

# Adult Workshops & Classes

## Workshops

### Life Drawing - \$20, each evening, \$70, for all four

Bring your own materials to this relaxed life drawing session. No instruction included, just an opportunity to sketch, paint, draw from a model.

Tuesday October 20th, 7-10pm  
Tuesday November 17th, 7-10pm  
Tuesday December 8th, 7-10pm  
Tuesday January 12th, 7-10pm

### Why does my camera have so many buttons?

#### Tuesday October 6, 6:30-9:30, with Michelle Sheppard

\$30 - *Materials* - digital camera with manual

Go over the basics, ask questions, and learn all that your digital camera is capable of. Settings, lenses, memory cards and the optimal way to take the best photos using your camera.

### Open Workshop for Digital Camera/Editing Questions

#### Tuesday October 13, 6:30-9:30

\$35 - with Michelle Sheppard

Everyone has questions about their cameras and how to make their pictures more frame worthy. Seize this opportunity to bring your questions and hear what others are curious about.

### Hand Building Basics - Clay 101

#### Thursday October 22nd, 7-9pm

\$35 - with Hana Reilly

An introduction to our pottery studio, the clay body we use and the best way to build with clay (aside from the potter's wheel). Will cover basics and help you get your hands messy!

### Basic Watercolor Techniques

#### Wednesday October 28th, 7-10pm

\$35 - with Jill Curtis. Material list will be sent prior to class.

Have an urge to paint? Remember the water colors of your childhood or college art classes? Come and get your brushes wet, a full class will be offered in January if there is an interest.

### Pottery Wheel Throwing Overview

#### Thursday November 5th, 7-9pm

\$35 - with Hana Reilly

A crash course in wedging, centering and throwing a basic cylinder. Participants will have a chance to try the wheel, but keep in mind it make take years to perfect your new found craft.

### Basket Weaving

#### Tuesday November 10, 7-10pm

\$45 - with Jill Curtis

### Botanical Watercolor Workshop

#### Wednesday December 2nd, 7-10pm

\$35 - with Jill Curtis

### Woodcut Printmaking Workshop

#### Wednesday December 16th, 7-10pm

\$40 - with Jill Curtis



## Introducing Nia to Southborough

How to describe Nia?...

"You just have to try it! Nia is like no other. It's groovy, flexible and effective exercise - that's all about feeling good in your body and mind! The music and movements are captivating, fun and meaningful. With each class I laugh and enjoy life more and gain strength and a deeper awareness of my spirit, emotions and sensations." ~ Bonnie D., Northborough, Nia Student

Nia has been changing people's lives for 25 years, and can change yours after just one class!

Practiced in a group-fitness format incorporating the dance arts, the martial arts, and the healing arts, the true depth of Nia lies in a richly layered body/mind education program. Nia is for everyBody looking to get physically fit, de-stress, gain core strength, find balance, have fun, and feel good! Class open to all levels of fitness.

**Nia** - \$95/session; \$15/drop in  
Session I & II, Monday 6-7pm  
with Jen Silverberg

Discover art in the movement of your body.



## Session Classes

**Session I** - September 28th - November 14th (7 weeks)

**Session II** - January 11th - February 27th

**Photoshop Elements** - \$125 - begins October 8th  
Session I, Thursday 7-9pm, with Michelle Sheppard  
Materials - Laptop with Adobe Photoshop Elements  
Join us for a session course on Photoshop, bring your pictures and your questions as we delve into the digital editing world.

**Digital Camera "How To"** - \$120

Session II, Thursday 7-9pm, with Michelle Sheppard  
Materials - digital camera with manual  
This class will be a basic photography class using your digital camera. Get familiar with your settings and learn how to take your photography to the next level.

**Adult Pottery** - \$155

Session I & II Wednesday 7-9pm, with Hana Reilly  
Materials are included  
A class for all levels - try your hand at the wheel or build by hand. Work at your own pace with the guidance of an instructor.