

TRURO COMMUNITY EDUCATION CLASSES

FALL 2025

REGISTRATION & INFORMATION

CONTACT

Truro Community Education

Heather Harper, Director

Truro Central School, 317 Route 6

Phone: #508-487-1558x203

email: harperh@truromass.org website: <http://www.truromass.org> follow TCE on Facebook !

WHEN AND WHERE CLASSES BEGIN

- In person classes are at Truro Central School unless otherwise indicated, virtual classes are via Zoom
- Descriptions of the classes will indicate when the class begins and ends

• HOW TO REGISTER

- Fill out the attached registration form and mail to the address below or
- Fill out an electronic registration form available on the website <https://form.jotform.com/203074779250053> and mail payment(if applicable) to:
 - Truro Central School PO Box 2029 Truro, MA 02666 Attn: Heather Harper

CLASSES

QUILTING WITH CHRIS GROZIER

Chris Grozier

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 20, 2025 (6 weeks)

Mondays, 5:30-7:30 pm

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

You requested it, so here it is! This course will teach you Foundation Paper Piecing (FPP). We'll start with a Witches Hat, which you can turn into a table runner, pillow, or small wall hanging. Follow the supply list, and by the first night, you should be sewing. If you have any questions, call 508-349-3085 and ask for Chris Grozier. For this class, you will need to bring:

Neutral thread

Scissors

Quilting pins

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

90-degree right angle square

Seam ripper

Add-A-Quarter ruler for paper piecing

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

Sewing machine manual

Extension cord

Fabric for Witches Hat:

Scraps of black for the hat. Any colored material for the ribbon on hat and of course background fabric. I will provide the paper piecing pattern.

Circuit Training

Kathy Stetson

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 20, 2025 (9 weeks)

Mondays, 5:30-6:30 pm

\$75.00/\$70.00 (Sen. Discount)

Circuit training is a fun way to build strength and stamina. In this class you will perform a series of strength and cardio exercises, alternating quickly between them. After you complete the circuit, you take a brief rest and repeat. Because the pace is quick, you will get your heart rate up, while also developing your upper and lower body muscles. Overall, the intensity is moderate- you will breathe hard and break a sweat, but you won't be going all out or huffing and puffing. Intensity and repetitions can be varied for the individual to provide a safe, effective workout for all levels.

Alternate Glass Art

Donna Mahan

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 20, 2025 (6 weeks)

Mondays 5:30-8:00PM

\$160.00/\$155.00 (Sen. Discount)

We will focus on basics techniques used in creating traditional stained glass, (glass cutting, copper foil and soldering). We will use repurposed antique or depression glass used at one time to set a lovely dinner table. AND, incorporate some of your own treasures, i.e. jewelry, shells, or pottery shards. Class limited to 6 students.

Bring to class work gloves, goggles, a "box" for your project. Closed shoes required. The required 1 lb of solder will be purchased directly from Donna for \$25.00 additional solder will also be available for purchase.

Beginner Spanish I

Violeta Villamil

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 20, 2025(6 weeks)

Mondays, 6:00-8:00 pm

\$75.00/\$70.00 (Sen. Discount)

Are you contemplating visiting a Spanish-speaking country? Just want to talk with your neighbors? Would you like to gain some conversational ability? If so, this beginner's Spanish course is for you! The instructor's native language is Spanish and her technique emphasizes direct conversational participation. Vocabulary, sentence structure, and correct pronunciation will be developed. Some learning materials will be available for each student to purchase, an expense separate from the initial price of the course.

Note: Students have to purchase the following used books.

* 501 Spanish Verbs Barron's Kendris and Kendris (for Spanish 1 and 2 only).

* The Usborne First Thousand Words in Spanish by Heather Amery and Stephen Cartwright (for Spanish 1 and 2 only).

* All these books can be purchased on Amazon, Abebooks, Thriftbooks etc.

Sourced Vessel – Healing Arts Workshop

Camila Catucci

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 20, 2025(4 weeks)

Mondays, 6:00-7:30 pm

\$25.00

Designed for individuals navigating life transitions, mothers and anyone feeling the need to reconnect with their bodies and inner essence. Through breathing exercises, intuitive movement, creative expression, and a shared ritual, we will open a portal to genuine self-expression.

Over four sessions, we navigate the lunar phases like a sacred map.

- October 20: Full Moon ~ On the Surface ~ Collage
- October 27: Waning Moon ~ A Dive into the Unconscious ~ Paint
- November 3: New Moon ~ Treasure Rising ~ Melted Crayon
- November 10: Waxing Moon ~ Nurture ~ Clay

This workshop is open to adults of all ages. Art supplies will be provided, but you're welcome to bring your own.

It's an inclusive space that supports mental health and well-being.

Create with Watercolor

Rowan Wielblad

ZOOM

Class Begins October 14, 2025 (5 weeks)

Tuesdays, 6:30-8:30 pm

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

Experiment with various painting techniques using watercolor with and without pencil, wax resist, loose wash, and dry brush. Create paintings from references and objects.

Demos and discussion are included. Bring a sample or two of your own watercolors as well as of another artist's work that you like to the first class.

Rowan has been making art since early childhood – and never stopped. After graduating from RISD, Rowan taught in art school, adult ed programs, Provincetown Winter Wednesdays Sessions, as well as privately.

Rowan does fine art, illustration, and photography has exhibited and sold in PAAM and Provincetown, Maine and Boston galleries.

Materials List:

- Watercolors

Suggested paints – **Windsor Newton Cotman Sketchers Pocket Box**

- small box with portable pans (cakes), reasonably priced, good paint, considered student grade
My favorite - Schmincke pans travel set – but pricier

Alternate: Windsor Newton Professional grade individual tubes, (or equivalent) if preferred –

Suggested colors:

Cadmium Yellow Pale Hue

Cadmium Yellow Hue

Yellow Ochre

Cadmium Red Pale Hue

Alizarin Crimson

Cerulean Blue

Cobalt Blue

Ultramarine Blue

Sap Green

Veridian Green

Burnt Sienna

Burnt Umber

Paynes Grey

- Masking Tape
- A Board, or piece of plexiglass, or comparable to tape paper to
- Pencils
- Eraser
- A plastic pallet to mix paints on (folding are portable)
- Brushes –

A **pointed** medium (size 5 or 6) and

a **flat** slightly larger brush

A smaller one for details

Kolinsky sables are the best – (or comparable)

A medium sized watercolor pad – some paper may be provided

Suggested paper Arches 140 pound

- A carry-all for supplies – (artist box, fishing tackle box, tote bag, canvas messenger bag)

David Gavelek

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 14, 2025 (4 weeks)

Tuesdays, 6:00-8:00 pm

\$125.00/\$120.00 (Sen. Discount) includes all materials

Class Description: In this class each student will create two bonsai. We will discuss the traditions of the practice of bonsai and the horticultural skills and artistic considerations necessary to keep and refine the bonsai created during the course. We will also discuss the creation of bonsai from trees that you might find in your yard or in your favorite nursery.

Garment Construction

Sabrina Kane

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 22, 2025 (6 weeks)
sewing pattern

Wednesdays, 6:00-7:30 pm

\$75.00/\$70.00 (Sen. Discount) includes

Learn to sew your own clothes!

No experience necessary.

In this class we will be going over threading, and using a sewing machine, different seams, and construction techniques, reading, and using a sewing pattern, pinning and cutting out fabric, and as a final project we will be constructing a pair of pajama pants!

Materials to bring:

Working sewing machine

Thread

Bobbins

Pins

3 yards flannel fabric

Elastic

Good scissors

Seam ripper

Beginner Spanish II

Violeta Villamil

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins October 22, 2025 (6 weeks)

Wednesdays, 6:00-8:00 pm

\$75.00/\$70.00 (Sen. Discount)

This course, a step up from Beginner's Spanish Level I, is for students who are continuing to master fundamental conversational abilities and who are not yet ready for the Intermediate Spanish course. Direct conversational participation will be emphasized along with vocabulary, sentence structure, and correct pronunciation. Some learning materials will be available for each student to purchase, an expense separate from the initial price of the course.

Note: Students have to purchase the following used books.

* 501 Spanish Verbs Barron's Kendris and Kendris (for Spanish 1 and 2 only).

* The Usborne First Thousand Words in Spanish by Heather Amery and Stephen Cartwright (for Spanish 1 and 2 only).

* All these books can be purchased on Amazon, Abebooks, Thriftbooks etc.

Kripalu Yoga for All Levels

Christine Frisco

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins: October 23, 2025 (6 weeks)

Thursdays, 5:30-6:30 pm

\$65.00/\$60.00 (Sen. Discount)

Classes will focus on complete body stretching, yoga poses, and balance, all on the framework of proper alignment and robust breath work.

Teacher will adapt to the students' different skill levels and will provide a spectrum (from easy to hard) for the poses, so students can find what works for them. Class motto is "no forcing; no holding back."

Christine Frisco is a Kripalu-trained yoga teacher and had been teaching since 2000. Currently she teaches at the Council on Aging in both Provincetown and Truro.

Aerial Arts
Gabrielle Ment

IN-PERSON TRURO CENTRAL SCHOOL
Class begins October 23, 2025 (6 weeks)

Thursdays 5:30-6:30PM
\$75.00/\$70.00(Sen. Discount)

Ages 14-104

Come fly with us! Led by professional circus artist Gabrielle Ment, this class offers an introduction to the world of aerial arts, including silks, trapeze, and lyra. With Gabrielle's playful yet technical approach, you'll learn foundational skills to move gracefully through the air, building strength, flexibility, and confidence along the way. Whether you're looking to challenge yourself or just try something new, this class is designed to make you forget you're even working out because you'll be too busy having fun soaring through the sky! No prior experience is necessary—truly for all levels and bodies! bring a water bottle and wear comfortable clothing without zippers or velcro covering the backs of the knees. This class will be limited to 10 participants.

LYT Yoga for All on Zoom
Norma BG Yoga

ZOOM
Class Begins October 30, 2025(6 weeks)
Discount)

Thursdays 8:30-9:30AM
\$60.00/\$55.00 (Sen.

6-weeks of functional yoga in your own space!

Join me for intentional mobility movement each week. I'll practice with you and offer modifications so you can enjoy the class at your level and ability on any given day. We'll explore different themes that incorporate breath and movement to build strength and resilience in both body and mind. Enjoy a unique blend of core strengthening, functional movement, and vinyasa yoga. Props like blocks, straps, and balls are helpful, none are required. CURIOUS? Email me for a free trial class in September! Contact details and links below

About me: Hello, I'm Norma, and I bring over 25 years of experience as a yoga teacher (RYT-500+) and educator. My yoga journey began over 15 years ago as a personal practice, leading me to explore how yoga can bring a human touch to learning spaces. I've deepened my knowledge through training programs with Breathe for Change (200-hour), David Vendetti (300-hour), and the LYT Method(300 hour) with (physical therapist Lara Heinemann). My teaching style emphasizes inclusivity and playfulness, creating a welcoming environment for all practitioners. When I'm not teaching virtually, you can find me sharing yoga at First Encounter beach in Eastham during the summer months.

normabgordon.com/yoga

Intermediate Spanish
Violeta Villamil

IN-PERSON TRURO CENTRAL SCHOOL
Class Begins: October 23, 2025 (6 weeks)

Thursdays, 6:00-8:00 pm
\$75.00/\$70.00 (Sen. Discount)

Seeking to further develop your Spanish skills? Want to convert your rusty Spanish into something that really works for you? Need to polish your conversational ability for a trip to a Spanish-speaking country? Simply want to communicate with your neighbors? This course is designed for students with some experience in Spanish. Beginners should not attempt this course. The instructor's native language is Spanish and her technique emphasizes direct conversational participation. Vocabulary, sentence structure, and correct pronunciation will be developed. Some learning materials will be available for each student to purchase, an expense separate from the initial price of the course.

Clay

David Wright

IN-PERSON TRURO CENTRAL SCHOOL
Class begins October 23, 2025 (6 weeks)
materials

Thursdays 7:00-8:30PM
\$90.00/\$85.00(Sen. Discount) – includes

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.

Nature Drawing

Rowan Wielblad

ZOOM

Class Begins November 6, 2025 (5 weeks)

Thursdays 6:30-8:30PM

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

Spend an evening relaxing with nature. Sketch natural objects, such as shells, stones, a bird, and a combination of objects as in a nature journal.

Demos and discussion are included.

Use pencil, and waterproof ink pen. Play with adding color to sketches with a few colored pencils or watercolor.

Rowan has been making art since early childhood – and never stopped. After graduating from RISD, Rowan taught in art school, adult ed programs, Provincetown Winter whatever Sessions, as well as privately. Rowan does fine art, illustration, and photography and has exhibited and sold in PAAM and Provincetown, Maine and Boston galleries.

Materials List:

- Masking Tape
- Paper – a sketchpad for multimedia such as Canson Mixed Media or sheets of paper for
- A Board, or piece of plexiglass, or comparable to tape paper to if not using a pad
- Pencils HB 2B, 4B
- A permanent black ink sketch pen such as micron or faber castell pitt
- Eraser
- few colored pencils and or
- a small set of watercolors and a pointed medium brush

FREE CLASSES

Gardening in the Shoulder Seasons

Amy Smith Costa

Single Session Wednesday, October 22, 2025 6:30-7:30PM – IN PERSON

FREE – Pre-registration required

Are you someone who loves to spend time in your garden and sad to see the summer season go? It doesn't have to mean abandoning your garden! Come learn the garden activities you can do in the Fall & Spring (maybe even a bit of winter squeezed in!) to keep your green thumb from fading with the leaves. In addition to keeping you in your favorite space longer, you will improve your overall gardening experience & knowledge. Free native flower seeds provided for in person participants!

Amy Smith Costa is a Garden Guide & Consultant, who has been building and tending home gardens for more than 10 years. Areas of experience include kitchen gardens, edible perennials, native flowers, permaculture, soil health, and plant propagation.

Intro to Pencil Drawing

Rowan Wielblad

Single Session Thursday, October 23, 2025 6:30-8:00PM – ZOOM

FREE – Pre-registration required

Explore basic pencil drawing in one evening using line and contour, shading and a variety of marks while drawing an image. Examples of various rendering styles will be shown.

Rowan has been making art since early childhood. After graduating from RISD, Rowan taught art school, adult ed programs, Provincetown Winter Wednesday sessions, as well as privately. Rowan does fine art, illustration and photography and has exhibited and sold in PAAM, and Provincetown, Maine and Boston galleries.

Materials:

- Sketch pad or paper suitable for pencil, strong enough not to rip when worked or erased.
(Not newsprint)

- Graphite pencils and eraser – several grades of drawing pencils
HB, 2B, 4B, (ebony pencil optional)
Mechanical pencil (optional)
- A kneaded eraser and pink pearl or white eraser

Friday Fun – Sketch a Lighthouse

Rowan Wielblad

Single Session Friday, November 21, 2025 6:30-8:00PM – ZOOM

FREE – Pre-registration required

Spend the evening sketching a classic Cape Cod Lighthouse.

Materials: • Sketch pad or paper suitable for pencils or ink such as Canson XL mixed media pad

- Graphite pencils and eraser – several grades of drawing pencils HB, 2B, 4B, (ebony pencil optional) • Permanent ink pen such as a fine micron or Pitt (not sharpie)

Community Dinner: A Taste of Farmed and Foraged

Nicole Cormier, RD, LDN

Single Session Wednesday, November 5, 2025 5:30-7:30 – IN PERSON

FREE – Pre-registration required

Join us for an intuitive, hands-on cooking experience—no skills required! Together, we'll prepare and share a seasonal meal featuring farmed and foraged foods explored in our After-School Foraging & Cooking Club. Celebrate Cape Cod's flavors, connect with neighbors, and honor the creativity of our youth and the nourishment of our land.

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.

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Signed:

Date:

Follow Truro Community Education on Facebook and at www.truromass.org