

**TRURO COMMUNITY EDUCATION CLASSES
WINTER/SPRING 2015
REGISTRATION & INFORMATION**

CONTACT

Truro Community Education
Heather Fair, Director
Truro Central School, 317 Route 6
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WHEN AND WHERE CLASSES BEGIN

- Classes begin the week of February 23, 2015 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 18, 2015 – 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 23, 2015 (10 Weeks)

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

For this class we will be working with Hexagons. Yes I know it sounds scary but when using the ruler "Hex N More" you can create big beautiful whole hexies and pieced hexies come together so easily with no Y seams! This is great quilt to show off themed fabrics like the sample I have done for class! You will need to buy Hex N More ruler for this project. (\$25.00) 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

Jewelry 101

Stephanie Hakala

Truro Central School
Class Begins: February 23, 2015(4 Weeks)

Mondays, 7:00-8:30PM
\$60.00/55.00(Sen. Discount)

*******Sign up early this class is limited to 6 participants*******

Learn the basics of jewelry making in this 4-week class. You will learn to work with several popular materials including Stretch Magic, stringing wire, and memory wire. You'll also learn the fundamental techniques of making beaded jewelry - including planning a piece, crimping, wire looping, how to use jump rings, add clasps and ear wires, skills that are the building blocks for your imagination! In the final class we will introduce wire wrapping to your jewelry. Stephanie has chosen a feminine, beach-inspired palette using crystals, silver, glass pearls, and faux sea glass beads for this course, but it's your time to let your creativity run wild! You may choose your own beads to create pieces that you'll be thrilled to say you made yourself!

Night One: Bracelets: Stretch Magic bracelet; memory wire bracelet; multi-strand bracelet

Night Two: Necklaces: floating bead necklace; multi-strand necklace; mixed media pearl & ribbon necklace

Night Three: Earrings: drop, double drop, multi-drop

Night Four: Introduction to Wire Wrapping: "Sweetheart" bracelet

Some tools and materials will be required; others are optional. A list of required materials will be provided upon enrolling.

Introduction to Prana Flow Yoga

Genevieve Morin

Truro Central School

Class Begins: February 24, 2015(8 weeks)

Tuesdays, 5:30-6:30 pm

\$80.00/\$75.00 (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.

Intro to Herbal Medicine

Helen Grimm

Truro Central School Classroom

Class Begins: *March 4, 2015(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. Three one hour classes March 4, 11 and 18.

Sing!!! Like Your Life Depends On It!!!

Mary Abt

Truro Central School Music Room

Class Begins: February 25, 2015(6 Weeks)

Wednesdays, 7:00-8:00 pm

\$65.00/\$55.00 (Sen. Discount)

It has been shown that the simple act of singing can change your life for the better. This is a non threatening way to stretch those vocal cords and enjoy your voice. People who say they are "non" singers are given first priority. Performing in public necessary is not a requirement. Please, Come and join in the singing. You'll be glad you did

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 CommunityEducation 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:

