

## Cooking

### COOKING WITH NICOLE SCOVOTTI IS BACK!

Local chef, baker, and owner of Scovotti's Cooking and Convections is offering her popular cooking classes again for the Spring!

Sign up for one, or ALL of these great classes! Be sure to sign up early!

**Tuesday, March 26 - Thirty Minute Meals**

**Tuesday, April 2 - Easy & Creative Party  
Apps**

**Tuesday, April 9 - Creative Desserts**

**Tuesday, April 30 - Comfort Foods**

**Tuesday, May 7 - Healthy/Low Calorie  
Thirty Minute Meals**

**Tuesday, May 14 - Cake Decorating Basics**

Register for each class separately

**6:00 - 8:00 PM**

**\$65 per class**

(Instructor, Nicole Scovotti)

## Money Management

### How Money Works

Learn 3 reasons why you might struggle financially.

**Wednesday, March 27, 2019 (single class)**

**6:30 - 8:00pm**

**No Cost to Attend**

(Instructor: David Shuker, Investment Advisor Primerica Advisors)

## Health and Wellness

**Reiki Level I** - Experience the relaxing technique to support the body's natural ability for self-healing and helping others. Covers the science of the energy field, vibrations, meditation, grounding, clearing, scanning, sensitivity exercises and hand positions.

**2 Classes**

**Thursdays, May 16 & 23**

**5:00 - 8:00 PM**

**\$90/person** - includes certificate and essential oil to take home

(Instructor: Donna Tilton)

**Tai Chi** - A slow-motion sequence for relaxation that may improve balance, flexibility, strength, digestion, concentration, longevity, bone density, and boost immune function. This class is combined with qigong, and aroma-sound therapy.

**6 Classes**

**Tuesdays, March 26 - May 7 (no class 4/23)**

**6:30 - 7:45 PM**

**\$65/person** - includes handout and essential oil

(Instructor: Donna Tilton)

**Sacred Aromatherapy:** Learn the uses and apply therapeutic-grade essential oils of ancient scripture for well-being. Meditate to the Lord's Prayer sung in Aramaic, the language Jesus spoke, come feel the powerful vibrations to uplift your spirit. Also covers the healing benefits of foods, herbs, and spices of the Bible.

**Monday, May 20 (single class)**

**6:15 - 8:00 PM**

**\$25/person** - includes hand-out and essential oil to take home

(Instructor: Donna Tilton)

## Arts and Leisure

**NEW!**

### CONTAINER GARDENING WITH JOANNE FIORE

Joanne Fiore is the owner of Atkinson Farmhouse, and has over 20 years of experience in floral design and teaching a variety of workshops for adults.

Sign up for one, or ALL of these great classes! Be sure to sign up early!

**Monday, March 25 - Kitchen Herb Planter (\$37)**

**Monday, April 1 - Terrarium Workshop (\$41)**

**Monday, April 8 - Flowering Indoor Planter (\$45)**

**Monday, April 15 - Flowering Easter Basket (\$37)**

**Monday, April 29 - Windowbox Workshop (\$63)**

All plants, materials and supplies provided.

**Register for each class separately.**

**6:00 - 8:00 PM**

(Instructor, Joanne Fiore)

**Writing A 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.

Come and learn from a pro! Stephanie Giancola has a Master's Degree in Literature and Creative Writing from Harvard University. She writes romantic suspense novels as Stephanie Queen and has published over 30 novels and novellas to date!

**6 Classes**

**Mondays, March 25 - May 6**

**6:00 - 8:00 PM**

**\$55/person**

(Instructor: Stephanie Giancola)

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 A Novel 101 (\$55)
- \_\_\_\_\_ March 26 – Thirty Minute Meals (\$65)
- \_\_\_\_\_ April 2 - Easy and Creative Party Apps (\$65)
- \_\_\_\_\_ April 9 - Creative Desserts (\$65)
- \_\_\_\_\_ April 30 - Comfort Foods (\$65)
- \_\_\_\_\_ May 7 - Healthy/Low Calorie 30 Min Meals (\$65)
- \_\_\_\_\_ May 14 - Cake Decorating Basics (\$65)
- \_\_\_\_\_ How Money Works (No Cost)
- \_\_\_\_\_ Reiki I (\$90)
- \_\_\_\_\_ Aromatherapy (\$25)
- \_\_\_\_\_ Tai Chi (\$65)
- \_\_\_\_\_ March 25 - Kitchen Herb Planter (\$37)
- \_\_\_\_\_ April 1 - Terrarium Workshop (\$41)
- \_\_\_\_\_ April 8 - Flowering Indoor Planter (\$45)
- \_\_\_\_\_ April 15 - Flowering Easter Basket (\$37)
- \_\_\_\_\_ April 29 - Windowbox Workshop (\$63)

ALL CLASSES HELD AT TIMBERLANE REGIONAL HIGH SCHOOL

PLEASE MAKE CHECKS PAYABLE TO TRHS

Mail Check and Registration to:

TRHS ATTN: Scott Strainge

36 Greenough Road

Plaistow, NH 03865

Scott Strainge: (603)382-6541 ex 3907

# SPRING 2019

## TIMBERLANE

### ADULT

## EDUCATION

*Continuing Education*

*And Personal Growth*

*For All Ages*

