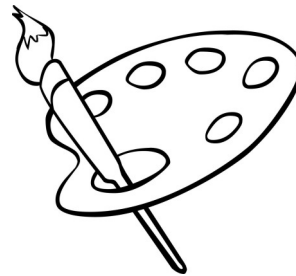
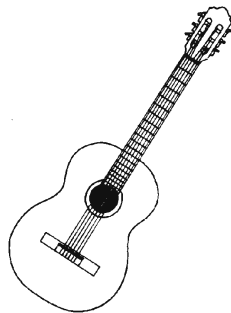


# **Timberlane Adult Education**

Spring 2018



*Continuing Education and  
Personal Growth for all Ages*

**Tel: 603.382.6541 ex.3907**

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# ADULT EDUCATION REGISTRATION

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## Timberlane Regional High School

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

PLEASE CIRCLE THE CLASS/CLASSES YOU WILL BE TAKING

### **Art and Leisure**

Learn To Draw	\$125
Learn to Draw The Human Head	\$125
Intro to Wood Turning	\$150
Introduction to Wood Working	\$150
Hand Chair Caning	\$99
Writing the Novel 101	\$45
Hand Building With Clay	\$150

### **Cooking**

March 6, Comfort Food	\$65
March 20, Soups and Stews	\$65
April 3, Easy Party Appetizers	\$65
April 10, Party Dips	\$65
April 17, Creative Desserts	\$65
April 24, Crockpot Meals	\$65
May 1, Italian Night	\$65
May 8, 30 Minute Meals	\$65

### **Computers**

Intermediate Excel 2016	\$135
Google	\$65
PowerPoint 2016	\$65

### **Health and Wellness**

Tai Chi	\$85
Reiki Level I	\$90
Aromatherapy	\$28

<p><b><u>ALL COOKING CLASSES</u></b></p> <p><b><u>MUST BE PAID FOR ONE</u></b></p> <p><b><u>WEEK IN ADVANCE</u></b></p>
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PLEASE MAKE CHECK PAYABLE TO TRSD

Send to:

Timberlane Regional High School  
Attn: Scott Strainge  
36 Greenough Road, Plaistow, NH 03865

# Arts and Leisure

**Learn to Draw** - Time to learn something new? Something that will improve your hand-eye coordination, and grow your brain synapses? Learn to break down objects into their basic elements and shapes, see their edges, positive & negative space, perspective. Blind contour drawing enhances your understanding of how to render what you are looking at in a realistic manner quickly. Learn how to shade objects to look 3-D.

**What to bring:** black fine tip markers such as Staedtler pigment liner, a ruler, 9" x 12" Strathmore 400 Series Drawing Pad, kneaded eraser, white plastic eraser, blending stumps, drawing pencil set (hard and soft), pencil sharpener, 3 colored markers or pencils (any color) Class size limited to 8. For more info, email [rtailon@comcast.net](mailto:rtailon@comcast.net).

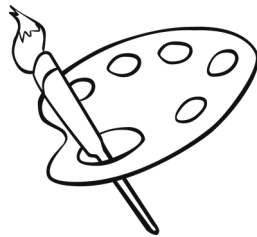
**5 Classes**

**March 5-April 2**

**6-8pm**

**\$125/person**

**(Instructor: Revelle Taillon)**



**Intro to Wood Turning** - This class is a hands-on introduction to the art of turning wood on the lathe, covering lathe setup, operation and safety, specific techniques and tool sharpening will be discussed. The class will guide you through the basics, with a special focus on bowl making as well as other small turned items.

Capped at 5—Students

**6 Classes**

**Thursdays March 8 - April 12**

**6-7:30**

**Price \$150/Person**

**(Instructor—Eric Shoenenberger)**

**Introduction to Woodworking** - This course informs students on the use of hand tools, power tools, and machines. Here you will have an opportunity to learn about the characteristics of wood and the basic principles of woodworking through lectures, demonstrations, and most importantly, practical application. Focusing primarily on the use of hand tools, you will learn how to use a saw, chisel, and hand planes. You'll also learn to operate the hand-held router, a biscuit joiner, and various hand-held power sanders, and power saw equipment. Projects in class will be determined in class with time restraints in mind.

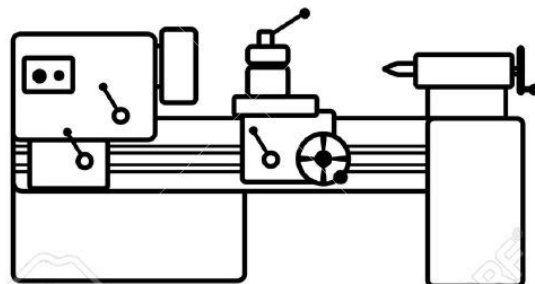
**6 Classes**

**Tuesdays, March 8 - April 12**

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

**\$150/person**

**(Instructor: Eric Schoenenberger)**



**Register Early**

**Classes must have a minimum enrollment of 6 to run!**

## Arts and Leisure - Continued

**Learn to Draw the Human Head** - Have you wondered where you go wrong when you attempt to draw a face or a portrait? You will start with the basic skull, and work your way up to the planes of the face, profile, and 3/4 view. Then we will add the skin, practice shading and learn to determine where the light is coming from and how that affects highlights and shadows. Then on to each part of the face: eyes, nose, lips, ears, and hair. Anyone can learn to draw the human head with the tools I will teach you.

**What to bring:** Sketch book for daily practice at home, a set of drawing pencils, a ruler, 9" x 12" Strathmore 400 Series Drawing Pad, kneaded eraser, white plastic eraser, blending stumps, For more info, email [rtailon@comcast.net](mailto:rtailon@comcast.net).

Class size limited to 7.

### 5 Classes

**Mondays April 9 to May 17**

**6-8pm**

**\$125.00/person**

(Instructor - Revell Taillon)

**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

**Tuesday, April 10 - May 22**

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

**\$45/person**

(Instructor: Stephanie Giancola, published novelist)

**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.

### 6 Classes

**Tuesdays, March 6 - April 17**

**6:00-7:30 pm**

**\$150/person**

\*No Class on March 13

(Instructor: Dessa Landry)

**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 to be re-caned, or a chair can be provided for an extra cost of \$20.00.

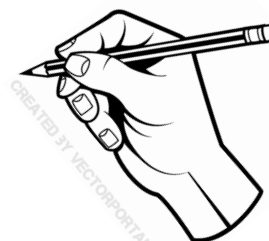
### 6 Classes

**Wednesdays, March 7 - April 18**

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

**\$99/person**

(Instructor: Richard Catanese)



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# Computers

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**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, March 8 - April 12**

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

**\$135/person**

(Instructor: Dr. Wendy Bibeau)



**PowerPoint 2016** - This course is an introduction to PowerPoint. Topics covered include: slides, themes, transitions, animation, buttons, timings, photo album, slide master, and screen recording. Also included, charts, tables, smart art, pictures, and video.

**3 Classes**

**Thursdays, May 3 - May 17**

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

**\$65/person**

(Instructor: 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**

**Tuesdays, March 20 - April 3**

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

**\$65/person**

(Instructor: Dr. Wendy Bibeau)

# Wellness

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**Reiki Level I** - This is an easy to learn non-invasive technique for relaxation. Reiki supports the body's natural ability for self-healing and helping others. Covers the energy field, vibrations, meditation, grounding, clearing, scanning, sensitivity exercises and hand positions.

**2 Classes**

**Tuesdays, March 20 & 27**

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

**\$90/person** - includes certificate

(Instructor: Donna Tilton)

**NEW! 4-Seasons Aromatherapy, Breathing & Meditations** - Learn the benefits and safety usage of therapeutic grade essential oils applied in combination with Qigong breathing techniques and meditations to reduce stress and help improve health. See how the seasons of the year parallel the symbolic seasons of life, inviting seeds of change for our transformation and wholeness of body, mind and spirit.

**Tuesday, May 1**

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

**\$28/person** - includes essential oil and 64-page recipe booklet to make natural products throughout the seasons

(Instructor - Donna Tilton)

**Tai Chi** - Come practice Tai Chi which is a slow-motion sequence which may help improve relaxation, health, longevity, balance, flexibility, strength, digestion, concentration, energy, immune function, and bone density. Each class is combined with Qigong gentle exercises, different meditations for contemplation, and aroma-sound therapy, for body, mind, and spirit. Eight Thursdays, March 8 to May 3, no class on 4/26, 6:30-7:45 p.m., register by March 1. Cost is \$85, includes hand-out and essential oil to take home. For more information and registration details go to [www.HealingBalance.net](http://www.HealingBalance.net), or call the instructor at 603-382-0464.

**8 Classes**

**Thursdays, March 8 - May 3**

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

**\$85/person** - includes hand-out and a free essential oil.

(Instructor: Donna Tilton)



## 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 these recipes to bring home to their own kitchen.

**March 6, Comfort Food**

**March 20, Soups and Stews**

**April 3, Easy Party Appetizers**

**April 10, Party Dips**

**April 17, Creative Desserts**

**April 24, Crockpot Meals**

**May 1, Italian Night**

**May 8, 30 Minute Meals**

**All Classes are 6:00 - 8:00 PM**

**\$65/person per class**

(Instructor: Nicole Scovotti)

**COOKING CLASSES MUST BE PAID IN  
FULL ONE WEEK PRIOR TO THE  
CLASS.**

**ANY QUESTION CAN BE SENT TO  
NICOLE SCOVOTTI:**

**[nscovotti@scovottis.comcastbiz.net](mailto:nscovotti@scovottis.comcastbiz.net)**





**Online Registration Available At:**

<http://wp.timberlane.net/hs/evening-division>

Visit the TRHS Website and look for the image to the right on the right-hand side of the webpage. By Selecting the image, it will redirect you to the Adult Education Registration page.