

**TRURO COMMUNITY EDUCATION CLASSES  
SPRING 2012  
REGISTRATION & INFORMATION**

**CONTACT**

Truro Community Education  
Heather Fair, Director  
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**WHEN AND WHERE CLASSES BEGIN**

- Classes begin the week of March 19, 2012 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 NIGHT – MARCH 12, 2012 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: TRURO COMMUNITY EDUCATION**  
**\*\* Mailing Address: PO Box 2029, Truro, MA 02666-2029**

**Sign other side>>>>**

## CLASSES

### QUILTING

*Christine Grozier*

**Truro Central School Cafeteria**  
**Class Begins: March 19, 2012 (8 Weeks)**

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

#### **Family Heirloom**

The finished size of this quilt is 76" x 96". This is a great piece for a one of a kind family keepsake. You will need a minimum of 9 assorted fat quarters are required for the block piecing and a center piece panel print for the middle for the quilt. Also during this class students can finish up projects from past classes or start a new pattern too! 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

### Introduction to Prana Flow Yoga

*Genevieve Morin*

**Truro Central School Music Room**  
**Class Begins: March 19, 2012 (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.

**BEGINNER FRENCH**  
*Bertrand Boudier*

**Truro Central School Media Center**  
**Class Begins: March 20, 2012 (8 weeks)**

**Tuesday, 6:00-7:30PM**  
**\$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.

**BASIC BOOK CLUB**  
*Carol Connelly*

**Truro Central School Classroom**  
**Class Begins: March 20, 2012(8 weeks)**

**Tuesday, 6:00-7:30 PM**  
**\$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 to be read.

**INTRODUCTION TO HERBAL MEDICINE**  
*Helen Grimm*

**Truro Central School Classroom**  
**Class Begins: March 20, 2012(3 weeks)**

**Tuesday, 7:00-8:00PM**  
**\$30.00/\$25.00(Sen. Discount)**

Gain a basic understanding of the concepts of herbal medicine, including an overview of traditions that use plants for healing, and descriptions of types of herbal preparations. Learn about some of the most commonly used herbs; their uses and lore, potential interactions and where they grow.

Helen Grimm received her Bachelors of Science in Nursing from Umass, Amherst. She has studied herbal medicine at the SW School of Botanical Medicine and the Pacific School of Herbal Medicine. She grows and works with plants for healing and for the joy of it.

## **BEGINNING COMPUTER SPREADSHEETS**

*Raymond Johnson*

**Truro Central School Computer Lab**  
**Class Begins: March 20, 2012(6 weeks)**

**Tuesday, 4:00-6:00PM**  
**\$60.00/\$55.00(Sen. Discount)**

A spreadsheet program is the computer equivalent of the old accounting ledger book, doing calculations on rows and columns of numbers. Spreadsheets can be used for a wide variety of tasks, and are especially useful for people running their own business. Tracking expenses, time, inventory, and labor are some common uses.

We'll cover spreadsheet basics, including column and row designations, naming cells or groups of cells, designing databases, and sorting data. We'll discover the difference between formulas and functions, creating our own calculations to be performed. As the class progresses, we'll turn some of our rows and columns of numbers into impressive charts and graphs.

No previous experience with spreadsheets is required for this course, but a working knowledge of basic computer skills will be assumed.

## **ADVANCED COMPUTER SPREADSHEETS**

*Raymond Johnson*

**Truro Central School Computer Lab**  
**Class Begins: March 20, 2012(8 weeks)**

**Tuesday, 6:30-8:30PM**  
**\$70.00/\$65.00(Sen. Discount)**

This course will expand on work with the excel spreadsheet program, used for doing accounting work. Spreadsheets can be easily customized for a wide variety of tasks. Some topics that we'll cover will include more advanced formulas and functions, statistical analysis, charts and graphs, and automating tasks by designing custom macros.

Spreadsheets can also be useful just for their enforced row and column layout; for instance, keeping lists of name, address, phone number, etc., for use with mail merge. We'll explore using mail merge in a few different ways.

A prior familiarity with spreadsheet programs will be assumed for this course. We'll start with some spreadsheet basics, but move well beyond the basics after the first class.

## **HEALTHY YOU!! WITH MYYA BECK**

*Myya Beck*

**Truro Central School Gym**  
**Class Begins: March 21, 2012(6 weeks)**

**Wednesday, 3:00-4:00PM**  
**\$60.00/\$55.00 (Sen. Discount)**

In these classes we will be developing a healthy you through a combination of strength, flexibility and conditioning. Developing a healthy you requires us to work in each of ten fitness domains: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, agility, balance, coordination, and accuracy. We will define our own personal fitness and set our own goals. We may run, row, jump rope, climb rope and carry odd objects. We may frequently move large loads quickly over short distances, and use our own body weight for lifting and flexibility. We will incorporate Pilates using only your own body weight and gravity, the mat work will tone, strengthen and lengthen your entire body; focusing on integrating the entire body, rather than exercising each body part separately. As you begin to focus on your body as a whole you'll achieve better alignment and re-teach your body to work more efficiently. When developing a healthy you we also need to think of Active recovery, which encourages lactic acid removal and helps speed recovery. The general theory is that low-intensity activity assists blood circulation, which in turn, helps remove lactic acid from the muscle. Low-intensity active recovery appears to significantly reduce accumulated blood lactate and speed muscle recovery. Finally to help create a healthy you we need to look at our bodies from the inside out. We will start this process by looking at what you are fueling your bodies with. We will look at nutrition and how different foods help, hurt and affect the body. So... Consider to yourself do you want a healthier you in 2012?

## **WEIGHT LOSS GROUP**

*Carol Connelly*

**Truro Central School Classroom**  
**Class Begins: March 21, 2012(8 weeks)**

**Wednesday, 6:00-7:30PM**  
**\$70.00/\$65.00(Sen. Discount)**

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.

## **BEGINNING WINDOWS AND THE INTERNET**

*Raymond Johnson*

**Truro Central School Computer Lab**  
**Class Begins: March 21, 2012(6 weeks)**

**Wednesday, 4:00-6:00PM**  
**\$60.00/\$55.00(Sen.Discount)**

This course will provide a working familiarity with computers running the Windows 7 operating system. We'll learn how to navigate around the screen using a mouse(or keyboard), and how to use many different programs.

We'll spend time on various Internet-related tasks, including searching, saving things, and jumping from one web page to related web pages. Sending and receiving E-mail messages, including attachments, will also be covered.

We'll go thru some computer terminology, making bits and bytes, CD-RW and DVD-ROM, and other obscure phrases more understandable for the average user. We'll utilize many different programs in the class, including word processing, photo-editing, spreadsheets and games.

## **DARE TO REPAIR**

*Annette Olsen*

**Truro Central School Classroom**  
**Class Begins: March 21, 2012(6 weeks)**

**Wednesday, 6:00-7:00PM**  
**\$60.00/\$55.00(Sen. Discount)**

Never too late or early all welcome carpentry class!!!! Always wanted to fix or build something?? Love wood and tools and want to learn more about them?? Grab that hammer!!! All ages!!! Parent's welcome to bring children, elders please join us!!! Annette Olsen has many years experience as a woodworker and carpenter.

## **WRITING FOR EXPRESSION**

*Carol Connelly*

**Truro Central School Classroom**  
**Class Begins: March 22, 2012(8 weeks)**

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

Spring is a wonderful time on the Cape. Come and join this class and observe Cape Cod through writing. We will be looking at poetry and prose. As well, our writing will be transformed into communication pieces. You don't have to be at any particular skill level to join this class. If you haven't written in years or if you are a journal writer, this class is for you.

## **JOB HUNT – THE ART OF INTERVIEWING**

*Carol Connelly*

**Truro Central School Classroom**  
**Class Begins: March 22, 2012(8 weeks)**

**Thursday, 6:00-7:30PM**  
**\$70.00/\$65.00(Sen. Discount)**

This class will look at the basics of resume writing, cover letters and the interview process. Everyone needs practice with interviewing. A one hour interview can equal a lifetime career. Come and explore to see how to master the art of interviewing.

## **SEWING/FASHION/ALTERATION**

*Nathalie Ferrier*

**Truro Central School Art Room**  
**Class Begins: March 22, 2012(8 Weeks)**  
**Discount)**

**Thursdays, 5:00-6:30PM**  
**\$80.00/\$75.00(Sen.**

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

## **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: