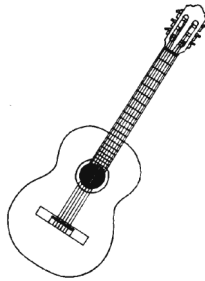


Timberlane Adult Education

Spring 2017



*Continuing Education and
Personal Growth for all Ages*

Tel: 603.382.6541 ex.3907

ADULT EDUCATION REGISTRATION

Timberlane Regional High School

Name: _____

Phone: _____

E-mail: _____

PLEASE CIRCLE THE CLASS/CLASSES YOU WILL BE TAKING

INCLUDE CHECK PAYABLE TO TRSD

Art and Leisure

Beginning Guitar	\$99
Drawing With Charcoal NEW!	\$150
Hand Chair Caning	\$99
Hand Building With Clay Session I	\$100
Hand Building With Clay Session II	\$100
How to Write A Novel Session I	\$45
How to Write A Novel Session II	\$45
Introduction to Digital Photography	\$100
Introduction to the Telescope	\$120
Improv Comedy Session I NEW!	\$50
Improv Comedy Session II NEW	\$50
Knitting and Crocheting	\$85
Learn To Sing Harmony Pt II NEW!	\$120
Sharpie Dinnerware NEW!	\$100

Cooking

30 Minute Meals	\$65
30 Minute Meals (Low Calorie)	\$65
Beginners Cake Decorating	\$65
Cast Iron Skillet Cooking NEW!	\$65
Creative Desserts	\$65
Crock Pot Meals NEW!	\$65
Easy Party Appetizers	\$65
Fun With Fondant NEW!	\$65
Soups and Stews	\$65
Whole 30 Plan Meals NEW!	\$65

Health and Wellness

Meditation and Aroma Therapy	\$25
Tai Chi	\$85
Reiki Level I	\$90
Reiki Level II	\$125
Reiki Level III (Advanced)	\$225
Reiki Level III (Master/Teacher)	\$325

Computers

Intermediate Excel 2013	\$135
Intermediate Word 2013	\$90
Microsoft Word For The Beginner	\$125

PLEASE MAKE CHECK PAYABLE TO TRSD

Sent to:

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

Participants will be notified one week in advance on the current standing of the class

How to Write A Novel Session I + II -

This class is for aspiring novelists who want to learn more about what makes a novel tick and who would benefit from writing exercises, direction, and most of all, feedback.

4 Classes (Each session is the same)

Session I - Mondays, March 6 - 27

Session II - Mondays, April 3 - May 1

6:00 - 8:00 PM

\$45/person

(Instructor: Stephanie Giancola,
published novelist)

NEW!

Learn To Sing Harmony Part II - Part II exposes students more difficult harmonies with ear training and theory. Students learn any harmony by ear and to make up new harmony parts with continuation of music reading and diatonic harmony.

6 Classes

Tuesdays, March 7 - April 18

(No class March 14)

6:00 - 8:00 PM

\$120/person

(Instructor: Tony Costanzo)

Introduction to Digital Photography -

Learn the basics of digital photography. In this hands on class you will learn how to use your DSLR and it's many functions. You will also learn tips and techniques to provide a foundation to create compelling photos of all kinds.

4 Classes

Thursdays, March 9 - April 6

(No class March 16)

6:00 - 7:00 PM

\$100/person

(Instructor: Zachary Currier)

Knitting and Crocheting (Beginners to Advanced) -

This class is designed to meet the needs of the individual. Students will learn basic stitches and how to read patterns, progress at their own pace while working on a pattern of their choice and gathering inspiration from others who share their interest. A variety of completed items will be brought in by the instructor and patterns provided.

8 Classes

Wednesdays, March 8 - May 3

(No class April 26)

5:30 - 8:00 PM

\$85/person

(Instructor: Mabel Cunningham)

Introduction to the Telescope - This course is designed for the novice telescope user. Students will learn how to set up the instrument, including which eyepiece to use, as well as what to view and how.

7 Classes

Mondays, March 6 - April 17

6:00 - 8:00 PM

\$120/person

(Instructor: Tony Costanzo)

Hand Building With Clay - Come get your hands dirty creating magnets, bird houses, vases, candle holders, and lanterns. Finished pieces make great gifts!

4 Classes Each Session (Sessions can be geared to individual students if you want to take both.)

Session 1

Tuesdays, March 7 - 28

6:00 - 7:30 PM

Session 2

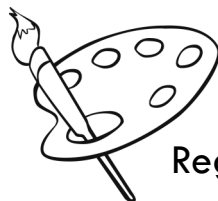
Tuesdays, April 4 - May 2

(No class April 25)

6:00 - 7:30 PM

\$100/person (includes materials)

(Instructor: Dessa Landry)



Register Early

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

Arts and Leisure

NEW!

Drawing With Charcoal - This is a drawing class for those who would like to learn the secrets of this wonderful medium, and those who may have some experience, but want to know more. Learn the difference between vine charcoal and compressed black and white charcoal, various techniques, including how to make different marks: linear or side strokes, ways to blend white and black charcoals on various supports and techniques.

8 Classes

Wednesdays, March 8 - May 3
(No Class April 24)

6:00 - 8:00 PM

\$150/person

(Instructor: Revelle Taillon)

Beginning Guitar - Students will learn basic techniques of guitar playing and chord strumming, as well as entry-level patterns for playing rock, blues, or folk guitar. You will learn to sing along to your own accompaniment as well.

6 Classes

Wednesdays, March 8 - April 12

6:00 - 8:00 PM

\$99/person

(Instructor: Tony Costanzo)

Hand Chair Caning - Learn how to restore a hand caned chair seat or back (not pressed cane) with step by step instructions. A chair caning kit will be included.

7 Classes

Tuesdays, March 7 - April 18

6:00 - 8:00 PM

\$99/person

(Instructor: Richard Catanese)

NEW!

Improvational Comedy Workshop - Are you funny? Do you want to be? Learn the basics of Improv Comedy. The workshops will introduce you to the rules of good Improv and dozens of short form Improv games. You will be up on your feet the whole three hours moving, laughing, and interacting with other great people.

Session 1 - Thursday, March 9

Session 2 - Thursday, March 23

6:00 - 9:00 PM

\$50/per session

(Instructor: Eric Constantineau)

NEW!

Sharpie Dinnerware - Use Sharpie © Pens to add the perfect design in any color scheme to your plain ceramic plates, mugs and bowls and make your own dinnerware that is budget friendly. A range of techniques and unique approaches will be explored

4 Classes

Tuesdays, March 7 - March 28

6:00 - 7:00 PM

\$100/person (includes materials)

(Instructor: Kristina Currier)



Computer & Technology

Microsoft Word for the Beginner - Learn to create/edit documents, format, insert graphics, spell check, work with columns and more. No prior knowledge needed, but a familiarity of the Windows Operating System is recommended. The "Getting to Know Your Computer" class (offered in the Fall session) would meet this requirement.

6 Classes

Tuesdays, March 7 - April 11

6:00 - 8:00 PM

\$125/person

(Instructor: Lisa MacDonald, M.Ed.)

Intermediate Word 2013 - This course is for those familiar with Microsoft Word. We will cover topics such as mail merge, columns, section breaks, tables, forms, as well as other features for large documents.

4 Classes

Wednesdays, March 8 - March 29

6:00 - 8:00 PM

\$90/person

(Instructor: Dr. Wendy Bibeau)

Intermediate Excel 2013 - 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, April 13 - May 25

(No Class April 27)

6:00 - 8:00 PM

\$135/person

(Instructor: Dr. Wendy Bibeau)



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 7 | - Soups and Stews |
| March 14 | - Beginner's Cake Decorating |
| March 21 | - 30 Minute Meals |
| March 28 | - NEW! Cast Iron Skillet Cooking |
| April 4 | - Easy Party Appetizers |
| April 18 | - Low Cal 30 Min Meals |
| May 2 | - Creative Desserts |
| May 9 | - NEW! Crock Pot Meals |
| May 16 | - NEW! Whole 30 Plan Meals |
| May 23 | - NEW! Fun With Fondant |

All Classes are 6:00 - 8:00 PM

\$65/person per class

(Instructor: Nicole Scovotti)

Cost of all cooking classes includes food and materials.

Health and Wellness

NEW!

Meditations and Aromatherapy - Learn meditative techniques for relaxation and chakra balance, with guided visualizations, breathwork, chanting, color therapy, essential oils, singing bowls and tuning forks.

Monday, April 17

6:30 - 8:00 PM

\$25 (includes materials and essential oils to take home)

(Instructor: Donna Tilton)



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

8 Classes

Thursdays, March 9 - May 11

(No Class March 16 & April 27)

6:30 - 7:45 PM

\$85/person (includes hand-out and a free essential oil)

(Instructor: Donna Tilton)



Online Registration Available At:

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

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

There is not an online payment option, all payments must be received through the mail by check.



Reiki Level I - Gentle, 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

Tuesday, March 7 & 21

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 and practice distance healing and beaming. *Prerequisite: Reiki Level I.*

2 Classes

Tuesday, April 4 & 11

5:00 - 8:00 PM

\$125/person (includes certificate)

(Instructor: Donna Tilton)

Reiki Level III Advanced - Clear negativity and blockages, prevent energy drains and create a Reiki Healing Grid. *Prerequisite: Reiki Level II.*

2 Classes

Tuesday, May 2 & 9

5:00 - 8:00 PM

\$225/person (includes certificate)

(Instructor: Donna Tilton)

Reiki Level III Master / Teacher - Learn techniques for cleansing, gathering Ki, balance energies, protection, manifesting goals, Reiki breathing, attunement exercise and procedures. Students will obtain the Master title, teaching is optional. *Prerequisite: Reiki Level III Advanced.*

2 Classes

Tuesday, May 16 & 23

5:00 - 8:00 PM

\$325/person (includes certificate)

(Instructor: Donna Tilton)



Register by mail or online at:

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