

# TRURO COMMUNITY EDUCATION CLASSES

## FALL 2023

### REGISTRATION & INFORMATION

PLEASE SEE BELOW FOR DATE CHANGES AND UPDATES

#### CONTACT

Truro Community Education

Heather Harper, Director

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#### 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

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## CLASSES

### SING YOUR HEART OUT WITH MARY ABT!! – start date postponed to 11/6

*Mary Abt*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins November 6, 2023 (6 weeks)**

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

Do you wanna have fun? Do you like to sing in the shower? Do you sing your heart out in the car? Have people asked you to stop singing and maybe just hum. Well, this class was made for you.

Come and join Mary Abt, on Mondays from 6-7pm at Truro Central School in the music room. We will sing every song you ever loved as a kid. Nothing to lose and everything to gain.

See you there! and remember keep singing.

### Beginner Spanish I – start date postponed to October 30

*Violeta Villamil*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins October 30, 2023(6 weeks)**

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

## **Transform Memories into 21 Century Art – Class Full**

*Donna Mahan*

**IN-PERSON TRURO CENTRAL SCHOOL**

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

**Class Begins October 16, 2023 (7 weeks)**

**\$125.00/\$120.00 (Sen. Discount)**

Explore new ways to utilize glass found throughout our homes and beyond. Working with glass that had a former life, you will discover methods in design and techniques such as cutting glass, grinding, copper foil and soldering. Through demonstrations, lectures, and your hands-on projects, you will complete a beautiful glass panel (approximately 8x8"). You will gain a good base to continue similar projects beyond the class.

Please consider bringing small personal treasures that may be included in your project, i.e. jewelry parts, pieces of china, and shells, just to name a few. You will transform memories into a 21<sup>st</sup> century art panel.

Materials: I will provide most of the supplies needed.

Fee includes all materials except what is listed below

Materials for you to bring:

N95 mask (used when soldering)

Heavy working glove (used when cutting glass)

Personal treasures to consider incorporating (see above paragraph)

Box for your working project (shoe box size)

Must wear closed shoes for safety purposes

## **Circuit Training- Class Full**

*Kathy Stetson*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Mondays, 5:30-6:30 pm**

**Class Begins: October 23, 2023 (6 weeks)**

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

**(No class week of 11/13/2023)**

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.

## **Creating with Watercolor**

*Rowan Wielblad*

**ZOOM**

**Mondays, 6:30-8:30 pm**

**Class Begins: November 6, 2023 (5 weeks)**

**\$55.00/\$50.00 (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 )

**Kripalu Yoga for All Levels – space available**

*Christine Frisco*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Tuesdays, 5:00-6:00 pm**

**Class Begins: October 17, 2023 (6 weeks)**

**\$60.00/\$55.00 (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.

**Pineneedle Basket Making – The Next Stage- start date postponed to 11/7**

*Donna Gates*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Tuesdays, 6:00-7:30 pm**

**Class Begins: November 7, 2023 (6 weeks)**  
**materials**

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

Come join us again to learn some new techniques for your next basket. Lets expand your skills and have a new look at this lost American art. Hope to see you there.

**Beginner Spanish II – start date postponed to 11/1**

*Violeta Villamil*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Wednesdays, 6:00-7:30 pm**

**Class Begins November 1, 2023 (6 weeks)**

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

(No class 11/22, last class 11/29)

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.

**Art for Gifting with Lynn Stanley – start date postponed to 10/25**

*Lynn Stanley*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins October 25, 2023(6 weeks)**

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

**\$85.00/\$80.00 (Sen. Discount) includes materials**

(No class 11/22)

In this class we'll be making a variety of arts and crafts that can be given as small tokens of love and care, sent as mail art, used as stocking stuffers, or as objects to brighten your own home. This will be a low-key, accessible class for learners of all levels: absolute beginners; those who have some experience and are looking to revisit artmaking/printmaking; and those who are skilled and need a couple of hours of committed time each week to work in a collaborative and inspiring space. You'll have the opportunity to make gift tags, linocut prints (to be framed, turned into cards, or both), miniature books, and ornaments, along with other types of prints that don't require a press. If you fall in love with a particular process, there will be freedom to continue that project. Classes will include introductions to each project and materials, along with individual support and instruction as needed. If you've been longing to create and don't know where to start, have been feeling stuck in a parallel creative process, or just want to make and give personal gifts, come join us!

Lynn Stanley is an artist, writer, cat person, and friend of birds. For 15+ years she developed creative programs at the Provincetown Art Association and Museum, and has taught and learned from people of all ages, kindergarten to elders. She knows what it's like to feel blocked and also how to support others who find artmaking a scary or intimidating prospect. Lynn loves working with color, making simple book forms, prints, shadow boxes, and handmade gifts. Her work can be seen at [www.bisforbird.com](http://www.bisforbird.com)

**Aerial Arts – 2 spots available**

*Gabrielle Ment*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: October 19, 2023 (4 weeks)**

**Class available for those 14 years of age and older**

**Thursdays, 5:30-6:30 pm**

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

Come fly with us, ages 14 to 104, we'll get you in the air! This class provides a foundation in introductory aerial arts including aerial silks, trapeze, and lyra. Participants should wear clothes they can move comfortably in that cover the backs of their knees and armpits and bring a water bottle.

**Intermediate Spanish – start date postponed to 11/2**

*Violeta Villamil*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: Thursday, November 2, 2023 (6 weeks)**  
**Discount)**

**Thursdays, 6:00-7:30 pm**

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

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 – space available**  
***David Wright***

**IN-PERSON TRURO CENTRAL SCHOOL** **Thursdays 7:00-8:30PM**  
**Class begins October 19, 2023(6 weeks) \$85.00/\$80.00(Sen. Discount) – includes materials**

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.

**Pineneedle Basket Making – start date postponed to 11/2**  
***Donna Gates***

**IN-PERSON TRURO CENTRAL SCHOOL** **Thursdays, 6:00-7:30 pm**  
**Class Begins: November 2, 2023 (6 weeks) \$85.00/\$80.00 (Sen. Discount) – includes materials**

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.

**Nature Drawing – start date postponed to 10/26**  
***Rowan Wielblad***

**ZOOM** **Thursdays 6:30-8:00PM**  
**Class Begins October 26, 2023 (5 weeks) \$55.00/\$50.00 (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**

### **Intro to Pencil Drawing – postponed to 12/11**

*Rowan Wielblad*

**Single Session Monday December 11, 2023 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

### **Draw a Bird – postponed to 10/30**

*Rowan Wielblad*

**Single Session Monday, October 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.

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:

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

## **Sketch a Classic Cape Building – with basic perspective**

*Rowan Wielblad*

**Single Session Thursday December 7, 2023 6:30-8:00PM – ZOOM**

**FREE – Pre-registration required**

Spend the evening learning to basic perspective to understand sketching scenes with buildings. Use pencil and/or ink.

### **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)

## **Dirt Farming 101: Building Healthy and Productive Soil for the Home Gardener – class** **full**

*James Rosato*

**Single Session Tuesday, October 17, 2023 5:00-6:30PM**

**In-Person Truro Central School**

**FREE – Pre-registration required**

In this course we will discuss several strategies for developing healthy garden soils. We will discuss the primary factors that contribute to soil health and productivity, as well as the connections between soil health and plant health. Finally, we will tease out strategies for improving our garden soils using a variety of materials and methods.

While this course is primarily intended for the vegetable gardener, the soil building strategies discussed are equally applicable for annual and perennial gardens of any nature.

Basic soil science and strategies for creating fertility for the home gardener.

## **Growing More With Less, Maximizing Food Production in the Home Vegetable Garden** **– class full**

*James Rosato*

**Single Session Tuesday, October 24, 2023 5:00-6:30PM**

**In-Person Truro Central School**

**FREE – Pre-registration required**

All home gardener's are limited by the size of their gardens and the time they have to tend them. In this course we will discuss strategies for making the most of the space we have while minimizing the amount of time it takes to bring our crops to harvest. We will cover topics such as weed management, soil health, crop spacing, crop timing, season extension and winter gardening, as well as common problems and pitfalls that can make our gardens less productive and more labor intensive than they need to be.

The strategies discussed in this course aim to benefit gardeners with small spaces that would like to produce more of their own food, as well as gardeners with larger spaces that are seeking ways to reduce the workload of a larger space.



. How to grow more food with less time in any space.

**FREE CPR AND AED CLASSES THIS FALL. DATES TO BE ANNOUNCED!! PLEASE CHECK TRUROMASS.ORG OR TRURO COMMUNITY ED ON FACEBOOK FOR INFORMATION UPDATES!**

**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, Twitter and at [www.truromass.org](http://www.truromass.org)**