

FALL 2019 COURSES

~ ARTS AND CRAFTS ~

Note: Supply/materials lists are available on-line at www.nausetcommunityed.org (click on link on the left of the home page).

A-1, A1a, A-1b Watercolor

Eileen Smith

This class is designed to accommodate all levels. Composition, color theory, and techniques will be demonstrated weekly. Subject matter will focus on landscape and still life. Students are encouraged to bring their own photos for reference. A brief history of watercolor will be discussed. A materials list is available at www.nausetcommunityed.org, or email

Eileen.smith.artist@gmail.com

A-1	Tuesday	1:00 – 4:00 p.m.	10/1 – 12/3/19	Ten Sessions	Brewster Town Hall
					Fee: \$160
A-1a	Wednesday	9:00 – 12:00 p.m.	10/2 – 12/4/19	Ten Sessions	Brewster Town Hall
					Fee: \$160
A-1b	Monday	9:00 – 12:00 p.m.	9/30 – 12/2/19	Ten Sessions	Brewster Town Hall
					Fee: \$160

A-2 Water Based Oil Painting

Eileen Smith

Thursday 9:00 – 12:00 p.m. 10/3 – 12/5/19 Ten Sessions Brewster Town Hall

This class is designed for the beginner or intermediate student. Water mixable oils were developed to be used with water instead of turpentine or other solvents. Composition, color theory and techniques will be covered. The subjects will be Cape Cod landscapes. A materials list is available at www.nausetcommunityed.org, or email Eileen.smith.artist@gmail.com

Fee: \$160

A-7 The Art of Flower Arranging

Sonny Gada

Tuesday 7:00 – 9:00 p.m. 9/24 – 10/29/19 Six Sessions

M.S. Cafeteria

Learn how to create beautiful floral arrangements for your home. This course will teach you how to create traditional arrangements as well as new floral trends. Flower and plant identification will also be part of this creative adventure. Each week, you will receive a list of materials you'll need to bring to the next class.

Fee: \$75

A-8 Zentangle Introduction

Christine Walkley

Tuesday 6:30 – 8:00 p.m. 9/24 - 10/8/19 Three Sessions

M.S. Room 205

“Real style is never right or wrong. It is a matter of being yourself on purpose.” G. Bruce Boyer. Discover your own style with the Zentangle® Method ...an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. No artistic experience is necessary. In this 3-session course, you will learn all the basics to focus, relax, enjoy, create and continue on your own artistic journey. Visit www.capecodtangles.com for more information.

Fee: \$60

A-9 Zentangle – Tangle On!

Christine Walkley

Thursday 6:30 – 8:00 p.m. 9/26 – 10/10/19 Three Sessions

M.S. Room 205

Have fun with other tangles, as we explore and share new techniques, materials and of course learn new tangles. Zentangle® Method ...an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Prerequisite: an Introductory Zentangle class.

Fee: \$60

A-15 Knitting**Wednesday 7:00 – 9:00 p.m. 9/25 – 11/13/19 Eight Sessions****Diane Lee****M.S. Room 245**

Have you ever wanted to learn the basics of knitting? Are you ready to start making scarfs, sweaters, socks, etc. for yourself and for gifts? You will start with the basic stitches and learn to follow most patterns. Or, if you have some knitting experience but would like to continue learning different stitches, this class is for you. Bring your project and get the help you need. Beginners should bring knitting worsted weight yarn and #7 or #8 short needles to the first class.

Fee: \$75**A-19 Carve an (Elmer Crowell Style) Antique Shorebird Decoy****Thursday 6:00 – 8:00 p.m. 9/26 – 10/31/19 Six Sessions****Wayne Kivi****M.S. Room 206**

Students will be carving an Elmer Crowell replica yellowlegs shorebird antique style decoy that will become a treasured family heirloom. The decoy is made from tupelo wood, a favored wood of bird carvers and students will have a choice between three different poses. You may use either your own base to mount your decoy on or I will provide one. The materials fee is \$38 will cover all materials including a quality carving knife, decoy blank, glass eyes, paint, and brushes. Students who have their own carving knife will pay \$22. Students who have taken the class before may opt for a different bird. Students requesting a bird other than a yellowlegs should contact the instructor (wpkivi@gmail.com) at least a week before the first class in order to have their bird ready for the first class.

Fee: \$100**A-20 Introduction to Stained Glass****Monday 6:30 – 8:30 p.m. 9/30 – 11/4/19 Six Sessions****Craig McConchie****Tobias Wood & Glass**

This class will introduce students to Stained Glass Art. Students will be provided all tools necessary and given hands-on instruction in the copper foil (Tiffany) method of stained glass. There is a \$30 material fee payable to instructor. Glass for first project will be provided.

Fee: \$160**A-23 Bowl Turning****Wednesday 10:00 a.m. – 12:00 p.m. 10/2 – 11/6/19 Six Sessions****Craig McConchie****Tobias Wood and Glass**

Bowl Turning is an introductory woodturning class. Students will learn how to safely operate a wood lathe and woodturning tools. Students will complete 3-4 wooden bowls. Bowl blanks are \$10 each.

Fee: \$160**A-24 Glass Etching****Wednesday 6:30 – 8:30 p.m. 10/2 – 11/6/19 Six Sessions****Craig McConchie****Tobias Wood and Glass**

Students will be introduced to both chemical and sand blasted glass etching. Stencils will be both hand and machine cut. Students will provide their own glassware for etching. **Fee: \$150**

~DANCE & MUSIC~**D-3 Ballroom Dancing, Beginner****Thursday 6:00 – 7:00 p.m. 9/26 – 11/14/19 Eight Sessions****Deborah Israel****O.E.S. Cafeteria**

Looking for a fun activity to exercise and burn calories? This class will enable you to do it to music and learn a valuable social skill at the same time. This introductory class will cover some of the most popular ballroom dances like: foxtrot, swing, waltz, rumba, tango, and cha-cha. Leading/following & footwork/timing and styling will be emphasized. So, start off on the right foot, no “two left feet”, and see how much fun dancing can be. Partner necessary and smooth-soled shoes.

Fee: \$120/Couple

D-4 Ballroom Dancing, Beginner/Intermediate **Deborah Israel**
Thursday 7:00 – 8:00 p.m. 9/26 – 11/14/19 **Eight Sessions** **O.E.S. Cafeteria**
Now we are moving and gliding around the ballroom and feeling the rhythm in the floor. You will really start feeling the music and the different personalities of each dance. It will make your Tango feel dramatic, put some spice into a Mambo, or you will literally float on a cloud with Foxtrot. The importance of a good frame and posture to make everything else seem effortless will be stressed. This class is designed for the student who wants to take their dancing to the next level. You should be in this for at least two years before going to the advanced level.
Fee: \$120/Couple

D-5 Ballroom Dancing, Intermediate/Advanced **Deborah Israel**
Thursday 8:00 – 9:00 p.m. 9/26 – 11/14/19 **Eight Sessions** **O.E.S. Cafeteria**
Students enrolling in this class must have completed at least two years of the foundation level, and have a sound dance knowledge of the basic six ballroom dances and feel comfortable dancing them socially. New dances may be added at the students' request; also an ongoing review will occur. This class is designed to give you the confidence you need to dance at a wedding, company party, cruise or night club.
Fee: \$120/Couple

D-9 Ukulele, Beginning **Tim Sweeney**
Tuesday 6:00 – 7:00 p.m. 9/24 – 10/29/19 **Six Sessions** **M.S. Room 273**
This class for adults is all about fun! Students will learn to tune and play the ukulele, starting with simple 3-chord songs and progressing to more complex songs while learning basic music theory, song structure, and strumming and chording techniques. Students must have their own ukulele (not a baritone ukulele). You may purchase a ukulele from instructor (tsweeney14@comcast.net). **It is very important to attend the first introductory class.**
Fee: \$75

D-10 Ukulele, Intermediate **NEW** **Tim Sweeney**
Tuesday 7:00 – 8:00 p.m. 9/24 – 10/29/19 **Six Sessions** **M.S. Room 273**
This class is open only to students that have taken Tim's beginning Ukulele class. It will be a workshop-style with the focus on advancing skills already learned and will include advanced playing techniques, substitute cords, learning scales and introduction to reading tablature, playing and singing with others. Limited to 8 students.
Fee: \$75

D-11 Intermediate Acoustic Guitar **Greg Johnson**
Thursday 6:00 – 7:00 p.m. 9/26 – 10/31/19 **Six Sessions** **M.S. Room 107**
This class is designed for students who have some guitar knowledge and experience. We'll expand on your present chord vocabulary and explore ways to enhance your playing abilities by introducing bar chords, capos, slides, palm muting, alternate tunings, flat-picking and hammer-ons. We'll explore music ranging from folk, pop, rock and blues. Depending on the skill level and interest of the class, we may even explore the basics of song writing. Students will be given exercises to work on outside the classroom. All students are required to supply their own acoustic guitars.
Fee: \$75

D-15 Good Vibrations Guitar, Banjo, Mandolin, etc. **Dennis Dillon**
Private lessons – Flexible Schedule **Six 1-hour Sessions** **270 Cranview Rd., Brewster**
Hands-on, fun approach in great environment – instructor will custom tailor your lessons to get you playing right away on your fretted instrument of choice, guitar finger picking specialty, as well as harmonica. For further information call the instructor at 508-385-2788. The instructor will contact you to schedule lessons.
Fee: \$200

~ FITNESS AND HEALTH ~

F-1 Adult Fitness **Brendan Guttman**
Mon. thru Fri. 6:15 – 7:15 a.m. 9/23/19 – 1/10/20 67 Sessions **M.S. Track & Gym**
Aerobic and anaerobic conditioning. Work at your target heart rate while walking and/or running. Some workouts also include light weight training. Each session includes slow stretching and abdominal exercises. During inclement weather class is held indoors. Bring a mat or towel. **Fee: \$110**

F-2, F-2a Circuit Weight Training **Brendan Guttman**
M.S. Weight Room

Multi-faceted approach to strength training and total body conditioning. Increase muscular strength and endurance, improve appearance, burn fat, raise heart rate and gain joint flexibility. Includes flexibility in abdominal exercises.

F-2 Tues. & Thurs. 6:15 – 7:15 a.m. 9/24/19 – 1/9/20 28 Sessions Fee: \$130

F-2a Mon., Wed., Fri. 6:15 – 7:15 a.m. 9/23/19 – 1/10/20 39 Sessions Fee: \$170

F-3 Strength Training **Greg Johnson**
Mon. & Wed. 6:00 – 7:00 p.m. 9/23 – 11/18/19 Sixteen Sessions **M.S. Weight Room**

We welcome all ages and levels of fitness and hope to instill a commitment to fitness by making exercise both rewarding and enjoyable. Develop flexibility, balance and strength through a series of total body stretches and strength training exercises using dumbbells and two universal gym machines. Exercise your sense of humor while you work out at a relaxed pace and in a friendly environment. **Fee: \$85**

F-7, F-7a Small Group Training – Mve & TRX **Andrea Hibbert, C.P.T.**
Balanced 4 Fitness Studio

Classical method Mve chair work and TRX. Focus will be on the “Core” and body alignment. Moving with ease and flow will lead you to obtain a strong, lean, balanced body. Mve chair has four settings to best suit the fitness level of your body. Bring water and towel.

F-7 Friday 10:15 – 11:15 a.m. 9/27 – 10/25/19 Five Sessions Fee: \$150

F-7a Friday 10:15 – 11:15 a.m. 11/1 – 11/29/19 Five Sessions Fee: \$150

F-8, F8a Barre Fusion **Andrea Hibbert, C.P.T.**
Balanced 4 Fitness Studio

A program using Pilates Method conditioning. Movements are choreographed to music using the ballet bar, bands, squishy balls, and light weights. Transform and sculpt your entire body to get long, lean muscles, good posture, improved flexibility, a flat stomach, tight thighs, a high rounded seat and an overall stronger sense of well-being. No dance experience is needed, no jumping/bouncing are involved. Bring water. www.Balanced4Fitness.com (508-240-2739)

F-8 Tuesday 5:45 - 6:45 p.m. 9/24 – 11/26/19 Ten Sessions Fee: \$135

F-8a Friday 9:00 – 10:00 a.m. 9/27 – 11/29/19 Ten Sessions Fee: \$135

F-9 Total Body Fusion **Andrea Hibbert, C.P.T.**
Mon. & Wed. 6:00 – 7:00 p.m. 9/23 – 11/20/19 Sixteen Sessions **O.E.S. Gym**

A fun, energetic fitness class that fuses dance, Zumba, kickboxing aerobic, easy to follow moves; followed by weight training for upper and lower muscle groups; concluding with Ab and butt segment to strengthen your core; and finishing up with easy yoga stretches to open and release tight muscle holding and tension. A full body workout from head to toe with great music and flow. All fitness levels and ages. Bring water, 2 or 3 lb. weights, and mat. Dyna band required (may be purchased for \$10) www.Balanced4Fitness.com (508-240-2739) **Fee: \$115**

F-10, F-10a Restorative Yoga Stretch & Pilates Basic**Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

Beneficial for all levels and ages. A full body stretch with core exercises. Gentle restorative yoga stretches to open up your body, release tension and stress. Classical Pilates method will strengthen and develop weak muscles while improving range of motion, increase flexibility and creating long lean muscles. www.Balanced4Fitness.com (508-240-2739) Dyna band required (may be purchased for \$10)

F-10 Tuesday 4:30 – 5:30 p.m. 9/24 – 11/26/19 Ten Sessions Fee: \$135**F-10a Thursday 8:45 – 9:45 a.m. 9/26 – 12/5/19 Ten Sessions Fee: \$135****F-11 Therapeutic Stretch & Balance****Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

Wednesday 3:15 – 4:15 p.m. 9/26 – 12/5/19 Ten Sessions
Gentle stretches will help release and open the back and hips. Bosu balance dome or Pilates Mve chair will engage and deepen core muscles to improve balance. Bring water and hand towel. Dyna band required (may be purchased for \$10) www.Balanced4Fitness.com (508-240-2739)

Fee: \$135**F-12 P. D. Seniors and Starter Fitness****Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

Monday 3:15 – 4:15 p.m. 9/23 – 12/2/19 Ten Sessions
Therapeutic stretches and balance work taught through a comprehensive exercise program to promote your quality of life. This program will improve strength, mobility, posture and balance. Gentle yoga stretches will open the back and hips. Core strengthening will improve your balance and improve your posture. Bring water and hand towel. Dyna band required (may be purchased for \$10). Standing and mat work. www.Balanced4Fitness.com (508-240-2739) **Fee: \$135**

F-13, F-13a TRX – Full Body Workout & Stretch**Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

TRX small group training builds strength, balance, coordination and flexibility while burning fat. You control the intensity of your work out. Bring water and a hand towel. For more information go to www.Balanced4Fitness.com (508-240-2739)

F-13 Friday 7:45 – 8:45 a.m. 9/27 – 11/29/19 Ten Sessions Fee: \$160**F-13a Sunday 8:15 – 9:15 a.m. 9/22 – 11/24/19 Ten Sessions Fee: \$160****F-15 Spin Fit****Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

Wednesday 8:30 – 9:30 a.m. 9/25 – 11/27/19 Ten Sessions
Just starting out or returning to Fitness? This class is for you! Healthy Heart Rate training, with half-hour SPINNING indoor stationary cycling class, followed by weight core conditioning. See and feel the benefits of this addictive, non-impact program. Obtain maximum healthy heart rate training and superior fat loss while burning an average of 500 calories per forty minute ride. Heart Rate monitor required. Bring water and hand towel. For further information, visit www.Balanced4Fitness.com (508-240-2739) **Fee: \$160**

F-17 Pilates Flow Mve Chair (Not for beginners)**Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

Wednesday 4:30 – 5:30 p.m. 9/25 – 11/27/19 Ten Sessions
An hour of working your core with classical Pilates technique; followed by gentle stretches. You will gain balance, range of motion, feel better and live longer with a stronger core. For further information, visit www.balanced4fitness.com (508-240-2739). **Fee: \$135**

F-20 Tai Chi Chuan, Beginning
Tuesday 10:00 – 11:15 a.m. 9/10 – 10/29/19 Eight Sessions

Sarah Beals
Healing Arts Collective
47 Main St., Orleans

Opening movements and principles of the venerable Chinese martial art, now in popular practice for its many well documented health benefits. Yang style solo form. Introductory class provides instruction in basic stances; stationary and dynamic movement drills to enhance balance and body coordination. Handouts and resources for further study offered. Suitable for all fitness levels, mildly vigorous exercise. Dress for a workout, flat soled flexible shoes required. Water always recommended. For more information, call instructor at 508-246-3591 or taichicapecod@gmail.com.
Fee: \$125

F-21 Tai Chi Chuan, Intermediate
Thursday 10:00 – 11:15 a.m. 9/12 – 10/31/19 Eight Sessions

Sarah Beals
Healing Arts Collective
47 Main St., Orleans

Prerequisite: Beginning Tai Chi Chuan training, or by permission of instructor. This class is a continuation of the first series, moving forward in learning the series of postures that create the dynamic flowing sequences of the Tai Chi form. Moderately vigorous exercises – Qigong warm ups supplement the overall goal of enhancing balance, body coordination, and postural alignment. Workout gear and flat soled flexible shoes required. Water always recommended. For more information, call instructor at 508-246-3591 or taichicapecod@gmail.com. **Fee: \$125**

~ HOME AND GARDEN ~

G-2 Landscape Design & Horticulture
Thursday 6:00 – 8:00 p.m. 9/26 – 10/10/19 Three Sessions

Charles Wentz
M.S. Room 258

This course will help you develop a plant list for your garden. Design elements such as stone paving, plant maintenance, including fertilizing, pruning, insects and irrigation will be discussed. Bring your questions to class. There will be local field trips.
Fee: \$45

G-6 Woodworking for Women
Tuesday 6:00 – 8:00 p.m. 9/24 – 11/12/19 Eight Sessions

Richard Noyes
H.S. Room C111

This is a course for women who always wanted to learn how to work with wood. Bring a plan, drawing or picture of a project to the first class and learn how to turn your idea into a three-dimensional treasure. Learn how to select wood, use hand tools to turn it into a birdhouse, bookshelf, table, toolbox, a classic antique, or a sleek modern work – you choose your project.
Fee: \$95

~ HEALTH & SAFETY ~

Adult First Aid/CPR/AED

**Donald Ferris
M.S. Room 106**

This unique program is the most advanced First Aid, CPR and AED training system in use today and makes training enjoyable and easy to learn. We focus on the seven basic skills of patient care featuring first aid, CPR and AED (automated external defibrillator). No written tests required and renewals are simplified since both CPR and first aid are renewed at the same time. Renewals require only one evening with proof of prior certification in both CPR and first aid being current within 30 days of expiring to qualify. This program is accepted by OSHA, State of Massachusetts, World Safety Health Organization, U.S. Coast Guard, and hundreds of other accrediting agencies. Don Ferris is a Master Instructor Trainer for the Medic First Aid family of programs and has taught over 8,000 students. Questions? Email don@firstaidcoach.com.

H-1	Tues. & Thurs. 6:00 – 9:00 p.m. 9/24 & 9/26	Full Course	2 Sessions	Fee: \$105
H-1a	Tuesday 6:00 – 9:00 p.m. 9/24	Certification Renewal Only	1 Session	Fee: \$60
H-1b	Mon. & Wed. 6:00 – 9:00 p.m. 10/28 & 10/30	Full Course	2 Sessions	Fee: \$105
H-1c	Monday 6:00 – 9:00 p.m. 10/28	Certification Renewal	1 Session	Fee: \$60

Pediatric First Aid/CPR/AED

**Donald Ferris
M.S. Room 106**

The Pediatric Medic First Aid Training you'll receive is unmatched because it incorporates a low-stress training environment that focuses on the seven basic skills of patient care.

The CPR component of the course includes Infant, Child and Adult with AED.

H-2	Tues. & Thurs. 6:00 – 9:00 p.m. 9/24 & 9/26	Full Course	2 Sessions	Fee: \$105
H-2a	Tuesday 6:00 – 9:00 p.m. 9/24	Certification Renewal Only	1 Session	Fee: \$60
H-2b	Mon. & Wed. 6:00 – 9:00 p.m. 10/28 & 10/30	Full Course	2 Sessions	Fee: \$105
H-2c	Monday 6:00 – 9:00 p.m. 10/28	Certification Renewal	1 Session	Fee: \$60

H-8 Chi Lel

Wednesday 11:00 a.m. – 12:00 p.m. 9/25 – 11/13/19 Eight Sessions

**Jane Higgins
Healing Arts
47 Main St., Orleans**

Chi Lel is a series of slow smooth movements using visualization which increases and balances the body's energy. In China, there is a hospital where no medicine is used, and Chi Lel is practiced. It has a 95% cure rate. Healthy people can strengthen and maintain their well-being, while those with problems have a self-help tool. Bring a folder to class. **Fee: \$80**

H-10 Reiki I

Wednesday 6:00 – 8:00 p.m. 10/2 – 10/16/19 Three Sessions

**Linda Fisher-Hilmer, R.N.
M.S. Room 249**

Reiki is an ancient system of self-healing compatible with all belief systems. The classes include a history of this ancient Eastern healing art, hand positions for gentle therapeutic, self-healing. At the end of the classes you will be able to use Reiki on yourself. Reiki is a simple way to relieve stress, insomnia, pain and promote overall well-being. Certificates will be awarded. There will be a \$5 fee per student, payable to the instructor for materials. This class is a prerequisite for Reiki II. **Fee: \$70**

H-11 Reiki II **Linda Fisher-Hilmer, R.N.**
Wednesday 9:30 a.m. – 4:30 p.m. 10/30/19 One Session 16 Cross Rd., S. Orleans
This full-day training workshop provides you with a certificate that enables you to be a practitioner of Reiki. Reiki II introduces Reiki symbols and energy patterns. You will learn how to scan the body, send distance healing and promote harmony, intuition and personal growth in your life. People registering for Reiki II must have completed Reiki I. An organic lunch will be served during this all-day workshop. **Fee: \$180**

H-12 Yoga **Jane Higgins**
Monday 10:30 a.m. – 12:00 p.m. 9/23 – 11/25/19 Ten Sessions Healing Arts Collective
This is a gentle Yoga. The breath and body alignment are emphasized. Postures increasing flexibility and strength, learning breath control, and deep relaxation help to bring balance between body, mind and spirit. **47 Main St. Orleans**
Fee: \$115

H-14 Learn to Read Palms **Catherine Cullen**
Thursday 6:00 – 7:30 p.m. 9/26 – 10/24/19 Five Sessions M.S. Room 269
The ancient art of palmistry will show you how to use the shape and size of the hands and fingers, the lines, mounts, and even the manner in which the subject holds the hand, to discover the subject's personality, talents, physical health and even the important future events in their life. Fascinating and fun. **Fee: \$65**

H-16 Feng Shui – Clear Your Clutter **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 9/23/19 One Session M.S. Library
Feng Shui looks at the relationship of a person with their environment. Too much clutter can hold us back in our lives, and prevent us from moving forward. Feng Shui encourages us to enhance our energy or chi by surrounding ourselves with what we only love and need. Learn gentle, concrete ways to declutter and organize which will increase your sense of well-being and beautify your personal space. **Fee: \$45**

H-17 Change Your Thinking **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 9/30/19 One Session M.S. Library
Increase your peace and happiness by changing your thinking. Learn to shift out of those ever present, nagging negative thought patterns that weigh you down and hold you back. Changing your inner dialogue will change any area of your life, one belief at a time, and one conditioned thought at a time. Discover practical ways to change your life for the better. **Fee: \$45**

H-18 Simple Steps to a Healthier You! **NEW** **Louise Kulig, CHC**
Wednesday 6:30 – 8:00 p.m. 9/25 & 10/2/19 Two Sessions M.S. Room 269
We can't control the toxins "out there", but we can control what we bring into our homes. The #1 source of toxins in your home may not be what you think! Come find out and learn some easy steps to reduce and even eliminate your exposure to toxins in your food, water, personal care items, laundry and household cleaners. Toxins also play a big role in weight gain – come learn how and what to do about it! **Fee: \$30**

~ WRITING AND LITERATURE ~

J-7 The Healing Power of Writing **Nicola Burnell**
Thursday 3:00 – 5:00 p.m. 9/26 – 10/31/19 Six Sessions TBA

The power of the thoughts occupying our mind cannot be understated. We are what we think and believe. This 6 week class is designed to address those difficult stories that hold us back and keep us captive in their retelling of old, painful experiences. These stories want to be told, but not to be judged. This is not a workshop on how to write well. Through weekly assignments you will travel a personal journey based on honesty, sharing and support in a safe, confidential space. When you write to heal, you write only for yourself, without regard for the expectations of others. This class invites the healing voice that lies within us all to be heard. Please email firstlight@capecod.net or call 774-212-2270 for more details and class location. **Fee: \$100**

J-8, J-8a Stop Talking About Writing a Book – Just Write It **Nicola Burnell**
TBA

This class is for anyone dreaming of writing the book that has been rattling around in their head for years. It is also for fiction and non-fiction writers struggling to complete a manuscript-in-progress. Through this class you will enjoy weekly support and gentle yet constructive critiques of your work. You will also learn how to edit your work and create a clean, professional manuscript. The main focus, however, is to simply keep you writing! For directions to class, email firstlight@capecod.net or call 774-212-2270.

J-8 Wednesday 5:00 – 7:00 p.m. 9/25 – 10/30/19 Six Sessions Fee: \$100

J-8a Thursday 6:00 – 8:00 p.m. 9/26 – 10/31/19 Six Sessions Fee: \$100

J-9 Shakespeare Play – Henry V **NEW** **Deborah Newman**
Tuesday 7:00 – 8:30 p.m. 10/1 – 11/12/19 Seven Sessions M.S. Room 210

This lively play speaks to the contemporary person across the span of 400 years with depth and passion! Here the value of individuality, adventure, teamwork, hard choices and possibly glory come alive for us in one of Shakespeare's best plays – set in the early 15th century. Join us in studying the play and acting out some of the key scenes that feature unforgettable lines.

Fee: \$90

~ LANGUAGES ~

L-1 Beginner's Italian I **Gloria Moll**
Tuesday 6:30 – 8:30 p.m. 9/17 – 11/19/19* Eight Sessions M.S. Room 160

This is a great course for all who want to get an introduction to the Italian language, culture and people. Maybe you are planning a trip to one of the most beautiful countries in the world, and need some language skills. If so, this course is for you! Sign up now and start your Italian adventure here!! Grammar, vocabulary and conversation will be the focus. Learning materials will be provided in class for minimal cost. ***No classes 10/15-10/29** **Fee: \$100**

L-2 Conversational Italian, Beginners **Gloria Moll**
Thursday 6:30 – 8:30 p.m. 9/19 – 11/21/19* Eight Sessions M.S. Room 160

This course is designed for all those who have had some Italian grammar and now want to start conversing. The focus will be conversation, reading, listening to the language being spoken, as well as building vocabulary. Join in and let's have some fun! Learning materials will be provided for a minimal cost. ***No classes 10/17-10/31** **Fee: \$100**

L-3 Conversational Italian, Intermediate/Advanced **Gloria Moll**
Wednesday 5:00 – 7:00 p.m. 9/18 – 11/20/19* Eight Sessions **O.E.S. Music Room**
This course is designed for all those who already have a good foundation and knowledge of the Italian grammar, and a substantial amount of vocabulary in order to facilitate conversation at a more advanced level, as well as having a good understanding of the Italian language when it is being heard. A great way to continue building on your conversational skills, accompanied with reading and writing in order to expand vocabulary and grammar. Join in and let us have fun!!! Learning materials will be provided weekly for a minimal cost. ***No classes 10/16-10/30**

Fee: \$100

L-4 Spanish for Beginners **Cindy Doutrich**
Wednesday 6:30 – 8:30 p.m. 9/25 – 11/13/19 Eight Sessions **M.S. Room 210**
It's never too late to learn something new. This course is an introduction to Spanish, the first language of over 400 million people around the world. Taught by a former college Spanish professor with over 30 years of experience, the course will begin with pronunciation, the formation of sentences, and short conversational exchanges about everyday topics. Materials will be provided in class for a minimal fee.

Fee: \$100

L-5 French for Beginners **Christine Claireaux**
Tuesday 6:30 – 7:30 p.m. 9/24 – 11/12/19 Eight Sessions **M.S. Room 255**
This course is for those who have never taken a French class and may be travelling to France or would just like to learn some of the basics. It is meant to be low stress and enjoyable. **Fee: \$90**

L-6 Adult English Classes (ESOL) – Level One **NEW** **Randall Burkert**
Mon. & Wednesday 6:00 – 9:00 p.m. 9/23 – 11/13/19 Sixteen Sessions **M.S. Rm. 266**
This course is for adults with little or no knowledge of English. We will develop skills in listening, speaking, reading, and writing with a focus on everyday tasks. Participants at this level will acquire basic vocabulary, pronunciation, and grammar with fun and engaging activities. Authentic classroom discussions will improve participants' conversation skills. Short reading and writing assignments will help to develop literacy in English.

Fee: No charge

L-7 Adult English Classes (ESOL) – Level Two **NEW** **Randall Burkert**
Tues. & Thursday 6:00 – 9:00 p.m. 9/24 – 11/14/19 Sixteen Sessions **M.S. Rm. 266**
This course is a continuation of ESOL I, or for adults who have some knowledge of English. Participants will participate in activities that will develop all four language domains (listening, speaking, reading, and writing). The units of study will reflect topics of interest to the participants, and it will integrate music, videos, and current news. Adult learners will participate in reading and writing activities.

Fee: No charge

~ RECREATION ~

R-5 Intermediate Golf **Steve Knowles, P.G.A. Professional**
Wednesday 4:00 – 5:30 p.m. 9/16 – 10/2/19 Six Sessions **Captains Golf Course**
If you've taken the Beginner Golf Program, or would like a refresher, this is the next step. Steve has been the Head Golf Professional at The Captains Golf Course for the past 20 years. He will work with your natural abilities and keep the learning process fun and simple. He teaches the swing motion needed to hit consistent golf shots. You will see improvement in putting, chipping, pitch shots, the full swing, and course management as we spend the last class playing the game of golf. Please bring putter to the first class.

Fee: \$145

R-9 Catch A Fish**Tuesday 7:00 – 9:00 p.m. 9/24 – 11/12/19****Eight Sessions****Louis MacKeil****M.S. Room 153**

Lou MacKeil has extensive knowledge and experience fishing the waters of Cape Cod. As past president of the Cape Cod Salties, Mr. MacKeil blends theory with practicality. His eight-week course will cover such areas as what to catch, where and when! Equipment and gear needed for your type of fishing! Catching devices for the discriminating Angler! The effects of wind, tides, weather, moon! Types of bait – when to use what! Boat and shore safety! **Fee: \$70**

R-10 Mah Jongg, Beginning**Monday 12:30 – 2:30 p.m. 9/23 – 10/28/19****Five Sessions****Anne Walther****Brewster Town Hall**

Learn to play this exciting and challenging game. Using tiles, Mah Jongg requires thinking, finesse and most of all strategy. This ancient Chinese game has become extremely popular in recent years. There will be an additional \$9 charge to obtain a Mah Jongg card, payable to the instructor at the first class. Come and have fun. Be challenged! **Fee: \$60**

~ TECHNOLOGY ~**T-5 Windows 10 Introduction****Tuesday 6:00 – 8:00 p.m. 9/25 – 10/16/19****Four Sessions****David Dolbec****16 Granny's Lane, S. Orleans**

Learn how to navigate through Windows 10 and customize settings for easy startup and usage. We will cover the startup screen, logon accounts, task bar, shortcuts internet browser, email, and more. We review topics several times to make sure that everyone understands each topic. This is an introductory level course for novice users of the new Windows 10. Bring your Windows 10 laptop or tablet to class for hands-on experience and customization. **Fee: \$80**

T-6 iPhone Basics – Introduction**Thursday 6:30 – 7:30 p.m. 9/26 – 10/10/19****Three Sessions****Rachel McNeil****M.S. Room 268**

Want to use your iPhone for more than just making phone calls? Of Course! Learn the basics of the apps that come on your iPhone, from how to take and edit a picture with the camera, to adding an event to your Calendar, to setting Reminders for yourself, and beyond. Great for beginners or those who just want to learn some new tips and tricks. Latest iPhone software is recommended but not required. **Fee: \$85**

T-7 iPad Basics – Introduction**Monday 6:30 – 7:30 p.m. 9/23 – 10/7/19****Three Sessions****Rachel McNeil****M.S. Room 268**

Wish you knew how to use your iPad to the fullest extent? Take this course to learn how to customize your iPad's settings, use the camera to take and share photos, set up email accounts and send messages, create and share calendars, download new apps from the App Store, and lots more! Aimed at beginners as well as users who want to build on their existing basic knowledge. Latest iPad software is recommended but not required. Bringing your iPad to class is recommended. **Fee: \$85**

T-8 Mac Basics – Introduction**Tuesday 6:30 – 7:30 p.m. 9/24 – 10/15/19****Four Sessions****Rachel McNeil****M.S. Room 268**

Come find out how to really use your Apple computer in a fun, relaxed environment! In this class, you will get an overview of the apps that come with your Mac and learn the basics of how to use them. We will cover the Mail, Safari, Calendar, Contacts, iTunes, Notes, Photos, Pages/Numbers/Keynote, Maps, the App Store, the Desktop/Doc/Menu Bar, Finder, System Preferences, and more. This course is aimed at beginner and intermediate users. The latest Mac OS is recommended but not required. Bringing laptop recommended. **Fee: \$95**

T-9 Mac Photography **Rachel McNeil**
Monday 6:00 – 7:30 p.m. 10/21 & 10/28/19 Two Sessions **M.S. Room 268**
 This fun course will teach you how to use the Photos app on your Mac to import, view, organize, edit and share your digital pictures and videos. Also learn how to create amazing albums and photo projects, all right from your Mac! The latest software is recommended but not required. Bringing your laptop to class is recommended! **Fee: \$85**

T-10 iPad/iPhone Photography **Rachel McNeil**
Thursday 6:00 – 7:30 p.m. 10/17 & 10/24/19 Two Sessions **M.S. Room 268**
 Looking to use your iPhone or iPad to take amazing photos and share them with friends and family? This course will cover everything about the Camera and Photos apps on your device, from the basics of taking great pictures and videos to editing and sharing them in seconds. Photo organization, uploading photos to your computer, and iCloud Photo Library will also be covered. The latest software is recommended but not required. Bringing your iPad/iPhone to class is recommended too! **Fee: \$85**

~ WORKSHOPS ~

WS-3 Foundation on Investing **Michelle Ferguson**
Tuesday 6:00 – 7:00 p.m. 9/24 – 10/15/19 Four Sessions **M.S. Room 269**
 This four week series is designed to educate individuals on the basics of stocks, bonds, mutual funds and retirement planning. This will include: Stocks - the nuts and bolts; Tour of Mutual Funds; Focus on Income and Tax Free Investing. **Fee: \$25**

WS-4 Money Matters *NEW* **Cheryl Codair**
Wednesday 6:00 – 8:00 p.m. 9/25 – 10/2/19 Two Sessions **M.S. Library**
 This two-part seminar will help you set financial goals and identify ways to create an emergency fund and a spending plan. We'll educate you on how to get free credit reports and guide best behaviors to meet your short and long term credit goals. **Fee: \$10**

WS-7 Get Organized – Closets & Clutter Hot Spots *NEW* **Tammy Martell**
Tuesday 6:00 – 8:00 p.m. 9/24/19 One Session **M.S. Room 269**
 Learn how to create that fresh, organized look for your closets; find out how to identify the “hot spots” in your home and how to finally keep these areas organized. We will have fun identifying what your *organizing personality type* is. **Fee: \$45**

WS-10 Storytelling through Video **Lower Cape TV**
Saturday 10:00 a.m. – 12:00 p.m. 9/28 – 10/12/19 Three Sessions **H.S. B. Building**
 This three-part session introduces you to your local TV stations and takes you through the basics of studio production, field production, and simple editing. Get hands on experience with video production, meet new people, and become part of a production team. At the end of the workshop you'll have your Lower Cape TV equipment card and have worked on a video project that will show on Channel 99. We meet at the studio located at the High School campus. **Fee: \$50**

WS-13 Getting Paid To Talk**Monday 6:30 – 9:00 p.m. 9/23/19****One Session****Voice Coaches****M.S. Room 269**

This class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will have a chance to record a commercial script under the direction of a Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

Fee: \$40

NAUSET COMMUNITY EDUCATION REGISTRATION

Course # _____ Title: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Course Fee: \$ _____

Check # or Credit Card # _____

Exp. Date ____/____ Security Code _____

Course # _____ Title: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Course Fee: \$ _____

Check # or Credit Card # _____

Exp. Date ____/____ Security Code _____

Course # _____ Title: _____

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

Course Fee: \$ _____

Check # or Credit Card # _____

Exp. Date ____/____ Security Code _____

-
- **Make checks payable to Nauset Community Education**
 - **Register by Phone with a Credit Card (508-255-4300)**
 - **Mail-Nauset Community Education, 70 Route 28, Orleans, MA 02653**
 - **Registration in person at office located at Nauset Middle School**