on October 9 or November 20.

Class#:	Dates:
E111	Sept. 25 - Nov. 6
E112	Nov. 13 - Dec. 18

MOVIE DAYS FOR SENIORS

Lower Blackburn
FREE
Recreation Staff
No registration required

Movies begin at 1:00 p.m.
Mondays: Sept. 18, Oct. 16, Nov. 6, Dec. 4
Seniors

Many of your favorite stars will be appearing this spring at Blackburn Hall. Movies you grew up with and classics from today will be featured in this monthly series.

ADULT EDUCATION

NOW YOU'RE TALKING!

WHS Room 1328

\$20 R/ \$25 NR/ \$15 SR

Lisa Cyr - M.S., CCC-SLP

Pre-register

Speech and language skills are fundamental for effective communication and are key elements in academic success. These skills begin at birth and develop throughout life, with critical periods occurring before five years old. This workshop will offer all parents the opportunity to learn more about speech and language development and ways to facilitate language development at home. Targeting the two to five year-old population, the following are some of the topics to be covered: Speech/language development, Speech/language related terminology, creating optimal learning environments at home, strategies to facilitate language and social skills at home, creating language-based activities during everyday routines, and language-based strategies for easing child's frustration.

PAINT OUTDOORS...EN PLEIN AIR Class#: EEP

Locations around Walpole

\$250 R/ \$260 NR per class

Susan Kelley

Pre-register

This class is designed for both oil and pastel painters of all levels. We will meet outdoors (weather permitting - indoors if not) at various locations in and around Walpole during our beautiful New England fall season for 3 hours. The instructor will call with locations. Materials are not included - a list of supplies will be given out at the time of registration. No program on October 9

POWER VOLLEYBALL

WHS Main Gym

\$77 R/ \$82 NR

Richard Edge

Pre-register

This is a game for experienced players who possess a certain amount of quickness, alertness, coordination and who desire to further develop these skills in a competitive environment. This is a serious volleyball league. No program on October 9 or November 20.

Class#: ENT

7:00 - 8:30 p.m.

Mondays: Oct. 23 and 30

Adults

R.A.D.

Blackburn Hall

\$10 R/ \$15 NR per person

Walpole Police Dept.

Pre-Register

The Rape, Aggression, Defense System course objective is to develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked. You will learn to understand risk awareness, reduction, recognition and avoidance to combat abduction or rape. Learn the options available to you to physically protect and defend yourself using the R.A.D. systems against an aggressor.

Class#: RAD

6:30 - 9:30 p.m.

Mondays: Jan. 8 - Jan. 29

Ages 13 and up with parent

SCRAPPY FLAG WALL HANGING Class#: ESQ

WHS Room 1343

\$40 R/ \$45 NR/ \$30 SR

Judy Valle & Linda Sheehan

Pre-register

Join Judy and Linda in making an attractive patriotic wall hanging. Using scraps of red and beige we will make a flag that measures 46" x 33." Using a mixture of lights and darks, the flag will look like it is waving in the air. We can even do a little stippling on the finished flag. We will hand sew a pocket on the back for a dowel and it will be ready to hang. The class will be 4 weeks long and we will finish the entire project in 4 classes. Please bring your own sewing machine in good working order. A list of supplies will be available upon registration. No program on October 9.

Class#: ESQ

7:00 - 9:00 p.m.

Mondays: Sept. 25 - Oct. 23

Adults

SPIRAL CHRISTMAS TREE SKIRT Class#: ECT

WHS Room 1343

\$40 R/ \$45 NR/ \$30 SR

Judy Valle & Linda Sheehan

Pre-register

Join Judy and Linda and learn to make a beautiful 48" round Christmas Tree Skirt during this four week class. This quilt is made using 4 Christmas fabrics of your choice. This project works up very quickly - we will finish the entire project in 4 classes. Please bring your own sewing machine in good working order. A list of supplies will be available upon registration. No Class on November 20.

Class#: ECT

7:00 - 9:00 p.m.

Mondays: Oct. 30 - Nov. 27

Adults

WINTER 2006 ARTS & HISTORY SERIES

We are currently in the process of scheduling programs and events for our Arts & History Series for the Winter of 2006.

If you have any suggestions for future events please call our arts line at 508-660-7397.

As always we need volunteers. If you are interested in helping out in any way

please email Joe Donnelly, Jr. at donnelly@walpole-ma.gov.

ADULT EDUCATION

WANT TO BE A REAL ESTATE AGENT?

WHS Room 1318 7:00 - 9:00 p.m.
 \$20 R/ \$25 NR Mondays: See dates below
 Frank Foye Adults
 Pre-register

Find out if you have what it takes to become a real estate agent. Includes testing, license requirements, skills needed, opportunities available, commissions, duties and required time. Materials fee of \$5 - \$10 depending upon printing costs and binders.

Class#: Dates:
 ERA1 Sept. 25
 ERA2 Oct. 23
 ERA3 Nov. 27

FOR SALE BY OWNERS...

WHS Room 1318 7:00 - 9:00 p.m.
 \$25 person / \$40 couple Tuesdays: See dates below
 Frank Foye Adults
 Pre-register

A must for "For Sale By Owners." Includes learning about pricing, staging, marketing, disclosure, and paperwork requirements for selling your home.

Class#: Dates:
 EFS1 Oct. 17
 EFS2 Nov. 28

HYPNOSIS FOR HEALTH

WHS Room 1333 See times below
 \$27 R/ \$32 NR/ \$21 SR Tuesdays: See dates below
 Charles Ferro Adults
 Pre-register

This introductory level course teaches you to use hypnosis as a tool to help you either quit smoking, lose weight, and/or reduce stress in your life - slowly and effectively, forever. Find out how behavior management through hypnosis can be powerfully used to help you in your battle against smoking. The first class will be from 7:00 - 9:00 p.m., and the remaining two classes will be from 7:00 - 8:00 p.m.

Class#: Dates: Topic:
 EHH1 Oct. 3, 10 and 17 Smoking Cessation
 EHH2 Nov. 14, 21 and 28 Weight Loss
 EHH3 Dec. 5, 12 and 19 Relaxation & Stress

PEDIATRIC CPR (AHA)

Walpole VNA at 55 West St. Class#: ECP2
 \$40 R/ \$45 NR 7:00 - 10:00 p.m.
 Carol Doane Tuesday, Oct. 3
 Pre-register Adults

Did you know accidents are the number one cause of death in children? Please join us to learn some things that may save your child's life. This course includes CPR and foreign-body obstructed airway on the infant (under 1 year of age) and child (1 to 8 years of age). This course is presented in the "watch then practice" format. A course completion card is provided to participants if they successfully complete the written examination and the skills demonstration. Registration fee includes CPR manual and barrier device.

TUESDAY CLASSES

ADULT CPR (AHA)

Walpole VNA at 55 West St. Class#: ECA
 \$40 R/ \$45 NR 7:00 - 10:00 p.m.
 Carol Doane Tuesday, Sept. 26
 Pre-register Adults

The Adult Heartsaver CPR course is designed to teach CPR and relief of foreign-body airway obstruction in the adult victim. This course includes diverse learning opportunities, including a videotaped presentation of the chain of survival and warning signs of cardiovascular emergencies, such as heart attack and stroke. This course is presented in the "watch then practice" format. A course completion card is provided to participants if they successfully complete the written examination and the skills demonstration. Registration fee includes CPR manual and barrier device.

ASSESSING YOUR CAREER CHOICE

WHS Room 1328 7:00 - 9:00 p.m.
 \$20 R/ \$25 NR/ \$15 SR Tuesdays: See dates below
 Jyl McLaughlin Adults
 Pre-register

Join Jyl McLaughlin - Career Coach for Young Professionals - for a two-night seminar on career assessment and planning. You will complete and interpret two vocational assessments: 1) Myers-Briggs Type Indicator (MBTI): personality assessment used to identify career interests, strengths and personal preferences and 2) SkillScan card sort and profile to help in prioritizing skills and strengths as they relate to your career preferences. We will discuss how to apply the results from these assessments to your career planning as well as other helpful tips for career decision-making and job search goals. There is a \$25 materials fee payable to the instructor at the first class.

Class#: Dates:
 EAC1 Oct. 17 and Oct. 24
 EAC2 Dec. 5 and Dec. 12

ADULT EDUCATION

REAL ESTATE: BUYING & SELLING Class#: ERE
 WHS Room 1326 7:00 - 9:00 p.m.
 \$32 R/ \$37 NR/ \$24 SR Tuesdays: Oct. 3 - Oct. 24
 Tom Taylor Adults
 Pre-register

The buying and selling of real estate including financing (fixed rate, adjustables, owner financing, no money down, etc.), home inspections, legal paperwork, and protecting yourself with various contingencies. How to find and sell real estate (Internet, B & T, media, etc.) Foreclosure Auctions: Procedure, requirements, listings. Overview of condos, land and multi-families. Strategy will also be discussed.

REVERSE MORTGAGE WORKSHOP Class#: ERM
 WHS Room 1328 7:00 - 9:00 p.m.
 \$10 R/ \$15 NR Tuesday, Oct. 10
 Lawrence Jansen, CFP Adults
 Pre-register

An in-depth look at this special type of loan that allows homeowners 62 and older to access the equity they have built up in their home. Some of the topics discussed will be who qualifies, how much can I receive, how is the money taxed, who ends up owning the home and when must the loan be repaid? We will also discuss fees and real life scenarios as well as alternatives to doing a Reverse Mortgage. This is an opportunity to "kick the tires" and clear up any confusion you may have about this unique loan program. This workshop is designed for potential borrowers, adult children and those who advise seniors.

TAKE A DEEP BREATH... AND KNIT Class#: EBK
 WHS Room 1343 7:00 - 9:00 p.m.
 \$64 R/ \$69 NR/ \$48 SR Tuesdays: Oct. 3 - Nov. 28
 Nancy McGlynn Adults
 Pre-register

Knitting is a relaxing activity with the added bonus of producing warm and fashionable garments for the knitter and those they love. Beginning knitters will learn the two stitches, knit and purl, on which all knitting patterns are based by working a small sampler in basic knit/purl combinations. Then they'll gain confidence in their abilities as they knit a simple hat on circular and double-pointed needles. Knitters who already have the basic skills will be guided in their choice of suitable projects and will learn the knitting tricks they need to produce nicely finished garments. Knitting is a wonderful way to relax when the day's work is finished. So prop up your feet, pick up your needles, take a deep breath... and knit! A materials list for this class will be provided upon registration. No program on October 31.

WATERCOLORS Class#: EWC
 WHS Room 1141 7:00 - 9:00 p.m.
 \$63 R/ \$68 NR/ \$48 SR Tuesdays: Oct. 3 - Nov. 21
 Rose-Marie Doherty Adults
 Pre-register

This class will include basic technique, color mixing and color perspective. Subjects will be still life, floral and landscapes. No experience necessary. Contact the Recreation Department for a list of required paints and other supplies. Approximate cost of supplies is \$55. No program on October 31.

WEDNESDAY CLASSES

ABC'S OF INVESTING
 WHS Room 1319 7:00 - 9:00 p.m.
 \$32 R/ \$37 NR/ \$24 SR Wednesdays: See dates below
 David Nicholson Adults
 Pre-register

Independent financial advisor and Walpole Resident, David Nicholson will help you take control of your financial future by teaching participants about investments and how they work. The first night will focus on fixed-income investments, including CD's, Treasury Bills, Government Bonds, and tax-free bonds. The second night we will cover stocks. The third night will focus on mutual funds and how they can reduce risk. The final class will cover tax-deferral and asset allocation, which brings altogether all the concepts learned in the first three classes in helping you to develop a well-balanced portfolio. No program on November 22.

Class#: Dates:
 EAB1 Oct. 4 - Oct. 25
 EAB2 Nov. 1 - Nov. 29

AUDITIONING FOR THE THEATER Class#: EAT
 Walpole Footlighters 7:30 - 9:30 p.m.
 \$45 R/ \$50 NR/ \$30 SR Wednesdays: Sept. 20 - Oct. 4
 Marianne Phinney Adults
 Pre-register

New England has dozens of amateur theater groups - but how can you get started? The first step is the audition. In this workshop, participants will become familiar with the audition process, from cold reading to prepared monologue, with tips and techniques to help you make that all-important first impression. No experience necessary except a love of theater and willingness to learn.

ADULT EDUCATION

BALLROOM DANCING: BEGINNERS Class#: EBD
WHS Cafeteria 7:00 - 9:00 p.m.
\$52 R/ \$57 NR/ \$39 SR Wednesdays: Sept. 27 - Oct. 18
George Vlachos Adults
Pre-register

This class is an introduction to Fox Trot, Waltz and Swing to allow for confident social dancing. Course includes supervised practice dancing. Open to singles as well as couples.

BEGINNING ITALIC CALLIGRAPHY Class#: EBC
WHS Room 1317 7:00 - 9:00 p.m.
\$54 R/ \$59 NR/ \$41 SR Wednesdays: Oct. 11 - Nov. 15
Robin Carroll Adults
Pre-register

Learn the basic underlying principles of italic calligraphy, the art of beautiful writing. Using a broad-edged nib, learn to see rhythm, proportion and visual balance in letters. We will experiment with color and design, as well as discuss ideas for uses such as gifts, cards, logos, and envelope addressing. Learn how to choose a layout for a calligraphy piece, and about matting and framing. A list of materials will be made available upon registering.

BEGINNER HATHA YOGA Class#: EBH
Blackburn Hall 8:00 - 9:15 p.m.
\$77 R/ \$82 NR Wednesdays: Nov. 1 - Dec. 13
Mari Seidler Adults
Pre-register

Hatha (meaning physical) yoga is based on an ancient practice that promotes flexibility, strength, balance and focus through various postures and breathing techniques. Postures linked together in sequences called vinyasas that link breath with movement in order to enhance the mind-body connection.

BEGINNER MAT PILATES Class#: EMP
The Pilates Firm at CORE Fitness 8:30 - 9:30 a.m.
\$112 R/ \$117 NR Wednesdays: Sept. 11 - Nov. 3
Wendy Stone Adults
Pre-register

An eight-week course designed with the beginner in mind. No experience necessary! The five fundamentals of Pilates will be taught along with the essential level exercises. Pilates is a method of exercise that strengthens the core and postural muscles of the body. It is a non-impact form of exercise that stabilizes the neck and back. Pilates will improve your posture, stretch tight muscles and strengthen weak muscles. The breathing associated with Pilates has been said to decrease overall stress levels. Class meets at the *Pilates Firm at CORE Fitness, 85 West St., Walpole.*

BEG. / INT. VOLLEYBALL Class#: EBV
WHS Main Gym 7:00 - 9:00 p.m.
\$77 R/ \$82 NR Wednesdays: Sept. 27 - Dec. 20
Richard Edge Adults
Pre-register

Join us for fun and exercise in this new program. Pick-up volleyball games organized for the beginner to Intermediate level players. Please wear sneakers and comfortable clothing. No program on November 22 or December 6.

COLLEGE FINANCIAL AID SEMINAR Class#: ECF
WHS Room 1328 7:00 - 9:00 p.m.
\$20 R/ \$25 NR Wednesday, Sept. 27
Ann Laurion Adults
Pre-register

The world of college financial aid is complex. Many people struggle through the process and simply hope for the best, while others fail to apply for assistance at all, incorrectly assuming they earn too much money to qualify. Lack of planning and research can seriously limit a student's options, resulting in a poor college choice... often based solely on finances.

This eye-opening seminar will provide guidance and strategies for the college search and financial aid processes. Parents of high school sophomores and juniors will find this seminar especially helpful, but it's not too late for parents of seniors!

CREATIVE WRITING Class#: ECW
WHS Room 1318 6:30 - 8:30 p.m.
\$56 R/ \$61 NR/ \$42 SR Wednesdays: Sept. 27 - Nov. 29
Beth Chariton Adults
Pre-register

This class is for writers of all levels and genres who are looking to hone their skills. Through weekly practice exercises we will focus on opening our minds and expanding our creativity. Each week we will share our progress, offering each other positive feedback and encouragement. Come with writing ideas or develop them in class. No program on October 18 or November 22.

FIRST-TIME FATHERS Class#: EFF
WHS Room 1328 7:00 - 9:00 p.m.
\$15 R/ \$20 NR Wednesdays: Oct. 11 - Oct. 25
Erik A. Reilly, BS, RN Adults
Pre-register

Traditionally, antenatal and childbirth education programs have not focused on first time fathers' emotional and educational needs. This program strives to promote the active involvement of fathers with the development of his child by offering an educational opportunity that increases his knowledge base and strengthens his self-efficacy skills in the areas of pregnancy, childbirth, and post-partum care.

ADULT EDUCATION

HOW TO GET DEBT-FREE

WHS Room 1328
\$20 R/ \$25 NR
Blanchard Warren
Pre-register

Learn how to get debt-free by investing in your debt. Our simple system allows you to operate on 100% cash. Get a 37.13% guaranteed, tax-free return, equivalent to traditional investments, by becoming debt free. Pay off your credit cards, student loans, etc. in one to three years and your 30 year mortgage in another four to six years. Whether you earn \$12,000 or \$120,000 this class is for you. Learn how to live without credit. Enjoy the benefits of living on cash when you create real wealth by investing in your debt first. Please bring your list of debts and a calculator to class. You will develop your own debt elimination/investing plan that can be implemented immediately into your lifestyle. Investing in and eliminating your debt is the right thing to do. Course fee includes a 16 page workbook. An optional text is available from the instructor for \$39.00.

Class#: EDF
6:30 - 9:30 p.m.
Wednesday, Nov. 15
Adults

INTRO TO PC's/WINDOWS

WHS Computer Room 2304
\$60 R/ \$65 NR/ \$45 SR
Sheila Niland
Pre-register

Get a solid hands-on approach to PC hardware and an overview of popular business software. No computer experience is required; this is a novice-level class. You will also learn the basic Windows concepts as well as tips on using and understanding the desktop and taskbar. No program on November 22 or December 6.

7:00 - 8:30 p.m.
Wednesdays: See dates below
Adults

Class#:	Dates:
EPW1	Sept. 27 - Nov. 1
EPW2	Nov. 8 - Dec. 20

PEDIATRIC 1st-AID CERT CLASS

Walpole VNA at 55 West St.
\$40 R/ \$45 NR
Carol Doane
Pre-register

The American Heart Association (AHA) Pediatric 1st-Aid Certification Class meets the requirements for child-care providers. The course covers handling of emergencies, including bleeding, burns, head and spine injuries, bone/joint and muscle injuries, poisoning, bites and stings, heat and cold emergencies, and sudden illnesses. Also included is prevention of childhood injuries.

Class#: ECP1
6:00 - 10:00 p.m.
Wednesday, Oct. 11
Adults

USE WHAT YOU HAVE - REDESIGN

WHS Room 1336
\$36 R/ \$42 NR/ \$27 SR
Linda Glennon
Pre-register

Do you have a room or rooms that just aren't working? Learn proven decorating techniques like those seen on HGTV shows "Design on a Dime" and "Home to Stay." Explore and come to understand the components of good room arrangement, focal point, lighting, color, window treatments, accessories and art work. Use what you have and discover exciting new resources for inexpensive decorator items to enhance your rooms. Your home will become more comfortable, more stylish and more "YOU"! Bring photos of the room or rooms you want to tackle. Linda Glennon, owner of Walpole's "At Home Decorating and ReDesign" specializes in helping clients make simple changes that achieve big results.

Class#: EUR
7:00 - 8:30 p.m.
Wednesdays: Sept. 27 - Nov. 1
Adults

VOICE LESSONS

WHS Room 1114
\$72 R/ \$77 NR/ \$54 SR
Susan Glancy
Pre-register

Do you like to sing in the car or the shower? Are your friends and family always trying to get you to sing? Here is a chance to see what it is all about without committing to a performance with the Boston Pops or auditioning for American Idol! We will work on breath control, good posture and the correct ways to make a good singing sound, using vocal exercises and simple songs. No program on November 22.

See times below
Wednesday: Oct. 18 - Nov. 29
See ages below

Class#:	Time:	Ages:
MVL1	7:00 - 7:45 p.m.	Grades 7 - 12
MVL2	8:00 - 9:15 p.m.	Adults (18+)

WOMEN'S BASKETBALL

Old Post Road Gym
\$77 R/ \$82 NR
Carey Parquette
Pre-register

These weekly pick-up basketball games at the Old Post Road School gym are for all adult levels. Fee includes a reversible jersey given out at the first night of program. No program on October 26 or November 23.

Class#: AWB
6:30 - 9:30 p.m.
Wednesdays: Sept. 13 - Dec. 6
Adults

ADULT EDUCATION

YOUR GUIDE TO LONG TERM CARE Class#: ELT
WHS Room 1326 7:00 - 9:00 p.m.
\$20 R/ \$25 NR/ \$15 SR Wednesday, Sept. 27
Mark Baron Adults
Pre-register

Too young to think about Long Term Care? Do you have a plan if you become seriously ill? What would you do if you or your parents suddenly needed long-term care? Would it derail your retirement plan? Most people end up in crisis mode without a plan, and half of us will eventually need this care. The class will touch on Medicare, Medicaid, and Long Term Care services. Learn how Long Term Care insurance works and how to compare companies. This class is not sales oriented and will provide you with the unbiased facts you need.

ZUMBA Class#: ERZ
Blackburn Hall 7:00 - 7:50 p.m.
\$77 R/ \$82 NR Wednesdays: Nov. 1 - Dec. 13
Mari Seidler Adults
Pre-register

Zumba is an international Latin dance workout that is based on interval training, a very effective way of working your whole body and cardiovascular system. Zumba combines authentic Latin music and dance styles including Salsa, Merengue, Mambo, Cumbia, Samba and Reggae/Calypso with fitness movements for an exhilarating workout experience! No need to memorize a dance routine or master fancy steps - Zumba is all about feeling the music, moving your body and most importantly having fun. Your instructor brings 10 years of experience in the fitness industry together with this sensational new format for a workout that will keep you coming back for more!

TEEN SERVICES AVAILABLE

Are you looking for someone to baby-sit, shovel snow, walk your dog, or assist you in housework or other chores? If so, we have just the list of Walpole youths for you. These youths, jointly with their parents, have submitted their names and work choices in the hopes that they will be called.

Please come to the Recreation Office and pick up a list of these youths. A list is available now.

This list is offered as a service to the Walpole community. Terms of employment are negotiated between you, the perspective employee and his/her parents.

THURSDAY CLASSES

BEGINNING GUITAR

WHS Room 1114 See times below
\$80 R/ \$85 NR Thursdays: Sept. 28 - Nov. 16
Myron Zajac See ages below
Pre-register

Have you always wanted to play the guitar, but never had the chance? Take some time during the next few months to learn basic fingering techniques for lead and rhythm guitar playing. No prior musical knowledge or experience is necessary, but you will need to bring your own acoustic guitar.

Class#:	Time:	Ages:
MBG1	6:30 - 7:15 p.m.	Grades 7 - 12
MBG2	7:15 - 8:00 p.m.	Adults (18+)

HEALTH & STRESS WORKSHOP Class#: EHS

WHS Room 1328 7:30 - 9:00 p.m.
\$20 R/ \$25 NR/ \$15 SR Thursday, Oct. 19
Sue Harris Adults
Pre-register

Are you tired for no reason? Having trouble getting up in the morning? Need coffee, colas, salty or sweet snacks to keep going? Feeling run down and stressed? Forgetting things? If you answered yes to one or more of these questions, you may be suffering from advanced stress, called adrenal fatigue. Adrenal fatigue is a health disorder that can affect anyone who experiences persistent or severe emotional or physical stress. It is also a significant contributing factor in health conditions ranging from allergies to obesity. Attend this workshop, take simple tests to see if you have adrenal fatigue, and learn how natural approaches including nutrition, acupuncture, herbs, acupressure, and lifestyle changes can alleviate it. This program is presented by Sue Harris from *Whole Person Health of Stoughton, Ma.*

INSTANT PIANO

WHS Room 1114 Class#: EIP
\$30 R/ \$35 NR/ \$23 SR 6:30 - 9:30 p.m.
Frank Dunne Thursday, Nov. 2
Pre-register Adults

You will learn to play any pop tune with both hands in this three-hour workshop. The secret lies in using chord symbols rather than reading all the notes in the music. You'll need to know the treble clef before class starts or send a self addressed stamped envelope to Frank Dunne, 56 Endicott Street, Quincy, MA 02169 for a free pamphlet. Materials fee of \$25 for a workbook and 60 minute CD is payable at the first class.

ADULT EDUCATION

JOB SEARCH BOOT CAMP

WHS Room 1328
\$20 R/ \$25 NR/ \$15 SR
Jyl McLaughlin
Pre-register

Class#: EJS
6:30 - 9:30 p.m.
Thursday, Oct. 5
Adults

Evaluate your job search plans: identify search strategies, review career documents, and discuss networking and interviewing. Please bring the most recent copy of your resume with you.

JUST BEAD IT

WHS Room 1141
\$48 R/ \$53 NR/ \$36 SR
Dinae Donato
Pre-register

7:00 - 9:00 p.m.
Thursdays: See dates below
Adults

We present the basic stringing and finishing techniques needed for creating beaded jewelry. Come learn about beads, finding tools and stringing material. You will make a simple bracelet and more to take home. Bring out your creative side to an edge you never knew you had. A list of suggested materials will be available upon registration.

Class#: Dates:
EJB1 Oct. 5 - Oct. 26
EJB2 Nov. 30 - Dec. 21

LANDLORDS... KNOW YOUR RIGHTS AND DUTIES

WHS Room 1318
\$20 R/ \$25 NR/ \$15 SR
Frank Foye
Pre-register

7:00 - 9:00 p.m.
Thursdays: See dates below
Adults

Find out about Massachusetts Housing Laws and what is required of as a landlord. When and how you can help yourself and when you need other resources. This course does not provide legal advice and is not a substitute for an attorney.

Class#: Dates:
EL1 Sept. 28 & Oct. 5
EL2 Nov. 9 & Nov. 16
EL3 Nov. 30 & Dec. 7

SHARPEN SKILLS FOR YOUR RESUME

WHS Room 1328
\$20 R/ \$25 NR/ \$15 SR
Jyl McLaughlin
Pre-register

7:00 - 9:00 p.m.
Thursdays: See dates below
Adults

Join Jyl McLaughlin - *Career Coach for Young Professionals* - to learn ways to develop new and hone current skills for your resume, without leaving your current job. Discuss strategies to keep your resumes current as well as plan for a successful job search and career satisfaction.

Class#: Date:
ESR1 Sept. 28
ESR2 Nov. 2

WHAT TO LISTEN FOR IN CLASSICAL MUSIC

Blackburn Hall
FREE
Sydney LeVine
Pre-register by calling 508-660-7397

1:00 - 2:30 p.m.
Thursday, Oct. 19
Ages 55 and up

The goal of this class is to convert listening to music from an enjoyable pastime to a great emotional experience. This class is oriented for people who think of themselves as music lovers but have a feeling there is something missing. Sydney LeVine is an instructor at the *Harvard Institute for Learning and Retirement* and the *Osha Lifelong Learning Institute (OLLI) at UMASS Boston* and has been teaching music appreciation to seniors for the past 23 years.

FRIDAY & SATURDAY CLASSES

DAY HIKE ON THE WARNER TRAIL Class#: EDH

Moose Hill Wildlife Sanctuary
\$5 R/ \$10 NR
Jim Logan
Pre-register

8:00 a.m. - 5:00 p.m.
Saturday, Sept. 30
Ages 18 and older

This daytime activity geared towards adults is a moderate hike over varied terrain. This will be an all day hike over the Warner Trail going through the towns of Sharon, Foxboro and Wrentham of approximately 10 - 20 miles in length. There will be several points along the route where hikers can arrange a pick-up if they do not wish to go the whole distance. The terminus will be in Wrentham. A specific itinerary and basic supply list will be available to participants upon registration. Participants will be responsible for their own transportation to the start and end point.

MEN'S BASKETBALL

Old Post Road Gym
\$77 R/ \$82 NR
Bob Mackenzie
Pre-register

Class#: AMB
6:30 - 9:30 p.m.
Fridays: Sept. 15 - Dec. 8
Adults

These weekly pick-up basketball games at the Old Post Road School gym are for all adult levels. Fee includes a reversible jersey given out at the first night of program. No program on November 10 or November 24.

MORNING HIKE AT MOOSE HILL

Moose Hill Wildlife Sanctuary
\$5 R/ \$10 NR
Betty Logan
Pre-register

Class#: EMH
8:00 - 10:00 a.m.
Saturday, Sept. 30
Adults

A leisurely hike of 1 - 2 hours around the trails of the Moose Hill Wildlife Sanctuary. Since this is a bird sanctuary there will also be plenty of bird watching opportunities. The hike will be tailored to include varying lengths with loops back to the visitor's center so participants can stop or continue as they desire. The two hours stated is not necessarily an upper limit and can be extended to include more trails.

REGISTRATION FORM

Family Last Name: _____ Home Phone: _____

Day Phone: _____ Cell: _____ Email: _____

Mailing Address: _____

Emergency Contact Name: _____^(street) Phone: _____^(town) Relationship: _____^(zip)

Class #	Registrant's Name	Sex	Date of Birth	Grade (entering Fall 06)	Fee

Please make checks payable to Town of Walpole.

Read and Sign Below: I am fully aware of the risks inherent and hereby give my consent for the above named registrant(s) to participate in the program(s) offered by the Walpole Recreation Department, and hereby release the Town of Walpole, any of its elected or appointed officials or instructors, employees, volunteers, or program coordinators from any and all liability from injuries, claims, demands, costs, loss of services, expenses and/or damages sustained by me or us or our minor children on account of his or her participation in said program or event.

Date: _____ Signature: _____ Printed Name: _____

_____ Registrants may be photographed while participating in Recreation Department programs. Please provide your permission to publish photographs of the enrolled registrants in our brochure or other printed material by providing your initials.

For office use only			
Date Recorded: _____ / _____ / _____	Ck #: _____	Csh #: _____	Amt: _____
Signed: _____ Init: _____ Auth.: _____			

Walpole Recreation Department
135 School Street
Walpole, MA 02081

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