

TRURO COMMUNITY EDUCATION CLASSES

FALL 2020

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

- Most classes begin the week of November 2, 2020 unless otherwise indicated
- Descriptions of the classes will indicate when the classes begin and end
- All Classes will be held on a Zoom platform. Once your registration is received a link for the class will be emailed to you.

HOW TO REGISTER

- Download a registration form from the Truro Central School website and mail to:
- Truro Central School PO Box 2029 Truro, MA 02666 Attn: Heather Harper
- Registrations for any free one session classes can be emailed to harperh@truromass.org

CLASSES

Focusing on the Brighter Side of Life

Cristina Crawford

ZOOM

Class Begins: November 16, 2020 (4 Weeks)

Mondays, 6:00-7:00pm

\$40.00/\$35.00(Sen Discount)

Each of our lives will be full of challenges, times of difficulty, obstacles between ourselves and our dreams, and periods of darkness and grief. That is, quite simply, the nature of life itself.

And while we often can't control what goes on around us, we can control what we look at, what we focus on, and the feelings and intentions we want to manifest. And that intention, and that re-focusing, can dramatically influence how we experience the many ups and downs, and hills and valleys, of life.

As Helen Keller once said, “Keep your face to the sunshine and you cannot see a shadow.”

Whether you're experiencing a moment of joy right now, or facing down a period of shadows and pain, this 4-week course will show you how to look for life's little moments of grace and hope so that you can lift your vibrations and experience more light and joy, no matter what life looks like right now for you.

Cristina Crawford

Owner & Founder

Floating Swan

w: floatingswan.com |

Pencil Drawing

Rowan Wielblad

ZOOM

Class Begins: November 30, 2020 (3 weeks)

Mondays, 6:30-7:30 pm

\$35.00/\$30.00 (Sen. Discount)

Draw various subjects using line and contour, shading and a variety of marks while exploring with graphite. We will also briefly look at drawings done in your sketchbook in between classes.

Materials:

Sketch pad or book suitable for pencil. Paper with body to not to rip if erases or worked(not newsprint) – or good quality paper – a pad or sheets that can be cut into smaller pieces

Graphite pencils and eraser – several grades drawing pencils HB, 2B, 4B

An ebony pencil

A kneaded eraser and pink pearl or white eraser

Optional – a mechanical pencil

Beginner's Spanish I

Violeta Villamil

ZOOM

Class Begins November 2, 2020(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, an expense separate from the initial price of the course.

30 Minutes to Get Lively: Pilates with Jan

Jan Taylor

ZOOM

Class Begins: November 3, 2020 (4 weeks)

Tuesdays, 4:30-5:00 pm

\$40.00/\$35.00 (Sen. Discount)

Strengthen your core and stretch your body during this 30 minute Pilates session. All you need is a mat and space to stretch out (and plank!)

This session is designed for all levels and focuses on breath, strength, stability, flexibility. No prior experience necessary.

Jan Taylor

Get Lively®: Health & Fitness

getlivelynow.com

Restorative Flow

Genevieve Morin

ZOOM

Class Begins: November 3, 2020 (6 weeks)

Tuesdays, 5:30-6:30 pm

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

Caress stress and unwind as we explore slow flowing movements, self-massage techniques for deep relaxation, and natural flexibility in this autumn restorative yoga offering. These gentle, healing sessions are designed to release layers of tension stored in the physical and energetic body as we aspire to provide ways to maintain balance during these times where the soul needs nurturing and care. Come prepared - bring simple householders props such as blankets, cushions, soft belt, a tennis ball or your favorite rolling tool. Suited for all levels.

Beginner's Spanish II

Violeta Villamil

ZOOM
Class Begins November 3, 2020(6 weeks)

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

Core and More Class

Kathy Stetson

ZOOM
Class Begins November 4, 2020 (4 weeks)
(11/4, 11/11, 11/18, 12/2 – no class the day before Thanksgiving)

Wednesdays, 5:00-6:00 pm
\$40.00/\$35.00 (Sen. Discount)

This class offers a blend of core and total body strengthening, posture, balance and stretching. There will be a variety of exercises performed in standing, sitting and on the floor. The only equipment that you need are items that can be found in your home- a chair, a blanket or exercise mat, a book, and a pillow. The activities are designed to be challenging but safe for a variety of body types. This program is intermediate difficulty, most appropriate for people who have had some previous exercise experience.

The instructor, Kathy Stetson is a certified exercise physiologist and a physical therapist. She has been teaching private and community fitness on the outer cape since 2009.

Intermediate Spanish

Violeta Villamil

ZOOM
Class Begins November 4, 2020(6 weeks)

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

Fun Sketching with Pen and Ink

Rowan Wielblad

ZOOM
Class Begins: December 2, 2020 (4 weeks)

Wednesdays, 6:30-7:30 pm
\$40.00/\$35.00 (Sen. Discount)

Have fun observing and sketching the essence of people, places and things with pen and ink. Ink is one of the oldest mediums and can be used in a variety of techniques. Play with line, textures, pen and papers.

Participants may also choose to make a holiday card.

We will also briefly look at drawings participants have done in their sketchbook in between classes.

Materials:

Sketch pad or book suitable for ink.

A pencil.

Non-toxic black ink pens

(such as Farber Castell PITT, Micron or Staedtler Pigment Liner Sketch Pens)

Also a water soluble black ink pen.

Brush to make washes. Note: not Magic Markers or Sharpies.

Kick Start Your Fitness

Erica Nunes

Zoom

Thursdays, 5:30-6:15 pm

Class Begins November 5, 2020(6 weeks)

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

A six-week program designed to kickstart your fitness journey and/or to help you maintain your gains. We will focus on mobility, balance, strength, and overall wellness. Classes are designed for ALL fitness levels. Every movement will offer multiple levels of intensity. Each class will include a warmup, the workout, and a stretch it out portion. You will not need weights for the class, but feel free to add them in if you have them

HIITYOURSPOT

One session offerings Free to all Participants

Must preregister – to receive your ZOOM Link – Please preregister at least one week before class

Draw your Dog(Cat, Bird, Chicken Etc)

Rowan Wielblad

Friday, December 4, 2020

6:30-8:00PM

Make a gift or honor your beloved dog, cat, or other pet with an 8 x 10 portrait you create.

Work with graphite pencil and some colored pencils

Materials:

- Graphite pencil and eraser – a several grades drawing pencils HB, 2B, 4B
 - optional – a mechanical pencil and an EBONY pencil
 - Colored pencils, (Prismacolor brand is recommended)
 - Good quality paper – a pad or sheets that can be cut into smaller pieces
- media of your choice to work wit

Have ready a clear reference photo of the subject to draw from

Everything You Wanted To Know About Osteoporosis But Were Afraid To Ask

Kathy Stetson

Tuesday, December 1, 2020 4-5PM

Osteoporosis is a condition which affects over 50 million Americans. It's estimated that 1 in 2 women and 1 in 4 men over the age of 50 will break a bone due to low bone density. In this session you will learn about how it happens, what the test results mean, how it is treated, and the role of exercise in maintaining healthy bones and preventing fractures. The session will be interactive; there will be time for participants to ask questions.

The instructor, Kathy Stetson is a certified exercise physiologist and a physical therapist. She worked in various physical therapy settings for 13 years and has been teaching private and community fitness on the Outer Cape since 2009.

Facing Uncertainty – 7 Ways To Deal With It And Be Happier And Calmer
Cristina Crawford

Monday, November 9, 2020 7-8PM

Psychologically, all of us crave certainty. Certainty gives us some semblance of peace and assurance that things will be okay. It makes us feel safe and gives us confidence in our decisions about our careers, our children, our relationships and our lives.

The problem is that life is, inherently, very uncertain.

It's full of surprises and twists and turns.

Thus, seeking and craving uncertainty manifests an underlying, ever-present current of anxiety, stress and pressure as we try to attain that which is unattainable.

What if you instead learned to embrace uncertainty, and to appreciate the many ways that the Universe provides what we need at a time when we need it most, even if it's truly unexpected? What if we learned to feel confident in ourselves and our own strengths, and anchor ourselves in the true Self, even as uncertainty swirls around us?

What if the phrase, "I don't know," sparks curiosity and motivation in your soul instead of creating fear and worry?

In this course, let's explore that concept together and come out the other end not just accepting, but actually embracing and loving, life's intrinsic unknowns.

Cristina Crawford

Owner & Founder

Floating Swan

w: floatingswan.com |

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:

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