

SPRING 2020 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

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|-------------|------------------|--------------------------|-----------------------|----------------------|---------------------------|
| A-1 | Tuesday | 1:00 – 4:00 p.m. | 4/28 – 5/19/20 | Four Sessions | Brewster Town Hall |
| | | | | | Fee: \$70 |
| A-1a | Wednesday | 9:00 – 12:00 p.m. | 4/29 – 5/20/20 | Four Sessions | Brewster Town Hall |
| | | | | | Fee: \$70 |
| A-1b | Monday | 9:00 – 12:00 p.m. | 4/27 – 5/18/20 | Four Sessions | Brewster Town Hall |
| | | | | | Fee: \$70 |

A-2 Water Based Oil Painting

Eileen Smith

Thursday 9:00 – 12:00 p.m. 4/30 – 5/21/20 Four 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: \$70

A-7 The Art of Floral Design

Sonny Gada

Tuesday 7:00 – 9:00 p.m. 4/28 – 6/2/20 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-13 Mary Cassatt: Beloved American Impressionist NEW

Beth Stein

Wednesday 6:00 – 7:30 p.m. 4/29/20 One Session

M.S. Library

Mary Cassatt was an American painter and printmaker, but lived much of her adult life in France, where she first befriended Edgar Degas, and later exhibited among the Impressionists. Cassatt often created images of the social and private lives of women, with particular emphasis on the intimate bonds between mothers and children. Come and hear Beth Stein discuss the life of the extraordinary woman who defied the conventions of her time to become one of the most beloved of all artists.

Fee: \$45

A-15 Knitting

Diane Lee

Wednesday 7:00 – 9:00 p.m. 4/29 – 6/24/20* Eight Sessions

M.S. Room 245

Have you ever wanted to learn the basics of knitting? 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. ***No class 5/27.**

Fee: \$75

A-16 Making Jewelry from Wire **Dawn Rosell**
Thursday 6:00 – 8:00 p.m. 5/21 – 6/11/20 **Four Sessions** **M.S. Room 237**
This beginner class will introduce students to basic techniques in creating wire jewelry. No experience needed, good hand flexibility and a positive attitude is helpful. Materials fee is \$65 which is payable to instructor at the first class (cash or credit card accepted); and covers copper wire, beads and take home materials as well as use of tools in class. All projects will be created with copper wire and stone, wood, metal, glass or crystal beads. Any questions about bringing your own wire or beads should be addressed to the instructor (dawn@rosell.net or 508-648-7207) before the class starts. Please arrive 15 minutes early to pick out your beads and get set up.
Fee: \$70

A-20 Introduction to Stained Glass **Craig McConchie**
Monday 6:00 – 8:00 p.m. 4/27 – 6/1/20 **Six Sessions** **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 Beginning Bowl Turning **Craig McConchie**
Wednesday 6:00 - 8:00 p.m. 4/29 – 6/3/20 **Six Sessions** **Tobias Wood & 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

~DANCE & MUSIC~

D-3 Ballroom Dancing, Beginner **Deborah Israel**
Thursday 6:00 – 7:00 p.m. 4/30 – 6/25/20* **Eight Sessions** **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. *No class 6/11 (Concert)
Fee: \$125/Couple

D-4 Ballroom Dancing, Beginner/Intermediate **Deborah Israel**
Thursday 7:00 – 8:00 p.m. 4/30 – 6/25/20* **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. *No class 6/11 (Concert)
Fee: \$125/Couple

D-9, D-9a Ukulele, Beginning**Tim Sweeney
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.**

D-9 Tuesday 6:00 – 7:00 p.m. 4/28 – 6/2/20 Six Sessions Fee: \$80

D-9a Tuesday 7:00 – 8:00 p.m. 4/28 – 6/2/20 Six Sessions Fee: \$80

D-11 Intermediate Acoustic Guitar**Greg Johnson
M.S. Room 107**

Thursday 6:00 – 7:00 p.m. 4/30 – 6/4/20 Six Sessions

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: \$80**D-15 Good Vibrations Guitar, Banjo, Mandolin, etc.****Dennis Dillon
TBA**

Private lessons – Flexible Schedule Six 1-hour Sessions

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 and location.

Fee: \$200**~ FITNESS AND HEALTH ~****F-1 Adult Fitness****Brendan Guttmann
M.S. Track & Gym**

Mon. thru Fri. 6:15 – 7:15 a.m. 4/27 – 6/29/20 9 Weeks

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: \$90**F-2, F-2a Circuit Weight Training****Brendan Guttmann
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. 4/28 – 6/25/20 9 Weeks Fee: \$95

F-2a Mon., Wed., Fri. 6:15 – 7:15 a.m. 4/27 – 6/26/20 9 Weeks Fee: \$140

F-3 Strength Training**Greg Johnson
M.S. Weight Room**

Mon. & Wed. 6:00 – 7:00 p.m. 4/27 – 6/22/20 Sixteen Sessions

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: \$90

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. 5/1 – 5/29/20 Five Sessions Fee: \$160**F-7a Friday 10:15 – 11:15 a.m. 6/5 – 7/3/20 Five Sessions Fee: \$160****F-8, F-8a 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 Friday 9:00 – 10:00 a.m. 5/1 – 7/3/20 Ten Sessions Fee: \$135**F-8a Tuesday 5:45 – 6:45 p.m. 4/28 – 6/30/20 Ten Sessions Fee: \$135****F-9 Total Body Fusion****Andrea Hibbert, C.P.T.****Mon. & Wed. 6:00 – 7:00 p.m. 4/27 – 6/29/20 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 Restorative Yoga Stretch & Pilates Basic**Andrea Hibbert, C.P.T.****Thursday 8:45 – 9:45 a.m. 4/30 – 7/2/20 Ten Sessions 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) **Fee: \$135**

F-11 Therapeutic Stretch & Balance**Andrea Hibbert, C.P.T.****Wednesday 3:15 – 4:15 p.m. 4/29 – 7/1/20 Ten Sessions Balanced 4 Fitness Studio**

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.****Monday 3:15 – 4:15 p.m. 4/27 – 7/6/20 Ten Sessions Balanced 4 Fitness Studio**

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. 5/1 – 7/3/20 Ten Sessions Fee: \$160**F-13a Sunday 8:15 – 9:15 a.m. 4/26 – 6/28/20 Ten Sessions Fee: \$160****F-15 Spin Fit****Andrea Hibbert, C.P.T.****Wednesday 8:30 – 9:30 a.m. 4/29 – 7/1/20 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. 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 Mat II & Mve Chair****Andrea Hibbert, C.P.T.****Wednesday 4:30 – 5:30 p.m. 4/29 – 7/1/20 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. Pre-requisite – Basic Mat required. For further information, visit www.balanced4fitness.com (508-240-2739).

Fee: \$135**F-20 Tai Chi Chuan, Beginning****Sarah Beals****Tuesday 10:00 – 11:00 a.m. 4/7 – 5/26/20 Eight Sessions****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**~ HOME AND GARDEN~****G-2 Landscape Design & Horticulture****Charles Wentz****Thursday 6:00 – 8:00 p.m. 4/30 – 5/14/20 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: \$50**G-6 Woodworking for Women****Richard Noyes****Tuesday 6:00 – 8:00 p.m. 4/28 – 6/16/20 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. For information on projects and materials, contact woodworkingforwomen@gmail.com

Fee: \$100

~ 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.

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|-------------|---------------------------|-------------------------|------------------------|------------------------------|-------------------|-------------------|
| H-1 | Tues. & Thurs. | 6:00 – 9:00 p.m. | 4/28 & 4/30 | Full Course | 2 Sessions | Fee: \$105 |
| H-1a | Tuesday | 6:00 – 9:00 p.m. | 4/28 | Certification Renewal | 1 Session | Fee: \$60 |
| H-1b | Tues. & Thurs. | 6:00 – 9:00 p.m. | 5/26 & 5/28 | Full Course | 2 Sessions | Fee: \$105 |
| H-1c | Tuesday | 6:00 – 9:00 p.m. | 5/26 | 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.

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|-------------|---------------------------|-------------------------|------------------------|------------------------------|-------------------|-------------------|
| H-2 | Tues. & Thurs. | 6:00 – 9:00 p.m. | 4/28 & 4/30 | Full Course | 2 Sessions | Fee: \$105 |
| H-2a | Tuesday | 6:00 – 9:00 p.m. | 4/28 | Certification Renewal | 1 Session | Fee: \$60 |
| H-2b | Tues. & Thurs. | 6:00 – 9:00 p.m. | 5/26 & 5/28 | Full Course | 2 Sessions | Fee: \$105 |
| H-2c | Monday | 6:00 – 9:00 p.m. | 5/26 | Certification Renewal | 1 Session | Fee: \$60 |

H-10 Reiki I

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

Wednesday 6:00 – 8:00 p.m. 5/6 – 5/20/20 Three Sessions

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: \$75

H-11 Reiki II

Linda Fisher-Hilmer, R.N.

Wednesday 9:30 a.m. – 4:30 p.m. 5/27/20 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: \$185

H-12 Yoga

Jane Higgins

**Monday 10:30 a.m. – 12:00 p.m. 4/27 – 6/29/20 Ten Sessions
Healing Arts Collective
47 Main St. Orleans**

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: \$120

H-14 Learn to Read Palms **Catherine Cullen**
Thursday 6:00 – 7:30 p.m. 4/30 – 5/28/20 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: \$70**

H-16 Feng Shui – Clear Your Clutter **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 5/4/20 One Session M.S. Room 269

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: \$50**

H-17 Change Your Thinking **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 4/27/20 One Session M.S. Room 269

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: \$50**

~ LITERATURE ~

J-7 The Healing Power of Writing **Nicola Burnell**
Thursday 3:00 – 5:00 p.m. 4/30 – 6/4/20 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. 4/29 – 6/3/20 Six Sessions Fee: \$100

J-8a Thursday 6:00 – 8:00 p.m. 4/30 – 6/4/20 Six Sessions Fee: \$100

J-9 Tale of Two Cities by Charles Dickens *NEW* **Deborah Newman**
Tuesday 7:00 – 8:30 p.m. 4/28 – 6/16/20 Eight Sessions M.S. Room 210
 This exciting and dramatic story takes place in London and Paris, before and during the French Revolution of 1789. Charles Darnay, a hero in his own right for renouncing his inheritance and privileged position as a member of the aristocratic Evremonde family, marries Lucie Manette whose father was unjustly imprisoned in the Bastille so hated by the majority of the French. This riveting story with many twists and turns is a classic of the first order and is relevant in this 21st Century. **Fee: \$95**

~ LANGUAGES ~

L-1 Beginner's Italian I Gloria Moll
Tuesday 6:30 – 8:30 p.m. 4/28 – 6/16/20 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. **Fee: \$105**

L-2 Conversational Italian, Beginners Gloria Moll
Thursday 6:30 – 8:30 p.m. 4/30 – 6/18/20 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. **Fee: \$105**

L-3 Conversational Italian, Intermediate/Advanced Gloria Moll
Wednesday 5:00 – 7:00 p.m. 4/29 – 6/17/20 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. **Fee: \$105**

L-4 Beginning Spanish Cindy Doutrich
Wednesday 6:30 – 8:30 p.m. 4/29 – 6/24/20* 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. ***No class 5/27** **Fee: \$105**

L-5 French for Beginners Christine Claireaux
Tuesday 6:30 – 8:00 p.m. 4/28 – 6/16/20 Eight Sessions M.S. Room 255
 This course is for those with some basic knowledge who would like to become more familiar with the French language and culture. We will learn proper pronunciation, some grammar, with the focus on being able to have a basic conversation in French. **Fee: \$95**

~ RECREATION ~

R-4 Beginning Golf **Steve Knowles, P.G.A. Professional**
Monday 4:00 – 5:30 p.m. 5/11 – 6/22/20* 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 38 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: \$150**

R-5 Intermediate Golf **Steve Knowles, P.G.A. Professional**
Wednesday 4:00 – 5:30 p.m. 5/13 – 6/17/20 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 19 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: \$150**

R-9 Catch A Fish **Louis MacKeil**
Tuesday 7:00 – 9:00 p.m. 4/28 – 6/16/20 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! **Fee: \$75**

~ TECHNOLOGY ~

T-1 Small Business Websites **John Hilliar**
Monday 6:00 – 7:30 p.m. 6/8 – 6/29/20 Four Sessions M.S. Library
Learn about the process of setting up a website. Topics include how to: setup your site name, choose a hosting service, put content on your site, monitor daily hits to your site, help people find your site, advertising, and setting up and accepting online payments. The class offers plenty of opportunity for discussion; you can ask questions about all the terms you see when trying to find help online. See www.hilliar.com/teaching for more information. **Fee: \$95**

T-2 Beginning Excel **John Hilliar**
Monday 6:00 – 7:30 p.m. 4/27 – 6/1/20* Four Sessions M.S. Library
Learn the basics of spreadsheets – formulas and functions for calculating values. We'll learn how to use multiple tabs to keep your data organized and formatting to make it look polished. This is for beginners, it'll be OK... even a little fun. For more information see www.hilliar.com/teaching. ***No class 5/11 & 5/25** **Fee: \$95**

T-5 Mac Basics **Rachel McNeil**
Thursday 6:00 – 7:30 p.m. 5/14 & 5/28/20 **Two Sessions M.S. Room 268**
Come find out how to really use your Apple computer in a fun, relaxed environment! 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 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 your laptop to class is also recommended. **Fee: \$110**

T-6 iPhone Basics **Rachel McNeil**
Tuesday 6:00 – 7:30 p.m. 4/28 & 5/5/20 **Two Sessions M.S. Room 268**
Want to use your iPhone for more than just making phone calls? Of course! Learn the essentials 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 explore outside their basic knowledge. The latest iPhone software is recommended but not required. **Fee: \$95**

T-7 iPad Basics – Introduction **Rachel McNeil**
Monday 6:00 – 7:30 p.m. 4/27 – 5/4/20 **Three Sessions M.S. Room 268**
Wish you knew how to use your iPad to a fuller 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: \$95**

T-8 Mac Photography **Rachel McNeil**
Thursday 6:00 – 7:30 p.m. 6/4 & 6/11/20 **Two Sessions M.S. Room 268**
This detailed 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 Mac OS software is recommended but not required. Bringing your laptop to class is recommended! **Fee: \$95**

T-9 iPhone Photography **Rachel McNeil**
Thursday 6:00 – 7:30 p.m. 4/30 & 5/7/20 **Two Sessions M.S. Room 268**
Looking to use your iPhone to take amazing photos, organize them and share them with friends and family? This fun course will cover everything about the Camera and Photos apps on your iPhone, from the basics of taking great pictures and videos to editing and sharing them in seconds. Photo organization, uploading photos online and to your computer, and iCloud Photo Library will also be covered. The latest software is recommended but not required. **Fee: \$95**

T-10 Mac Seminar (Intermediate/Advanced) **Rachel McNeil**
Tuesday 6:00 – 7:30 p.m. 5/12 & 5/19/20 **Two Sessions M.S. Room 268**
This course is for you if you've got the basics of how to use your Apple computer but want to go deeper into some of the most popular apps and features. We will take a look at intermediate and advanced topics such as MailDrop, iCloud Drive, customizing the Desktop(s), Dock, and Finder, taking screenshots, using keyboard shortcuts, Mac security, and more. Time will be left at the end of each class for a Q&A session. The latest Mac OS is recommended but not required. Bringing your laptop of class is also recommended. **Fee: \$95**

T-11 How to Cut Cable **Rachel McNeil**
Monday 6:00 – 7:30 p.m. 5/18/20 **One Session** **M.S. Room 268**
 Ever wondered how you can cut ties to the TV cable company? Have you heard of “streaming” services and products like Netflix, Apple TV, and others, and wondered how they work and how you can utilize them? This course will outline the many alternative ways to get the internet, TV shows, movies and other media you love without paying for cable at home. *(Disclaimer: Discussion of products/services is for informational purposes only and does not constitute any endorsement.)* **Fee: \$55**

T-12 iPhone Tips & Tricks (Intermediate/Advanced) **NEW** **Rachel McNeil**
Tuesday 6:00 – 7:30 p.m. 5/26 & 6/2/20 **Two Sessions** **M.S. Room 268**
 Feel comfortable with using your iPhone but want to learn more than the basics? Join us for this seminar-style course that will cover intermediate and advanced topics such as AirDrop, screen recording & screenshots, Wallet & ApplePay, Screen Time, how to use your iPhone as a personal hotspot, and more. We will also go in-depth with the iPhone’s settings and security, and discover little-known app features. Time will be left at the end of each class for a Q&A session. The latest iOS is recommended but not required. **Fee: \$ 95**

~ WORKSHOPS ~

WS-3 Five Questions for Women - Investing **NEW** **Michelle Ferguson**
Tuesday 6:00 – 7:00 p.m. 4/28/20 **One Session** **M.S. Room 269**
 Sharing perspective on a process women use to identify financial goals and set a strategy. Discussing “Rule of 72”, systematic investing, employer-sponsored plans and IRA’s as strategies for saving. **Fee: \$20**

WS-4 Leave It, Move It, Roll It, Take It – Investing **NEW** **Michelle Ferguson**
Tuesday 6:00 – 7:00 p.m. 5/19/20 **One Session** **M.S. Room 269**
 This workshop is designed to help you learn how to handle 401(Ks), pension or other employer-sponsored retirement plan when leaving a job. **Fee: \$20**

WS-10 Introduction to Estate Planning **Attorneys Brooks Thayer,
 Lisa Sherman & Chris Ward**
Tuesday 7:00 – 9:00 p.m. 5/12/20 **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-11 Introduction to Nursing Home Financing **Attorneys Brooks Thayer,
 Lisa Sherman & Chris Ward**
Tuesday 7:00 – 9:00 p.m. 5/26/20 **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-12 Get Organized – Closets & Clutter Hot Spots

Wednesday 6:00 – 8:00 p.m. 5/20/20

One Session

Tammy Martell

M.S. Room 269

In this fun-filled workshop, you will learn how to create a fresh, organized look for your closets, identify the “hot-spots” in your home and how to finally keep these areas organized. We will also have fun identifying your organizing personality.

Fee: \$25

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