

BAY PATH ADULT EVENING SCHOOL



Spring Semester 2014

OUR SCHOOL IS UNDERGOING RENOVATIONS...

PARDON OUR APPEARANCE AS WE GROW TO SERVE YOU BETTER.



Join the

Path

to Fun and

RED SOX TRIP - PAGES 22-23



FITNESS - PAGES 27-28 & 38

Learning!

baypath.augusoft.net (Do not type www)

Bay Path Regional Vocational Technical High School

57 Old Muggett Hill Road, Charlton, Massachusetts 01507

Administration

Superintendent-Director – *John A. Lafleche* Evening School Director – *Linda C. Dani*

School Committee

Auburn	<i>Jack Haroian & Donald H. Erickson</i>
Charlton	<i>Clarence A. Bachand & Olaf R. Garcia</i>
Dudley	<i>Timothy M. Schur & Alfred C. Reich</i>
North Brookfield	<i>James N. Caldwell & Donald J. Gillette, Sr.</i>
Oxford	<i>Benjamin J. LaMountain & Dr. Rene J. Hamel</i>
Paxton	<i>Robert A. Wilby & Peter M. Schur</i>
Rutland	<i>Robert K. Mowatt & Michael S. Pantos</i>
Southbridge	<i>Michael D. Langevin & Helen I. Lenti</i>
Spencer	<i>Kenneth R. Wheeler & Robert L. Zukowski</i>
Webster	<i>Thomas V. Mroczek & Alfred E. Beland</i>

DIRECTIONS TO BAY PATH

From the North: Take Rt. 31/Masonic Home Road (four-corner intersection with traffic light - McDonald's on your right) to Charlton Center. Follow (approximately 1 mile) to stop sign. Take a right onto Main St. Just after passing the Charlton Common (which is on the left) take a left turn (at old cemetery on the left) onto Muggett Hill Road. The sign for Bay Path High School is approximately ½ mile on the left. Follow the drive up the hill to the school's main entrance.

From the West: Take Rt. 20 East to Charlton and take a right on Rt. 31/ Masonic Home Road (four-corner intersection with traffic light - McDonald's and gas station on right). Follow (approximately 1 mile) to stop sign. Take a right onto Main St. Just after passing the Charlton Common (which is on the left) take a left turn (at old cemetery on the left) onto Muggett Hill Road. The sign for Bay Path High School is approximately ½ mile on the left. Follow the drive up the hill to the school's main entrance.

From the South: Take Rt. 31 (North) and follow into Charlton. Rt. 31 becomes Dresser Hill Road. Pass Dresser Hill Farm and continue for approximately 3 miles. Just prior to entering Charlton Common, take a right onto Muggett Hill Road (old cemetery on the right). Follow road for approximately ½ mile to sign for Bay Path High School on the left. Follow the drive up the hill to the school's main entrance.

From the East: Take 290 and/or Mass Pike into Auburn. Follow Rt. 12/20 West for approximately 6 miles into Charlton. (Route 12 merges with Rt. 20; follow Rt. 20W). Once in Charlton, take a left onto Rt. 31/Masonic Home Road (four-corner intersection with traffic light – McDonald's and gas station on left). Follow (approximately 1 mile) to stop sign. Take a right onto Main St. Just after passing the common (which is on the left) take a left turn (at old cemetery on the left) onto Muggett Hill Road. The sign for Bay Path High School is approximately ½ mile on the left. Follow the drive up the hill to the school's main entrance.

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ONLINE CAREER

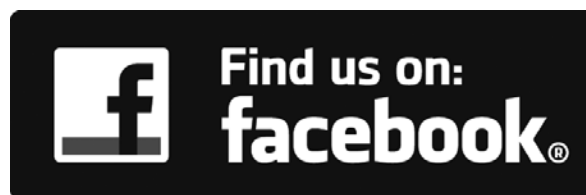
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EDUCATION FOUNDATION BENEFIT

7TH ANNUAL GOLF TOURNAMENT 44-45

Bay Path is a Candidate for Accreditation by the Commission of the Council on Occupational Education.

For information about national and program accreditation, visit www.council.org.



GENERAL INFORMATION

Evening School Office Location and Parking

During the construction phase, students should proceed to the "new" main entrance (around back of building – please follow signs). Enter glass doors and continue straight to Room 427.

Please Note: Occasionally, parking spaces are reserved for school committee meetings and/or administrative meetings. These areas will be marked on those occasions and we ask that you refrain from using those spaces.

During the first week of classes, evening school staff will be available in the main entrance to assist with directions to your classroom.

Class Cancellation Storm Policy

Occasionally, due to unforeseen circumstances (inclement weather conditions, power outages, instructor illness, etc.), evening classes must be cancelled. Cancelled classes are always made up by extending the finish date of the course, unless other arrangements are made between the instructor and the class and approved by the Director. **When the day school is cancelled due to weather conditions, evening classes are automatically cancelled.**

In the event day classes are not cancelled and the weather worsens, a decision will be made by 3 PM and relayed to the following radio stations:

WBZ Radio & TV4 WSRS/WTAG
WHDH/WRKO – TV 7
WCVB – TV 5 WESO

No Classes Schedule

No evening classes will be scheduled on the following days unless otherwise advised:

Wednesday, March 12
Tuesday, March 25
Friday, April 18
Monday, April 21
Tuesday, April 29
Monday, May 26
Thursday, May 29

Certificates and Course Credit

Unless otherwise specified, all Bay Path Evening courses are non-college credit and non-graded courses. Certificates of attendance and completion will be issued to students upon teacher request.

Smoke Free School

The Bay Path Regional Vocational School is a smoke free school. There is no use of any kind of tobacco products allowed in school buildings or on school grounds.

Refreshments

Coin operated water/juice is available in cafeteria at all times. **All refreshments must be consumed in the cafeteria and not brought back to classes or shops.**

Books and Supplies

Students may be required to purchase a textbook or supplies/equipment at an additional fee. Please remember to bring any supplies listed in the course description. If there is a material fee payable to the instructor on the first night, please remember to bring a check (payable to instructor) or cash for that amount.

Video Surveillance

All activities are monitored and recorded on video tape.

Fire Exits

Emergency/fire exits are clearly marked at doorways for each classroom. Instructors will review the map with students on the first night of class.

Safety Glasses

WE URGE ALL PEOPLE WORKING IN THE SHOP AREAS TO BRING AND WEAR SAFETY GLASSES.

Nondiscrimination Policy

The Bay Path Regional High School 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 adult evening students.

The 1998 Asbestos Hazard Energy Report recommends several areas of removal when practical and as part of our management plan we are beginning the process of accomplishing this task. This plan is available in the main office for your perusal.

REGISTRATION INFORMATION

5

CONVENIENT WAYS TO REGISTER

ONLINE



*Online Registration is Easy,
Safe, and Convenient!*
baypath.augusoft.net
(Do not type www)

IN PERSON



Register in person in the Evening School Office.
Follow signs to main entrance of building.
Go thru glass doors and continue straight to
Room 427, Evening School Office.

*Confirmation of registration will NOT be
sent unless an email address is provided
on the registration form or at time of
registration over the phone or on-line.*

PHONE



Register by phone
(508-248-5971 or 508-987-0326
Ext. 1715 or 1714) with your
Discover, Visa or Mastercard
during office hours
listed on page 5.

MAIL



Simply fill out the
registration form on pages
7 & 43 and return it
along with your
payment to:

**Bay Path Adult
Evening School
57 Old Muggett
Hill Road**

Charlton, MA 01507

Do not send cash through the mail.
Registration by mail will not be accepted unless
enclosed with check, money order, or Discover,
Visa or Master Card number, expiration date
and 3 digit card ID number (located on back of
card). Your canceled check will be your receipt.
A \$25 fee will be charged for returned checks.

**Checks/money orders payable to:
Bay Path Adult Evening School**

FAX



You can FAX your
registration at any time.
Fill out the registration
form (pages 7 & 43),
include your Discover,
Visa or Mastercard
information, and FAX to
508-248-4747.

OFFICE HOURS

Spring Semester
January 2 - June 13
Monday - Thursday 8 AM - 7 PM
Friday 8 AM - 3 PM

Summer Hours
June 16 - August 22
Monday - Friday 8 AM - 2 PM

Registration
Form
on
Pages
7 & 43

Register
early.
Classes fill
up fast!

Registration is open to anyone 18 years of age and older. Enrollment is first come first serve basis combined with payment of full course fee. Space in class will not be reserved without full payment. Regardless of method of registration, providing your email address is highly recommended. Confirmations and class reminders are sent to email addresses. If you do not provide an email address, you will **NOT** receive a confirmation or a class reminder. The Evening School reserves the right to cancel classes with insufficient enrollment and to make instructor changes or to change class schedules due to unforeseen circumstances.

Due to liability/insurance concerns, unregistered guests are not permitted to participate in classes.

Non-Refundable Registration Fee

A \$5.00 registration fee is due once per semester, per person. This fee is refundable ONLY if the course is cancelled due to insufficient enrollment.

Senior Citizen Discount

A senior citizen discount (62 and over) is listed on individual courses. The discount must be requested at the time of registration.

STANDARD REFUND POLICY

PLEASE READ CAREFULLY

In order to receive a full tuition refund, cancellations for all classes (exception: Motorcoach Trips, Off Site Tours/Shows or Cosmetology) must be made **5 calendar days** prior to start date of class. *Students assume the risk of all personal/family or business affairs.* **NO REFUNDS OR PARTIAL REFUNDS** less than 5 calendar days prior to start date of class will be made. Refunds will only be given if the class is cancelled by Bay Path Evening School. Refunds may take 3-4 weeks to process.

MOTORCOACH TOURS/SHOWS REFUND POLICY

PLEASE READ CAREFULLY

In order to receive a full refund, cancellations for all Motorcoach Trips or Off Site Tours/Shows must be made **10 calendar days** prior to date of trip/show **unless otherwise stated.** *Students assume the risk of all personal/family or business affairs.* **NO REFUNDS OR PARTIAL REFUNDS** less than 10 calendar days prior to date of trip will be made. Refunds will only be given if a trip/show is cancelled by Bay Path Evening School. Refunds may take 3-4 weeks to process.

CREDIT MEMO POLICY

PLEASE READ CAREFULLY

If you do not qualify for a refund, a **CREDIT MEMO** (exception: No Credit Memos issued for Motorcoach Trips, Off Site Tours/Shows or Cosmetology) will be issued according to the following prorated schedule. This credit memo will expire one-year from issue date and is non-transferable. The memo may be applied toward tuition for another course; however, **NOT** applicable to Motorcoach Trips or Off Site Tours/Shows. The credit memo has no cash value.

Withdrawal, less than 5 calendar days prior to class start date, **100% of course fee will be applied to a Credit Memo**

Withdrawal after 1st class meeting – **NO CREDIT MEMO**

Please Note: If you have a credit memo issued prior to August 1, 2010, refer to the terms stated on your credit memo. You cannot apply the credit to on-line registration. Contact our office to register and we will apply your credit memo if it is dated prior to August 1, 2010.

BAY PATH EVENING SCHOOL SPRING 2014 CALENDAR

MARCH

S	M	T	W	TH	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					

* 3 - SPRING SEMESTER BEGINS

12 - NO CLASSES – SCHOOL FUNCTION

25 - NO CLASSES – SCHOOL FUNCTION

APRIL

S	M	T	W	TH	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			

18 - NO CLASSES – GOOD FRIDAY

21 - NO CLASSES – PATRIOTS DAY

29 - NO CLASSES – SCHOOL FUNCTION

MAY

S	M	T	W	TH	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

26 - NO CLASSES – MEMORIAL DAY

29 - NO CLASSES – SCHOOL FUNCTION

JUNE

S	M	T	W	TH	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					

*13 - SPRING SEMESTER ENDS

BUSINESS & FINANCE



01-033 *Maximize Your College Financial Aid*

This one-night workshop is a must for **all** parents of college-bound high school students, including freshman and sophomores. We will de-mystify the college financial aid process and teach you how to access the more than \$90 billion in financial aid dollars that are available to even high-income families and business owners. The strategies presented will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time (before junior year) to get the strategies in place, and why if you wait until the financial aid deadline to file your forms, you miss out on the full amount of aid you qualify for. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. Bring a calculator and a basic knowledge of your income, taxes, and assets. A free, comprehensive analysis will be provided for those attending class. *Central Mass College Funding Advisors, LLC provides financial aid information to the Central Massachusetts area. Visit them at www.centralmasscfa.com* **1 night/2 hours**

David R. Landry, College Funding Advisor, has 29 years experience working with local and national organizations as a meeting facilitator and trainer. He has an extensive background working with organizations to increase their productivity through training. For the past year he has been working with a financial planning firm that provides various financial services to Central Mass CFA clients in order to assist them with implementing their financial aid strategies.

Tuesday, March 18

7:00 p.m. – 9:00 p.m.

Family Course Fee \$30

01-019 *How to Get Debt Free...*

“Make no mistake: Paying off the balance on a credit card is just about the best investment you can ever make,” says Andrew Tobias, financial planner, who writes for Forbes magazine.

Paying off a 15% credit card is equivalent to getting a 15% return on an investment. See how to achieve true financial freedom by first investing in your debt. This



class is not just for those with a debt problem. It's for anyone who wants to build real wealth and achieve true financial freedom. If you have debt payments of any kind – mortgage, credit cards, car loans, etc. – you should attend. You can pay off your credit cards in one to four years. Then eliminate your 30-year mortgage in another three to six years. You will also understand why the mortgage tax deduction is a fraud. Learn a simple, guaranteed system to eliminate all of your debts so that you can operate on 100% cash. You can do this with your current income without sacrificing your lifestyle. Bring your list of debts and a calculator to class. You will develop your own debt elimination plan that you **can implement immediately into your lifestyle**. **Course fee includes a 16 page workbook, \$8 value. Optional text is available in class for \$44. 1 night/3 hours**

Blanchard Warren, a Certified Financial Independence Leader (CFSL), is the owner of *Debts to Wealth*. He conducts public seminars and personal consultations to show people how to invest in their debts and achieve financial independence. He publishes a weekly newsletter with tips on becoming debt free and building wealth. For many years, he worked as a management consultant. Mr. Warren graduated from UMass/Amherst with a degree in Business Administration.

Tuesday, March 4

6:30 p.m. – 9:30 p.m.

Course Fee Singles \$39

Couples \$59

(Includes workbook) (Couples must share a workbook)

“Class was easy to understand”

**AVOID DISAPPOINTMENT AND REGISTER NOW!
DON'T DELAY...REGISTER TODAY!**

01-051 Elder Law and Estate Planning

This course concentrates on the legal problems associated with the elderly, issues of aging, and estate planning. Topics of discussion will include social, psychological, legal, and financial aspects of planning for the elderly. Issues will include Medicare benefits, Medicaid benefits, nursing home institutionalization, social security, estate planning, protecting the home, reverse mortgages, governmental benefits, financial planning, special needs trusts, and planning for incapacity. **4 weeks/8 hours**

Attorney Michael D. Gorman grew up just north of Worcester in Clinton, Massachusetts. He is a 1995 graduate of Assumption College in Worcester, and a 2000 graduate of Western New England College, School of Law. He also just completed his Masters in Laws (L.L.M.) degree in Estate Planning and Elder Law at Western New England College, School of Law. Only 6% of attorneys go on to achieve the L.L.M., in a number of different disciplines. Currently there are less than 100 attorneys nationwide who have earned a L.L.M. in Elder Law and Estate Planning. Mike believes in continuing to educate himself in elder law and estate planning, and frequently attends courses taught by Massachusetts Continuing Legal Education. He provides everything from simple wills to his clients, to full scale elder and incapacity planning, utilizing the proper planning method for each client's unique situation. Mike is a member of the National Academy of Elder Law Attorneys (National and Massachusetts chapters), the Massachusetts Bar Association and the Worcester County Bar Association.

Mondays, March 3 – March 31

(No class on March 24)

6:00 p.m. – 8:00 p.m.

Course Fee \$59

Couples Course Fee \$79

01-056 Become An Effective Landlord!

Do you think owning and managing residential property can be financially rewarding? It can be if you are a well informed and knowledgeable landlord. This class will give you the basics to becoming successful without additional stress. Topics to be covered include: rental applications, fair housing laws, screening prospective tenants, lead paint law, and security deposits vs. last month's rent. Joanne will guide you from advertising to tenant selection and everything in between. **1 night/3 hours**

JoAnn Szymczak B.S. in Education, is a past President of the Greater Worcester Board of Realtors. With 30 years experience as a broker, JoAnn has CRS and GRI designation and is a Massachusetts approved licensing instructor. She holds both Massachusetts and Connecticut real estate brokers licenses.

Monday, April 28

6:00 p.m. – 9:00 p.m.

Course Fee \$39

**Hobbies
& Crafts
Pages 32-34**

DO YOU WANT TO TEACH IN OUR PROGRAM?

Learn about teaching in our program by visiting:

baypath.augusoft.net (Do not type www)

Download the forms and send them to:

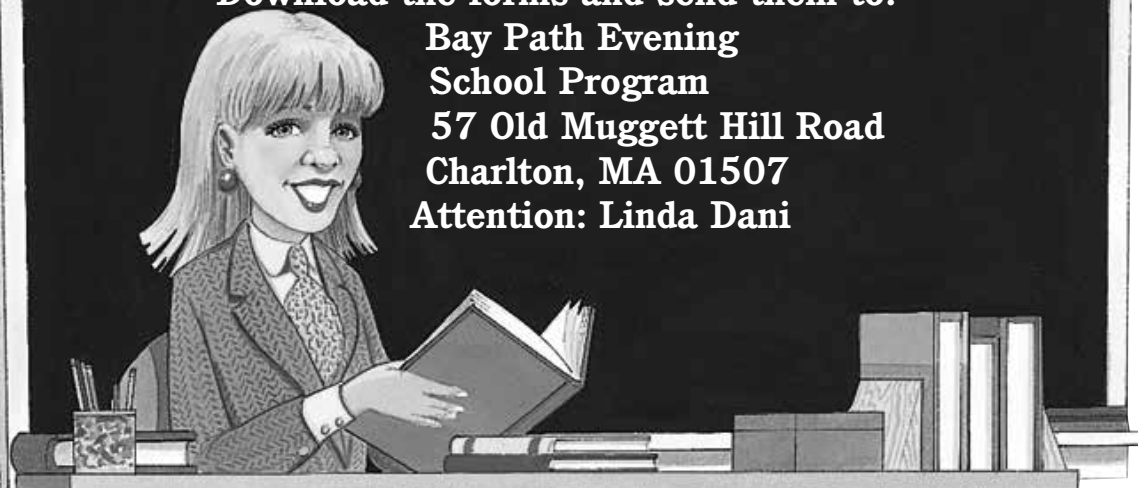
Bay Path Evening

School Program

57 Old Muggett Hill Road

Charlton, MA 01507

Attention: Linda Dani



baypath.augusoft.net (Do not type www)

CAREER & LICENSING

02-021 *Massachusetts Real Estate Salesman's Course*

Considering real estate sales as a career? The Commonwealth of Massachusetts requires forty (40) hours of pre-licensure salesperson education. In order to obtain your Massachusetts Real Estate Salesperson License, you must have this prerequisite to qualify for the Massachusetts State Exam. The course outline is as follows: Property/Property Rights/Ownership; Condominiums/Cooperatives/Time Sharing/Land Use – Subdivision; Contracts/ Deeds; Financing/Mortgages; Brokerage; Appraisal; Fair Housing/Consumer Protection; and Massachusetts License Law. **(Required textbook included in course fee.) 7 weeks/40 hours**



JoAnn Szymczak, B.S. in Education, is a past President of the Greater Worcester Board of Realtors. With 30 years experience as a broker, JoAnn has CRS and GRI designation and is a Massachusetts approved licensing instructor. She holds both Massachusetts and Connecticut real estate broker's licenses.

Mondays & Thursdays, March 3 – April 17
6:00 p.m. – 9:00 p.m. Course Fee \$399
Senior Citizen Course Fee \$379
(Includes cost of textbook)

02-008 *Construction Supervisors License Seminar*

Have you considered getting a Construction Supervisors license in Massachusetts? In order to prepare for the exam, you need 3 years experience in construction and a very strong working knowledge of the Commonwealth of Massachusetts State Building Code. This course will examine the building code and help you prepare for the license examination. These exams measure your ability, skills and knowledge required at two levels: Restricted (one & two family dwellings) or unrestricted. **The mandatory texts of the State Building Code (approximately \$250) are included in the cost of this course. 8 weeks/24 hours**



Nick Tortis is the Director of Inspection Services in the Town of Southbridge. As former owner of a building and cabinet making shop in Southbridge, Nick has 25 years of experience in woodworking & construction.

Wednesdays, March 5 – April 30
(No class on March 12)
6:30 p.m. – 9:30 p.m. Course Fee \$599
(Mandatory Textbooks Included)

You can trust ServSafe® sanitation training! Enroll your staff in this certification program now to comply with regulations for safe food handling. Don't take chances!

02-009 *Food Protection Manager Certification - ServSafe®*

This training program meets the requirements for Food Protection Manager Certification that are required for the operation of most food service establishments. All training materials incorporate the latest information from the most recent FDA Food Code. ServSafe Certification has been deemed valid, reliable and legally defensible, as well as transferable between jurisdictions. Hospitality Recruiters offers ServSafe Training from The National Restaurant Association Educational Foundation. They are also CP-FS certified (Certified Professional in Food Safety) by National Environmental Health Association. The cost of the class includes the class, ServSafe Manager Course Book, written exam and mailing of your certificate. **1 night/6 hours**

Bud Konn is the owner of Hospitality Recruiters, a New England based company that specializes in Management Recruitment, Consulting and ServSafe® food safety and ServSafe® Alcohol programs training for the hospitality industry. Mr. Konn maintains more than 30 years of Hotel and Restaurant Management experience. He has worked with hotel organizations such as Marriott, Sheraton and Harley Hotels and restaurant chains such as Long Horn Steak House and Texas Roadhouse. Mr. Konn has held over 3200 ServSafe® food safety and ServSafe® Alcohol classes.

Monday, March 31
4:00 p.m. – 10:00 p.m. Course Fee \$199
(Includes text, exam, certificate)

02-026 *Auto Damage Appraising*

Have you considered a career in auto damage appraising? Licensed appraisers are always needed to do damage appraisals on cars and trucks, as well as other recreational vehicles. This course is designed to meet the requirements needed to take the Auto Damage Appraiser Exam given by the Massachusetts Auto Damage Appraisers Licensing Board. During the 60 classroom hours, when needed, class time will take place in our Collision Repair Department. This visualization of vehicles during the repair process will facilitate your understanding of what you are required to know on the qualifying examination. *This program is the only one in the area to incorporate the state of the art I-CAR live enhanced delivery curriculum. 10 weeks/60 hours*

Mike Dinsmore has 33 years experience in the auto body and auto appraisal industry. Mike began his automotive career as an auto body technician while attending college and worked his way through the auto body industry managing large collision shops until 1998. He then transitioned into the insurance industry where he remains employed as an appraisal supervisor for a large auto insurer in Massachusetts. He is I-CAR Platinum certified and is an ASE master Collision Technician. He combines education and strong technical expertise with years of management and appraisal experience. He has been teaching for several years and has successfully mentored students who now work within the industry.

Mondays & Wednesdays, March 3 – May 14
(No classes on March 12 & April 21)
6:30 p.m. – 9:00 p.m. Course Fee \$599

02-038 Oil Burner Technician Course

This course is designed for the newcomer who has the desire and ambition to enter a growing trade. It will prepare you to pass the Massachusetts Oil Burner Technician license exam. All aspects of the trade, both practical and theory, are covered in 15 weeks. An in-depth analysis of the Massachusetts C.M.R. regulations will prepare you for the state written exam. Access to equipment will provide hands-on experience with oil burners including efficiency testing, working with controls, and other repair techniques. Reading homework, quizzes & exams are required as part of this course.

Textbooks & Study Guide Cost: \$100 (cash only) payable to instructor on first night of class.

Maximum: 20 students 30 classes/120 hours

Christopher Faucher is a Massachusetts Licensed H.V.A.C./R Instructor and an Authorized OSHA Construction Trainer. He is currently teaching at Bay Path Regional Vocational Technical High School. Mr. Faucher is a graduate of the Peterson School of Engineering and holds a MA Master Plumbers License, MA Journeyman Sprinkler Fitters License, MA Oil Burner Technician License & MA Refrigeration Technician License.

Wednesdays & Thursdays, May 1 – August 14

(No class on May 29)

6:00 p.m. – 10:00 p.m. Course Fee \$1,299
(Does not include \$100 textbook fee.)

02-056 O.S.H.A. 10-Hour Construction Safety Course

Students will cover OSHA policies, procedures and standards, as well as construction safety and health principles. OSHA requirements that address some of the leading hazards associated with construction sites will also be covered: Electricity, Material Handling, Stairways & Ladders, Scaffolding, Steel Erection, Trenching & Excavation, Construction Motor Vehicle Safety and Personal Protective Equipment. This course meets the requirements for public construction jobs in Massachusetts. Upon successful course completion, each student will receive an OSHA construction safety and health 10-hour course completion card. There are no material charges for this course. **OSHA card fee: \$5.00 payable to instructor on first night of class. 3 weeks/12 hours**

Christopher Faucher *(See previous biographical sketch.)*

Monday, Wednesday & Thursday, March 3, 5 & 6

6:00 p.m. – 10:00 p.m. Course Fee \$229
(Does not include \$5.00 fee for OSHA card)

02-042 Basic Air Conditioning

This course is designed for the novice. It will provide the necessary information so that the student will have a well-rounded preliminary understanding on how to install and service residential air conditioning systems. The course will be broken into two sections. The first section will be an eight-night basic air conditioning class that will cover such topics as:

- The refrigeration cycle
- Compressors
- Evaporators
- Metering devices
- Condensers
- Evacuation
- Charging
- Air Flow
- Refrigerants and Oils
- High Velocity systems
- Recover, Recycle and Reclaim
- Humidity control
- Refrigerant piping (soldering and brazing)
- Electrical components
- Electrical trouble shooting
- Air Conditioning preventive Maintenance
- R-410a Puron an introduction

The second section will be the Federal E.P.A. section 608 preparations and testing. This section will be held the final two nights of class.

The EPA test is broken down into four sections. The core, Type I small appliances, Type II high-pressure appliances and Type III low pressure appliances (chillers). There are a total of 100 questions on the test, 25 for each section. A passing grade is a 70% for each group. If the student passes all four they become certified as a universal technician. **10 classes/40 hours**

The book and material fee of \$45 will be payable to the instructor on the first night of class. E.P.A. Exam fee of \$50 is payable the night of the exam to the instructor.

Christopher Faucher *(See previous biographical sketch.)*

Wednesdays & Thursdays, March 13 – April 30

(No classes on March 27, April 2, 23 & 24)

6:00 p.m. – 10:00 p.m. Course Fee \$599
(Does not include the \$45 book/material or the \$50 exam fee payable to the instructor on the first night of class)

02-043 – EPA Prep and test only

Thursday, April 17 & Wednesday, April 30

6:00 p.m. – 10:00 p.m. Course Fee \$99
(Does not include \$50 exam fee payable to the instructor on the first night of class)

02-044 – EPA Test only or retake

Wednesday, April 30

6:00 p.m. – 10:00 p.m. Course Fee \$59
(Does not include \$50 exam fee payable to the instructor on the first night of class)

MASSACHUSETTS PLUMBING EDUCATION PROGRAM

In order to register for the Massachusetts Plumbing Education Program you must produce:

- Proof of High School Graduation or Equivalent
- Proof of Licensure as an Apprentice Plumber

State Plumbing Code Requirements 248 CMR 11.00

Licensed as an Apprentice Plumber before September 1, 2008:

- 300 hours of Education
- 5100 clock hours working under a Master Plumber or a Journeyman who works for a Master Plumber

Licensed as an Apprentice Plumber after September 1, 2008:

- 550 hours of education with **not more than 110 hours completed in a calendar year**
- 8500 Clock Hours working under a Master Plumber or a Journeyman who works for a Master Plumber

Mandatory:

A current code book consisting of all of the following:

- The Massachusetts Fuel Gas and Plumbing Code 248 CMR 3.00-11.00 2005 Edition available from the State House Book Store Room 116 State House Boston, MA (617) 727-2834
- NFPA.54 The National Fuel Gas Code 2002 Edition available from The National Fire Protection Association 1 Batterymarch Park, Quincy MA 02169 www.NFPA.org
- NFPA 58 The Liquefield Petroleum Gas Code 2001 Edition available from The National Fire Protection Association 1 Batterymarch Park, Quincy, MA 02169

All Tiers are administered and designed in compliance with the Board of Examiners Educational Policy Standards

02-096 Tier I	First Year Lessons (30 weeks/110 hours)	*Course Fee \$1299
02-097 Tier II	Second Year Lessons (30 weeks/110 hours)	*Course Fee \$1299
02-098 Tier III	Third Year Lessons (30 weeks/110 hours)	*Course Fee \$1299
02-099 Tier IV	Fourth Year Lessons (30 weeks/110 hours)	*Course Fee \$1299
02-100 Tier V	Fifth Year Lessons (30 weeks/110 hours)	*Course Fee \$1299

***Cost of Codebook is not included in the Course Fee**

Based on enrollment, it **may not be possible to schedule all tiers. You will be notified in advance should changes be necessary.*

Christopher Faucher (See previous biographical sketch.)

Mondays, beginning March 10

6:00 p.m. – 10:00 p.m.



NEED A GIFT?

Give someone a Bay Path Evening School Gift Certificate!

Buy a gift card on-line – directions are easy and confirmations are immediate.

Call 508-248-5971 Extension 1715

for more information or visit: baypath.augusoft.net

Bay Path Regional Vocational Practical Nursing Program

TAKE THE FIRST STEP TOWARDS BECOMING A NURSE

Enrollment for the 2014 Class is Open Now

OPEN HOUSE: Thursday, February 13, 2014 5 p.m. – 6 p.m.

Reserve a Seat Today. Call 508-248-5971 ext. 1674.

GENERAL INFORMATION

The program is a 40-week, full-time (Monday-Friday) evening program leading to a certificate in practical nursing. Classes and laboratories are held at Bay Path and will take place from 4-10 PM. Clinical experiences will end at 11 PM and occur off-site at various health care facilities. Some day and weekend hours may be required.

Bay Path Regional Vocational Practical Nursing Program meets all the requirements of the Massachusetts Board of Registration in Nursing. The program qualifies students to sit for the NCLEX-PN examination. Nurses who pass the NCLEX-PN can become licensed to work as LPN's in Massachusetts.



ADMISSION REQUIREMENTS*

Applicants must be at least 17.5 years of age, provide evidence of United States Citizenship or residency, and have a High School Diploma or GED.

Meet minimum admission/entrance TEAS (Test of Essential Academic Skill) Test scores. Cost of exam is \$75. *(non-refundable and non-transferable)*

Three (3) professional written references, an essay, and an interview will be included with the application.

Proof of health insurance and CPR for Healthcare Providers (must be maintained throughout the program).

***Please refer to the program's website for complete admission requirements information.**

ACCREDITATION

Bay Path Practical Nursing Program received Full Approval from the Massachusetts Board of Registration in Nursing May 11, 2011. (www.mass.gov/dph/boards) Bay Path is also a Candidate for Accreditation by the Commission of the Council on Occupational Education. (www.council.org)



TEAS REGISTRATION

Must complete and submit \$75 non-refundable, non-transferable testing fee and a registration form two (2) weeks prior to testing dates.

TEAS DATES

Saturday, March 8, 2014 at 9 a.m.

Saturday, April 5, 2014 at 9 a.m.

PROGRAM COSTS*

Tuition:	\$13,500
ATI:	\$615
Books:	\$1,000
Clinical Supplies:	\$80
Uniforms:	\$150

- Financial aid is available to those who qualify.
- In addition, a monthly payment plan is available.

**Costs are subject to change by committee.

FOR FURTHER INFORMATION

Bay Path Regional Vocational Technical Practical Nursing Program:

Address:	57 Old Muggett Hill Road Charlton, Massachusetts 01507
Phone:	(508) 248-5971 Extension 1674
E-mail:	mlaplante@baypath.net
Website:	www.baypath.tec.ma.us

COMPUTER TECHNOLOGY

03-092 Introduction to iPad Basics

Does your 3 year old know more about your iPad than you do? If so, this class is for you. This class is designed for the student who has VERY little to NO experience with correctly using their Apple iPad. Students will cover the basics of iPad use, how all the buttons work, how to charge the device, clean it, sync the iPad with their computer all the way up to using Siri, setting up an apple id and downloading productivity apps for daily use. This will be accomplished through hands on instruction, followed by working with other students in using some of the iPads preinstalled features. *This class is taught using all versions of the Apple iPad (iPad 1, iPad 2, iPad 3, iPad mini).*

Students MUST bring their own device to class to be able to participate in the hands on learning. Please bring a 3-ring binder to store your notes in. 4 weeks/8 hours

Katie Cunningham is currently working as the IT Specialist at Bay Path Regional Vocational Technical High School. Katie has been working in the IT department at Bay Path for 3 years. She also owns her own computer repair business which she started in early 2012.

Wednesdays, March 5 – April 2

(No class on March 12)

4:00 p.m. – 6:00 p.m.

Course Fee \$79

Senior Citizen Course Fee \$59

03-089 Introduction to Computers I

This class is designed for the student who has VERY little to NO computer experience. Students will cover how to properly connect a mouse, keyboard, and monitor to their computer, turn on and turn off a computer, use and take advantage of the start menu, scroll up and down in different windows, move and close a window properly, understand basic computer terminology, change the size and colors of text in a letter, make new folders and save files into them, search the Internet using basic search methods, and much more. This will be accomplished through hands-on instructions, followed by projects, which will be given during class time to reinforce understanding of all concepts. *This class is taught using the Windows 7 environment, Internet Explorer, and Microsoft Office.*

Students will NOT be allowed to bring in their laptops.

4 weeks/12 hours

Katie Cunningham (See previous biographical sketch.)

Thursdays, March 6 – March 27

4:00 p.m. – 7:00 p.m.

Course Fee \$149

Senior Citizen Course Fee \$129

03-086 Introduction to Computers II

This course builds off of Introduction to Computers I. Basic understanding of File & Folder Management is a prerequisite for this course. The class is designed for the student who understand the very basics. Students will develop a more in depth understanding of the Windows 7 environment and how to customize this environment to fit their needs. Students will cover effectively searching the Internet using advanced search methods, in depth file and folder management, creating desktop shortcuts, installing software using the windows installer, and how to easily copy and paste information between files. Students will also gain a basic understanding of Microsoft Word in order to create basic documents such as formal letters, resumes, etc. This will be accomplished through hands-on instructions, followed by projects, which will be given during class time to reinforce understanding of all concepts. *This class is taught using the Windows 7 environment, Internet Explorer, and Microsoft Office.*

Students will NOT be allowed to bring in their laptops.

4 weeks/12 hours

Katie Cunningham (See previous biographical sketch.)

Thursdays, April 3 – April 24

4:00 p.m. – 7:00 p.m.

Course Fee \$149

Senior Citizen Course Fee \$129

**Stay Current
with Technology,
Take a
Computer Class!**



03-093 **Basic PC Hardware**

Prerequisite: Basic computer knowledge



Gain a better understanding of how PCs work and save money! This is an introductory class about inexpensive ways to fix, upgrade and maintain your own computer. Class exercises will include hands-on work “under the hood”. Students will disassemble and reassemble old PCs, and will also build a new PC from scratch. Basic hardware troubleshooting as well as how to research, buy and install components will be covered. The course goal is to demystify how PCs work so that students can economically keep their machines running smoothly. The course will be tailored to student’s abilities from basic through experienced.

Class is limited to 12 students. 3 weeks/9 hours

Jim Pokorny has worked over 30 years as an IT Application Analyst in the Insurance, Education and Electric Utility industries. He is now semi-retired and works independently providing PC repair, upgrade and instructional services. Jim has taught math and computer at the High School and College levels and currently resides in Sturbridge, MA.

Thursdays, March 6 – March 20

6:00 p.m. – 9:00 p.m.

Course Fee \$109

Senior Citizen Course Fee \$99

03-094 **Basic PC Software**

Prerequisite: Basic computer knowledge



Gain a better understanding of how PCs work and save money! This is an introductory class in understanding how PC Operating Systems (OS) work. Students will install Windows 7 on a new PC to explore OS Administration commands and functions for management of home networks, backups & recovery, performance monitoring and security. Troubleshooting OS problems and free Open Source alternatives to Windows will be covered. The course goal is to demystify how PCs work so that students can economically keep their machines running smoothly. The course will be tailored to student’s abilities from basic through experienced. **Class is limited to 12 students.**

3 weeks/9 hours

Jim Pokorny (See previous biographical sketch.)

Thursdays, May 8 – May 22

6:00 p.m. – 9:00 p.m.

Course Fee \$109

Senior Citizen Course Fee \$99

03-057 **Microsoft Excel 2010, Beginner**



Prerequisite: General knowledge and experience with computers is suggested, but not required. **Microsoft Office 2010 is the software that will be used. Familiarity with prior versions of Microsoft Office is not a necessity.**

This course is designed for people who have limited knowledge of Microsoft Excel. Students will begin the course with an introduction to Excel – a spreadsheet building application that will enable the user to create spreadsheets for personal and business use. Students will cover introductory topics, such as changing the appearance of and organizing a worksheet. Students will also cover how to work with multiple worksheets, borders and shading to enhance information, build a chart successfully, use filtering and sorting tools, and much more. This will be accomplished through hands-on instructions, followed by projects which will be given during class time to reinforce understanding of all concepts. *(Students should purchase and bring a flash drive, if they would like to save their work to bring home, a USB flash drive, 4 GB will do. Approximate cost is about \$10 and can be found at Staples, WalMart, etc.).* **Required Text: Microsoft Excel 2010 Simplified, by Paul McFedries, Wiley Publishing, Inc. - ISBN 978-0-470-57763-9 (Barnes & Nobel approx. cost \$24.99) Class is limited to 12 students. 3 weeks/9 hours**

Jim Pokorny (See previous biographical sketch.)

Mondays, March 3 – March 17

6:00 p.m. – 9:00 p.m.

Course Fee \$109

Senior Citizen Course Fee \$99

03-076 **Microsoft Excel 2010, Intermediate**



Prerequisite: General knowledge and experience with computers and Microsoft Excel 2010 is suggested for this intermediate course. **Microsoft Office 2010 is the software that will be used. Familiarity with prior versions of Microsoft Office is not a necessity.**

This course is designed for people who have some knowledge of Microsoft Excel, or took the beginner Excel. Students will begin the course with a review of introductory Excel topics, but quickly move into more complex spreadsheet building tools. Students will cover intermediate topics, such as formulas and functions, building charts, linking workbooks, and much more. This will be accomplished through hands-on instruction, followed by projects which will be given during class time to reinforce understanding of all concepts. *(Students should purchase and bring a flash drive, if they would like to save their work to bring home, a USB flash drive, 4 GB will do. Approximate cost is about \$10 and can be found at Staples, WalMart, etc.).* **Required Text: Microsoft Excel 2010 Simplified, by Paul McFedries, Wiley Publishing, Inc. - ISBN 978-0-470-57763-9 (Barnes & Nobel approx. cost \$24.99) Class is limited to 12 students.**

3 weeks/9 hours

Jim Pokorny (See previous biographical sketch.)

Mondays, May 5 – May 19

6:00 p.m. – 9:00 p.m.

Course Fee \$109

Senior Citizen Course Fee \$99



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03-001 *AutoCAD 2012 (Intro to Advanced)*

Prerequisite: Basic understanding of computers, familiarity with Windows Operating System, and have an understanding of basic drafting concepts.

This course is designed to cover all the basic skills required to create and edit 2D drawings. This course will provide a comprehensive introduction to computer-assisted drafting in a Windows environment, working drawing concepts, CAD dimensioning criteria, and the development and dimensioning of orthographic drawings and sectional views. Also advanced two-dimensional options to three-dimensional modeling basic commands are explored with more hands-on practice with CAD operations. Course includes an introduction to grips, attributes, external files, wire-frame, surface, region, and solid and parametric modeling techniques.

TOPICS:

- Navigating the AutoCAD work environment
- Drawing setup
- Drawing objects
- Editing text and objects
- Managing object properties
- 3D Modeling techniques
- Comprehensive study of views, view-ports and moving through 3D space
- Dimensioning Variables and styles
- Import and Export data in AutoCAD

(Maximum number of students: 12) 8 weeks/24 hours

Michael White has over 25 years of experience in the mechanical design field. He is currently in his 8th year of drafting instruction, high school as well as various private companies, utilizing AutoCAD 2012. Michael's experience also includes 10 years use of the 3D functionality of AutoCAD.

Mondays, March 3 – April 28

(No class on April 21)

5:30 p.m. – 8:30 p.m.

Course Fee \$299



***Hurry!
Computer
Classes Fill
Quickly!***



COOKING

04-090 *Cake Decorating for Beginners*

Learn to decorate your own cakes for birthdays, anniversaries, children's parties and holidays! Join a professional and learn the basic techniques! Carol will demonstrate on the first night of class and review what will be expected from students for the remainder of course nights. *Students are responsible to purchase the Wilton 25 piece cake decorating set (found at Michaels, A.C. Moore or www.wilton.com, approx. cost \$12) for the first night of class. (Class is limited to 10 students.) 8 weeks/20 hours*



Carol Watterson has been a cake decorator for 40 years. She has taken advanced courses and has attended many seminars. Over the years Carol has worked at numerous local bakeries and has enjoyed teaching many cake decorating classes.

Mondays, March 3 – April 28

(No class on April 21)

6:30 p.m. – 9:00 p.m.

Course Fee \$199

04-227 *Indian Cuisine – Exploring Appetizers and Desserts*

Indian cuisine is unique and preparation is not as difficult as you think! Sangita will show you how to surprise your family with new recipes shared from her treasure chest of family favorites. She will prepare mouth watering appetizers like mixed vegetable pakoda; and chick peas chaat with cilantro and tamarind chutney. Dessert will lend itself to sweet and salty mint Lassi and traditional Indian rice pudding. **2 nights/6 hours**

Sangita Desai was born in India and her native language is Gujarati (West India, state Gujarat). She studied Home Science (foods and nutrition) in India and moved to the United States in 1991. Sangita has a passion for cooking, loves old Indian music and arts and crafts. She is a program designer and is an accomplished Henna artist.

Mondays, March 10 – March 17

6:00 p.m. – 9:00 p.m.

Course Fee \$79

04-392 *Indian Cuisine*

Vegetables are an integral part of Indian cuisine, as well as the wonderful world of spices. Learn to prepare a menu of stuffed eggplant curry, malai Kofta curry, green garlic layered paratha and Kashmiri pilaf. These classic dishes will surround you with the tastes of India.

2 nights/6 hours

Sangita Desai (See previous biographical sketch.)

March 24 – March 31

6:00 p.m. – 9:00 p.m.

Course Fee \$79

Cooking Classes With Debi

Debi Lussier has been active in food service since the age of 15. She has a passion for cooking that has extended from Executive Chef to cooking for her family.

04-331 *Turkey – The Beef Alternative*

NEW!

Learn to cook with ground turkey in a way that will take you away from beef! We will make a great turkey chili with red beans and Italian style meatballs with a fresh marinara sauce. Don't miss Debi's special shepherds pie! Recipes are included. **1 night/3 hours**

Thursday, April 10

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-362 *Cooking with Beer!*

NEW!

It's not just for drinking! There are so many brews out there these days and we are going to show you how to use them in creating fantastic dishes, from stouts to ales and beyond. We will be making a simple beer & potato crisp, an apricot ale & paprika chicken dish along with a pan seared steak with bock beer mushroom sauce! Then a great shrimp poached in beer. Your palate will be surprised.

1 night/3 hours

Monday, May 19

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-389 *Battle of the Burgers!!!*

NEW!

Beef, turkey or vegetarian? Stuffed or not? We are going to learn to make the perfect burger for any party! We will mix, blend and add the greatest ingredients in this burger cook off! Also, we will add some great sides! Spicy coleslaw, Southwestern pasta salad, hand cut fries, and a selection of toppings to make your mouth water! Come join the battle!! **1 night/3 hours**

Thursday, April 3

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-332 *Chicken Three Ways!*

NEW!

There is so much to do with this bird! We are going to create some great dishes that anyone can make. Starting off with a Bourbon Street chicken on a bed of dirty rice and then try our bruschetta chicken with an asparagus risotto! Finish with a simple chicken pot pie for that old home cooking feel. These are dishes your family will not forget!

1 night/3 hours

Wednesday, April 23

6:00 p.m. – 9:00 p.m.

Course Fee \$45

*More classes with Debi
on the next page.*

Cooking Classes With Debi continued from previous page.

04-364 *It's all About Dessert!*

Do you ever wonder what you can bring to the new neighbor? Or what your family would love to have after that great dinner? Debi will show you some great options to fill that sweet tooth and show off your hidden talents. We will be making a flourless chocolate grand marnier cake to start and then follow up with a beautiful fruit. Then we can add those beautiful cream puffs (profiteroles) filled with a delicious flavored cream! *Come hungry and bring your apron and a 9 inch spring form pan.*

1 night/3 hours

Thursday, May 15

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-407 *California Food!*

Get that breezy West Coast vibe, and spend an evening tasting the delectable food! Shaved fennel, watercress and orange salad with mustard vinaigrette; grilled pork tenderloin with rhubarb ginger chutney; sautéed snow peas with bacon and mint; strawberry almond napoleon. Enjoy!

1 night/3 hours

Thursday, March 20

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-408 *Dinner for Two!*

Start your dinner with a Greek marinated roasted pepper, olives & feta on a sliced baguette. Then add a bloody Mary shrimp cocktail and our stuffed chicken parmesan with roasted cherry tomato sauce. Finish with a simple chocolate fondue perfect for sharing! And add a bottle of wine... **1 night/3 hours**

Thursday, March 27

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-409 *Beginning to End!*

Treat yourself to a little bit of heaven! Start off with a Caprese salad and then move on to risotto crab cakes with red pepper aoli. For your entrée, add steak spiedini with charred asparagus and seared scallops with a pea puree! For dessert an apple & cream cheese egg roll with a caramel sauce. **1 night/3 hours**

Thursday, April 17

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-410 *All American Cooking*

You'll learn about ingredients, how to master timing a full meal, and which tools and equipment are right for the job. Debi will help you understand the concepts behind each technique to bring you to the next level of cooking. We will be making: buttermilk fried chicken breasts; new potato and French bean salad with homemade mayonnaise; apple pie with homemade whipped cream. **1 night/3 hours**

Thursday, May 8

6:00 p.m. – 9:00 p.m.

Course Fee \$45

Cooking Classes With Rosemary

Rosemary Nolan has been teaching food folklore and culinary arts for ten years and comes from a family of food professionals. She maintains an organic garden, makes her own soap, butter and cheese and delights in sharing her knowledge of "green" living and the joys of good eating with fellow foodies! Please visit her website at <http://www.amtamembers.com/rosemarynolan>

04-401 *So-Simple Sushi*

Making sushi is a quick, tasty way to use healthy ingredients rolled into bite-size portable packages that even kids will love – and you don't need to use any raw fish or special tools! Tonight you'll learn how easy it is to whip up a batch of sushi for snacks, lunches and appetizers, using both Eastern and Western flavors – think Black Bean Avocado Chicken, Massachusetts Rolls, and vegetarian options galore! All students will go home with enough nori (unflavored seaweed sheets) to duplicate at home what we gobble up tonight. **1 night/3 hours**

Wednesday, March 19

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-403 *Succulent Spring SuperFoods: Cooking With the Spice Lilies*

The ginger (*Zingiberaceae*) family also includes turmeric, cardamom, and galangal – all delicious spices known to have beneficial effects on health. Come learn their folklore and cook and eat with them – and be warned we might throw in some information on the alliums (garlic, leeks, and onions) as well! We'll make classic Thom Ka Gai (Thai chicken coconut soup), real homemade chai, sweet ginger carrots, a classic turmeric-rich curry, a Tuscan roasted-garlic white-bean puree, and more. Good health never tasted so good! **1 night/3 hours**

Wednesday, April 2

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-404 *Succulent Spring SuperFoods: Feast of the Sea*

There's no need to avoid seafood because you think it's complicated or impossible to prepare without a deep-fried coating or a grill! We'll experiment with what is freshest at the market today to learn how quickly good fish cooks and how little prep is needed to build a healthy dinner around seafood. Flavor-packed quick marinades, low-fat reduction sauces, homemade seafood stock, and the secrets of creamy-rich low fat chowder will be on the menu along with new favorites like Bloody Mary Shrimp and Salmon Rillettes. **1 night/3 hours**

Wednesday, April 9

6:00 p.m. – 9:00 p.m.

Course Fee \$45

*More classes with Rosemary
on the next page.*

Cooking classes with Rosemary continued from previous page.

04-406 Get Ready For Cinco De Mayo

Want to throw a spring party with a little Southwestern flair? In tonight's session you'll play with Mexican and Mesoamerican flavors that date back to the Aztecs with (among other selections) citrus-laced pork Poc Chuc, a bright and fresh tropical fruit salsa, classic Chicken Mole, and delectable Empanadas with a cream-cheese cornmeal crust. Hot chiles will be used at your discretion – this cuisine is about fresh ingredients and a light hand at the stove, so even those who don't like spicy food will love this class! **1 night/3 hours**

Wednesday, April 16

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-402 Delirious For Dumplings

Spring is here and our palates are a little jaded. How about some freshly made herbed chicken wontons, elegant steamed pork dumplings, baked pirozhki, fluffy spaetzle, or quick and tasty empanadas? We'll use fresh ingredients and seasonings from both Eastern and Western kitchens to make tiny packages of goodness that are low in fat, tasty, and can be made in batches and frozen for nights when you're too tired to cook from scratch. You'll learn how to make feathery dumpling doughs as well as whipping up batches of perfect potstickers that can be eaten as appetizers or in super fast light soups. **1 night/3 hours**

Wednesday, April 30

6:00 p.m. – 9:00 p.m.

Course Fee \$45

04-405 Succulent Spring SuperFoods: Detox Smoothies and Green Drinks

Spring in New England usually finds us feeling pale, chubby, and not so healthy. Take control of your health before the warm weather hits and learn how to make cleansing, delicious smoothies that are high in protein, vitamins, minerals, and raw green foods – perfect whenever you choose to fit them into your diet to start waking up a sluggish digestive system and getting you perked up for spring. We'll discuss how to avoid dairy, soy or nut milks if those aren't part of your diet, and give you great ideas to avoid excess sugar and make both breakfasty and savory beverages that will satisfy your body's craving for real nutrition. **1 night/3 hours**

Wednesday, May 14

6:00 p.m. – 9:00 p.m.

Course Fee \$45

*“Rosemary makes cooking
easy and fun.”*

Cooking Classes With Lina

Join a virtuoso chef of Italian culinary treasures..... share the spirit and secrets behind her cooking.....along with bits of Italian language and culture.....take a Viaggio Culinario Attraverso L'Italia with Lina.

Lina D'Annunzio was born in Italy and has lived in the United States for 40 years. Cooking is a passion and everything is made from scratch. Franco, Lina's husband, shares her love for cooking and spends a great deal of time in the kitchen with her. Lina owned and operated the Ciao Napoli restaurant formerly located in Marlboro, MA where her most frequent diners were former Governors Weld and Cellucci.

04-393 Master the Basics

How many times have you asked yourself “where do I begin?” Whether it's a simple snack or a complicated dinner you need to start somewhere! Let Lina come to the rescue! She will teach a very fun way to make a delicious lasagna with homemade dough/noodles, olive oil and roasted tomatoes. You will be surprised how easy it is.

1 night/3 hours

Tuesday, March 11

6:30 p.m. – 9:30 p.m.

Course Fee \$45

04-394 Salads

Some people don't like salads, but if you are like Lina, you can't eat enough of them. Fresh vegetables are available most of the year so why not use them? Have fun creating very colorful, tasty and healthy salads such as; Amalfi's black lentil and chick pea salad with mint lemon dressing: panzanella salad with artichoke, black olives and capers and insalata di fagioli del purgatorio with sun dried tomatoes. **1 night/3 hours**

Tuesday, March 18

6:30 p.m. – 9:30 p.m.

Course Fee \$45

04-092 Sauces (Salse)

In Italian cooking, nothing is more important than the sauce. The approach is simple: fresh, quality ingredients, a little time and not “just tomatoes and oil”. Lina will begin with a marinara pasta sauce from scratch, and will show you the secret of making other sauces just as delicious. Using basic healthy ingredients, creating good sauces can be fun and so easy! **1 night/3 hours**

Tuesday, April 1

6:30 p.m. – 9:30 p.m.

Course Fee \$45

*More classes with Lina
on the next page.*

Cooking classes with Lina
continued from previous page.

**04-121 *Homemade Bread,
Pizza and Calzones*** **NEW!**

What a huge difference homemade bread and pizza dough can make! Lina will teach you the secrets of mixing and kneading the perfect dough. Create toppings for the pizza and fillings for the calzones that will be very different from the ones delivered to your door. Learn to appreciate the taste of homemade. **1 night/3 hours**

Tuesday, April 8
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

04-395 *Easy Elegant Meatless Entrees* **NEW!**

How many times have you craved a delicious and light entrée without having to buy and cook meat? Let Lina show you how to “mangiare bene e spendere poco!” (eat good and spend little.) Have fun making roasted vegetable lasagna, bread and cheese meatballs and Trevi (a city near Rome) celery parmigiana. **1 night/3 hours**

Tuesday, April 15
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

04-396 *Fabulous Antipasti* **NEW!**

Antipasto is something that pleases your eyes and opens your stomach. What could be better than zucchini sticks with spicy pepper sauce; caprese mushroom melts; or fried sweet peppers with balsamic vinegar? If your mouth is watering then this class is for you. **1 night/3 hours**

Tuesday, April 22
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

04-397 *Medaglioni di Vitello Tonnato* **NEW!**
**(Medallions of Baby Beef with
Tuna Sauce)**

Do you wish you could eat a meat dish that is cold, especially in the summer? No problem! Lina can make your wishes come true by showing you how to prepare this fabulous veal dish with creamy tuna that will stay in your heart and soul forever. The meat will be accompanied by Swiss chard, raisins and pine nuts. This class is sure to wow you! **1 night/3 hours**

Tuesday, May 6
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

04-398 *Ossobuco Milanese with Risotto* **NEW!**

Join Lina in preparing a traditional Milanese dish that she never gets tired of creating and eating. This recipe is made with slow braised veal shanks and served with risotto. The flavor of veal marries wonderfully with garlic lemon parsley. This meal will delight your guests!
1 night/3 hours

Tuesday, May 13
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

04-399 *Finalmente Parliamo di Biscotti* **NEW!**
(Finally Let's Talk About Cookies)

Many have asked for a class on Italian cookies, so here it is. These are great recipes for your sweet tooth. You will make Baci di Alassio from Liguria, almond biscotti from Naples and Sofficin di Roma. Come and enjoy making these unbelievable delicacies and take home the recipes to share with family and friends. **1 night/3 hours**

Tuesday, May 20
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

04-400 *Potato Gnocchi Alla Romana E* **NEW!**
**Gnocchi Alla Napoletana with
Homemade Ricotta**

Don't miss this class! Lina will show you how easy it is to make homemade ricotta that will be used in the Neapolitan style gnocchi. She will also show you how to make the Roman style gnocchi. You will be surprised how easy these recipes are and how much fun it can be to create these delicious gnocchi. **1 night/3 hours**

Tuesday, May 27
6:30 p.m. – 9:30 p.m. **Course Fee \$45**

Cooking Classes Fill Quickly
Register Early



ENTERTAINMENT

Bay Path Evening School & Best of Times Proudly Present



WORLD SERIES CHAMPIONS

THE BOSTON RED SOX vs. THE BALTIMORE ORIOLES

Including **BALLPARK TOUR, The UNITED STATES NAVAL ACADEMY, ANNAPOLIS, WINE TASTING & TOUR**



Three Days / Two Nights: Sept. 19th-21st, 2014 (Friday-Sunday)

Day 1 - Baltimore, MD We begin our adventure with an early morning pick-up on board a deluxe motorcoach equipped with lavatory. We travel today to **Baltimore, Maryland** with multiple rest stops enroute. This afternoon we arrive at our hotel with time to rest, relax, and refresh after our journey. This evening **we head to Camden Yards to watch our beloved Red Sox take on the Baltimore Orioles.** Enjoy watching our **First Game** from your **Lower Reserved Seats.** Dinner this evening is on our own at the park.

Day 2 - Camden Yards, Annapolis & the US Naval Academy This morning enjoy a **Full Buffet Breakfast** at our hotel before embarking for Baltimore's Inner Harbor. We begin with a **tour of one of America's Great Ballparks, Camden Yards.** This walking tour will take us behind the scenes of this historic ballpark. From here we will head to **Maryland's Capital City Annapolis.** Here we will get an overview of this famous port city with the highlight of our day a guided walking tour of the **US Naval Academy.** This one and a half hour walking tour will have us experience some of the great highlights of life at the U.S. Naval Academy past and present. Our visit of this military institution includes sites such as Lejeune Hall, Bancroft Hall, Tecumseh Court, Herndon Monument, Main Chapel (when open) and Crypt of John Paul Jones. Lunch is on our own in downtown Annapolis before we head back to Baltimore's Inner Harbor to enjoy our **Second Red Sox game in Lower Reserved Seats.** Dinner this evening is on our own at the ballpark.

Day 3 - Wine Tasting & Tour at Boordy Vineyards - This morning enjoy a **Full Buffet Breakfast** at our hotel after our night out at the game. After our departure from the hotel we will stop at one of Maryland's finest vineyards - **Boordy Vineyards for their Wine Harvest Festival.** When you visit Boordy Vineyards, the cupolas on the historic barns rise above the vines just as they appear on their Landmark wine labels. Set in the rolling farmland of Baltimore County, Boordy Vineyards' Harvest Festival brings the art and fun of wine making to life. This yearly event incorporates live music, grape pressing demonstrations, hayrides through the vineyard, as well as delectable wine tastings and tours. In addition there will be food available for purchase as well as wine by the bottle or glass. So indulge as this is a great event and a terrific time to enjoy wine with friends. Enjoy rest stops enroute to home with fond memories of our adventure together.

Price Per Person*: \$445 Double, \$435 Triple, \$565 Single, \$415 Quad



*Price Does Not Include Driver or Tour Director Gratuities.

Contact: Bay Path Evening School / 508-248-5971 x 1715 / 57 Old Muggett Hill Rd. / Charlton, MA 01507

Deposits: A \$50 pp deposit confirms your reservation. Final payment is due August 8th, 2014. If paying by credit card payment in full is due upon registration. **A Trip Protection Program** is available for a fee of \$40 pp and ensures a full refund less the Trip Protection Fee regardless of the cancellation date. The Trip Protection Fee must be paid in full at time of deposit/registration. **Cancellation Policy:** Cancellations from 8/19/14 - 9/16/14 will be charged 75% of the total trip fare. Cancellations after 9/16/14 will be charged 100% of the total fare.

RED SOX WEEKEND REGISTRATION FORM

Bay Path Regional Vocational Technical High School
 57 Old Muggett Hill Road~ Charlton, MA 01507
 (508) 248-5971 X 1715/1714 or (508) 987-0326 X 1715/1714

Date _____ Email Address _____
 Name _____ Date of Birth _____
 Street Address _____ (or) P.O. Box _____
 City _____ State _____ Zip _____
 Home Phone _____ Work/Cell Phone _____ Ext. _____

Room Type	Cost Per Person	Individual Names Sharing Room	Total Cost
Double	\$445	1. 2.	\$890
Triple	\$435	1. 2. 3.	\$1305
Quad	\$415	1. 2. 3. 4.	\$1660
Single	\$565	1.	\$565

Deposits: A \$50 pp deposit confirms your reservation. Final payment is due August 8, 2014. If paying by credit card, payment in full is due upon registration. *A Trip Protection Program* is available for a fee of \$40 pp and ensures a full refund less the Trip Protection Fee regardless of the cancellation date. The Trip Protection Fee must be paid in full at time of deposit/registration. Cancellation Policy: Cancellations from 8/19/14 - 9/16/14 will be charged 75% of the total trip fare. Cancellations after 9/16/14 will be charged 100% of the total fare.

Method of Payment: Deposit _____ (\$50 per person) Cash _____ Check # _____ (Payable to Bay Path Evening School) (Credit Card must be Payment in Full) Mastercard Visa Discover	Total Payment \$ _____
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Credit Card # _____
 Expiration Date: (MM/YY) ____/____/____ Three digit security code on back of card: _____

Cardholder's Name, Address & Phone number (if different from registrant)

Signature _____

EXPLORE A TRADE

15-008 *Small Engine Repair*

Do you often wish you knew how to diagnose and fix a simple problem with your lawnmower, chain saw or snow blower? The focus of this course is hands-on repair of small engines. Servicing techniques and internal engine components (does not cover "electronic" ignitions) are covered on both the four-stroke engine and the 2-cycle engine. After the first class night, students will work in teams and are welcome to bring in a small engine to be diagnosed and repaired. *(Safety glasses required)*

8 weeks/24 hours

Bill Nedoroscik has many years of experience in the small engine field. He also owns and operates his own racing shop where he builds, tests, and tunes supercharged, fuel injected and jet engines.

Thursdays, March 6 – April 24

6:30 p.m. – 9:30 p.m.

Course Fee \$179

Senior Citizen Course Fee \$149

15-009 *Basic Auto Maintenance*

Learn the techniques needed for basic auto maintenance on your own car, including a wide range of repairs, that will save you \$\$\$ in expensive labor. Classroom hours will include discussion on timing systems, transmission and electronic systems and shocks. Workshop hours will be devoted to students working on their cars with emphasis on the following:



- Brakes.....rotor and drum
- Packing wheel bearings and seals
- Oil & Filter changes
- Gas Filter changes
- Tune-ups...spark plugs, wires, distributor caps, air cleaners
- Lights...head lamps, blinkers, side markers
- Exhaust Systems...mufflers and tail pipes only
- Starters....replacements

(Safety glasses required) **8 weeks/24 hours**

Bill Nedoroscik (See previous biographical sketch.)

Wednesdays, March 5 – April 30

(No class on March 12)

6:30 p.m. – 9:30 p.m.

Course Fee \$179

Senior Course Fee \$149

15-001 *Auto Body for Beginners*

In this "do-it-yourself" course, you will learn the use of special auto body tools, and dent removal techniques. You will spend the beginning of the course on repair procedures such as dent pulling, basic welding, grinding, filling, priming, painting, and a lesson on airbrushing. You may have time at the end of the course to work on your own car or parts of a vehicle you brought along. The instructor is there to help you and will offer help as needed on an individual basis. *No storage space is available and any supplies used will be an additional cost.* **10 weeks/30 hours**



Maximum class size: 8 students

Paul Merrill has 31 years experience in the Auto Body trade and is currently teaching in the daytime program at Bay Path. He holds status as an A.S.E. Master Auto Body and Refinishing Technician, has I-CAR certification and a Massachusetts Automobile Damage Appraiser's License.

Tuesdays, March 4 – May 20

(No classes on March 25 & April 29)

5:30 p.m. – 8:30 p.m.

Course Fee \$299

15-002 *Auto Body for the Do-it-Yourselfer*

This course is designed for the person who has some knowledge of the auto body trade. This is an ideal setting in which to repair your classic or to fix-up your daily driver. If you have taken auto body for beginners this is a good next step. If you are looking for a place to work on your vehicle during inclement weather this is the place to do it. The instructor is there to teach as needed. Dent repair, rust repair, panel replacement, welding, masking and painting will be covered as needed. *Supplies and materials will be an extra cost and no storage space is available.*

10 weeks/30 hours

Maximum class size: 8 students

Raymond Beck has 24 years experience in the Auto Body trade and has been teaching in the daytime program at Bay Path for 13 years. He currently holds status as an A.S.E. Master Auto Body and Refinishing Technician and has a Massachusetts Auto Damage Appraiser's license.

Wednesdays, March 5 – May 14

(No class on March 12)

6:00 p.m. – 9:00 p.m.

Course Fee \$299

15-003 *Introduction to Welding*

The metal fabrication industry is short of skilled workers, so if you have ever considered welding as a second job or you would like to learn more about this skill, join our group. This hands-on course will teach you basic oxy-acetylene welding and shielded metal arc welding skills. Using state of the art equipment, class work will include joint design, melting points, types of filler metal and electrodes. *(REQUIRED FOR FIRST NIGHT OF CLASS: WELDING HOOD WITH #10 SHADE, #5 GAS WELDING GOGGLES, SAFETY GLASSES, WELDING JACKET OR COAT, WELDING GLOVES, AND LEATHER WORK SHOES)* **(Class limited to 10 students)**

8 weeks/24 hours

Chris Wong Kam has 25 years experience in the metal fabrication/welding-industry. He is a graduate of Bay Path Regional Vocational Technical High School metal fabrication program. He has 5 years teaching experience and is presently employed as a metal fabrication/welding instructor at Bay Path. He is certified AWS D1.5 with the Massachusetts Highway Bridge Section and has a state master and instructors license in sheet metal.

Thursdays, March 6 – April 24

6:00 p.m. – 9:00 p.m.

Course Fee \$399

(All materials and metals included)

15-006 *Introduction to Machine Shop/Manufacturing*

Explore the fundamentals of machining, such as drilling, milling, turning, grinding and more. Learn these new skills through 8 classes of demonstrations and “hands-on” experience. This is a great course for beginners. Those with experience are encouraged to work on a project of their own choice, within their own ability level. 4 classes will be hands-on lathe work where each student will produce a nail set or center punch. 2 classes will focus on basic Bridgeport set-up & milling. 2 classes will be devoted to the world of C.N.C. with an introduction to basic conversational programs. The instructor will have a Bay Path day student, as well as himself, to assist you in every class. *(Safety is number one: safety glasses must be worn at all times and steel toe shoes are recommended.)*

(Class limited to 9) 8 weeks/24 hours

Tate Ostiguy has over 20 years in the Manufacturing field. His specialties range from Aerospace, Medical, Die Cast, and Automotive Restoration. Tate has been the Bay Path Machine Shop instructor since 1997.

Tuesdays, March 4 – May 6

(No classes on March 25 & April 22)

6:00 p.m. – 9:00 p.m.

Course Fee \$299

Senior Citizen Course Fee \$279

15-011 *Introduction to Woodworking – Build Your Own Outdoor Adirondack Chair*



Your chair will be ready for your summer patio! Step-by-step, you will learn techniques for the safe and efficient use of common hand and power tools, as well as constructing an affordable and attractive piece of outdoor furniture. Your project will be built from the finest Western Red Cedar Wood, best known for its natural weather resistance, durability and insect deterrence. Make this be your first learning experience in woodworking or continue learning new techniques...either way you will build a chair to be proud of! **Class is limited to 8 students.**

8 weeks/24 hours

Nick Tortis is the Director of Inspection Services in the Town of Southbridge. As former owner of a building and cabinet making shop in Southbridge, Nick has 25 years of experience in woodworking & construction.

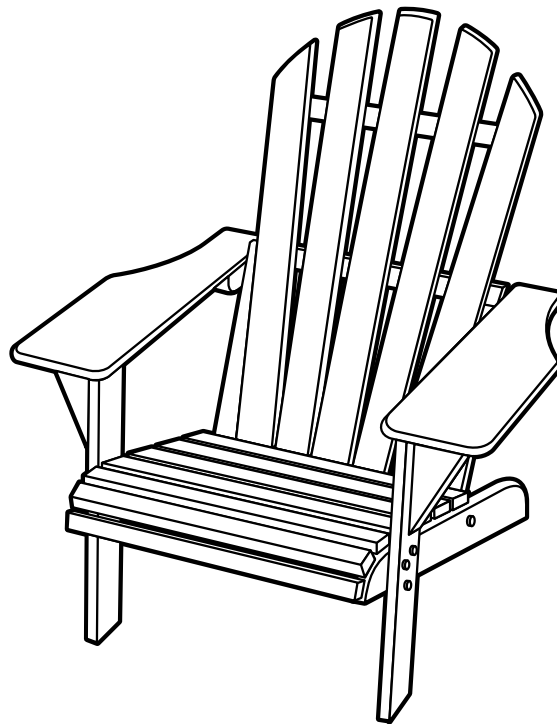
Tuesdays, March 4 – May 6

(No classes on March 25 & April 29)

6:30 p.m. – 9:30 p.m.

Course Fee \$299

(Does not include hardware)



**On-line Registration is Easy,
Safe and Convenient!**

baypath.augusoft.net (Do not type www)

GROWTH & DEVELOPMENT

05-022 *Brain Gym® for Professionals/Parents*

Brain Gym® is a system of quick and enjoyable physical activities that enhance brain function. These simple physical movements can bring about rapid and automatic improvements in such skills as memory, math, reading, writing, concentration and communication. There are also noticeable gains in creativity, energy levels and athletic performance. Brain Gym is part of a comprehensive program called Educational Kinesiology or Edu-K. The premise is based on how children learn in the world they encounter. Children learn as they move through life. Intelligence demands the ability to move easily between generalization and specification, a whole brain/body state. You will learn the procedures that “switch-on” the two frontal-hemispheres of the brain for learning. Organizational skills will help students make rational decisions and maintain self-control. Students will be able to concentrate his or her attention and see the bigger picture at the same time. **Materials Fee: \$10 (cash only) is payable to the instructor on the first night of class.**
4 weeks/8 hours

Susan Wilbur is a certified Brain Gym Instructor licensed through the International Kinesiology Foundation in Ventura California. www.braingym.org.

Thursdays, March 6 – April 3

(No class on March 20)

6:00 p.m. – 8:00 p.m.

Course Fee \$99

05-001 *GED 21st Century*

The new revised GED examination is designed to better prepare students in entering post-secondary educational programs and obtain more successful career opportunities. Students will be required to take four tests: Reasoning Through Language Arts, Mathematical Reasoning, Science, and Social Studies. Writing will be incorporated in the Language Arts, Science and Social Studies tests. In this course, students will receive the necessary skills to pass this new exam! *A basic knowledge of using a computer will be helpful, as the test will be administered by computer only. Students must have access to a computer and the internet.*

Required Course Textbook & Materials: Kaplan New GED®, Book w. Media 11th Edition isbn:1609780906, a 3 subject notebook, a writing utensil, and the official GED calculator – TI 30XS. **Class is limited to 12 students**

10 weeks/30 hours

Michael Metcalf is a graduate of Worcester State College and has 6 years of experience in teaching the GED.

Thursdays, March 6 – May 8

6:00 p.m. – 9:00 p.m.

Course Fee \$179

(Cost of GED exam is not included in course fee.)

09-047 *Why Learn Spanish?*

Residents of the United States are studying Spanish in record numbers because it is the fourth most commonly spoken language in the world and it is one of the easiest foreign languages to learn. Much of its vocabulary is similar to English and written Spanish is almost completely phonetic. Mastering the grammar of Spanish can be a challenge; however, this course begins with straight forward basic grammar – enough for you to have meaningful communication after only a few lessons. Your language skills will also be developed in the areas of past, present and future tenses to facilitate participation in conversations and activities in the classroom. Whether for the workplace, travel or personal enrichment – it is never too late to learn the foreign language of choice after English. **10 weeks/25 hours**

Anna Mendes-O’Leary has been teaching Spanish and French for 38 years. Anna has a Bachelor’s degree in French and Spanish from Framingham State University and a Masters degree in Multicultural Education from the University of Massachusetts-Amherst. She is an adjunct professor for the University of Connecticut Spanish Department in the ECE (Early College Experience) Program.

Thursdays, March 6 – May 8

6:30 p.m. – 9:00 p.m.

Course Fee \$229

Senior Citizen Course Fee \$199

09-035 *Conversational Italian*

Italian is a lively and expressive language that is fun to learn. This class is for people with little or no previous knowledge of Italian, whether you plan to travel to Italy or just want to learn some common phrases. You will practice basic grammatical concepts and expressions while you develop your vocabulary and knowledge of written Italian. Participation is a must so prepare to be interactive in this class. **Class is limited to 15 students.**

8 weeks/20 hours

Lina D’Annunzio was born and raised in Naples, Italy. As an elementary school teacher, educated in Italy, Lina taught Italian and tutored children in French and math. She and her husband have lived in Massachusetts for 39 years and have 3 married children living in the area. Lina has a passion for anything “Italian” especially teaching and cooking where everything is made from scratch!

Wednesdays, March 19 – May 7

6:30 p.m. – 9:00 p.m.

Course Fee \$199

Senior Course Fee \$179

**Visit Pages 10-14
for Career & Licensing**

HEALTH & FITNESS

06-169 *Beginner/Mixed Level Belly Dancing*

Belly dance is a fun, exotic, ancient form of dance that is body-friendly for women of all ages, shapes and sizes! In this class we'll warm up thoroughly with a gentle blend of simple yoga and stretching. You'll learn the universal vocabulary of belly dance isolations, which have the benefit of sculpting your abs, core muscles, and upper body. We'll use what we learn in easy combinations and explore dancing with veils! Move at your own pace and explore a form of dance that is sensual, emotional and makes you feel beautiful. In the process you'll make new friends and get a great workout! *Please bring water, wear comfortable exercise clothing, and be prepared to work out barefoot or in socks.* **6 weeks/9 hours**



Rosemary Nolan has pursued many forms of dance all her life and has taught, studied and performed belly dance for twelve years. She is a member of Eve Tribal Belly Dance Company based in West Boylston, MA and has studied with many Tribal Fusion Style artists working in or visiting New England. She is also a Reiki Master and licensed massage therapist practicing in the Worcester area. Please visit her website at: <http://www.amtamembers.com/rosemarynolan>.

Mondays, March 3 – April 7
7:00 p.m. – 8:30 p.m.

Course Fee \$99

06-211 *Beyond Basics Belly Dancing*

If you have some belly dance experience, or you've taken the Beginner/Mixed level class at any time and would like to advance your skill level, this class is for you. We'll review the basic movement vocabulary briefly, but the focus will be on adding more challenging isolations plus faster and more complex movement combinations. The class will be tailored to the goals and motivation of the students! *Please bring water, wear comfortable exercise clothing, and be prepared to work out barefoot or in socks.* **4 weeks/6 hours**

Rosemary Nolan (See previous biographical sketch.)

Mondays, April 28 – May 19
7:00 p.m. – 8:30 p.m.

Course Fee \$69

06-210 *Energy Healing and Self-Care for Women*

Chronic stress, tension, hormonal shifts, diet and physical fitness all have profound effects on a woman's well-being, but we can't always do everything we should for our health to stay in balance. This class will teach you fast, simple self-care techniques to keep your energetic self in tune and support your physical and emotional health as well. We'll demystify the principles that come to us from Eastern traditions of healing such as Reiki and Shiatsu, and you'll go home with a new set of tools to bolster your "energy anatomy" on a day-to-day basis or just when a meltdown moment hits. **1 night/3 hours**

Rosemary Nolan (See previous biographical sketch.)

Wednesday, May 7
6:00 p.m. – 9:00 p.m.

Course Fee \$29

06-215 *Healing Through Hypnosis*

This presentation will explain how hypnosis is used as a therapeutic tool for healing and change through the empowering hypnotherapy process. Hypnosis definition, classifications of states of consciousness and categories of the mind, as well as fears and concerns will be addressed. The many health and personal issues which can be changed through hypnosis will be discussed including examples of applicable scripts. You will experience a 20-minute session of Guided Imagery Relaxation and Stress Relief, a safe relaxation technique that focuses and directs the imagination to allow the mind to influence the health and well being of your body. **1 night/1½ hours**

Cindy Clark, MHT, is a Certified Master Hypnotherapist and guided imagery practitioner. In 2006, after retiring from the traditional business world, Cindy created her own business, Peaceful Hearts. The mission statement is to assist individuals in finding inner peace and harmony by providing healthy messages to the subconscious mind. She is a Connecticut native, currently residing in Spencer, MA.

Thursday, March 13
7:00 p.m. – 8:30 p.m.

Course Fee \$29

06-220 *Past Life Regression*

Exploration of past lives is based on a belief in reincarnation and karma. This course discusses how past life remembrances can illuminate life patterns and clarify our soul lessons. These two important questions can be answered: What did I ever do to deserve this? And why am I going through this again? The soul's memories are stored within the unconscious mind and can be accessed through hypnosis. A past life regression will be conducted for the group. Students are encouraged to give thought in advance to the personal goal, intention or information being sought. At the end of the past life experience each student receives a self-evaluation sheet with questions designed to help quickly record impressions and information received. **1 night/1½ hours**

Cindy Clark, MHT (See previous biographical sketch.)

Thursday, April 10
7:00 p.m. – 8:30 p.m.

Course Fee \$29

06-068 Pilates

Learn the exercises developed by Joseph Pilates to build strength, improve flexibility, coordination, body awareness, range of motion and controlled breathing. Practiced regularly, Pilates transforms the way your body looks, feels and performs. Pilates exercises build strength without excess bulk creating a sleek toned body. This class will demonstrate Pilates exercises that can be modified to suit any person of any age and fitness level. *A Pilates mat is required. This class is limited to 10 students.*

8 weeks/8 hours

Tina Bohaboy has been a lifelong fitness enthusiast and brings many fitness related experiences with her. Tina holds national certification through AFAA and Pilates Certification through AAAI-ISMA phase 1 thru 3, and is also Power Pilates (Boston) certified. Tina is certified in Senior Wellness and Fitness designed for active older adults and believes exercise is important no matter what your age. She is certified in CPR through the American Red Cross.

Wednesdays, March 5 – April 30

(No class on March 12)

6:30 p.m. – 7:30 p.m.

Course Fee \$99

06-180 Body Boot Camp

Feel the power of group training in a fitness program designed to challenge, tone, and trim your body. Statistics have proven that working out in a small group yields great results and success! This indoor/outdoor, full-body conditioning fitness program is designed to reduce body fat, build strength, flexibility, and enhance cardiovascular endurance in an action packed one hour workout. Whether you are a beginner, an avid fitness enthusiast, or just tired of the same old routine, try this whole new approach to fitness....it's fun, motivating and best of all, it simply works. **All classes can be adapted to all fitness levels and modifications can be offered to meet every fitness need.** You will receive free nutritional guidelines and a pre and post body assessment to track your progress. Learn to make the changes you need to achieve the fit and healthy body you have always dreamed of. **Class is limited to 15 students. Proper footwear is required to participate in class. Please bring 3-5 lb handheld weights, an exercise mat or towel and water to each class.**

15 classes/15 hours

Eneida Alvarado is a Nationally Certified Fitness Trainer and Group Fitness Instructor. Eneida has developed individualized lifestyle and weight management programs and will bring a personalized approach to your fitness goals. Through coaching and education in a fun environment, she has motivated and inspired individuals and groups to adapt to a healthier lifestyle. It is her believe that you can reach your goals in all aspects of life while maintaining balance in all that you do. Catch her energy, passion and enthusiasm!

Tuesdays & Thursdays, March 4 – April 24

(No class on March 25)

6:30 p.m. – 7:30 p.m.

Course Fee \$199



06-140 LoveYourBody Fitness – The Nia Technique

Have you ever wished you had the time and money to take three different fitness classes a week: a kick boxing class, cardio dance class, and a yoga class? Well, wish no more, because this is the class for you!!!

LoveYourBody Fitness – The Nia Technique combines elements of all three into one hour

like you've never experienced before. In Nia, the joy and freedom of dance blend with the power of martial arts and the healing elements of yoga to create sixty minutes of cardio bliss. Participants at any fitness level move barefoot to music with a positive pulse while feeling pleasure the entire time. **Please bring a yoga mat for cool down and a water bottle to class. 6 weeks/6 hours**

Bonnie Wallace is a Certified Nia Instructor, Board certified Music Therapist, and child at heart. Bonnie's Nia classes focus on allowing the body to move in ways that maximize awareness, eliminate discomfort and cultivate self-love.

Wednesdays, March 19 – April 23

7:30 p.m. – 8:30 p.m.

Course Fee \$99

06-219 Hip Hop Hustle



Hip Hop Hustle is a beach body fitness program created and choreographed by Chalene Johnson. It is a really fun, high-energy cardio dance workout set to...hip hop music! If you want to burn some serious calories, shape your body, and feel like a legit dancer, then this is the class for you! Instructor Bonnie Wallace has been teaching dance fitness since 2007 and her playful enthusiasm is contagious. **Please wear sneakers and bring a water bottle to class. 6 weeks/6 hours**

Bonnie Wallace (See previous biographical sketch.)

Wednesdays, April 30 – June 4

7:30 p.m. – 8:30 p.m.

Course Fee \$99

**LEARN TO RUN
SEE PAGE 38.**

06-216 *Strategies for Managing Stress*

Stress has been called the “Health Epidemic of the 21st Century” by the World Health Organization. Stress represents anything that poses a threat or perceived threat or a challenge to our well being. Some stresses are good for you, while others are damaging. Being able to manage stress is all about taking charge of your thoughts, values, beliefs and emotions. This class will explore the topic of stress and identify stress triggers. Learn effective strategies to combat the effects of acute and chronic stress. Learn quick strategies and create an action plan for prolonged stress so that you can start to live a healthier, happier lifestyle. **Please note: Each participant will receive handouts, a journal and a bottle of pure essential oil. The cost is \$20.00 payable to the instructor the first night of class (cash only). 2 weeks/4 hours**

Dawna Salkiewicz, 200RYT, studied Psychology/Health and Wellness Promotion at Walden University. She is certified through Wellcoaches Corporation coaching emotional intelligence and neuro-linguistics programming (NLP). Ms. Salkiewicz is a wellness coach who strives to help people achieve their highest level of physical, emotional and spiritual health.

Mondays, March 3 – March 10
6:30 p.m. – 8:30 p.m.

Course Fee \$39

06-082 *Hatha Yoga*

Hatha means “yoga for health” and is the physical aspect of the practice. It renews, invigorates, and heals the body, stretching and strengthening the muscles, joints and spine and directing blood and oxygen to the internal organs (including the glands, organs and nerves). It improves strength, respiration and fitness levels to “opening energy channels”. We’ll incorporate vinyasa sequencing for a flowing class format using transformational language for communicating. We will connect the breath to each movement by practicing mindfulness as we flow through each pose. Options will be taken and encouraged by the instructor when needed for safety. If you have specific concerns, contact your physician prior to enrolling in this class. **Mandatory for class: a yoga mat, yoga straps or ties and 2 blocks. 10 weeks/12½ hours**

Dawna Salkiewicz (See previous biographical sketch.)

Tuesdays, March 4 – May 20

(No classes on March 25 & April 29)

6:30 p.m. – 7:45 p.m.

Course Fee \$149

06-217 *Energy Leadership*

This two hour session will focus on the seven levels of energy that we all have. You will learn about the levels of energy that are constructive, healing and growth oriented. This type of energy helps you achieve successful results and is useful in guiding others. You will also learn about energy that is draining and not as effective. This energy is usually seen during stressful situations and limits your view of the situation. We will discuss energy blocks that keep you from reaching your goal and how to increase your energy to move forward in a positive way. **1 night/2 hours**

*Gayle Suzanne, CPC, ELI-MP, is a certified Professional Coach and Energy Leadership Index Master Practitioner. Gayle’s early life was filled with challenges; emotional abuse, bullying, low self-worth and countless rejections. She has a deep desire to help those with self-esteem issues boost their confidence, overcome obstacles and improve the relationships with themselves and others. Through her teachings, she will provide tools that can help you become happier and more fulfilled. She has been described as humorous, compassionate, insightful and intuitive. She is the author of *It’s In The Little Things*. She is a member of the International Coaching Federation workshop facilitator and speaker.*

Tuesday, March 11

6:30 p.m. – 8:30 p.m.

Course Fee \$29

06-218 *Inner Development*

Do you have a voice deep down that says you’re just not good enough? Do you believe a happy life is meant for others but not for you? This course is designed to help you press through hurt to a place of self-acceptance and peace. This series will help you look at things differently and will give you ideas to shift your energy and improve your life. Sample topics addressed: Looking at rejection in a different way, setting boundaries, recognizing gifts and talents, letting go, decision making and serving others. We will also go through a powerful meditation that can be healing and life changing. This workshop is interactive and thought provoking and is presented with honesty and humor.

4 weeks/6 hours

Gayle Suzanne, CPC, ELI-MP (See previous biographical sketch.)

Tuesdays, April 1 – April 22

6:30 p.m. – 8:00 p.m.

Course Fee \$79

***Limited Enrollment in many Classes –
REGISTER NOW!***

baypath.augusoft.net (Do not type www)

29

06-205 Osteoporosis Take Charge!

Osteoporosis Take Charge is a whole body approach for the prevention and management of osteoporosis. Over 1.5 million fractures occur each year due to Osteoporosis. Research has proven that Osteoporosis is preventable and to some degree reversible. You can make good choices that will keep your bones strong and healthy at any age! Participants will learn how to:

- Identify their personal risk factors for Osteoporosis
- Understand the diagnosis of Osteoporosis and Osteopenia
- Improve their bone health with safe exercise choices
- Improve their bone health with wise lifestyle choices
- Decrease their risk of falls and fracture
- Manage a diagnosis of Osteoporosis

This class is designed for any person who has been diagnosed with Osteoporosis or Osteopenia. You will also benefit from this class if you are interested in improving your bone health, have a history of back pain, scoliosis, poor posture or a compression fracture of the spine. Each participant will receive a free 16 page manual entitled "How strong are your bones?" published by the National Osteoporosis Foundation as well as an osteoporosis resource list. **1 night/2½ hours**

Renee King, PT is a licensed Physical Therapist with 27 years of clinical experience. She is a Certified Meeks Therapist and specializes in the management of Osteoporosis, compression fracture and postural deformity. Renee is a member of the National Osteoporosis Foundation and the National Women's Health Network. Her personal mission is to educate the community on a whole body approach to the prevention and management of Osteoporosis.

Tuesday, March 11

6:00 p.m. – 8:30 p.m.

Course Fee \$39

Holistic Health Classes with Joanne

Joanne LaLiberte is a Holistic Health Practitioner for over 20 years. She is certified pre-med from Worcester State University and teaches in the adult evening programs at Bay Path, Charlton, MA for the past 8 years, Top Floor Learning, Palmer, MA and Booklovers' Gourmet in Webster, MA. She is a certified Reiki Master/Teacher and provides a varied curriculum of holistic health classes throughout the local community. Her goal is to help people live their best lives through natural health practices and lifestyle choices.

06-114 Chakras **NEW!**

Understanding the chakras is major to vital health!!! Total wellness is to have smooth energy flow through these centers providing sufficient energy, instantaneous thought, emotional balance and physical stamina. We are all aware of the lack of energy as our waking hours feel drained and we drag ourselves around... but never seem to recapture our God-given sense of stamina. Discover how to support the body's energy and increase the flow of our vital energy. **1 night/3 hours**

Tuesday, March 11

6:00 p.m. – 9:00 p.m.

Course Fee \$29

06-186 Crystal Therapy **NEW!**

The energy of the earth is captured in all its elements and is there for us to use in creating more vibrant health. Crystals & stones have energies that are as unique as we are. The more you handle stones, the more you will sense their energy. A stone layout is when the stones are placed on the energy centers (or chakras) of the body in order to effect some change in the aura whether it be to bring a more relaxed energy state or to encourage openness. We will discuss the chakra system and implications of blockages in energy. We will work to understand the individual personalities of the stones and follow this by creating our own stone layout which you may use as a guide in the future. Come and join us we begin to make some sense and fun of it all. **1 night/3 hours**

Tuesday, March 18

6:00 p.m. – 9:00 p.m.

Course Fee \$29

06-144 Reflexology **NEW!**

Massaging the feet stimulates the whole body through a system of reflex points... encouraging better health, fluid & energy flow throughout the body. We will discover an easy way of to understand these reflex points as well as learn various strokes to ease the client into relaxation. In this class, we will be working on each other's feet – but there are some who prefer to work on their own and that is o.k. too! We use hand sanitizer on both our hands and on the client's feet. Please bring a pair of warm socks & a face cloth to wipe the oil from your hands. Wear comfortable loose-fitting clothing. **1 night/3 hours**

Thursday, March 13

6:00 p.m. – 9:00 p.m.

Course Fee \$29

06-203 Feng Shui **NEW!**

Create a home environment that makes you feel great! Everything is energy and our homes are no exception. Become aware of some of the principles, why they were created and let Feng Shui create your dream home and life. Create the type of environment that everyone wants to be in. **1 night/3 hours**

Thursday, March 20

6:00 p.m. – 9:00 p.m.

Course Fee \$29



American Heart Association®



06-070 American Heart Association HeartSaver AED CPR Course: 2 Year Certification

This comprehensive course is designed to teach Adult, Child, and Infant CPR and relief of a foreign-body airway obstruction to all lay rescuers. It is recommended, but not limited to daycare providers, security guards, parents, grandparents, teachers, fitness instructors, boy/girl scout leaders, etc. We will view the latest dramatic video, and participate in instructor-led practice scenarios. **This course is not for Health Care Providers. Please bring a mat or a blanket, bottle of water and dress comfortable since class practice will take place on the floor. (Class limited to 6 students) 1 night/2½ hours**

Elizabeth Peppel is the Health Education Coordinator of Community Outreach Wellness Education at Harrington Hospital. She is a certified American Heart Association CPR/First Aid Instructor.

Wednesday, April 2
6:00 p.m. – 8:30 p.m.

Course Fee \$99
(Certification card cost included)

“I enjoyed everything about this course. All information was easy to learn and understand.”

06-119 American Heart Association HeartSaver Pediatric First Aid: 2 Year Certification

This comprehensive course is designed to teach first aid basics for children. It is recommended, but not limited to daycare providers, teachers, parents, grandparents, girl/boy scout leaders, and volunteers who work with children. We will view the latest dramatic video and participate in instructor-led practice scenarios. All participants will receive a textbook, informational First Aid CD, and a course completion card. **Please bring a mat or a blanket, bottle of water and dress comfortable since class practice will take place on the floor. (Class limited to 6 students) 1 night/3 hours**

Elizabeth Peppel (See previous biographical sketch.)

Wednesday, April 23
6:00 p.m. – 9:00 p.m.

Course Fee \$99
(Textbook & certification card included)

06-134 American Heart Association HeartSaver First Aid Course: 2 Year Certification

This course provides training in basic first-aid procedures. It is designed to train anyone who might be the first to respond to an emergency in the workplace or community. All participants will receive a textbook with an informational First Aid CD and a course completion card. **Please bring a mat or a blanket, bottle of water and dress comfortable since class practice will take place on the floor. (Class limited to 6 students) 1 night/3 hours**

Elizabeth Peppel (See previous biographical sketch.)

Wednesday, April 16
6:00 p.m. – 9:00 p.m.

Course Fee \$99
(Textbook & certification card cost included)

06-161 American Heart Association Healthcare Providers Basic Life Support

This course is intended for certified or non-certified, licensed or non-licensed, healthcare providers such as: medical or nursing students, respiratory, physical and occupational therapists, EMT technicians, etc. Students will learn and practice emergency cardiovascular care procedures for adults and children, including one-rescuer and two-rescuer CPR, rescue breathing and recognizing and relieving a foreign-body airway obstruction, as well as practice on the AED (automated external defibrillator). Students will be required to pass a written exam/skills test prior to receiving course completion card which will be valid for 2 years. All participants will receive a textbook and it is **highly** recommended that this student manual be picked up prior to course night. Books will be available in the evening school office any time after Monday, April 7th. **Please bring a mat or a blanket, bottle of water and dress comfortably as class practice will take place on the floor. Class is limited to 6 students. 1 night/3 hours**

Elizabeth Peppel (See previous biographical sketch.)

Wednesday, April 9
6:00 p.m. – 9:00 p.m.

Course Fee \$99
(Textbook & certification card cost included)



HOBBIES & CRAFTS

07-006 *Bowmaking*

Learn to make beautiful bows to be used as a decoration or to adorn baskets, gifts, wreaths, Christmas trees and more! Decorate bows to be used as a door or wall enhancement. Top all those special gifts with fancy bows this year. This class will show you how to make a bow from papertwist, enhance it with roses and berries. Bows will be made from ribbon, regular and wired, to be used on packages and on wreaths. In addition, you will learn to make ribbon roses.

Material Fee: approximately \$9 (cash only) payable to instructor on the night of the class. 1 night/3 hours

Karen Powers has been involved in crafts for over 11 years. She started making crafts as a hobby and has since participated in many craft shows and has rented space in several stores. Her line of home decorating projects includes a wide variety of materials to help create beautiful projects.

Wednesday, April 9

6:00 p.m. – 9:00 p.m.

Course Fee \$29

(Materials fee not included)

07-108 *Easter Centerpiece* **NEW!**

Design a fresh flower spring centerpiece for your Easter table. Design will be rectangular and feature spring flowers which may include tulips, narcissus, wax flowers, and more. Join us for an evening of creativity and go home with a lovely floral arrangement. **Material fee approximately \$25 (cash only) payable to instructor on the night of the class. 1 night/3 hours**

Karen Powers (See previous biographical sketch.)

Wednesday, April 16

6:00 p.m. – 9:00 p.m.

Course Fee \$29

(Materials fee not included)

07-126 *The Fun and Frugal Art of Soapmaking*

Making your own soap is a great way to avoid using potentially irritating chemicals and petroleum products on your skin while saving money – and it's FUN, not dangerous or complicated! If you enjoy making gifts for friends and family, this class is definitely for you. We'll make both glycerin and lye soaps to take home from this class, and learn a bit about aromatherapy and the history of soapmaking along the way. **Please bring at least three one-cup lidded plastic storage containers to class, (or any soap molds you may already have). 1 night/3 hours**

Rosemary Nolan has been an herbalist, organic gardener, soap maker and devoted pet owner for over twenty years. She is passionate about the classic arts of growing and preserving food, living off the grid, and promoting gentle, holistic and frugal ways of supporting optimum health for both people and animals! Please visit her website at <http://www.amtamembers.com/rosemarynolan>

Wednesday, May 21

6:00 p.m. – 9:00 p.m.

Course Fee \$49

(All supplies included)

07-150 *Blender Papermaking*

The ultimate in recycling! You can turn your brown paper bags, leftover office paper, construction paper and correspondence into a beautiful sheet of handmade paper with nothing more than a blender, some water, and an old window screen. For beautiful personalized paper you can mix in flower petals, glitter, herbs, citrus zest, you name it! In this class we'll demonstrate how to make homemade paper (base paper material will be supplied, as well as decorative herbs and botanicals. If you have something special you want in your paper sheet, please bring it). *Each student should bring a cookie sheet to transport their sheet of paper home for drying.*

1 night/3 hours

Rosemary Nolan (See previous biographical sketch.)

Wednesday, March 26

6:00 p.m. – 9:00 p.m.

Course Fee \$39

(All supplies included)



“Supplies provided were of excellent quality and quantity and teacher has a great personality.”





07-153 *Evaluating Your Antiques*

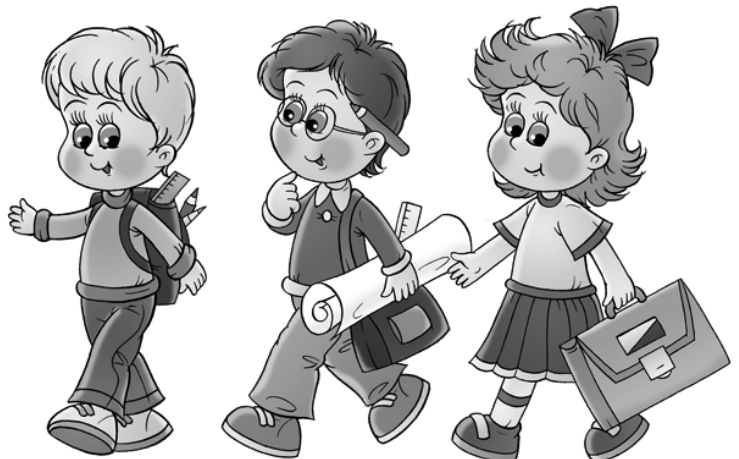
With PBS's Antique Roadshow and reality shows on storage auctions, pawn shops, and pickers, the interest in antiques and collectibles is greater than ever. This year, the ball that went through Bill Buckner's legs sold for \$418,000 at auction. A South Carolina man bought a painting for \$3.00 at a Goodwill store in South Carolina and that painting sold at auction in March 2012 for \$190,000. Find out if you have a hidden gem in your attic! See what is hot in the antiques world and what isn't. Learn tips to help you determine whether you have valuable items in your home. *Bring an item for auctioneer/appraiser Wayne Tuiskula of Central Mass Auctions Inc. (www.centralmassauctions.com) to evaluate. For larger items a photo is fine. Class is limited to 12 students. 1 night/2½ hours*

Wayne Tuiskula began selling antiques in the late 1980's. He was a dealer at the Brimfield Antique Flea Market, sold items in antique co-ops and ran estate sales as a hobby while he was employed in the software industry. Wayne became a full time auctioneer 11 years ago. He was awarded the National Auctioneers Association GPPA (General Personal Property Appraiser) designation. He is a freelance antiques columnist for the Stonebridge Press newspapers and ecommercebytes.com website. Wayne has been an appraiser at appraisal events hosted by the Worcester Historical Society, the Worcester Senior Center and other local organizations. He has been a collectibles appraiser for PBS Antiques Roadshow Television show.

Wednesday, April 2
6:00 p.m. – 8:30 p.m.

Course Fee \$39

***Spend some time
with your family
& friends!
Take a class
with them!***



07-005 *Beginners Stained Glass*

This class is designed for those who have never worked with stained glass. Learn the basics and see for yourself how much you will enjoy this craft. Everyone will complete the same project in a relatively short period of time, while learning how to cut glass, how to work with copper foil and the proper way to solder.

Tools of the trade will be introduced and upon completion of your work you will have learned necessary steps for the basic skills used in the craft of stained glass.

You will be required to supply a 12" ruler, black & silver permanent fine point markers, scissors and safety goggles on the first night of class.

All additional tools and materials will be provided. Class is limited to 8 students. 3 weeks/9 hours

PLEASE NOTE: This is a hands-on course requiring individual manual dexterity. If you have any medical conditions or are pregnant, please consult your physician prior to registration. Wearing any type of open toed shoes is prohibited at class for safety reasons.

Susan Bundeff has been involved with stained glass since the year 2000 as a student in The Bay Path Adult Evening School course taught by Joanne McDonald of Nana's Stained Glass. Susan now enjoys teaching beginners and intermediate students in her own home studio. Visit her website and see what you can learn: <http://suebstainedglass.webs.com>. If you can imagine it, you can do it!

Mondays, March 10 – March 24
6:00 p.m. – 9:00 p.m.

Course Fee \$79



QUILTING CLASSES

People have their own preferences in the way they approach learning a craft, and learning to quilt is no different. Some beginners prefer to read a book about quilting and how to get started, others buy a quilting kit and hope the directions are clearly explained. One of the best things about a Quilting Course for Beginners is that you get instant feedback and immediate help with problems. It is difficult to beat the advantage of a quilting class!

Anne P. Russo is an experienced quilter with over 10 years experience. Anne has given many demonstrations, attended quilting retreats and taken many classes herself. Her quilts have been sold internationally, as well as locally.

07-154 Quilt Making Basics – The Disappearing 9-Patch

Back by popular demand, this beginner friendly class will help you get acquainted with quilting terms, techniques and tools: rotary cutters, quilting rulers, etc. Bring an assortment of scrap fabrics and fat quarters of all colors and patterns – darks, lights, and neutrals (100% cotton quilting fabrics only). The size of your quilt will be determined by the number of “blocks” you make and how many borders you attach. **No pattern needed. Basic sewing machine knowledge is required. (Class is limited to 8 students) 3 weeks/7½ hours**

Required Materials List:

- Rotary cutter with sharp blade
- General sewing supplies and if possible, bring your own sewing machine with ¼” foot

Mondays, April 7 – April 28

(No class on April 21)

6:30 p.m. – 9:00 p.m.

Course Fee \$79

07-156 One Block Quilt – X’s and O’s (Hugs and Kisses)

This simple quilt comes together in a dramatic way. You can make it in an assortment of colored/patterned fabrics or a 2-color design with an assortment of different tones/patterns of each color (ex. pinks/greens, blues/purples, etc.). The size of your quilt will be determined by how many blocks you make. **No pattern required. Basic sewing machine knowledge is required. (Class is limited to 8 students) 3 weeks/7½ hours**

Required Materials List:

- Rotary cutter with sharp blade
- General sewing supplies and if possible, bring your own sewing machine with ¼” foot

Fabric Requirements:

(All fabrics should be 100% quilting cottons.)

- Assorted fat quarters (min 10) or 1-2 charm packs
- 1 yard of neutral (cream, white, tonal or solid) fabric

Mondays, May 5 – May 19

6:30 p.m. – 9:00 p.m.

Course Fee \$79

07-155 Wreath, Heart or Tree Quilt

All levels of quilters will enjoy making this project – it is very beginner friendly. You will simply be sewing squares together and then the magic happens when you cut them up with the special ruler. Ruler must be purchased at the first class for a cost of \$10.00 (cash or check). Final class will include instruction on how to complete the quilt with batting and back. You will also have a demonstration of tying all layers together or “stitching in the ditch.” Wreath quilt measures approximately 39” square, heart quilt is approximately 32” square, and tree quilt is 40” x 44”.

No pattern needed. Basic sewing machine knowledge is required. (Class is limited to 8 students)

3 weeks/7½ hours

Required Materials List:

- Rotary cutter with new blade
- General sewing supplies and if possible, bring your own sewing machine with ¼” foot

Fabric Requirements:

Wreath

- Assortment of green fabrics and any floral fabrics for a seasonal look of your choice- precut a mixture of 60 5” squares
- 1 yard of neutral fabric – assortment of beige, cream, white tonal fabrics or solids – precut 21 5” squares
- ½ yard of coordinated fabric for border

Heart

- Assortment of reds, pinks **OR** purples, etc. (depending upon what color heart you are making) and some greens if they coordinate with your other colors – precut a total of 33 5” squares in a mixture of the colored and green fabrics
- 1 yard of neutral fabric – assortment of beige, cream, white tonal fabrics or solids – precut 16 5” squares
- ½ yard of coordinated fabric for border

Tree

- Assortment of greens plus any complimentary tree colors (oranges, yellows, reds, browns, etc.) - precut 58 5” squares
- 1 yard of neutral fabric – assortment of beige, cream, white tonal fabrics or solids – precut 48 5” squares
- 1 fat quarter of dark brown for tree trunk
- ½ yard of coordinated fabric for border

Fabrics for additional borders, back and binding to be determined when quilt top is completed.

Mondays, March 10 – March 24

6:30 p.m. – 9:00 p.m.

Course Fee \$79

08-089 *Grow Your Own*

Food Gardens from Seed



March is a great time to start seeds for plants that will feed your family throughout the year. Once you grow your own fresh, pesticide-free produce, you'll never want to buy grocery store vegetables again. In this class you'll learn how to start seeds for many edible, healthy plants that can grow in New England, either indoors (with a grow lamp) or outdoors (less work and lower cost) using recycled materials found in your own home. **1 night/2 ½ hours**

Ellen Sousa is a garden coach/designer who has been helping MA homeowners create and nurture earth-friendly landscapes since 2007. She teaches gardening classes across New England and is the author of a 2011 book "The Green Garden: A New England Guide to Planning, Planting & Maintaining the Eco-friendly Habitat Garden". Learn more at THBFarm.com

Thursday, March 13

6:00 p.m. – 8:30 p.m.

Course Fee \$29

08-092 *Growing Under Trees*



Learn to make the most of areas of your property underneath trees, where grass lawn will never be happy. In this class, you'll learn about some of central Massachusetts' best native woodland perennials and shrubs, and what they need to flourish. Bring along photos of areas with trees on your property and we'll discuss what you can add for an attractive and functional understory. The 2nd session is a visit to a small Spencer farm to see spring woodland gardens in bloom. **Note: Wear comfortable shoes to the field trip - some terrain is hilly.**

2 Sessions/4 hours

Ellen Sousa (See previous biographical sketch.)

Wednesday, April 30

6:00 p.m. – 8:00 p.m. at Bay Path (Charlton)

and

Saturday, May 10

10:00 a.m. – 12:00 p.m. at Turkey Hill Brook Farm, Spencer, MA

Course Fee \$49

(Transportation is not included to Turkey Hill Brook Farm)

08-004 *Home Buying Mistakes to AVOID*



If you are thinking about or are in the process of buying a home... take this class first! Learn what questions to ask, what to look for and situations to avoid before making that big investment. Potential home buyers commonly make mistakes that cost extra money and cause headaches. Be prepared! **1 night/3 hours**

JoAnn Szymczak, B.S. in Education, is a past President of the Greater Worcester Board of Realtors. With 30 years experience as a broker, JoAnn has CRS and GRI designation and is a Massachusetts approved licensing instructor. She holds both Massachusetts and Connecticut real estate broker's licenses.

Thursday, May 1

6:00 p.m. – 9:00 p.m.

Course Fee \$29

08-083 *Home Vegetable Gardening*



Local farmers markets are becoming very popular because people want the freshest vegetables possible. So why not have your own family garden? This series of workshops will present skills and information necessary to successfully grow your own healthy food, including planning and preparing a garden, starting crops from seed indoors and out, transplanting, pest control and tips and techniques for growing common vegetables organically. **Grow healthy! Class is limited to 15 students. 6 weeks/15 hours**

Christie Higginbottom recently retired from her full time position as coordinator of the historic horticulture program at Old Sturbridge Village. Her extensive research on gardening and heirloom plants, training garden staff, presenting numerous garden workshops, tours and other programs has been her focus for over 30 years. She will continue to present workshops and lectures and will always be an avid home gardener.

Thursdays, March 6 – April 10

6:30 p.m. – 9:00 p.m.

Course Fee \$149

(Materials Fee Included)

08-088 *Herbs for the Home Gardener*



The flavor and fragrance of fresh herbs dress up even the simplest meals. Herb plants are beautiful and useful additions to the home landscape. Three workshops will teach students how to grow, preserve, and use 15 popular culinary herbs. Skills taught will include growing herbs from seeds and cuttings; planning herb garden beds and container gardens; using and preserving herbs. **Class is limited to 15 students. 3 weeks/7½ hours**

Christie Higginbottom (See previous biographical sketch.)

Thursdays, May 1 – May 15

6:30 p.m. – 9:00 p.m.

Course Fee \$79

(Materials Fee Included)



JOB PATHS

ABC's of Bartending and ServSafe® Alcohol Training are offered as separate courses; however, if you register for ABC's of Bartending the course fee INCLUDES attending the ServSafe® Alcohol Training class (see course description) offered on Monday, October 28 from 4:00 pm – 6:00 pm. This additional evening of training will provide you with certification recommended for employment as a bartender. There are no make-up nights for this alcohol training and exam administration as scheduled, so please include Monday, October 28 in your schedule if you are registered for the ABC's of Bartending. You may register for the ServSafe® Alcohol Training below regardless of taking the ABC's of Bartending

13-001 ABC's of Bartending

Certificates awarded upon successful completion of all course requirements subject to the discretion of the instructor. All participants must be 18 years old or over.

Learn the fundamentals of bartending!

This thorough and comprehensive hands-on course will cover all aspects of the bartending profession! Topics covered will include bar set-up and organization, relationships with patrons, responsible



serving practices and alcohol awareness, appropriate liquor laws and regulations, job demands and career potential, and server training regulations and opportunities. You will practice mixology simulations designed to teach today's most popular drink recipes and their preparation. Hands-on learning gives you the techniques and skills needed to be a great bartender! **8 weeks/16 hours**

Douglas Lemire is licensed by the Massachusetts Department of Education in Hospitality Management and teaches Hospitality at Worcester Technical High School. He has been bartending professionally for the past 10 years. Previously he bartended at Willy's Steakhouse and Sushi Bar in Worcester, Massachusetts. Prior to that he worked at a fine dining martini bar in Hartford as well as at a pub on campus at the University of Connecticut. Douglas is TIPS certified as well as SERVSAFE® certified.

Please Note: This course fee (\$179) includes ServSafe® Alcohol Training (see following course description, date and times).

Mondays, March 3 – April 28

(No class on April 21)

6:30 p.m. – 8:30 p.m.

Course Fee \$179

13-002 ServSafe® Alcohol Training

The National Restaurant Association Educational Foundation (NRAEF) developed the ServSafe® Alcohol program to raise the bar in responsible alcohol service training and certification. Responsible alcohol service is an issue that affects almost every community. This class will include the latest studies and cover all essential information, including alcohol laws, evaluating intoxication levels, dealing with difficult situations and checking identification. *This comprehensive course includes the ServSafe® Alcohol Fundamentals of Responsible Alcohol Service Course book, classroom training and exam administration.* This training and certification is a must when looking for a bartending job! **1 night/2 hours**

Bud Konn is the owner of Hospitality Recruiters, a New England based company that specializes in Management Recruitment, Consulting and ServSafe® food safety and ServSafe® Alcohol programs training for the hospitality industry. Mr. Konn maintains more than 30 years of Hotel and Restaurant Management experience. He has worked with hotel organizations such as Marriott, Sheraton and Harley Hotels and restaurant chains such as Long Horn Steak House and Texas Roadhouse. Mr. Konn has held over 3200 ServSafe® food safety and ServSafe® Alcohol classes. The Fundamentals of Responsible Alcohol Service course provides practical, yet comprehensive, knowledge that assists all front-of-the-house staff in learning what they need to know to serve alcohol responsibly. With practical real life experience Mr. Konn will share his experiences and impress the importance of Responsible Alcohol Service while instructing the keys to service.

Monday, March 24

4:00 p.m. – 6:00 p.m.

Course Fee \$49

(All costs are included)

**13-003 *Getting Paid to Talk,
Making Money with Your Voice***



An introduction to professional voice-acting. Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos

recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally. We have created a new web-accessible page with detailed information specifically about our Getting Paid To Talk class. This page details information about class content, answers common questions, and general information about the voice acting field. <http://www.voicecoaches.com/gppt>
1 night/2½ hours

John Gallogly, Senior Creative Director of Voice Coaches has been involved in acting, voice work, singing, and performance since he was featured in the "New York's Finest" ad campaign at age nine! John's industry experience, including his work as a professional announcer, allows him to provide broad perspective to our clients. John has been part of the Voice Coaches team since our beginning and has trained and developed demos for aspiring Voice Actors across the country.

**Tuesday, April 8
6:30 p.m. – 9:00 p.m.**

Course Fee \$39



13-008 *The Basics of Screenwriting*

Have you always wanted to write your own movie? This course will provide you with the guidelines you need to tell your story for the screen. We will cover 3-act structure, natural dialogue, characterization, and the art of the pitch. A fun and informative course that will inspire you! (Students are responsible to bring a notebook and pen or pencil to every class.) **10 weeks/20 hours**

Renee J. Lukas has been a professional writer for nearly 20 years. Renee holds a B.A. in Motion Picture History, Theory & Criticism and was a quarter finalist in the Nicholl competition sponsored by the Academy of Motion Picture Arts & Sciences. Renee was also a semi-finalist in the Slamdance TV pilot competition. She enjoys sharing her passion for screenwriting with those who want to make their dream a reality!

Tuesdays, March 4 – May 27

(No classes on March 25, April 29 & May 6)

6:30 p.m. – 8:30 p.m.

Course Fee \$179

“Great pace and excellent presentation style.”

**13-004 *Introduction to
Interior Design***



Thinking about working in Retail Home Fashion or Interior Design? Considering design school? Basics will also give you a pre-college level of design if you choose to continue your education in Interior Design. This course starts with the basics of interior design which can prepare you for an entry level position in retail paint, wallpaper and furniture stores. Or make this class work for you and your home to avoid costly design mistakes. You will learn about creating a mood, space planning, balance and harmony, color schemes, different furniture styles as well as take a field trip. You will be drawing your own floor plan and should be prepared for fun homework with each class. *Please bring to class a ruler, ¼" graph paper, tracing paper, 18" x 24" white poster boards, white paper, notebook, pencils, colored pencils, scissors, glue, lined paper, and home magazines.*

10 weeks/25 hours

Judith Murphy is an Interior Designer for Charlton Furniture located in Charlton, MA. Judith taught in the Interior Design program at Becker College in Worcester, MA for over 15 years and has been in the field of Interior Design for over 20 years. Her rooms have been published in Boston Magazine, Better Homes Remodeling and The Herald. She holds a degree in Interior Design from Chamberlayne Junior College.

Mondays, March 31 – June 16

(No classes on April 21 & May 26)

6:30 p.m. – 9:00 p.m.

Course Fee \$199

SPORTS & LEISURE

10-018 *Play Co-Ed Volleyball!*

If you are an intermediate or advanced volleyball player, looking to improve your skills and get some exercise, then this is the class for you! The first three sessions will start with a few drills aimed at improving your serving, bumping and setting techniques. Then we will form teams, mixing intermediate and advanced players. The remaining seven weeks will give you an opportunity to show off your volleyball skills. Each night we will begin with a 20-minute warm-up. Legal touches and ball control (bump, set, hit) will be emphasized during games. Come play volleyball with us! **10 weeks/15 hours**

Curtis Knaub is an Engineering Manager at Tyco Electronics who enjoys running, biking, wally-ball and skiing.

Kevin Johnson is a CPA who enjoys playing volleyball, golfing, skiing and playing disc golf.

Mondays, March 3 – May 12

(No class on April 21)

7:00 p.m. – 8:30 p.m.

Course Fee \$109

10-093 *Learn to Run* **NEW!**

Interested in running, but have no idea how to begin? This course will help new runners tackle their first 5K. You will gradually progress through a run-walk program with an end goal of running 5K (3.1 miles). Each week a different running related topic (for example: proper shoes and clothing, hydration, nutrition, injury prevention) will be discussed. In addition, participants will be instructed in proper warm-ups and cool downs, as well as a stretching routine. Experience the joy and sense of accomplishment that running can bring to your life. **8 weeks/16 hours**

Meredith Moseley is an avid runner and Certified Running Coach through the RRCA (Road Runners Club of America). She began running at the age of 10 and wants to create a supportive atmosphere for those who want to become more active but may feel intimidated. Ms. Moseley is a physical therapist and works primarily with orthopedic patients.

Mondays & Wednesdays, March 31 – May 28

(No classes on April 21 & May 26)

5:30 p.m. – 6:30 p.m.

Course Fee \$159

10-088 *Guitar for Beginners*

Gain a strong foundation in the basics of this versatile instrument by learning to play songs that you love. Beginners will progressively build from week to week with the fundamentals of chords, scales and rhythm patterns. This will be a relaxed, fun learning opportunity without paying the high cost of private lessons. You are not required to be



able to read music or understand theory to join. Handouts will be included. It is never too late to learn! *Students need their own guitar with steel or nylon strings. Please come tuned and ready to play. (Class is limited to 15 students.)* **9 weeks/18 hours**

Joe Cicero has been playing the guitar for over 20 years and currently plays in the popular duo "Something Good". When Joe isn't playing guitar, he teaches science at Bay Path High School.

Tuesdays, March 4 – May 20

(No classes on March 25, April 22 & 29)

7:00 p.m. – 9:00 p.m.

Course Fee \$179

10-089 *Beyond Beginner Guitar*

Continue to develop your guitar playing ability while you discover more than the same open chords you have been playing for years! The emphasis will be on bar chords and scales, as well as providing you with the resources needed to improvise, compose and further develop your musical vision in the style(s) you enjoy. *(Class is limited to 12 students.)* **9 weeks/9 hours**

Joe Cicero (See previous biographical sketch.)

Tuesdays, March 4 – May 20

(No classes on March 25, April 22 & 29)

6:00 p.m. – 7:00 p.m.

Course Fee \$99

10-005 *Beginner's Country Line Dancing*

This course is designed for both couples and singles who are just beginning to learn line dance. As a beginner you will enjoy a step-by-step introduction to enough dances to be able to dance at your favorite country dance club. Have fun and get plenty of exercise while learning all the basic steps! **10 weeks/12½ hours**

Ronda Bertrand-Robbins has been teaching various dance classes since 1994. She has been line dancing since 1998 and has an extensive background in tap, jazz, ballet, & clogging (performing and teaching). Ronda has been performing with the Country Kicker's Line Dance Team from the Bay Path Barn in Boylston since May of 1998 and has also instructed at the Ranch in Worcester. Her experience includes instructing children, as well as adults, as she continues to enhance her own dance skills in country and most recently ballroom dancing.

Mondays, March 3 – May 12

(No class on April 21)

7:15 p.m. – 8:30 p.m.

**Course Fee – Couples \$109
Singles \$69**

10-006 *Beginner's Part II Country Line Dancing*

Already familiar with the basics? And enjoyed it enough to want to learn more? Step into this class for more fun and exercise! If you feel comfortable with knowing the "beginner's" line dances, and you'd like to move on, this is the class to join. **10 weeks/10 hours**

Ronda Bertrand-Robbins (See previous biographical sketch.)

Mondays, March 3 – May 12

(No class on April 21)

6:00 p.m. – 7:00 p.m.

**Course Fee – Couples \$99
Singles \$59**



10-073 *Dance with Me!*

It is never too late to learn to dance! Learn the basic steps and turns, develop a partnering technique and build your confidence. Listen and dance to the beautiful WALTZ and the lively SWING. Perfect the TANGO – the romantic RUMBA and for our Caribbean travelers, the SALSA. Step out and have some fun! *Please wear comfortable shoes (preferably leather-soled), no sneakers.*

10 weeks/15 hours

Tony Miloski is a certified dance instructor and has been teaching for over 16 years. He has been dancing for

over 22 years and has won many dance competitions both as a student and as an instructor. Tony is one of the top instructors at the Poise, Style, and Motion Studio at 97 Webster Street (near Webster Square) in Worcester, MA, and also teaches at several other facilities in the Worcester area.

Ronda Bertrand-Robbins has been teaching various dance classes since 1994. She has been line dancing since 1998 and has an extensive background in tap, jazz, ballet, & clogging (performing and teaching). Ronda has been performing with the Country Kicker's Line Dance Team from the Bay Path Barn in Boylston since May of 1998 and has also instructed at the Ranch in Worcester. Her experience includes instructing children, as well as adults, as she continues to enhance her own dance skills in country and most recently ballroom dancing.

Tuesdays, March 11 – May 27

(No classes on March 25 & April 29)

6:30 p.m. – 8:00 p.m.

**Course Fee – Couples \$129
Singles \$99**

10-092 *Let's Continue Dancing!!*



You have the fundamentals, so why not take your ballroom dancing to the next level!! Improve the look and feel of dancing the RUMBA, do the WALTZ with ease and grace, and bring your SWING to a level of complete confidence.

10 weeks/7½ hours

Tony Miloski and Ronda Bertrand-Robbins (See previous biographical sketch.)

Tuesdays, March 11 – May 27

(No classes on March 25 & April 29)

8:15 p.m. – 9:00 p.m.

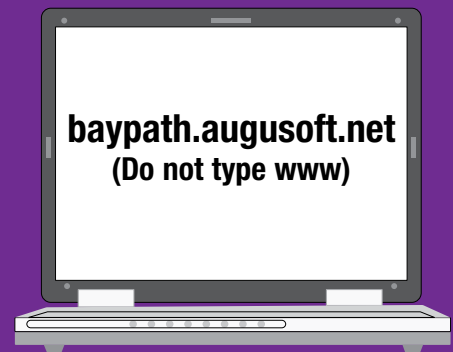
**Course Fee – Couples \$59
Singles \$39**



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baypath.augusoft.net (Do not type www)
or call: 508-248-5971, x1715/1714

If you wish to pay for the course through our office, use the registration form located on pages 7 & 43 of this catalog, or one of the other convenient ways to register listed on page 4.

REQUIREMENTS: All courses require Internet access, email, the Netscape Navigator, or the Microsoft Internet Explorer web browser. Some courses may have additional requirements. Please visit our On-line Instruction Center for more information.

Two lessons per week are released over a six-week period after the start date. (You do not have to be present when the lesson is released; however, you must complete each lesson within the two weeks of its release. You will also have a two-week grace period at the end.) Each lesson takes an average of 2 hours to complete and over the six weeks you should expect to invest approximately 24 hours of your time.

START DATES

A new section of every course in this catalog will begin on:

February 19

March 19

April 16

May 21

June 18

July 16

August 20



We understand your need for on-line learning. Our courses offer an instructor facilitated learning system which allows you to interact with your instructor, rather than the common self-paced tutorial.

Visit the website at baypath.augusoft.net (Do not type www) for detailed course descriptions in the categories listed below.

FUN & PLAY

The Arts
Creative Writing
Digital Photography

OPENING NEW DOORS

Grant Writing
Graphic/Multimedia Design
Health Care
Job Search
Publishing
Teaching and Education
Test Prep
Veterinary

DOWN TO BUSINESS

Accounting
Basic Computer Literacy
Business and Management
Business Writing
Certificate Prep
Computer Applications
Database Management
Law and Legal
PC Networking & Security

MIND & BODY

Children/Parents/Family
Health and Wellness
Languages
Personal Enrichment

...at your own pace and at your own convenience.

baypath.augusoft.net (Do not type www)

ONLINE CAREER CERTIFICATE PROGRAMS

www.gatlineducation.com/baypath



Bay Path Regional Vocational Technical High School, in partnership with **Gatlin Education Services (GES)**, offers on-line open enrollment programs designed to provide the skills necessary to acquire professional level positions for many in-demand occupations.

Our programs are designed by a team of professionals from each respective field, who work to provide the most effective web-based learning experience available today. Instructors/mentors are actively involved in your on-line learning experience. They respond to any questions or concerns, as well as encourage and motivate you to succeed.

Each program includes a set of lessons and evaluations; grades are a combination of the instructor/mentor's evaluation of students' work and computer graded tests. We know you'll appreciate the quality as well as the convenience of anytime, anywhere learning!

Below are only a few of the courses available in each category. **VISIT our website: www.gatlineducation.com/baypath to view all courses offered and to review detailed course descriptions in the category of your choice.** (Once the course is accessed either by requesting materials or viewing lessons, there are no refunds)

Healthcare and Fitness

- Administrative Dental Assistant
- Advanced Coding for the Physician's Office
- Advanced Hospital Coding and CCS Prep
- Certified National Pharmaceutical Representative
- Emergency Management Training for First Responders
- Fitness Business Management
- HIPAA Compliance

Business and Professional

- Bookkeeping the Easy Way with Quickbooks
- Certified Bookkeeper
- Certified Wedding Planner
- Event Management and Design
- Grant Writing

IT and Software Development

- Administrative Professional with Microsoft Office Specialist
- Forensic Computer Examiner
- Administrative Professional with Microsoft Office Specialist
- Microsoft Certified Desktop Support Technician (MCDST)
- Microsoft Vista Business

Management and Corporate

- Entrepreneurship: Start-Up and Business Owner Management
- Management for IT Professionals
- Non-Profit Management
- Technical Writing
- Personal Training and Group Exercise Training for Older Adults
- Women's Exercise Training and Wellness

Media and Design

- Business Marketing Design
- Fine Arts Training
- Video Game Design and Development
- Website Design

Hospitality and Gaming

- Advanced Personal Fitness Trainer
- Casino Blackjack Dealer
- Casino Poker Dealer
- Travel Agent Training

Skilled Trades and Industrial

- Chemical Plant Operations
- Home Inspection Certificate
- Modern Automotive Service Technician
- Principles of Green Buildings
- Freight Broker/Agent Training

BAY PATH ADULT EVENING SCHOOL REGISTRATION FORM

SPRING 2014

Bay Path Regional Vocational Technical High School
57 Old Muggett Hill Road~ Charlton, MA 01507
(508) 248-5971 X 1715/1714 or (508) 987-0326 X 1715/1714

(PLEASE USE ONLY ONE FORM PER PERSON)
Registration is open to anyone 18 years of age and older.

Date _____ Email Address _____

Name _____ Date of Birth _____

Street Address _____ (or) P.O. Box _____

City _____ State _____ Zip _____

Home Phone _____ Work/Cell Phone _____ Ext. _____

COURSE NUMBER	COURSE TITLE	NIGHT OF WEEK (M, T, W, TH, F)	COURSE FEE
-			
-			
-			
-			
-			
-			

USE THIS PORTION ONLY IF REGISTERING AS A COUPLE

COURSE NUMBER	NAME OF PERSON OTHER THAN REGISTRANT	COURSE TITLE	NIGHT OF WEEK (M, T, W, TH, F)	COUPLES COURSE FEE
-				

If you reside in one of the following towns (Auburn, Charlton, Dudley, North Brookfield, Oxford, Paxton, Rutland, Southbridge, Spencer, Webster), you qualify for a \$5.00 per course discount. Please complete the following: Number of courses _____ X \$5.00 = \$ _____ (total discount)	<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 70%;">Total Course Fees</td><td style="width: 30%;">\$</td></tr> <tr><td>Total Discount (-)</td><td>\$</td></tr> <tr><td>Sub-Total</td><td>\$</td></tr> <tr style="background-color: #cccccc;"><td>*Non-Refundable Registration Fee (+)</td><td>\$</td></tr> <tr style="background-color: #cccccc;"><td>* \$5.00 per person</td><td></td></tr> </table>	Total Course Fees	\$	Total Discount (-)	\$	Sub-Total	\$	*Non-Refundable Registration Fee (+)	\$	* \$5.00 per person	
Total Course Fees	\$										
Total Discount (-)	\$										
Sub-Total	\$										
*Non-Refundable Registration Fee (+)	\$										
* \$5.00 per person											
A ONE-TIME \$5.00 NON-REFUNDABLE REGISTRATION FEE IS APPLICABLE PER PERSON PER SEMESTER											

Method of Payment: Cash Check # _____ Credit Card (Mastercard, Visa and Discover)	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Total Amount Due</td> <td style="width: 30%;">\$</td> </tr> </table>	Total Amount Due	\$
Total Amount Due	\$		

Credit Card # _____

Expiration Date: (MM/YY) _____ / _____ Three digit security code on back of card: _____

Cardholder's Name, Address & Phone number (if different from registrant)

Signature _____



EDUCATION FOUNDATION BENEFIT 7TH ANNUAL GOLF TOURNAMENT

Heritage Country Club
1 Sampson Road
Charlton, MA 01507

Saturday, May 17, 2014
Registration: 12:00 PM
Shotgun Start: 1:00 PM

Make a difference in career and technical education! Participation, sponsoring or a donation will provide student scholarships and services to recognize the young men and women who have chosen Bay Path as their pathway to the future. We are extremely proud of our students and their accomplishments and your support in this worthy cause is valued and appreciated.

SPONSORSHIP CATEGORIES

Dinner Sponsor	\$500
Green Sponsor	\$250
Hole Sponsor	\$150
Patron	\$75
Placemats	\$50



Deadline for entry is Friday, April 25, 2014. For further information on registering to play in the tournament, sponsorship and/or donating a prize for the raffle, please refer to the following page for necessary form to be completed and returned before the deadline.

BAY PATH EDUCATION FOUNDATION 7th ANNUAL GOLF TOURNAMENT (BENEFIT)

I am interested in playing in the Bay Path Annual Golf Tournament. My team members are listed below. (If I am not part of a foursome, I understand that I will be assigned to a group.)

*Name: _____

*Name: _____

Company Name: _____

Company Name: _____

Address: _____

Address: _____

City, State, Zip: _____

City, State, Zip: _____

Telephone: _____ Fax: _____

Telephone: _____ Fax: _____

E-Mail: _____

E-mail: _____

*Name: _____

*Name: _____

Company Name: _____

Company Name: _____

Address: _____

Address: _____

City, State, Zip: _____

City, State, Zip: _____

Telephone: _____ Fax: _____

Telephone: _____ Fax: _____

E-Mail: _____

E-Mail: _____

.....

I will not be playing in the tournament, but I would like to be a sponsor, attend the dinner, and/or donate a prize for the raffle (please check all that apply).

New Sponsors, please send business cards or e-mail artwork to sfoskett@baypath.tec.ma.us

- DINNER SPONSOR (\$500)
- HOLE SPONSOR (\$150)
- PLACEMAT SPONSOR (\$50)
- GREEN SPONSOR (\$250)
- PATRON (\$75)
- DONATE RAFFLE PRIZE
- ATTEND DINNER (\$30) - NUMBER OF PEOPLE _____

Name: _____

Company Name: _____

Address: _____

City, State, Zip: _____

Telephone: _____ Fax: _____

E-Mail: _____

.....

Please send your check, made payable to Bay Path Golf Tournament, and this completed form to:

John A. Lafleche, Superintendent-Director
Bay Path Regional Vocational Technical High School
57 Old Muggett Hill Road
Charlton, MA 01507

For further information on Sponsorships or prize donations, please call Mrs. W. Sue Foskett at (508) 248-5971, Ext. 1703

**Southern Worcester County
Regional Vocational School District**

57 Old Muggett Hill Road
Charlton, MA 01507

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HOBBIES & CRAFTS
JOB PATHS
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ONLINE COURSES

***Join the Path to
Fun and Learning!***



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