

## SUMMER 2016 COURSES

### ~ ARTS AND CRAFTS ~

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

#### **A-1, A-2 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](http://www.nausetcommunityed.org), or send a self-addressed, stamped envelope to Handcraft House, 3966 Route 6A, Brewster, MA 02631.

**A-1 Monday 9:00 a.m. – 12:00 p.m. 7/11 – 8/15/16 Six Sessions Fee: \$120**  
**A-2 Tuesday 9:00 a.m. – 12:00 p.m. 7/5 – 9/6/16 Ten Sessions Fee: \$160**

#### **A-4 Watercolor 101 – For the Beginner**

**Kathleen Sylvester  
M.S. Room 205**

**Thursday 11:00 a.m. – 1:00 p.m. 7/7 – 8/11/16 Six Sessions**

Learn how to paint in watercolor using different techniques demonstrated by the instructor. We will use basic composition and transfer techniques that will save you the time and stress of drawing. Please bring 8"x10" color and black and white copies of what you would like to paint; nothing too elaborate. A materials list is available at [www.nausetcommunityed.org](http://www.nausetcommunityed.org) **Fee: \$85**

#### **A-5 “Seashore Treasures” Basket Display**

*NEW*

**Phyllis Callan  
M.S. Cafeteria**

**Tuesday 5:00 – 7:30 p.m. 7/12 – 7/26/16 Three Sessions**

This course involves the usage of a basket, base to receive grasses, sea shells, natural sponges and netting. The combination of these elements will result in the creation of a delightful arrangement. A materials fee of \$15, payable to the instructor, will cover all supplies. **Fee: \$65**

#### **A-10 Perspective in Art**

**Bob Oberding  
M.S. Room 206**

**Thursday 5:00 – 7:00 p.m. 7/21 – 8/11/16 Four 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: \$70**

#### **A-12 Drawing for the Beginner**

**Kathleen Sylvester  
M.S. Room 205**

**Tuesday 11:00 a.m. – 1:00 p.m. 7/5 – 8/9/16 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](http://www.nausetcommunityed.org)

**Fee: \$85**

### ~ MUSIC ~

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

**Dennis Dillon**

**Private lessons – Flexible Schedule Six 1-hour Sessions**

**270 Cranview Rd., Brewster**

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.

**Fee: \$200**

**D-17 Piano/Keyboard Class** **Luann Angelone**  
**Tuesday 6:30 – 7:30 p.m. 7/5 – 8/9/16 Six Sessions TBA - Harwich**

This class is designed for the beginner piano student. You will learn hand positioning, note reading, counting rhythm, chords and practice techniques. Keyboards are provided by the instructor. All students will receive a packet of music to keep (\$10 payable to instructor at first class). The goal is to be able to play two hands together. Call 508-432-2242 or email [luannrangel@comcast.net](mailto:luannrangel@comcast.net) for more details and location. **Fee: \$125**

**D-18 Piano/Keyboard Class II** **Luann Angelone**  
**Wednesday 5:00 – 6:00 p.m. 7/6 – 8/10/16 Six Sessions TBA – Harwich**

This class is for the student who has taken the Piano/Keyboard Class I or has some knowledge and experience in playing the piano. Concepts of basic music theory will be reinforced as well as focusing more on the skill of playing two hands together. Songs will include playing various chords in the left hand and the melody in the right hand. Keyboards are provided by the instructor. You will receive a packet of music to keep (\$10 payable to instructor at first class). **Fee: \$125**

**~ FITNESS AND HEALTH ~**

**F-1 Adult Fitness** **Brendan Guttman**  
**Mon. thru Fri. 6:30 - 7:30 a.m. 7/5 – 9/23/16 12 Weeks M.S. Track & Gym**

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. **Fee: \$125**

**F-4 The Slower, Softer Side of Yoga - Yin** **Wendy Putterman, E-RYT**  
**Tuesday 8:30 – 10:00 a.m. 7/5 – 8/9/16 Six Sessions Life Center, 47 Main St., Orleans**

Yin Yoga is a gentle, restorative practice. Yin Yoga excels at healthy aging (whatever your age!) It is an amazing tool to aid in stiffness and inner tensions of the body and mind. Props will be provided to support you in experiencing a relaxed body along with an alert yet calm mind. Questions: [www.capecodyyoga.net](http://www.capecodyyoga.net); 508-364-2000. **Fee: \$75**

**F-5 Total Body Fusion** **Andrea Hibbert, C.P.T.**  
**Monday 6:00 – 7:00 p.m. 7/11 - 8/29/16 Eight Sessions Balanced 4 Fitness Studio**  
**210 Main Street, E. Orleans**

Whatever your fitness goals are (including fat loss, muscle gain, increased flexibility, core strength, balance or just general improvements and more energy) this class is for you! You will be guided through this class to implement the best training session for your fitness level. Each session will include a fat burning cardio segment, strength and toning; Pilates core strengthening, flexibility and gentle stretching cool down and mind relaxation. You will learn proper form and technique to last you a lifetime. Bring mat and water. [www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739) **Fee: \$105**

**F-6, F-6a Pilates Total Body****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans**

“Classical” Pilates Method class will focus on the “powerhouse” (core strength) and body alignment. Improve your posture, increase flexibility and balance, strengthen and tone your muscles. Bring water and hand towel. A starter “fitness travel pack” containing 7 inch squishy ball and 6 foot heave Dyna band can be purchased from instructor for \$22.00.

**F-6 Tuesday 9:00 – 10:10 a.m. 7/5 – 8/23/16 Eight Sessions Fee: \$105****F-6a Wednesday 6:00 – 7:00 p.m. 7/6 – 8/24/16 Eight Sessions Fee: \$105****F-7 Small Group Pilates MVe Chair Plus****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Friday 10:15 – 11:15 a.m. 7/8 – 8/26/16 Eight Sessions**

Classical method MVe chair work. Focus will be on the “Core” and body alignment, moving with ease and flow 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. **Fee: \$240**

**F-8, F8a Barre Fusion****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans**

Ballet Bar Fusion is a program using Pilates Method conditioning. Movements are choreographed to music using the ballet bar, bands, squishy balls, and light weights. Transform and sculpt your entire body to get long, lean muscles, good posture, improved flexibility, a flat stomach, tight thighs, a high rounded seat, and an overall stronger sense of well-being. **No dance experience is needed, no jumping/bouncing are involved.** Bring water.

[www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739)

**F-8 Tuesday 5:45 - 6:45 p.m. 7/5 – 8/23/16 Eight Sessions Fee: \$105****F-8a Friday 9:00 – 10:00 a.m. 7/8 – 8/26/16 Eight Sessions Fee: \$105****F-10 Restorative Yoga Stretch & Pilates Basic****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Tuesday 4:30 – 5:30 p.m. 7/5 – 8/23/16 Eight Sessions**

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](http://www.Balanced4Fitness.com) (508-240-2739) **Fee: \$105**

**F-11 Therapeutic Stretch & Balance****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Thursday 4:30 – 5:30 p.m. 7/7 – 8/25/16 Eight Sessions**

Gentle stretches will help release and open the back and hips. Bosu balance dome or Pilates MVe chair will engage and deepen core muscles to improve balance. Bring water and hand towel. [www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739) **Fee: \$105**

**F-12 Senior & Parkinson’s Strength & Balance Class****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Monday 4:30 – 5:30 p.m. 7/11 – 8/22/16 Seven Sessions**

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. Core strengthening will improve your balance and improve your posture. Bring water and hand towel. Standing and mat work. **Fee: \$90**

**F-13, F-13a TRX – Full Body Workout****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans**

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](http://www.Balanced4Fitness.com) (508-240-2739)

**F-13 Friday 7:45 – 8:45 a.m. 7/8 – 8/26/16 Eight Sessions Fee: \$120****F-13a Sunday 8:00 – 9:00 a.m. 7/10 – 8/21/16 Seven Sessions Fee: \$105****F-14 Spinning 4 Weight Loss****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Thursday 5:45 – 6:45 p.m. 7/7 – 8/25/16 Eight Sessions**

The spinning program offers an energetic cycling inspired group exercise training program with expert Star level 3 coaching using exhilarating music at a self-directed pace. All participants in this private studio setting will learn to maximize their target heart rates for optimum results in burning fat. Spinning is gentle rotation of the joints without the pounding and stress that running and jogging deliver. Bring water.

**Fee: \$105****F-15 Spin Fit****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Monday 10:00 – 11:00 a.m. 7/11 – 8/22/16 Seven Sessions**

Beginning SPINNER indoor cycling training for maximum fat burning and heart rate strengthening. See and feel the benefits of this addictive, non-impact program. Heart rate target zones are closely watched to ensure that you are working at your proper level. Bring water and hand towel. For further information, visit [www.Balanced4Fitness.com](http://www.Balanced4Fitness.com) (508-240-2739)

**Fee: \$90****F-16 Small Group Reformer Training****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Thursday 3:15 – 4:15 p.m. 7/7 – 8/25/16 Eight Sessions**

Pilates Reformer Training sessions are a great affordable way to experience this unique form of core exercises. Participants will be introduced to the Reformer and the Tower Springs with customized use of spring-resistance tailored to your needs. With this phenomenal training, you will learn how to stabilize and mobilize various muscle groups. Limited enrollment (3).

**Fee: \$305****F-17 Pilates Classical Mat Flow****Andrea Hibbert, C.P.T.  
Balanced 4 Fitness Studio  
210 Main Street, E. Orleans****Thursday 9:00 – 10:00 a.m. 7/7 – 8/25/16 Eight Sessions**

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](http://www.Balanced4Fitness.com) (508-240-2739).

**Fee: \$105**

**F-18 Pilates Bosu Core Tone** **Andrea Hibbert, C.P.T.**  
**Wednesday 4:30 – 5:30 p.m. 7/6 – 8/24/16 Eight Sessions** **Balanced 4 Fitness Studio**  
**210 Main Street, E. Orleans**

Pilates Classical techniques and Bosu, an acronym for “Both Sides Up”. Bosu, which is a dome shaped platform, will train your body in Balance, stability and strength. Bosu core training utilizes your stabilizer muscles and your CORE muscles like no other piece of exercise equipment. This training will help develop weak, uneven muscles in the core to help strengthen and prevent back injuries. Wear stable sneakers and bring water. An optional starter fitness travel pack can be purchased from instructor for \$22. **Fee: \$105**

**F-20 Tai Chi Foundations: Breath & Balance Strengthening** **Sarah Beals**  
**Monday 8:00 – 9:00 a.m. 7/11 – 8/15/16 Six Sessions** **Life Center**  
**47 Main St., Orleans**

In this class, we 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 for any future Tai Chi studies. Workout gear and flat soled flexible shoes required. Water always recommended! **Fee: \$90**

**~ HOME AND GARDEN~**

**G-1 Organic Gardening: Vegetables, Fruits & Flowers** **Dr. Joyce Young, N.D.**  
**Thursday 6:00 – 8:00 p.m. 7/7 – 8/4/16 Five Sessions** **M.S. Cafeteria**  
Learn from a botanist/organic farmer how to grow all kinds of plants using mineral-enhanced total nutrition (rock powders, etc.) for optimal soil fertility; how to choose the sweetest, juiciest, and most colorful varieties and how to maintain the garden with minimal work. **Fee: \$75**

**G-2 Landscape Design & Horticulture** **Charles Wentz**  
**Thursday 4:00 – 6:00 p.m. 7/7 – 7/21/16 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-5 Woodworking for the Landscape** **Richard Noyes**  
**Thursday 1:00 – 3:00 p.m. 7/7 – 8/11/16 Six Sessions** **H.S. Room C111**  
Learn to build outdoor furniture, planters, potting benches and picnic tables for a fraction of their cost at a furniture store. Whether it’s a classic Adirondack chair or a simple country bench, using basic tools you can build your own unique additions to your yard. Students furnish their own materials. **Fee: \$85**

**G-6 Woodworking for Women** **Richard Noyes**  
**Tuesday 5:30 – 7:30 p.m. 7/5 – 8/9/16 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**

**G-11 Introduction to Shaker-Style Seat Weaving**      *NEW*      **Dennis Swartz**  
**Wednesday 9:00 – 11:00 a.m. 7/6 – 8/3/16**      **Four Sessions**      **M.S. Room 206**

This class will teach the basics of weaving chair seats using Shaker cotton canvas tape. The student will provide the chair, tools, and materials for the class work. Any chair with round rails framing the seat area is suitable. The student can order the materials (about \$50) after the first class session. The basic checkerboard and herringbone patterns will be taught. Come and learn an easy and efficient craft for covering chair seats. Shaker style chairs and 5/8" tape colors can be viewed at [www.shakerworkshops.com](http://www.shakerworkshops.com) or [www.hhperkins.com](http://www.hhperkins.com).      **Fee: \$65**

**~ HEALTH & SAFETY ~**

**H-3 Bone Up! Nutrition & Exercise for Osteoporosis**      *NEW*      **Barbara Blackwell**  
**Tuesday 10:00 – 11:00 a.m. 7/5 – 7/19/16**      **Three Sessions**      **M.S. Room 244**

Come learn about bone health from a physical therapist and nutritionist! This course will explain how osteoporosis develops and what you can do through lifestyle choices to maximize healthy bones. We will cover the disease process, your risk factors, as well as what bone density tests measure and what the results mean. You will learn a whole foods eating approach for strong bones that is more comprehensive and effective than just taking calcium supplements. Finally, we will discuss what counts as weight bearing or bone strengthening exercises so that you have specifics you can incorporate into your daily activity. Additional educational sources will be provided.      **Fee: \$65**

**H-8 Chi Lei**      **Jane Higgins**  
**Thursday 5:00 – 6:00 p.m. 7/7 – 8/11/16**      **Six Sessions**      **M.S. Room 273**

Chi Lei 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 Lei 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. Some classes will meet outside.      **Fee: \$55**

**H-9 Energy Medicine**      **Jane Higgins**  
**Thursday 6:00 – 7:00 p.m. 7/7 – 8/11/16**      **Six Sessions**      **M.S. Room 273**

Learning exercises which benefit your own and your family's health. Energy medicine is the frontier of today's medicine and the future's main medicine. Using techniques such as muscle testing and simple exercises, you can rejuvenate a tired body, more effectively handle stress and have greater control over your own and your family's health.      **Fee: \$55**

**H-12 Yoga**      **Jane Higgins**  
**Monday 10:30 a.m. – 12:00 p.m. 7/11 – 9/19/16**      **Ten Sessions**      **Life Center**  
47 Main St., Orleans

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-16 Feng Shui – Clear Your Clutter**      **Alexis Barron, ScD.**  
**Wednesday 6:00 – 7:30 p.m. 7/6/16**      **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.**  
**Thursday 6:00 – 7:30 p.m. 7/21/16 One Session M.S. Room 119**  
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 thought by thought.  
**Fee: \$45**

**H-18 Experiencing Essential Oils** **Tracy Lamperti**  
**Monday 6:00 – 7:30 p.m. 7/11 – 7/25/16 Three Sessions M.S. Room 245**  
Essential oils have been used throughout history in many cultures for their emotional and physical health-supporting benefits, beauty, fragrance and spiritual practices. In these classes, you will learn about the history of EOs, grades of EOs, how EOs are used and which EOs are most popular and why. Half of each class will be devoted to learning and half to making a personal care essential oil recipe to take home. Supplies fee of \$15 is payable to instructor at first class.  
**Fee: \$45**

**H-20 Angels Summer Series – Your Spiritual Side** **Patricia Butler**  
**Wednesday 6:00 – 7:00 p.m. 7/6 – 7/20/16 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](http://www.heavenlyhealingusa.com)  
**Fee: \$55**

**H-27 Chronic Disease Causation – Naturopathic Medicine** **Dr. Joyce Young, N.D.**  
**Tuesday 5:00 – 7:00 p.m. 7/5 – 8/2/16 Five Sessions M.S. Cafeteria**  
Learn how to prevent and reverse chronic diseases in all ages and all organ systems (e.g. obesity, diabetes, GI, CV & Neurological). Evidence-based medical literature will guide the lecture/discussion on causation, and the importance of whole foods organic nutrition, minimizing all kinds of chemical and radiation exposures, and classical homeopathy to help speed along optimal healing.  
**Fee: \$75**

**~ WRITING AND LITERATURE ~**

**J-7 The Healing Power of Writing** **Nicola Burnell**  
**Thursday 3:00 – 5:00 p.m. 7/7 – 8/11/16 Six Sessions 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](mailto:firstlight@capecod.net) or call 774-212-2270 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, e-mail [firstlight@capecod.net](mailto:firstlight@capecod.net) or call 774-212-2270.

**J-8 Wednesday 3:00 – 5:00 p.m. 7/6 – 8/10/16 Six Sessions Fee: \$100****J-8a Thursday 6:00 – 8:00 p.m. 7/7 – 8/11/16 Six Sessions Fee: \$100****~ LANGUAGES ~****L-1 Beginner's Italian I****Monday 5:00 – 7:00 p.m. 7/11 – 8/15/16 Six Sessions****Gloria Moll  
M.S. Room 150**

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****L-2 Conversational Italian with Grammar for Beginners****Tuesday 5:00 – 7:00 p.m. 7/5 – 8/9/16 Six Sessions****Gloria Moll  
M.S. Room 150**

This course is designed for all those who have had some Italian grammar and now want to start conversing. The focus will be conversation, reading, listening to the language being spoken, as well as grammar vocabulary. Join in and let's have some fun! Learning materials will be provided for a minimal cost.

**Fee: \$90****~ RECREATION ~****R-4 Beginning Golf****Monday 2:00 – 3:30 p.m. 7/11 – 8/15/16 Six Sessions****Steve Knowles, PGA Professional  
Captain's Golf Course**

Have you ever thought of playing the game of golf? Sign up now to find out what you've been missing. Learn the rules and etiquette of the game, putting, chipping, pitch shots, and the golf swing. If you've played a little but would really like to learn the game of golf, this program will also benefit you.

**Fee: \$145****R-5 Intermediate Golf****Wednesday 2:00 – 3:30 p.m. 7/13 – 8/17/16 Six Sessions****Steve Knowles, PGA Professional  
Captain's Golf Course**

If you have taken the beginner golf program and are looking to improve your golf game or want a refresher class, this class is for you. Steve believes in keeping the learning process fun and simple while working with the students' natural abilities. He teaches the swing motion needed to hit consistent golf shots. With his patience, and the students' desire, you will see improvement in putting, chipping, pitch shots, the full swing! We will spend the last class playing the game of golf.

**Fee: \$145**

**R-9 Catch A Fish****Tuesday 5:00 – 7:00 p.m. 7/5 – 8/9/16****Six Sessions****Louis MacKeil****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-20 – R-20e Standup Paddle Boarding: Explore Pleasant Bay****Ryan Burch**

Launch from Arey's Pond Boatyard and explore the inlets, saltwater ponds and Islands of Pleasant Bay. These 2-hour guided tours will explore one of four water trails all beginning at Arey's Pond: (1) to Meetinghouse Pond; (2) to Pochet Island; (3) to Sampson's Island; and (4) to Lonnie's Pond. No experience necessary, for all levels 16 years of age or older. Learn to really enjoy the paddle experience, from route planning & safety to useful gear. Provided are: PSUPA instruction/tour guide, lifejacket, paddle and leash. You can bring your own equipment, but must register in advance. Please bring sunscreen, hat and sunglasses. Water shoes are recommended.

**R-20 Wednesday 9:30 – 11:30 a.m. 7/6 – 7/27/16 Four Sessions****R-20a Friday 9:30 – 11:30 a.m. 7/8 – 7/29/16 Four Sessions****R-20b Saturday 9:30 – 11:30 a.m. 7/9 – 7/30/16 Four Sessions****R-20c Wednesday 9:30 – 11:30 a.m. 8/3 – 8/24/16 Four Sessions****R-20d Friday 9:30 – 11:30 a.m. 8/5 – 8/26/16 Four Sessions****R-20e Saturday 9:30 – 11:30 a.m. 8/6 – 8/27/16 Four Sessions****Fee for the four sessions:****\$120****Discount if you bring your own board \$70 = Reduced Fee:****\$50****R-23, R-23a Learn to Row/Scull****Al Flanders****31a Cove Road, Orleans**

The student (**must be able to swim**) will be taught the basics of the sculling stroke on land and then will go on the water in a single (one-person shell) on the first day and may row in a Quad (four-person shell) by the fourth day. Students will work on the basics of the rowing stroke and get a sense of how to balance the boat. *There will be a family rowing event on August 13.*

**R-23 Adults****Tuesday through Friday 10:00 – 11:30 a.m. 7/5 – 7/8/16 Four Days Fee: \$100****R-23a Children (Ages 5 and older)****Monday through Thursday 10:00 – 11:30 a.m. 8/1 – 8/4/16 Four Days Fee: \$100****~ TECHNOLOGY ~****T-1 Small Business Websites****NEW****John Hilliar****Monday 6:00 – 7:30 p.m. 7/11 – 7/25/16 Three Sessions****M.S. Room 116**

Having a website helps drive business by immediately providing contact information and leaves a professional impression on potential customers. If a Google search for terms related to your business's services doesn't lead directly to you, other businesses with websites benefit. Learn about free tools available to setup a basic presence on the web, about how to drive traffic to your site and take online orders and payments, and enough about the entire process of setting up websites to feel comfortable approaching a high-end consulting firm. See [www.hilliar.com/teaching](http://www.hilliar.com/teaching) for more information. **Fee: \$60**

**T-2 Online Small Business Management Software**      *NEW*      **John Hilliar**  
**Monday 6:00 – 7:30 p.m. 8/1 – 8/8/16**      **Two Sessions**      **M.S. Room 116**

Learn a hands-on approach to converting a paper-based office system for service businesses into an online process to track your customers, projects, invoices and payments. Students will create demo accounts in class for learning. Useful for small businesses such as HVAC, plumbing, painting, electrical, landscaping, etc. See [www.hilliar.com/teaching](http://www.hilliar.com/teaching) for more information.

**Fee: \$50**

**T-3 Beginning Excel**      **John Hilliar**  
**Monday 7:30 – 9:00 p.m. 7/11 – 8/8/16**      **Five Sessions**      **M.S. Room 116**

Excel is like a calculator on steroids! In this beginners course, learn the basics of spreadsheets. We'll talk about formulas and functions for calculating values. We'll learn how to use multiple tabs to keep your data organized, as well as formatting options for making it look polished.

Finally, we'll cover graphs and plots for visualizing your information.      **Fee: \$100**

**~ WORKSHOPS ~**

**WS-1 "Fashionista Fun"**      *NEW*      **Kathleen Sullivan**  
**Tuesday 6:30 – 7:30 p.m. 7/12 & 7/19/16**      **Two Sessions**      **M.S. Library**

These are inspiring, interactive fashion workshops which include scarf tying techniques, the best jewelry for you to wear and the most flattering colors for the "very special you"! Learn which basic essentials each woman needs in her closet, as well as my "15 Tips" for you to have an enhanced clothes shopping experience. Feel free to bring a favorite scarf or item of clothing you are not sure how to wear, or if you should wear it at all.

**Fee: \$50**

**WS-3 What Happens After the Paychecks Stop**      *NEW*      **Michelle Ferguson**  
**Wednesday 6:00 – 7:00 p.m. 7/27/16**      **One Session**      **M.S. Room 260**

Examine how to budget for retirement expenses, potential sources of retirement income, potential risk such as long term care and health care cost.

**Fee: \$20**

**WS-4 Time Matters: A Woman's Retirement Outlook Seminar**      *NEW*      **Michelle Ferguson**  
**Wednesday 6:00 – 7:00 p.m. 8/3/16**      **One Session**      **M.S. Room 260**

Geared towards retired women. A woman focused workshop discussing retirement income, Social Security, withdrawal rates, preparing for the unexpected, inflation risk, cost of health care and long term care.

**Fee: \$20**

**WS-13 Getting Paid To Talk**      **Voice Coaches**  
**Thursday 6:30 – 9:00 p.m. 7/28/16**      **One Session**      **M.S. Room 242**

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. 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**

**NAUSET COMMUNITY EDUCATION REGISTRATION**

Course # \_\_\_\_\_ Title: \_\_\_\_\_

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

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- **Make checks payable to Nauset Community Education**
- **Register by Phone with MasterCard or Visa (508-255-4300)**
- **Mail-Nauset Community Education, 70 Route 28, Orleans, MA 02653**
- **Registration in person at office located at Nauset Middle School**