

# TRURO COMMUNITY EDUCATION CLASSES

## SPRING 2022

### REGISTRATION & INFORMATION

#### CONTACT

Truro Community Education

Heather Harper, Director

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#### WHEN AND WHERE CLASSES BEGIN

- In person classes are at Truro Central School, 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](mailto:harperh@truromass.org) for an electronic registration form

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## CLASSES

### Sketch the Lower Cape

*Rowan Wielblad*

#### **ZOOM**

**Class Begins April 25, 2022 (5 weeks)**

**Mondays 6:30-7:30PM**

**\$50.00/\$45.00 (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.

### Strength and Endurance Class

*Paul Frisco*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: April 4, 2022 (7 weeks)**

**(No class April 18, 2022 – school vacation)**

**Mondays, 4:30-5:30 pm**

**\$65.00/\$60.00 (Sen. Discount)**

All levels are welcome as the class is designed so you work at your own pace while getting personal attention on proper posture/form.

The class will be different each week, but follows a foundation of circuit style workouts that build strength and endurance, in addition to attaining the benefits of an intense cardio session. Warmup and cooldown are also included.

## Circuit Training

*Kathy Stetson*

IN-PERSON TRURO CENTRAL SCHOOL  
Class Begins: April 4, 2022 (7 weeks)  
(No class April 18, 2022 – school vacation)

Mondays, 5:30-6:30 pm  
\$65.00/\$60.00 (Sen. Discount)

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 rest for a couple of minutes 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.

## It's Time to Heal your Relationships

*Cristina Crawford*

ZOOM  
Class Begins: May 9, 2022 (4 weeks)

Mondays, 5:30-6:30 pm  
\$50.00/\$45.00 (Sen. Discount)

What do we have to **mature within us** to have **healthy and full bonds**?

What childhood **patterns** limit and condition your vision **of love and happiness**?

What do you need to activate in yourself to **enhance self-love and self-worth**

In this 4-week class we will learn about the **main challenges** that we have to look at, **heal and transcend to feel happy, valuable, loved and safe**, without the need to depend on another person to experience it. We will learn about **relationships of equality** between two adults who love each other and share their love, leaving behind codependent relationships and the need to change and control the other. We will focus on studying the two key feminine planets associated with love of self and others: **Moon and Venus**.

**Designed for those with and without knowledge of Astrology.**

**The key to love is within us**, in our own actions, decisions and way of experiencing emotions. In order to live a healthy love with another, we have to learn to live a healthy love relationship with ourselves, and in this class we will learn the keys to this. **We will see what are the wounds that conditioned or damaged our emotional security and sense of self-worth.** We will know what kind of experiences usually affect **our ability to feel attractive**, as well as what needs to be healed to enhance our Venus, the planet that tells us what **love, pleasure, joy, sensuality and romance** are.

We will understand how the astrological Moon reflects our experience of primary child nutrition and attachment, and how this experience conditions **the feeling of security and protection**, generating affective demands that determine the way we experience our emotions and the most intimate bonds with those we love. Learning to mature our way of living the Moon will help us take care of our inner child, **moving from childhood relationships to adult relationships**, where we can bond without expecting the other to take care of our nutrition.

**By the end of this 4-week class you will have understood the origin of your relationship difficulties and you will have tools to continue your evolutionary process from the base of balance in life: self-love.**

## The Ebbs and Flows of your Progressed Moon

*Cristina Crawford*

**ZOOM**

**Class Begins: April 11, 2022 (4 weeks)**

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

**\$50.00/\$45.00 (Sen. Discount)**

There's something in **Astrology** called the **Progressed Moon** and it's something we can look at to see **what "phase" we are living in**. This timer helps us to discover what our motivations are in the current moment as well as whether we are operating more inwardly or outwardly. It can help us hone in on the areas that are most open for change in our lives.

We begin by isolating one small piece of the astrology puzzle called the progressed moon, this is an amazingly **accurate indicator for what your rhythms and cycles are**. Your progressed moon sits in each sign for 2 1/2 years. The way it works is that basically, we change our outlook, perspective, and even the way we look and feel every 2 1/2 years. That's right – we're all on a 2 1/2 year timer. Crazy right? But ohhhh so true. Keep in mind that we're all on different schedules and the timing of each of our phases ties right back to the moment when we were born.

Each *phase we are in* is very similar to the traits of each of the 12 signs of the zodiac. After a 24 year period, we'll have made it through each of the signs – gaining experiences from each "phase" we were in. **Every phase is important and it's impossible to skip one**. We all go through each sign of the zodiac spending about 2 1/2 years or so in each one.

I am hoping **this will be so much fun** as you begin learning all kinds of fascinating things about you and the cycles you are in.

For this entire course, I will help you understand how your Progressed Moon influences everything you experience for two and a half years. You will learn how to prepare for the cycle you are in, what you're likely to experience in that cycle, and how you can turn that experience into something profound and meaningful for your life. Plus, if you know someone else's Progressed Moon, you can really understand the major themes of that person's life for a specific period of time.

**You will be amazed.**

Astrology is a powerful and accurate tool to help us move through our lives.

## Beginner Spanish I

*Violeta Villamil*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: May 23, 2022 (4 weeks) (no class 5/30)**

**Mondays, 5:00-7:00 pm**

**\$40.00/\$35.00 (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.

## Ukulele

*Mary Abt BS, MMED*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: April 4, 2022 (6 weeks)**

**(No class April 18, 2022 – school vacation)**

**Mondays, 6:00-7:00 pm**

**\$60.00/\$55.00 (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!

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.

## Restorative Flow

*Genevieve Morin*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: May 10, 2022 (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.

## Pineneedle Basket Making

*Donna Gates*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: April 12, 2022 (6 weeks)**

**(No class April 19, 2022 – school vacation)**

**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. 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.

## Advanced Conversational Spanish

*Violeta Villamil*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Truro Central School Classroom**  
**Class Begins May 24, 2022(4 weeks)**

**Tuesdays, 5:00-7:00 pm**  
**\$40.00/\$35.00 (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.

## Exploring the Watercolor

*Rowan Wielblad*

**ZOOM**  
**Class Begins: April 20, 2022 (5 weeks)**

**Wednesdays, 6:30-7:30 pm**  
**\$60.00/\$55.00 (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 )

## **Fly High Aerial Sampler**

*Payomet Circus Staff*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: April 27 (8 weeks)**

**Wednesdays, 4:00-5:00 pm**

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

**Class size is limited to 8**

They fly through the sky with the greatest of ease! This workshop gives an overview of a range of aerial apparatuses including but not limited to aerial silks, trapeze and lyra. Come unlock your unlimited potential and find an outlet in the air!

- Activities include: aerial silks, trapeze, lyra, calisthenic warm up and cool down
- Class Duration: 1 hour
- Requirements: No skills necessary! All levels welcome
- Age: 15 years or older
- Rotating Cast of Professional Aerialists

### **CLASS REQUIREMENTS:**

- Wear athletic clothing with covered knees (Leggings, Fitted Shirt, Socks, no zippers or jeans)
- Please remove all jewelry and hair clips prior to class start.
- Bring a water container to fill.

## **Juggle Jam**

*Trevor Pearson*

**IN-PERSON TRURO CENTRAL SCHOOL**

**Class Begins: April 6 – June 15th (10 weeks) \$10.00 per week sign up for one, all or drop in (No class 4/20 school vacation)**

**Wednesdays, 4:00-7:00 pm**

Trevor Pearson—world-renowned juggler and object manipulator—hosts this opportunity to gather and practice together in a community setting. Bring your own props or share ours. All ages and levels are welcome and encouraged.

note\*\*\*\*This is NOT an instructed class, this is a jam, time to play, share skills, get creative and build community! Trevor will be available to give occasional help to anyone trying something new and some short lessons for beginners.

Sign up in advance to ensure that the jam runs! Drop ins accepted.

- Activities include: balls, hoops, rings, clubs, feathers, flower sticks, poi, yoyo, and more
- Requirements: No experience necessary! All levels and ages welcome
- Students under 13 years of age must come with a parent, guardian or chaperone

## **Beginner's Spanish II**

*Violeta Villamil*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins: May 25, 2022 (4 weeks)**

**Wednesdays, 5:00-7:00 pm**  
**\$40.00/\$35.00 (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.

## **An Introduction to Playwriting**

*Joseph M. Paprzycki*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins: April 7, 2022(6 weeks)**  
**(No class April 21,2022 – school vacation)**

**Thursdays 4:00-5:30PM**  
**\$65.00/\$60.00(Sen. Discount)**

Taught by award winning playwright Joseph M. Paprzycki  
No playwriting experience necessary. Be creative and have fun.

## **Clay**

*David Wright*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins: April 7, 2022(6 weeks)**  
**(No class April 21, 2022 – school vacation)**

**Thursdays 7:00-8:30PM**  
**\$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.

## **Book Making**

*Dominique Pecce*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins: April 8, 2022(6 weeks)**  
**(No class April 22, 2022 – school vacation)**

**Fridays 4:30-5:30PM**  
**\$65.00/\$60.00(Sen. Discount) – includes materials**

In this class we will create books using a bookbinding machine. Contents of the books are up to participants and can range anywhere from cookbooks to nature journals, whatever participants want to fit between the covers.

Week 1 – Examples of comb books will be provided to assist student's final projects and understand how your book will be constructed. We will discuss our individual interests for our books and workshop individual goals. This will be done through conversation, journaling and flushing out ideas.

Week2 – With a greater focus on goals we will discuss and develop our formatting, create a prototype and start actualizing our book. Images and text will find their places through trial and error. Substrates and printing options will be brought to class for students to consider in their final printing.

Week 3 – Students will have in-class time to work on their pages, get feedback, problem solve, consider their materials and prepare for printing proof and create digital copies for printing.

Weeks 4, 5, 6 – Digital images will be prepared for printing. All the puzzle pieces of the books will be put together and bound.

**Photography Class for Parents and Aunts and Uncles and Families**  
**How to Create Beautiful and Natural Photography of Kids**  
*Agata Storer*

**IN-PERSON TRURO CENTRAL SCHOOL**  
**Class Begins: April 8, 2022(6 weeks)**  
**(No class April 22, 2022 – school vacation)**

**Fridays 4:00-5:30PM**  
**\$65.00/\$60.00(Sen. Discount) –**

Class will include inspirations for natural portraits as well as technical information for both digital and film cameras. Class will cover topics of composition, color b&w, aperture, backgrounds, different approach to model and natural light. An assignment will be given each week and then discussed at the following class. Only requirement is that each participant bring their own camera.

**CLASSES OFFERED FOR FREE, PRE-REGISTRATION IS REQUIRED**

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

*Rowan Wielblad*

**Single Session Friday April 8, 2022 or April 22, 2022 6:30-8:00PM - ZOOM  
FREE – Pre-registration required**

Intro to drawing an 8 x 10 portrait of that special dog, cat, or other pet - a great gift or memento. Work with graphite pencil and some colored pencils.

Materials:

- Graphite pencils and eraser – a several grades drawing pencils  
HB, 2B, 4B,
- Optional – a mechanical pencil and an EBONY pencil
- Colored pencils, (Prismacolor recommended) a few for added color or a set. - Good quality paper – a pad or sheets that can be cut into smaller pieces  
and drawing materials. (Not newsprint)

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

**Pencil Drawing Intro**

*Rowan Wielblad*

**Single Session Monday April 11, 2022 or April 18, 2022 6:30-8:00PM - ZOOM  
FREE – Pre-registration required**

Draw a subject using line and contour, shading and a variety of marks while exploring the art of drawing with graphite. Examples of different styles will be exhibited.

Materials:

Sketch pad or sheet paper suitable for pencil. Paper with body to not to rip if erased or worked (not newsprint)

- Graphite pencils and eraser – a several grades drawing pencils  
HB, 2B, 4B,  
an Ebony pencil
- A kneaded eraser and pink pearl or white eraser
- Optional – a mechanical pencil

**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](http://www.truromass.org)**