



# Dover Adult Learning Center

Learning. About You.

**DALC is Still Here  
For You!**

**We Are Offering Courses**

- Online
- In Person and Safely Distanced
- Hybrid



**DOVER** - McConnell Community Center | [doveradulthoodlearning.org](http://doveradulthoodlearning.org) | 603-742-1030  
**ROCHESTER** - First Church Congregational | [doveradulthoodlearning.org](http://doveradulthoodlearning.org) | 603-335-6200

**SPRING 2021 CATALOG**

# Our Mission

## DOVER ADULT LEARNING CENTER OF STRAFFORD COUNTY

helps all adults learn and enhance their skills and improve their lives through education, job preparation, high school completion, and enrichment classes. We help our students become more effective lifelong learners, family members, workers, and citizens.



### We are still here for you!

As we approach the one-year mark of the global pandemic that moved most of our programs online, DALC remains open and available to help you reach your educational goals or just have some fun.

Our robust ESL classes meet regularly on Zoom, academic skillbuilding and HiSET preparation continues with in person and online options, supported by loaner laptops and new learning software. A variety of enrichment classes are available to spruce up those all-important computer skills, learn a new craft or hobby, or prepare for life after COVID with new knowledge.

Get ready to hit the garden with Organic Gardening or Landscape Design. Be creative with a writing, sculpture or printmaking class. Make music and have fun with harmonica or ukulele lessons. Join the growing list of new high school graduates.

As we look forward to a spring with a brighter outlook, why not devote some time to learning something new, reconnecting with an old activity or polishing off a longstanding education goal.

Our counselors, office staff and teachers are here to help you find the right educational and career path that fits your needs. Give us a call or drop an email and we'll help you find the next right step on your educational journey.

It's never too late to learn!

Deanna Strand  
Executive Director

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### Ed2Go Certificate Programs:

In our catalog, you will find a wide range of interactive courses that you can take entirely over the internet.



Some are led by instructors and some are self-paced. Online courses are affordable, fun, fast, and convenient. With hundreds to choose from, you are sure to find the one for you! Classes start as low as \$29.95!\*

Please note that academic subjects are for enrichment only and do not fulfill high school requirements or college prerequisites. Ready to explore our catalog? <https://www.ed2go.com/dalcsc/>

### Course Categories & Number of Courses Available:

- Art & Design (60)
- Language (28)
- Business (161)
- Legal (16)
- Computer Applications (125)
- Math & Science (13)
- Computer Science (67)
- Teacher Professional Development (70)
- Construction & Trades (2)
- Test Prep (71)
- Health & Fitness (118)
- Writing (48)
- Hospitality (6)
- Information Technology (19)

\*Pricing varies by course or program

# LEARNING. ABOUT YOU.

Carin D'Abrosca | Photography by Carin.

# Career & College Transition

Take the next step on your education or career pathway. Build a strong bridge to a solid future.

## INTEGRATED EDUCATION AND TRAINING



### ServSafe® Food Protection Manager Certification

<https://www.servsafe.com>

Essential food safety practices to earn ServSafe Food Protection Manager Certification accredited by ANSI

**ServSafe Manager Online Course with Online Proctored Exam \$179**

**ServSafe Manager Exam with Online Bundling - \$99**  
**Online Exam Only: \$99** Non-Member, \$55 NHLRA Members

### Academic skills and job preparation for high demand occupations

**Tuition: \$125/Dover: \$115**  
**Free to eligible participants**

#### Essential Math for Building Trades

Kimberly Hanson | Wed., 6:00-8:00 p.m.  
March 3-April 21 (8 weeks)

Learn or review basic math skills related to the construction and technical trades and how they apply to the workplace. Covers multiple systems of measurement, decimals, fractions, and basic geometry.

#### Communication for Health Careers

Jan Black | Wed., 12:30-2:30 p.m., March 31-May 26

Have you trained as a nurse in another country? Are you curious about a career in health? You'll learn English language skills while exploring various job and training opportunities and promising career pathways.

#### Exploring Coding & IT Careers

Ever wonder how apps and websites are made? You'll explore algorithms, coding structures, web pages and apps with HTML, CSS, and JavaScript. Hear from developers and educators in the industry and learn about career opportunities. (See page 8 for times and dates.)

## Career Exploration

**Find a career** that fits your skills, aptitudes and interests.  
**Identify skills** you need for training, college or a career.  
**Learn about high demand occupations** in our community such as: *Information Technology, Healthcare, Construction, Hospitality & Advanced Manufacturing.*

### Skills for Work and Training

- ACCUPLACER Test Preparation and On-Site Testing
- Math, Reading & Writing Refresher Courses (pg. 4)
- High School Completion (pg. 6)
- English for Speakers of Other Languages (pg. 7)
- Workplace Preparation

### Digital Literacy

- Computer Skills and Software Training (pg. 8)

### College/Training Search and Application

- Connect to Training Programs and Community Resources
- Trade School & Apprenticeship Navigation
- Job Search, Resume and Cover Letter Writing
- Financial Aid & Scholarship Assistance

### Prerequisite Classes for College Degrees

- Algebra, Biology and Chemistry for Health Careers (pg. 6)

## Workforce Training

**Customized training for your employees at your location or ours.**

- Computer Skills – MS Office
- Occupational English Language Training
- Math Skills for Trades
- Business Writing

Call (603) 742-1030 for a quote to meet your training needs. Eligible for NH Job Training Funds—up to 50% of cost reimbursable.

### OSHA 10-Hour Outreach Construction

OSHA safety standards specific to the construction industry. Earn a 10-Hour OSHA Outreach card.

Tuition: \$260 | \$175 for ABC Members.

**To register, email [Jennifer@abcnhvt.org](mailto:Jennifer@abcnhvt.org)**

# Academic & Employability Skills

Many classes at multiple times and in a variety of formats are available, in-person, online and a combination of both. Call the office at (603) 742-1030 to make an appointment to take a placement test and discuss your options.

*Classes are offered at no charge to eligible learners through grants from the NH Bureau of Adult Education. Placement test may be required.*

## ACADEMICS

Essential skills for high school completion, college readiness, employment, career advancement or job training.

### Math

Improve math confidence, computational skills, and number sense, including whole numbers, decimals, fractions, percentages, proportions and basic geometry. Develop pre-algebra, algebra, geometry and problem solving skills. Practice test questions for the HiSET and computer skills ACCUPLACER test.

### Reading

Enjoy book discussions and improve essential reading skills. Develop comprehension, vocabulary and grammar skills. Read fiction and non-fiction.

Explore topics in social studies and science. Gain critical thinking skills, including interpreting, analyzing and synthesizing information from many sources.

### Writing

Write stronger sentences and paragraphs to better communicate ideas and information. Learn a variety of forms, including a persuasive essay and writing from sources. Test question practice included.

### Work Place Preparation

Identified by employers as critical skills for success in the workplace, these skills are incorporated into all classes:

- Critical Thinking
- Team Work
- Communication
- Technology Use
- And More...



Check the website for up-to-date course info!



Classes offered In-person, Online, and Hybrid  
Day & Evening | Dover & Rochester



## LOCATIONS

**Dover | (603) 742-1030**

McConnell Center | 61 Locust Street

**Rochester | (603) 335-6200**

First Church Congregational | 63 South Main Street

*Please call for a placement and registration appointment. No walk-ins will be allowed.*

## CHILD CARE

- Limited childcare may be available by reservation.
- Provided in Dover only.
- \$5 per week. Financial assistance available.
- Pre-registration is required.

# Adult Tutorial Program

The Strafford County Adult Tutorial Program provides **free** one-to-one tutoring in basic skills for anyone 18 and over in Strafford County. If classes are not for you and you want help with reading, math, writing, high school equivalency prep, or English for Speakers of other Languages (ESL), a tutor may be right for you. A tutor will meet with you once a week at a time and place convenient for you both. Call to request or become a tutor.

## SATELLITE SERVICES

**Free** classes and educational services may be provided at locations throughout Strafford County. If your agency is interested in offering adult education or if you are living in transitional housing, adult education may be available.

## Two ways to finish high school\*

### *High School Equivalency or Adult High School Diploma? Which is better for you?*

Pass a test and receive a high school equivalency certificate from the State of NH (*see below for more information*)

1. Make an appointment with a counselor.
2. Take free diagnostic tests.
3. Enroll in classes, study online or work with a tutor, if needed.
4. When ready, take practice tests to qualify for official exams.
5. Register for official HiSET® exams with a government issued photo ID and current test fee (\$25/per subtest). Scholarships are available.

Complete the credits you need to earn the Dover Adult High School Diploma (*See page 6 for more info*)

1. Request a transcript from your last high school.
2. Make an appointment with a counselor for free credit assessment.
3. Make a plan for completing your remaining credits. Classes, online courses and competency based options are available.
4. You may be eligible for experience and work credits if you have been out of school for a while.
5. Register for credit classes you need. Some scholarship funds are available.

*\*If under 18, contact your high school for permission to enroll.*

## The Future Starts Here

Earn your high school equivalency.



Expanding Opportunities.  
Changing Lives.  
**The HiSET® Exam.**

The *HiSET*® exam, created by ETS is the state-approved test New Hampshire uses to measure high school equivalency.

- Free preparation classes are available in Dover and Rochester
- Both computer-based and paper-based tests are offered
- You must pass a free practice test before you can register and schedule
- Let us know if you wish to take the *HiSET*® exam in Spanish when you register
- A limited amount of scholarship money is available for students who have an economic hardship
- Other accommodations can be made, if you qualify, such as more time, larger print or audio. These services must be requested from ETS prior to registering

The *HiSET*® program offers a variety of free and low-cost resources to help familiarize you with both the exam questions and the computer-delivered testing experience.

The resources include a study companion (a guide with tips and strategies on how to prepare for the *HiSET*® exam), practice tests and sample questions. **Online at <https://hiset.ets.org/prepare/overview>.**

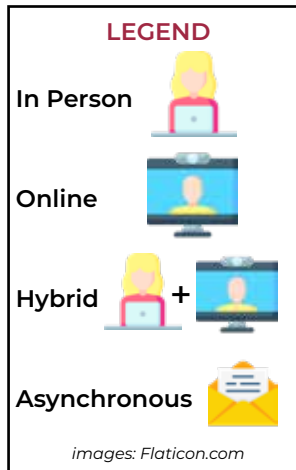
ETS, the ETS Logo and *HiSET*® are registered trademarks of Educational Testing Service (ETS) in the United States and other countries.

# Adult High School Diploma & courses for entering a college degree program or job

Check the  
website for  
up-to-date  
course info!

## Registration & scholarship deadline for AHS classes is January 22, 2021

Many classes at multiple times and in a variety of formats are available, in-person, online and a combination of both. Call the office at (603) 742-1030 to make an appointment to take a placement test and discuss your options. Scholarships are available for adult high school diploma candidates.



### Algebra I\*

Algebra 1 offers 100% alignment to the *Common Core State Standards for Mathematics*. The specific standard alignment for each lesson is visible to both educators and students. The emphasis is on focused exploration of topics to make concepts more digestible for students. Practice questions are included with each lesson, including technology-enhanced items and explanations to assist students in their understanding of the concepts. Features to

support student mastery include worksheets for practice and guided notes to help students record key takeaways as they move through the tutorial.

1 adult high school diploma math credit



**Online, self-guided course**  
Tuition: \$60

### Biology\*

Introduction to Biology is a life science class that focuses on the structure and function of living things and the world around us. Through a variety of activities, each student will participate in scientific investigation and inquiry. Following *New Hampshire State Life Science Standards*, the course is structured around five units including organization of living things, the genetic code, evolution, ecology, and human systems.

1 adult high school diploma science credit



**TBD**  
Mondays, Feb. 1-May 24 (no class Feb. 15)  
6:00-9:00 p.m. | Online  
Tuition: \$250 (ADP \$140)  
Dover: \$225 (ADP \$115)

### Chemistry\*

College prep chemistry class covers inorganic, organic, and biochemistry. Course content includes problem sets and laboratory exercises for each area.

Prerequisite: Algebra I - 1 adult high school diploma science credit



**David Tong**  
Wednesdays, Feb. 3-May 26  
6:00-9:00 p.m. | Online  
Tuition: \$250 (ADP \$140)  
Dover: \$225 (ADP \$115)

\*Fulfills Great Bay Community College requirement for high school credit in this subject area for nursing and other health occupation programs.

### Economics

*Economics* is a social science that examines how goods and services are created, consumed, and exchanged. This course covers basic economic problems such as scarcity, choice, and effective use of resources. It also covers topics on a larger scale such as market structures and international trade. It particularly focuses on the US economy and analyzes the role of the government and the Federal Reserve System.

0.5 adult high school diploma social studies credit



**Online, self-guided course**  
Tuition: \$30

### Humanities

*Race and the Making of the United States*: this class investigates the earliest court decisions and legislative statutes that formed the foundation of both American jurisprudence and culture. Beginning in the early 1600s and ranging as far forward as we have time for, we'll read primary and secondary sources that illuminate the decisions made by the people in positions of authority and articulate how those decisions helped to cement white supremacy as the primary driver of legal precedent. Recorded mini-lessons in how to successfully read history, assessing the credibility/bias of sources, and writing about history will be provided, as well as real-time, online discussions of the topics and how the past connects to our experiences today.

1 adult high school diploma U.S. history, social studies elective credit or English credit



**Sherry Frost | Online | Dates and times TBA**  
Tuition: \$250 (ADP \$140) Dover: \$225 (ADP \$115)

### US History

*US History* is the study of the events, people, and culture of the United States over time. In US History, you will learn about the process of historical inquiry, review the events and principles behind the founding of the United States and then apply historical inquiry to analyze societal issues, trends, and events from the Civil War through the Great Depression. You'll explore timelines to gain an understanding of how events link to each other, and you'll analyze historical documents for a firsthand sense of how events unfolded. You'll also gather evidence from relevant documents and historical texts in order to develop credible explanations of events in US history. You'll then use that evidence to evaluate change and continuity over time by writing essays and creating presentations about broad periods of historical development.

1 adult high school diploma U.S. history credit



**Online, self-guided course**  
Tuition: \$60

### ALTERNATIVE CREDIT OPTIONS

Adults seeking to earn the Dover Adult High School Diploma may be eligible to earn credit through alternative options, such as:

- Work experience
- Home management
- Military experience
- Community service
- Career exploration

Speak with your counselor to see what options are available to you.

# English for Speakers of Other Languages

## ESL CLASSES



Learn vocabulary, grammar and conversation skills to improve your English reading, writing, listening, and speaking or prepare and apply for US citizenship.

- Many classes, day and evening
- Multiple levels, beginner to advanced
- In-person, online, hybrid and independent learning available
- Most classes are free

Call the office at (603) 742-1030 to make an appointment for a placement test, to discuss your options, and register.

In-person classes are held in the McConnell Center, next to the Dover Public Library. **Pre-registration is required.**

### Conversation Group



**Beginners Level I & II**

*New students welcome anytime*

**Fridays | Jan. 15-May 21 | 10:00 a.m.-12:00 p.m.**

Come and practice your English speaking skills.

You will practice:

- Pronunciation
- Vocabulary
- Conversation
- Listening

*The above ESL classes are offered at no charge to eligible learners through grants from the NH Bureau of Adult Education.*

*Placement test required.*

### ESL Civics Reading & Discussion Group\*



**Level III and Level IV**

*New students welcome anytime.*

**Fridays, 10:00 a.m.-12:00 p.m. | Jan. 15-May 21**

Some reading and a lot of discussion. Practice pronunciation, work on your grammar, learn new words and share ideas. Each week discover some aspect of living in America:

- American culture and society and both the joys and challenges of life in the US
- Events and famous people in US history
- US law in day-to-day life
- Community resources
- Issues in current events and politics
- Geography facts and skills

### US Citizenship\*



**Mondays, 11:00 a.m.-12:30 p.m. | Jan. 25-May 24**

**Wednesdays, 7:00-8:30 p.m. | Jan. 20-May 26**

**Pre-registration is required.**

Learn about US government, history and the responsibilities and opportunities of democratic life. Curriculum based on US citizenship application and test questions. Appropriate for intermediate or advanced ESL students. Work on English skills and vocabulary through focused readings, class discussion and small group activities. Includes film on what makes a successful citizenship interview and a live, simulated interview.

*\*Free to eligible students, \$125 for others (you may be asked to take a test to determine eligibility)*

## ADVANCED ESL ENRICHMENT COURSE FOR SPRING 2021

### TOEFL Grammar Guide and Correcting Writing Errors

First, we'll review 23 grammar rules commonly used in the TOEFL exam. Then we will do exercises to identify and correct errors in writing samples. The goal will be for you to be comfortable with the rules and confident about how they work in practice.

**Please order this text before the first class meeting.**

*TOEFL Grammar Guide: 23 Grammar Rules You Must Know to Guarantee Your Success on the TOEFL Exam!* by Timothy Dickson

- ISBN-13 : 978-1484046043

Available for \$14.99 at Amazon.com and other book sellers



**Bill Badgley**

**Thursdays | March 11 – May 27, 2020**

**12:30 a.m.-2:00 p.m.**

**Online Class | Tuition \$15 | Dover Residents: \$10**



**American Sign Language on Ed2Go:**

**All classes are online.**

### Discover Sign Language

<https://www.ed2go.com/dalcsc/online-courses/learn-sign-language/>

**Instructor-Led (6 Weeks) \$100 Self-paced (3 months) \$115**

### Discover Sign Language II

<https://www.ed2go.com/dalcsc/online-courses/discover-sign-language-2/>

**Instructor-Led (6 Weeks) \$115 Self-paced (3 months) \$115**

### Discover Sign Language Series

Instructor-led course, check the website for start dates.

<https://www.ed2go.com/dalcsc/online-courses/discover-sign-language-series/>

**\$199 bundle**

# Computer Classes



*For beginner & intermediate level students*

## Beginning Computer Literacy\*

In this course you will learn the basics of operating a computer system including computer hardware and software, using a keyboard and mouse, basics of using the Windows operating system, how to manage files and folders in Windows, understanding the Internet and web pages, how to access, search for, and evaluate information on the Internet, how to read, send and manage e-mail, how to create basic word processing documents in Microsoft Word, and computer based testing skills. This class will meet in person in the McConnell Center computer lab on Mondays from 5-7 p.m.



**Tiffany Brand**  
Mondays, 5:00-7:00 p.m. | March 1 – May 10 (10 Classes)  
Tuition: \$100 | Dover: \$90

## Intermediate Computer Literacy\*

The focus of this course is to continue learning computer skills useful in the job market and in academic settings. The course will cover using spreadsheets for financial and data management and presentation software for creating slide presentations. We will use Google's cloud based Sheets and Slides software for the course. Students should have completed Beginning Computer Literacy or have equivalent basic computer experience. This class will meet online using Zoom on Tuesdays from 12:30-2:30 pm



**Tiffany Brand**  
Tuesdays, 12:30-2:30 p.m. | March 2-May 11 (10 classes)  
Online  
Tuition: \$100 | Dover: \$90

## Exploring Coding & IT Careers\*

Ever wonder how apps and websites are made? You'll explore algorithms, coding structures, and web pages & apps with HTML, CSS, and JavaScript. Hear from developers and educators in the industry and learn about career opportunities.



**Winter Session:**  
Tuesdays and Thursdays, 12:30 – 2:30 p.m.  
January 26 – February 28 (8 classes)

**Spring Session:**  
12:30-2:00 p.m.  
March 2 – April 22 (8 classes)  
Tuition: \$125 | Dover: \$115



## EXCEL CLASSES

**Nancy Little | In Person**  
All classes Fridays  
9:00 a.m.-12:00 p.m.  
McConnell Center Computer Lab  
Tuition: \$65 | Dover: \$60

### Excel Intro

Navigate the Excel workbook and create a basic worksheet. Use time-saving shortcuts, printing, and page layout.

**March 5, 2021**

### Excel Intro to Formulas

Importance of absolute vs relative references. Common: SUM, AVERAGE, MAX, MIN Logical: IF, AND, SUMIF, COUNTIF.

**March 12, 2021**

### Excel List Management

Shortcuts for managing large Excel databases. Sorting & filtering data, easy subtotals and outlines Excel tables to manage & summarize data.

**March 19, 2021**

### Excel Work with Multiple Sheets: Modify Data Imported From ERP

Calculate data across worksheets. Use shortcuts for modifying data in multiple sheets. Use formulas to consolidate, separate, or modify text imported from your ERP.

**March 26, 2021**

### Intro to Pivot Tables & Charts

Review of Excel tables and an introduction to: pivot tables, charts & slicers, and conditional formatting.

**April 2, 2021**

### Advanced Pivot Tables

Various ways to summarize data. Review of slicers, calculating within a pivot table and custom grouping. Intro to dashboards.

**April 9, 2021**

### Advanced Formulas

Data validation, nested IF & IFS (IFS avail in Office 365 subscription or 2019 only). VLOOKUP with data validation, INDEX & MATCH functions, and more if time allows!

**April 16, 2021**

*\*Free to eligible participants. Pre-test may be required.*



# Health & Wellness

## Healing Through Art



**Nettie Vaughan**  
Thurs., March 4, 11, 18, 25  
6:00-8:00 p.m.  
Tuition: \$215 | Dover: \$210

This workshop aims to create simple pieces of art to awaken self-awareness while promoting self-care and compassion. Activities will not require experience in art and will be very “loose” so that one may be able to express and appreciate their own unique creations. This workshop is a place to feel safe and relax while experiencing, embracing, transmuting, and releasing your emotions through a creative channel.

Class held at: The Art Center of Dover  
1 Washington St. Suite 1177, Dover, NH

## Falun Gong: Introduction



**Marcus Gale**  
Mon., March 8 | 6:30 p.m.  
Thurs., April 8 | 6:30 p.m.  
Thurs., May 6 | 6:30 p.m.  
Online | Tuition: \$15 | Dover: \$10

An ancient, traditional Chinese practice of “self-cultivation”—a way to improve mental and physical wellness through five easy-to-learn exercises, meditation, and the elevation of one’s mind. This introductory demo class will provide a brief overview of the system, plus a demonstration of the exercises.

<https://www.youtube.com/watch?v=aJ-A6xY47jc>

## Weekday Wake-Up With Mimi



**Mary Schwoerer**  
Tues./Thurs., March 9-May 27  
8:00-8:30 a.m.  
Online | Tuition: \$40 | Dover: \$35

Prioritize your time, energy & ultimately your health by establishing a morning routine. According to the American Psychological Association, “creating & following a morning routine will lower stress, depression & anxiety levels.” Class format includes conscious breathing, meditation & energy exercises.

## Breast Health & Wellness



**Mary Schwoerer**  
Saturday, April 3 and 10  
9:30-11:00 a.m. | Online

Did you know there are simple exercises that take only minutes a day that improve breast health & wellness? If we truly want robust health, we must get consciously involved in our self-care plan. Come and learn how releasing stagnant and congested energy can help restore flow & ease to overall breast care.

## The Energy of Food



**Mary Schwoerer**  
Saturday, April 17 | 9:00-10:30 a.m.  
Online | Tuition: \$58 | Dover: \$53

What if holding on to extra weight has NOTHING to do with food or exercise? This class examines the relationship between Sympathetic Dominance and the Body/Mind connection. Interested in balancing & raising your vibration? Join me for a delicious perspective on food & our nervous system.

## The Diamond Technique



**Mary Schwoerer**  
Tuesday, April 27 | 6:30-7:30 p.m.  
Online | Tuition: \$30 | Dover: \$25

Come and learn a quick, EASY-to-follow energy protocol that supports & maintains the health of our Immune System. The Diamond Technique is an excellent self-care tool.

## Essential Oils Made Easy



**Colleen Fahy**  
Tues., April 27, May 25, June 22  
7:00 p.m.  
Online | Tuition: \$30 | Dover: \$25

Essential Oils are simply amazing! In this class you will learn; three cool things about essential oils and three ways to use them. You will also receive free samples for class!

## Ready, Set, Write



**Kate Johnston**  
Online | Tuition: \$60 | Dover: \$55

*Workshop is four sessions, thirty minutes each. Dates and times are flexible. Once you sign up, Kate will contact you to select from a variety of class time availability.*

This one-on-one personalized writing workshop is designed to help you get specific feedback on your writing. Held on Zoom, each session will be spent discussing your weekly submissions and addressing any specific concerns and questions you have about your individual project or the writing craft itself. All genres and levels are embraced. Writers will need a work in progress or a fragment of a story idea. Student must have access to Zoom.

*Kate Johnston is a published author, writing coach, and book editor. You can learn more*



*about her at her website: [www.katejohnstonauthor.com](http://www.katejohnstonauthor.com). Feel free to contact her with any questions at [kate@katejohnstonauthor.com](mailto:kate@katejohnstonauthor.com)*



## CPR Certification



**Coastal CPR & First Aid, LLC**  
Thurs., March 25 | 5:30-9:00 p.m.  
Tuition: \$70 | Dover: \$65

McConnell Center, Cafeteria-Door #2

**Learn a lifesaving skill!** You will learn adult, child and infant CPR, how to use an AED and what to do if someone is choking in this American Heart Association Heartsaver CPR/AED course that has been updated for the latest guidelines. Participants who successfully complete the course will earn their Heartsaver CPR/AED certification card which is valid for 2 years. This course involves hands-on skills practice. Participants will be sitting, standing, and kneeling to learn the lifesaving skills of CPR.

## First Aid Certification



**Coastal CPR & First Aid, LLC**  
Thursday, April 22  
5:30-8:30 p.m.

Tuition: \$60 | Dover: \$55  
McConnell Center Cafeteria-Door #2

**Would you know what to do?** This American Heart Association Heartsaver First Aid course will teach participants how to recognize and help victims of medical and environmental emergencies and what to do if someone is injured. Subjects covered include, but are not limited to, allergic reactions, heart attack, stroke, seizures, breathing problems, diabetes, bleeding, bites and stings, heat and cold emergencies, head, neck and spinal injuries and more. This course has been updated for the latest guidelines. Participants who successfully complete the course will earn their Heartsaver First Aid certification card which is valid for 2 years. This course includes limited hands-on skills practice.

## Fly Fishing from A-Z



**John McKernan**  
Thursdays, March 4-April 8  
6:00-8:00 p.m.

**In Person | Tuition: \$120 | Dover: \$115**

This introductory course offers instruction on fly fishing fundamentals such as rod set-up, gear and equipment options, casting theory and drills, knot tying, fish ecology and aquatic insects, fish identification, safety, ethical fishing practices, and lots more. From A to Z, you'll soon be on the water catching fish! All equipment provided; however, if you have your own, feel free to bring it. This 6-week course includes 4 classes and 2 field trips.

## Introduction to the Harmonica



**Mike & Bev Rogers**  
Thursday, April 22 | 6:00-8:00 p.m.  
Online | Tuition: \$35 | Dover: \$30

Learn to play a song and master some basic techniques. Harmonica included.

## Step into Sewing



**Christine Ecker**  
The Sewing Tree, LLC  
66 Third Street, Studio 201, Dover, NH  
Mondays, March 15-April 5 | 6:00-8:00 p.m.  
Thurs., March 18-April 8 | 8:00-10:00 a.m.  
Saturdays, March 19 & 26 | 8:00 a.m. -12:00 p.m.  
Tuition: \$175 | Dover: \$170 | Limit 4 students

## Card-Making Workshop



**Courtney Daniel**  
"Bloom Where you are Planted"  
Online | Friday, March 12 | 6:00 p.m.  
Tuition: \$30 | Dover \$25  
"Unity in the Community"  
Online | Saturday, May 15 | 1:00 p.m.  
Tuition: \$35 | Dover \$30

## Fundamentals of Landscape Design



**Amanda Kelly**  
Tuesdays, March 2, 9, 16 & 23  
10:30 a.m.-12:30 p.m.  
Online | Tuition: \$135 | Dover: \$130

We will explore the basic tenets of landscape design, including site analysis, planting styles, texture, form, color and seasonality. Learn recommended plants for our area and their care. Students will create their own design using online resources with access to expert advice as desired.

## Entrepreneurship 101



**Amanda Kelly**  
Wednesdays, March 3, 10, 17, 24  
10:30 a.m.-12:00 p.m.  
Online | Tuition: \$115 | Dover: \$110

Taught in an incubator style to help kick start your idea. Learn from someone currently in operation and discover how to scale an idea from gig work to career change. Students will work through a business plan from start to finish and learn the basics of how to set up and operate their own small business. All are welcome! Bring an idea you've been kicking around or work through the steps with a hypothetical situation.

10 - Dover Adult Learning Center

## THE ART CENTER OF DOVER

All classes are held at The Art Center of Dover, 1 Washington Street, Suite 1177. Classes are confirmed one week prior to the start date. Please register as soon as possible to reserve your spot!

**\*You will not be refunded if you cancel within 7 days from the beginning of class.**

## Introduction to Sculpture



**Michael Lee**  
Every other Saturday, Feb 20, March 6, March 20, April 3,  
April 17, May 1 | 1:00-3:00 p.m.  
Tuition: \$315 | Dover: \$310

This ongoing workshop will give artists the opportunity to learn the basics of sculpture and begin a journey of exploration in the world of 3D art. This group is designed for people with great interest, but possibly little experience in sculpting. It is open to everyone though! We supply the basic instructional materials for the lesson content, and you bring your enthusiasm.

## Printmaking



**Sally Dion**  
Dates: TBA 4 weeks, 6:00 p.m.-8:00 p.m.  
Tuition: \$215 | Dover: \$210

In this class we will learn how the printing press and our imaginations can create beautiful monoprints. Monoprints are created by inking plexiglass and wiping away the ink and possibly adding some other inks to achieve a one of a kind work of art. The class will include your own plexiglass plate that can be used many times and ink and paper. This class is good for the beginner who loves to create or printmakers from the past wishing to get behind the press again.

## Introduction to Oil Painting



**Sarah Cassani**  
4 Wednesdays, March 10, 17, 24, and 31 | 6:00-8:30 p.m.  
Tuition: \$215 | Dover: \$210

Learn the fundamentals of oil painting. You will be introduced to oil painting materials (brushes, paints, palette, and mediums), and gain hands-on experience mixing colors, painting with oils on canvas, and cleaning up. This class is for beginners. A strong background in drawing is helpful, although not required. All materials are provided.



## Art Journaling



**Deborah Janelle**  
4 weeks, 6:00 p.m.-8:00 p.m.  
March 4 - Backgrounds - Create four pages with different types of backgrounds  
March 11 - Focal points and embellishments  
March 18 - Working with words  
March 25 - Softening for ambiance and protective finish  
Tuition: \$215 | Dover: \$210

Art Journaling is a personal method of expressing thoughts and emotions in a way that words can't. With our need to keep indoors, having had restricted travel for the holidays for annual gatherings with family and friends, not to mention all the worries and stress of these times, finding a creative way to relieve some of the stress in a fun way is immensely helpful.

# Registration and Policies

## Get Started Today!

Registration for Enrichment classes begins  
January 25, 2021

Registration is ongoing for other classes.

## Office Hours:

By Appointment only

9:00 a.m.-4:00 p.m. Monday-Thursday

5:00 p.m.-8:00 p.m. Thursday

Call ahead: (603) 742-1030

FAX: (603) 743-4262

EMAIL: [dalc@doveradultlearning.org](mailto:dalc@doveradultlearning.org)



## Class Cancellation Policy:

- Courses cancelled by DALC will be refunded in full.
- Cancellation notice must be received **3 business days** before start of class in order to receive a refund.
- Once classes have begun, there are no refunds.
- No cash refunds will be issued. Refunds will be made by check or to the credit card used at the time of registration.



## Gift Certificates Available!

Need a gift for a special occasion or that hard-to-buy-for friend or relative? Give a gift certificate for a specific class or workshop, or for any amount you choose. Call (603) 742-1030 for details.

*Dover Adult Learning Center of Strafford County is an affirmative action, equal opportunity agency that does not discriminate in its education programs or policies, activities, scholarship programs or employment practices on the basis of race, color, national and ethnic origin, marital or veteran status, religious affiliation, age, sex, non-job related medical condition or handicap, non-merit factor, or any other legally protected status.*

*If you would like to receive this catalog in the mail, please send your contact information to [dalc@doveradultlearning.org](mailto:dalc@doveradultlearning.org)*

## Three convenient ways to register:

- 1** Online at [www.doveradultlearning.org](http://www.doveradultlearning.org). Pay through PayPal or with credit card.
- 2** In person by appointment only at Dover Adult Learning Center, 61 Locust Street, Room 205, Dover.
- 3** By phone using your VISA, MasterCard, Discover, or American Express. Call (603) 742-1030 during office hours.

**Tuition:** We accept cash, money orders, personal checks or credit cards (VISA, MasterCard, Discover or American Express). Please do not send cash through the mail. Tuition must be paid in full at time of registration.

**Please note:** Course times and dates are subject to change. Dover Adult Learning Center reserves the right to cancel a course due to low enrollment or substitute for a listed teacher.



## Tutor Orientation:

This orientation is for anyone interested in volunteering to help adults who want to improve their basic skills in reading, writing, math, and speaking English.

Call Bridget Barker, Program Coordinator,  
at 742-1030 to register or email  
[b.barker@doveradultlearning.org](mailto:b.barker@doveradultlearning.org)



## "Hannaford Helps" Reusable Bag Program



**DALC has teamed up with Hannaford in Dover.** Purchase a reusable bag and write Dover Adult Learning Center on the attached tag. Return the tag to the clerk. We get \$1 for each tag! **Simple! Help us help the community!**