

WINTER 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.	1/22 – 4/2/19	Ten Sessions	Brewster Town Hall
					Fee: \$160
A-1a	Wednesday	9:00 – 12:00 p.m.	1/23 – 4/3/19	Ten Sessions	Brewster Town Hall
					Fee: \$160
A-1b	Tuesday	6:00 – 8:30 p.m.	1/22 – 3/19/19	Eight Sessions	M.S. Room 205
					Fee: \$130

A-2 Water Based Oil Painting

Eileen Smith

Thursday 9:00 a.m. – 12:00 p.m. 1/24 – 3/21/19 Eight 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: \$130

A-8 Learn to Tangle with the Zentangle® Method

Christine Walkley

Thursday 6:30 – 8:00 p.m. 1/24 - 2/14/19* Three Sessions M.S. Room 205

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. A materials fee of \$20 is payable to instructor at the first class.

***No class 2/7 (all-school event)**

Fee: \$60

A-8a Zentangle – Beyond the Basics

Christine Walkley

Tuesday 6:30 – 8:00 p.m. 1/22 - 2/5/19 Three Sessions

M.S. Room 262

A fun and creative excursion beyond what you learned in an Introduction to Zentangle class. Learn new tangles and the transcendence technique. Create a Zenbutton and a ribbon tile. Relax doing a Line Meditation. Tangle on a stone. Prerequisite: an introduction Zentangle class. Bring your original Zentangle tool kit. Materials fee of \$20 payable to instructor.

Fee: \$60

A-13 Claude Monet: Impressionist Color and Light NEW

Beth Stein

Tuesday 6:00 – 7:30 p.m. 1/22/19 One Session

M.S. Room 264

Claude Monet was a key figure in the Impressionist movement that transformed French painting in the second half of the nineteenth century. Throughout his long career, Monet depicted the landscape and leisure activities of Paris and its environs. He led the way to twentieth-century modernism by developing a unique style of perceiving nature. Color, texture, and the moods they could produce assumed as great an importance in his work and the painting’s subject – a

cathedral, haystack, or his beloved water lilies. Come learn as Beth Stein explores the life and iconic works of this prolific and extraordinary artist. **Fee: \$40**

A-17 Tapestry Weaving

Tuesday 6:00 – 8:00 p.m. 1/22 – 3/19/19 Eight Sessions **Katie Hickey**
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. **Fee: \$95**

A-18 Basket Weaving, Beginning

Tuesday 6:00 – 8:00 p.m. 1/22 – 2/12/19 Four Sessions **Grace Stanley**
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-19 Carve an (Elmer Crowell Style) Antique Shorebird Decoy

Thursday 6:00 – 8:00 p.m. 1/24 – 3/7/19* Six Sessions **Wayne Kivi**
M.S. Room 206
Beginning 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 and you will have a choice between three different poses. All materials will be provided at a cost of \$38. Students who have their own carving knife will pay \$22. Students who have taken the class before may opt for a more advanced “smoothie” bird or may want to learn how to carve individual feathers on their bird. Students requesting a bird other than a yellowlegs MUST contact the instructor (wpkivi@gmail.com) at least two weeks before the first class. (*No class 2/7 – Parent Conferences) **Fee: \$100**

A-20, A-20a, A-20b 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 10:00 a.m. – 12:00 p.m. 1/28 – 3/11/19 Six Sessions Fee: \$160

A-20a Tuesday 6:00 – 8:00 p.m. 1/29 – 3/12/19 Six Sessions Fee: \$160

A-20b Saturday 9:00 a.m. – 4:00 p.m.* 3/2/19 All-day Session Fee: \$85

***One-hour lunch break**

A-21, A-21a Mosaics – Tables, Mirrors, etc.

Craig McConchie
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 \$25 material fee payable to the instructor.

A-21 Monday 2:00 – 4:00 p.m. 1/28 – 3/11/19 Six Sessions Fee: \$150

A-21a Saturday 9:00 – 4:00 p.m.* 2/2/19 All-day Session Fee: \$85

***One-hour lunch break**

A-22 Beginning Woodturning **Craig McConchie**
Monday 6:00 – 8:00 p.m. 1/28 – 3/11/19 **Six Sessions** **Tobias Wood & 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. Bowl blanks are \$10 each.

A-23 Wednesday 2:00 – 4:00 p.m. 1/30 – 3/13/19 **Six Sessions** **Fee: \$160**
A-23a Saturday 9:00 a.m. – 4:00 p.m.* 2/16/19 **All-day Session** **Fee: \$85**
***One-hour lunch break**

A-24, A-24a Glass Etching **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.

A-24 Tuesday 2:00 – 4:00 p.m. 1/29 – 3/12/19 **Six Sessions** **Fee: \$150**
A-24a Saturday 9:00 a.m. – 4:00 p.m.* 3/16/19 **All-day Session** **Fee: \$85**
***One-hour lunch break**

The following classes (A-30 – A-33) are being offered for students (grades 7 – 12) and adults during the February school vacation week.

A-30 Beginning Stained Glass **Craig McConchie**
Monday 9:00 a.m. – 4:00 p.m. (1-hour lunch break) 2/18 only **Tobias Wood and 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. Two small projects will be completed. **Fee: \$85**

A-31 Mosaics **Craig McConchie**
Wednesday 9:00 a.m. – 4:00 p.m. (1-hour lunch break) 2/20 only **Tobias Wood and 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. **Fee: \$85**

A-32 Beginning Bowl Turning **Craig McConchie**
Tuesday 9:00 a.m. – 4:00 p.m. (1-hour lunch break) 2/19 only **Tobias Wood and Glass**
 Bowl Turning is an introductory woodturning class. Students will learn how to safely operate wood lathe and woodturning tools. Students will complete 1-2 wooden bowls. **Fee: \$85**

A-33 Glass Etching **Craig McConchie**
Thursday 9:00 a.m. – 4:00 p.m. (1-hour lunch break) 2/21 only **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: \$85**

~DANCE & MUSIC~

D-3 Ballroom Dancing, Beginner **Deborah Israel**
Thursday 6:00 – 7:00 p.m. 1/24 – 3/28/19* **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 3/7 - All-School Event.)** **Fee: \$120/Couple**

D-4 Ballroom Dancing, Beginner/Intermediate **Deborah Israel**
Thursday 7:00 – 8:00 p.m. 1/24 – 3/28/19* **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.
(*No class 3/7 - All-School Event.) **Fee: \$120/Couple**

D-5 Ballroom Dancing, Intermediate/Advanced **Deborah Israel**
Thursday 8:00 – 9:00 p.m. 1/24 – 3/28/19* **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.
(*No class 3/7 - All-School Event.) **Fee: \$120/Couple**

D-10 Intermediate Acoustic Guitar **Greg Johnson**
Thursday 6:00 – 7:00 p.m. 1/24 – 3/7/19* **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. **(*No class 2/7 – Parent Conferences)** **Fee: \$75**

~ FITNESS AND HEALTH ~

F-1 Adult Fitness **Brendan Guttman**
Mon. thru Fri. 6:15 - 7:15 a.m. 1/22 – 4/12/19 **Eleven Weeks** **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. 1/22 – 4/11/19 Eleven Weeks Fee: \$125**F-2a Mon., Wed., Fri. 6:15 – 7:15 a.m. 1/23 – 4/12/19 Eleven Weeks Fee: \$165****F-3 Strength Training****Greg Johnson
M.S. Weight Room****Mon. & Wed. 6:00 – 7:00 p.m. 1/23 – 3/25/19 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: \$85**F-6 Pilates Total Body****Andrea Hibbert, C.P.T.****Tuesday 9:00 – 10:10 a.m. 1/15 – 3/19/19 Ten Sessions****Balanced 4 Fitness Studio**

“Classical” Pilates Method class will focus on the “powerhouse” (core strength) and body alignment. Improve your posture, increase flexibility and balance, strengthen and tone your muscles. Bring water and hand towel. A starter “fitness travel pack” containing 7-inch squishy ball & 6 foot Dyna band can be purchased from instructor for \$22. Dyna band is required and may be purchased from instructor for \$10.

Fee: \$135**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. 1/18 – 2/15/19 Five Sessions Fee: \$150**F-7a Friday 10:15 – 11:15 a.m. 2/22 – 3/22/19 Five Sessions Fee: \$150****F-8, F8a, F-8b 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. 1/15 – 3/19/19 Ten Sessions Fee: \$135**F-8a Wednesday 9:00 – 10:00 a.m. 1/16 – 3/27/19 Ten Sessions Fee: \$135****F-8b Friday 9:00 – 10:00 a.m. 1/18 – 3/22/19 Ten Sessions Fee: \$135****F-9 Total Body Fusion****Andrea Hibbert, C.P.T.****Mon. & Wed. 6:00 – 7:00 p.m. 1/23 - 3/25/19 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,F-10b,F-10c 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.	1/15 – 3/18/19	Ten Sessions	Fee: \$135
F-10a	Thursday	8:45 – 9:45 a.m.	1/17 – 3/21/19	Ten Sessions	Fee: \$135
F-10b	Thursday	4:30 – 5:30 p.m.	1/17 – 3/21/19	Ten Sessions	Fee: \$135
F-10c	Sunday	10:45 – 11:45 a.m.	1/13 – 3/17/19	Ten Sessions	Fee: \$135

F-11 Therapeutic Stretch & Balance **Andrea Hibbert, C.P.T.**
Thursday 3:15 – 4:15 p.m. 1/17 – 3/15/19 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 4:15 – 5:15 p.m. 1/14 – 3/18/19 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.	1/18 – 3/22/19	Ten Sessions	Fee: \$150
F-13a	Sunday	8:00 – 9:00 a.m.	1/13 – 3/17/19	Ten Sessions	Fee: \$150

F-15, F-15a Spin Fit **Andrea Hibbert, C.P.T.**
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. SPIN Training will improve your endurance and strength and balance, while burning fat. Heart rate target zones are closely watched to ensure that you are working at your proper level. Heart Rate monitor required. Bring water and hand towel. For further information, visit www.Balanced4Fitness.com (508-240-2739)

F-15	Monday	10:00 – 11:00 a.m.	1/14 – 3/18/19	Ten Sessions	Fee: \$150
F-15a	Thursday	10:00 – 11:00 a.m.	1/17 – 3/21/19	Ten Sessions	Fee: \$150

F-20 Tai Chi Chuan, Beginning**Tuesday 10:00 – 11:00 a.m. 1/15 – 3/19/19 Ten 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: \$150**

F-21 Tai Chi Chuan, Intermediate**Thursday 10:00 – 11:00 a.m. 1/17 – 3/21/19 Ten Sessions****Sarah Beals****Healing Arts Collective**

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: \$150**

F-22 Tai Chi Exercise for Active Seniors**NEW****Sarah Beals****Wednesday 10:00 – 11:00 a.m. 1/23 – 3/13/19****Eight Sessions****Healing Arts Collective**

This class content features Tai Chi exercise as a low impact controlled series of dynamic movements. These exercises are specifically selected to aid balance, flexibility and range of motion, as well as increase proprioception, natural breathing and balance. Move your Qi! (Life force). Workout gear and flat soled flexible shoes required. Mild exercise. For more information, call instructor at 508-246-3591 or taichicapecod@gmail.com. **Fee: \$108**

F-23 Nia Technique**Friday 8:30 – 9:30 a.m. 1/25 – 3/1/19 Six Sessions****Sue Landers****Healing Arts Collective**

Nia is a sensory-based movement technique that combines carefully selected movements and concepts from dance arts, martial arts, healing arts, offering a total body, mind and spirit workout. Done barefoot to soul stirring world music. *Nia* movements are adaptable and can be personalized for any level of fitness and agility. No prior training is necessary. Experience the joy of movement and the benefits of moving your body...the body's way. **Fee: \$108**

~ HOME AND GARDEN~**G-2 Landscape Design & Horticulture****Thursday 6:00 – 8:00 p.m. 3/7 – 3/21/19****Three Sessions****Charles Wentz****M.S. Room 267**

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. 1/22 – 3/19/19****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. 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 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. 1/22 & 1/24	Full Course	2 Sessions	Fee: \$105
H-1a	Tuesday 6:00 – 9:00 p.m. 1/22	Certification Renewal Only	1 Session	Fee: \$60
H-1b	Tues. & Thurs. 6:00 – 9:00 p.m. 2/26 & 2/28	Full Course	2 Sessions	Fee: \$105
H-1c	Tuesday 6:00 – 9:00 p.m. 2/26	Certification Renewal Only	1 Session	Fee: \$60
H-1d	Tues. & Thurs. 6:00 – 9:00 p.m. 3/19 & 3/21	Full Course	2 Sessions	Fee: \$105
H-1e	Tuesday 6:00 – 9:00 p.m. 3/19	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.

H-2	Tues. & Thurs. 6:00 – 9:00 p.m. 1/22 & 1/24	Full Course	2 Sessions	Fee: \$105
H-2a	Tuesday 6:00 – 9:00 p.m. 1/22	Certification Renewal Only	1 Session	Fee: \$60
H-2b	Tues. & Thurs. 6:00 – 9:00 p.m. 2/26 & 2/28	Full Course	2 Sessions	Fee: \$105
H-2c	Tuesday 6:00 – 9:00 p.m. 2/26	Certification Renewal Only	1 Session	Fee: \$60
H-2d	Tues. & Thurs. 6:00 – 9:00 p.m. 3/19 & 3/21	Full Course	2 Sessions	Fee: \$105
H-2e	Tuesday 6:00 – 9:00 p.m. 3/19	Certification Renewal Only	1 Session	Fee: \$60

H-7 The Heart of Communicating: Learning from Horses

**Ashley Symington
M.S. Room 116**

Monday 6:00 – 7:00 p.m. 1/28 – 2/25/19* Four Sessions

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 2/18 – School vacation.) Fee: \$50**

H-8 Chi Lel

**Jane Higgins
Healing Arts
Collective, Orleans**

Wednesday 11:00 a.m. – 12:00 p.m. 1/23 – 3/20/19 Eight Sessions

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-9 Kinesiology **Jane Higgins**
Wednesday 9:45 – 10:45 a.m. 1/23 – 3/20/19 **Eight Sessions** **Healing Arts Collective**
Learn exercises which benefit your own and your family's health. Energy medicine is the frontier of today's medicine and the future's main medicine. Using techniques such as muscle testing and simple exercises, you can rejuvenate a tired body, more effectively handle stress and have greater control over your own and your family's health. **Fee: \$80**

H-10 Reiki I **Linda Fisher-Hilmer, R.N.**
Tuesday 6:00 – 8:00 p.m. 1/29 – 2/12/19 **Three Sessions** **M.S. Room 264**
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 remote overall wellbeing. 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. 3/6/19 **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. 1/28 – 4/1/19 **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. **Fee: \$115**

H-14 Learn to Read Palms **Catherine Cullen**
Thursday 6:00 – 7:30 p.m. 1/24 – 3/7/19* **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. **(*No class 2/7 - Parent Conferences.)** **Fee: \$65**

H-16 Feng Shui – Clear Your Clutter **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 1/28/19 **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. 2/4/19 **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**

~ WRITING AND LITERATURE ~

J-7 The Healing Power of Writing **Nicola Burnell**
Thursday 3:00 – 5:00 p.m. 1/24 – 3/7/19 **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. 1/23 – 3/6/19 **Six Sessions** **Fee: \$100**
J-8a Thursday 6:00 – 8:00 p.m. 1/24 – 3/7/19 **Six Sessions** **Fee: \$100**

~ LANGUAGES ~

L-1 Beginner's Italian I **Gloria Moll**
Tuesday 6:30 – 8:30 p.m. 1/22 – 3/19/19 **Eight Sessions** **M.S. Room 267**

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: \$100**

L-2 Conversational Italian for Beginners **Gloria Moll**
Thursday 6:30 – 8:30 p.m. 1/24 – 3/21/19 **Eight Sessions** **M.S. Room 263**

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. 1/23 – 3/20/19 **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

L-4 Spanish for Beginners

NEW

Cynthia Doutrich

Wednesday 6:30 – 8:30 p.m. 1/23 – 3/20/19

Eight Sessions

M.S. Room 124

Have you been wishing that you knew enough Spanish to be able to read a menu, pronounce words correctly, or hold a simple conversation? This is your opportunity to turn that wish into more than a New Year's resolution. Whether you want to learn some Spanish for your job or you're planning a trip to a Spanish-speaking country, this course is for you. On the first day of class you will receive essential materials for the course - \$5.00 payable to the instructor.

Fee: \$100

~ RECREATION ~

R-9 Catch A Fish

Louis MacKeil

Tuesday 7:00 – 9:00 p.m. 1/22 – 3/19/19

Eight Sessions

M.S. Room 263

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, R-10a Mah Jongg, Beginning

Anne Walther

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

R-10 Tuesday 9:30 – 11:30 a.m. 1/22 – 2/26/19 Five Sessions

Brewster Town Hall

R-10a Tuesday 6:00 – 8:00 p.m. 1/22 – 2/26/19 Five Sessions

M.S. – Room 210

R-14 Indoor Rowing Class on Concept Two Ergometer

Al Flanders

Wednesday 6:00 – 7:00 a.m. 1/23 – 3/20/19 Nine Sessions 31a Cove Road, Orleans

Students will learn the basic rowing stroke (on the concept two rowing machine) and work on their technique while increasing their fitness during the nine week class. Instruction to include: cardio, strength training and stretching.

Fee: \$150

~ TECHNOLOGY ~

T-1 Small Business Websites

John Hilliar

Monday 6:00 – 7:30 p.m. 3/4 – 3/25/19 Four Sessions

M.S. Room 111

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: \$90

T-2 Beginning Excel

John Hilliar

Monday 7:30 – 9:00 p.m. 1/28 – 2/25/19

Four Sessions

M.S. Room 111

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. **Fee: \$90**

T-3 Advanced Excel **John Hilliar**
Monday 7:30 – 9:00 p.m. 3/4 - 3/25/19 **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. For more information see www.hilliar.com/teaching. **Fee: \$90**

T-4 Google Adwords **NEW** **John Hilliar**
Monday 6:00 – 7:00 p.m. 1/28 & 2/4/19 **Two Sessions** **M.S. Room 111**

Google Adwords is a way to drive web traffic to your business website. In this class we will learn how to create an Adwords account, create ads and ad campaigns, budgeting and we will explore options for running ads. **Fee: \$50**

T-6 iPhone Basics – Intro. to Using Your Apple iPhone **Rachel McNeil**
Thursday 6:30 – 7:30 p.m. 1/24 – 2/14/19* **Three Sessions** **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 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 is recommended but not required. (*No class 2/7 – Parent Conferences) **Fee: \$85**

T-7 iPad Basics – Intro. to Using Your Apple iPad **Rachel McNeil**
Tuesday 6:30 – 7:30 p.m. 1/22 – 2/5/19 **Three Sessions** **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 – Intro. to Using Your Apple Computer **Rachel McNeil**
Thursday 6:30 – 7:30 p.m. 2/28 – 3/21/19 **Four Sessions** **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**
Tuesday 6:00 – 7:30 p.m. 3/5 & 3/12/19 **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. Also learn how to create and order high-quality photo prints,

calendars, cards and books, 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

Monday 6:00 – 7:30 p.m. 3/4 & 3/11/19

Two Sessions

Rachel McNeil

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

Tuesday 6:00 – 7:00 p.m. 1/22 – 2/12/19

Four Sessions

Michelle Ferguson

M.S. Room 269

A four-week series designed to educate individuals on the basics of stocks, bonds, mutual fund and retirement planning. This will include stocks: Nuts and Bolts; Tour of Mutual Funds; Focus on Income; and Tax Free Investing.

Fee: \$25

WS-10 Storytelling through Video

Saturday 10:00 a.m. – 12:00 p.m. 1/26 – 2/9/19

Three Sessions

Lower Cape TV

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

Tuesday 6:30 – 9:00 p.m. 1/22/19

One Session

Voice Coaches

M.S. Room 259

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**