

TRURO COMMUNITY EDUCATION CLASSES

SPRING 2023

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 and Twitter!!

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

Full Body Fitness

Paul Frisco

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins March 13, 2023 (6 weeks)

(No class school vacation Week 4/17/23)

All levels are welcome as the class is designed so you work at your own pace while getting personal attention on proper posture/form.

The class will focus on a foundation of circuit style workouts that build strength and cardiovascular fitness. Warmup and cooldown are also included.

Mondays, 4:00-5:00 pm

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

Beginner Spanish I

Violeta Villamil

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins Wednesday, March 13, 2023(6 weeks)

(No class school vacation Week 4/17/23)

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.

Mondays, 6:00-7:30 pm

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

Nature Drawing

Rowan Wielblad

ZOOM

Class Begins April 10, 2023 (4 weeks)

Mondays 6:30-8:00PM

\$50.00/\$45.00 (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 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
- Eraser
- few colored pencils and or
- a small set of watercolors and a pointed medium brush

Mindfulness Meditation for Savoring Life

Jessi Rosinski

ZOOM

Class Begins March 20, 2023 (6 weeks)

Mondays 11:00AM-12 Noon

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

(No class 4/17/2023)

Grow awareness and capacity to savor the present moment through mindfulness. Together, we will build body awareness, connect with the breath, work kindly with thoughts and emotions, and cultivate a warm heart.

Explore and care for your inner terrain through instruction, guided meditations, self reflection, and conversation.

You are welcome! This class is beneficial for those who are new to meditation and those who would like to deepen or refresh their practice within a safe community space.

Participants will need a notepad or journal to write reflections. Otherwise, there are no materials for this class.

Beginner Spanish 2

Violeta Villamil

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins Tuesday, March 14, 2023(6 weeks)

Tuesdays, 6:00-7:30 pm

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

(No class school vacation week 4/18/2023)

This course is for students who have been taking the basic Spanish course. This course will explore different fields in Spanish Culture. The students will learn more complex sentences, verbs, vocabulary, and pronunciation so they get the ability to feel more confident speaking their second language. For this course, there is a purchase of :

First Thousand Words In Spanish (Spanish Edition) [Spanish](Part of the [Usborne First Thousand Words Series](#)) by [Heather Amery](#)

This book could be purchased new or used.

Circuit Training

Kathy Stetson

IN-PERSON TRURO CENTRAL SCHOOL

Tuesdays, 5:30-6:30 pm

Class Begins: Tuesday, March 14, 2023 (6 weeks)

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

(No class school vacation week 4/18/2023)

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.

Kripalu Yoga for All Levels

Christine Frisco

IN-PERSON TRURO CENTRAL SCHOOL

Tuesdays, 5:30-6:30 pm

Class Begins: Tuesday, March 14, 2023 (6 weeks)

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

(No class school vacation week 4/18/2023)

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.

Pineneedle Basket Making

Donna Gates

IN-PERSON TRURO CENTRAL SCHOOL

Tuesdays, 6:00-7:30 pm

Class Begins: Tuesday, March 14, 2023 (6 weeks)

\$85.00/\$80.00 (Sen. Discount) – includes

materials

(No class school vacation week 4/18/2023)

Pineneedle baskets are an old craft that faded out. I love making them and would like to share my love for it. This class will teach the basic pineneedle basket skills. All materials included, when class is finished each participant will have a small basket to take home.

Pinata Making

Violeta Villamil

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins: Wednesday, March 15, 2023 (6 weeks)

(No class school vacation week 4/19/2023)

Wednesdays, 6:00-7:00 pm

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

If you want to learn how to make Piñatas, don't forget to take my course! I grew up making piñatas in my childhood. I remember my neighbors getting ready to celebrate Christmas, New Year, and birthdays and making their piñatas before their celebrations. Mexican people enjoy making all kinds of piñatas, filled with candies, fruit, and little presents for adults and children; piñatas are very decorative and can be made in all forms and shapes. This course is intended to show you how to make your own piñatas. I am sure that you will enjoy making your own piñata for birthdays and other celebrations to come. Students are responsible for collecting supplies before the class. The instructor will provide a list of supplies that the student is responsible to bring to class, via email to each student; please provide your email to Heather Harper, Director of Community Education, prior to the first class.

Fearless Singing!!

Mary Abt BS, MMED

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins: Wednesday, March 15, 2023 (6 weeks)

No class 11/23/2022

(No class school vacation week 4/19/2023)

Wednesdays, 6:00-7:00 pm

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

How many of you would be singers have said this to yourself? Well now you can.

Join Mary Abt on Wednesdays at 6pm for a non-judgemental and stress free hour of non-stop singing. Bring your favorite songs and Mary will do the rest.

Broadway, Classical, Folk, Pop/rock.

Whatever is your pleasure.

Let's explore and find your voice!

Creating with Watercolor

Rowan Wielblad

ZOOM

Class Begins: April 6, 2023 (4 weeks)

Thursdays, 6:30-8:00 pm

\$50.00/\$45.00 (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 whatever 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
)

Clay
David Wright

IN-PERSON TRURO CENTRAL SCHOOL

Thursdays 7:00-8:30PM

Class Begins: Thursday, March 16, 2023(6 weeks) \$85.00/\$80.00(Sen. Discount) – includes materials

(No class school vacation week 4/20/2023)

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.

FREE CLASSES

Sketch with Ink Intro

Rowan Wielblad

Single Session Monday April 3, 2023 6:30-8:00PM - ZOOM

FREE – Pre-registration required

Introduction to line sketching with ink. Discuss examples of different pens and explore working with ink and various lines and marks.

Materials:

Sketch pad or sheet paper suitable for ink. NOT a rough paper such as a rough watercolor paper. OR pad such as Canson XL mixed media.

- A graphite pencils and eraser –
- A small size Faber Castell Pitt pens or the equivalent – waterproof is best to add color later
- Another felt tip pen of your choice – slightly wider

Draw a Bird

Rowan Wielblad

Single Session Thursday, March 30, 2023 6:30-8:00PM - ZOOM

FREE – Pre-registration required

Spend this evening learning to draw a bird from reference. Use pencil and colored pencils and or watercolor for adding color.

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Materials:

Sketch pad or paper suitable for pencil and mixed media such as Canson XL multi media pad.

- Graphite pencils and eraser – a several grades drawing pencils HB, 2B, 4B,
- Small set of watercolors and/or
- Colored pencils
- A kneaded eraser and pink pearl or white eraser
- Optional – a mechanical pencil

Hiking with Kevin from the Wellfleet Hiking Club

Kevin Carroll

Dates and Meeting Places are listed below, Events are free but Pre-registration is REQUIRED

March 21, 2023

Time: 10:00am

Meeting Place: Great Island Upper Parking Lot, Wellfleet, MA

March 28th, 2023

Time: 10:00am

Meeting Place: Long Pond Parking Lot, Wellfleet, MA

April 11th, 2023

Time: 10:00am

Meeting Place: Atwood Higgins House, Bound Brook Island Road, Wellfleet, MA

April 18th, 2023

Time: 10:00am

Meeting Place: Ballston Beach Parking Lot, Truro, MA

April 25th, 2023

Time: 10:00am

Meeting Place: Great Pond Parking Lot, Wellfleet, MA

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:

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