

# TRURO COMMUNITY EDUCATION CLASSES

## FALL 2011

### REGISTRATION & INFORMATION

#### **CONTACT**

Truro Community Education

Heather Fair, Director

Truro Central School, 317 Route 6

Phone: #508-487-1558x200 or #508-413-9263

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#### **WHEN AND WHERE CLASSES BEGIN**

- Classes begin the week of October 17, 2011 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
- **SIGN UP / MEET THE TEACHER NIGHT – OCTOBER 11<sup>TH</sup> 2011 6-7PM @ TRURO CENTRAL SCHOOL**

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#### **TRURO CENTRAL SCHOOL COMMUNITY EDUCATION REGISTRATION**

NAME: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE # \_\_\_\_\_ CELL# \_\_\_\_\_

EMAIL # \_\_\_\_\_

COURSE TITLE: \_\_\_\_\_

**\*\*MAKE CHECKS PAYABLE TO:**

**\*\* Mailing Address:**

**TRURO COMMUNITY EDUCATION**

PO Box 2029, Truro, MA 02666-2029

## **CLASSES**

### **QUILTING**

*Christine Grozier*

**Truro Central School Cafeteria  
Class Begins: October 17, 2011(8 Weeks)**

**Mondays, 7:00-9:00PM  
\$25.00**

#### **Twister**

Remember the fun you had twisting the night away to the sounds of Chubby Checker? You'll have the same good time creating fabulous pinwheel projects with our Twister tool. Twisters are new tools that have simplified an old technique with easy to follow instructions. The quilt size is 52" x 52" without borders. This is a great quilt to use up "your stash" or a package of cake layers your choice! Come, sew and twist the night away! You will need to purchase the Twister tool from the instructor, will be taking orders the first night. 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

## **SEWING/FASHION/ALTERATION**

*Nathalie Ferrier*

**Truro Central School Art Room**

**Monday, 5:30-7:00PM**

**Class Begins: October 17, 2011(8 Weeks)**

**\$80.00/\$75.00(Sen.**

**Discount)**

Join us for sewing or learning how to sew, cutting a piece of clothing using a pattern, creating a fashionable outfit, or fixing yr own clothes.

You may bring your sewing machine if you need one and have one.

Nathalie Ferrier was a former fashion designer in Paris. She will be happy to help you with your project.

## **TOTAL BODY WORKOUT**

*Alison Waldo*

**Truro Central School Gym**

**8 Weeks**

**Mondays and Wednesdays, 4:30-5:30PM**

**This class began 9/28/2011 however late enrollment is available please call(508-487-1558x200) for information and price.**

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Enroll in 'Total Body Workout' and you will help get your muscles back in a much needed exercise regime. This class combines strength training and aerobic activity resulting in a total body workout that will have you feeling fit and toned in no time.

The strength training focuses on upper body, lower body and abdominals, using light weights and high repetition. The aerobic component is comprised of short cardio intervals known as plyometrics, an effective technique in achieving increased cardiovascular fitness and shedding unwanted pounds.

Instructor Alison Waldo is a SCW fitness certified instructor who has been conducting this class for over a year, with great success. This total body workout class is an excellent way to get fit in a fun, social way.

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## **Introduction to Prana Flow Yoga**

*Genevieve Morin*

**Truro Central School Music Room**  
**Class Begins: October 17, 2011 (6 weeks)**

**Monday, 5:30-6:30 pm**  
**\$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.

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## **KNITTING**

*June Hopf*

**Truro Central School Media Center**  
**Class Begins: October 18, 2011 (6 weeks)**

**Tuesday, 6:00-8:00PM**  
**\$60.00/\$55.00 (Sen. Discount)**

"Cast On to Knitting" - join us for an evening of congenial and enjoyable handcrafting. Whether your needle of choice is straight, double pointed, or round, you're sure to relax in a comfortable environment and enjoy the experience of this age-old skill in the company of like-minded knitters. Even if you've never knit a stitch, this is a group for you! All skill levels welcome, and beginners encouraged.

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## **SOCIAL NETWORKING**

*Carol Connelly*

**Truro Central School Media Center**  
**Class Begins: October 18, 2011 (8 weeks)**

**Tuesday, 4:00-5:30PM**  
**\$70.00/\$65.00 (Sen. Discount)**

In today's world, everyone is texting, on the computer and communicating. Find out what social networking does, is and how it can help you. You can use all of your resources and then apply them to on-line application. We will look at these applications and get you into the virtual world. In its simplest form, a social network is a map of specified ties, such as friendship, between the nodes being studied. The nodes to which an individual is thus connected are the **social contacts** of that individual. The network can also be used to measure **social capital** – the value that an individual gets from the social network. These concepts are often displayed in a social **network diagram**, where nodes are the points and ties are the lines.

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**BEGINNER FRENCH**  
***Bertrand Boudier***

**Truro Central School Media Center**                      **Tuesday, 6:00-7:30PM**  
**Class Begins: October 18, 2011 (8 weeks)**              **\$70.00/\$65.00(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.

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**BOOK CLUB**  
***Carol Connelly***

**Truro Central School Classroom**                      **Tuesday, 6:00-7:30 PM**  
**Class Begins: October 18, 2011(8 weeks)**              **\$70.00/\$65.00(Sen. Discount)**

Reading can be experienced alone and it is exciting to bring your ideas to a group. We will be taking two books and reading and discussing during an eight week period. Come join the fun and see what is in store. The group will decide on the books that are read.

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**STRENGTH AND STRETCH**  
***Carrie DeAngelo***

**Truro Central School Gym**                      **Tuesday & Thursdays, 5:30-6:30PM**  
**Class Begins: Oct 25<sup>th</sup> – Nov 17<sup>th</sup>**              **\$60.00/\$55.00(Sen. Discount)**  
**A once a week option may be available depending on enrollment. Please call 508-487-1558x 200 for information and price.**

Learn the basics of strength training: proper warm-up, stretching and strength training with a group of friends!

Need extra motivation or assistance???? Need someone to challenge you?? This class has something for everyone!

Carrie DeAngelo has a degree in health and fitness and has been personal training for over 15 years.

Please bring a set of weights/water/towel

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## **MUSIC POTPOURRI**

*Mary Abt*

**Truro Central School Classroom**

**Class Begins: October 18, 2011 (6 weeks)**

**Tuesday, 7:00-8:00 pm**

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

Keyboard, guitar, theory, voice. You name it and this class will try to meet your needs. Keyboards, electric guitars, acoustic guitars and Mary Abt will all be available for one hour each week. If you find yourself not getting the practice you need, sign up for this community education class and have an hour of rehearsal time built into your week. Mary will be available for questions and tips. Stay motivated and musical.

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## **CREATIVE MINDS**

*Stacey Klimkosky*

**Truro Central School Art Room**

**Class Begins: October 18, 2011(6 weeks)**

**Tuesday, 6:00-7:30PM**

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

Have you ever had the urge to create something – paint, write, build?? But always an excuse – no time, no ideas, no talent?? Then it is time to set aside some time each week to get together with other CREATIVE MINDS. In this group we will brainstorm ideas and how to bring them to life and then work on our individual projects together each week. Share ideas, share materials and HAVE FUN.

In December those wishing to share their creations with our Truro Community will get a chance at our own show displayed at the Truro Public Library!!

\*\*\*\*\*Please bring old magazines to the first class for cutting\*\*\*\*\*

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## **WEIGHT LOSS GROUP**

*Carol Connelly*

**Truro Central School Classroom**

**Class Begins: October 19, 2011(8 weeks)**  
**Discount)**

**Wednesday, 7:00-8:30PM**

**\$70.00/\$65.00(Sen.**

Have you ever wondered why you can't execute your goals for fitness? Have you ever wanted to look at your own personal motivators? Are you ready to set some goals and feel good about your overall fitness? This class looks at the psychological aspects of fitness and exercise.

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## **INTRODUCTION TO PERSONAL COMPUTER AND WINDOWS**

*Alan Efromson*

**Truro Central School Computer Lab**  
**Class Begins: October 19, 2011 (8 weeks)**

**Wednesday, 5:00-7:00PM**  
**\$70.00/\$65.00 (Sen. Discount)**

This class assumes you have no experience using a computer so we will start from scratch with the ideas behind and skills necessary for you to begin exploring the cyber world. Among other skills you will learn to use the mouse, keyboard and Windows effectively along with an introduction to using the Internet and Word Processing as well.

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## **INTRODUCTION TO WORD PROCESSING**

*Alan Efromson*

**Truro Central School Media Center**  
**Class begins: October 19, 2011 (8 weeks)**

**Wednesday, 7:00-9:00PM**  
**\$70.00/\$65.00 (Sen. Discount)**

We will cover the ideas behind and skills necessary for you to begin to write your own documents with any word processor. We will use the Open Office word processing that you can add to any computer for free. This class assumes that you know how to use a computer with a mouse and have used a keyboard (pick and peck is fine). The "Introduction to Word Processing" class is an excellent place to learn these skills if you don't have them yet.

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## **INTRODUCTION TO ACTING**

*Charles Alan*

**Truro Central School Classroom**  
**Class Begins: October 19, 2011(8 Weeks)**  
**Discount)**

**Thursday 4:30-6:30PM**  
**\$70.00/\$65.00(Sen.**

We will explore the concepts of acting through exercises of guided imagery, role-playing games, and improvisation in a gentle, non-judgmental environment. Sprinkled between the exercises will be liberal discussion of what acting is. You will be encouraged, but not required, to present a monologue at the end of the class. No acting experience is assumed. All you need to bring is your life experience and play clothes.

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**ADOBE PHOTOSHOP**  
***Eliza Harned***

**Truro Central School Media Center**  
**Class Begins: October 20, 2011(6weeks)**

**Thursday, 5:30-6:30PM**  
**\$60.00/\$55.00(Sen. Discount)**

Learn the basics of Photoshop....how to edit images and learn the tip and techniques. Hands on class! Bring images with you on a disk or flashdrive to work with!!

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**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 Adult 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 Adult 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 Adult 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 Adult 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 Adult Education programs.

Signed:

Date: