

Computer Science

Intermediate Excel 2016

This course is designed for those familiar with the basics of Excel. Topics covered will include: formulas, charts, Pivot Tables, sorting, filtering, conditional formatting, and macros. Functions such as IF, PMT, and VLOOKUP will be introduced and practiced. Also included will be how to work with large spreadsheets and multiple sheets.

6 Classes

Thursdays, September 20 - October 25

6:00 - 8:00 PM

\$135/person

(Instructor: Dr. Wendy Bibeau)

Google - Are you wondering what Google has to offer beyond a search engine? This class will cover Google Drive, Docs, Sheets, Slides, Drawings, Maps, Forms, and Sites.

3 Classes

Thursdays, November 1 - November 15

6:00 - 8:00 PM

\$65/person

(Instructor: Dr. Wendy Bibeau)

**REGISTER EARLY! WORKSHOPS MUST
HAVE A MINIMUM ENROLLMENT TO RUN!**

Health and Wellness

Reiki Level I - Gentle, non-invasive technique for relaxation. Reiki supports the body's natural ability for self-healing and helping others.

2 Classes

Wednesday, September 12 & 19

5:00 - 8:00 PM

\$90/person - includes certificate

(Instructor: Donna Tilton)

Reiki Level II - Combine Ki with symbolism and other modalities to increase the power of healing techniques. *Prerequisite: Reiki Level I.*

2 Classes

Wednesday, October 3 & October 10

5:00 - 8:00 PM

\$125/person - includes certificate

(Instructor: Donna Tilton)

Tai Chi & Qigong - Introductory practice of slow movements for relaxation and remove energetic blockages to help improve balance, flexibility, strength, digestion, concentration, longevity, bone density and body systems; combined with aroma-sound therapy.

2 Classes

Thursday, October 18 & October 25

6:30 - 8:00 PM

\$125/person - includes handout and essential oil

(Instructor: Donna Tilton)

NEW! Aromatherapy For Wintertime - Learn the benefits and safety usage applying therapeutic grade essential oils to uplift the body's natural energetic flow and breathing technique to support immune function, and help balance body, mind and spirit for well-being

Thursday, September 27

6:30 - 8:00 PM

\$20/person - includes essential oil to take home

(Instructor - Donna Tilton)

Art and Leisure

Writing the Novel 101 - If you have always wanted to write a novel but were not sure where to begin, then this class is designed for you! This course is for beginning to intermediate writers who want to learn more about what makes a novel tick.

5 Classes

Mondays, Sept 10 - October 15

6:00 - 8:00 PM

\$45/person

(Instructor: Stephanie Giancola)

Hand Chair Caning - Learn how to restore a hand caned chair seat (as opposed to pressed cane) with step by step instructions. A chair caning kit will be included. Bring to the first class a chair that needs be re-caned or a chair can be provided for a extra cost of \$20.00.

6 Classes

Tuesdays, March 7 - April 18

6:00 - 8:00 PM

\$99/person

(Instructor: Richard Catanese)

Adult Ed Registration: Timberlane Regional High School

NAME: _____

PHONE: _____

E-MAIL: _____

Note: WORKSHOPS MUST HAVE A MINIMUM OF 6 PEOPLE TO RUN - if a workshop does not run you will be contacted/ refunded. No refunds will be made after attendance of 2 classes.

____ Writing the Novel 101 (\$45)

____ Hand Chair Caning (\$99)

____ Intermediate Excel 2016 (\$135)

____ Google (\$65)

____ Reiki I (\$90)

____ Reiki II (\$125)

____ Aroma Therapy (\$20)

PLEASE MAKE CHECKS PAYABLE TO TRHS

Mail Check and Registration to:

**TRHS
ATTN: Scott Strainge
36 Greenough Road
Plaistow, NH
03865**

**QUESTIONS/INFORMATION CONTACT:
Scott Strainge (603) 382-6541 ext 3907**

SCOTT.STRAINGE@TIMBERLANE.NET

FOR OFFICE USE:	Deposit _____
TOTAL \$ _____	CHECK # _____

FALL - 2018
TIMBERLANE
ADULT
EDUCATION

*Continuing Education
And Personal Growth
For All Ages*

