

## SPRING 2018 COURSES

~ ARTS AND CRAFTS ~

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

### **A-1, A1a, A-1b Watercolor**

**Eileen Smith  
Brewster Town Hall**

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](http://www.nausetcommunityed.org), or email

[Eileen.smith.artist@gmail.com](mailto:Eileen.smith.artist@gmail.com)

<b>A-1 Tuesday</b>	<b>1:00 – 4:00 p.m.</b>	<b>4/24 – 6/12/18</b>	<b>Eight Sessions</b>	<b>Fee: \$130</b>
<b>A-1a Wednesday</b>	<b>9:00 a.m. – 12:00 p.m.</b>	<b>4/25 – 6/13/18</b>	<b>Eight Sessions</b>	<b>Fee: \$130</b>
<b>A-1b Wednesday</b>	<b>1:00 – 4:00 p.m.</b>	<b>4/25 – 6/13/18</b>	<b>Eight Sessions</b>	<b>Fee: \$130</b>

### **A-2 Water Based Oil Painting**

**Eileen Smith  
Brewster Town Hall**

**Thursday 9:00 a.m. – 12:00 p.m. 4/26 – 5/31/18 Six Sessions**

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](http://www.nausetcommunityed.org), or email [Eileen.smith.artist@gmail.com](mailto:Eileen.smith.artist@gmail.com)

**Fee: \$100**

### **A-4 Acrylic Painting for the Beginner**

**Kathleen Sylvester  
M.S. Room 205**

**Tuesday 6:00 – 8:00 p.m. 4/24 – 5/29/18 Six Sessions**

Learn the fun medium of acrylic painting in an easy-going and relaxed atmosphere. We will cover color mixing and blending techniques as well as glazing and composition. Class will be held in an open studio format where each student works on the subject of his/her choice with lots of support from the instructor. You may work at your own pace. The instructor will demonstrate how to begin a painting and how to perform the techniques you will need to finish your painting. Come and paint in a cheerful, positive class! Please bring your own photos to work on. A materials list is available at [www.nausetcommunityed.org](http://www.nausetcommunityed.org). **Fee: \$85**

### **A-7 The Art of Flower Arranging**

**Frank Gada  
M.S. Cafeteria**

**Tuesday 7:00 – 9:00 p.m. 4/24 – 5/29/18 Six Sessions**

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: Focus, Create, Enjoy, Relax** **Christine Walkley**  
**Thursday 6:30 – 8:00 p.m. 4/26 – 5/10/18** **Three Sessions** **M.S. Room 206**  
Zentangle is an easy to learn, relaxing and fun way to create beautiful images by drawing structured patterns called “tangles”. It requires no artistic experience, few supplies, no studio space, and is portable. Explore the Zentangle world with a Certified Zentangle Teacher. For more information visit: [www.CapeCodTangles.com](http://www.CapeCodTangles.com) or [www.zentangle.com](http://www.zentangle.com). A materials fee of \$20 is payable to instructor at the first class. **Fee: \$50**

**A-10 Basic Drawing** **Robert Oberding**  
**Wednesday 6:00 – 8:00 p.m. 5/2 – 6/6/18** **Six Sessions** **M.S. Room 206**  
For those who say they can’t draw. See as the artist. Learn how to overcome the obstacles and discover the means to good drawing. **Fee: \$85**

**A-12 Drawing for the Beginner** **Kathleen Sylvester**  
**Thursday 6:00 – 8:00 p.m. 4/26 – 5/31/18** **Six Sessions** **M.S. Room 205**  
Starting with exercises using basic graphite pencil technique, students will gain a gradual understanding of how to draw what they actually see. Students will experiment with a variety of drawing mediums including charcoal, colored pencils, and ink-pens. A materials list is available at [www.nausetcommunityed.org](http://www.nausetcommunityed.org) **Fee: \$85**

**A-13 Norman Rockwell – An American Original** **NEW** **Beth Stein**  
**Tuesday 6:00 – 7:30 p.m. 5/1/18** **One Session** **M.S. Library**  
Who was Norman Rockwell? He was a man of many conflicts; he suffered from depression, and his close relationships were at best uneasy. Yet he captured on canvas some of our deepest and most heartfelt emotions, producing some of the most iconic and uplifting images of any American artist. Underlying every painting of Rockwell is the belief in the power of storytelling. Join Beth Stein as she unfolds the story of Norman Rockwell, one of our most beloved artists, through the power of his art. **Fee: \$40**

**A-15 Knitting** **Diane Lee**  
**Wednesday 7:00 – 9:00 p.m. 4/25 – 6/13/18** **Eight Sessions** **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-16 Beginner Wire Jewelry** **Dawn Rosell**  
**Tuesday 6:15 – 8:15 p.m. 4/24 – 5/15/18** **Four Sessions** **M.S. Room 237**  
This is a beginner class in making jewelry with wire. We will explore different basic techniques to create two pair of earrings, a bracelet, two rings and a pendant. All projects will be created in copper and there will be a large selection of stones, beads and other gems to choose from for each project. Experience is not needed, but good hand strength, decent coordination and a fun attitude are necessary. If you have any questions as to whether this class is right for you, please contact the teacher at [Dawn@rosell.net](mailto:Dawn@rosell.net) or 508-648-7207. A materials fee of \$60 is due to teacher at the first class. This fee covers all the wire, gems and class handouts. If you would like a photo of the projects, email [Dawn@rosell.net](mailto:Dawn@rosell.net). Please arrive 5-10 minutes early in order to select your beads before instruction begins at 6:15. **Fee: \$70**

**A-17 Tapestry Weaving** **Katie Hickey**  
**Tuesday 6:00 – 8:00 p.m. 4/24 – 6/19/18\* Eight Sessions M.S. Room 269**  
Tapestry weaving is a visual art form that requires only a simple frame loom, a palette of yarn and your imagination. In this class, you will learn the basic techniques of creating a weft-faced weaving, and sample various design motifs - and you will know what that means! You will be inspired by the intricately design rugs of the Navajo, the richly narrative tapestries of medieval Europe, and work of modern tapestry artists. There is a \$50 materials fee payable to the instructor, which includes the purchase of a sturdy frame loom and weaving tools (yours to keep) and yarn for our first class project. Bring your own scissors. *\*No class 6/12.* **Fee: \$95**

**A-18 Basket Weaving, Beginning** **Grace Stanley**  
**Tuesday 6:00 – 8:00 p.m. 4/24 – 5/15/18 Four Sessions M.S. Room 206**  
You will be instructed in basic methods of basket construction. You will complete a 6” Melon Basket by the end of this course. You will learn the “God’s Eye” which holds hoops together. Supplies will be provided for a fee of \$12 to be paid to instructor at first class. Bring a pair of scissors to class. **Fee: \$65**

**A-20, A-20a Introduction to Stained Glass** **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.  
**A-20 Monday 6:00 – 8:00 p.m. 4/9 – 5/21/18 Six Sessions Fee: \$160**  
**A-20a Thursday 10:00 a.m. – 12:00 p.m. 4/12 – 5/24/18 Six Sessions Fee: \$160**

**A-21 Mosaics – Tables, Mirrors, Etc.** **Craig McConchie**  
**Wednesday 10:00 a.m. – 12:00 p.m. 4/11 – 5/23/18 Six Sessions Tobias Wood & Glass**  
Glass Mosaics can be added to many things to turn them into beautiful works of art. Students will learn to cut, glue and grout stained glass to table tops, mirrors or wall hangings. There will be a material fee of \$25 payable to the instructor. **Fee: \$150**

**A-22 Beginning Woodturning** **Craig McConchie**  
**Thursday 6:00 – 8:00 p.m. 4/12 – 5/24/18 Six Sessions Tobias Wood and Glass**  
This class is an introductory course on wood spindle turning. Students will learn how to safely operate a wood lathe and wood turning chisels. Projects will include a small vase, honey dipper, wine stopper and wooden pens. Wood and pen kits will be approximately \$20. **Fee: \$160**

**A-23, A-23a Bowl Turning** **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.  
**A-23 Monday 10:00 a.m. – 12:00 p.m. 4/9 – 5/21/18 Six Sessions Fee: \$160**  
**A-23a Tuesday 6:00 – 8:00 p.m. 4/10 – 5/22/18 Six Sessions Fee: \$160**

**A-24 Glass Etching** **Craig McConchie**  
**Wednesday 6:00 – 8:00 p.m. 4/11 – 5/23/18 Six Sessions 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. 4/26 – 6/14/18**

**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**

**Thursday 7:00 – 8:00 p.m. 4/26 – 6/14/18**

**Eight Sessions**

**Deborah Israel**

**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**

**Thursday 8:00 – 9:00 p.m. 4/26 – 6/14/18**

**Eight Sessions**

**Deborah Israel**

**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 Beginning Guitar**

**Tuesday 6:00 – 7:00 p.m. 4/24 – 5/29/18**

**Six Sessions**

**Tim Sweeney**

**M.S. Room 273**

This class is designed for the beginner guitar players. We will explore the basics of chord structures and playing styles ranging from strumming, finger picking, slides and hammer-ons; experiment with capos, alternate tunings and bar chords. Learn to play music ranging from folk pop, rock and blues. Students must provide their own acoustic guitar. **It is very important to attend the first introductory class.**

**Fee: \$75**

**D-10 Intermediate Acoustic Guitar**

**Thursday 6:00 – 7:00 p.m. 4/26 – 5/31/18**

**Six Sessions**

**Greg Johnson**

**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-11 Beginning Ukulele** **Tim Sweeney**  
**Tuesday 7:00 – 8:00 p.m. 4/24 – 5/29/18 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](mailto:tsweeney14@comcast.net)). **It is very important to attend the first introductory class.**  
**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. 6:30 - 7:30 a.m. 4/23 – 6/29/18 9 Weeks M.S. Track & Gym**  
 Aerobic and anaerobic conditioning. Work at your target heart rate while walking and/or running. Some workouts also include lightweight training to help improve appearance and burn more body fat. Each session includes slow stretching and abdominal exercises. During inclement weather class is held indoors. Bring a mat or towel.  
**Fee: \$105**

**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 7:30 – 8:30 a.m. 4/24 – 6/28/18 9 Weeks Fee: \$105**

**F-2a Mon., Wed., Fri. 7:30 – 8:30 a.m. 4/23 – 6/29/18 9 Weeks Fee: \$120**

**F-3 Strength Training** **Greg Johnson**  
**Mon. & Wed. 6:00 – 7:00 p.m. 4/23 – 6/18/18 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-6 Pilates Total Body** **Andrea Hibbert, C.P.T.**  
**Tuesday 9:00 – 10:10 a.m. 4/24 – 6/26/18 Ten Sessions Balanced 4 Fitness Studio**  
 “Classical” Pilates Method class will combine Pilates mat and standing technique. Focus on the core and body alignment with various Pilates exercises will improve your posture, increase flexibility and balance, strengthen and tone your muscles. Bring water and hand towel. A starter “fitness travel pack” can be purchased from instructor for \$22.  
**Fee: \$135**

**F-7, F7a Small Group Pilates Training****Andrea Hibbert, C.P.T.****Friday 10:15 – 11:15 a.m.****Balanced 4 Fitness Studio**

A small group training of no more than 6 participants. Classical method MVE chair work and various props will focus 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. A starter “fitness travel pack” can be purchased from instructor for \$22.

**F-7 Session 1 4/28 – 5/18/18****Five Weeks****Fee: \$155****F-7a Session 2 5/25 – 6/22/18****Five Weeks****Fee: \$155****F-8, F8a Barre Fusion****Andrea Hibbert, C.P.T.****Balanced 4 Fitness Studio**

A program using Pilates Method to achieve long, lean muscles, a flat stomach and tight thighs. Movements are choreographed to music using the ballet bar, and various props that will transform and sculpt your entire body. Improved posture, flexibility and a high rounded seat are just a few of the benefits that you will achieve. No dance experience, no jumping/bouncing are involved. Obtain an overall stronger sense of well-being. Bring water.

[www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739)**F-8 Tuesday 5:45 - 6:45 p.m. 4/24 – 6/20/18 Ten Sessions****Fee: \$135****F-8a Friday 9:00 – 10:00 a.m. 4/27 – 6/29/18 Ten Sessions****Fee: \$135****F-9 Total Body Fusion****Andrea Hibbert, C.P.T.****Mon. & Wed. 6:00 – 7:00 p.m. 4/23 - 6/18/18 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.

[www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739)**Fee: \$110****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](http://www.Balanced4Fitness.com) (508-240-2739)

**F-10 Tuesday 4:30 – 5:30 p.m. 4/24 – 6/26/18 Ten Sessions****Fee: \$135****F-10a Thursday 4:30 – 5:30 p.m. 4/26 – 6/28/18 Ten Sessions****Fee: \$135****F-11 Therapeutic Stretch & Balance****Andrea Hibbert, C.P.T.****Thursday 3:30 – 4:30 p.m. 4/26 – 6/28/18 Ten Sessions****Balanced 4 Fitness Studio**

A full body stretch with core exercises beneficial for all levels and ages. Gentle restorative yoga stretches to open up your body, release tension and stress. This class will help release and open the back and hips, develop weak, uneven muscles in the core to help strengthen and prevent back injuries. Bosu balance dome and props will engage and deepen core muscles to improve balance. Bring water and hand towel. [www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739)

**Fee: \$135**

**F-12 Park and Start Fitness Class** **Andrea Hibbert, C.P.T.**  
**Monday 4:30 – 5:30 p.m. 4/23 – 6/25/18 Ten Sessions** **Balanced 4 Fitness Studio**  
 Excellent for beginners, this class includes 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, help develop weak, uneven muscles in the core to help prevent back injuries. Core strengthening will improve your balance and improve your posture. Bring water and hand towel. Standing and mat work. [www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739) **Fee: \$135**

**F-13, F-13a TRX – Full Body Workout** **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](http://www.Balanced4Fitness.com) (508-240-2739)

**F-13 Friday 7:45 – 8:45 a.m. 4/27 – 6/29/18 Ten Sessions Fee: \$160**  
**F-13a Sunday 8:00 – 9:00 a.m. 4/22 – 6/24/18 Ten Sessions Fee: \$160**

**F-15, F-15a Spin Fit** **Andrea Hibbert, C.P.T.**  
**Monday 10:00 – 11:00 a.m. 4/23 – 6/25/18 Ten Sessions** **Balanced 4 Fitness Studio**  
 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. Burn an average of 500 calories per forty minute ride. Heart rate target zones are closely watched to ensure that you are working at your proper level. Heart Rate monitor recommended. Bring water and hand towel. For further information, visit [www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739)

**Monday 10:00 – 11:00 a.m. 4/23 – 6/25/18 Ten Sessions Fee: \$150**  
**Thursday 10:00 – 11:00 a.m. 4/26 – 6/28/18 Ten Sessions Fee: \$150**

**F-17 Pilates Flow MVE Chair Plus** **Andrea Hibbert, C.P.T.**  
**Wednesday 4:30 – 5:30 p.m. 4/25 – 6/27/18 Ten Sessions** **Balanced 4 Fitness Studio**  
 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](http://www.Balanced4Fitness.com) (508-240-2739). **Fee: \$135**

**F-20 Tai Chi Chuan, Beginning** **Sarah Beals**  
**Tuesday 10:15 – 11:15 a.m. 4/24 – 6/12/18 Eight Sessions** **Life Center**  
 Explore the distinctive elements that define Tai Chi as an outstanding mind-body exercise. Ten principles apply, treating postural alignment, mental intent, to dynamic movement. We engage in individual chi kung exercises as well as a short tai chi movement series. Handouts provided for memory aids. This class is an excellent preparation of any future Tai Chi studies. Workout gear and flat soled flexible shoes required. **Fee: \$120**

**F-21 Tai Chi Chuan, Intermediate** **Sarah Beals**  
**Thursday 10:15 – 11:15 a.m. 4/26 – 6/14/18 Eight Sessions** **Life Center**  
 Continue to explore the distinctive elements that define Tai Chi as an outstanding mind-body exercise. Ten principles apply, treating postural alignment, mental intent, to dynamic movement. We engage in individual chi kung exercises as well as a short tai chi movement series. Handouts provided for memory aids. This class is an excellent preparation of any future Tai Chi studies. Workout gear and flat soled flexible shoes required. Water always recommended. Prerequisite: Beginning Tai Chi Chuan. **Fee: \$120**

**F-22 Personal Fitness Training** *NEW* **Donna Bailey**  
**Wednesday 6:00 – 7:00 p.m. 4/25 – 6/13/18 Eight Sessions** **M.S. Small Cafeteria**  
 This class incorporates exercises from the disciplines of Pilates and Yoga with movement that addresses body awareness and muscle control. This includes posture, balance, stretching and strengthening. Learn to have exercise be part of your day's routine without having to set a lot of time to devote to a fitness program. This lifestyle takes minimal time for maximum effect.  
**Fee: \$75**

~ HOME AND GARDEN~

**G-2 Landscape Design & Horticulture** **Charles Wentz**  
**Thursday 6:00 – 8:00 p.m. 4/26 – 5/10/18 Three Sessions** **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** **Richard Noyes**  
**Wednesday 6:00 – 8:00 p.m. 4/25 – 6/13/18 Eight Sessions** **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**

**G-7 Basic Furniture Repair** **Richard Noyes**  
**Monday 6:00 – 8:00 p.m. 4/23 – 5/14/18 Four Sessions** **H.S. Room C111**  
 Learn how to give new life to that old piece of furniture you have been meaning to fix. Using basic hand tools you can restore almost anything, from tag sale bargains to a family heirloom. Learn how to restore a scratched and dented finish, mend broken parts and replace missing ones.  
**Fee: \$55**

~ HEALTH & SAFETY ~

**Adult First Aid/CPR/AED** **Donald Ferris**  
**M.S. Library**  
 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 O.S.H.A., 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](mailto:don@firstaidcoach.com).  
**H-1 Tues. & Thurs. 6:00 – 9:00 p.m. 4/24 & 4/26 Full Course 2 Sessions Fee: \$105**  
**H-1a Tuesday 6:00 – 9:00 p.m. 4/24 Certification Renewal Only 1 Session Fee: \$60**  
**H-1b Tues. & Thurs. 6:00 – 9:00 p.m. 5/15 & 5/17 Full Course 2 Sessions Fee: \$105**  
**H-1c Tuesday 6:00 – 9:00 p.m. 5/15 Certification Renewal Only 1 Session Fee: \$60**  
**H-1d Mon. & Wed. 6:00 – 9:00 p.m. 6/11 & 6/13 Full Course 2 Sessions Fee: \$105**  
**H-1e Monday 6:00 – 9:00 p.m. 6/13 Certification Renewal Only 1 Session Fee: \$60**

## **Pediatric First Aid/CPR/AED**

**Donald Ferris  
M.S. Library**

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.

<b>H-2</b>	<b>Tues. &amp; Thurs. 6:00 – 9:00 p.m. 4/24 &amp; 4/26</b>	<b>Full Course</b>	<b>2 Sessions</b>	<b>Fee: \$105</b>
<b>H-2a</b>	<b>Tuesday 6:00 – 9:00 p.m. 4/24</b>	<b>Certification Renewal Only</b>	<b>1 Session</b>	<b>Fee: \$60</b>
<b>H-2b</b>	<b>Tues. &amp; Thurs. 6:00 – 9:00 p.m. 5/15 &amp; 5/17</b>	<b>Full Course</b>	<b>2 Sessions</b>	<b>Fee: \$105</b>
<b>H-2c</b>	<b>Tuesday 6:00 – 9:00 p.m. 5/15</b>	<b>Certification Renewal Only</b>	<b>1 Session</b>	<b>Fee: \$60</b>
<b>H-2d</b>	<b>Mon. &amp; Wed. 6:00 – 9:00 p.m. 6/11 &amp; 6/13</b>	<b>Full Course</b>	<b>2 Sessions</b>	<b>Fee: \$105</b>
<b>H-2e</b>	<b>Monday 6:00 – 9:00 p.m. 6/11</b>	<b>Certification Renewal Only</b>	<b>1 Session</b>	<b>Fee: \$60</b>

## **H-3 Holistic Stress Relief & Management** *NEW*

**Mercedez Calleros  
M.S. Library**

**Wednesday 6:00 – 7:30 p.m. 4/25 – 5/30/18** **Six Sessions**

Would you like to know how to better manage your stress? Regain mental & physical balance by learning 6 holistic and essential tools for relieving and managing your stress. Learn easy and simple mindfulness meditation, practice breathing exercises and how to stretch for better mobility. We will discuss healthy nutrition and why it matters, self-talk and how it impacts your life and the importance of pleasure and happiness. If you have any questions, contact instructor at 774-722-0295 or [www.mercedez@mercedezcalleros.com](http://www.mercedez@mercedezcalleros.com).

**Fee: \$70**

## **H-7 The Heart of Communicating: Learning from Horses** *NEW* **Ashley Symington** **Monday 6:00 – 7:00 p.m. 4/23 – 5/21/18\*** **Four Sessions** **M.S. Room 126**

Horses are master communicators using a language of energy, body language, vocalizations, and being 100% present in the moment. By following the examples that horses have set for us, we too can become more effective communicators. Getting to the heart of communication allows us to think better, feel better, and interact better. *\*No class 5/7 – Orleans Town Meeting*

**Fee: \$50**

## **H-8 Chi Lei**

**Jane Higgins  
M.S. Room 273**

**Wednesday 6:00 – 7:00 p.m. 4/25 – 6/13/18** **Eight Sessions**

Chi Lei 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 Lei 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: \$70**

## **H-10 Reiki I**

**Linda Fisher-Hilmer, R.N.**

**Wednesday 6:00 – 8:00 p.m. 5/2 – 5/16/18** **Three Sessions**

**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, partners, pets, and plants. This class is for beginners only. Certificates will be awarded. There will be a \$5 fee per student, payable to the instructor for materials. **Fee: \$70**

- H-11 Reiki II** **Linda Fisher-Hilmer, R.N.**  
**Wednesday 9:30 a.m. – 4:30 p.m. 5/30/18 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. 4/23 – 7/2/18 Ten Sessions** **Life Center**  
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. **Fee: \$115**
- H-15 New Ways of Using Your Brain – Success Strategies** **Zachary Stenstrom**  
**Monday 6:30 – 8:00 p.m. 4/23 – 5/21/18\*** **Room 150**  
The right strategy is what separates a successful situation from a difficult one. When in this class you will learn strategies such as how to memorize shopping lists and avoid procrastination; Communication strategies for better interactions with family, friends and others; and Self-help strategies to reduce anxiety and stress. What you will do with what you learn is both astounding and new! *\*No class 5/7 – Orleans Town Meeting* **Fee: \$90**
- H-16 Feng Shui – Clear Your Clutter** **Alexis Barron, ScD.**  
**Monday 6:00 – 7:30 p.m. 5/14/18 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. 5/21/18 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-19 Essential Oil Care for Pets** **Susan Grunin**  
**Wednesday 6:00 – 8:00 p.m. 4/25/18 One Session** **M.S. Room 149**  
Essential Oils are not just for humans – pets can also benefit from the use of essential oils. In this session, students will learn to use essential oils safely and effectively with pets. The class will give a quick overview of the history of EOs and how EOs can be used to support your pet’s health and well-being. **Fee: \$30**

**H-24 Weight Loss Without Willpower****Casey Hammond****Monday 9:00 – 10:30 a.m. 4/23 – 5/21/18 Five Sessions 45 Bakers Pond Rd., Brewster**

Are you ready to get off the diet merry-go-round? Emotional Freedom Technique (EFT) is a system of tapping on acupuncture points to eliminate negative emotions, habits and pain. We will use this proven technique to overcome food cravings and emotional drivers which lead us to overeat. Without having to use willpower your cravings will disappear. Come to class with an open mind, open heart and be ready for change. Please contact the instructor at 508-237-5492 prior to the first class.

**Fee: \$80****~ WRITING AND LITERATURE ~****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, e-mail [firstlight@capecod.net](mailto:firstlight@capecod.net)

**J-8 Wednesday 5:00 – 7:00 p.m. 4/25 – 5/30/18 Six Sessions Fee: \$100****J-8a Thursday 6:00 – 8:00 p.m. 4/26 – 5/31/18 Six Sessions Fee: \$100****~ LANGUAGES ~****L-1 Beginner's Italian I****Gloria Moll****Tuesday 6:00 – 8:00 p.m. 4/24 – 6/19/18\* 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 class 6/12.*

**Fee: \$100****L-2 Conversational Italian for Beginners****Gloria Moll****Thursday 6:00 – 8:00 p.m. 4/26 – 6/14/18 Eight Sessions****M.S. Room 161**

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.

**Fee: \$100****L-3 Conversational Italian II****Gloria Moll****Wednesday 5:00 – 7:00 p.m. 4/25– 6/13/18 Eight Sessions****O.E.S. Music Room**

This course is the next step for all those who have taken Beginner's Italian I & II, or for anyone who has the equivalent knowledge of this beautiful language. A great way to start 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.

**Fee: \$100**

~ RECREATION ~

**R-4 Beginning Golf** **Steve Knowles, P.G.A. Professional**  
**Monday 4:00 – 5:30 p.m. 5/7 – 6/18/18\* Six Sessions Captains Golf Course**  
Have you ever thought of playing the game of golf? Maybe your friends have asked you to join them for a round of golf. Sign up for this class and find out what you've been missing. Steve Knowles has over 35 years teaching the game of golf. Learn the rules and etiquette of the game, putting, chipping, and the golf swing. Please bring a putter for the first class. If you don't have clubs, we can provide them. *\*There is no class on Memorial Day.* **Fee: \$145**

**R-5 Intermediate Golf** **Steve Knowles, P.G.A. Professional**  
**Wednesday 4:00 – 5:30 p.m. 5/9 – 6/13/18 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 18 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** **Louis MacKeil**  
**Tuesday 7:00 – 9:00 p.m. 4/24 – 6/19/18\* Eight Sessions 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! *\*No class 6/12.* **Fee: \$70**

**R-12 Self-Guided Bike Tour in France's Wine Country NEW** **Mike Shabazian**  
**Tuesday 6:15 – 7:15 p.m. 4/24 – 5/8/18 Three Sessions M.S. Room 148**  
They say the best thing to biking through the French vineyards is planning the trip. Dream of leisurely biking through the vineyards of southern France, scheduling your own time, tours and tastings? The instructor will show you how to plan your trip so you are seeing the vineyards at your own pace and schedule; and how to find the best rates for inns and hotels. **Fee: \$50**

~ TECHNOLOGY ~

**T-1 Small Business Websites** **John Hilliar**  
**Monday 6:00 – 7:30 p.m. 4/23 – 5/21/18\* Four Sessions M.S. Room 111**  
Having a website helps drive business by immediately providing contact information and leaves a professional impression on potential customers. If a Google search for terms related to your business's services doesn't lead directly to you, other businesses with websites benefit. Learn about free tools available to setup a basic presence on the web, about how to drive traffic to your site and take online orders and payments, and enough about the entire process of setting up websites to feel comfortable approaching a high-end consulting firm. See [www.hilliar.com/teaching](http://www.hilliar.com/teaching) for more information. *\*No class 5/7 – Orleans Town Meeting* **Fee: \$90**

**T-2 Beginning Excel** **John Hilliar**  
**Monday 7:30 – 9:00 p.m. 4/23 – 5/21/18\*** **Four Sessions** **M.S. Room 111**  
Excel is like a calculator on steroids! In this beginners course, learn the basics of spreadsheets. We'll talk about formulas and functions for calculating values. We'll learn how to use multiple tabs to keep your data organized, as well as formatting options for making it look polished. Finally, we'll cover graphs and plots for visualizing your information. *\*No class 5/7 – Orleans Town Meeting*  
**Fee: \$90**

**T-3 Advanced Excel** **John Hilliar**  
**Monday 7:30 – 9:00 p.m. 6/4 – 6/25/18** **Four Sessions** **M.S. Room 111**  
In this advanced course, we will cover the following topics: review of the beginners Excel class, borders, pasting in Word (bitmap trick), inserting comments, printing problems, locking (cells, header row) and hiding (rows and columns), sorting, formulas, pasting formulas versus values, survey of useful functions, conditional formatting, string functions, random numbers, and live data.  
**Fee: \$90**

**T-5 Windows 10 Introduction** **David Dolbec**  
**Tuesday 6:00 – 8:00 p.m. 4/24 – 5/8/18** **Three Sessions** **M.S. Room 245**  
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: \$75**

**T-6 iPhone Basics – Intro. to Using Your Apple iPhone** **Rachel McNeil**  
**Thursday 6:30 – 7:30 p.m. 5/24 – 6/7/18** **Three Sessions** **M.S. Room 267**  
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 making a FaceTime call, 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, iOS 11, is recommended but not required.  
**Fee: \$85**

**T-7 iPad Basics – Intro. to Using Your Apple iPad** **Rachel McNeil**  
**Monday 6:30 – 7:30 p.m. 6/4 – 6/18/18** **Three Sessions** **M.S. Room 267**  
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, iOS 11, is recommended but not required. Bringing your iPad to class is recommended.  
**Fee: \$85**

**T-8 Mac Basics – Intro. to Using Your Apple Computer** **Rachel McNeil**  
**Thursday 6:30 – 7:30 p.m. 4/26 – 5/17/18** **Four Sessions** **M.S. Room 267**  
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, and more. This course is aimed at beginner and intermediate users. The latest Mac OS software, Mac OS Sierra, is recommended. Bringing laptop recommended.  
**Fee: \$95**

**T-9 Mac Photography** **Rachel McNeil**  
**Monday 6:00 – 7:30 p.m. 4/23 & 4/30/18 Two Sessions M.S. Room 267**  
This course will teach you how to use the Photos app on your Mac to import, view, organize, edit and share your digital pictures. Also learn how to create and order high-quality photo prints, calendars, cards and books, all right from your Mac! The latest software, Mac OS Sierra, is recommended but not required. Bringing your laptop to class is recommended! **Fee: \$85**

**T-10 iPad/iPhone Photography** **Rachel McNeil**  
**Tuesday 6:00 – 7:30 p.m. 5/14 & 5/21/18 Two Sessions M.S. Room 267**  
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, iOS 11, is recommended but not required. Bringing your iPad/iPhone to class is recommended too! **Fee: \$85**

**T-11 Smartphone and Tablet Basics** **Zachary Stenstrom**  
**Thursday 7:30 – 9:00 p.m. 4/26 – 5/17/18 Four Sessions M.S. Room 150**  
This class covers touch screen devices such as: Samsung, HTC, Motorola, Google, Sony, LG, Windows and more. Technology is changing fast and we are getting new phones all the time; this class will keep you up with the times. Designed for both the beginner and intermediate, you will learn the skills and strategies to effectively use your current Smartphone or Tablet and any others you buy in the future. As a bonus you will better be able to use your desktop or laptop computer. **Fee: \$90**

**T-12 Computer Basics for Everyone** **Zachary Stenstrom**  
**Thursday 6:00 – 7:30 p.m. 4/26 – 5/17/18 Four Sessions M.S. Room 150**  
We know technology is changing fast. That's why this class focuses on developing the capabilities and strategies you can apply now and for years to come. This class is designed for the beginner and intermediate student using ANY brand computer. Once you have completed this class you will effectively be able to use Email, the Internet, Microsoft Word processing and understand Files, Folders, Adobe, Google, Printing and more. Bonus: You will also be better able to use your Smartphone or Tablet. **Fee: \$90**

**~ WORKSHOPS ~**

**WS-1 Don't Throw Out the Paper - Downsizing-Disposing of an Estate** **Charles Wibel**  
**Monday 6:00 – 8:00 p.m. 4/23/18 Only One Session M.S. Room 149**  
Learn what not to throw out – the Paper! This power point style presentation by a longtime antiques dealer is educational and entertaining. In addition to the slide presentation, many original paper items will be available for hands-on inspection. Many times “the paper” can be worth more than the furniture. Come and find out. Questions are welcomed. **Fee: \$40**

**WS-3 Foundation on Investing** **Michelle Ferguson**  
**Tuesday 6:00 – 7:00 p.m. 5/15 – 6/5/18 Four Sessions M.S. Room 124**  
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 Operating a Small Business for Profit** *NEW* **Mike Shabazian**  
**Tuesday 7:30 – 8:30 p.m. 4/24 – 5/8/18** **Three Sessions** **M.S. Room 124**  
Operating small businesses are challenging, time-consuming and oftentimes stressful. This program offers ideas and strategies for planning a profitable operation by managing payables, receivables and customer satisfaction. Create a basic operating plan to serve as a road map to guide you toward sustaining profitability. Getting the business is oftentimes easier than staying in business! Don't let the dream of owning your own business become your nightmare! **Fee: \$50**

**WS-5 American Furniture – Periods and Styles** *NEW* **Charles Wibel**  
**Tuesday 6:00 – 7:30 p.m. 4/24 – 5/15/18** **Four Sessions** **M.S. Room 149**  
That antique table you inherited, is it Sheraton, Hepplewhite or Chippendale? Is it just period (original), second period or a 20<sup>th</sup> century reproduction? Is it even American? Learn the different Periods of American furniture from the 1620's to the 1950's and the various styles within each period. You will be provided with valuable tips on how to attend and bid at an auction and how to get the most from an antiques show. **Fee: \$60**

**WS-10 Cape Cod History: Journey to the Outer Beach** *NEW* **Don Wilding**  
**Monday 6:30 – 8:00 p.m. 4/23 – 6/4/18\*** **Five Sessions** **M.S. Room 210**  
In a series of five 90-minute lectures, using PowerPoint images and video, several subjects of the Cape's Outer Beach history is covered, including Shipwrecks, The Lifesaving Service, and the Coast Guard; Great Cape Storms; Lighthouses of the Outer Cape; Dune Shacks and "The Outermost House"; and Landmarks of the Outer Cape. Come and enjoy this lecture series. If you have any questions, email [donwilding@gmail.com](mailto:donwilding@gmail.com). *No class 5/7 – Orleans Town Meeting and 5/28 – Memorial Day.* **Fee: \$60**

**WS-14 Introduction to Estate Planning** **Attorneys Brooks Thayer,  
Lisa Sherman & Chris Ward**  
**Tuesday 7:00 – 9:00 p.m. 5/15/18** **One Session** **M.S. Room 266**  
This seminar provides background information and practical experience in making arrangements concerning disability or death for you or members of the family. Some areas of focus are avoiding unnecessary confusion and expenses, looking at documents such as Wills, Trusts, Powers of Attorney, Declaration of Homestead and Health Care Proxies. Advantages and disadvantages and ways to avoid probate and estate taxes are also covered. **Fee: \$25**

**WS-15 Introduction to Nursing Home Financing** **Attorneys Brooks Thayer,  
Lisa Sherman & Chris Ward**  
**Tuesday 7:00 – 9:00 p.m. 5/22/18** **One Session** **M.S. Room 266**  
This seminar addresses both last minute and advance planning to avoid costs of Long Term Care in a nursing home. It discusses often overlooked ways of protecting assets and obtaining eligibility for government benefits including correcting common misunderstandings as to the rules and ways to protect your home from going to the government. **Fee: \$25**

**WS-13 Getting Paid To Talk****Tuesday 6:30 –9:00 p.m. 5/29/18****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**

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- **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**