

## Money Management

### Financial Wellness Workshop - Retirement

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

**Monday, April 6 (Single Class)**

**6:30 - 8:00 PM**

There is no cost for this class.

(Instructor: David Shuker)

**FREE!**

## Cooking

### Cooking and Baking

Local chef and baker 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.

**3/3 - 30 Minute Meals**

**3/10 - Easy and Creative Party Apps**

**3/17 - Creative Desserts**

**3/24 - Comfort Foods**

**3/31 - Keto Friendly Dinners**

**4/7 - Healthy/Low Cal 30 Min. Meals**

**4/14 - Easy Fun Finger Foods**

All Classes are 6:00 - 8:00 PM

\$65/person, per class

(Instructor: Nicole Scovotti)

## 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, Tuesdays, March 17 - April 21**

**6:30 - 8:00 PM**

**\$55/person**

(Instructor: Stephanie Giancola)

### Hand Building With Clay

Explore a variety of hand building methods while creating plates, bowls, cups, jewelry, magnets, wind chimes, and lanterns. A range of surface decoration will be explored such as carving, stamping, images, and imprinted designs as well as various glazing techniques. No clay experience necessary.

**5 Classes, Thursdays, March 12,26, April 2,9,16**

**5:30 - 7:30 PM**

**\$125/person**

(Instructor: Dessa Manni)

### 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 Separate Classes**

**Wednesday - March 11**

**Wednesday - April 8**

**4:00 - 7:00 PM**

**\$75/class**

(Instructor: Kerri Durkee)

**NEW!**

## Health and Wellness

### Reiki Level III - Advanced

Learn the Master Symbol to empower techniques. Clear negativity and blockages, prevent energy drains, and create a Reiki Healing Grid.

*Prerequisite: Any Level II Reiki Practitioner*

**2 Classes, Thursday, March 5 & 12; 5:00 - 8:00 PM**

**\$225/person - includes certificate and essential oil**

(Instructor: Donna Tilton)

### Reiki Level III - Master

Learn techniques for cleansing, gathering Ki, balance energies, protection, manifesting goals, Reiki breathing, attunement exercise and procedures. Students obtain the Master Title, teaching is optional.

*Prerequisite: Reiki Level III Advanced*

**2 Classes, Thursday, April 2 & 9; 5:00 - 8:00 PM**

**\$325/person - includes certificate and essential oil**

(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 3 - April 7;**

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

**\$65/person - includes hand-out and essential oil**

(Instructor: Donna Tilton)

### Aromatherapy & Intuition

Learn to support your pineal gland using essential oils, natural products, breath, sound, and meditation, to stimulate your 3rd Eye Chakra for clarity and intuition, with techniques for quality sleep.

**Wednesday, March 18; 6:30 - 8:00 PM**

**\$25/person - Includes oil blend and gemstone.**

(Instructor - Donna Tilton)

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

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)

\_\_\_\_\_ 3/3 - 30 min. meals

\_\_\_\_\_ 3/10 - Easy and Creative Party Apps

\_\_\_\_\_ 3/17 - Creative Desserts

\_\_\_\_\_ 3/24 - Comfort Foods

\_\_\_\_\_ 3/31 - Keto Friendly Dinners

\_\_\_\_\_ 4/7 - Healthy/Low Cal 30 Min. Meals

\_\_\_\_\_ 4/14 - Easy Fun Finger Foods

\_\_\_\_\_ Money Management: How Money Works (No Cost)

\_\_\_\_\_ Reiki III - Advanced (\$225)

\_\_\_\_\_ Aromatherapy (\$25)

\_\_\_\_\_ Tai Chi (\$65)

\_\_\_\_\_ Reiki III—Master (\$325)

\_\_\_\_\_ Hand Building With Clay (\$125)

\_\_\_\_\_ Furniture Painting For Beginners (\$75)

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 2020

## TIMBERLANE

### ADULT

## EDUCATION

*Continuing Education*

*And Personal Growth*

*For All Ages*

