

# U X B R I D G E

## COMMUNITY EVENING EDUCATION

### *Spring 2010 Course Descriptions*

**Pilates:** is an exercise method that relies on strengthening core postural muscles and developing body alignment. It avoids the muscle and ligament damage, sometimes associated with other fitness regimes. Pilates uses controlled movements - usually floor or mat exercises to improve total body strength, flexibility, balance and posture.

**Yoga:** Hatha Yoga is an ancient India discipline that incorporates static-like poses, small and large movements, relaxation and breathing techniques, plus it is a fun way to exercise. In this hour long class we start with basic poses to build strength and flexibility and move into more difficult poses as we progress. You will also learn how to relax yourself by practicing slow deep breaths and clearing your mind through meditation.

**Kickboxing:** Are you bored with your current fitness routine? It may be time to kick your way to one of the hottest workouts around. Kickboxing, also referred to as boxing aerobics and cardio kickboxing, is a hybrid of boxing, martial arts and aerobics that offers an intense cross-training and total-body workout. It blends a mixture of high-power exercise routines that strengthen the body and mind, decrease stress and hone reflexes while increasing endurance and cardiovascular power. While kickboxing's roots are in full-contact fighting, it has found a safe and very effective niche in the fitness community.

**Line Dancing – Beginner/Non-beginner:** Come and learn how to line dance. In 8 weeks you will learn the basic steps, get some exercise and above all, have fun! Learn dances that will get your cardio vascular system jumping. Bring a water bottle and comfortable shoes. Beginners will meet from 6-7:30 and non-beginners from 7:30-9:00.

**Ballroom Dancing:** Come alone or with a friend! We will be focusing on the Latin dances such as the Rumba, the Cha Cha, the Salsa and the Mambo. We will also cover the classics such as Swing and the Waltz. Bring a water bottle and comfortable shoes. Cost is per individual.

**Calligraphy:** Calligraphy is the art of beautiful writing. Join me in this 6 week class designed for the beginner or intermediate student. We will work with the Italic letter style and become familiar with making good letter forms, correct spacing and working with color. Lefties, righties and children over the age of 12 welcome!! Supplies fee will be approximately \$10.00. **Megan Chapin** has taught several classes and has been lettering for over 20 years. She has taken many courses and had extensive training in lettering arts.

**Auditioning for Film:** With the tax incentives in Massachusetts and Rhode Island, the opportunity is here for locals to get into the film business. The class will provide professional tips about the process, like head shot and resume, and an opportunity to practice auditioning in front of a camera.

**Woodworking:** Beginning students will be able to choose between a small shaker style stool with a hinged lid, or a shaker style step stool with elongated back to assist in moving the stool. Materials fee will cover either project. Students will learn design, layout, rough out, fitting, assembly, and finishing techniques. The machines that will be covered include but are not limited to Chop Saw, Table Saw, Jointer, Drill Press, Band Saw, Router, Portable Drill, Nail gun, and Sanders, as well as basic hand tool use. A strong emphasis will be placed on shop and machine safety, to ensure that all participants have a pleasant woodworking experience.

**Creative Writing with “The Artist’s Way”:** Julia Cameron’s “The Artist’s Way” has helped many remove the blocks that keep us from realizing our natural state: creative beings. Often thought of as a solitary pursuit, writing in a group instead can be breakthrough experience. In this workshop, we’ll write together and support our collective creativity through the Artist’s Way. There is no materials fee but

folks should bring paper/notebook/pens for writing and Julia Cameron's "The Artist's Way" is recommended reading

**Intro to Computers:** This class is for beginners looking to find out how to navigate the PC environment. Don't be afraid of this wonderful tool!

**Microsoft Word:** This class is a how-to for using the most popular word processing software package in use today. Come learn the basics on how to format a document, use automatic bullets and numbering and a number of other cool features that will make all your documents look professional.

**Microsoft Excel:** Excel is an excellent tool to learn for almost any financial application. You will learn the basics of the powerful software tool.

**Video Production:** Learn the basics of video production. Using broadcast quality video equipment, you will learn the setup and basic operations needed to make high quality video productions both as a field production as well as in the studio. Camera operations, audio setups, lighting and the basic studio production techniques will be covered. Successful completion of this course will qualify you to use local access equipment for the producing of programs for local access television. It's a fun way to make a contribution to improving your community. This program is free to Uxbridge residents. Non-residents may participate for a fee of \$75.

**English as a Second Language:** This course will develop students' English skills in listening, speaking, reading, and writing. Conversations among students will improve their listening and speaking skills, especially in their daily interactions in the community. Students will also practice reading a variety of texts such as newspapers and recipes. Writing will focus on letters, job applications, and other practical forms. Students will be able to request assistance with any specific language skills or areas of knowledge that will help them in their daily efforts to learn English. *Babysitting will be available. Please let us know during registration if you will need this service.* This program is free to Uxbridge residents. Non-residents may participate for a fee of \$100.

**Antiques & Collectable – Do's and Don'ts:** Are you interested in learning more about buying, selling and understanding more about antiques and collectables? Are you curious about the value of that inherited painting, the piece of furniture from grandma's house or the silver that has been handed down through your family? This class is for people who want to know more about antiques and collectables. The instructor is a second generation dealer/appraiser/restorer and is open to taking the class in various directions.

**Financial Aid:** This one-night workshop is a must for all parents of college-bound high school students, including freshmen and sophomores. We will de-mystify the college financial aid process and teach you how to access the more than \$100 billion in financial aid dollars that are available to even high-income families and business owners. The strategies presented will help you protect your assets by maximizing your eligibility for aid, effectively lowering your college costs. You will learn the optimum time (before junior year) to get the strategies in place, and why if you wait until the financial aid deadline to file your forms, you miss out on the full amount of aid you qualify for. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. Bring a calculator and a basic knowledge of your income, taxes, and assets. A free, comprehensive analysis will be provided for those attending class. *Central Mass College Funding Advisors, LLC provides financial aid information to the Central Massachusetts area. Visit them at [www.centralmasscfa.com](http://www.centralmasscfa.com)*

**Reverse Mortgages:** Reverse mortgages are becoming popular in America. Reverse mortgages are a special type of home loan that lets a homeowner convert the equity in his/her home into cash. They can give older Americans greater financial security to supplement social security, meet unexpected medical expenses, make home improvements, and more. Come find out more and decision if a reverse mortgage is right for you. Amy is a processor for Reverse Mortgage of New England.