

**TRURO COMMUNITY EDUCATION CLASSES
FALL 2019
REGISTRATION & INFORMATION**

CONTACT

Truro Community Education

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WHEN AND WHERE CLASSES BEGIN

- Classes begin the week of October 14, 2019 unless otherwise indicated
- 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

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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

CLASSES

Quilting

Christine Grozier

Truro Central School Cafeteria
Class Begins: October 7, 2019 (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. There will be a new pattern if you need one! It is called Cascade Quilt. A binding tool is needed for this project. (\$7.95) Quilt size is 76" X 80". 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

1-2-3 Go!!

Mary Abt

Truro Central School Music Room
Class Begins: October 21, 2019(6 weeks)

Mondays, 6:00-7:00 pm
\$65.00/\$60.00 (Sen. Discount)

Join Mary Abt at TCS for an evening full of ukulele JOY!

2 "easy to play" chords will open a world of songs to you. Think grandchildren, think nieces and nephews, think great friends who love to sing.

Mary has been teaching basic ukulele for years. No fancy stuff just good old fashioned fun stuff.

If you have a ukulele GREAT. If you don't here is a recommendation

The Oscar Schmidt OU2 Concert Ukulele it can be ordered online.

Beginner's Spanish I

Violeta Villamil

Truro Central School Classroom
Class Begins October 21, 2019(6 weeks)

Mondays, 7:00-8:00 pm
\$65.00/\$60.00 (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.

Beginner's Spanish II

Violeta Villamil

Truro Central School Classroom
Class Begins October 21, 2019(6 weeks)

Mondays, 6:00-7:00 pm
\$65.00/\$60.00 (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.

Advanced Conversational Spanish

Violeta Villamil

Truro Central School Classroom
Class Begins October 21, 2019(6 weeks)

Mondays, 5:00-6:00 pm
\$65.00/\$60.00 (Sen. Discount)

Students who enter this course should have some prior conversational ability in Spanish. Conversation will be further developed and practiced so that practical and effective communication becomes a reality for every student. Purchase of a textbook will be the responsibility of each student, in addition the cost of the course.

Pineneedle Basket Making

Donna Gates

Truro Central School Classroom
Class Begins: October 22, 2019 (6 weeks)

Tuesdays, 6:00-7:30 pm
\$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. We will make a small trinket basket at first. Then we will hand craft a resin center with shells or what ever you choose. Next we will construct a basket to embellish. This is coiling with a waxed thread. Not weaving. It is fun and exciting to think our ancestors may have done this very craft to make useful items. Hope you will join me.

Holiday Decorative Origami

Cheryl E Carlson-Perrow

Truro Central School Music Room
Class Begins: October 22, 2019 (3 weeks)

Tuesdays, 5:30-7:30 pm
\$35.00

This is the season for decorations! Create origami ornaments, stars, trees, and more in this festive class! No experience needed!

Artists Books Intro

Cheryl E Carlson-Perrow

Truro Central School Music Room
Class Begins: November 12, 2019 (3 weeks)

Tuesdays, 5:30-7:30 pm
\$35.00

A get your feet wet introduction into the amazing world of creating unique artist's books. We will learn pamphlet stitching, folded forms pages and covers, and concertina bindings. An easy, lovely introduction to artist's books that, with your imagination, become spectacular books!

Paper Crane Wreath Origami

Cheryl E Carlson-Perrow

Truro Central School Music Room
Class Begins: December 3, 2019 (1 week)

Tuesdays, 5:30-7:30 pm
\$15.00

This is a lovely wreath made with paper crane modules. A beautiful expression of color and simplicity. This wreath will look great on your wall and as a gift to a good friend!

Restorative Flow

Genevieve Morin

Truro Central School Music Room
Class Begins: October 15, 2019 (8 weeks)

Tuesdays, 5:30-6:30 pm
\$75.00/\$70.00 (Sen. Discount)

A gentle, healing class designed to release deep layers of tension stored in the physical and energetic body. This "lunar" approach to yoga will begin with slow flowing movements known as Chandra Namaskar or salutation to the moon, followed with restorative stretches to release tightness and blockages in the major muscle groups and energy lines. Pranayama (yogic breathing) and meditation will be included for a well balanced and nurturing experience. Suited for all levels

Pilates Mat
Molly Costa

Truro Central School Classroom
Class Begins: October 16, 2019 (6 weeks)

Wednesdays, 4:30-5:30pm
\$75.00/\$70.00 (Sen. Discount)

Equipment Needed: Yoga/Pilates Mat

In this All Levels Mat Class we will work towards creating balance in our own bodies by building a stronger mind-body connection. The classic mat exercises are designed to align, lengthen, and strengthen the body by connecting within, creating a space to increase awareness and personal intention with movement. Most exercises presented are non-impact and non-weight bearing, yet can be challenging. Pilates Mat is a safe method to sculpt your muscles and feel increased agility in your every-day life. Modifications will be provided for all levels of ability, and/ or any existing injuries or physical issues that may be present. Molly has been teaching group Pilates Mat classes for 7 years, and has a ballet dance background.

Floor Conditioning and Movement
Jena Clough

Truro Central School Gym
Class Begins: October 17, 2019 (6 weeks)

Thursdays, 4:00-5:00 pm
\$75.00/\$70.00(Sen Discount)

In this class we will be flowing through movements and floor dance sequences that will condition your muscles in new ways! Learn how to gain strength for better flexibility in a safe, effective way. Condition your whole body in unique, challenging ways that you will even be able to take home with you as homework. Each student will move through simple sequences that will help you gain coordination and confidence. This one hour class is a full body workout that focuses on form, control, flow, and flexibility.

Beginning Origami
Cheryl E Carlson - Perrow

Truro Central School Classroom
Class Begins: October 23, 2019 (6 weeks)

Wednesdays, 5:30-7:30 pm
\$70.00/\$65.00(Sen. Discount) – includes materials

Learn the fundamental bases that begin many origami models, how to understand the symbols and basic folding techniques along with tips and tricks to ensure success!

We will create traditional models, practical models, modular decorative models, book models, and end with some fall themed models.

This is a great way to explore the exciting world of origami, amaze your friends, and have fun! And pass along your folding skills with children or grandchildren!

Calligraphy
Cheryl E Carlson-Perrow

Truro Central School Classroom
Class Begins: October 24, 2019 (8 weeks)

Thursdays, 5:30-7:30 pm
\$80.00/\$75.00 (Sen. Discount)

This is an introduction to the beautiful world of calligraphy. We will explore the roman and italic hands. They are a springboard to understand many hands that followed afterwards. These are wonderful hands to use to address envelopes, create your own cards and tags for the upcoming holiday season and thereafter! As well as to express quotes and so much more!

Materials:

Student should bring to first class:

A 14" T-square

Ruler (14" or longer, if you have it)

Pencil

Eraser (preferably a white rectangular)

Materials for following classes:

(I will have suggestions and alternatives at first class)

A cup for water ie. plastic sour cream container

A bottle of black calligraphy ink such as Higgins Eternal

Pen-holder for calligraphy nibs

A set of flat calligraphy nibs such as Speedball C series or Brause chisel/straight

An inexpensive pointed brush around a "0" size

A couple of sheets of copy paper

Optional: A roll of drafting tape

Clay
David Wright

Truro Central School Art Room
Class Begins: October 17, 2019(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.

Free one session offerings
Must preregister – classes have a minimum registration to be held

Brush, Ink, Paper, Stone – Intro to Chinese Calligraphy
Judith Motzkin

Monday, November 4, 2019 6-8PM

Judith Motzkin, an artist based in Cambridge and Wellfleet, is offering hands on sessions to introduce the origins, history and structure of the Chinese written language and to provide an opportunity to experience calligraphic writing with a brush and ink on rice paper. Motzkin says, “Outer cape residents have little exposure to Chinese culture. Insight into the language is a start to understanding, peace, and friendship between our two peoples.”

The workshop will include:

- Cultural context: The Four Classical Arts, of which calligraphy is one and The Four Treasures of Chinese painting and calligraphy—stone, ink, brush, paper.
- How to hold and use the brush to make expressive strokes. Care of the bamboo brushes.
- Introduction of the Eight Basic Strokes used to paint bamboo as traditionally taught with the strokes in the character 永, yong, eternity.
- Demonstration of the strokes learned as used to paint bamboo with ink on paper.
- Practice on rice paper with ink to draw the early pictographs, write characters, paint bamboo
- Examples of the progression from pictographs carved in oracle bones 4000 years ago, through the codification of the written language 2000 years ago.
- Presentation of a few basic characters and how they are multiplied or combined with other characters to make new words and express concepts. Introduction to the radical/phonetic system.

The presenter, Judith Motzkin, has a degree in Asian Studies from Cornell University. A practicing studio artist in ceramic and mixed media, she continues her lifelong interest in Chinese culture, history and language through study and travel. In 2018, she taught Creative Practice/sculpture in Shanghai.

Halloween Origami
Cheryl E Carlson-Perrow

Tuesday, October 8, 2019
5:50-7:30PM

Get into the spirit of this spooky season in this fall and Halloween themed class. Learn to make a cat, a bat, an owl, and monster claws. Perfect for your costume or someone's scary attire! No experience necessary! These are great models to pass along to children and grandchildren!



Money Matters

Workshop



WHEN: October 16th & 23rd (Wed.)

TIME: 6:00 to 8:00 PM

COST: Free

WHERE: Truro Central School
317 Route 6
Truro, MA

Space is limited to (20)

Class Description:

This is a two (2) night workshop to help participants:

- (1) Set financial goals;
- (2) Identify ways to create an emergency fund and a spending plan;
- (3) Educate how to get free credit reports; and
- (4) Guide best behaviors to meet your short and long term credit goals.

Sign up:

Registration form must be submitted prior to class and participants will receive a confirmation email.

Questions?

Contact harperh@truromass.org or visit www.truromass.org

Follow Truro Community Education on Facebook, Twitter and at www.truromass.org for Additional classes to be posted:

**Iphoneography 1 session class with Rebecca Bruyn
TBA November/December**

**Wellness, Purpose and Abundance. Keep your body at its optimal best with Eessential
Oils 1 session with Cristina Crawford
TBA October/November**

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: