

TRURO COMMUNITY EDUCATION CLASSES WINTER/SPRING 2014 REGISTRATION & INFORMATION

CONTACT

Truro Community Education

Heather Fair, Director

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WHEN AND WHERE CLASSES BEGIN

- Classes begin the week of February 24, 2014 unless otherwise noted
- Descriptions of the classes will indicate when the classes begin and end
- Classes will be cancelled if TCS is closed due to inclement weather

HOW TO REGISTER

- Registration forms are available at the following locations:
- Truro Public Library
- Truro Town Hall
- Truro Central School
- Seaman's Bank
- Savory & Sweet Escapes
- Download a registration form from the Truro Central School website
- **Mail registration or bring to Truro Central School prior to February 14, 2014 – late registrations will be accepted but some classes may be cancelled due to lack of participation so signing up early is best!!**

CLASSES

Quilting

Christine Grozier

Truro Central School Cafeteria

Class Begins: **February 10, 2014 (10 Weeks)**

Mondays, 7:00-9:00PM

\$35.00

For the winter: there are 2 quilts samples! The first quilt is fat quarter friendly! This quilt is called Show Off. The quilt requires 8-fat quarters and 3 coordinating fabric and also optional fusible web. I used dog fabric for this quilt but you can use any themed fabric. The second quilt uses Bali Pop which is 2 1/2 inch cuts of fabric usually rolled together or you can cut your own.

The pattern comes for Strip Therapy 9 and is called Garden shuffle. If you have any other questions please call 508-349-3085 ask for Chris Grozier. For this class you will also need to bring:

Neutral thread

Scissors

Quilting pins

Rotary cutter, cutting mat, 6" x 24" acrylic ruler

90 degree right angle square

Seam ripper

Sewing machine in good working order with 1/4 presser foot

Sewing machine manual

Extension cord

Zumba
Erin Silva

Truro Central School Gym **Mondays 5:30-6:30PM**
Class Begins: February 24, 2014 (6 weeks) \$60.00/\$55.00(Sen. Discount)

Zumba is a dance fitness program that combines elements from latin dance and music from around the world to give a great workout that has been called "exercise in disguise". This high energy workout is great for the mind and body because you dance your way to your goals whether they are to lose weight, gain strength and endurance or just have fun on the dance floor. Zumba is for anyone of any age, size, shape, or dance ability because everyone has their own unique way of expressing themselves through movement.

Alphabet Book Making
Lynne Stanley

Truro Central School Art Room **Mondays 4:00-6:00PM**
Classes 3/31, 4/7, 4/14, 4/28 **\$65.00/\$60.00(Sen. Discount)**

Are you interested in handmade books or harbor a secret passion for typography? This class will create simple accordion book forms while exploring the time-honored tradition of the alphabet book— Make one for yourself or as a gift for a beloved child. No previous experience necessary— For beginners and up. Do something interesting to do with your hands this spring!

Introduction to Mass Court System with Emphasis in selected Areas
James Bisceglia – ClerkMagistrate(Retired)

Truro Central School Classroom **Tuesdays 4:30-6:00PM**
Class Begins:*March 10, 2014(4 weeks)***** **\$50.00/\$45.00(Sen. Discount)**

The course will encompass the following: a description of the Massachusetts Court system, from the local district courts up to the Supreme Judicial Court, including the types of cases over which each court has jurisdiction; definitions and discussions of common legal words and phrases such as arraignment, pro bono, summary process, etc.; the Consumer Protection Law, CH. 93A; an explanation of Small Claims procedures; and a thorough examination of landlord tenant law including types of tenancies, common defenses in eviction actions, code enforcement issues and the security deposit law. The information contained in this course would be of interest to tenants, landlords or property managers, persons considering bringing a small claims case(especially those related to consumer transaction) and anyone else interested in expanding their knowledge of Massachusetts law

Yoga for Teenage Girls
Genevieve Morin

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| Truro Central School | Tuesdays, 4:00-5:00PM |
| Class Begins: February 25, 2014(6 Weeks) | \$60.00 |

*******A bus stop will be designated on Tuesdays at TCS for those from NRMS and NRHS wishing to participate*******

This yoga class will offer teen girls age 13-17 tools to help them navigate their daily stress brought on by rapid physical changes, academic demands, social pressures and relationships.

Through yoga āsana (poses), pranayama (breathing), meditation and self-reflection we will develop not only strength and flexibility but gain self-confidence, resilience and ways to better manage stress. We will cultivate a healthy approach to self-image, celebrate our inherent beauty and individuality.

Let's empower our girls to engage the world with heightened awareness and give them the courage, confidence to make positive choices for themselves.

Introduction to Prana Flow Yoga
Genevieve Morin

Truro Central School

Tuesdays, 5:30-6:30 pm

Class Begins: February 25, 2014(6 weeks)

\$60.00/\$55.00 (Sen. Discount)

This class is designed to bring the basics of Prana (vital energy) Flow Yoga to the beginner while receiving individualized attention as you gain flexibility, strength and balance.

In this class we explore the movements of Prana through alignment of asanas (yoga poses) and surya namaskars (salutations). Yogic breathing, meditation and relaxation techniques will also be introduced.

Rubber Stamping and Card Making

Beth Wood

Truro Central School Art Room

Wednesdays, 6:30-8:30 pm

Class Begins: February 26, 2014(6 Weeks)

\$90.00/\$85.00 (Sen. Discount)

Price of class includes materials

February 26th - A Mixed Bunch

March 5th - From Me to You

March 12th - It's a Wrap! Creative Packaging and Party Favors

March 19th - By the Seashore

March 26th - Pop Up Cards/Simply Created Card Kits

April 2th - Eggstra Spectacular!

Rubber stamping and card making is fun and easy! You don't need to be talented or creative. You will be impressed with your completed projects on the first night of class! You will make four cards during every card class. In addition to all of the beautiful cards, boxes, bags and party favors you will make, you will also take home the following: two card kits with materials to make 23 cards; "Thanks and Hello" two -piece stamp set; "See Ya Later Alligator" four -piece stamp set; Two Ink Pads; Glue Dots; Pop Dots; Card Embellishments; and Fresh Prints Designer Series Paper Stack.

Class size is limited to 8 participants. Please bring double sided adhesive if you have it and scissors suitable for cutting paper.

Conversational French for Beginners

Bertrand Boudier

Truro Central School

Wednesdays, 6:00-7:30 pm

Class Begins: February 26, 2014(8 weeks)

\$80.00/\$75.00 (Sen. Discount)

Conversational French for beginners. This class will give students the basic knowledge to communicate in French and hopefully inspire them to continue studying into an intermediate level.

Cooking
Bridget Cahill

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| Truro Central School | Wednesdays, 5:00-6:30 pm |
| Class Begins: February 26, 2014(8 weeks) | \$150.00/\$145.00(Sen. Discount) |

The line-up of proposed dishes* to prepare during the 8-week class is below:

Week 1: Rosemary Pork Chops

Week 2: Turkey Chili & Corn Bread

Week 3: Spinach Lasagna

Week 4: Chicken Piccata

Week 5: Beef Tips & Noodles

Week 6: Oven Fried Chicken Wings

Week 7: Country Ribs

Week 8: Linguine Pasta with Shrimp & Tomatoes

In addition to being delightfully delicious – these are also delightfully simple to prepare, and can be easily tailored to the number of servings you need.

*Please note that due to unforeseen circumstances, some of these menus may change.

The Beat Goes On!!!!!!SINGING WITH VIM, VIP AND VIGOR PART 3 The 60's and 70's!!
Mary Abt

Truro Central School Classroom
Class Begins: February 27, 2014(6 weeks)

Thursdays, 7:00-8:00PM
\$60.00/\$55.00(Sen. Discount)

Do you want to get that singing voice back in shape? Have you always wanted to sing but are shy?

This is the place to discover your hidden voice.

Corny?... Maybe. Fun?... **Definitely!** Come and sing, sing, sing.

Thursdays 7-8pm. NO EXPERIENCE NECESSARY. Performance at the end of the 6 weeks!!

Vocal Coach: Mary Abt, B.S. and Masters of Music Education concentration voice.

Line Dancing

Julie Rich

Truro Central School Cafeteria

Class Begins: February 27, 2014(6 weeks)

Thursdays, 5:00-6:00PM

\$60.00/\$55.00(Sen. Discount)

This is NOT your typical county two stepping, but will be done in lines as a group to either pop or soul music. All dances will be taught step by step so that everyone has a chance to really absorb the sequence. No previous dance experience necessary, no special clothing or footwear, this is not an aerobic exercise and will be appropriate for all ages and physical fitness levels.

Alteration Class

Nathalie Ferrier

Truro Central School Cafeteria

Class Begins: February 27, 2014(6 weeks)

Thursdays, 5:00-6:30PM

\$60.00/\$55.00(Sen. Discount)

Fix that dress that has always been too long, or those pants that are a little too large and have stayed in the closet for years. Nathalie Ferrier will show you how to do the alterations on your clothes. Please bring sewing material to the class (threads, needles, pins, scissors, measuring tape... and your sewing machine).

TRURO CENTRAL SCHOOL COMMUNITY EDUCATION REGISTRATION

NAME: _____

MAILING ADDRESS: _____

PHONE # _____ CELL# _____

EMAIL # _____

COURSE TITLE: _____

****MAKE CHECKS PAYABLE TO:**

TRURO COMMUNITY EDUCATION

** Mailing Address:

PO Box 2029, Truro, MA 02666-2029

Community Education Consent and Release Form

I, the undersigned do agreed to forever release the Town of Truro, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Community Education programs of the Truro Public Schools ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries or property damage resulting from my participation in Truro Public School's Community Education program.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries or property damage resulting from my participation in the Truro Public School's Community Education programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my participation in these programs is voluntary and that I am free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to participate in the Truro Public School's Community Education programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage I may suffer in Truro Public School's Community Education programs.

Signed:

Date: