

**TRURO COMMUNITY EDUCATION CLASSES  
SPRING 2016  
REGISTRATION & INFORMATION**

**CONTACT**

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

- Classes begin the week of March 7<sup>th</sup> 2016 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
- Seamen'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 29, 2016– late registrations will be accepted, but some classes may be cancelled due to lack of participation so signing up early is best!!**

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## CLASSES

### Quilting

*Christine Grozier*

**Truro Central School Cafeteria**  
**Class Begins: March 7, 2016 (10 Weeks)**

**Mondays, 7:00-9:00PM**  
**\$35.00**

For this class we will be kicking it old school!!! Going back to one of the first blocks I ever made! The 9 patch: however this one is updated. Disappearing 9 patch. This is made bigger and faster which is great news! All you will need to get started is a cake layer with at least 40 pieces! This is great quilt to show off themed fabrics like the sample I have done for class! This will also be a great class to work on unfinished projects! 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

### Sing, Sing, Sing

*Mary Abt*

**Truro Central School Music Room**  
**Class Begins: March 7, 2016 (6 weeks)**

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

Come join your friends and neighbors and sing, sing, sing. Nothing formal, no pressure just singing fun. Mary Abt will lead the group in breathing and vocal exercises every Monday night from 7pm to 8 pm. These warm ups are meant to strengthen your voice and give you more control of your breath.

Mary was the former Music teacher at Truro Central School. Currently, you can sing with her every Sunday as the Music Director of the UUMH of Provincetown and she is the Performing Arts Teacher of Provincetown IB Schools.

## **Rubber Stamping and Card Making**

*Beth Wood*

**\*\*\*Truro Council on Aging Building\*\*\***

**Mondays, 6:00-8:00PM pm**

**\$70.00/\$65.00 (Sen. Discount)\*\*\*\*Price includes Materials\*\*\*\***

**Dates: March 14<sup>th</sup>, March 21<sup>st</sup>, April 4<sup>th</sup>, April 11<sup>th</sup>**

Rubber stamping and cardmaking is fun and easy! You don't need to be talented or creative. Students are always surprised at just how simple it is to create beautiful cards in one class. Beth Wood has been making cards, rubber stamping and paper crafting for over 20 years. She is an independent demonstrator for the Riverton, Utah based company, Stampin' Up. Beth regularly holds stamping and cardmaking classes in her home studio as well as classes for Adult Education Programs and the Truro Council on Aging. Class size is limited to 10 participants. Please bring double sided adhesive if you have it and scissors suitable for cutting paper. All registrations MUST be in by February 29<sup>th</sup> to allow time for materials to be ordered.

## **Pickle Ball**

*Arlene Estey*

**Truro Central School Gym**

**Class Begins: March 15, 2016 (6 weeks)**

**Tuesdays, 7:00-8:00PM pm**

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

Pickleball is the wildly popular racket game played on a badminton sized court with a wiffle ball. It's a cross between tennis and ping pong – come and see what it's all about.

No experience necessary! Fun for all ages. Paddles and instruction are provided. Wear sneakers and comfortable clothes.

**\*\*\*\*Come try Pickleball for free Tuesday, February 23<sup>rd</sup> 7-8PM, Please RSVP at 508-487-1558 x 203 to reserve your space!!!!!!**

**Yoga for Teenage Girls**  
*Genevieve Morin*

**Truro Central School Music Room**  
**Class Begins: March 8, 2016 (6 Weeks)**

**Tuesdays , 4:00-5:00PM**  
**\$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 asana (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 Music Room**  
**Class Begins: March 8, 2016 (6 weeks)**

**Tuesdays, 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.

## **Mindfully Strong – Finding the Gifts Within and Around You**

*Debra Morin*

**Truro Central School**  
**Class Begins: March 8, 2016 (6 weeks)**

**Tuesdays, 6:00-7:30 pm**  
**\$60.00/\$55.00 (Sen. Discount)**

### ***Overview***

Life is hard. Difficulties abound. Scientific research tells us we are evolutionarily biased to notice the troubles. This attention keeps us ever on the lookout for danger, bobbing and weaving our way through life, fighting and fleeing. But new evidenced-based research, from the field of positive psychology, reminds us not to overlook our strengths and the gifts that surround us. Good things abound too! We're learning that becoming more aware of the many gifts in our lives can promote improvements in our physical, mental and emotional health, enable us to access untapped potential and resources, and enrich the experience of each day of our lives. This workshop will teach you how to increase self-awareness, identify your unique strengths, engage the power of strengths more mindfully and skillfully to reach meaningful goals, and notice the gifts in the people and situations around you.

### ***Learn How to***

Develop a basic understanding of “mindfulness” – meaning, benefits, skill practice

Direct your focus using mindful breathing and intention setting

Increase self-awareness

Monitor the dimensions of a well-balanced life

Discover your unique strengths

Identify the unique strengths in others

See the opportunities in difficult situations – find the gifts!

Journal your experience

Leverage deeper self-knowledge to live a richer life

*As a result, you may learn to fight and flee a little less and to see and be a little more.*

### ***Who Should Attend***

The “Mindfully Strong” workshop benefits anyone interested in discovering the strengths within and around them and learning how to leverage those strengths for intentional and conscious living.

### ***Mindfully Strong Training Format***

Very flexible - the “Mindfully Strong” Workshop is offered as a one day program and as a multi-day program of six, ninety minute sessions. The workshop can also be adapted to meet specific needs.

### **Module 1**

Develop an Understanding of “Mindfulness”

Introduction to Focusing on the Breath and Setting Intention

Skill practice

**Module 2**

Learn the Dimensions of an Integrated Life using “SPIRE” from Wholebeing Institute

Skill Practice

**Module 3**

Understand Character Strengths – “VIA Institute”

Identify Your Unique Strengths

Work with Strengths Skill Practice

**Module 4**

Introduction to Journaling

Learn Strength Spotting, “Appreciate the good and the good will appreciate”

Skill Practice

**Module 5**

“Mindfulness Based Strengths Practice” in Action

Learn to Engage the Power of Strengths More Mindfully and Skillfully to Reach Meaningful Goals

Skill Practice

**Module 6**

Lead a “Mindfully Strong” Life – Become Extraordinary

Celebrate Success

A 30-Day Challenge

**Intro to Herbal Medicine**

*Helen Grimm*

**Truro Central School Classroom**

**Class Begins: March 9, 2016(3 weeks)**

**Wednesdays, 5:30-6:30PM**

**\$50.00/\$45.00(Sen. Discount)**

Plants have been used medicinally around the globe for thousands of years. In the United States, there has been a resurgence of interest in natural remedies in the last 50 years. That said, herbal medicine is still poorly understood by the public, medical practitioners and the media. This introductory series is designed to give you an idea of how herbal medicine is used today. Where ever you walk you will find medicinal plants. Come learn what they are, how to use them and why. This series is taught by Helen Grimm who is the school nurse at Truro Central School and is also a Certified Clinical Herbalist.

Clay  
*David Wright*

**Truro Central School Art Room**  
**Classes Begins: March 10, 2016(6 weeks)**

**Thursdays 7:00-8:30PM**  
**\$85.00/\$80.00(Sen. Discount)**

Have you ever wanted to make simple decorative or practical objects for your home or to give as gifts? Explore the satisfying experience of hand-building in clay. Make an abstract sculpture, miniature dolls or a coffee mug using the ancient techniques of building w/ clay coils, pinch pots and slabs. All pieces will be glazed and low-fired. Come join the fun.

David Wright has been teaching clay classes for kids and adults for over 20 years.

## **SPECIAL ONE SESSION OFFERINGS!!!**

### **Living a Well Balanced Life Workshop**

*Debra R Morin*

Truro Central School

Wednesday, March 9, 2016 6:00-7:30PM

**\$20.00 Per Person**

#### ***Overview***

Living a well-balanced life doesn't just happen. Trying to spend 50% of our time at work and the other 50% at play is an equation for trouble. Healthy well-being – a well-balanced life - can only be achieved when we focus on the whole person – the spiritual, physical, intellectual/mental and social/emotional areas of our lives. Lasting well-being requires continuously taking a look at how we live, how we love, how we learn and how we leave a legacy. It requires taking the necessary time to refocus and renew ourselves. This workshop will introduce you to several simple tools to help you see your “whole person” with tips to determine in which areas you may want to make adjustments. You'll increase your self-awareness in key dimensions of your life and experience how the power of “appreciation” boosts feelings of happiness which can greatly contribute to living a well-balanced life.

#### ***Learn How to***

**Sharpen the Saw** - Introduction to Stephen Covey's “7 Habits of Highly Effective People”

**Monitor the SPIRE** - Evaluate your life across multiple dimensions identifying what works and where attention may be needed

**Find the Gifts** - Use appreciation and gratitude practices to boost happiness and promote well-being

**Complete activities and share insights**

#### ***Who Should Attend***

The “Living a Well-Balanced Life” workshop benefits anyone interested in looking at their lives through a multi-dimensional lens to learn how to optimally balance their whole being. It will also benefit those interested in learning how to use gratitude and appreciation to build a well-balanced life.

#### ***Training Format***

The “Living a Well-Balanced Life” workshop is offered as a 90 minute program.

#### ***Proposed Outline***

##### **Module 1**

Introduction to “7 Habits of Highly Effective People” Habit 7 “Renewal”

Learn the Dimensions of an Integrated Life using “SPIRE” from Wholebeing Institute

Self-assessment and partner sharing

##### **Module 2**

Introduction to the concepts of Appreciation and Gratitude

Introduction to a “Gratitude Journal”

Skill practice and partner sharing

##### **Module 3**

Living a Well-Balanced Life – Committing to Continuous Improvement

A 30-Day Gratitude Challenge

On your own – “10 Ways to Improve Well-Being” by Bryony Shaw MA

**Crafting your Vibrant Health & Fitness Journey**  
*Jan Taylor*

**Truro Central School**

**Saturday, April 9, 2016 10:00-11:30AM**

**\$20.00 Per Person**

Do you ever feel like you struggle staying “on track” with eating well, exercising, and taking care of YOU? Well, then this workshop is designed for you. In this 90 minute workshop, you will learn how to craft a life of vibrant health and fitness. We will discuss how to set goals with purpose and intention, how to eat more mindfully, and how to stay healthy and active while our messy and beautiful lives swirl all around us.

Bring an open mind, a pen, notebook, and the willingness to believe that this could be the first step on an incredible journey.

Led by:

Jan Taylor

Certified Holistic Health Coach

Licensed Personal Trainer & Pilates Instructor

Owner of:

Get Lively: Mindful Health & Fitness Coaching

**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: