

PROGRAMS for HIGH SCHOOL through ADULT



SUMMER COMMUNITY CONCERT BAND

Directed by Dr. David Neves, retired Needham Public Schools Director of Fine and Performing Arts, the Summer Band rehearses on Tuesdays and Thursdays and performs as part of the *Arts in the Park* series at the Memorial Park Gazebo. Join other community musicians, from semi-professional to college and high school students, to play marches, classics, and popular favorites. **For questions about the music being performed or instrument needs, please contact Dr. Neves directly at dneves@aol.com.**

**Rehearsals are held at the Newman Elementary School (1155 Central Ave.)
Tuesdays and Thursdays, 7-8:30 pm: June 28, July 5, 10, 12, 17, 19 and 24**

Concert is Thursday, July 26 at 7 pm. Fee: \$35

BUILDING A BALANCED COLLEGE LIST

Parents/ guardians of rising high school seniors (with/ without their child)
Instructor: Eric Stutman, College Consultant

Are you wondering where you/your child should apply to college? How many colleges? When to apply? Which are reaches and which are safer? Which will be good academic, social, and financial fits? This class will answer these questions and give you the tools to build a balanced list of schools where you/your child can be happy and thrive. For more information about Eric, visit topchoicecollegeconsulting.com. Limited to 12.

Location: Pollard Modular Classroom #2

Date: Monday, August 13 Time: 7:00-8:30PM Fee: \$15





Ages: Entering grades 10-adult

Instructor: Jen Tuttelman, Needham Public Schools Nutrition Specialist

For the new cook or intimidated cook, this class will teach you three basic recipes that will serve as a foundation for many other recipes that you will be able to prepare at home with ease. The three basics you will learn to prepare are: roasted chicken, a hearty soup, and a stir-fry. You will then get tips for how the recipes can be modified to suit your taste, add variety, or utilize ingredients you have on hand. And, you will go home with samples! **Note: An ingredients fee of \$15 per person is payable in class.** Limited to 12.

Location: Center at the Heights

Date: Wednesday, July 25 Time: 5:00-7:30PM Fee: \$65

PROGRAMS FOR HIGH SCHOOL AND COLLEGE STUDENTS

RESUME, LINKEDIN AND COVER LETTER WRITING 101

Ages: High school sophomores-seniors and college students

Instructor: Carol Agranat, Career Strategist

It's never too soon to start learning how to put your best foot forward when applying for a job or internship. In this program, you will gain essential tips that will get you noticed among a pool of applicants. The following will be covered:

- Resume and LinkedIn do's and don'ts
- Building a cover letter that someone will read
- Strategies for getting in the door
- Answering the most important question: "Tell me about yourself."

Limited to 12.

Location: Pollard Modular Classroom #4

Date: Wednesday, July 11 Time: 7-9PM Fee: \$59

JOB INTERVIEW BOOT CAMP

Ages: High school sophomores-seniors and college students

Instructor: Carol Agranat, Career Strategist

Strong interviewing skills will take you far in life. When applying for an internship, a job, or to a college that requires interviews, you will want to make a positive impression with your interviewer(s). In this workshop, you will learn very helpful tips regarding interview preparation and protocols such as follows:

- Prepping for the interview: Etiquette, attire and props, research, mapping it out
- How to answer the "Tell me about yourself" question
- Questions to ask the interviewer
- How to close
- Proper follow-up

You will also have the opportunity to practice these skills in a mock interview. Limited to 12.

Location: Pollard Modular Classroom #4

Date: Tuesday, July 17 Time: 7-9PM Fee: \$59

UPCYCLING-ROOM DÉCOR #1

TURN OLD T-SHIRTS INTO A WALL HANGING

Ages: High school students and recent graduates

Instructor: Hila Krikov, Fashion Industry Expert and Sewing Instructor

Do you have a lot of old t-shirts that you won't wear anymore? How about "upcycling" them into a beautiful wall hanging for your bedroom, house, or dorm room? You will make yarn out of the old shirts and then use them to create a beautiful and unique decorative wall hanging you will be proud to display. And, you will learn about the clothing production industry and its impact on the environment. **Note: Please bring 5 old t-shirts and a \$15 materials fee, payable to the instructor.** Limited to 10.

Pollard Modular Classroom #6

Date: Thursday, July 19 Time: 6-9PM Code: 14044.1 Fee: \$39

UPCYCLING-ROOM DÉCOR #2

TURN OLD T-SHIRTS, SWEATSHIRTS AND SWEATERS INTO POUF AND A PILLOW

Ages: High school students and recent graduates

Instructor: Hila Krikov, Fashion Industry Expert and Sewing Instructor

Do you have a lot of old t-shirts, sweatshirts and sweaters that you won't wear anymore? How about "upcycling" them into a pouf and a pillow for your bedroom or dorm room? And, you will learn about the clothing production industry and its impact on the environment. Cutting and hand sewing are the only skills required. **Note: Please bring 2 old t-shirts, 2 old sweaters or sweatshirts and a \$20 materials fee, payable to the instructor.** Limited to 10.

Pollard Modular Classroom #6

Date: Thursday, July 26 Time: 6-9PM Code: 14044.2 Fee: \$39

PROGRAMS FOR ADULTS

LEARN TO SCULL

@ Dexter Southfield School Boathouse, 100 Bridge St., Dedham (next to Moseley's)

ALL EQUIPMENT PROVIDED!

Instructor: Dan Reid, Head Coach and Director of Rowing at Dexter Southfield School, and Former Captain of Harvard's Light Weight Rowing Team



Rowing is a lifelong sport that engages the whole body and mind to provide both mental and physical benefits. Sculling can be done in team boats as well as in singles. Unlike crew in which rowers use one oar each, scullers use two oars which makes the sport less taxing on the body. Get out and enjoy the calm and cool of early summer mornings on the Charles, learn a new sport, and have fun! Limited to 12.

Dates: Tuesdays and Thursdays (8 days total), July 10-August 2
Time: 6-7:30AM
Fee: \$340



Instructor: Leslie Andrews, Director of Golf at Nehoiden Golf Club
and former Executive Director, LPGA Teaching Professionals

Are you interested in golf but not sure how to get started? This class will de-bunk the myths, allay your fears and help you take the next step to get started in golf. You will leave with a basic overview of terminology, knowledge on how the game is played, and information on what equipment and clothing is needed. Limited to 20

Needham High School, Media Center Classroom

Date: Thursday, May 24 Time: 7-8:30PM Fee: \$35

BEGINNING GOLF CLINIC FOR WOMEN

@ Wellesley College's Nehoiden Golf Club

ALL EQUIPMENT PROVIDED!

Instructor: Leslie Andrews, Director of Golf at Nehoiden Golf Club and former Executive Director, LPGA Teaching Professionals

Even if you have never swung a club, this clinic will provide you with the skills and confidence to play golf. The program will include instruction in the development of a full swing, plus short game fundamentals: putting, chipping and pitching. On the 3rd day, participants will go out on the course to play some holes. Limited to 10 per session.



Option 1: Tuesday, July 10-Thursday, July 12, 12:30-2:30PM

Option 2: Tuesday, July 24-Thursday, July 26, 12:30-2:30PM

Fee: \$210

EASYOGA™ FOR OLDER ADULTS

Instructor: Steffi Shapiro

EasYoga™ is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. The gentle stretches and simple movements provide flexibility and strengthening for the neck, shoulders, abdomen and other parts of the body. They also help to release tension throughout the body. We will use simple breathing, concentration, and meditative exercises to relax the mind as well as the body. The various relaxation techniques can be practiced throughout the day and are a helpful way to combat insomnia. Come join us to experience how the practice More information can be found about EasYoga™ on the website www.elder-yoga.com. Limited to 35.

Center at the Heights

Dates: 8 Tuesdays, July 10-August 28 Time: 9:15-10:15AM Fee: \$65

**Register online at www.schoolpay.com/link/S18Adult
or in person at NCE, 1330 Highland Ave., Needham.**