



Timberlane Adult Education



Fall 2016



*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

Art and Leisure

Beginning Guitar	\$99
Book Origami	\$100
Digital Design With Canva NEW	\$25
Hand Building With Clay	\$85
Hand Chair Caning	\$99
How to Publish Your Book	\$35
Introduction to Digital Photography	\$100
Introduction to the Telescope	\$99
Introduction to Writing a Novel	\$35
Learn To Draw	\$145
Learn To Draw The Human Head	\$145
Learn To Sing Harmony NEW	\$75

Computers

Getting to Know Your Computer	\$125
-------------------------------	-------

Cooking

30 Minute Meals	\$65
30 Minute Meals (Low Calorie)	\$65
Beginners Cake Decorating	\$65
Easy Appetizers	\$65
Healthy Comfort Foods	\$65
Holiday Deserts NEW	\$65
Soups and Stews	\$65
Chicken Satay and Pad Thai	\$27
Coconut Thai Chicken and Pineapple Fried Rice NEW	\$27
Fried Rice and Wonton Soup	\$27
Lo Mein and Fresh Spring Roll	\$27

Health and Wellness

Cleansing with Natural Oils NEW	\$25
Raindrop Technique NEW	\$85
Reiki Level I	\$90
Reiki Level II	\$125
Reiki Level III (Advanced)	\$225
Reiki Level III (Master/Teacher)	\$325
Tai Chi	\$85

Reiki Level I - Gentle, non-invasive technique for relaxation. Reiki supports the body's natural ability for self-healing and helping others.

2 Classes

Tuesday, September 13 & 20

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. *Prerequisite: Reiki Level I.*

2 Classes

Tuesday, September 27 & October 4

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, October 18 & 25

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, November 1 & 8

5:00 - 8:00 PM

\$325/person - includes certificate

(Instructor: Donna Tilton)



PAYMENT MUST BE INCLUDED - PLEASE MAKE CHECK PAYABLE TO TRSD

Send to:

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

Classes must meet a minimum enrollment to run.

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

Register by mail or online at:

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

Health and Wellness

Oils, Cleansing and Intuition - Learn to decalcify your pineal gland using essential oils, natural products, and meditation to stimulate your 3rd Eye Chakra for intuition, with techniques for quality sleep.

Wednesday, October 12

6:30 - 8:00 PM

\$25 - Includes aromatherapy packet/oil basics/safety data.

(Instructor - Donna Tilton)



Raindrop Technique - Students partner-up to apply nine essential oils on the back and legs for relaxation, to help circulation, immune support, balance energy for structural and bio-electrical whole body alignment. *Prerequisite: Oils, Cleansing and Intuition*

Wednesday, November 9

5:00 - 8:00 PM

\$85 (with an additional **\$15** paid to instructor at time of class for essential oils) **Includes Certificate**

(Instructor: Donna Tilton)

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

8 Classes

Thursdays, September 15 - November 3

6:30 - 7:45 PM

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

(Instructor: Donna Tilton)

How to Publish Your Book - This class is for those who have already written a book, either fiction or non-fiction, and are interested in learning how to publish it.

4 Classes

Tuesdays, September 13 - October 4

6:00 - 8:00 PM

\$35/person

(Instructor: Stephanie Giancola, published novelist)

Introduction to Digital Photography -

Bring your camera and learn how to take great photos of family and friends. This course includes an introduction to Photoshop to assist in creating memorable prints and improving photo composition.

4 Classes

Thursdays, October 20 - November 10

6:00 - 7:30 PM

\$100/person

(Instructor: Zachary Currier)

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.

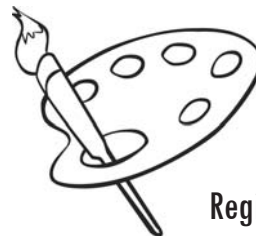
7 Classes

Mondays, September 12 - October 31

6:00 - 8:00 PM

\$99/person

(Instructor: Tony Costanzo)



Register Early

Classes must have a minimum enrollment of 6 to run!

Introduction to Writing a Novel - 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 aspiring novelists who want to learn more about what makes a novel tick.

6 Classes

Mondays, September 12 - October 24

6:00 - 8:00 PM

\$35/person

(Instructor: Stephanie Giancola, published novelist)

NEW! Fast and Easy Digital Design With Canva: Make Your Own Postcard in 10 Minutes! - Participants will leave with a social media graphic and postcard designed and saved, or the understanding of how to do it. This is an interactive workshop and participants must bring their computers or a flash drive.

2 Classes

Mondays, November 7 & November 14

6:00 - 8:00 PM

\$25/person

(Instructor: Stephanie Giancola)

NEW! Learn To Sing Harmony - Whether you sing in a folk group, church choir, barbershop quartet, or a rock band, I can teach you to sing harmony using my simple method of ear training. I have used this method to teach high school students to sing together for a number of years. Songs from the 50's to the 80's will be covered. You will be surprised at what you can sing! Vocal training and experience is not necessary! All you need is a good ear, a love of singing, and a willingness to learn!

6 Classes

Tuesdays, September 20 - October 25

6:00 - 8:00 PM

\$75/person

(Instructor: Tony Costanzo)

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.



Arts and Leisure

Learn To Draw - This class is for beginners and will teach you to break down objects into shapes, texture, positive and negative space, perspective, and drawing the human face. We will use pen, pencil, and charcoal, and learn shading, proportion, and what makes a good design. You will need a sketchbook for daily practice, black fine tip markers, a ruler, 9"x12" Strathmore 400 Series Drawing Pad, kneaded eraser, blending stumps, and drawing pencils.

8 Classes
Thursdays, September 15 - November 3
6:00 - 8:00 PM
\$145/person
(Instructor: Revelle Taillon)

NEW! Learn To Draw The Human Head - This class will begin with drawing the human skull, proceed to add skin and shading, and each part of the face, eyes, nose, lips, ears, and hair. Learn how the parts of the head reflect each other and understand how to see faces in a brand new way. What to Bring: A set of drawing pencils, a ruler, 9"x12" Strathmore 400 Series Drawing Pad, kneaded eraser, white plastic eraser, blending stumps, a black Sharpie pen, charcoal.

8 Classes
Mondays, September 12 - November 7
6:00 - 7:30 PM
\$145/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, Sept 14 - Oct 19
6:00 - 8:00 PM
\$99/person
(Instructor: Tony Costanzo)

Hand Building With Clay - Come explore a variety of methods for making clay plates, bowls, cups, and ornaments. Finished pieces make great holiday gifts!

4 Classes
Tuesdays, October 18 - November 8
6:00 - 7:30 PM
\$85/person
(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
Tuesdays, September 20 - October 25
6:00 - 8:00 PM
\$99/person
(Instructor: Richard Catanese)

Book Origami - This art form repurposes old books and creates dynamic sculptures through simple folding techniques. Book origami is an exciting and innovative new approach to paper sculpture. All supplies will be provided.

4 Classes
Tuesdays, October 18 - November 8
6:00 - 7:30 PM
\$100/person
(Instructor: Kristina Currier)

Computer & Technology

Getting to Know Your Computer - This class is for those who want to enhance their computer skills for home or the workplace. It is a basic introduction to Microsoft Word® (working with documents), Microsoft EXCEL® (working with spreadsheets) and how to effectively navigate the internet.

6 Classes
Tuesdays, September 20 - November 1
(no class October 11)
6:00 - 8:00 PM
\$125/person
(Instructor: Lisa McDonald)



Cooking

Asian Cooking - Learn the basics of cooking Asian cuisine! These hands-on workshops will give you the confidence to use Asian ingredients and techniques to cook some of your favorite Asian dishes.

October 17 - Fried Rice and Wonton Soup
October 24 - Lo Mein and Fresh Spring Roll
November 7 - Coconut Thai Chicken and Pineapple Fried Rice
November 14 - Chicken Satay and Pad Thai

All Classes are 5:30 - 7:30 PM
\$27/person per class
(Instructor: Phuong Lai-Matzker)

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.

September 13 - Soups and Stews
September 20 - Beginner's Cake Decorating
September 27 - 30 Minute Meals
October 4 - 30 Minute Meals (Low Calorie)
October 25 - Healthy Comfort Foods
November 1 - Easy Appetizers
November 8 - Holiday Desserts

All Classes are 6:00 - 8:00 PM
\$65/person per class
(Instructor: Nicole Scovotti)

Cost of all cooking classes includes food and materials.