

WORCESTER PUBLIC SCHOOLS CONTINUING EDUCATION



SPRING 2019

WorcesterNightLife.org

**Worcester Technical High School
1 Skyline Drive
Worcester, MA 01605**

(508) 751-7612

Frequently Asked Questions and Policies

1. First Night of Class

Please report to the main office at the school to find out in which room your class is scheduled to meet.

2. Class Cancellations & Snow Policy

Occasionally due to unforeseen circumstances, (snow, power outages, instructor illness, etc.) a scheduled class must be cancelled. Cancelled classes are always made up (same day of the week and time) by extending the finish date of the course, unless other arrangements are made between the instructor and the class. When day school is cancelled due to snow conditions or other weather or emergency events, evening classes are also cancelled. Look for the Worcester Public Schools cancellation notice on the stations listed below. In the event day classes are not cancelled and the weather worsens, if a decision to cancel evening classes is made, it will be relayed to the following radio and television stations by 4:00 PM (if evening classes are going to be held as usual, there will be no notice): WBZ-TV, WBZ 1030AM, WCVB-TV, WRKO AM 680, FOX 25-TV, WSRS 96.1, WTAG AM 580, WTAG 94.9, and WXLO 104.5 FM.

3. Nondiscrimination Policy

Night Life welcomes and admits students of any race, color, religion, handicap, national and ethnic origin and extends all the rights, privileges, programs, and activities generally accorded and made available to Continuing Education students. Children under the age of eighteen are permitted to register only with the express consent of the instructor.

4. Certificates and Course Credit

Unless otherwise specified, all Night Life courses are non-college credit, non-graded courses. Colleges and universities may upon their own discretion issue proficiency credit for course work taken through Night Life. Certificates of proficiency and completion are issued to students enrolled in career training and professional development courses upon successful completion of a course or program.

5. Parking

Adequate parking for students is provided in designated parking areas. The parking lots are well maintained and lit. Please do not park in front of shop doors or in the circular driveway.

6. Smoke-Free School

Worcester Public Schools are smoke free. This includes use of all tobacco products in school buildings and on school grounds.

7. Books & Supplies

If a textbook is required for a class, it will be indicated in the course description. The book title, author, publisher, and ISBN number of the text can be found on our web page in the course description. After registering, students will need to order their text from an on-line bookstore (e.g. amazon.com) or from a local bookstore.

8. Tuition

Must be paid in full at time of registration. Payment may be made by check, money order, MasterCard, or Visa. Night Life reserves the right to cancel classes with insufficient enrollment and to make changes in instructors or class schedules due to unforeseen circumstances.

9. Withdrawals/Refund Policy

If we cancel a course due to insufficient enrollment or if a course is filled when we receive your payment, you will be given a full refund. If you withdraw from a course at least 72 hours before the start date, you will receive a full tuition refund. Withdrawal less than 72 hours before first class, 100% credit memo. Withdrawal after the first class meets and before the second class meets: 75% credit memo only. No credit memos will be issued after the second class is held.

10. Scheduled Days Off

Night Life will not hold classes on the following dates: April 15-19 (April break) and May 27 (Memorial Day).

FEBRUARY 2019						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		
MARCH 2019						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
APRIL 2019						
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
MAY 2019						
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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
JUNE 2019						
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						
JULY 2019						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

 = DAYS WHEN SCHOOL IS NOT IN SESSION FOR STUDENTS

**Last day of school may change in response to the number of snow days used during the school year*

DIRECTIONS

From I-290 West

- Take Exit 19 for Route 9/Lincoln Street.
- At the light take a right.
- At the next light, bear left for Route 9.
- At next light turn left onto Route 9 East.
- Follow Route 9 to top of hill past pond.
- At first light past pond take a left onto Skyline Drive.
- School entrance is the first driveway on the right.

From I-290 East

- Take Exit 17 for Route 9.
- At the light take a right.
- Follow Route 9 to top of hill past pond.
- At first light past pond take a left onto Skyline Drive.
- School entrance is the first driveway on the right.

Register for a Course

Online – worcesternightlife.org

Mail – Complete the registration form below and mail it with your check to:

Worcester Public Schools – Night Life
1 Skyline Drive
Worcester, MA 01605

Phone – (508) 751-7612

In Person – Visit us at Worcester Technical High School.

Worcester Public Schools – Night Life

REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone #: _____ Email Address: _____

Course Name	Day & Time	Tuition
		\$
	Total	\$

Mail Registration to:

Worcester Public Schools – Night Life
1 Skyline Drive
Worcester, MA 01605

Enclose check payable to: Worcester Public Schools

We reserve the right to cancel any class as a result of insufficient enrollment.

For Office Use Only

Amount Received: _____ Date received: _____ Check #: _____

Received by: _____

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ONLINE FUNDAMENTALS

Popular instructor-led 6 week and self-paced online classes.

Business and Finance

Accounting Fundamentals
Effective Business Writing
Grant Writing
Personal Finance
Real Estate Investment
Start Your Own Business
Stocks, Bonds, and Investing: Oh, My!
Using Social Media in Business

Career and Life Skills

Achieving Success with Difficult People
Computer Skills for the Workplace
Get Assertive!
Keys to Effective Communication
Leadership
Mastering Public Speaking
Project Management
Resume Writing Workshop
Supervision and Management
Workplace Law

Career Exploration

Interior Design
Medical Coding
Medical Transcription
Nursing
Paralegal
Pharmacy Technician
Veterinary Assistant

Computers

Adobe InDesign, Illustrator, Lightroom and Photoshop
C# Programming
CompTIA A+
CSS and HTML
Creating Web Pages
Introduction to Networking
Java Programming
Keyboarding
Microsoft Access, Excel, PowerPoint, and Word
PHP (Hypertext Preprocessor)
Python 3 Programming
QuickBooks

SQL (Structured Query Language)

Visual Basic

WordPress Websites

Education

Blogging and Podcasting
Creating Classroom Centers
Guided Reading and Writing: Strategies for Maximum Student Achievement
Integrating Technology into the Classroom
Ready, Set, Read!
Response to Intervention: Reading Strategies That Work
Solving Classroom Discipline Problems
Spanish in the Classroom
Teaching Smarter with SMART Boards
Teaching Students With ADHD
Teaching Students With Autism
Test Prep – GED, SAT, ACT, GRE, GMAT, LSAT

Health

Food, Nutrition, and Health
Human Anatomy and Physiology
Lose Weight and Keep It Off
Medical Terminology
Spanish for Medical Professionals

Language and Arts

Conversational French
Conversational Japanese
Drawing for the Absolute Beginner
Grammar for ESL
Grammar Refresher
Instant Italian
Sign Language
Speed Spanish

Writing

Creativity Training for Writers
The Keys to Effective Editing
Technical Writing
Writing Essentials
Write Fiction Like a Pro
Writing for Children

ONLINE ADVANCED CAREER TRAINING

**In depth career training courses that provide you with
industry recognized credentials.**

Arts and Design

Adobe Certified Associate

Business

Lean Six Sigma Black Belt

Quality Auditor

Quality Engineer

Online Marketing Professional

Purchasing–Supply Chain Management

Sage 50 Certificate

Computer Applications

AutoCAD Certified User

Microsoft Office Specialist

Computer Programming

CompTIA Linux+ and Unix Training

Full Stack Software Developer

Construction and Trades

HVACR Technician–NATE Service Core

LEED (Leadership in Energy and
Environmental Design)

Mechatronics

Robotics Technician

Solar Power Professional

Wind Energy Professional

Health and Fitness

Activity Director

Dental Administrative Assistant

Dental Clinical Assistant

Dental Office Manager

Medical Administrative Assistant

Medical Auditor

Medical Clinical Assistant

Medical Billing and Coding

Medical Interpreter (Spanish/English)

Medical Office Manager

Medical Transcriptionist

Pharmacy Technician

Physical Therapy Aide

Professional Recovery Coach

Veterinary Assistant

Veterinary Office Manager

Hospitality

Corporate Event Planner

Travel Agent

Information Technology

Ethical Hacker

Information Security Manager

Network Professional

Legal

Mediation and Arbitration

Paralegal

Career & Licensing

ADVANCED MANUFACTURING PRECISION MEASURING INSTRUMENTS



Want to pursue a career in advanced manufacturing? Take this 1st step!

Precision measuring is the cornerstone of quality in products and services many people rely upon each day. Starrett, Snap-on, and NC3 combined their industrial experience and expertise to create a certification that includes hands-on training on instruments that are vital to engineering, manufacturing, aerospace, power generation, and natural resources, to name a few. Those who earn this certification will be proficient in the use of a variety of instruments ranging from tapes and rules to calipers and micrometers.

The successful completion of the Snap-on Precision Measurement Instruments (PMI) Certification enables graduates to demonstrate a solid understanding of the fundamentals of working with precision measurement instruments. The skills acquired during this comprehensive training are valuable **TOOLS FOR LIFE** that can lead to rewarding careers in a vast array of industries in the global marketplace. **20 classes**

Time: Tuesdays and Wednesdays, 6-9 pm

Dates: March 5 to May 15 (no classes April 16 and April 17)

Fee: \$0 - Funding for this training is made available through the MassHire Central Region Workforce Board and a grant from the Massachusetts Executive Office of Housing and Economic Development along with the Executive Office of Labor and Workforce Development, and the Executive Office of Education.

COMMERCIAL DRIVER'S LICENSE LEARNER'S PERMIT TEST PREP



Would you like to get your Commercial Driver's License (CDL)?

This course will prepare you to take the Massachusetts Registry of Motor Vehicles (RMV) learner's permit test for a Commercial Driver's License (CDL), including passenger (P) and student (S) endorsements, and Massachusetts school bus driver certificate, as well as air brake certification. Participants will engage in classroom instruction, hands-on demonstrations of a pre-trip safety inspection on a school bus, video presentations, and practice tests. Deadlines and timelines regarding CDL testing will be explained.

Instructor Kathy Everett is the School Bus Safety and Training Supervisor for the Worcester Public Schools Transportation Department. Kathy has been a licensed and certified school bus instructor in Massachusetts for more than seventeen years and has successfully trained hundreds of successful school bus drivers. Kathy holds a Class A CDL with P and S endorsements and air brake certification to complement her school bus instructor certification. **5 classes**

Time: Tuesdays and Thursdays, 5:30-7:30 pm

Dates: March 5 to March 19

Fee: \$95

HEARTSAVER® CPR AED



Do you need to earn a course completion card in CPR and AED to meet a job or regulatory requirement?

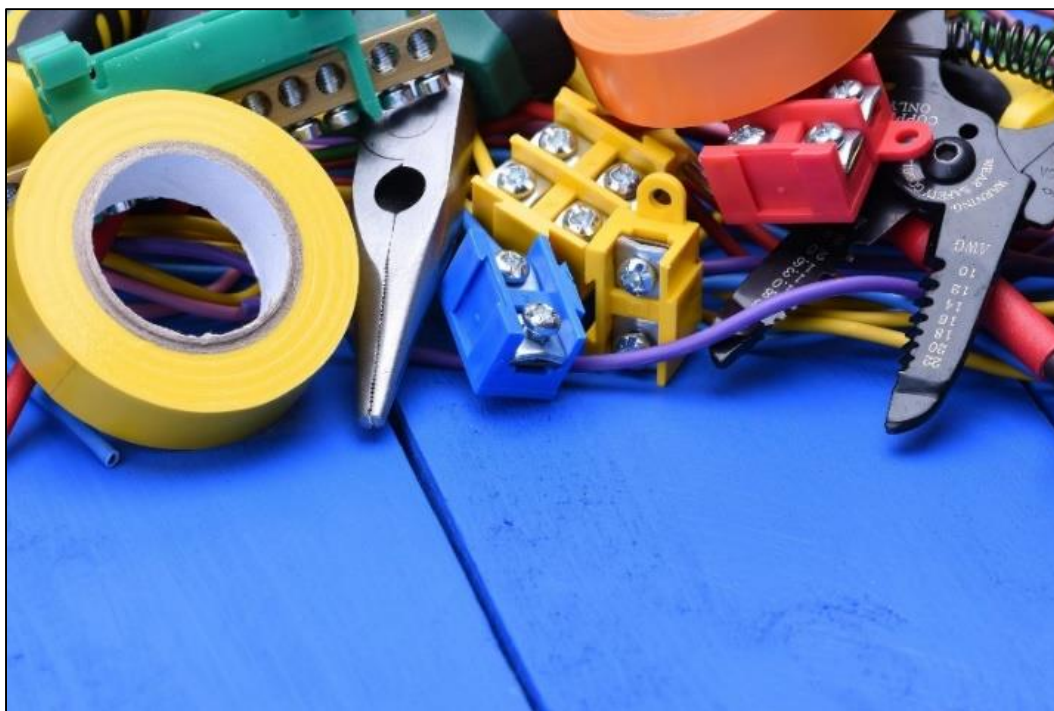
Learn how to deliver adult and child CPR and AED use, infant CPR and how to relieve choking in adults, children and infants. The American Heart Association's research-proven practice-while-watching technique, allows instructors to observe you, provide feedback, and guide you. Recognize several life-threatening emergencies, give high-quality chest compressions, and deliver appropriate ventilations and provide early use of an AED. No medical training required. You need to complete and pass a written exam to earn your completion card. **1 class**

Time: Wednesday, 5:30-9:30 pm

Dates: March 6 or April 24

Fee: \$85 (includes \$25 for the CPR AED Certification Card)

ELECTRICAL CODE & THEORY



Would you like to become a licensed electrician?

According to the Massachusetts State Board of Electrical Examiners, before you take the licensing exam you must complete:

- 8000 hours of employment (approximately 4 years) as an apprentice under the direct supervision of a holder of a MA Class B Journeyman's license and
- 600 hours of classroom instruction (8 modules – approximately 75 hours each) in electrical code and theory from an approved school based on the current National Electrical Code.

There is no set order for the two requirements listed above. For example, you may start working as an electrical apprentice first, or you may start classes first, or do both concurrently. Apprentices will not be given credit for work experience completed six years prior to the successful completion date of their Board approved education. **25 classes per module**

Employment is expected to increase by 9% from 2016-2026 with a 2017 median annual wage of \$54,110 (Bureau of Labor Statistics Employment Projections).

Times: Level I (module 1 or 2) Mondays and Wednesdays, 6-9 pm

Level II (module 3 or 4) Tuesdays and Thursdays, 6-9 pm

Level III (module 5 or 6) Mondays and Wednesdays, 6-9 pm

Level IV (modules 7 or 8) Tuesdays and Thursdays, 6-9 pm

Dates: February 25 to May 29 (no classes April 15 to April 18 and May 27)

Fee: \$595 per 75-hour module (includes Mike Holt curriculum)

MUNICIPAL WASTEWATER TREATMENT



Prepare to take the Massachusetts Municipal Wastewater Grades 1-4 Certification Exam.

This course will provide an overview of the basic steps taken in treating wastewater such as preliminary, primary, biological and tertiary treatment. It will also cover functions of equipment and support systems as well as environmental responsibilities required to safely and properly operate a wastewater treatment facility. We will visit a local wastewater treatment plant and meet individuals within the wastewater industry. **6 classes**

Textbook Requirement: [Operation of Wastewater Treatment Plants Volume 1, 7th or latest edition ISBN: 978-1-59371-039-2](#)

Time: Thursdays, 6-8 pm
Dates: March 7 to April 11
Fee: \$245

NAIL TECHNICIAN



Are you ready for a career as a Nail Technician?

This course will prepare you for the Massachusetts Manicuring License Exam. The U.S. market for nail services saw revenues of \$8.5 billion in 2017, according to statistics company [Statista](#). Nail technicians, also referred to as manicurists and pedicurists, will reap the rewards of this thriving industry. According to the [U.S. Department of Labor](#), there were 126,300 manicurists and pedicurists licensed in the United States in 2016. By 2026, this number is expected to increase to 143,000, representing an increase of 13 percent.

Training

In all states, except Connecticut, nail technicians must hold a valid state license in order to practice legally. Some states, like California, require as much as 600 hours of training through a nail technician program, while other states, like Massachusetts, require as little as 100 hours of training. After completing the program, nail technicians must take written and practical exams to get a license through their state board.

Classes meet weekday evenings (four hours twice per week for fourteen weeks) so that you can work and go to school. Enrollment is limited to 12 students. Applicants for licensure must be at least 16 years old and have a high school diploma or its equivalent. **28 classes**

Time: Tuesdays and Thursdays, 5:30-9:30 pm

Dates: March 7 to June 13 (no classes April 16 and April 18)

Fee: \$1,495 (includes book and kit)

OSHA® 10-HOUR CONSTRUCTION SAFETY



**Do you need to earn a course completion card in OSHA 10
to meet a job or regulatory requirement?**

This 10-hour construction safety course is intended for entry level participants and covers OSHA standards that are most commonly cited and provides an intensive study of occupational safety and health compliance. Massachusetts law requires that all employees on a prevailing rate job and all employees who work on public construction sites in Massachusetts have completed an approved OSHA 10-hour course in construction. Each student receives an OSHA 10-hour card upon successful completion. **3 classes**

There is an OSHA card fee of \$8 (cash only) payable to the instructor at the first class.

Time: Wednesdays, 6-9:30 pm

Dates: March 20 to April 3

Fee: \$165

PHLEBOTOMY TECHNICIAN



Are you interested in becoming a Certified Phlebotomy Technician (CPT)?

This course will prepare you for work in a laboratory or clinical setting, collecting blood for testing or donation, and provide you with the necessary knowledge and skills to take the CPT exam accredited by the National Healthcareer Association (NHA) on the last night.

Phlebotomists are employed throughout the healthcare system including in hospitals, neighborhood health centers, medical group practices, HMO's, public health facilities, veteran hospitals, insurance carriers, and in other healthcare settings. The demand for phlebotomy technicians has increased substantially with the overall complexity of healthcare services and the risks of infectious disease. Current healthcare industry experts predict a 15% increase in phlebotomy jobs by 2018.

The Phlebotomy Technician Program prepares professionals to collect blood and other specimens from clients for the purpose of laboratory analysis.

Education & Certification

- Students should have or be pursuing a high school diploma or GED.
- Several state and national certification exams exist to test the competency of aspiring phlebotomy technicians.

Course Contact Hours: 90 hours

Clinical Externship Hours: 120 hours

Time: Tuesdays and Thursdays, 6-9:30 pm

Dates: March 5 to June 4 (no classes April 16 and April 18)

Fee: \$1,595 (includes book, materials and CPT exam)

PLUMBING CODE & THEORY



Would you like to become a licensed plumber?

According to the Massachusetts State Board of Plumbers and Pipefitters, before you take the licensing exam you must have an apprentice license, 5 years of on-the-job training, 550 hours (110 per year) of classroom instruction in plumbing code and theory from an approved school, and work for a master plumber. An applicant will not receive credit for work experience and education unless they were completed in conjunction with one another as measured by calendar years. For each year in which an apprentice obtains 110 clock hours of education, that apprentice must accrue 1700 clock hours of qualifying work experience with some exceptions:

- **An unlicensed individual may complete Tier 1 of the education requirement prior to obtaining an apprentice license.**
- **A licensed apprentice may complete Tier 1 and Tier 2 in a single calendar year.**
- **In the event that an apprentice is enrolled in a tier but loses their employment, they shall be permitted to complete the tier they are enrolled in.**

All students must bring a current MA Plumbing and Gas Code Book to all classes. Approved school by the MA Board of State Examiners of Plumbers and Gas Fitters. Requirements are subject to change at any time by the [State of Massachusetts](#). **40 classes**

Time: Tier 1 – Mondays, Tuesdays and Wednesdays, 6-9 pm

Dates: February 25 to May 29 (no classes April 15 to April 17 and May 27)

Fee: \$895 per 110-hour tier

Art & Language

BASIC SPANISH

Learn the basics of Spanish including introductions, greetings/expressions of courtesy, numbers, family, weather, body, clothing. Learn how to get by with little to no Spanish experience. This class will teach you how to be able to ask for the basics when traveling abroad. **12 classes**

Time: Mondays and Wednesdays, 6-8 pm

Dates: February 25 to April 3

Fee: \$235

MEMOIR WRITING



Our sense of family identity and continuity stems from the stories we pass down. Everyday joys and sorrows as well as “big events” provide the fertile connecting ground between generations. If you’ve ever wanted to preserve your memories for loved ones to read and enjoy, join award-winning columnist Janice Harvey as we discover, record, develop and reflect on our experiences. Presented in a workshop format, we will engage in fun exercises and share our writing assignments. The threads we share bring us together, regardless of geography and calendars.

6 classes

Time: Wednesdays, 6-8 pm

Dates: March 6 to April 10

Fee: \$125

PHOTOGRAPHY



PHOTOGRAPHY I – USING YOUR DIGITAL CAMERA

This course is for the beginner to digital photography. Although Photo I is geared to the digital format, those with traditional (film) cameras will also benefit from this class. We will discuss and learn the total photographic process and about the camera and how it functions. Shutter speed, f-stops, ISO and their relationship to each other will be thoroughly explained. You will learn about white balance, composition and lenses among many things related to photography. This basic knowledge will allow you to explore your photographic vistas with confidence. **4 classes**

Time: Tuesdays, 6-8 pm

Dates: March 5 to March 26

Fee: \$85

PHOTOGRAPHY II – MORE ABOUT DIGITAL PHOTOGRAPHY

This course is an extension of Photography I. Although Photography I is not required, a good knowledge of your camera is essential to benefit fully from this class. The student should have a knowledge of ISO, f-stops, shutter speed, depth of field and basic composition, although a quick review will be given in class. A digital SLR or film SLR will greatly enhance your learning experience. As a class, we will fine tune our understanding of depth of field, composition, flash techniques and use of lenses among other things. If you have reached an impasse in your photographic endeavors, this course will start the “juices” flowing again. All photo enthusiasts are welcome. **4 classes**

Time: Tuesdays, 6-8 pm

Dates: April 2 to April 30 (no class April 16)

Fee: \$85

SEA GLASS WORKSHOP



Allow your senses to feel the breeze and warm sun, smell the sea air, and see waves while you relax, unwind and socialize. Use shells, starfish, urchins, sand dollars, stones, glass, driftwood, coral, sand and other goodies to create your masterpiece. Bring your own finds or use our materials. Everything you need to make a complete 8" x 10" piece is included.

Lisa Young is the owner of Coastal Window Workshop. She holds a B.S. from Emmanuel College and is a graduate of Rittner's School of Floral Design. Learn more at CoastalWindowWorkshop.com.

Time: Wednesday, 6:30-8:30 pm

Date: March 20

Fee: \$45

Business & Finance

BRING BALANCE TO YOUR BUDGET

This workshop is designed to help you sharpen your spending and saving strategy. You'll learn more about the basics of budgeting and the importance of managing credit and debt. **1 class**

Time: Thursday, 6:30-8:30 pm

Dates: March 7

Fee: \$35

COLLEGE: GETTING THERE FROM HERE

This workshop is designed to help you sharpen your spending and saving strategy. You'll learn Whether your children or grandchildren are learning to crawl or learning to drive, you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal, and the features and benefits of 529 education savings plans. **1 class**

Time: Thursday, 6:30-8:30 pm

Dates: March 14

Fee: \$35

THE ENTREPRENEURIAL EQUATION

Making the most of your business is easy when you have the right tools and a solid strategy at your disposal. This seminar gives you ideas for putting banking, retirement and insurance tools to work so you can help protect your business according to your short- and long-term goals. **1 class**

Time: Thursday, 6:30-8:30 pm

Dates: March 21

Fee: \$35

RETIREMENT: MAKING YOUR MONEY LAST

Have you retired recently? Are you planning to retire soon? This presentation discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. We'll explore how to address key concerns such as inflation, health care expenses and market volatility as well as how to prepare for things that might not go as expected. **1 class**

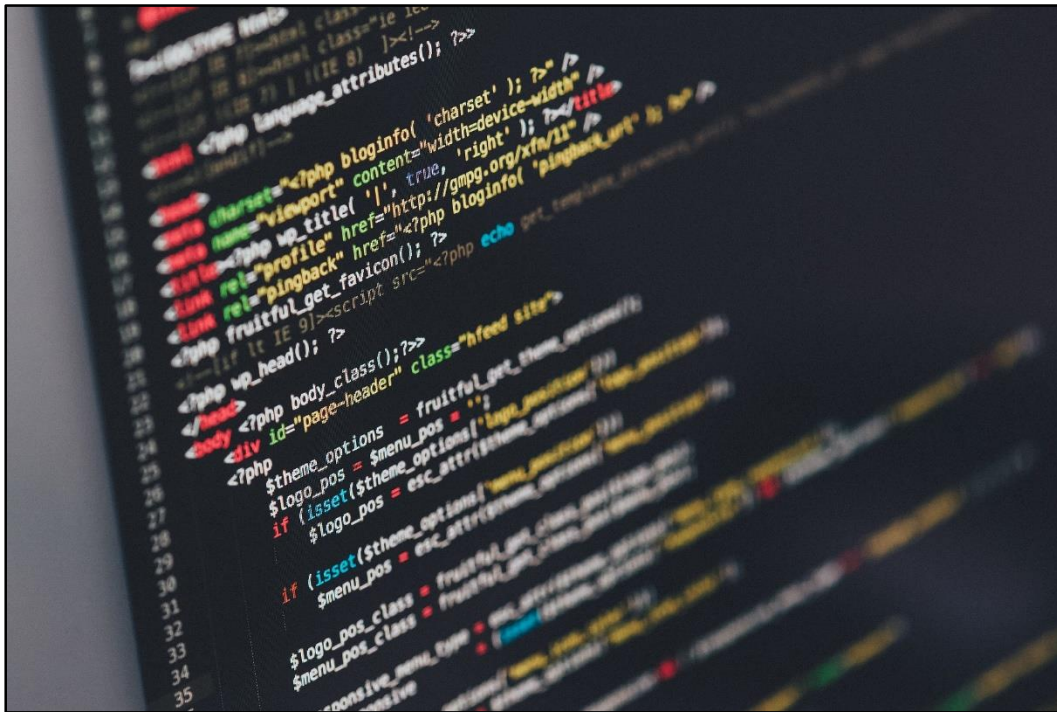
Time: Thursday, 6:30-8:30 pm

Dates: March 28

Fee: \$35

Computer Technology

FOUNDATIONS OF WEB DEVELOPMENT



In this course, participants will develop websites using HTML, CSS, and Javascript. HTML is a standard markup language used to create web pages. CSS is a stylesheet language used to determine the look and feel of web pages. Javascript is a programming language that allows a web page to become interactive. Through Javascript, participants will learn the fundamentals of high-level programming languages: variables, conditional statements, loops, input, output, debugging, etc. **6 classes**

Time: Thursdays, 6-8:30 pm

Dates: February 28 to April 4

Fee: \$145

Growth and Development

COLLEGE AND CAREER READINESS FOR NON-TRADITIONAL STUDENTS



Feeling overwhelmed by the college application process?
Need to develop your soft skills so that you can secure employment?

Come join our College and Career Readiness course. We will walk you through the process of applying to college, how to research and apply for scholarships and which soft skills are most in demand from employers. Participants will complete a college application, explore scholarship opportunities, create a resume, practice basic work skills and identify leadership skills. **4 classes**

Time: Tuesdays, 6-7:30 pm
Dates: March 5 to March 26
Fee: \$45

GENEALOGY – THE ABC’S OF FAMILY HISTORY



**Would you like to have a conversation with your own great grandparents?
Then your job is to tell your family story to hand down to your descendants.
There's a lot to learn so let's get started!**

We all know something about our families. It's what we don't know that's intriguing. Genealogical research is becoming very popular and for good reason. You might be living right next door to a 3rd cousin twice removed!

The research can be simple, or it can be a real challenge. "ABC's" will guide you along the right path with tips on research on- and off-line. Web sites, archives, attics...wherever the records might be. It has been estimated that only 10% or less of the available material can be accessed on line. We'll learn about more than just birth and death certificates, census records, and ships' manifests. The trick is finding all these records.

This course is being taught by Dave Robison, a professional genealogist, owner of Old Bones Genealogy of New England, and president of both the Western Massachusetts Genealogical Society (WMGS) and the Connecticut Society of Genealogists (CSG). He holds a Certificate of Genealogical Research from Boston University and has completed the 18-month ProGen course in Professional Genealogy. Dave has taught dozens of courses in genealogical research at all levels. **4 classes**

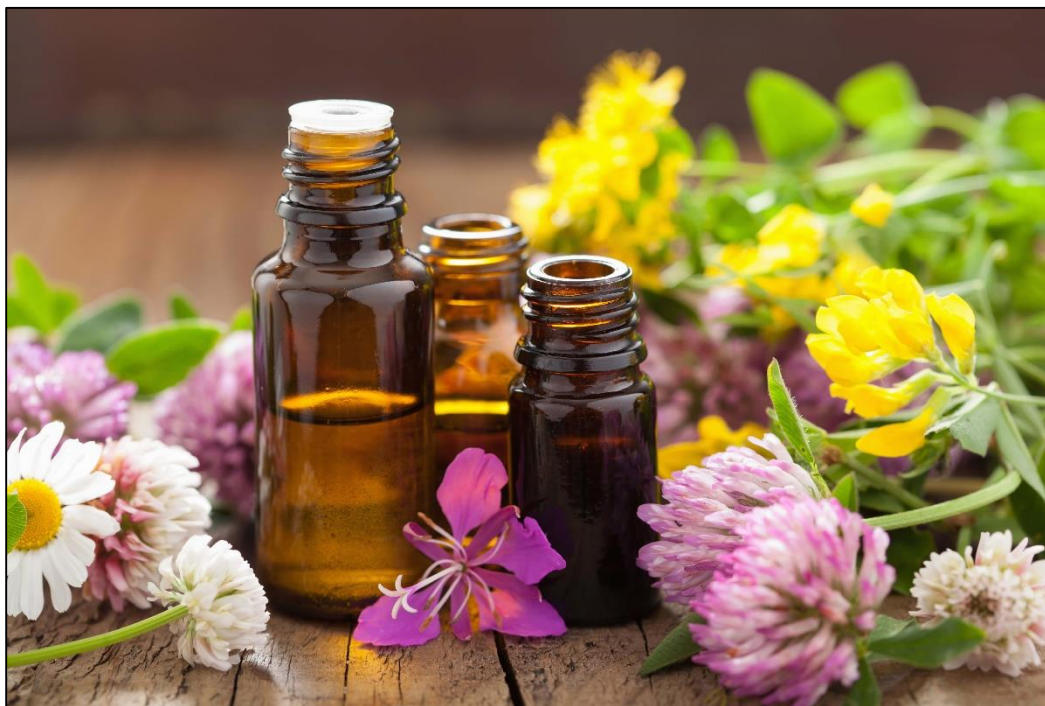
Time: Mondays, 6-8 pm

Dates: March 4 to March 25

Fee: \$85

Health and Wellness

ESSENTIAL OILS FOR BEGINNERS



Have you been curious about the use of essential oils, but not sure where to start? Do you want to improve your overall health and start using products that are pure, natural and safe for all members of your family?

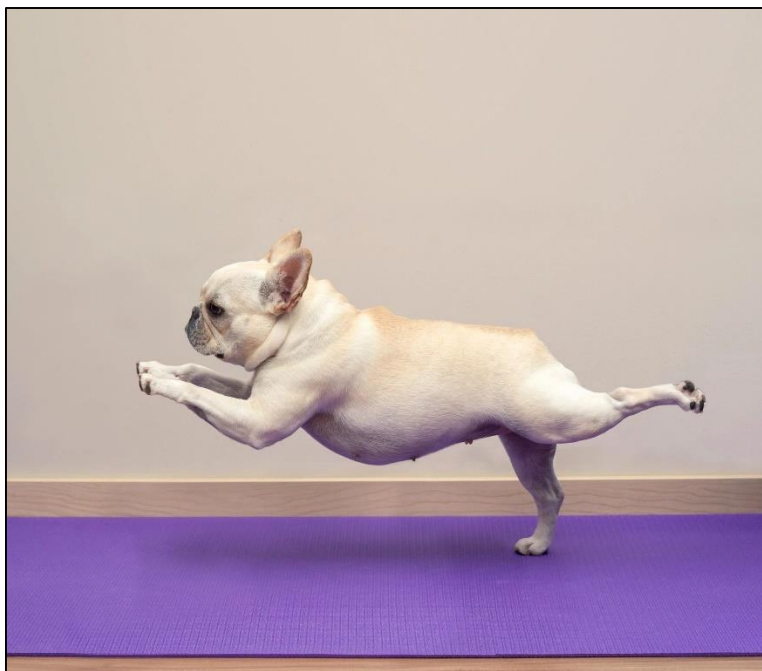
Come and learn about the safest and purest essential oils on the market. doTERRA is the world leader in sourcing, testing, manufacturing, and distributing certified, pure, therapeutic grade essential oils through a global network of more than five million customers. In class, the safe use of essential oils will be explained and participants will have the opportunity to make and take home an oil based product. Each week will focus on a different health/natural living topic.

- Week 1: Emotional Wellness
- Week 2: Physical Wellness
- Week 3: Natural Cleaning Products
- Week 4: Healthy Living/Weight Management
- Week 5: Natural Facial and Body Products

There is a materials fee of \$25 (cash only) payable to the instructor at the first class.
5 classes

Time: Tuesdays, 6-8 pm
Dates: March 5 to April 2
Fee: \$95

YOGA



Relax and unwind with a gentle hatha yoga class. We will incorporate breath, movement, and mindfulness in a quiet, nonjudgmental space. "Breathe in Relaxation, Breathe out Tension".

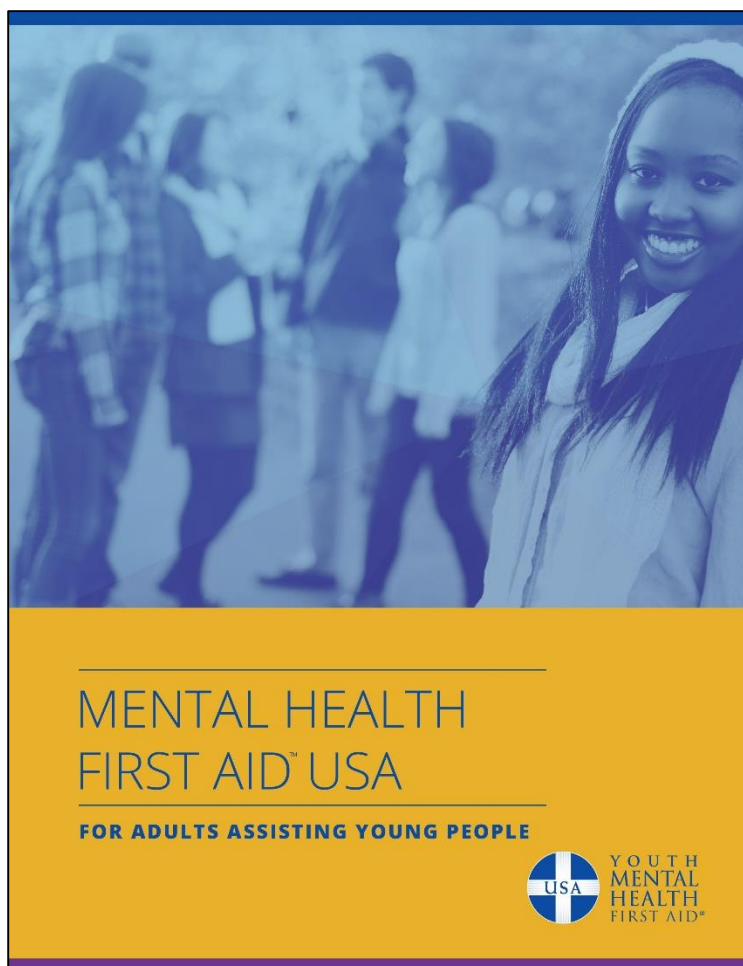
6 classes

Time: Tuesdays, 6-7 pm

Dates: March 5 to April 9

Fee: \$65

YOUTH MENTAL HEALTH FIRST AID



Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human service workers, and other caring adults how to help an adolescent (age 12–18) who is experiencing a mental health or addictions challenge or is in crisis. The course is designed for adults who regularly interact with young people. It introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, psychosis, ADHD, and eating disorders. The completed course will award a certificate demonstrating a deeper understanding of youth mental health, and may be helpful in some professions. Visit mentalhealthfirstaid.org for more information! **4 classes**

This Youth Mental Health First Aid course is being taught by a licensed mental health counselor who is also a Worcester Public Schools social worker.

Time: Tuesdays, 6-8 pm

Dates: February 26 to March 19

Fee: \$85

Home and Garden

BASIC HOME DESIGN



**Do you dream about how beautiful your home could look?
Have you been thinking about remodeling or updating a room
but you don't know where to start?**

Maybe you're overwhelmed by options or the fear of selecting something that won't look like that magazine or Pinterest photo you love. This one-night course will give you tips and tricks for creating a stunning space that wows and will give you the confidence to finally finish your home improvement project, tackle your remodel, or redo that room. 1 class

Time: Thursday, 6-8 pm

Dates: March 14

Fee: \$35

BEEKEEPING



**If you are thinking about keeping bees,
there is a lot to take into consideration besides
the pleasure of bottling honey and making beeswax candles.**

This two-night course will cover basic honeybee biology, hive management skills and discussion on the critical role that honeybees play in our environment.

EAS Master Beekeeper Mary Duane has been keeping bees since 1999 and she will share her hive experiences with you and help you decide if beekeeping is the right fit for your lifestyle. Topics will include what it is like to keep your own bees as well as the time and financial commitment involved. Come learn what all the buzz is about. **2 classes**

Time: Wednesdays, 6:30-8:30 pm

Dates: March 6 and March 13

Fee: \$45

FLORAL DESIGN



Grab a friend and experience a beautiful hands-on class making a floral arrangement. It is a fun time and you will create a beautiful floral design to take home for your own enjoyment or give away as a gift!

No experience necessary. The certified floral designer will provide instructions, tips on elements and principles and suggestions for the proper care for flowers. We suggest you wear comfortable clothing and bring a camera to capture the memory. Our goal is for you to have fun, relax and enjoy the art of floral arranging and take away some practical knowledge of flowers for every season and an experience created with you in mind.

Topiary Floral Design – At this class you will learn about popular flower trends, colors and simple, et elegant topiary designs. After this class, you will be able to create and arrange your own with confidence.

Art of Floral Jewelry – Floral jewelry is on trend. You will make unique one of a kind pieces of jewelry using fresh flowers.

Spring Basket Floral Design – This will be a fabulous way to bring the Spring season into your home. Learn how to professionally create a basket design with vibrant soft Spring colors. Learn some simple tricks that take ordinary to extra-ordinary.

Contemporary Floral Design – This class is for the person who likes a modernized sleek looking floral design wit fine lines and detail. You will create this look using fresh flowers and other materials.

Instructor Dawn Bagocius, artist and owner of Dove Tales Floral & Art Studio, is a certified floral designer and graduate of Rittner's School of Floral Design in Boston. She has 35 years of experience consulting, building direct sales teams, and corporate program management. Learn more at DoveTalesWorldwide.com. **4 individual classes**



Topiary Floral Design

Time: Thursday, 6-8 pm

Date: February 28

Fee: \$65 (includes materials)

Art of Floral Jewelry

Time: Tuesday, 6-8 pm

Date: March 19

Fee: \$65 (includes materials)

Spring Basket Floral Design

Time: Monday, 6-8 pm

Date: April 8

Fee: \$65 (includes materials)

Contemporary Floral Design

Time: Tuesday, 6-8 pm

Date: May 14

Fee: \$65 (includes materials)

Sports & Leisure

GOLF



Beginners – Learn the proper fundamentals of golf. You will learn correct grip, stance, and posture. Other topics covered include full swing, chipping, and putting. In addition to learning about the golf swing, you will be instructed in golf etiquette and the rules of golf. Students must purchase golf balls at Cyprian Keyes – use our clubs or bring your own! Proper dress is required. **6 lessons**

Golfers – It's tune-up time, let's improve your game with swing fundamentals. Then work on individual strengths and weaknesses. This course will also focus on stretching and toning your golf muscles. Our class this year includes an on course experience. Students must purchase balls at the Cyprian Keyes. Get ready to play your best. **6 lessons**

***Because of the generosity of Cyprian Keyes Golf Club, all participants in the Night Life golf program are eligible to play golf at the Par 3 Cyprian Keyes Golf Course on Friday evenings at 5:30 for \$10.00.**

Beginners

Time: Mondays or Wednesdays, 5:30-6:30 pm

Date: Classes begin the first week of April and run for 6 weeks

Fee: \$145

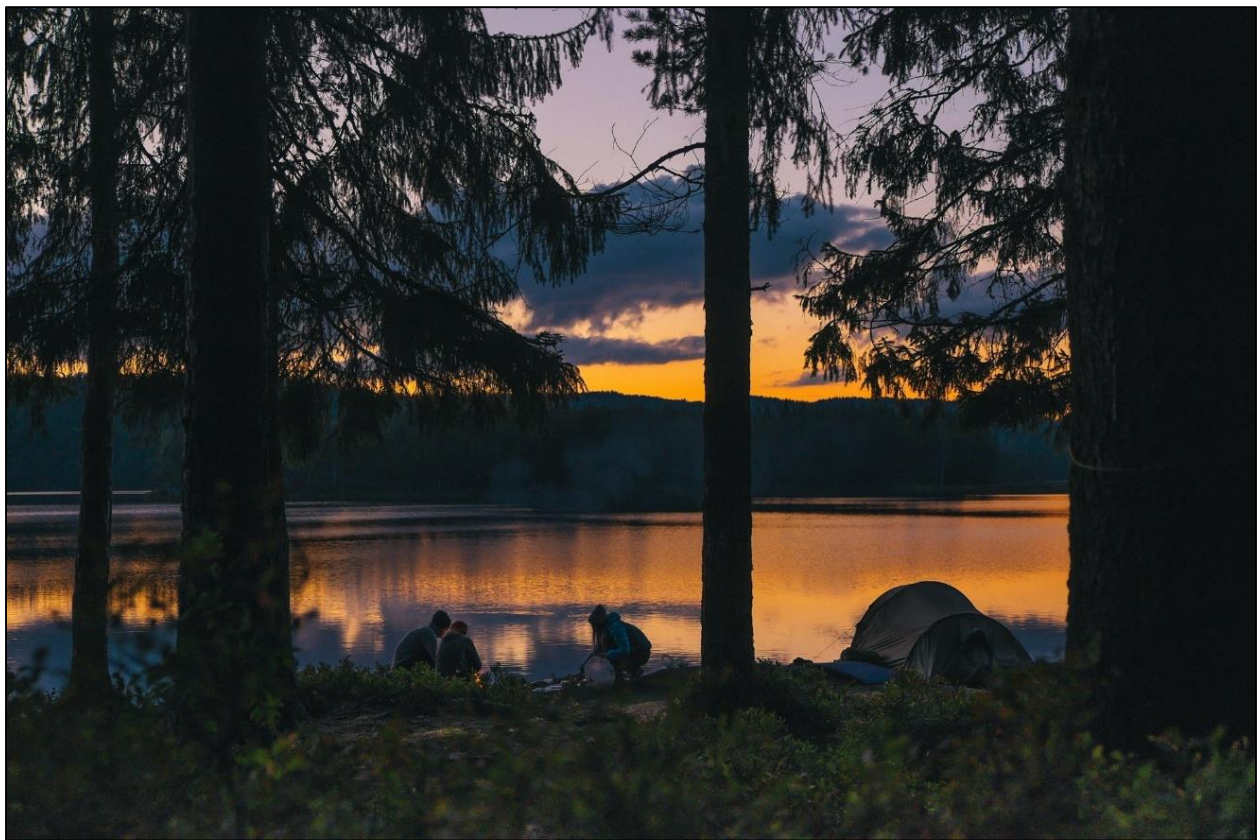
Golfers

Time: Tuesdays or Thursdays, 5:30-6:30 pm

Date: Classes begin the first week of April and run for 6 weeks

Fee: \$145

OUTDOOR ADVENTURE FOR ALL SEASONS



Have you ever wanted to learn to hike, camp, canoe, or find some other way to enjoy New England's great outdoors, but didn't know where to safely start?

Learn the skills necessary, and come on some beginner adventures, with experienced outdoorsman and Worcester Public Schools teacher, Tom Donington. Outdoor adventure can be a wonderfully rewarding (and cheap) way to have fun and meet new people and have some amazing experiences. Come get started by learning how to plan, what gear you'll need, and the basic skills to be safe, comfortable, and get the most out enjoyment of your trips as you gain a new hobby that will last a lifetime. **3 classes plus optional trips**

Time: Tuesdays, 6-8 pm

Dates: March 5 to March 19

Fee: \$65