

TRURO COMMUNITY EDUCATION CLASSES

FALL 2021

REGISTRATION & INFORMATION

CONTACT

Truro Community Education

Heather Harper, Director

Truro Central School, 317 Route 6

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WHEN AND WHERE CLASSES BEGIN

• In person classes are at Truro Central School, masks are required, virtual classes are via Zoom

• Descriptions of the classes will indicate when the class begins and ends

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 or email harperh@truromass.org for an electronic registration form

CLASSES

Sketch the Lower Cape

Rowan Wielblad

ZOOM

Class Begins November 1, 2021 (6 weeks)

(Sen. Discount)

Create ink sketches of picturesque lower Cape towns – Wellfleet, Truro and Provincetown. Each week participants render a different subject of lower Cape towns from photo references provided.

Materials – permanent ink pens (artists pens not sharpies)

Fine and medium fine

A pencil and eraser

Paper suitable for ink line art such as Bristol

Optional: A cell phone or digital camera to take reference shots.

Reference photos will be provided.

Mondays 6:30-7:30PM

\$50.00/\$45.00

Yoga Alignment

Cristina Crawford

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins: November 8, 2021 (4 weeks)

Mondays, 5:30-6:30 pm

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

Create a safe foundation for your yoga practice

Whether you're a newcomer to yoga, have a health condition, or have been practicing for decades, it's important to establish—and maintain—a good foundation and pay attention to your body.

With a strong foundation, we then have to work on alignment to reduce or avoid injuries, muscular imbalances and bad postures.

In this 4-week series you will learn the basics of “what goes where, what rotates which way, which muscles and joints do what and where should you put the weight” so you can get your body balanced and coordinated feeling safe in your yoga practice whether at home or at a studio.

- Bring a Yoga mat
- Bring a meditation cushion or pillow
- Bring a blanket
- OPTIONAL:
 - Props like yoga blocks and/or yoga belt

Self - Massage

Cristina Crawford

IN-PERSON TRURO CENTRAL SCHOOL

Single Session Monday December 6, 2021 5:30-7:00PM

FREE – Pre-registration required

**Feel immediate relief from that persistent
ache in your neck or knot in your lower back.**

Whether you’ve been trying to keep your world running from your living room or you've been hustling non-stop as a hard worker, chances are your body screams in pain at night. Your neck might constantly ache from your not-so-ergonomic WFH set up, or your arches might radiate with pain from those house shoes you've been wearing all day every day.

One way to provide short-term relief from the gnawing pain and strain? Give your body a little self-massage.

In this 1-day class you will learn easy and quick techniques of self-massaging the tightness, stiffness, soreness in your neck, shoulders, and beyond, so you can daily relieve the tension in your body, sleep better and improve mobility and immune functions.

- Bring a Yoga mat
- Bring a tennis ball
- OPTIONAL:
 - Foam Roller
 - Trigger Point Massager
 - Craniocradle

Beginner Spanish I

Violeta Villamil

ZOOM

Class Begins: October 19, 2021 (6 weeks)

Tuesdays, 5:00-7:00 pm

FREE Pre-registration Required

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.

Restorative Flow

Genevieve Morin

IN-PERSON TRURO CENTRAL SCHOOL
Class Begins: October 19, 2021 (6 weeks)

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

Caress stress and unwind! These gentle, healing restorative yoga sessions are designed to release layers of tension stored in the physical and energetic body as we aspire to stay grounded and balanced. Together we will explore self-massage techniques and slow flowing movements known as Chandra Namaskar (Salutation to the Moon), accompanied by deep stretching. Pranayama (yogic breathing) and meditation will also be included. Come prepared—bring simple householders props such as blankets cushions, soft belt, tennis ball or your favorite rolling tool. This holistic and nurturing approach to yoga is suited for all levels.

Advanced Spanish

Violeta Villamil

ZOOM
Class Begins: October 20, 2021 (6 weeks)

Wednesdays, 5:00-7:00 pm
\$60.00/\$55.00 (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.

Easy Does it Mindfulness Meditation

Cristina Crawford

IN-PERSON TRURO CENTRAL SCHOOL
Class Begins: November 10, 2021 (4 weeks) (no class 11/24)

Wednesdays, 5:30-6:15 pm
\$40.00/\$35.00 (Sen. Discount)

Breathe Space Into Your Day

Daily mindfulness Meditation practice can make a real difference in your life. can reduce stress, increase calmness and clarity and promote happiness. You need less than 10 minutes alone each day to do it. It might seem difficult to get started and keep up a routine, but this series will guide you to break it down for beginners. There are benefits even with short amounts of practice.

Meditation isn't about learning how to empty your mind or stop your thoughts. Instead, meditation is the practice of training your attention and focus from a place of non-judgement.

In this 4-week series you will learn easy and comfortable mediation practices along with breathing exercise so you can improve your mental and physical health in a variety of ways in only 10 minutes or less a day.

- Bring a Yoga mat
- Bring a meditation cushion or pillow
- Bring a blanket

Ukulelele

Mary Abt BS, MMED

IN-PERSON TRURO CENTRAL SCHOOL

Class Begins: October 20, 2021 (8 weeks) (No class 11/24)

Wednesdays, 6:00-7:00 pm

\$75.00/\$70.00 (Sen. Discount)

The Ukulele is a wonderfully accessible instrument to learn to play. By the time one class is over, you will be able to play

at least 3 simple chords with a basic strumming pattern.

This class will focus on developing a repertoire of traditional and familiar songs like "Jambalaya", "The Lion Sleeps Tonight",

"Stand By Me", "You Are My Sunshine" and more, more, more. You name it and we will try to play it!

Class will run for 8 weeks on Wednesdays starting on October 13.

1)10/13 2)10/20, 3)10/27, 4)11/3, 5)11/10, 6)11/17, (off week of Thanksgiving) 7)12/1 and 8)12/8

Method Book to be used: Essential Elements Ukulele Method Book 1

**Masks are required and social distancing are requirements of attendance.

Having your own ukulele is recommended but not a requirement of joining this class. There will be ukuleles on hand for your use.

If you intend on purchasing an ukulele I would suggest purchasing a **concert sized instrument** made by the Oscar Schmidt, Kala, or Hohner.

Beginner's Spanish II

Violeta Villamil

ZOOM

Class Begins: October 21, 2021 (6 weeks)

Thursdays, 5:00-7:00 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.

Friday Night Fun – Draw Your Dog(Cat, Horse, Bird)

Rowan Wielblad

Single Session Friday December 3, 2021 6:30-8:00PM

FREE – Pre-registration required

Draw an 8 x 10 portrait of that special dog, cat or other pet. Makes a great gift or memento.

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 with

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

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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