

Computers

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, Sept 19 - Oct 24

6:00 - 8:00 PM

\$135/person (Instructor: Dr. Wendy Bibeau)

Money Management

Financial Wellness Workshop - Retirement

This course will discuss saving and investing strategies for funding retirement.

Thursday, Oct 10 (Single Class)

6:30 - 8:00 PM

There is no cost for this class (Instructor: David Shuker)

FREE!

Art and Leisure

Intro to the Night Sky Using The Telescope

View the moon and major planets. Learn to use larger scopes for viewing the night sky and learn how to navigate using the sky and your hands.

8 Classes, Tuesdays, Sept 10 - Oct 29, 6:00 - 8:00 PM

\$120/person (Instructor: Anthony Costanzo)

Intro to Guitar

While learning to play the guitar with right and left handed techniques, you will learn to read music, learn about chords and have fun while you are exposed to many different kinds of music as possible.

8 Classes, Thursdays, Sept 12 - Oct 31, 6:00 - 8:00 PM

\$120/person (Instructor: Anthony Costanzo)

Art and Leisure

Furniture Painting for Beginners

Learn the basics of painting wood furniture. Bring a small piece and learn as you work on transforming it into an upcycled beauty with chalk paint. Supplies (except furniture) are included.

2 Classes

Thursdays, Sept 19 - 26

6:00 - 8:00 PM

\$75/person (Instructor - Kerri Durkee)

NEW!

Cooking

Cooking and Baking

Owner of a local catering and bakery business, Nicole Scovotti makes cooking easy for all! With a variety of classes for cooks of all skill levels, students will have fun while learning recipes to bring home to their own kitchen.

Tuesday, Sept 10 - 30 Minute Meals

Tuesday, Sept 17 - Easy and Creative Party Apps

Tuesday, Sept 24 - Creative Desserts

Wednesday, Oct 2 - Comfort Foods

Tuesday, Oct 29 - Healthy/Low Cal 30 Min Meals

All Classes are 6:00 - 8:00 PM

\$65/person, per class

(Instructor: Nicole Scovotti)

Health and Wellness

Aromatherapy

Learn the uses and apply therapeutic-grade essential oils of Ancient Scripture for well-being. Feel the powerful vibrations to uplift your spirit. This Course covers the healing benefits of foods, herbs, and spices of the Bible.

Wednesday, Oct 30 (single class)

6:15 - 8:00 PM

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

(Instructor Donna Tilton)

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

Health and Wellness

Reiki Level I

Experience the relaxing technique to support the body's natural ability for healing. This course covers the science of the energy field, vibrations, meditation, grounding, clearing, scanning, sensitivity exercises and hand positions.

2 Classes

Tuesdays, Sept 10 & 17, 5:00 - 8:00 PM

\$90/person - includes certificate and essential oil
(Instructor: Donna Tilton)

Reiki Level II

Combine Ki with symbols and other modalities to increase the power of healing techniques, practice distance healing and being. *Prerequisite: Reiki Level I.*

2 Classes

Tuesdays, Oct 15 & 22, 5:00 - 8:00 PM

\$125/person includes certificate and essential oil
(Instructor: Donna Tilton)

Tai Chi & Qigong

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

6 Classes

Thursdays, Sept 19 - Oct 24, 6:30 - 7:45 PM

\$65/person - includes hand-out and essential oil
(Instructor: Donna Tilton)

Adult Boot Camp Workout Program

This course is an intense 45 min program using high intensity interval training, weights, resistance bands and equipment. This class is guaranteed to burn calories! Tuition includes nutrition advice.

8 Classes

Wednesdays, Sept 11 - Oct 30, 5:00 - 6:00 PM

\$80/person
(Instructor: Sheleen Kontos)

NEW!

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.

____ Furniture Painting (\$75)

____ Intro to the Night Sky (\$120)

____ Intermediate Excel 2016 (\$135)

____ Intro to Guitar (\$120)

____ Reiki I (\$90)

____ Reiki II (\$125)

____ Aroma Therapy (\$25)

____ Tai Chi & Qigong (\$65)

____ Financial Wellness: Retirement (FREE)

____ Adult Boot Camp Workout (\$80)

COOKING CLASSES (\$65/person/class)

____ Tues Sept 10 - 30 Minute Meals

____ Tues Sept 17 - Easy and Creative Party Apps

____ Tues Sept 24 - Creative Desserts

____ Wed Oct 2 - Comfort Foods

____ Tues Oct 29 - Healthy/Low Calorie 30 Minute Meals

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

FALL - 2019

TIMBERLANE

ADULT

EDUCATION

*Continuing Education
And Personal Growth
For All Ages*

