

## East Bridgewater Evening Practical Arts

### Fall Session Course Offerings

Walk in registration at the Gordon Mitchell Middle School on September 28th from 6:30PM to 7:30 PM in the Cafeteria. Mail in registration until September 28th.

All checks received will be held until it is determined that the class has sufficient enrollment to run.

**\*Courses begin the week after walk in registration unless otherwise specified.**

### Monday

Ballroom Dance for Beginners \*\*

7-8 PM **Beginner East Coast Swing**

\$80(Couple)/ 8 weeks

This course is designed for beginners. No prior experience is necessary. Students will be taught figures that will incorporate basic elements of style and movement appropriate to swing tempo. At the conclusion, participants will be able to accurately identify Swing music and confidently execute east coast style swing figures. Eight weeks will provide enough material to impress family and friends.

8-9 PM Level 2 **Beginner Rumba and Cha Cha**

\$80(Couple)/ 8 weeks

This course is designed for beginners who have had at least 4 hours of prior instruction in each dance. The course will incorporate elements that require new skills. Lessons pertaining to the style of these dances will be reinforced. At the conclusion, participants will have enhanced their existing repertoire with improved style, and expanded it with new patterns. Their dance floor encounters will be more relaxed and confident.

Come join our popular instructors in one or both of these classes. Patty and Jim McMahon have been teaching for the EBEP program for many years and have helped hundreds of adults become more graceful and confident on the dance floor.

**Reiki I** One session October 5 from 4-10 PM

Nursing CEU's available \$175

Reiki is a Japanese technique for relaxation and stress relief. You will learn how to treat yourself and others. Plenty of time to practice. In addition to the class you will receive a book and crystal chakra set and a certificate of completion. This class is taught by Rachelle Croteau, Reiki Master Teacher, Reflexologist High School

**Scrapbooking**

7-9 PM

\$40/6 weeks

Join Lisa Olson for this perennial favorite. Scrap Booking has never been more popular. Save your memories to share with others, make beautiful gifts for your family and friends. Supplies extra. Middle School

**Rubber Stamping**

7-9 PM

\$40/6 weeks

Make professional looking invitations, menus, cards and many other projects with rubber stamps and ideas from Amy Morrison. Never again be caught without the right card or gift when you know how to create your own professional looking products. Supplies extra. High School

**Falun Dafa**

7-8 PM

FREE

Falun Dafa, also known as Falun Gong, is a traditional Chinese self cultivation practice that improves mental and physical health through a series of easy to learn exercises and meditations. The practice is based on the universal principles of truthfulness, compassion and forbearance. Let Denise Mercier show you how to reduce your stress and increase your mental clarity. Wear Comfortable clothes. High School

**Rug Hooking**

7-9 PM

\$60/6 weeks

"Use it up, wear it out, make it do or do without" Our ancestors first started hooking rugs as a way to make use of worn out clothing. Rug hooking has developed into an art form and is very popular in today's home decorating. Come and learn how to hook your own works of art for use in your home or to give as gifts. Marie Osborne will help you to complete the small project of your choice and teach you the techniques used in making your own family heirlooms. Supplies extra Middle School

**Knitting and Crocheting for Beginners**

7-9 PM

\$40/10 weeks

Learn to knit or crochet. Emphasis will be on the basic stitches and learning to read and follow a pattern. We will start by working 12" by 12" squares, learning new stitch combinations each week. We will assemble the squares into a sampler style lap robe. Intermediate and advanced students may bring their own projects to class for help reading more difficult patterns and correcting mistakes or just for the fun of it. Supplies extra

### Tuesday

**Poetry Workshop**

7-9 PM

\$ 40/8 weeks

Do you have a notebook of poems in a desk drawer? Do you need help with revision? We will build a supportive group to inspire and challenge each other to write and revise poems, getting them ready to be sent out to publications

David Surette is the author of 2 books of poetry and has been published in a number of poetry journal. He is also the host of Poetribes, a long running poetry series. High School

**Rug Braiding**

7-9 PM

\$40/6 weeks

Many admire this traditional art form. Learn to create this time honored craft for stair runners, chair pads, and oval or round rugs for your home or gifts that will be cherished for years to come. Janet Gassett will demonstrate the artistry in making these classic braids that are perfect with any decor! Bring a friend or join us and make new ones. Starter kit supplied weeks

**Brain Gym**

7-8PM

\$40/4 weeks

Learn simple exercises that integrate both sides of the brain. Anyone can benefit from this Great for seniors , moms and dads. Take home exercises to use with ADHD kids. Helps with memory, concentration and anxiety. Let Rachele Croteau show you how to improve your mind.

**From Jewelry to Jewelry Box** 7-9 PM

\$60/8 weeks

Robin McGoff is a professional artist/ teacher who is nationally known for her work in polymer clay. Let her show you how to get amazingly professional results from this exciting material. Polymer clay is self colored and can be made to replicate the appearance of metals and semi precious stones as well as more traditional techniques. During this course you will work on both jewelry and container design. Supplies extra. High School

**Wednesday****Creative Writing**

7-9 PM Limit 12

\$50/6 weeks Leave your inner critic at home and

join us for this exciting course taught by professional storyteller, Andrea Lovett. You will learn how to generate ideas and focus your thoughts on paper. Andrea has taught writers of all ages and is currently on the Massachusetts Cultural Councils roster of performing artists. Bring your pen and notebook and join us! Middle School

**Thursday**

7-9 PM

Limit 15

\$60/8weeks

**Restoring Handwoven Chair Seats & Backs /Basketmaking**

Traditional techniques to replace all types of worn out seats of Rush, Cane, Sea Grass and Splint including wicker repair will be taught. Simple , attractive basketmaking projects will be offered. Susan Andersen is the owner of Homestead Seatweaving in Whitman and has extensive expertise in both areas. Materials fees will vary with the project chosen and may be purchased from the instructor. Students may use own materials if suitable. Basic items and tools to bring: scissors, awl, pencil, measuring tape, towel and bucket for water. High School Art Room

**Meditation** \$50/4 weeks

The class will focus on meditation for stress reduction through guided imagery and discussion. Join Rachele Coteau for this 4 week class and achieve more balance and peace in your life. Rachele has worked with meditation groups and individual clients for years. Bring a mat if you wish to lie on the floor and wear loose comfortable clothing. High School

East Bridgewater School Committee: Elizabeth Hayes, Chair, Thomas B. Hamilton, Vice Chair, Michael Power, Secretary  
George McCabe, Robert M. Condon, Jr., Timothy Fowler, Mrs. Susan Cote, Superintendent .

Classes will be cancelled if there is insufficient enrollment and checks will be returned to the registrant. There are no refunds given if the class does run. School cancellation includes any evening classes scheduled on that day.

Anyone interested in teaching a class should contact J.Meade, E.B.H.S. , 11 Plymouth St., East Bridgewater, MA 02333

Evening Practical Arts Committee: Deb Ross, Dot Miksh, Pat Morawski, Darlene Dupras, Mary Coelho

**Registration Form**

Please Mail to: Evening Practical Arts Program, 11 Plymouth St. East Bridgewater High School, East Bridgewater ,MA 02333,  
Attn: J.Meade

Name \_\_\_\_\_ Telephone # \_\_\_\_\_

Address \_\_\_\_\_ E-Mail(optional) \_\_\_\_\_

Course \_\_\_\_\_ Fee \_\_\_\_\_

Check Number \_\_\_\_\_

# East Bridgewater Evening Practical Arts Fall Brochure 2009