

# **TRURO COMMUNITY EDUCATION CLASSES WINTER/SPRING 2018 REGISTRATION & INFORMATION**

## **CONTACT**

Truro Community Education

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## **WHEN AND WHERE CLASSES BEGIN**

- Classes begin the week of March 12, 2018 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
- Classes are held at Truro Central School unless otherwise noted(Cardmaking will be held at the Truro COA)

## **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

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## **CLASSES**

### **Quilting**

*Christine Grozier*

**Truro Central School Cafeteria**  
**Class Begins: March 12, 2018 (8 Weeks)\*\*\*\*\***

**Mondays, 7:00-9:00PM**  
**\$40.00**

Do you have UFOs (unfinished objects) that needs to get done? Hopefully you UFOs are not flying objects in the sky ---unless you toss them into the trash because they are ugly! Well then this is the class for you! As a quilter we all have projects to piece, borders to put on or just simply sandwich it together to get it ready to machine sew! You can do this in this class. If you are new to quilting, there are many older projects that can be done or bring one of your own. 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/quilting clips

Rotary cutter (sharp blade), cutting mat, 6" x 24" acrylic ruler or larger

90-degree right angle square

Seam ripper

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

Sewing machine manual

Extension cord

### **Capoeira/Afro-Brazilian Martial Art Dance**

*Andre Lima*

**Truro Central School Gym**  
**Class Begins: March 12, 2018 (6 weeks)**

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

Capoeira is an Afro-Brazilian art form which combines fight, dance, rhythm, and movement.

It was developed by African slaves in Brazil. Disguised with the music Slaves used Capoeira as a form of liberation. Capoeira helps develop balance, coordination, a general level of fitness and flexibility, sense of rhythm and awareness of your own body.

Capoeira is a fantastic opportunity for participants to be exposed to a unique blend of martial arts, music, culture, and camaraderie.

Capoeira involves movement utilizing the entire body developing strength, coordination, and flexibility.

Participants also get a chance to play traditional Capoeira instruments and learn to sing traditional Capoeira songs in Portuguese.

**Your Amazing, Changing Brain Series**  
**How to optimize your brain and whole body health**  
**A Course for Everyone With a Brain**

*Alison Dwyer*  
*MSN, APRN-BC, Holistic Nurse Practitioner*

**Truro Central School Classroom**  
**Class Begins: March 12, 2018 (5 weeks)**

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

- 1) A User's Guide to Your Brain - A fun, interactive class about getting to know your brain What is neuroplasticity? How our brain and body are connected. What's a neuron and what's it to me?
- 2) The Brain In Sickness and Health- An informative, interactive class exploring the brain's relationship to illness, (brain fog, memory issues, Alzheimer's, anxiety, depression) Is Alzheimer's preventable? What is inflammation? How to help the brain and body heal. How to prevent decline at any age.
- 3) Building a Better Brain -part 1- A fun, interactive class exploring conventional medicine versus holistic medicine in healing our body and brain. The body-mind connection and the role of nutrition, stress reduction, toxins, social connection in healing.
- 4) Building a Better Brain- Part 2- An empowering, interactive class exploring your own lifestyle medicine - creating your own prescription for health based on your needs.
- 5) Putting it All Together - A hands on, interactive class integrating the knowledge and insights from the course. We will explore and practice tools in class that you can bring with you from class into your own life.

**Introduction to Prana Flow Yoga**

*Genevieve Morin*

**Truro Central School Music Room**  
**Class Begins: March 13, 2017 (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.

## **Ukulele Singing Extravaganza!!**

*Mary Abt*

**Truro Central School Music Room**  
**Class Begins: March 14, 2018 (6 weeks)**

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

Dust off your ukulele and bring yourself on over to TCS on Monday evenings. 3 chords are all you need to play a great amount of great tunes on the uke. See you there. Participants should have a ukulele, soprano or concert size

## **Stamping and Cardmaking Class**

*Beth Wood*

**\*\*Truro Council on Aging\*\*\*\***  
**Classes: March 22<sup>nd</sup>, March 29<sup>th</sup> and April 5<sup>th</sup>**  
**\$55.00/\$50.00 (Sen. Discount) includes materials**

**Thursdays, 6:00-8:00 pm**

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.

March 22<sup>nd</sup> – Easter Cards

March 29<sup>th</sup> – Birthday Cards

April 5<sup>th</sup> – All Occasion Cards

**Clay**  
**David Wright**

**Truro Central School Art Room**  
**Class Begins: March 15, 2018(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.

**Theatre of the Oppressed Workshop**  
**Shams Eugene Monteiro**

**Truro Central School**  
**Class Begins: March 18, 2018(6 weeks)**

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

Theatre of the Oppressed Workshop:

T.O. is “a set of techniques, games & practices for using theatre as a vehicle for transforming individuals, and their communities, and effecting social and political change.” -Jiwon Chung

Shams Eugene Monteiro, is a teacher, musician, carpenter, actor and lover of Love. He encountered T.O. under the gentle power of Jiwon Chung who is a master T.O. facilitator, activist and human being. This fall Shams will be facilitating two separate 4 week T.O. workshops for adults.

T.O. is a collective, creative, whole-brained problem solving technique, and it DOES NOT require any theatrical experience. Much of the content for this class will be drawn from the book *Games for Actors and Non-Actors* by Augusto Boal. We will dive in to several forms of T.O. including: Image, Games, Image Theatre, Forum Theatre, and Rainbow of Desire. There is no culmination, or performance at the end of the workshop. This will be a co-created and safe space for everyone involved.

Philosophically, T.O. holds that

1. Our lived experience is powerful fuel for effecting social change.
2. Each one of us has unique insights and abilities to share
3. Our shared collective wisdom is more intelligent than isolated individual thinking.
4. Through dishabituation of our normal alienated perceptions and actions, we can break patterns that oppress, isolate or limit us.
5. An integrated balance between reflection and action, ideology and praxis can be found.

## **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: