

TRURO COMMUNITY EDUCATION CLASSES

SPRING 2020

REGISTRATION & INFORMATION

CONTACT

Truro Community Education

Heather Harper, Director

Truro Central School, 317 Route 6

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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 March 16, 2020 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, Card Making will be held at the Truro COA

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

The To-Do List Makeover: *Big Dreams, Sustainable Action & Self-Care*

Mara Glatzel

Truro Central School Classroom

Class Begins: March 16, 2020 (6 Weeks)

(No class April 20, 2020 – Patriot's Day)

Mondays, 6:30-8:00PM

\$75.00/\$70.00(Sen Discount)

Wanting to get things done and feel good while doing it isn't too much to ask. The To-Do List Makeover is a 6-week self-development course that will help you create a vision for what you'd like to make happen in your life, teach you how to cultivate a sustainable action plan to bring that vision to life, and help you figure out how to hold yourself LOVINGLY accountable to this commitment to yourself. This workshop is for women who have been feeling uninspired or burned out and are ready to feel a greater sense of joy and ease as they approach their daily life. After our time together, you will understand how to create manageable expectations that you are able to follow through with, and incorporate self-care into your life without completely overwhelming yourself.

Redefining self-care & Reclaiming sovereignty

www.maraglatzel.com

1-2-3 Go !!!!

Mary Abt

Truro Central School Music Room
Class Begins: March 16, 2020(6 weeks)
(No class Patriot's Day April 20, 2020)

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 April 13, 2020(6 weeks)
(No class Patriot's Day April 20, 2020)

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 April 13, 2020(6 weeks)
(No class Patriot's Day April 20, 2020)

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 April 13, 2020(6 weeks)
(No class Patriot's Day April 20, 2020)

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.

Introduction to Charcoal

Grace Emmet

Truro Central School Art Room
Class Begins: March 16, 2020 (4 weeks)
(3/16, 3/23, 4/6, 4/13 – no class 3/30)

Mondays, 7:00-8:30 pm
\$55.00/\$50.00 (Sen.Discount)

Charcoal is one of the oldest and most versatile mediums available to the artist. This class is great for beginners wanting to learn a new art form or artists returning to the fundamentals of value, composition, and technique. Learn to make a beautiful standalone work of art or how to best prepare a study for a future piece. Let's explore, express, and create!

Supplies: (participants will need to bring the following supplies)

Pad of Newsprint (18"x24")
Pack of Vine charcoal (varying sizes if possible)
Pack of Compressed Charcoal
Charcoal pencil
Kneaded eraser
Chamois cloth
Portfolio at least 18"x24" (Paper one is fine)

Rubber Stamping and Card Making

Beth Wood

Truro Council on Aging Activity Room **Mondays, 6:00-8:00 pm**
Class Begins: March 16, 2020(3 weeks) \$55.00/\$50.00 (Sen.Discount) – includes materials

Rubber stamping and card making is fun and so easy. You don't need to be talented or creative to produce hand made cards. We will be making four different cards at each class. The instructor will provide all of the supplies needed to complete the cards. Participants are asked to bring double sided adhesive tape runners, if you have it, and small scissors suitable for cutting paper

Pineneedle Basket Making

Donna Gates

Truro Central School Classroom **Tuesdays, 6:00-7:30 pm**
Class Begins: April 7, 2020 (6 weeks) \$85.00/\$80.00 (Sen. Discount) – includes materials
(No class April 21, 2020 – school vacation)

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 basics of coiling with a new surprise or two. You will learn to make two small baskets or one with a lid. This will be a very fun class!!

Fun Sketching with Pen and Ink

Rowan Wielblad

Truro Central School Classroom **Tuesdays, 6:30-7:30 pm**
Class Begins: March 17, 2020 (4 weeks) \$60.00/\$55.00 (Sen. Discount)

Observe and capture the essence of people, places and things with pen and ink. Ink, one of the oldest mediums, can be used in a variety of techniques. Play with various line, textures, brush, pen and papers while exploring different points of view. Bring a few non-toxic black ink pens (such as Farber Castell PITT, Micron or Staedtler Pigment Liner Sketch Pens) (not Magic Markers or Sharpies) and a sketch pad suitable for ink to the first class. Materials list will be given at the first class.

Drawing in your sketchbook between classes is encouraged.

Artist Book Intro
Cheryl E Carlson-Perrow

Truro Central School Classroom
Class Begins: March 17, 2020 (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 Classroom
Class Begins: April 7, 2020 (1 week)

Tuesday, 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: March 24, 2020 (8 weeks)
(No class April 21, 2020 – school vacation)

Tuesdays, 5:30-6:30 pm
\$80.00/\$75.00 (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

Basic Knitting
Denise Napolitano

Truro Central School Classroom
Class Begins: March 18, 2020 (4 weeks)

Wednesdays, 6:00-7:30pm
\$45.00/\$40.00(Sen Discount)

Bring your yarn and knitting needles!!! Learn the basics. Knit, purl, cast on, bind off. Have fun making something for yourself or to give as a gift!

Beginning Origami
Cheryl E Carlson - Perrow

Truro Central School Classroom
Class Begins: March 18, 2020 (6 weeks) **\$70.00/\$65.00(Sen. Discount) – includes materials**
(No class on April 22,2020 – school vacation)

Wednesdays, 5:30-7:30 pm

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!

Exploring the Watercolor

Rowan Wielblad

Truro Central School Classroom
Class Begins: March 18, 2019 (6 weeks)
(No class April 22, 2020 – school vacation)

Wednesdays, 6:30-8:00 pm
\$70.00/\$65.00 (Sen. Discount)

Experiment with various watercolor techniques and create finished pieces, using watercolor with and without pencil, wax resist, loose wash, and dry brush. Demos and discussion are included. Bring a sample or two of your own watercolors as well as of another artists 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, as well as privately, and does fine art, illustration, and photography. Rowan's work has exhibited and sold in Provincetown, Maine and Boston galleries, and PAAM.

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)

Calligraphy

Cheryl E Carlson-Perrow

Truro Central School Classroom
Class Begins: March 19, 2020 (8 weeks)
(No class April 23, 2020 – school vacation)

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

Thursdays 7:00-8:30PM

**Class Begins: March 19, 2020(6 weeks) \$85.00/\$80.00(Sen. Discount) – includes materials
(No class April 23, 2020 – school vacation)**

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.

One session offering
Must preregister – classes have a minimum registration to be held

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

\$20.00

Wednesday, April 29, 2020 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.

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

How to tell your Story with Scraps, Discards, Beach Trash, and Recycled Materials
M.J. Levy Dickson

Wednesday March 4, 2020 and Thursday March 5, 2020 6:00-7:30PM

What is your story? Would you like to tell a story? Would you tell a story about yourself? Or would you tell a story about someone or something else? Would you tell a story about an event or a place? These are all questions that we can decide during the first class by exploring examples of art made by artists as well as people who are concerned about our environment. Participants will be taught to visualize their ideas and draw them on paper. These basic sketches will be turned into either collage, which is cutting and pasting paper or anything that can be glued on a flat surface, an assemblage, the same as a collage, but using objects attached to a piece of wood or other found object, sculpture, which would be materials suspended on their own, or a combination of any and all ideas. The process is what becomes the focus. Walking on the beach and picking up what washes ashore such as shells, plastic bottles, seaweed, &c. If you look around your house, paper bags, plastic bags, soda cans, bottle caps, envelopes, anything you might throw away. If you stop by a grocery store, they might have all kinds of cartons to be thrown away, a restaurant might have extra plastic cutlery, or paper plates, or take out containers. A garden center might have plastic flowerpots to be thrown out. Just bring in anything that is clean, that you might have thrown away or recycled, and think about what kind of story you can tell. Maybe the objects will determine the subject matter, maybe you will choose with a theme in mind. The goal is to think differently about the world around you.

Materials:

Any found objects or clean trash

Pencils

Paper bags or envelopes to draw on

Draw your Dog(Cat, Bird, Chicken Etc)
Rowan Wielblad

Thursdays, April 9th and 16th 2020
6:00-7:30PM

Honor your beloved dog, cat, or other pet with an 8 x 10 portrait you create.

Choose from the list below and bring to class the medium of your choice

OR combine several to work with mixed media.

Choose ONE or Several to work with:

- Graphite pencil and eraser
 - Colored pencils, (Prismacolor brand is recommended)
 - Watercolor crayons (such as caran d'ache)
 - or watercolor paints and brushes (if you are familiar with watercolor paints)
- (be familiar with watercolors if that is what you choose)

Note: No oils or acrylics for this.

Bring several good clear photos for reference.

Good quality paper – a pad or sheets that can be cut into smaller pieces
media of your choice to work with

Workshop: Money Matters

**Housing
Assistance
Corporation**



When: March 18 & 25 (Wednesdays, 6-8 pm)

Cost: Free

Space: Limited to 15 people

Where: Truro Community Education
Truro Central School, 317 Route 6, Truro, MA

Class Description:

This is a *2 part seminar* 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;
- (4) Guide best behaviors to meet your short and long term credit goals.

Questions?

Contact: Heather L Harper 508-487-1558 x203 **Email:**

harperh@truomass.org

Website: <http://www.truomass.org/>

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

THE POWER OF SELF-CONFIDENCE



**Living from
the Authentic,
Confident You**

Confidence: You will know, once and for all, the truth about the source of your Self-Confidence. You will discover what Confidence is, and what it is not. And, you will learn how to respond when your Self-Confidence has taken a hit, so that rather than derail you, it may propel you toward a life you love living.

Feeling the Fear and Doing It Anyway: You will learn to step out of your comfort zone and know that you can do so with Confidence. The fears that used to hold you back will no longer have a hold over you when you tap into the source of your Authentic Confidence.

Turning Obstacles into Opportunities: You will go through a powerful lesson that will help you change your perspective on failures in the past, present and future. No one gets through this life without experiencing failure, and it's how you respond to those circumstances that makes all the difference in your life.

Clear, Confident Decision Maker: You will learn what the key is to making any important decision. In fact, you will get to make the most important decision you will ever make, and you'll use that new understanding to help you make any choice in the future with clarity and confidence.

Freedom From the Opinions of Others: This last class will bring you back full circle to the core of your Self-Confidence, and knowing that your Authentic Self is not made by the opinions of others, but rather from the inside out. You will be given a secret formula to implement into your life that some of the world's most famous people have used to create immense success in their lives and businesses.

Tuesdays March 31 - May 5th at 6pm (no class on April 21st) (4 Weeks)

Cost \$65

Cristina Crawford • (774) 538-9374 • Email: hello@floatingswan.com www.FloatingSwan.com

*Standing Firm
When Your World
Is Shaking* is a four
week program that
helps you turn a
traumatic, “Dark
Night” experience
into a new
beginning.

MARY MORRISSEY'S

STANDING FIRM

When Your World Is Shaking

Tools for Traversing Life's Toughest Terrains

Week One – The Dark Night – In the first week, you will learn to use your Dark Night of the Soul as a forward-momentum builder. You will look at all the ups and down and find a way to relate to it that is empowering to you.

Week Two – The Hero's Journey – In this week, you will learn the three major phases of the hero's journey. You will discover the opportunity you have is to take another look at one of your dark night and ask if there are gifts that are yet to be received from the dark night.

Week Three – Harvesting The Good – This week you will let go of your ego attitude and choose an empowering perspective about the dark time. You will learn to neutralize the emotional charge of your dark night by discovering the gifts you can gain from it.

Week Four – An Opportunity for a New Beginning – In the final week, you will learn to use your Dark Night experience into a new beginning. You will learn to use this experience to recognize when life is signaling you to get back on course. During this week you also create a support structure for the changes you would love to implement in your life. You will learn to connect with your inner sanctuary where you are protected from the element of circumstance and discover the true meaning of your Dark Night experience and use it to grow into a higher version of yourself.

Tuesdays March 3rd-24th at 6pm

Investment \$60

Cristina Crawford • (774) 538-9374 • Email: hello@floatingswan.com

www.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:

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