

HOPKINTON COMMUNITY EDUCATION PROGRAM
2011

Arts and Crafts

Painting Class

Come unleash your creativity and join **award-winning Artist, Bill Robinson** as he guides you through the basics of Painting. Students will be instructed in their chosen medium painting with oils, acrylics, watercolors, or pastels to the completion of one or more pieces by the end of the course. Have fun while developing new skills. All experience levels are welcome. This is an 8 week course.

Dates: Mondays Mar 28 – May 23 (no class Apr 18)

Time: 6:30 – 8:30 p.m. **Location:** HHS Room C204

Cost: \$85.00 (some materials provided)

NEW! Creative Crafting using a Sizzix

Join instructor **Marcy Arms** for a night that just might transform your creativity! In this class you will learn to dry emboss and create die-cuts for cards and gift packaging in just minutes. The Sizzix is an easy to use tool that gives all your handcrafted projects a professional touch and a 'wow' factor to everything you make. You will make 4 projects that include both cards and gift packages **in one class** All materials provided.

Date: Monday, **April 4 and or April 11**

Time: 7:00 – 9:00 p.m.

Location: HHS Room C204

Cost: \$35 (includes materials)



Handmade Gifts

Join instructor **Marcy Arms** making beautiful hand stamped gifts. Are you looking for something unique and different to give for Mother's Day, Teachers or Birthday Gifts? If so, this class is for you. We will be creating 3 hand stamped gifts and coordinating gift tags. Your recipients will say WOW! after receiving these gifts and you will be so impressed with your own creations that you may not want to give them away! **All materials are included in the course fee.**

Date: Monday, **April 4 and or April 11**

Time: 7:00 – 9:00 p.m. **Location:** HHS Room C204

Cost: \$35 (includes materials)

Marcy Arms is founder of **Create With Marcy**. creating and teaching others how to make cards, gifts and scrapbooks for over 6 years. To preview projects you will make in her class, please visit her blog

www.createwithmarcy.com/bigshot

Health & Wellness

Strength & Flexibility Yoga (level 1) classes build a balanced, deeper and more mindful yoga practice. Classes will include floor and balancing postures with an emphasis on postures that build strength, improve flexibility and nurture breath awareness. Experience increased vitality through building internal heat for cleansing your body from stagnation. Learn to refine postures and deepen your connection to your body in a friendly and welcoming studio. Some prior yoga experience helpful but not required. Options for modifying the practice and/or deepening it will be offered. Room is mildly heated (74-75 degrees) for your comfort and safety. Bring a yoga mat and towel to each class.

Hopkinton based www.AbsoluteYoga.net

Strength & Flexibility Yoga 1 is suitable for newer yoga students, teens, and seasoned practitioners alike.

Session options:

Tuesdays, April 12 – June 7 (9 wks)
4:30–5:30 p.m. / Instructor Judy O'Leary Thapa

Wednesdays, April 13 – June 8 (9 wks)
7:30–8:30 p.m. / Instructor Jaime Brault

Cost: \$112.50 adults, \$108 teens

Location: 77 West Main St., Hopkinton

2nd Floor above China Dynasty and Hopkinton Wine and Spirits

Yoga for Your Back

The principles of Svaroopaa® yoga provide a beneficial effect on the body and a relaxing effect on the mind. The gentle approach unravels muscle tension along the spine addressing chronic back pain, limited range of movement, shoulder discomfort, low back pain, numbness, tingling in the extremities, muscle tightness, poor posture, chronic headaches, and/or TMJ, helps alleviate pain and discomfort. Join **registered yoga instructor, Adeline Alex, owner of Light of the Heart Yoga**, at her Holliston studio for this 5 week course. Wear loose, comfortable clothing.

Dates: Mondays, April 4 – May 9 (no class May 2)

Time: 5:00 – 6:30 pm / **Cost:** \$85.00

Location: 770 Washington St. Holliston (above Fiske's)
Street parking available.

Self-Help Emotional Freedom Techniques (EFT) is a powerful self-help tool based on traditional Chinese medicine. EFT works like emotional acupressure to quickly, gently and easily remove the negative emotions and beliefs that are at the root of problems and pain.

Tina Marian, RN, founder of The Wellness Nurse and Director of Psychiatric Triage, Metrowest Medical Center in Natick teach you how to you can practice **EFT** on yourself and others to help manage emotions to free you from the stress and anxiety that stand between you and your happiness. **This is a 2 part workshop**

Date: Tuesday, May 10 and May 17

Time: 6:30 – 8:30 p.m. **Cost:** \$50.00

Location: Zen Bungalow, 15 Main St., Hopkinton
2nd Floor above Zios Restaurant, rear entrance

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First Aid / CPR Age 16 - Adult

First Aid & CPR

Join **Juanita Allen, Wilderness EMT and Director of Health and Wellness, Century Health Systems** for a 4 hour American Academy of Pediatrics class. Topics covered will include First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, and CPR. Great for Parents, Scout Leaders, Coaches Teachers and Child Care Providers. Register for one of the following class dates.

Dates: Thursday, May 5 **Time:** 6:00 – 9:00 p.m.

Cost: \$75.00

Location: Hopkinton Middle School Health Room 257

New! Home Alone Safety Ages 9 - 11

Home Alone Safety

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. We'll also talk about how to manage your time when you're home alone for short periods of time. The class includes a variety of teaching methods, including a video and role playing. **Ages 9-11**

Date: May date to be announced

Time: 3:15 – 5:15 p.m.. **Cost:** \$45.00

Location: Hopkins School

Babysitting Certification Age 12-14

BLAST - Babysitter Lessons and Safety Training

Join **Juanita Allen, Wilderness EMT and Director of Health and Wellness, Century Health Systems** for a 4 hour American Academy of Pediatrics class. Students will learn how to start their babysitting career, the basics of baby care, first aid and accident prevention. Students who attend this class will earn a 2 year CPR certification. This 1-day class is open to Middle School boys and girls ages 12 – 14. **10 students max. Call to reserve a spot.**

Dates: Thursday, May 5 **Time:** 2:00 – 6:00 p.m.

Cost: \$75.00

Location: Hopkinton Middle School Health Room 257

Seminar: Navigating Child Talent Career

A personal story of a family's effort to help their talented son, Ellis Gage www.youtube.com/user/ellisgag pursue his dreams as an actor/singer. **Former nonprofit Executive Director and Mom, Sun He Pak Gage**, shares her story guiding 11 year-old Ellis beyond local and community theater onto the professional stage.

Having already helped Ellis achieve a variety of professional opportunities, Sun He will share how she and husband Scott are successfully navigating the business of entertainment and the many pitfalls and scams faced along the way. Good tips and resource info will be provided to participants.

Dates: Monday, May 2 **Time:** 6:30 – 8:30 p.m..

Cost: \$35.00

Location: Zen Bungalow, 15 Main St., Hopkinton
2nd Floor above Zios Restaurant, rear entrance

Club Invention™ Grades 1- 6

Club Invention™ is a nationally acclaimed program that fosters creativity, teamwork and inventive thinking for children entering grades 1 – 6. This unique program was created in partnership with the United States Patent Office and the National Invention Hall of Fame Foundation and is facilitated by education professionals selected for their creative abilities.

Date: Mon July 25 - Friday July 29

Time: 9:00 – 3:30 p.m.

Cost: \$255.00 (early registration discounts available)

Location: Hopkinton Middle School

For More Information or to Register Online

www.clubinvention.org / 800 968 4332

Interview Skill Building Teens Age 15 - 18

New! Interview Skill Building for Teens

The college and/or job interview process is just around the corner. Join **Theresa Campbell**, Instructor and development coach of **Speak Well, Stand Out** for key tips and skills developed for teens to improve communication skills and learn effective interviewing and preparation techniques. Pick one of two nights!

Dates: Wednesday, April 13 or Tuesday, May 10

Time: 6:00 – 8:00 p.m.

Cost: \$45.00

Location: Hopkinton High School Room A208

Drivers Education for Teens

Teachers Driving Academy

www.teachersdrivingacademy.com provides state required classroom instruction for students under age 18. **Student must be 15 years, 9 months to take the class. This is a 30 hour class required to obtain a drivers license. Full attendance is required. Limited make-up classes are permitted.**

Required Parent Meeting: Join TDA instructor / owner Tom Murray for information on certification requirements, teen driving laws, and training process. There is no additional charge for the Parent Meeting.

Cost: \$99.00

Next Session #6 April 11 – April 22, 2011

Mon, Wed and Thurs evenings, 6:30 – 8:30 p.m.

School vacation week, Mon – Friday, 8:00 – 2:30 pm.

Parent Meeting April 11 6:30 – 8:30 p.m.

Location: will be announced

Sign up Now for Summer Vacation Classes!

For complete 2010 and 2011 Schedule visit:

www.teachersdrivingacademy.com