

SUMMER 2018 COURSES

~ ARTS AND CRAFTS ~

Note: Supply/materials lists are available on-line at www.nausetcommunityed.org (click on link on the left of the home page).

A-1, A1a, A-1b Watercolor

**Eileen Smith
Brewster Town Hall**

This class is designed to accommodate all levels. Composition, color theory, and techniques will be demonstrated weekly. Subject matter will focus on landscape and still life. Students are encouraged to bring their own photos for reference. A brief history of watercolor will be discussed. A materials list is available at www.nausetcommunityed.org, or email

Eileen.smith.artist@gmail.com

A-1 Monday 9:00 a.m. – 12:00 p.m. 7/9 – 8/27/18 Eight Sessions Fee: \$130

A-1a Wednesday 9:00 a.m. – 12:00 p.m. 7/11 – 8/29/18 Eight Sessions Fee: \$130

A-2 Water Based Oil Painting

**Eileen Smith
M.S. Room 206**

Thursday 9:00 a.m. – 12:00 p.m. 7/12 – 8/16/18 Six Sessions
This class is designed for the beginner or intermediate student. Water mixable oils were developed to be used with water instead of turpentine or other solvents. Composition, color theory and techniques will be covered. The subjects will be Cape Cod landscapes. A materials list is available at www.nausetcommunityed.org, or email Eileen.smith.artist@gmail.com

Fee: \$100

A-4 Acrylic Painting for the Beginner

**Kathleen Sylvester
M.S. Room 206**

Tuesday 11:00 a.m. – 1:00 p.m. 7/10 – 8/14/18 Six Sessions
Learn the fun medium of acrylic painting in an easy-going and relaxed atmosphere. We will cover color mixing and blending techniques as well as glazing and composition. Class will be held in an open studio format where each student works on the subject of his/her choice with lots of support from the instructor. You may work at your own pace. The instructor will demonstrate how to begin a painting and how to perform the techniques you will need to finish your painting. Come and paint in a cheerful, positive class! Please bring your own photos to work on. A materials list is available at www.nausetcommunityed.org. **Fee: \$85**

A-10 Perspective in Art

**Robert Oberding
M.S. Room 210**

Wednesday 10:00 a.m. – 12:00 p.m. 7/11 – 8/8/18 Five Sessions
An understanding of perspective is necessary to obtain a sense of realism and depth in your drawings and paintings. The principles of 1 and 2 point perspective will be explained through examples, demonstrations and class exercises. **Fee: \$80**

A-12 Drawing for the Beginner

**Kathleen Sylvester
M.S. Room 210**

Thursday 11:00 a.m. – 1:00 p.m. 7/12 – 8/16/18 Six Sessions
Starting with exercises using basic graphite pencil technique, students will gain a gradual understanding of how to draw what they actually see. Students will experiment with a variety of drawing mediums including charcoal, colored pencils, and ink-pens. A materials list is available at www.nausetcommunityed.org **Fee: \$85**

~MUSIC~

D-15 Good Vibrations Guitar, Banjo, Mandolin, etc.

Private lessons – Flexible Schedule Six 1-hour Sessions

Hands-on, fun approach in great environment – instructor will custom tailor your lessons to get you playing right away on your fretted instrument of choice, guitar finger picking specialty, as well as harmonica. For further information call the instructor at 508-385-2788. The instructor will contact you to schedule lessons.

Dennis Dillon

270 Cranview Rd., Brewster

Fee: \$200

~ FITNESS AND HEALTH ~

F-1 Adult Fitness

Mon. thru Fri. 6:30 - 7:30 a.m. 7/9 – 9/14/18 10 Weeks

Aerobic and anaerobic conditioning. Work at your target heart rate while walking and/or running. Some workouts also include lightweight training to help improve appearance and burn more body fat. Each session includes slow stretching and abdominal exercises. During inclement weather class is held indoors. Bring a mat or towel.

Brendan Guttman

M.S. Track & Gym

Fee: \$110

F-6 Pilates Total Body

Tuesday 9:00 – 10:10 a.m. 7/10 – 8/14/18 Six Sessions

“Classical” Pilates Method class will combine Pilates mat and standing technique. Focus on the core and body alignment with various Pilates exercises will improve your posture, increase flexibility and balance, strengthen and tone your muscles. Bring water and hand towel. A starter “fitness travel pack” can be purchased from instructor for \$22.

Andrea Hibbert, C.P.T.

Balanced 4 Fitness Studio

Fee: \$85

F-7, F-7a Small Group Pilates Training

A small group training of no more than 6 participants. Classical method MVe chair work and various props will focus on the “Core” and body alignment. Moving with ease and flow will lead you to obtain a strong, lean, balanced body. MVe chair has four settings to best suit the fitness level of your body. Bring water and towel. A starter “fitness travel pack” can be purchased from instructor for \$22.

Andrea Hibbert, C.P.T.

Balanced 4 Fitness Studio

F-7 Friday 10:15 – 11:15 a.m. 7/13 – 7/27/18 Three Sessions Fee: \$90

F-7a Thursday 10:15 – 11:15 a.m. 8/2 – 8/16/18 Three Sessions Fee: \$90

F-8, F8a Barre Fusion

A program using Pilates Method to achieve long, lean muscles, a flat stomach and tight thighs. Movements are choreographed to music using the ballet bar, and various props that will transform and sculpt your entire body. Improved posture, flexibility and a high rounded seat are just a few of the benefits that you will achieve. No dance experience, no jumping/bouncing are involved. Obtain an overall stronger sense of well-being. Bring water.

Andrea Hibbert, C.P.T.

Balanced 4 Fitness Studio

www.Balanced4Fitness.com (508-240-2739)

F-8 Tuesday 5:45 - 6:45 p.m. 7/10 – 8/14/18 Six Sessions Fee: \$85

F-8a Friday 9:00 – 10:00 a.m. 7/13 – 8/17/18 Six Sessions Fee: \$85

F-10, F-10a Restorative Yoga Stretch & Pilates Basic**Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

Beneficial for all levels and ages. A full body stretch with core exercises. Gentle restorative yoga stretches to open up your body, release tension and stress. Classical Pilates method will strengthen and develop weak muscles while improving range of motion, increase flexibility and creating long lean muscles. www.Balanced4Fitness.com (508-240-2739)

F-10 Tuesday 4:30 – 5:30 p.m. 7/10 – 8/14/18 Six Sessions Fee: \$85**F-10a Thursday 4:40 – 5:40 p.m. 7/12 – 8/16/18 Six Sessions Fee: \$85****F-11 Therapeutic Stretch & Balance****Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio****Thursday 3:15 – 4:15 p.m. 7/12 – 8/16/18 Six Sessions**

A full body stretch with core exercises beneficial for all levels and ages. Gentle restorative yoga stretches to open up your body, release tension and stress. This class will help release and open the back and hips, develop weak, uneven muscles in the core to help strengthen and prevent back injuries. Bosu balance dome and props will engage and deepen core muscles to improve balance. Bring water and hand towel. www.Balanced4Fitness.com (508-240-2739)

Fee: \$85**F-12 P. D. and Starter Fitness****Andrea Hibbert, C.P.T.****Monday 4:30 – 5:30 p.m. 7/9 – 8/13/18 Six Sessions****Balanced 4 Fitness Studio**

Excellent for beginners, this class includes therapeutic stretches and balance work taught through a comprehensive exercise program to promote your quality of life. This program will improve strength, mobility, posture and balance. Gentle yoga stretches will open the back and hips, help develop weak, uneven muscles in the core to help prevent back injuries. Core strengthening will improve your balance and improve your posture. Bring water and hand towel. Standing and mat work. www.Balanced4Fitness.com (508-240-2739)

Fee: \$85**F-13, F-13a TRX – Full Body Workout****Andrea Hibbert, C.P.T.
Balanced 4 Fitness Studio**

TRX small group training builds strength, balance, coordination and flexibility while burning fat. You control the intensity of your work out. Bring water and a hand towel. For more information go to www.Balanced4Fitness.com (508-240-2739)

F-13 Friday 7:45 – 8:45 a.m. 7/13 – 8/17/18 Six Sessions Fee: \$90**F-13a Sunday 8:00 – 9:00 a.m. 7/8 – 8/12/18 Six Sessions Fee: \$90****F-15 Spin Fit****Andrea Hibbert, C.P.T.****Monday 10:00 – 11:00 a.m. 7/9 – 8/13/18 Six Sessions****Balanced 4 Fitness Studio**

Just starting out or returning to Fitness? This class is for you! Healthy Heart Rate training, with half-hour SPINNING indoor stationary cycling class, followed by weight core conditioning. See and feel the benefits of this addictive, non-impact program. Burn an average of 500 calories per forty minute ride. Heart rate target zones are closely watched to ensure that you are working at your proper level. Heart Rate monitor recommended. Bring water and hand towel. For further information, visit www.Balanced4Fitness.com (508-240-2739)

Fee: \$90**F-16 Precision Boot Camp****Andrea Hibbert, C.P.T.****Mon. & Wed. 5:45 – 7:00 p.m. 7/9 – 8/15/18 Twelve Sessions****Balanced 4 Fitness Studio**

Perfect class to boost your strength, balance and flow of movement. 4-8 stations using different props and equipment. Cardio and strength intervals followed by a significant full body stretch. Bring water and a hand towel.

Fee: \$180

F-17 Pilates Flow MVe Chair Plus **Andrea Hibbert, C.P.T.**
Wednesday 4:30 – 5:30 p.m. 7/11 – 8/15/18 Six Sessions **Balanced 4 Fitness Studio**
An hour of working your core with classical Pilates technique; followed by gentle stretches. You will gain balance, range of motion, feel better and live longer with a stronger core. For further information, visit www.Balanced4Fitness.com (508-240-2739). **Fee: \$85**

F-20 Tai Chi Chuan, Beginning **Sarah Beals**
Tuesday 10:00 – 11:00 a.m. 7/10 – 8/14/18 Six Sessions **Healing Arts Collective**
47 Main St., Orleans

Explore the distinctive elements that define Tai Chi as an outstanding mind-body exercise. Ten principles apply, treating postural alignment, mental intent, to dynamic movement. We engage in individual chi kung exercises as well as a short tai chi movement series. Handouts provided for memory aids. This class is an excellent preparation of any future Tai Chi studies. Workout gear and flat soled flexible shoes required. Water always recommended. **Fee: \$108**

F-21 Tai Chi Chuan, Intermediate **Sarah Beals**
Thursday 10:00 – 11:00 a.m. 7/12 – 8/16/18 Six Sessions **Healing Arts Collective**
Continue to explore the distinctive elements that define Tai Chi as an outstanding mind-body exercise. Ten principles apply, treating postural alignment, mental intent, to dynamic movement. We engage in individual chi kung exercises as well as a short tai chi movement series. Handouts provided for memory aids. This class is an excellent preparation of any future Tai Chi studies. Workout gear and flat soled flexible shoes required. Water always recommended. Prerequisite: Beginning Tai Chi Chuan. **Fee: \$108**

~ HOME AND GARDEN ~

G-2 Landscape Design & Horticulture **Charles Wentz**
Thursday 5:00 – 7:00 p.m. 7/12 – 7/26/18 Three Sessions **M.S. Room 258**
This course will help you develop a plant list for your garden. Design elements such as stone paving, plant maintenance, including fertilizing, pruning, insects and irrigation will be discussed. Bring your questions to class. There will be local field trips. **Fee: \$45**

G-6 Woodworking for Women **Richard Noyes**
Wednesday 6:00 – 8:00 p.m. 7/11 – 8/15/18 Six Sessions **H.S. Room C111**
This is a course for women who always wanted to learn how to work with wood. Bring a plan, drawing or picture of a project to the first class and learn how to turn your idea into a three-dimensional treasure. Learn how to select wood, use hand tools to turn it into a birdhouse, bookshelf, table, toolbox, a classic antique, or a sleek modern work – you choose your project. **Fee: \$85**

~ HEALTH & SAFETY ~

H-7 The Heart of Communicating: Learning from Horses **Ashley Symington**
Monday 5:00 – 6:00 p.m. 7/9 – 7/30/18 Four Sessions **M.S. Room 126**
Horses are master communicators using a language of energy, body language, vocalizations, and being 100% present in the moment. By following the examples that horses have set for us, we too can become more effective communicators. Getting to the heart of communication allows us to think better, feel better, and interact better. **Fee: \$50**

H-8 Chi Lel **Jane Higgins**
Wednesday 5:00 – 6:00 p.m. 7/11 – 8/15/18 Six Sessions M.S. Room 273
Chi Lel is a series of slow smooth movements using visualization which increases and balances the body's energy. In China, there is a hospital where no medicine is used, and Chi Lel is practiced. It has a 95% cure rate. Healthy people can strengthen and maintain their well-being, while those with problems have a self-help tool. Bring a folder to class. **Fee: \$60**

H-12 Yoga **Jane Higgins**
Monday 10:30 a.m. – 12:00 p.m. 7/9 – 9/17/18 Ten Sessions Healing Arts Collective
This is a gentle Yoga. The breath and body alignment are emphasized. Postures increasing flexibility and strength, learning breath control, and deep relaxation help to bring balance between body, mind and spirit. **Fee: \$115**

H-14 Learn to Read Palms **Catherine Cullen**
Thursday 6:00 – 7:30 p.m. 7/12 – 8/9/18 Five Sessions M.S. Room 146
The ancient art of palmistry will show you how to use the shape and size of the hands and fingers, the lines, mounts, and even the manner in which the subject holds the hand, to discover the subject's personality, talents, physical health and even the important future events in their life. Fascinating and fun. **Fee: \$65**

H-16 Feng Shui – Clear Your Clutter **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 7/16/18 One Session M.S. Library
Feng Shui looks at the relationship of a person with their environment. Too much clutter can hold us back in our lives, and prevent us from moving forward. Feng Shui encourages us to enhance our energy or chi by surrounding ourselves with what we only love and need. Learn gentle, concrete ways to declutter and organize which will increase your sense of well-being and beautify your personal space. **Fee: \$45**

H-17 Change Your Thinking **Alexis Barron, ScD.**
Monday 6:00 – 7:30 p.m. 7/9/18 One Session M.S. Library
Increase your peace and happiness by changing your thinking. Learn to shift out of those ever present, nagging negative thought patterns that weigh you down and hold you back. Changing your inner dialogue will change any area of your life, one belief at a time, and one conditioned thought at a time. Discover practical ways to change your life for the better. **Fee: \$45**

H-20 Angels Summer Series – Your Spiritual Side **Patricia Butler**
Wednesday 6:00 – 7:00 p.m. 7/11 – 7/25/18 Three Sessions M.S. Room 148
If you are curious about angels and want to know more about them, this class is for you. Learn how angels communicate with you, and how to connect with them. Included will be overviews of archangels, spirit guides, loved ones who have crossed over, heavenly assists, and suggestions for meditation. Visit www.heavenlyhealingusa.com **Fee: \$55**

~ WRITING AND LITERATURE ~

J-7 The Healing Power of Writing

Thursday 3:00 – 5:00 p.m. 7/12 – 8/16/18

Six Sessions

Nicola Burnell

TBA

The power of the thoughts occupying our mind cannot be understated. We are what we think and believe. This 6 week class is designed to address those difficult stories that hold us back and keep us captive in their retelling of old, painful experiences. These stories want to be told, but not to be judged. This is not a workshop on how to write well. Through weekly assignments you will travel a personal journey based on honesty, sharing and support in a safe, confidential space. When you write to heal, you write only for yourself, without regard for the expectations of others. This class invites the healing voice that lies within us all to be heard. Please email firstlight@capecod.net for more details and class location.

Fee: \$100

J-8, J-8a Stop Talking About Writing a Book – Just Write It

Nicola Burnell

TBA

This class is for anyone dreaming of writing the book that has been rattling around in their head for years. It is also for fiction and non-fiction writers struggling to complete a manuscript-in-progress. Through this class you will enjoy weekly support and gentle yet constructive critiques of your work. You will also learn how to edit your work and create a clean, professional manuscript. The main focus, however, is to simply keep you writing! For directions to class, email firstlight@capecod.net

J-8 Wednesday 5:00 – 7:00 p.m. 7/11 – 8/15/18 Six Sessions Fee: \$100

J-8a Thursday 6:00 – 8:00 p.m. 7/12 – 8/16/18 Six Sessions Fee: \$100

~ LANGUAGES ~

L-1 Beginner's Italian I

Monday 5:00 – 7:00 p.m. 7/9 – 8/13/18 Six Sessions

Gloria Moll

M.S. Room 160

This is a great course for all who want to get an introduction to the Italian language, culture and people. Maybe you are planning a trip to one of the most beautiful countries in the world, and need some language skills. If so, this course is for you! Sign up now and start your Italian adventure here!! Grammar, vocabulary and conversation will be the focus. Learning materials will be provided in class for minimal cost.

Fee: \$90

~ RECREATION ~

R-4 Beginning Golf

Monday 2:00 – 3:30 p.m. 7/9 – 8/13/18 Six Sessions

Steve Knowles, P.G.A. Professional

Captains Golf Course

Have you ever thought of playing the game of golf? Maybe your friends have asked you to join them for a round of golf. Sign up for this class and find out what you've been missing. Steve Knowles has over 35 years teaching the game of golf. Learn the rules and etiquette of the game, putting, chipping, and the golf swing. Please bring a putter for the first class. If you don't have clubs, we can provide them.

Fee: \$145

R-5 Intermediate Golf**Steve Knowles, P.G.A. Professional****Wednesday 2:00 – 3:30 p.m. 7/11 – 8/15/18 Six Sessions Captains Golf Course**

If you've taken the Beginner Golf Program, or would like a refresher, this is the next step. Steve has been the Head Golf Professional at The Captains Golf Course for the past 18 years. He will work with your natural abilities and keep the learning process fun and simple. He teaches the swing motion needed to hit consistent golf shots. You will see improvement in putting, chipping, pitch shots, the full swing. This program will really help you learn to play the game of golf and have more fun playing. Please bring putter to the first class. **Fee: \$145**

R-9 Catch A Fish**Louis MacKeil****Tuesday 5:00 – 7:00 p.m. 7/10 – 8/14/18 Six Sessions M.S. Room 153**

Lou MacKeil has extensive knowledge and experience fishing the waters of Cape Cod. As past president of the Cape Cod Salties, Mr. MacKeil blends theory with practicality. His eight-week course will cover such areas as what to catch, where and when! Equipment and gear needed for your type of fishing! Catching devices for the discriminating Angler! The effects of wind, tides, weather, moon! Types of bait – when to use what! Boat and shore safety! **Fee: \$70**

R-10 Mah Jongg, Beginning**Anne Walther****Tuesday 9:30 – 11:30 a.m. 7/10 – 8/7/18 Five Sessions Brewster Town Hall**

Learn to play this exciting and challenging game. Using tiles, Mah Jongg requires thinking, finesse and most of all strategy. This ancient Chinese game has become extremely popular in recent years. There will be an additional \$9 charge to obtain a Mah Jongg card, payable to the instructor at the first class. Come and have fun. Be challenged! **Fee: \$60**

R-20A – R-20L Standup Paddle Board – Sunset Glow Tour Ryan Burch**Arey's Pond Boat Yard, Orleans**

There's only one way to experience a sunset on Cape Cod, from the water. Sunset paddles offer a great way to enjoy the peaceful transition from day to night. As the sky starts to fill with stars, lights under your board illuminate the water to reveal a variety of marine. For further information visit www.supfariadventures.com. All equipment is provided.

R-20A	Monday	7:00 – 9:00 p.m.	7/9/18 Only	Fee: \$50
R-20B	Monday	7:00 – 9:00 p.m.	7/16/18 Only	Fee: \$50
R-20C	Monday	7:00 – 9:00 p.m.	7/23/18 Only	Fee: \$50
R-20D	Monday	7:00 – 9:00 p.m.	7/30/18 Only	Fee: \$50
R-20E	Monday	7:00 – 9:00 p.m.	8/6/18 Only	Fee: \$50
R-20F	Monday	7:00 – 9:00 p.m.	8/13/18 Only	Fee: \$50
R-20G	Saturday	7:00 – 9:00 p.m.	7/14/18 Only	Fee: \$50
R-20H	Saturday	7:00 – 9:00 p.m.	7/21/18 Only	Fee: \$50
R-20I	Saturday	7:00 – 9:00 p.m.	7/28/18 Only	Fee: \$50
R-20J	Saturday	7:00 – 9:00 p.m.	8/4/18 Only	Fee: \$50
R-20K	Saturday	7:00 – 9:00 p.m.	8/11/18 Only	Fee: \$50
R-20L	Saturday	7:00 – 9:00 p.m.	8/18/18 Only	Fee: \$50

R-21A – R21F Standup Paddle Board – Family Fun**Ryan Burch****Arey's Pond Boat Yard, Orleans**

Attention Grandparents or anyone with a house full of visitors! Are you looking for the perfect outdoor activity to get people out of the house to experience this summer's ultimate adventure and try something new! Standup paddleboard family fun blends instruction, exploration and laughter into a safe, user friendly activity for all ages and skill levels. All equipment is provided. For further information visit www.supfariadventures.com.

R-21A	Thursday	9:30 – 11:00 a.m.	7/12/18 Only	\$40
R-21B	Thursday	9:30 – 11:00 a.m.	7/19/18 Only	\$40
R-21C	Thursday	9:30 – 11:00 a.m.	7/26/18 Only	\$40
R-21D	Thursday	9:30 – 11:00 a.m.	8/2/18 Only	\$40
R-21E	Thursday	9:30 – 11:00 a.m.	8/9/18 Only	\$40
R-21F	Thursday	9:30 – 11:00 a.m.	8/16/18 Only	\$40

~ TECHNOLOGY ~**T-1 Small Business Websites****John Hilliar****Monday 7:30 – 9:00 p.m. 7/9 – 7/30/18****Four Sessions****M.S. Room 111**

Learn about the process of setting up a website. Topics include how to: setup your site name, choose a hosting service, put content on your site, monitor daily hits to your site, help people find your site, advertising, and setting up and accepting online payments. The class offers plenty of opportunity for discussion; you can ask questions about all the terms you see when trying to find help online. See www.hilliar.com/teaching for more information. **Fee: \$90**

T-2 Beginning Excel**John Hilliar****Monday 6:00 – 7:30 p.m. 7/9 – 7/30/18****Four Sessions****M.S. Room 111**

Learn the basics of spreadsheets – formulas and functions for calculating values. We'll learn how to use multiple tabs to keep your data organized and formatting to make it look polished. This is for beginners, it'll be OK... even a little fun. For more information see www.hilliar.com/teaching. **Fee: \$90**

T-3 Advanced Excel**John Hilliar****Monday 6:00 – 9:00 p.m. 8/6 & 8/13/18****Two Sessions****M.S. Room 111**

In this advanced course, we will cover the following topics: review of the beginners Excel class, borders, pasting in Word (bitmap trick), inserting comments, printing problems, locking (cells, header row) and hiding (rows and columns), sorting, formulas, pasting formulas versus values, survey of useful functions, conditional formatting, string functions, random numbers, and live data. For more information see www.hilliar.com/teaching. **Fee: \$90**

T-5 Windows 10 Introduction**David Dolbec****Tuesday 6:00 – 8:00 p.m. 7/10 – 7/24/18****Three Sessions****16 Granny's Lane, Orleans**

Learn how to navigate through Windows 10 and customize settings for easy startup and usage. We will cover the startup screen, logon accounts, task bar, shortcuts internet browser, email, and more. We review topics several times to make sure that everyone understands each topic. This is an introductory level course for novice users of the new Windows 10. Bring your Windows 10 laptop or tablet to class for hands-on experience and customization. **Fee: \$75**

T-6 iPhone Basics – Intro. to Using Your Apple iPhone **Rachel McNeil**
Thursday 6:30 – 7:30 p.m. 7/12 – 7/26/18 Three Sessions M.S. Room 267
Want to use your iPhone for more than just making phone calls? Of Course! Learn the basics of the apps that come on your iPhone, from how to take and edit a picture with the camera, to making a FaceTime call, to setting Reminders for yourself, and beyond. Great for beginners or those who just want to learn some new tips and tricks. Latest iPhone software, iOS 11, is recommended but not required. **Fee: \$85**

T-7 iPad Basics – Intro. to Using Your Apple iPad **Rachel McNeil**
Monday 6:30 – 7:30 p.m. 7/9 – 7/23/18 Three Sessions M.S. Room 267
Wish you knew how to use your iPad to the fullest extent? Take this course to learn how to customize your iPad's settings, use the camera to take and share photos, set up email accounts and send messages, create and share calendars, download new apps from the App Store, and lots more! Aimed at beginners as well as users who want to build on their existing basic knowledge. Latest iPad software, iOS 11, is recommended but not required. Bringing your iPad to class is recommended. **Fee: \$85**

T-8 Mac Basics – Intro. to Using Your Apple Computer **Rachel McNeil**
Tuesday 6:30 – 7:30 p.m. 7/10 – 7/31/18 Four Sessions M.S. Room 267
Come find out how to really use your Apple computer in a fun, relaxed environment! In this class, you will get an overview of the apps that come with your Mac and learn the basics of how to use them. We will cover the Mail, Safari, Calendar, Contacts, iTunes, Notes, Photos, Pages/Numbers/Keynote, Maps, the App Store, and more. This course is aimed at beginner and intermediate users. The latest Mac OS, Mac OS High Sierra, is recommended but not required. Bringing laptop recommended. **Fee: \$95**

T-9 Mac Photography **Rachel McNeil**
Thursday 6:00 – 7:30 p.m. 8/2 & 8/9/18 Two Sessions M.S. Room 267
This fun course will teach you how to use the Photos app on your Mac to import, view, organize, edit and share your digital pictures. Also learn how to create and order high-quality photo prints, calendars, cards and books, all right from your Mac! The latest software, Mac OS High Sierra, is recommended but not required. Bringing your laptop to class is recommended! **Fee: \$85**

T-10 iPad/iPhone Photography **Rachel McNeil**
Monday 6:00 – 7:30 p.m. 7/30 & 8/6/18 Two Sessions M.S. Room 267
Looking to use your iPhone or iPad to take amazing photos and share them with friends and family? This course will cover everything about the Camera and Photos apps on your device, from the basics of taking great pictures and videos to editing and sharing them in seconds. Photo organization, uploading photos to your computer, and iCloud Photo Library will also be covered. The latest software, iOS 11, is recommended but not required. Bringing your iPad/iPhone to class is recommended too! **Fee: \$85**

~ WORKSHOPS ~

WS-1 Don't Throw Out the Paper - Downsizing-Disposing of an Estate **Charles Wibel**
Monday 6:00 – 8:00 p.m. 7/9/18 Only One Session M.S. Room 149
Learn what not to throw out – the Paper! This power point style presentation by a longtime antiques dealer is educational and entertaining. In addition to the slide presentation, many original paper items will be available for hands-on inspection. Many times “the paper” can be worth more than the furniture. Come and find out. Questions are welcomed. **Fee: \$40**

WS-3 Retirement – Making Your Money Last **Michelle Ferguson**
Tuesday 6:00 – 7:00 p.m. 7/10/18 Only **One Sessions** **M.S. Room 149**
Discuss the need to define retirement goals, determine savings needed (using the rule 25) and how to use the power of 3 (time, money and return) to reach those goals. Ideal for individuals who are approaching retirement or who have recently retired. **Fee: \$25**

WS-7 Learn to Easily Solve Sudoku **Larry Noles**
Wednesday 6:00 – 7:00 p.m. 7/11 – 8/8/18 **Five Sessions** **M.S. Room 146**
Learn the techniques and process of solving these fun and challenging puzzles. There are no math and/or word skills required and it can be learned by all age levels. By learning a few basic skills, most of the puzzles can be solved in 10-20 minutes. Join the fun, exercise your brain and enjoy the sense of accomplishment. **Fee: \$65**

WS-10 Storytelling through Video **NEW** **Lower Cape TV**
Saturday 10:00 a.m. – 12:00 p.m. 8/4 – 8/18/18 **Three Sessions** **H.S. B. Building**
This three-part session introduces you to your local TV stations and takes you through the basics of studio production, field production, and simple editing. Get hands on experience with video production, meet new people, and become part of a production team. At the end of the workshop you'll have your Lower Cape TV equipment card and have worked on a video project that will show on Channel 99. We meet at the studio located at the High School campus. **Fee: \$50**

WS-13 Getting Paid To Talk **Voice Coaches**
Monday 6:30 – 9:00 p.m. 7/9/18 **One Session** **M.S. Room 269**
This class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will have a chance to record a commercial script under the direction of a Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. **Fee: \$40**

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