

# Falmouth Community School

Explore,  
Expand,  
Enjoy!

## Spring 2019 Course Schedule



508-548-5739

[www.falmouthcommunityschool.org](http://www.falmouthcommunityschool.org)



MONDAY

Italian for Intermediates (Level IV) .....7

Italian for Advanced (Level V) .....7

Life Coaching .....6

Low Impact Strength Training for Women - Beginners.....3

Low Impact Strength Training for Women - Intermediate/Advanced.....4

TUESDAY

20/20/20 Fitness.....3

Ballroom Dance Basics.....5

Ballroom Dance II.....5

BLS CPR/AED Class.....5

Body Conditioning with Dance .....3

Cape Cod Landscape Painting .....2

Decorative Acrylic Painting .....2

Excel for Home and Office Part 2 .....3

Fiction Writing and Publication .....6

Full Body Workout .....3

Gardening Basics and Beyond.....4

Golf for Beginner to Intermediate - Women.....5

How to Organize Your Printed Photos .....6

Hydrangeas 101 .....4

Italian for Beginners .....7

Living in the Solution - A Class in Well Being .....6

Low Impact Strength Training for Men - Intermediate/Advanced .....3

Mah Jongg for Beginners .....6

Pilates .....4

Reiki Initiation (A Gentle Touch of Heart Healing).....4

Rejuvenate Your Retirement.....3

WEDNESDAY

Attracting Butterflies, Bees, and Hummingbirds to Your Landscape .....4

Build Your Own Website with Wordpress.....3

Chair Yoga.....3

CPR/AED Class.....5

Create Your Own Photo Book - Online .....2

Framed Art Glass.....2

Freeing the Writer Within.....6

Golf for Beginner to Intermediate - Women.....5

Italian for Beginners II & III.....7

Knitting for Intermediates.....2

Line Dancing - Beginner II.....5

Microsoft Word 2016 Skillbuilder.....3

Pickleball for Life .....6

Portuguese Intermediate (II) .....7

Sewing for Beginners & Intermediates .....2

Spanish Intermediate (II) .....7

Spanish III Advanced .....7

Ukulele for Adults-Beginners Level 1 (Only Four Strings!).....5

Ukulele for Adults-Level 2 (Only Four Strings!).....5

Yoga for Mixed Levels: Embodying the Peaceful Warrior.....4

THURSDAY

Computing for Beginners Using Windows 10 .....3

Estate and Medicaid Planning and Understanding Trusts.....2

Full Body Workout .....3

Golf for Beginner to Intermediate - Women.....5

Italian Literature & Advanced Grammar (Level VI).....7

Life Coaching .....6

Low Impact Strength Training for Men - Intermediate/Advanced .....3

Rejuvenate Your Retirement .....3

Tapping into Health, Wealth and Happiness .....4

Understanding Trusts .....3

Yoga for Beginners: Cultivate Strength, Flexibility and Peace of Mind ..4

Yoga for Ongoing Beginners: Forever Beginners with a Joyful Heart.....4

FRIDAY

Pickleball for Life .....6

SATURDAY

Bird Watching by Kayak.....5

Golf for Beginner to Intermediate - Men & Women .....6

Pickleball for Life .....6

SUNDAY

Kayaking Introduction .....6

# ARTS, CRAFTS & HOBBIES

## Cape Cod Landscape Painting

Bring out the artist in you and have fun while you're at it! In this class, award-winning artist, Diana Lee, who has a BFA in Art Education, will use photographs of Cape Cod, to paint landscapes & seascapes. Develop your personal style and technique along with other kindred spirits. Utilize resources of contemporary landscape artists and artists of the past to guide self expression. Materials list will be supplied.

**Begins 4/30 at Gus Canty Community Center.**  
Tues - 1-3:30 pm - 7 weeks..... \$159



## Create Your Own Photo Book - Online

This class with Mary Anne Threadgold, owner of the Right Idea, will provide detailed instruction on how to create a photo book - online. Participants will receive instructions that include how to create an account, upload photos, choose between a layout and template, place and edit photos, and how to order and pay for their online photo books. Bring your laptop since each class will consist of instructions and actual hands-on book making. All photos must be organized in an online folder or on a USB drive that has pictures organized by folder.

**Begins 5/1 at Lawrence School.**  
Wed - 6-8 pm - 3 weeks..... \$89

## Decorative Acrylic Painting

Class is for beginner & intermediate painters. Margaret Pelletier, a Certified Decorative Painting teacher, will review basic brush strokes and will help you to complete a project of your choice on wood, metal, fabric, pottery, or canvas. Bring yourself to 1st class where material list will be supplied.

**Begins 4/30 at Gus Canty Community Center.**  
Tues - 10 am-12 noon - 7 weeks..... \$84



## Framed Art Glass

Learn how to design and make one of these popular art pieces using shells, seaglass, resin, and all sorts of goodies in this class. Feel free to bring your own materials to personalize your art. Please note: You will need to pick up your framed art glass the next day.

Materials fee: \$20 payable to instructor at class.

**Held on 5/7 at Lawrence School.**

**Held on 6/4 at Lawrence School.**

Tues - 6-8 pm - 1 week ..... \$25

## Knitting for Intermediates

If you can knit and purl you're an experienced knitter! Choose a hat, mitten, or other small project to work through in this class and stay cozy this winter! Bring the supplies needed for your chosen project to the first class with instructor Stella Citrano.

**Begins 5/1 at Lawrence School.**

Wed - 6:30-8 pm - 5 weeks ..... \$79

## Sewing for Beginners & Intermediates

Make your own wardrobe in this course! Longtime instructor Maureen Keefe has also taught classes in tailoring and making children's clothing. She will provide a broad range of tips & techniques for the novice & intermediate sewer. Bring your own sewing machine.

**Begins 5/1 at Lawrence School.**

Wed - 6:30-9 pm - 7 weeks ..... \$119



# BUSINESS & MONEY MATTERS

## Estate and Medicaid Planning

Attorney Patricia Mello will present a highly interactive discussion relating to the advantages and disadvantages for either a single person or couple who want to maximize their Estate. Will also include how to integrate "Medicaid" planning options into the Estate Plan. Emphasis on the value of estate documents such as Power of Attorney and Health Care Proxies that may avoid a costly guardianship or conservatorship in the event of incapacitation. Discuss benefits of declaring a "Homestead" on the primary residence which can safeguard it in case of a serious accident in which you are at fault. Discuss options within a Last Will and Testament and how to protect your assets against long term care costs. and much more.

**Held on 5/21 at Gus Canty Community Center.**

Tues - 10-11:30 am - 1 week

.....\$29 single/\$34 couple



**Rejuvenate Your Retirement**  
This unique and comprehensive course focuses on the issues and financial concepts that are important to retirees. In straightforward language, this course explains financial strategies designed to accomplish objectives such as tax-efficient income planning, lifestyle preservation, inflation protection and providing a legacy. However, money is only one aspect of post-retirement planning. Instructor Jeffrey Cutter will introduce fun and fulfilling activities such as travel, hobbies, sports, crafts, socializing, business ventures and lifelong learning to help you make the most of your retirement years. Included is a 143-page illustrated workbook. Couples may attend together for a single registration fee.

**Begins 5/14 at Gus Canty Community Center.**  
Tues - 1-3 pm - 2 weeks..... \$49  
**Begins 5/9 at Gus Canty Community Center.**  
Thurs - 9:30-11:30 am - 2 weeks ..... \$49

**Understanding Trusts**  
Attorney Patricia Mello will present “How to demystify the benefits of creating a Trust,” and the difference, benefits, and drawbacks between a “revocable” and an “irrevocable” trust. Examples will explain how a trust may avoid probate administration; save on death taxes; provide for disabled children; preserve assets for the surviving spouse if Medicare doesn’t cover end of life care; and, much more.  
**Held on 5/16 at Gus Canty Community Center.**  
Thurs - 10-11:30 am - 1 week  
.....\$29 single/\$34 couple

# COMPUTERS

**Build Your Own Website with Wordpress *NEW***  
Creating an attractive and functional website has never been easier. Wordpress is the platform of choice for everything from blogs to full e-commerce web stores. Instructor Alan Goodwin has been supporting computer users for over 25 years and creating websites since 1955, and will walk you through creating a basic website from start to finish including deciding on a site structure, choosing and customizing a theme, adding content and going live on the web. Participants should have an idea of the site they would like to create and basic computer competence, but no experience with website creation is required. You will need to bring your own laptop to class.  
**Begins 5/1 at Lawrence School.**  
Wed - 6-8 pm - 4 weeks ..... \$89

**Computing for Beginners Using Windows 10**  
Prerequisite: Adequate keyboarding and mouse skills.  
Take the mystery out of catching on in the computer age! Technically challenged need not be shy. Computer beginners will learn basics of Microsoft Windows 10, Windows File Explorer, & Microsoft Word. Certificate available upon request.  
**NO CLASS WILL BE HELD ON MAY 23.**  
**Begins 5/2 at Lawrence School.**  
Thurs - 6-8 pm - 4 weeks ..... \$89



**Excel for Home and Office Part 2**  
Although this is a continuation of the Excel for Home and Office class offered in our Fall 2018, registration is open to all students regardless if they attended the Fall class or not. Emphasis will be given to the basics of formula writing, and continue with using Excel Functions. Formulas will be written in class for home and office use, and will include those used for data manipulation. Certificate given upon request.  
**NO CLASS WILL BE HELD ON MAY 21.**  
**Begins 4/30 at Lawrence School.**  
Tues - 6-8 pm - 4 weeks..... \$89

**Microsoft Word 2016 Skillbuilder**  
Update your resume with some of the most sought-after skills in the workplace! This class is designed for beginners or those who would like to learn new Word tips and tricks. You will teach you how to create professional looking Word documents. Certificate upon request.  
**NO CLASS WILL BE HELD ON MAY 22.**  
**Begins 5/1 at Lawrence School.**  
Wed - 6-8 pm - 4 weeks ..... \$89

# HEALTH & FITNESS

**20/20/20 Fitness**  
Join us in this great fitness class in which you won't have time to get bored. Twenty minutes of various kinds of cardio, twenty minutes of toning floor work, and then twenty minutes of stretching, cooling down! Wear comfortable clothes and bring mat and water to class. Taught by certified Group Exercise Instructor Robin Sullivan who has been teaching various exercise programs for 30+ years.  
**Begins 5/7 at Lawrence School.**  
Tues - 5:15-6:15 pm - 6 weeks..... \$69

**Body Conditioning with Dance**  
A low impact class with instructor Ellen Brodsky featuring ladies' styling along with centering and core strength. Align your body and mind by concentrating on movement to music. Wear comfortable clothing and shoes.  
**Begins 4/30 at Lawrence School.**  
Tues - 5:30-6:30 pm - 7 weeks..... \$89

**Chair Yoga**  
Class will combine Hatha yoga with energy medicine yoga techniques. It is designed to be done sitting on chairs, but for those who are more mobile some of the postures can be done standing or lying down. Appropriate for both beginners and more advanced practitioners who will get relief from stress and pain and feel both energized and calm after the session. Please bring a blanket and a yoga mat if you plan on doing standing or lying down postures. Instructor Gunjan Laborde is a vibrant aging expert, helping young at heart, people who are feeling somewhat stuck to loosen up, lighten up and live it up. She has been teaching yoga for more than 50 years and is also a certified EFT coach. She is now studying energy medicine yoga and orthopedic yoga so that she can better serve her students.  
**Begins 5/1 at Gus Canty Community Center.**  
Wed - 10-11:30 am - 8 weeks ..... \$99

**Full Body Workout**  
Come join us for the longest running exercise class in Falmouth with Certified Aerobic Instructor, Charlotte Caron! With more than 20 years' experience, Charlotte teaches a well rounded program including aerobic workout (high or low impact, your choice), toning using hand weights and therabands, floor exercises, osteoporosis training, and memory exercises. Bring hand weights, mat, and theraband to class. Please call Joan Hester at 508-563-2598 to be

put on the class waitlist.  
**Begins 4/30 at Gus Canty Community Center.**  
Held on both Tuesday & Thursday.  
9:15-10:30 am - 6 wks  
(12 sess) .....\$48 for 2 mornings



**Low Impact Strength Training for Men - Intermediate/Advanced**  
Prerequisite: At least one Low Impact Strength Training session or equivalent exercise experience. Do you feel like you have gained strength and muscle tone taking the Low Impact Strength Training or other exercise classes? If so and you want to continue improving, join using this safe, low impact strength training class which will continue to help you to gain and improve your muscle tone and strength. All major muscle areas of the body will be developed. Resistance tubes will be used which improve strength, muscle tone, and definition without bulking up the body. The goals will be to increase muscle strength, bone strength, muscle tone, muscle definition, balance, and to improve one's general appearance and posture. Certified Group Exercise instructor, Len Correia specializes in strength training for mature adults. Please bring a mat to class. Fee for Resistance Tubes: \$29 payable to instructor at first class.  
**Begins 4/30 at Atria/Woodbriar, Gifford St., Falmouth.**  
Tues & Thurs - 8:15-9:15 am - 18 weeks  
(36 sessions)..... \$199



**Low Impact Strength Training for Women - Beginners**  
Do you feel like you are losing muscle and strength as you're aging? If so, join us in this safe, low impact strength training class which will help you to regain and improve your muscle tone and strength. All major muscle areas of the body will be developed. Resistance tubes



will be used which improve strength, muscle tone, and definition without bulking up the body. The goals will be to increase muscle strength, bone strength, muscle tone, muscle definition, balance, and to improve one's general appearance and posture. Certified Group Exercise instructor, Len Correia specializes in strength training for mature adults. Please bring a mat to class. Fee for Resistance Tubes: \$29 payable to instructor at first class.

**Begins 4/29 at Atria/Woodbriar, Gifford St., Falmouth.**  
Mon - 9:45-10:45 am - 18 weeks ..... \$99



## Low Impact Strength Training for Women - Intermediate/Advanced

Prerequisite: At least one Low Impact Strength Training session or equivalent exercise experience. See above description.

**Begins 4/29 at Atria/Woodbriar, Gifford St., Falmouth.**  
Mon - 8:15-9:15 am - 18 weeks ..... \$99

## Pilates

Simple philosophy, extraordinary results. Build strength, stamina, flexibility, and confidence in a fun, supportive atmosphere with instructor Mary Grauerholz. This unique Pilates workout is based on the original core-building exercises developed by Joseph Pilates and his pioneering philosophy of the mind-body connection. Hand-held weight work is incorporated for added benefit. Please bring a mat, exercise band, and hand-held weights (2 to 3 pound weights recommended). All levels welcome.

**Begins 4/30 at Lawrence School.**  
Tues - 5:30-6:30 pm - 7 weeks ..... \$79

## Reiki Initiation (A Gentle Touch of Heart Healing)

Would you like to begin healing yourself? Join Certified Magnified Healer and Reiki Master instructor, Dawn Tavilla, in this First Degree Reiki class with the attunements to open channels for Reiki so you can begin to heal. Scholarships available. CEUs upon request. 1st degree certificate upon completion.

Materials fee: \$60 payable to instructor @ 1st class.

**Begins 4/30 at Lawrence School.**  
Tues - 6:30-8:30 pm - 7 weeks ..... \$139

## Tapping into Health, Wealth and Happiness

Do you feel stuck in any part of your life; suffering from lack of energy, time and money? This course will allow you to reclaim your self-confidence and move forward in your life with passion, joy and abundance. Use simple mind/body techniques to discover limiting beliefs and reprogram your brains so you are no longer limited. The main technique we will be using is tapping or EFT. If you want to know more about this technique go to: [thetapping-solution.com](http://thetapping-solution.com). Gunjan Laborde is a certified Tapping into Wealth coach and a long-time yoga teacher. Her mission is to help people become more conscious of their true wisdom and inner beauty so that they can enjoy life.

**Begins 5/2 at Gus Canty Community Center.**  
Thurs - 12:30-1:30 pm - 7 weeks ..... \$99

## Yoga for Beginners: Cultivate Strength, Flexibility and Peace of Mind

Yoga is a great tonic for inner and outer rejuvenation. Just a little goes a long way towards enhancing strength, flexibility and peace of mind. Join Certified Yoga Instructor, Sujata Ringawa, in learning this step-by-step process that includes focusing on basic yoga physical postures and breathing exercises, while also connecting to the goodness and wisdom within each person's heart. The practice of yoga can inspire you to create increased balance and harmony in all aspects of your life. Each session combines specific alignment principles and balanced actions with clear, simple postural instructions. The postures can be modified to accommodate individual people's needs. Bring your own yoga mat and a firm pillow or blanket for seated postures.

**Begins 5/2 at Gus Canty Community Center.**  
Thurs - 11:15 am - 12:30 pm - 8 weeks ..... \$99



## Yoga for Mixed Levels: Embodying the Peaceful Warrior

This ongoing mixed levels class is for students who are experienced beginners (have taken several beginner classes within the past few years) and who welcome the challenge of moving forward in their practice. It includes a variety of yoga postures with vinyasa style sun salutations, and focuses on standing, twisting, hip-opening, back-bending and forward-bending postures. Join Certified Yoga Instructor Sujata Ringawa, to develop new levels of skill, flexibility and strength, while increasing your awareness and delight in yoga practice. Meditation is also incorporated into the sessions. Bring your own yoga mat and a firm pillow or blanket for seated postures.

**Begins 5/1 at Gus Canty Community Center.**  
Wed - 5:30-6:45 pm - 8 weeks ..... \$99

## Yoga for Ongoing Beginners: Forever Beginners With a Joyful Heart

As a "forever beginner" you can reinforce and strengthen your yoga practice with ease and enjoyment. Join instructor Sujata Ringawa for this ongoing beginner's class for people who have already taken at least one Beginner's series and want to continue learning the fundamentals of yoga postures. People who are new to yoga--and regularly practice some form of physical exercise--are also welcome to participate. Please bring your own yoga mat and a firm pillow or blanket for seated postures.

**Begins 5/2 at Gus Canty Community Center.**  
Thurs - 9:45-11 am - 8 weeks ..... \$99



## HOME & GARDEN



## Attracting Butterflies, Bees, and Hummingbirds to Your Landscape **NEW**

The birds, the bees and butterflies are very important to our lives and they often need a little bit of incentive to come your way. Instructor Shelley Baker-Vance will explore with you the monarch butterfly, the honey bees and the hummingbirds and show you a few ideas to attract them to your yard.

**Held on 5/15 at Lawrence School.**  
Wed - 6-8 pm - 1 week ..... \$25

## Gardening Basics and Beyond

Introduction to an easy, approachable method to start or expand a home garden. This course is ideal for any established or aspiring green thumb who desires to grow a garden but struggles with where to begin; whether it's revamping an established garden or starting from scratch. We will discuss soil, site, design, flowers, form, textures and maintenance, with an emphasis on Cape Cod cottage-style gardening. This course is taught by Liz Whitcher, a national garden award winner, whose Falmouth garden has been featured in Country Gardens magazine, the Cape Cod Times and the Best of Country Gardens.

**Begins 5/7 at Lawrence School.**  
Tues - 6:30-7:30 pm - 3 weeks ..... \$45



## Hydrangeas 101 **NEW**

What kind do I have and what should I do with it? Gain a basic understanding of all the different hydrangeas available today. Instructor Shelley Baker-Vance will teach you which ones to prune, which ones love the sun and the ones that like the shade. Bring in pictures of yours and we will try to identify and get on the right path.

**Held on 5/7 at Lawrence School.**  
Tues - 6-8 pm - 1 week ..... \$25



# MUSIC & DANCE



## Ballroom Dance Basics

Do you and your partner want to learn how to ballroom dance? Join trained instructor Ellen Brodsky, as she covers the basics of partner dancing: lead & follow in One Step, Swing, Foxtrot, Waltz, Rhumba, & Merengue. Suitable for beginners or for a refresher course. Final class is a dance party.

**Begins 4/30 at Lawrence School.**

Tues - 6:30-7:30 pm - 7 weeks..... \$89/couple

## Ballroom Dance II

Previous dance experience is required.

Continue your dance lessons with dance instructor, Ellen Brodsky. Learn classic dances which are the most popular styles in our part of the world and is a natural for many types of music, from Big Band to Top 40s. Previous dance experience is required.

**Begins 4/30 at Lawrence School.**

Tues - 7:30-8:30 pm - 7 weeks..... \$89



## Line Dancing - Beginner II

No partner required! This fun class with Instructor Kim Bention will offer a variety of line dance steps and routines danced to country and pop songs. Dancers line up in rows (without partners) and follow a choreographed pattern of steps. Beginner Level 2 Line Dance is just a step-up from "Beginner" and assumes some basic previous dance experience. Dance routines at this level will include more turns and longer sequences, and other extras. Beginners are welcome, but encouraged to plan to learn at a slightly higher level. Wear comfortable clothes and shoes with less traction for best execution of movement.

**Begins 5/1 at Lawrence School.**

Wed - 6-7 pm - 5 weeks..... \$55

## Ukulele for Adults - Beginners Level 1 (Only Four Strings!)

Students in Ukulele for Beginners will learn the basic rudiments to play ukelele. Instructor, Caroline Buccino who has taught ukelele at Cape Cod Conservatory in Falmouth and in Boston will cover basic strumming techniques along with a variety of chords. Students will learn how to read music, chord placement and perform rhythmic exercises. By the end of this course, students will be able to play with correct hand positioning, perform many chords and strumming patterns, and will be able to play a variety of popular songs on the ukulele. It won't be long before the sounds of Hawaii surround you!

**Begins 5/1 at Lawrence School.**

Wed - 6-6:45 pm - 6 weeks..... \$139

## Ukulele for Adults - Level 2 (Only Four Strings!)

Students in Ukulele for Level 2 will learn more advanced strumming exercises and a variety of new chords and tunes incorporating skills and techniques developed in Ukelele Level 1. Students will learn to incorporate the delicate balance of singing, strumming and reading music into their playing. Come learn to play the songs you enjoy singing along to on the radio amongst good company and friends. Taught by Caroline Buccino.

**Begins 5/1 at Lawrence School.**

Wed - 7-7:45 pm - 6 weeks..... \$139

# PERSONAL & PROFESSIONAL DEVELOPMENT

## BLS CPR/AED Class **NEW**

Formally known as BLS for Healthcare Providers, this CPR course is for any professional rescuer (police officers, EMT-Basics, firefighters, lifeguards, CAN, nurses, dentists/dental hygienists, personal trainers, etc). The BLS Course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Students participate in simulated clinical scenarios and learning stations. Students also complete a written exam. Certification is valid for 2 years. Instructor Aaron Fitzpatrick, is an American Heart Association certified BLS instructor currently employed as and EMT and law enforcement officer.

**Held on 4/30 at Lawrence School.**

Tues - 6-9 pm - 1 week..... \$89

## CPR/AED Class **NEW**

ASHI CPR and AED conforms to the 2015 AHA Guidelines Update for CPR and ECC. Designed for individuals who are not healthcare providers or professional rescuers, but desire or are required to be certified in CPR and the use of an AED. Certification is valid for 2 years. Adult, child, and infant patients are discussed. Instructor Aaron Fitzpatrick, an American Heart Association certified BLS instructor currently employed as an EMT and law enforcement officer will cover the following topics. Cardiac Arrest, Cardiopulmonary Resuscitation (CPR), Personal Protective Equipment, Opioid Overdose, Automated External Defibrillation, Caring for Cardia Arrest, Choking.

**Held on 5/1 at Lawrence School.**

Wed - 6-8 pm - 1 week..... \$79

# SPORTS

## Bird Watching by Kayak **NEW**

Enjoy a leisurely trip down the protected waters of the Pocasset River through pristine salt marsh. Observe nesting osprey, swans, and ducks. A great follow up to the Introduction of Kayaking class, as you will practice navigating in gentle current. Instructed by Cape Cod Kayak. Equipment rental available for \$20 payable to instructor the day of the class.

**Held on 5/4 at Pocasset River.**

Sat - 8-10 am - 1 week..... \$50

## Golf For Beginner To Intermediate - Women

If you have some experience with golf and would like to take your game to the next level, then this program was designed for you. This class will elevate your game in six-60 minute sessions that will be held on the Driving Range and Talon Course and will deal with all aspects of the game of golf.

**Begins 5/14 at Falmouth Country Club, Carriage Shop Rd., E Falmouth**

Tues - 5-6 pm - 6 weeks..... \$169

Tues - 6-7 pm - 6 sessions ..... \$169

**Begins 6/27 at Falmouth Country Club, Carriage Shop Rd., E Falmouth**

Thurs - 5-6 pm - 6 weeks ..... \$169

Thurs - 6-7 pm - 6 weeks ..... \$169



## Golf For Beginner to Intermediate - Women

If you have ever thought about picking up a club, either again or for the first time, you can make golf your sport for a lifetime. This class was designed to teach you in six 60-minute sessions everything you'll need to know to step onto a golf course and play with confidence. Class will be held on the Driving Range and Talon Course and will deal with all aspects of the game of golf.

**Begins 5/15 at Falmouth Country Club, Carriage Shop Rd., E Falmouth**

Wed - 1-2 pm - 6 weeks..... \$169

Wed - 2-3 pm - 6 weeks ..... \$169

**Begins 6/25 at Falmouth Country Club, Carriage Shop Rd., E Falmouth.**

Tues - 1-2 pm - 6 weeks..... \$169

Tues - 2-3 pm - 6 sessions ..... \$169

## Oh, No... You had to cancel it?

Sometimes excellent courses are cancelled because everyone waits until the last minute to register. **PLEASE REGISTER EARLY** to avoid disappointment for yourself and others.



## Golf For Beginner To Intermediate - Men & Women

Same description as above, but Co-Ed.

**Begins 5/18 at Falmouth Country Club, Carriage Shop Rd., E Falmouth.**

Sat - 11 am - 12 noon - 6 sessions ..... \$169

**Begins 6/29 at Falmouth Country Club, Carriage Shop Rd., E Falmouth.**

Sat - 11 am - 12 noon - 6 sessions ..... \$169

## Kayaking Introduction

Designed for the timid or those who have never been in a kayak. This 90-minute class will cover basic safety, equipment and beginner skills, and will be held on Picture Lake in Bourne. Instructed by Cape Cod Kayak. Equipment Rental available for \$20 payable to instructor on the day of the class.

**Held on 4/28 at Picture Lake in Bourne.**

Sun - 9:00-10:30 am - 1 week ..... \$45



## Pickleball for Life

Students will learn all the basic shots of the game including serve, groundstrokes, volleys, approaches, positioning and scoring. Maximum 12 players with two instructors for constant instruction and playing time. No sitting aside or waiting to play. Open to high school students and adults. Instructor Kevin Pease was the recipient of the USTA New England and USPTA New England Coach of the Year awards.

**Begins 5/1 at Falmouth Sports Center(33 Highfield Drive)**

Wed - 12:30-1:30 pm - 6 weeks ..... \$99

**Begins 5/3 at Falmouth Sports Center(33 Highfield Drive)**

Fri - 1-2 pm - 6 weeks ..... \$99

**Begins 5/4 at Falmouth Sports Center(33 Highfield Drive)**

Sat - 2:30-3:30 pm - 6 weeks ..... \$99

**NO CLASS WILL BE HELD ON MAY 25.**

**NO REFUNDS will be given for any reason other than Falmouth Community School cancelling the class.**

## UNIQUE & UNUSUAL



### How to Organize Your Printed Photos

This class with Mary Anne Threadgold, owner of the Right Idea, will focus on organizing your printed photos. You will receive detailed instruction on how to organize your printed photos, with an overview on organizing digital photos, scanning photos and instruction on how to best preserve and share your photos. Participants should bring their printed photos to each class.

**Begins 5/7 at Gus Cauty Community Center.**

Tues - 1-3 pm - 2 weeks..... \$69

### Life Coaching: What Is It? How Can it Help You?

The Clearly Confident Life Coaching workshop with Instructor, Christine McDonald, Certified Life & Confidence Coach, is an introduction to what it's like to work with a life coach and how doing so can help you gain clarity about, confidence in and steps to move forward in the direction of achieving your goal. Discover where your key to success is and the steps to take toward achieving that success. Experience through a micro coaching session what it's like to work with a coach. Participate in a Question & Answer session.

**Held on 5/6 at Gus Cauty Community Center.**

Mon - 6-7:30 pm - 1 session ..... \$25

**Held on 6/6 at Gus Cauty Community Center.**

Thurs - 9-10:30 am - 1 session ..... \$25

### Living in the Solution - A Class in Well Being **NEW**

In this class we will learn about how to respond to life versus react. Take control of our emotions, view situations in a different way and stop the negative mind chatter. In a fun, creative atmosphere of participation and engagement. Instructor Nancy Tucker has over 20 years of consulting one on one with clients to help them gain a new perspective on problems and turn them into solutions. Her approach is a direct communication style that's thought provoking and fun.

**Begins 5/7 at Lawrence School.**

Tues - 6-7 pm - 6 weeks..... \$49



### Mah Jongg for Beginners

On your bucket list? Learn the fun and always challenging game of Mah Jongg. Easy to get started with step by step hands-on learning under the guidance of Eda Stepper, a teacher and player of Mah

Jongg for many years. The National Mah Jongg League card is your guide for the choice of which hand you pick to play. Samples of this card, which comes out yearly, will be provided for the class. Nothing needed except your enthusiasm!

**Begins 4/30 at Gus Cauty Community Center.**

Tues - 1-3 pm - 5 weeks..... \$84

## WRITING & LANGUAGES

### Fiction Writing and Publication **NEW**

Kathryn Knight, a USA TODAY Bestselling author of romance, suspense, and Young Adult novels, will teach the elements of successful fiction writing and outline the various options in the rapidly changing publishing industry. Key concepts such as goal-motivation-conflict, the hook, POV, voice, and character development will be discussed. Idea inspiration, common pitfalls, and query letters will also be covered. Finally, avenues to publication - from self-publishing to small and digital presses to seeking agent representation will be explored.

**Begins 5/1 at Lawrence School.**

Tues - 6-8 pm - 5 weeks..... \$149

### Finding the Writer Within

Writers of all levels and interests are invited to join Instructor, Linda Steele, a published writer and skilled writing teacher to explore different writing genres in a supportive writing community. Participants are encouraged to write a short piece of fiction or poetry each week to share with the group and receive guidance and feedback.

**Begins 5/1 at Lawrence School.**

Wed - 6-8 pm - 7 sessions..... \$99



### ITALIAN with Marian Averbuch

Come and discover why these Italian classes have been going on continuously for 30 years and with the same instructor, Marian Averbuch. It is because she has studied Italian at the Gregorian University in Rome? Learning a foreign language is exciting, sociable and excellent for the mind and soul! After one beginner's course students know a little history, culture and art, read and understand Italian and are even able to "speak a little". At the same time students of all ages are meeting their peers and enjoying academia atmosphere!



**Italian for Beginners**  
Come prepare for your next trip or simply enjoy learning basics of a beautiful language.

**Begins 4/30. Call 508-548-5696 for course location**  
Tues - 6-8 pm - 8 weeks..... \$99

### Italian for Beginners II & III

A continuation of Beginners II class.

**Begins 5/1. Call 508-548-5696 for course location**  
Wed - 6-8 pm - 8 weeks ..... \$99

### Italian for Intermediates (Level IV)

A continuation of Italian for Beginner III course.

**Begins 4/29. Call 508-548-5696 for course location**  
Mon - 11 am-1 pm - 8 weeks..... \$99

### Italian for Advanced (Level V)

**Begins 4/29. Call 508-548-5696 for course location**  
Mon - 7-9 pm - 8 weeks ..... \$99

### Italian Literature & Advanced Grammar (Level VI)

Italians are famous for their short stories. Read & discuss in conversational Italian the works of Dante & other classics.

**Begins 5/2. Call 508-548-5696 for course location**  
Thurs - 6:30-8:30 pm - 8 weeks ..... \$99

### Portuguese Intermediate (II)

This course is a continuation to Portuguese I or for someone that already has some knowledge of Portuguese. Taught by Isabel Morra. Materials Fee: \$20 payable to instructor at 1st class-(NEW STUDENTS ONLY.)

**Begins 5/1 at Lawrence School.**  
Wed - 7-8:30 pm - 7 weeks ..... \$99

### Spanish Intermediate (II)

This course is a continuation to Spanish I or for someone that already has some knowledge of Spanish. Taught by Isabel Morra. Materials fee: \$20 payable to instructor at 1st class-(NEW STUDENTS ONLY.)

**Begins 5/1 at Lawrence School.**  
Wed - 5:30-7 pm - 7 weeks ..... \$99

### Spanish III Advanced

This course is for students of Spanish that feel comfortable communicating in the language. Readings will be utilized for the presentation of more advanced grammar. Students will be encouraged to express everyday life experiences and opinions of common topics in the target language.

Taught by Isabel Morra. Materials fee: \$20 payable to instructor at 1st class-(NEW STUDENTS.)

**Begins 5/1 at Gus Canty Community Center.**  
Wed - 3:30-5 pm - 7 weeks ..... \$99



# WATER WORKOUT

**FOR SPRING & SUMMER CLASSES REGISTRATION WILL BE FROM:  
April 22 – Apr 26th , 9:00am – 4:00pm or Tuesday and Wednesday  
evenings from 6pm to 8:30pm beginning April 23rd**

## ATRIA/WOODBRIAR: Interim Spring

April 30th – June 14, 2019

**– LIMITED SPACE AVAILABLE IN SEVERAL CLASSES.**

**Tuesday**..... 8:30-9:15 am  
..... 9:15-10 am  
**Thursday** ..... 8:30-9:15 am  
..... 9:15-10 am  
..... 10-10:45 am  
**Friday** ..... 8:30-9:15 am  
..... 9:15-10 am

## INTERIM SPRING PRICES:

**1 session per week** ..... \$70.00  
**2 sessions per week** ..... \$126.00  
**3 sessions per week** ..... \$147.00  
**4 sessions per week** ..... \$168.00



## Susan Groag - Aquatic Fitness Instructor

Remember when walking and running was fun and painless? Remember how much fun it was to play in the water? You can regain your strength and flexibility - water is a perfect place to start. Coeducational no impact exercise for adults of all ages. Flotation belt may be found online at [www.waterygym.com](http://www.waterygym.com) \$42.95

*In the event of pool mechanical failure and/or pool closings, the Community School cannot be liable for lost class time.*

## ATRIA/WOODBRIAR: Summer

June 16th – September 21st, 2019

**Sunday**..... 5:00-5:45 pm  
**Tuesday**..... 8:30-9:15 am  
..... 9:15-10 am  
..... 10-10:45 am  
..... 5:00-5:45 pm  
**Thursday** ..... 8:30-9:15 am  
..... 9:15-10 am  
..... 10-10:45 am  
..... 5:00-5:45 pm  
**Friday** ..... 8:30-9:15 am  
..... 9:15-10 am

## SUMMER PRICES:

**1 session per week**  
(14 sessions) ..... \$140.00  
**2 sessions per week**  
(28 sessions) ..... \$252.00  
**3 sessions per week**  
(42 sessions) ..... \$294.00  
**4 sessions per week**  
(56 sessions) ..... \$336.00

**PLEASE FILL OUT A SEPARATE REGISTRATION FORM FOR EACH DAY & TIME.**

## IN SCHOOL REGISTRATION DATES:

Daytime – Monday, April 22nd thru Friday, April 26th, 9 am-4 pm

Evenings - Tuesday and Wednesday from 6-8:30 pm beginning April 23rd, 2019

*Classes begin the week of April 28th unless otherwise noted in description.*

- Once registered, students are automatically enrolled and should report to the first class.
- When day school is cancelled for weather or holidays, the Community School is also cancelled. However, when day school has half-day or in-service day, the Community School will meet.
- Full refunds will be given for classes cancelled by the Community School.
- A returned check fee of \$25 will be charged.
- Any information and/or advice, either expressed or implied, in any Falmouth Community School course is that of the instructor.
- Falmouth Community School courses are designed to be educational in nature and are not intended to serve as the basis and/or rationale for any decisions on the part of students.
- **Questions?** falmouthnightschool@falmouth.k12.ma.us

## 5 easy ways to register

All Major Credit Cards Accepted

### 1 On Line

24 hours. Click on the course you want at:  
[www.falmouthcommunityschool.org](http://www.falmouthcommunityschool.org)

### 2 In Person

Register at the Falmouth Community School Office at Lawrence School,  
113 Lakeview Avenue, Falmouth  
(Take Hamlin Avenue off Lakeview Avenue, take a right at stop sign, drive straight  
with left jog into small parking outside Door #6 which is closest to brick wall  
(near blue dumpster). Do NOT enter the main entrance of Lawrence School.  
There is no access through the school building.

#### Office Hours:

Monday through Friday, April 22nd thru April 26th from 9 am-4 pm.  
Tuesday and Wednesday evenings from 6-8:30 pm beginning April 23rd, 2019.

### 3 By Mail

Complete the Registration Form(s) and return with your check or money order  
payable to Falmouth Community School, or your credit card authorization to:  
Falmouth Community School, 113 Lakeview Avenue, Falmouth, MA 02540

### 4 By Fax (24/7) Call 508-495-2854

24 hours a day and register with your credit card information.

### 5 By Telephone *Major Credit Cards Accepted* Call 508-548-5739

9 am - 4 pm weekdays beginning Monday April 22nd through Friday, April 26th.  
Please have your credit card and course information ready. Course fees must be  
paid in full with any major credit card.

Registration forms also available at [www.falmouthcommunityschool.org](http://www.falmouthcommunityschool.org)  
Questions: Email us at [falmouthnightschool@falmouth.k12.ma.us](mailto:falmouthnightschool@falmouth.k12.ma.us)

### FALMOUTH COMMUNITY SCHOOL

113 Lakeview Avenue, Falmouth, MA 02540  
Office (508) 548-5739 Fax (508) 495-2854

☐ YS

## REGISTRATION FORM

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

Mailing Address: \_\_\_\_\_

Town/Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*Each form is valid for ONE class ONLY.*

*A SEPARATE FORM must be completed for each class desired.*

Course Name	Day of the week	Time of Class
_____	_____	_____

**Where did you hear about our classes? (Please check all that apply)**

CC Times \_\_\_ Catalog \_\_\_ Website \_\_\_ Dollar Saver \_\_\_ EnterpriseAd \_\_\_ Website \_\_\_  
Email \_\_\_ Facebook \_\_\_ Other \_\_\_\_\_

Course Fee: \_\_\_\_\_  
Senior Discount: \_\_\_\_\_ (65 & older/\$5 discount for classes under \$100.  
A \$10 discount for classes over \$100)

**TOTAL:** \_\_\_\_\_ (Does not include materials fee)

**COURSE AND REGISTRATION FEE MUST ACCOMPANY FORM**

Check ☐

Charge ☐

#### For Office Use Only

D.R. \_\_\_\_\_ T.P. \_\_\_\_\_ Auth # \_\_\_\_\_

ALSO \_\_\_\_\_ Trans # \_\_\_\_\_

Card#: \_\_\_\_\_ Exp Date: \_\_\_\_\_ CRV: \_\_\_\_\_