



MOORE OPTIONS CLASS REGISTRATION

Spring Semester **2015**

**Please note: Moore Options encourages all the individuals we support to explore their interests through our enrichment classes. With that said, individuals who do not have alone time must bring their own supervision. All classes are held at 97 Eddy Rd. unless otherwise noted. Transportation is the responsibility of the participant and is not provided by Moore Options staff. Non-refundable payment must be received in full prior to the start of the class. To register for classes or to ask any questions please contact Jennifer Meyer at 206-2808 or jennifer.meyer@moorecenter.org.*

Registration for classes closes January 29th

Session 1:

Gentle Yoga : Monday’s 3:00-4:00 (2/2, 2/9, 2/23, 3/2, 3/9, 3/16) *note TMC is closed 2/16*.....\$50

Taught in Partnership with YogaBalance. Perfect for beginners or experienced students who want a slower paced, less strenuous class. In this class, we will focus on seated work, simple standing work, stretching postures, gentle flows and breathing techniques that release stress, reduce tension and promote relaxation through a calm, meditative approach to the practice. Participants should wear comfortable clothes and bring a bottle of water. (Max 10 students)

Garage Band I: Tuesday’s 3:15-4:00 (2/3, 2/10, 2/17, 2/24, 3/3, 3/10).....\$50
At Manchester Community Music School

Have you always wanted to make your own music but don’t know how to play an instrument? Do you enjoy using computers? Then this is the class for you! Instructors from Manchester Community Music School will teach you how to use the software program ‘Garage Band’ (Apple Inc.) to create and experiment with music. You will get to explore songwriting, combining sounds, adding drums, guitar, singing etc. Participants will discuss creating music for different emotions or to tell a story. Participants will also create an album of their original work to take home. (Max 6 students)

Rising Stars: Wednesdays 3-5 ongoing.....Free

Everyone’s favorite social club is back! Join us again this year to spend time making friends, learning how to advocate, planning parties, fundraising for our club, exploring our community through field trips and just plain enjoying each others company! **current members do not need to re-register**

Intuitive Art: Painting: Thursdays 3:00-5:00 (2/5, 2/12, 2/19, 2/26, 3/5, 3/12)..... \$100

Calling all aspiring artists! Do you love to paint and create? Then this is the class for you! In this class artist Sonya Broulidakis will teach students to detach themselves from the everyday stresses of life while creating something beautiful. Sonya has taught at the Currier Museum of Art here in Manchester, NH and specializes in intuitive expression. Don’t miss this opportunity! No experience is required and all supplies are included in the price. (Max 6 students)

Music Therapy: Thursdays 2:45-3:30 (2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19)*8 weeks*.....\$175.00

The Moore Center has again teamed up with Granite State Music Therapy LLC, and April Buscher MT-BC, board certified music therapist, to offer a group for adults. Within a rich musical environment, adults work together to create and be apart of a group that encourages social interaction through music. Activities include movement to music, singing, instrument play and much more! This group can accommodate for a wide range of abilities. (Max 6 students)

Healthy Lunchboxes: Fridays 3:00-4:00 (2/6, 2/13, 2/20, 2/27, 3/6, 3/13).....\$50

Come join us on this cooking adventure! Each week will be a different food experience! We will be trying new and exciting foods, learning about nutrition, touring the grocery store and more! If you want to expand your lunch prep skills while trying new things with friends this is the class for you! **Please make the instructor aware of any food allergies you might have at the time of registration** (Max 6 students)